

## Lena D. Edwards, MD, FAARM, ABAARM, FICT

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### Education

07/2016	Board Certified, American Board of Integrative Medicine
08/10-3/11	Fellowship Program, Integrative Cancer Therapy (A4M)
01/06-12/08	Board Certification and Fellowship Program American Academy of Anti-Aging, Functional, & Regenerative Medicine
07/99-6/00	Chief resident Department of internal medicine University of Kentucky Medical Center Lexington, KY
07/96-06/99	Internal medicine residency program University of Kentucky Medical Center Lexington, KY
08/92-05/96	Doctor of Medicine University of North Dakota School of Medicine Grand Forks, ND
08/88-05/92	Bachelor of Science in biology, cum laude University of North Dakota Grand Forks, ND

### Scholarship & Awards

07/17	Trademark Women of Distinction
2017	Leading Physicians of the World, International Association of HealthCare Professionals
2011	America's Top Physicians, Internal Medicine, Integrative Medicine, Integrative Cancer Therapy
05/09	NAWBO New Small Business Woman of the Year award recipient
05/09	Front cover and feature story <i>MD News Magazine</i> , Lexington, KY
10/08	U.S. Small Business Development Center 2009 Small Business Person of the Year, nominee
05/08	NAWBO Small Business Woman of the Year, national finalist
01/08	Biltmore Who's Who Among U.S. Small Business Women
04/07	Outstanding Young Woman of Central Kentucky, award finalist
05/07	NAWBO New Business Owner of the Year, award finalist
06/99	Resident research award, dept. of internal medicine (UKMC)
07/98	Resident of the month (UKMC)
06/98	Resident research award, dept. of internal medicine (UKMC)
03/98	Alpha Omega Alpha Medical Honor Society (UKMC)
06/97	Intern of the Year, dept. of internal medicine (UKMC)
06/97	Resident research award, dept. of internal medicine (UKMC)
11/96	American Society of Nephrology award (UKMC)
03/96	Who's Who Among Students in American Universities & Colleges (UND School of Medicine)

### **Professional Society Memberships and Affiliations**

2017-present	American Academy of Regenerative Medicine
2016-present	American Board of Integrative Medicine
2016-present	American Board of Physician Specialties
2016-2017	Palm Beach Civic Association
2016-2018	Boca Raton Chamber of Commerce
2015-2016	WOAMTEC, Boca Raton Chapter
2014-2018	Clinical Instructor, George Washington University
2009-2015	American Medical Association
2012-2017	Institute of Functional Medicine
2000-2018	Community Faculty Member, University of KY Medical Center
2009-2012	The Anti-Aging Professional Network
2011-2014	American College of Medical Advancement
2009-2010	Lexington Young Professionals Association
2008-2017	Member of the national speaker' bureau, ZRT Laboratories, Beaverton, OR
2008-2009	Better Business Bureau, Lexington, KY
2007-2009	Biltmore Who's Who
2007-2009	National Association of Women's Business Owners
2007-2009	Professional Women's Forum, Lexington, KY
2007-2009	National Federation of Independent Business
2004-2014	American Academy of Anti-Aging Medicine
2004-2010	Member, Chamber of Commerce, Lexington, KY
2003-2008	American Academy of Aesthetic Medicine
1995-2015	American College of Physicians
1998-2018	Alpha Omega Alpha Medical Honor Society
2004-2006	Lexington Young Professionals Association
2003-2006	American Society of Aesthetic Mesotherapy
2002-2006	Lexington Medical Society
2000-present	Community Faculty Member, University of Kentucky Medical Center
1992-2006	American Medical Association

### **Community & Professional Leadership positions**

12/16-present	Contributing freelance author, <i>Integrative Practitioner</i>
09/15-present	Editorial Review Board, <i>Journal of Alternative, Complementary, and Integrative Medicine</i>
06/13-06/14	Medical Advisory Board, DaVinci Labs
01/13-present	Fellowship Instructor, American Academy of Anti-Aging Medicine Fellowship Program
07/12-present	Editorial reviewer, <i>Annals of Internal Medicine</i>
05/11-05/13	Guest Contributing Author, American College for the Advancement of Medicine
05/11-05/14	Medical Advisory Board, Health Intelligence Magazine, Johannesburg, South Africa
12/10-2017	Advisory Board Submissions Committee, American Academy of Anti-Aging Medicine
10/10-07/13	Oral Board Examiner, American Academy of Anti-Aging, Functional, and Regenerative Medicine
01/09-05/13	Medical Director, Seasons Salon and Spa
01/09-05/10	Contributing writer (Health & Wellness Column), <i>Business Lexington</i>
03/07-3/08	Board of Directors, Lexington Chapter of Nat'l Assoc. of Women Business Owners
06/06-12/06	Board of Directors, Lexington Philharmonic
04/06-12/06	Physician Advisory Board, United Health Care Insurance
10/02-07/03	Medical Director, Interim Home Health Agency
08/01-01/03	Medical Ethics Committee, Good Samaritan Hospital (Lexington, KY)
07/99-06/00	Intern Selection Committee, Dept. of internal medicine (UKMC)
07/99-06/00	Educational Advisory Committee, Dept. of internal medicine (UKMC)
07/99-06/00	Core Curriculum Committee (UKMC)
70/99-06/00	House staff General Medical Education Committee (UKMC)

## Presentations

- 06/18 Beyond Adrenal Fatigue: An evidence-based approach to the pathophysiology of low cortisol states  
*American Board of Physician Specialties, 2018 National Conference*  
Nashville, TN
- 07/17 *HPA Axis Dysfunction & Chronic Stress*  
*Female Medical Problems (Related to Hormonal Transitions)*  
PCCA Conference  
Asheville, NC
- 11/16 *Does Flat Really Mean Fatigued*  
ZRT Laboratories, Webinar
- 05/16 *Metabolic Approach to the Adrenals*  
Medical Metabolic Institute  
Hollywood, FL
- 12/15 *Metabolic Approach to the Adrenals*  
Medical Metabolic Institute  
Las Vegas, NV
- 11/15 *Metabolic Approach to the Adrenals*  
*PCOS and Endometriosis*  
Medical Metabolic Institute and PCCA  
Vancouver, BC
- 03/15 *Introduction to HPA Axis & Adrenal Dysfunction*  
*Endometriosis and Sleep Disorders in Women*  
*Sex and Stress Hormone Relationships*  
PCCA Canada, Toronto, Canada
- 02/15 *Stress and Men's Health*  
Medical Metabolic Institute, Los Angeles, CA
- 02/15 *Integrative Therapeutics Workshop*  
Medical Metabolic Institute, Los Angeles, CA
- 10/14 *Women's Hormones: Evidence & Replacement Strategies*  
Medical Metabolic Institute, Miami, FL
- 10/14 *Adrenal Fatigue: A Simple Term to Describe a Complex Process*  
Pharmacists Compounding Centers of America, Houston, TX
- 09/14 *Advanced Topics in Adrenal/Pituitary Dysfunction and Therapies*  
A4M Advanced Endocrinology Fellowship Program, Phoenix, AZ
- 02/14 *Introduction to Adrenal Gland and HPA Axis Dysfunction*  
Pharmacists Compounding Centers of America, Las Vegas, NV
- 02/14 *PCOS, Endometriosis, and Sleep Disorders in Menopause*  
Pharmacists Compounding Centers of America  
Las Vegas, NV
- 11/13 *Combined Sex & Stress Hormone Imbalances: Where to Begin*  
General Session  
Dubai Congress of Anti-Aging and Regenerative Medicine
- 11/13 *Introduction to the HPA axis*  
General Session  
Dubai Congress of Anti-Aging and Regenerative Medicine
- 11/13 *Lifestyle Effects on Sex & Stress Hormones*  
General Session  
Dubai Congress of Anti-Aging and Regenerative Medicine
- 03/13 *Timing is Everything: The Adrenal Peripheral Clock*  
A4M General Session, Orlando, FL
- 02/13 *HPA Axis Dysfunction in Sports Medicine*  
Module XI A4M, Las Vegas, NV
- 01/13 *Advanced Topics in Adrenal/Pituitary Dysfunction and Therapies*  
Advanced Endocrinology Fellowship Program, Phoenix, AZ
- 10/12 *Medical Problems of Menopause*

10/12 ZRT Laboratories, Tampa, FL  
*Adrenal Dysfunction*

06/12 ZRT Laboratories, Tampa, FL  
*Adrenal Dysfunction*

05/12 ZRT Laboratories, Dallas, TX  
*Transforming Theoretical into Practical*

05/12 American Academy of Anti-Aging Medicine, Pre-Conference Workshop, Orlando, FL  
*Women's Health Symposium*

02/12 Central Compounding Pharmacy, Columbus, OH  
*Transforming Theoretical into Practical*

12/11 Metagenics Midwest, Indianapolis, IN  
*Effects of Pharmaceutical Agents on Salivary Cortisol Release Patterns*

10/11 American Academy of Anti-Aging Medicine World Congress, Las Vegas, NV  
*The Clinical Importance of Understanding and Treating HPA Axis Disorders*

09/11 Ortho-Molecular Products/Equip  
Long Beach, CA  
*The Clinical Importance of Understanding and Treating HPA Axis Disorders*

09/11 Ortho-Molecular Products/Equip, Chicago, IL  
*Beyond Adrenal Fatigue*

04/11 Metagenics Midwest, Indianapolis, IN  
*Clinical Case Studies in Functional Medicine & Women's Health*

04/11 ZRT Laboratories, Chicago, IL  
*The Clinical Importance of Understanding and Treating HPA Axis Disorders*

04/11 Ortho-Molecular Products/Equip, Dallas, TX  
*Beyond Adrenal Fatigue*

02/11 Pre-Conference Workshop, American Academy of Anti-Aging Medicine, Orlando, FL  
*The Clinical Importance of Understanding and Treating HPA Axis Disorders*

12/10 Ortho-Molecular Products/Equip, Orlando, FL  
*Adrenal Fatigue: Does it Truly Exist?*

12/10 World Congress Anti-Aging and Regenerative Medicine, International Meeting: General Session  
Las Vegas, NV  
*Clinical Implications of HPA Axis Dysfunction*

11/10 Ortho-Molecular Products, Las Vegas, NV  
*Hormonal Causes of Female Sexual Dysfunction*

11/10 Age Management Medical Group, Las Vegas, NV  
*Practical Application of Bio-identical Hormone Replacement: Clinical Case Studies*

10/10 Age Management Medical Group, Las Vegas, NV  
*Adrenal Dysfunction*

10/10 Letco Pharmaceuticals, Manhattan Beach, CA  
*HPA Axis, Adrenal Dysfunction, and Hypocortisolism*

10/10 ZRT Laboratories, Orlando, FL  
*Practical Application of Bio-identical Hormone Replacement: Clinical Case Studies*

08/10 ZRT Laboratories, Orlando, FL  
*Adrenal Dysfunction*

04/10 Letco Pharmaceuticals, Austin, TX  
*Non-pharmacologic and Pharmacologic Treatment of Adrenal Dysfunction.*

04/10 Age Management Medical Group, National meeting, Boca Raton, FL  
*Bio-identical Hormone Replacement Therapy*

04/10 Age Management Medical Group, National meeting, Boca Raton, FL  
*Non-pharmacologic and Pharmacologic Treatment of Adrenal Dysfunction.*

02/10 World Congress Anti-Aging and Regenerative Medicine, International Meeting  
Orlando, FL  
*Treatment of Adrenal Dysfunction.* Webinar presentation to fellows. American Academy of Anti-Aging Medicine Fellowship Program

02/10 *Adrenal Dysfunction: Hypocortisolism and its metabolic consequences.* Webinar presentation to fellows. American Academy of Anti-Aging Medicine Fellowship Program

12/09 *Adrenal Dysfunction: An Under Recognized Epidemic*  
World Congress Anti-Aging and Regenerative Medicine, International Meeting, Las Vegas. NV

11/09 *Adrenal Dysfunction: An Under Recognized Epidemic*  
Age Management Medical Group, National Meeting, Las Vegas, NV

02/09 *Adrenal Fatigue and BHRT Clinical Case Studies*  
ZRT Laboratory, Knoxville, TN

02/09 *Health and Hormone Balance*  
Regional Sales Directors, National Mary Kay Retreat, Carrollton, KY

02/08 *Health and Hormone Balance*  
NAWBO, Lexington Chapter, Lexington, KY

09/07 *Experiences in Small Business Ownership*  
Professional Women's Forum, Lexington Chapter, Lexington, KY

### **Research & publications**

10/17 **Edwards, L.** "Rethinking Adrenal Fatigue: An Evidence Based Review of Hypocortisolism". *Integrative Practitioner Quarterly J.* October 11, 2018.

08/14 Adams P, Bouc GT, Dach J, **Edwards L.** et al. "Adrenal Dysfunction: An evidence-based review of the causes and consequences of hypocortisolism". Chapter 13 in Stop the Thyroid Madness II. M.Ed. JA Bowthorpe. 2014.

07/13 "Anti-Aging: the hip, the hype, and the truth", *Palm Beach Woman Magazine*

05/11 **Edwards, L.** Adrenalogic: Outsmarting Stress; TUPH

12/11 "Beyond Adrenal Fatigue", *Anti-Aging Medical News*. Winter 2011 edition

10/11 "The Many Faces of Stress", *Health Intelligence Magazine*.

09/11 "Chaos to Calm", *Health Intelligence Magazine*.

05/11 **Edwards L.** Adrenalogic: Outsmarting Stress. 2011. TUPH; Toronto, Ontario

09/11 Edwards L, Heyman A, Swidan S. "Hypocortisolism: An Evidence Based Review". *Integrative Medicine Journal: A Clinician's Journal*. 2011;10(4):30-37.

01/11 **Edwards L,** Heyman A. "Adrenal Dysfunction: An evidence based review of the causes and consequences of hypocortisolism". *Anti-Aging Therapeutics Volume XII*. Ed. R. Klatz & R. Goldman. Chapter 8. pp. 67-72.

12/10 Guilliams TG, **Edwards LD.** "Chronic Stress & The HPA Axis: Clinical assessment and therapeutic considerations". *The Standard*. 2010; 9(2): 1-12.

04/10 Heyman A, LaValle J, Hawkins E, **Edwards L.** "An Integrative Medicine Approach to Managing Nutrient Depletions in the Cardiometabolic Patient". *Academic Men's Health*. 2010;20(30):1-14.

03/10 Heyman A, **Edwards L,** et al. "Cardiometabolic Disease in Men: An integrative medicine approach to managing hormonal risk factors". *J Int Men's Health*. 2010;7(1)92-101.

12/09 "Kicking the habit", *Business Lexington*

12/09 "Complementary and Alternative Medicine: A growing part of the health care debate". *MD News Magazine*. Central and Southeastern Kentucky Issue.

10/09 "Experts Should Explore Nontraditional Medicine", *Business Lexington*

09/09 "Recipe for Reform", *Business Lexington*

07/09 "The Right Medicine" (cover story), *Business Lexington*

05/09 "Tension release: Willingness to change makes stress reduction achievable", *Business Lexington*

04/09 "Stop stress before it stops you", *Business Lexington*

03/09 "The Increasing Girth of the Labor Market", *Business Lexington*

02/09 "The Economic Impact of Obesity", *Business Lexington*

09/07 "Osteoporosis", *Health & Wellness Magazine*

06/07 "Breast Cancer", *Health & Wellness Magazine*

05/07 "Taking Control: How to Effectively Manage Your Weight", *Health & Wellness Magazine*

12/04 "Immediate Gratification: the differences between facial fillers", *Health & Wellness Magazine*

### **Employment experience**

10/13-present Dr. Lena Edwards, LLC, Medical Consultant  
01/17-2017 Chief Medical Officer, Promise Rejuvenation Clinics  
02/16-2017 Medical Director, IV2You, Boca Raton, FL  
07/15-2017 Balance Health & Wellness Center, Boca Raton, FL (solo private practice)  
9/06-06/15 Balance Health & Wellness Center, Lexington, KY (solo private practice)  
8/05-9/06 Lexington Clinic Andover, Lexington, KY (group primary care practice)  
2/03-8/05 Commonwealth Internal Medicine, Lexington, KY (solo private practice)  
7/00-1/03 Central Kentucky Medical Group, Lexington, KY (group primary care practice)  
7/99-7/00 Emergency room, Veteran's Hospital, Lexington, KY  
7/99-7/00 Emergency room, Garrard County Hospital, Lancaster, KY  
7/99-7/00 Urgent Treatment Centers, Lexington, KY  
7/99-5/06 Clinical Instructor, Dept. of Internal Medicine, UKMC

### **Professional Certifications**

Board Certified American Board of Integrative Medicine  
Diplomate General Internal Medicine  
Diplomate Anti-Aging Medicine  
Board Certified Anti-Aging Medicine  
Fellowship completion, American Academy of Anti-Aging Medicine  
Fellowship, Integrative Cancer Therapy, American Academy of Anti-Aging Medicine