

MICHAEL MINDRUM, MD, FRCPC

General Internal Medicine

Interests in obesity medicine, diabetes care, and cardiometabolic health



✉ michaelmindrum@gmail.com

📍 Port Williams, Canada

🐦 @michaelmindrum

📞 (902) 300-5055

🌐 www.valleymetabolichealth.com

WORK EXPERIENCE

Assistant Professor

Department of Internal Medicine, Dalhousie University

06/2012 - Present

Kentville, NS

Valley Regional Hospital

Roles:

- Staff Physician, Department of Internal Medicine (2012 - present)
- Founder, Valley Metabolic Health (2018 - present)
- Stroke Consultant (2016 - present)
- Department Head, Critical Care (2016 to 2018)
- Medical Director, Diabetes Centre (2014 - present)
- Chair, Morbidity and Mortality Rounds (2013 - 2016)

Awards: Lecturer of the year, Family Residency Program 2013 & 2016

Staff Physician, Internal Medicine

Central Vermont Medical Center

06/2006 - 06/2011

Montpelier, Vermont

EDUCATION

Residency Training

Internal Medicine

Programs:

- Dalhousie University (PGY 4) 2012
- University of Vermont (PGY 2 and 3) 2006
- University of Hawaii (PGY 1) 2004

Medical School

University of Louisville School of Medicine

1999 - 2003

Honour:

- Alpha Omega Alpha

Bachelor of Arts

Depauw University

05/1997

Greencastle, Indiana

Major, Honour

- Biology, Cum Laude

SKILLS

Speaking

Research

Writing

Teaching

Leadership

Information Technology

Behaviour Change

SELECT PUBLICATIONS

Neudorf, Helena, Michael Mindrum, et al. "A Low-Carbohydrate High-Fat Ketogenic Diet Program Implemented by an Interdisciplinary Primary Care Team Improves Markers of Cardiometabolic Health in Adults with Type 2 Diabetes: A Retrospective Secondary Analysis." *Canadian Journal of Diabetes*, September 2021

Mindrum, Michael R. "Let's Be Clear about Expected Cardiovascular Risk: A Commentary on the Massive Rise in LDL Cholesterol Induced by Carbohydrate Restriction in the Proposed 'Lean Mass Hyper-Responder' Phenotype." *Current Developments in Nutrition* 6, no. 5 (May 25, 2022)

RECENT LECTURES

Diabetes Update 2022

"Diabetes and Nutrition"

Dalhousie Cardiology Grand Rounds 2022

"The Heart of Obesity"

Dalhousie Continuing Education 2022

"Obesity: Let's Change the Conversation" AND "Pharmacotherapy Update for Diabetes"

CONSULTANCY

Expert Advisor, Institute for Personalized Therapeutic Nutrition (2018 - Present)

Novo Nordisk: consultant, speaker, regional leader (2020 - Present)

Diet Doctor: member of medical review board (2021 - Present)

Bausch Health: speaker (pending) (2022 - Present)