

Curriculum Vitae

H. Michael Roark, M.D.

La Jolla, California  
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## CURRICULUM VITAE

### **Personal Data:**

Name: H. Michael Roark, MD.

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9850 Genesee Avenue, Suite 480  
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Email: drroark@ljcsc.com

Place of Birth Natick, MA

Nationality: American

Marital Status: Married

Health: Excellent, non-smoker

### **Education:**

Associate in Arts Grossmont College, 1964

Bachelor of Science Oregon State University, 1966

Doctor of Medicine University of Calgary, 1975

### **Profession:**

Cosmetic, Plastic and Reconstructive Surgeon  
Immediate Past Medical Director - La Jolla Cosmetic Surgery Centre  
Founder and Former Medical Director - Alvarado Institute of Plastic &  
Reconstructive Surgery  
Medical Director - Alvarado Wellness Anti-Aging & Longevity Centre

**TRAINING APPOINTMENT HELD:**

- 1975-1976                    STRAIGHT SURGICAL INTERNSHIP  
Mount Sinai Hospital, Toronto, Ontario, Canada
- 1976                         GENERAL SURGERY RESIDENCY (YEAR 1)  
Ottawa Civic Hospital and Ottawa General Hospital  
Ottawa, Ontario, Canada
- 1977-1980                 GENERAL SURGERY RESIDENCY (YEAR 2-4)  
University of Toronto Gaille Program in Postgraduate Surgery  
Toronto, Ontario, Canada
- 1980-1982                 PLASTIC SURGERY RESIDENCY  
University of Toronto Gaille Program in Postgraduate Surgery,  
Toronto, Ontario, Canada
- 1982-1983                 CLINICAL FELLOWSHIP  
Sunnybrook Medical Center, University of Toronto  
Division of Plastic Surgery  
Emphasis: Head and Neck and Maxillofacial  
Reconstruction and Trauma

**CERTIFICATIONS:**

- 1975                         Licentiate of the Medical Council of Canada
- 1980                         Fellow Royal College of Physicians and Surgeons of  
Canada, General Surgery
- 1981                         Certified Specialist in General Surgery by the  
American Board of Surgery
- 1982                         General License, Physician and Surgeon,  
Province of Ontario Certified, Federation Licensing Examination  
(FLEX)
- 1983                         General License, Physician and Surgeon,  
California (active), New York (inactive)
- 1984                         Certified Specialist in Plastic Surgery by the American  
Board of Plastic Surgery

**MEMBERSHIPS:**

1981-1982	Senior Residents Section, American Society of Plastic Surgeons
1983	San Diego County Medical Society
1984	California Medical Society San Diego Plastic Surgery Society 1997- Vice President 1998- President
1985	American Society of Plastic Surgeons Lipoplasty Society
1986	California Society of Plastic Surgery
1995	American Society for Aesthetic Plastic Surgery

**HOSPITAL COMMITTEE MEMBERSHIPS:**

1986-1988	Grossmont Hospital, La Mesa, CA Medical Records Committee
1986-1987	Alvarado Hospital, San Diego, CA Emergency Room Services Committee
1987-1988	Grossmont Hospital, La Mesa, CA Utilization Review Committee
1987-1988	Grossmont Hospital, La Mesa, CA Chief of Plastic Surgery
1987-1988	Grossmont Hospital, La Mesa, CA Surgical Supervisory Committee
1988-1992	Alvarado Hospital, San Diego, CA Special Services Committee
1989-1999	Alvarado Hospital, San Diego, CA Surgical Supervisory Committee Vice Chairman – 1995, Chairman – 1996-1997

1996-1997 Alvarado Hospital, San Diego, CA  
Chairman, Department of Surgery

1996-1997 Alvarado Hospital, San Diego, CA  
Executive Committee

**CONTINUING MEDICAL EDUCATION:**

1984 SDIPPS, UCSD Plastic Surgery and Dow Corning  
Tissue Expansion Seminar

1984, 1988, 1990-1992, American Society of Plastic Surgeons  
1994-1996, 1998-1999 Annual Scientific Meetings Including Instructional Courses

1984 American Society for Plastic Surgery of the Hand Primary  
Care of Hand Injuries

1984 American Orthopedic Association  
Fifth American Orthopedic Association  
International Symposium "Limb Reconstruction"  
Micro vs. Macro Surgery

1985 California Medical Association  
Wound Healing and Suture Course- Instructor

1985-1987, 1989-1991, Plastic Surgery Educational Foundation (PSEF) Teleplast  
1993-1998, 2002-2003 Symposiums: Rhinoplasty- Approach to the Aging Face;  
Major Facial Trauma; Secondary Rhinoplasty; Rhytidectomy;  
Blepharoplasty; Endoscopic Procedure in Aesthetic Plastic  
Surgery; Aesthetic Surgery of the Aging Face; Ultrasonic  
Liposculpture; Breast and Body Contouring

1985 Beckman Laser Institute and Medical Clinic- laser Update

1985 California Medical Association's 14<sup>th</sup> Annual Scientific  
Assembly- Instructor- Suture Course

1985, 1987-1990 1994-1995	Lipoplasty Society Symposium Advanced Facial Contouring
1987	Plastic Surgeons Research Foundation of San Diego Symposium Surgery for the Aging Face
1986	American Society for Surgery of the Hand Self Assessment Examination
1986	California Society of Plastic Surgeons (CSPS) Symposium The Altered body, Breast Reconstruction
1987, 1989	University of Utah, Division of Plastic Surgery Symposium Rigid Facial Skeletal Fixation and Instructional Courses
1987, 1995, 2002, 2006	American Society of Aesthetic Plastic Surgery (ASAPS) Annual Meeting
1988	Cedars Medical Center/ Plastic Surgery Educational Foundation (PSEF) Symposium- Cosmetic Surgery
1989	Cedars Medical Center/ Plastic Surgery Educational Foundation (PSEF) Symposium- Advance Plastic Surgery for the Breast
1995-1996	University of California, San Francisco, Annual Symposium Aesthetic Surgery
1985, 1990, 1994, 1998	Lipoplasty Society Annual Meeting
1991, 1996	American Society of Plastic and Reconstructive Surgeons Risk Management Symposium
1992, 1994, 1996	American Society of Plastic and Reconstructive Surgeons Basic and Advanced CPT/ ICD-9 Workshop
1992, 1996, 2002	Los Angeles Society of Plastic Surgery Annual Plastic Surgery Symposium
1993-2002	Alvarado Hospital, San Diego, CA Tumor Board, Grand Rounds and Department Meetings

1993-2002	Grossmont Hospital, La Mesa, CA Tumor Board, Grand Rounds and Department Meetings
1996	Irvine Medical Center, Irvine, CA CO2- Laser Skin Resurfacing
2001-present	Scripps Memorial Hospital- La Jolla Plastic Surgery Department Meetings
2000-2001, 2008	University of California, San Diego, CA Anti- Aging Medicine and Hormone Replacement Therapy
1999	International Congress, Las Vegas, NV Anti- Aging and HRT
1999-2000	New Horizons, La Jolla, CA PSEF Anti- Aging and HRT
2001-2002, 2005-2008	University Pharmacy, San Diego, CA New Strategies in Anti- Aging and Hormone Replacement Therapies

**LECTURES AND PRESENTATIONS:**

1986	Alvarado Hospital, San Diego, CA Surgery Department, Malignant Melanoma
1986-1987	El Cajon Valley Hospital, El Cajon, CA Body Contouring after Weight Loss for Morbid Obesity
1987	Women's Business Group, Santee, CA Cosmetic Surgery
1988	Grossmont Hospital, La Mesa, CA Surgery Department, Subcutaneous Mastectomy
1988	Sharp Cabrillo Hospital, San Diego, CA Body Contouring After Weight Loss for Morbid Obesity

- 1989 Alvarado Hospital, San Diego, CA  
Plastic Surgery Following Weight Loss  
Cosmetic Surgery for a New Age, Looking the Best You Can
- 1990-1992 American Association of Medical Transcriptionists (AAMT)  
Cosmetic Surgery Lecture
- 1997 “Alvarado Hospital Presents” in association with Channel 8 TV  
Panel Discussion on Plastic and Reconstructive Surgery
- 1990 Alvarado Hospital, San Diego, CA  
Plastic and Reconstructive Surgery Lecture
- 1991-1998 Alvarado Hospital Support Group for Morbid Obesity  
Body Contouring After Surgical Weight Loss
- 1991 Women’s Club, La Mesa, CA  
Body Contouring Lecture
- 1994-1997, 2000 Alvarado Hospital Surgical Weight Loss Group Annual Reunion  
Body Contouring After Surgical Weight Loss
- 1992 Grossmont Hospital, La Mesa, CA  
Health Fair
- 1993 Lake Murray Lion’s Club, El Cajon, CA  
Facial Cosmetic Surgery, Skin Rejuvenation and Body Sculpture
- 1995-2001 Alvarado Institute of Plastic & Reconstructive Surgery  
San Diego, CA  
Monthly lectures on Facial Rejuvenation, Body Sculpting,  
Breast Procedures, and Cosmetic Surgery For Men
- 2000-2001 Alvarado Wellness Anti-Aging and Longevity Centre,  
San Diego, CA  
Anti- Aging Medicine and Hormone Replacement Therapy



2002-present                      La Jolla Cosmetic Surgery Centre, La Jolla, CA  
Plastic Surgery Procedures  
Medical Director January 2006 – May 2008

**RESEARCH EXPERIENCE:**

1966                                  Master's Degree Program  
San Diego State University  
Supervisor- H. Plymale, D.V. M.  
Area- Biology

1971-1972                          University of Calgary  
Division of Medical Physiology  
Supervisor- K. Cooper, M.D.  
Area- Neurophysiology/ Temperature Regulation

**HOSPITAL STAFF APPOINTMENTS:**

1981                                  Clinical Fellow in Plastic Surgery  
Sunnybrook Medical Center  
Toronto, Ontario, Canada

1983- 2006                          Alvarado Hospital Medical Center  
6655 Alvarado Road  
San Diego, CA 92120

1983-2006                          Grossmont Hospital  
5555 Grossmont Center Drive  
La Mesa, Ca 91941

1983-Present                      Scripps Memorial Hospital  
9888 Genesee Avenue  
La Jolla, CA 92037

1985-2005                          Sharp Memorial Hospital  
7901 Frost Street  
San Diego, CA 92123

**REFERENCES:**

Matthew Gleason, M.D.  
306 Walnut Street  
Suite 36  
San Diego, CA 92103

Stephen Krant, M.D.  
528 Nautilus Street  
La Jolla, CA 92037

James Pietraszek, M.D.  
8929 University Center Lane  
San Diego, CA 92122

R.T. Manktelow, M.D.  
Past Chief, Division Plastic Surgery  
University of Toronto  
Toronto, General Hospital  
Toronto, Ontario, Canada M5G 1 L7