

## **Stanford Allen Owen, MD**

3300 15<sup>th</sup> Street ~ Gulfport, MS 39501

228-864-9669 (office) ~ 228-868-0188 (fax) ~ [drowenmd@drdiet.com](mailto:drowenmd@drdiet.com) (email)

[www.gulfsideclinicalresearch.com](http://www.gulfsideclinicalresearch.com) (website)

[www.drdiet.com](http://www.drdiet.com) (website)

### **Personal Information**

Date of Birth: September 8, 1951  
Place of Birth: Opelousas, LA  
Marital Status: Married 35 years  
Children: Two  
Grandchildren: Two

### **Education**

Undergraduate: Louisiana State University  
New Orleans, LA  
1969 – 1972

Graduate: Louisiana State University  
New Orleans, LA  
MD Degree, 1972 – 1976

Residency: Louisiana State University Charity Hospital  
Lafayette, LA  
1976 – 1979, Internal Medicine

### **Continuing Education (last six years)**

Oakstone Medical (Johns Hopkins School of Medicine)

- Internal Medicine 325 hours
- Cardiology 183 hours
- Gastroenterology 188 hours
- Psychiatry 146 hours
- Emergency Medicine 45 hours
- Board Review 90 hours

Total 2002-2006 994 hours

2007 (same subspecialties) 132 hours

2008 (same subspecialties) 180 hours

### **Medical Licensure**

- Louisiana 1976 #013830
- Mississippi 1979 #08597
- Florida 1989 #ME0055878 (inactive)

## **Professional & Board Certifications**

- American Board of Internal Medicine, 1979
- American Board of Physical Nutrition Specialists (ABPNS), 2001
- Certification, NEI Master of Psychopharmacology, 2004
- Certified, Hyperbaric Oxygen Therapy, 1998
- Fellow, Obesity Society

## **Professional Positions and Appointments**

Private Practice: The Center for Health Management  
Internal Medicine & PrescriptFit Medical Nutrition Therapy (1989 – present)  
CHM Research (1998 – 2007)  
3300 15<sup>th</sup> Street  
Gulfport, MS 39501

105 Medical Center Drive, Suite 102  
Slidell, LA 70461  
1979 – 2005 (closed after Hurricane Katrina)

Other Affiliations: Gulfside Clinical Research, LLC  
Medical Director & Principal Investigator  
3300 15<sup>th</sup> Street  
Gulfport, MS 39501  
(2007 – present)

### Hospital Privileges

Gulfcoast Outpatient Surgery  
180 Debuys Road  
Biloxi, MS 39531

- Endoscopy (gastroscopy and colonoscopy) – 15,000+ performed since 1976

Garden Park Community Hospital, Gulfport, MS

## **Professional Memberships**

- Obesity Society (Fellow)
- American Medical Association
- Mississippi State Medical Association
- Louisiana State Medical Society (former executive committee member)
- American Society of Clinical Psychopharmacology
- American Society of Addiction Medicine
- International Society of Atherosclerosis Imaging
- National Advisory Board, GlaxoSmithKline Pharmaceuticals; Primary Care Section (18 members);  
National Speaker for GSK

## **Professional Honors**

- **President** – Crosby Memorial Hospital Staff, 1997, 1991, 1985, 1981
- **Charter Vice-Chairman of the Board** – Northshore Regional Medical Center, 1985 – 1990
- **Member of Executive Committee** – Louisiana State Medical Society, 1984 – 1988
- **President** – St. Tammany Parish Medical Society, 1984 and 1985
- **Director** – Intensive Care, Slidell Memorial Hospital, Slidell, LA, 1983 – 1985
- **Associate Clinical Professor of Community Medicine** – Tulane University Medical School, New Orleans, LA, 1980 – 1995
- **Director Intensive Care, Slidell Memorial, 1984**
- **Founder and First President** of a 20-physician Emergency Medicine Group – Acadiana Emergency Medical Associates, 1977 – 1979
  - 7000+ hours ER experience

## **Professional Publications**

- Effects of Sibutramine in Obese Adolescents: A Randomized Trial; Bercowitz, Owen, Southern, et al; Annals of Internal Medicine, 2006; 145: 85-91.
- Metabolic Effects of Carvedolol vs. Metoprolol in Type 2 Diabetes Mellitus with Hypertension; JAMA (Journal of the American Medical Association), November 2004; 2227-2235.
- Pizza and Amino Acids in the Treatment of Uncontrolled Type 2 Diabetes; Poster Presentation, October 2006, NAASO, Boston, MA.: Obesity, December, 2006.
- Obesity and Nutrition Therapy in Primary Care; Physician's Money Digest, Guest Editorial, April, 2001.
- Where All Road Converge: A clinical approach to Nutrition Therapy; Healthy Aging, November 2008, Volume 4, Issue 4.
- Amino acid-based nutritional supplementation facilitates abrupt cessation ("Stopping Cold Turkey") of substance use by addiction patients: Reduction of withdrawal symptoms with minimal abuse potential. Neuroscience Annual Conference, Poster Presentation, 10/11/08. S. L. Broom, S. Owen, P. Norris, R. Mestayer, C. Grace
- *The Weighting Game*, 1993 (revised 1997)
- "IgA Deficiency with Pleural Effusions," Journal of Respiratory Disease, 1982
- Ask Dr. Owen, [www.drdiet.com](http://www.drdiet.com)
- *The Best Sex of Your Life: Diet and Medical Therapy*, 2004; Magnolia Press, Gulfport, MS; 222 pages
- *The Amino Solution (and "Companion" Cookbook)*, 2007; DRDIET Publications, Gulfport, MS; 274 pages
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## **Civic Experience**

- **Founder** – Sports Spa and Clinic at San Destin, FL, 1989
- **Councilman** – St. Tammany Parish, LA, 1984 – 1988
- **Co-Chairman** – Health and Welfare Committee, Louisiana Police Jury Association, 1984 – 1988
- **Member** – Metropolitan Task Force of Greater New Orleans, 1984 – 1988

### Special Events:

- Cholesterol Screening and Study of all St. Tammany Parish and Pearl River County High Schools, 1984 (10,000 students)
- Wrote and sponsored law creating the Mississippi Obesity Council; adopted and signed into law 2001. Council serves under Mississippi Department of Health, Delegate representing AAORTA (African-American Obesity Research and Treatment Association)
- Formed the AAORTA (African American Obesity Research and Treatment Association) 2000
- Gained endorsement of National and Mississippi NAACP; currently being considered for assimilation into Epidemiology Research Center Jackson State University.
- Current medical advisor to the Lower Pearl River Authority to develop health risk and obesity intervention curricula for Pearl River County School Systems.

### **News and Journalism Experience -- Television**

- The Doctor *diet*<sup>TM</sup> Show hosted by Dr. Owen (Nielsen rating of #1 show in its time slot in South Mississippi, South Alabama, and panhandle of Florida), WLOX Channel 13, Biloxi, MS, 1998
- "Holiday Eating," call-in show with Dave Elliot, WLOX Channel 13, Biloxi, MS, 1996
- "Eating Disorders," call-in show with Karen Abernathy, WLOX Channel 13, Biloxi, MS, 1996
- "Diet Therapy," call-in show with Dave Elliot, WLOX Channel 13, Biloxi, MS, 1996
- "Fitness," interview with Barbara Salloum, WLOX Channel 13, Biloxi, MS, 1996
- "Osteoporosis," interview with Karen Abernathy, WLOX Channel 13, Biloxi, MS, 1995
- "Diet Therapy," interview with Barbara Salloum, WLOX Channel 13, Biloxi, MS, 1993
- "The Weekend Athlete," interview about the Sports Spa & Clinic at San Destin, ESPN, 1992
- "Sports Spa & Clinic at San Destin," CNN, 1991
- "The Red Holland Show," interview about the Sports Spa & Clinic at San Destin, CBS, Dothan, AL, 1991
- "Channel 10 Call-In" Talk Show, interview about Sports Spa & Clinic at San Destin, Ft. Walton, FL, 1991
- "Zoning in St. Tammany Parish," interview with Garland Robinette, WWL Channel 4, New Orleans, LA, 1986
- "Fast Foods and Your Children's Health," interview with Garland Robinette, WWL Channel 4, New Orleans, LA, 1985
- "Cholesterol and Your Child = St. Tammany Parish Schools," WWL Channel 4, New Orleans, LA, 1984

### **Magazine Interviews and Articles**

- Shape, feature article about the Sports Spa & Clinic at San Destin, 1993
- Longevity, summary feature about the Sports Spa & Clinic at San Destin, 1993
- Golf, feature article about the Sports Spa & Clinic at San Destin, 1992
- Tallahassee, feature article about the Sports Spa & Clinic at San Destin, 1992
- Self, summary feature about the Sports Spa & Clinic at San Destin, 1992
- Vogue, summary feature about the Sports Spa & Clinic at San Destin, 1992
- Weight Watchers, feature article about the Sports Spa & Clinic at San Destin, 1992
- Southern Living, feature article about the Sports Spa & Clinic at San Destin, 1991

## **Newspaper Articles and Interviews**

- Washington Post, interview about the Sports Spa & Clinic at San Destin, 1991
- Milwaukee Tribune, interview about the Sports Spa & Clinic at San Destin, 1991
- Chicago Sun, interview about the Sports Spa & Clinic at San Destin, 1991
- Atlanta Constitution, interview about the Sports Spa & Clinic at San Destin, 1991
- Nashville Gazette, interview about the Sports Spa & Clinic at San Destin, 1991
- New Orleans Times Picayune, interview about the Sports Spa & Clinic at San Destin, 1991
- Providence (Rhode Island) News, interview about the Sports Spa & Clinic at San Destin, 1991

## **Clinical Research (Principal Investigator)**

- A Multi-Center, Double-Blind, Randomized, Placebo-Controlled, Parallel Group Study to Examine the Long-Term Efficacy and Safety of Test Article in Obese Patients (August 1998) (Highest enrolling site with 57 subjects and highest rate of subject retention [89.5%]. Developed source documents used by the majority of other study sites.) Abbot Pharmaceuticals
- Randomized Multi-Center, Double-Blind, Placebo-Controlled, Parallel-Group, Multi-Dose Study of the Safety and Efficacy of Test Article in Patients with Mild Thyroid Failure (February 2000; 35 patients screened). Knoll Pharmaceuticals
- A 12-Month Study to Assess the Safety and Efficacy of Test Article 10 and 15 mg in Obese Adolescents (June 2000) (69 subjects screened; 28 subjects randomized) Abbot Pharmaceuticals
- Test Article Cardiovascular Treatment Assessment versus Test Article (December 2000) (10 subjects screened; 9 subjects randomized). Pfizer
- A Multicenter, Randomized, Double-Blind Clinical Trial Evaluating the Safety and Efficacy of Test Article #1 versus Test Article #2 and Test Article #3 Monotherapies in Pediatric Patients with Type 2 Diabetes Mellitus" (April 2002). BristolMeyersSquibb
- A Comparative Efficacy and Safety Study of Test Article #1 Delayed-Release Capsules versus Test Article #2 for the Healing of NSAID-associated Gastric Ulcers When Daily NSAID Use is Continued (June 2002). Astra Zeneca
- A Randomized, Double-Blind, Multicenter Study Comparing the Effects of Test Article #1 and Test Article #2 on Glycemic Control in Hypertensive Patients with Diabetes Mellitus (July 2001) BristolMeyersSquibb
- A Comparative Efficacy and Safety Study of NEXIUM (esomeprazole magnesium) Delayed-Release Capsules (40 mg qd and 20 mg qd) Versus Ranitidine (150 mg bid) for the Healing of NSAID-associated Gastric Ulcers When Daily NSAID Use is Continued AstraZeneca
- Multicenter, Randomized, Double-Blind, Double-Dummy, Parallel-Group Comparison of the Remission Rates for Once Daily Treatment with Esomeprazole 20 mg and Lansoprazole 15 mg for 6 Months in Patients Whose EE Has Been Healed
- A Multicenter, Randomized, Double-Blind, Double-Dummy, Parallel-Group Efficacy Study Comparing 8 Weeks of Treatment with Esomeprazole Magnesium (40 mg qd) to Lansoprazole (30 mg qd) for the Healing of Erosive Esophagitis in Patients with Moderate or Severe Erosive Esophagitis

- A Phase III, multi-center, randomized, double-blind, placebo-controlled, parallel group factorial study of *metoprolol succinate extended-release tablets (Toprol-XL)*, hydrochlorothiazide and their combination in patients with essential hypertension. AstraZeneca
- A Phase 2, Randomized, Triple-Blind, Placebo-Controlled, Short-Term, Dose-Response Study to Examine the Effect on Glucose Control and Safety and Tolerability of AC2993 Given Two Times a Day in Subjects With Type 2 Diabetes Mellitus. Amylin
- An Open-Label Study to Examine the Long-Term Effect on Glucose Control (HbA1c) and Safety and Tolerability of AC2993 Given Two Times a Day to Subjects With Type 2 Diabetes Mellitus Amylin
- **A Multicenter, Randomized, Double-Blind, Parallel-Group, Placebo-Control, Clinical Evaluation of Insulin Plus Rosiglitazone (2mg and 4 mg) Compared to Insulin Plus Placebo for 24 Weeks in Subjects with Type 2 Diabetes Mellitus Who Are Inadequately Controlled On Insulin GlaxoSmithKline**
- A Randomized, Double-Blind, Multicenter Study Comparing the Effects of Carvedilol and Metoprolol on Glycemic Control in Hypertensive Patients with Type II Diabetes Mellitus GlaxoSmithKline
- A Phase 3, Randomized, Double-blind, Placebo Controlled, Multicenter Trial to Evaluate the Safety and Efficacy of BMS-298585 as Monotherapy in Subjects with Type 2 Diabetes Who Have Inadequate Glycemic Control BristolMeyersSquibb
- Clinical Utility of Amlodipine/Atorvastatin to Improve Concomitant Cardiovascular Risk Factors of Hypertension and Dyslipidemia Pfizer
- Glycemia Optimization Treatment. To assess the safety of glucose control as measured by the frequency of severe hypoglycemia events using dosing algorithms based on different fasting blood glucose goals with Lantus® (insulin glargine (rDNA origin) in adult individuals with type 2 diabetes who have not achieved the target A1c Goal of <7% with oral hypoglycemia agents: A randomized, open-label, parallel-design trial. Aventis
- A Four-Arm Study Comparing the Analgesic Efficacy and Safety of Tramadol HCl Once a Day 100, 200 and 300 mg Versus Placebo for the Treatment of Pain due to Osteoarthritis of the Knee. OrthoMcNeil
- Pizza and Branched Chain Amino Acid Treatment in Uncontrolled Type 2 Diabetics; Unblinded; 12-week study; CHM Research, 2005.
- A Randomized, Double-Blind, Placebo-Controlled, Parallel Group Phase III Study of the Efficacy, Tolerability, and Safety of Ketoprofen Topical Patch (KTP) in the Treatment of Pain Associated with Tendonitis or Bursitis of the Shoulder, Elbow, or Knee. Endo Pharmaceuticals. 2006
- A Multicenter, Randomized, Double-Blind, Placebo-Controlled Study of the Safety and Efficacy of CS-917 as Monotherapy for Type 2 Diabetes. Sankyo Pharma Development. 2006
- Justification for the Use of Statins in Primary Prevention: An Intervention Trial Evaluating Rosuvastatin. Astra-Zeneca. 2008
- Tolerability and Safety of Multiple Dose Regimens of TRX4 Anti-CD3 Monoclonal Antibody in Type 1 Diabetes Mellitus. Phase 1b Trial, TolerRx. 2006 (in progress)
- TRX4 Therapeutic Evaluation of Different Multi-Dose Regimens (TTEDD). Phase 2, TolerRx. 2006 (in progress)
- A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group, Multicenter study to assess the efficacy and safety of long-term administration of rimonabant in the Prevention of Type 2 Diabetes

in patients with prediabetic status (i.e., Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT) or both). Phase 3, sanofi-aventis. 2006 (in progress)

- A Double Blind, Multi-Center, Randomized, Parallel-Group, Yearlong Study to Assess the Efficacy and Safety of 0, 800, or 1600 mg/day of S-2367 Administered Orally Once Daily with a Reduced Calorie Diet in Obese Males and Females. Shionogi. 2007 (in progress)
- A 12-week Open-label, Randomised, Parallel-group, Multicentre, Phase IIIb Study to Compare the Efficacy and Safety of Rosuvastatin (CRESTOR®) 10 mg and 20 mg in Combination with Ezetimibe 10 mg (fixed dose combination) in Patients with Hypercholesterolaemia and Coronary Heart Disease (CHD) or a CHD Risk Equivalent, Atherosclerosis or a 10-year CHD Risk of >20% (The GRAVITY study). AstraZeneca. 2007.
  
- A randomized, double-blind, placebo-controlled, 2-arm parallel-group, multicenter study with a 24-week main treatment period and an extension assessing the efficacy and safety of AVE0010 in patients with Type 2 diabetes insufficiently controlled with basal insulin. Sanofi-aventis. 2008 (currently recruiting)
- Durable-Response Therapy Evaluation For Early- or New-Onset Type 1 Diabetes. TolereX. 2008 (currently recruiting)

## **References:**

Donna Ryan, MD  
Medical Director  
Pennington Biomedical Research Center  
300 Perkins Road  
Baton Rouge, LA 70808  
225-763-2514  
Former Chancellor of LSU Medical Center

James Anderson, MD  
Chief, Department of Endocrinology  
University of Kentucky Medical School  
Medical Director, Health Management Resources  
Medical Director, Prevention Magazine  
Chandler Medical Center  
Lexington, KY 40536-0297  
859-281-4954

Micheal O'Bryan M.D.  
CEO, Meadowcrest Hospital  
2500 Belle Chase Highway  
Gretna, La. 504-207-4225

Daniel "Stormy" Johnson MD  
Past President, American Medical Association  
3100 Clearview Parkway  
Metairie, La 70006  
504-885-4225