

Dr. Tiffany B. Sizemore-Ruiz, D.O., F.A.C.C.

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PERSONAL

Date of Birth: June 8, 1985
Place of Birth: Stuart, Florida

EDUCATION

Nova Southeastern University College of Osteopathic Medicine, Davie, FL
D.O. May, 2009.
Florida Atlantic University, Boca Raton, FL
B.S., Psychobiology, Magna Cum Laude, May, 2005.

PROFESSIONAL LICENSES AND CERTIFICATIONS

Florida Medical License OS11050, August 2010
Dispensing Practitioner, August 2010
DEA FS2173588
Basic Life Support Provider (BLS)
Advanced Cardiac Life Support Provider (ACLS)
Diplomate of Internal Medicine (AOBIM)
Diplomate of Nuclear Cardiology (CBNC)
Diplomate of the National Board of Echocardiography (NBE)
Diplomate in Cardiology (AOBIM)

HONORS AND AWARDS

Florida Atlantic University

2003-2005	Florida Academic Bright Future's Scholarship
2004-2005	President's List and Dean's List
2005	Magna Cum Laude, B.S., Psychobiology
2005-2009	Basil E. King Memorial Scholarship
Fall 2006	Dean's List
May 2009	Clinical Service Senior Award
May 2009	Doctor of Osteopathic Medicine
January 2013	Gold Coast Magazine, Top 40 Under 40 Broward County
January 2013	Top Doc in Concierge Medicine, Concierge Medicine Today.
September 2013	DocPreneur, Concierge Medicine Today.
January 2014	Top Doc in Concierge Medicine, Concierge Medicine Today.
March 2014	Lifestyle Magazines, South Florida. "Up and Comer" Finalist.
July 2014-July 2015	Chief Cardiology Fellow. Palmetto General Hospital.
August 2015	Distinguished Clinician Award. Broward Health Hospital District- Board of Commissioners.
March 2016	Fellow of the American College of Cardiology (FACC).
May 2016	Top 100 Women of Broward County.
October 2018	Fellow of the American College of Osteopathic Internists

WORK EXPERIENCE

Aug 2003-May 2008	<i>Boca Raton Community Hospital</i> , Boca Raton, FL. Pharmacy Technician
June 2009- June 2012	<i>Palmetto General Hospital</i> , Hialeah, FL. Internal Medicine Physician Resident
Sept 2010- June 2013	<i>Concentra Urgent Care</i> , Miami, FL. Urgent Care and Occupational Medicine Physician

Dr. Tiffany Sizemore-Ruiz D.O., F.A.C.C.

April 2012- Current *Tiffany Sizemore, D.O., P.A.* Internal Medicine Physician, Public Speaker
July 2012-July 2015 *Palmetto General Hospital*, Hialeah, FL. Cardiology Fellow
Sept 2012- Aug 2013 *Aventura Medical Center*, Aventura, FL. Hospitalist
Feb 2013- Current *Choice Physicians of South Florida*, Fort Lauderdale, FL. Co-Owner/ Physician
July 2013- Current *Nova Southeastern University*, Fort Lauderdale, FL. Assistant Clinical Professor and Cardiology/ECG course lecturer
August 2015-Current *Cardiac Care. Tiffany Sizemore, D.O., P.A.* CEO/Cardiologist. Fort Lauderdale, FL.
July 2016- Current Attending Internal Medicine Physician/ Resident Teaching Attending. Nova Southeastern University, Broward Health Medical Center.
Nov 2016- Current Medical Advisor. David Di Pietro and Associates. Fort Lauderdale, FL.

COMMITTEES AND VOLUNTEER ACTIVITIES

2006-2007 President, Lambda Omicron Gamma, Service Fraternity
Treasurer, American College of Osteopathic Emergency Physicians,
Nova Southeastern University Student Ambassador-COM
Aug 2006-May 2009 Tutor, Physiology. Half of all earnings, which have totaled \$2100.00, donated to Women in Distress Center of Broward County, FL.
March 11, 2007 Volunteer, Pride Health Fair, Broward Co., FL.
March 2010-Aug 2016 Volunteer, National Board of Osteopathic Medical Examiners. Video-Based Board Questions. Davie, FL.
July 2010-July 2012 Volunteer, Palmetto General Hospital, Hialeah, FL. "Grand Rounds" Co-Founder
Dec 2011- Current Volunteer, American Heart Association, Go Red For Women Campaign
June 2012- Current Spokesperson, American Heart Association
Oct 2012- Dec 2012 Chair, Girlfriends Committee, Go Red for Women Campaign, American Heart Association Greater Ft. Lauderdale/ Miami
Oct 2012- Oct 2013 Member, Executive Leadership Board. Go Red for Women Campaign, American Heart Association Greater Ft. Lauderdale/Miami
Jan 2013- Oct 2013 Chair, Circle of Red, Go Red for Women Campaign, American Heart Association Greater Ft. Lauderdale/Miami
Oct 2013- April 2017 Member, Immediate Past President, Board of Directors, American Heart and Stroke Association. Fort Lauderdale and Miami, FL
April 2014- June 2016 President, Board of Directors, American Heart and Stroke Association. Fort Lauderdale and Miami, FL
January 2017- Current Medical Advisor. National Distilled Spirits Counsel of the US.

LECTURES

March 8, 2012 Guest Lecturer, "Top 10 Rules to Live By". International Women's Day, Citi Bank
February 1, 2013 "Heart Disease in Women". Hard Rock Hotel and Casino, Hollywood, FL.
November 2013 "Domestic and Intimate Partner Violence". Boca Raton Regional Hospital and Hialeah Hospital
January 2014 "Domestic and Intimate Partner Violence". Nova Southeastern University.
November 2014 "Domestic and Intimate Partner Violence". Interstate Postgraduate Medical Association Conference. Phoenix, Arizona.
June 2015 "The Aging Heart". Global Wealth Management. Fort Lauderdale, Florida.
August 2015 "Go Red for Women Initiatives". Broward County Medical Association. Broward Co., Florida.
September 2015 "Work Life Balance". Cleveland Clinic Florida. Weston, FL.
December 2015 "Prevention of Medical Errors" and "Domestic and Intimate Partner Violence". West Boca Medical Center. Boca Raton, Florida.
April 2016 "Myths About Cardiovascular Disease in Women". AROC Women's Health Program. Atlantic City, NJ
April 2016 "Prevention of Medical Errors" and "Florida Laws and Rules". AROC. Atlantic City, NJ.
October 2016 "Domestic Violence and Intimate Partner Violence". Delray Medical Center. Delray Beach, FL.

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September 2017 "Prevention of Medical Errors" and "Florida Laws and Rules". NYIT. Long Island, NY.

July 2017 "PROSPER Studies". Cardiologist Moderator. National CME. Taped in Fort Lauderdale, FL.

January 2018 "Prevention of Medical Errors". Pinellas County Osteopathic Medical Society. Clearwater, FL.

October 2018 "Prevention of Medical Errors". American College of Osteopathic Internists. Orlando, FL.

INTERACTION WITH MEDIA

July 23, 2012 Contributor. "4 Salary Negotiation Tips for Female Medical Students, M.D.'s" Yahoo News.

October 31, 2012 Guest Interview Segment, "Halloween and Heart Health". News Radio 610 AM, WIOD. Miami, FL

August 2012 Author, "10 Rules for a Healthy Life". www.Shape.com

August 2012 Author, "10 Rules for a Healthy Life". www.HuffingtonPost.com

January 2013 Gold Coast Magazine, Top 40 Under 40

Jan 27, 2013 Interview/Talk Show HOT 105 Radio Segment about Women's Heart Disease

April 17, 2013 Contributor. "The Story of my Life- DO's Blog about Health, Illness and More". The DO Online.

April 22, 2013 Contributor. "Humanity Through Technology: New Models of Primary Care".

June 2013 Contributor. "Bite Sized Wellness". Book Publication. Diana Bocco. HL7Standards.com

July 14, 2013 Contributor. "10 SkyMall Health Gadgets You Don't Need". MSN.com.

September 2013 Contributor. "5 Biggest Health Dangers Facing College Freshmen". Healthline.-com

October 2013 Featured on Channel 10 WPLG Miami. "Hormones can Increase Heart Disease Risk for Women".

November 2, 2013 Contributor. "3 in 4 Patients want e-mail Consultations with Doctors" Health Leaders Media. www.HealthLeadersMedia.com

November 14, 2013 Quoted on Fitbie.com. "Is the Corset Diet Safe?"

November 2013 "Staying Healthy During the Holidays" Channel 6 WTVJ Miami.

January 9, 2014 "Staying Healthy in the New Year" WFTL850am. Miami.

February 2014 "Power Couple" article. Lifestyle Magazines, South Florida Publication.

February 27, 2014 "Go Red for Women". NBC 6 in the Mix, television. NBC 6 Miami.

March 20, 2014 "Stroke Prevention and Awareness". Comcast Newsmakers Florida Television Segment.

December 2014 "7 Steps to Picking the Right Doctor". www.BetterDoctor.com

October 2015 "Say Ahh". Syndicated ABC/Cigna Commercial. Miami, FL.

February 2016 "Dynamic D.O.'s". NSU COM Outlook Publication.

June 2016 "Think a Heart Attack Means Chest Pain? Believing That May Kill You". www.TheStreet.com

August 2016 "CPR in Miami Dade Schools". WPLG Channel 10 News Segment.

September 2016 "Alcohol and Heart Disease". *Happening Now*. Fox News Channel.

September 2016 "Health Issues in Presidential Politics". *Your World with Neil Cavuto*. Fox News.

October 2016 "Mumps Outbreak Breaking News". *Happening Now*. Fox News Channel.

November 2016 "Heart Disease in Young People". *Happening Now*. Fox News Channel.

December 2017 "E-cigarette Use and Your Health". *Happening Now*. Fox News Channel. New York, New York.

December 2017 "Heart Disease During the Holidays". *Happening Now*. Fox News Channel. New York, New York.

January 2017 "Obamacare Debate". *Fox and Friends*. Fox News Channel.

March 2017 "High Tech Health Devices and Apps". *Mornings with Maria*. Fox Business News. New York, New York.

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March 2017	"Exercise and it's Effect on Sleep". <i>The Today Show</i> . NBC.
May 2017	"Aetna Pulling Out of Healthcare Exchange". <i>Fox and Friends</i> . Fox News Channel. New York, New York.
May 2017	"NSADIS and Heart Health". <i>Mornings with Maria</i> . Fox Business News. New York, New York.
July 2017	"Glioblastoma and Senator McCain". Fox News Channel. New York, New York.
August 2017	"Alcohol and the Heart- most recent JACC article. <i>Mornings with Maria</i> . Fox Business News.
August 2017	"Alcohol Consumption and Heart Disease". <i>Mornings with Maria</i> . Fox Business Channel. New York, New York.
September 2017	"Can OTC Medications Contribute to a Murder?". <i>Fox and Friends</i> . Fox News Channel.
September 2017	"Breast Cancer Awareness". <i>Risk and Reward</i> . Fox Business Network. New York, New York.
September 2017	"Hurricanes and Your Health". <i>Mornings with Maria</i> . Fox Business Network. New York, New York.
December 2017	"Hairline and Heart Conditions". <i>Mornings with Maria</i> . Fox Business Network.
February 2018	"The Influenza Epidemic". <i>News Across America</i> . Headline News Network.

MEMBERSHIPS

2005-2007	President-Lambda Omicron Gamma Service Fraternity Treasurer-American College of Emergency Medicine Physicians Student Osteopathic Internal Medicine Association American College of Osteopathic Family Physicians Florida Osteopathic Medical Association Student Osteopathic Medical Association Student Osteopathic Surgical Association
2009- Current	American Osteopathic Association, Member AOA#165064 American College of Osteopathic Internists, Member Florida Osteopathic Medical Association, Member
2012-Current	American College of Cardiology- Member American Society of Echocardiography- Member
2013-2016	National Board of Osteopathic Medical Examiners- Member of the Clinical Department of Internal Medicine
2016-Current	Florida Osteopathic Medical Association
2016-Current	Member, Patient Satisfaction Committee. Broward Health Medical Center.