



Tania Tyles Dempsey, MD, ABIHM
3010 Westchester Ave. Suite 404
Purchase, NY 10577
Phone: (914)-730-7390 Fax: (914)-730-7391
drdempsey@aimcenterpm.com
drtaniadempsey.com

Employment History

AIM Center for Personalized Medicine
Founder

Purchase, NY
October 2011-present

WESTMED Medical Group
Attending, Internal Medicine

Rye, NY
January 2009- August 2011

WESTMED Medical Group
Attending, Internal Medicine

White Plains, NY
December 2003- April 2007

Mid-Westchester Medical Associates
Attending, Internal Medicine

White Plains, NY
August 1999- November 2001

Education

Cornell University
B.S in Biological Sciences
Honors: Cornell National Scholars (President, 1991-1992),
Quill and Dagger (Officer- Recruitment Chair),
Alpha Epsilon Delta Premedical Honor Society (Vice President)

Ithaca, NY
May 1992

The Johns Hopkins University School of Medicine
Doctor of Medicine

Baltimore, MD
May 1996

Internship and Residency

New York University School of Medicine/ Bellevue Hospital
Internship, Internal Medicine

New York, NY
July 1996-June 1997

New York University School of Medicine/ Bellevue Hospital
Residency, Primary Care/ Internal Medicine

New York, NY
July 1997-June 1999

Hospital Affiliation

Greenwich Hospital Community Physician
Greenwich, CT

2007 - Present

Research

CIBA-GEIGY Pharmaceuticals
Intern, Research and Development

Suffern, NY
Summers 1988-1992

Licensure

New York State **208499-1**
Connecticut **43273**

Certifications

Board Certified by the American Board of Internal Medicine August, 1999-present

Vanguard Endocrinology Certification December 2011

Board Certified by the American Board of Integrative and Holistic Medicine March 2013

Ozone Certification by The American Academy of Ozonotherapy March 2020

Hyperbaric Ozone Certification- Institute for Complementary April 2021

& Alternative Medicine

PROFESSIONAL ORGANIZATIONS

Institute for Functional Medicine

Member

International Lyme and Associated Diseases Society (ILADS)

Member

International Association for IACFS/ME (Chronic Fatigue Syndrome / Myalgic Encephalomyelitis).

Member

The American Academy of Ozonotherapy

Member

AWARDS

Westchester Magazine: Top Doctors: 2018, 2019, 2020, 2021, 2022

Castle Connolly Top Doctors New York Metro Area 2017, 2018, 2019, 2020, 2021, 2022

Exceptional Women in Medicine: 2020, 2021, 2022

New York Magazine: Top Doctors: 2021, 2022

Westchester Women in Business Award: 2021

Publications/Presentations

The Holistic Approach to Cancer Prevention

October 2010

Gilda's Club of Westchester

Westchester Women's Bar Association

January 2011

Our Bodies, Ourselves: Inside Focus on Critical Women's

Health Issues of the Century

Panelist/Presenter

The Holistic Approach to Cancer Prevention for The Prostate Net

October 2011

At BODIES...The Exhibit

***The Whole Foods Kosher Kitchen* by Levana Kirschenbaum**

June 2012

Foreword

- Take Control of Your Heart Health*** _
Westchester Healthcare News February 2012
- Should You Take The New Weight Loss Pills?*** Spring 2012
Interview for Shape.com
- The Obesity Connection- Gluten and Beyond*** July 2012
Xymogen, New York City
- Chronic Disease and Obesity: The Role of Food Sensitivities*** April 2013
Session of the Annual World Congress on the Anti-Aging Medicine & Regenerative Biomedical Technologies
Ft. Lauderdale, FL
- A Single Bite: Living With and Healing From Gluten Related Disorders*** August 2013
The Gut, Brain and Autoimmune Disorders Symposium
Los Angeles, CA
- Vanguard Methyl-Genomics:*** November 2013
Breakthroughs in Methylation and Detoxification
Xymogen, Mohonk Mountain House, New Paltz, NY
- The Hidden Epidemics*** May 2014
Methylation Disorders, Food Sensitivities and Histamine Intolerance
Xymogen, Mohonk Mountain House New Paltz, NY
- Methyl-Genomics:*** August 2014
From Methylation to Detoxification
Xymogen, Greenwich, CT
- The Link Between Methylation and Histamines*** October 2014
The Leaky Gut Epidemic
White Plains, NY
- Vanguard Methyl-Genomics*** November 2014
Advanced Strategies for Histamine and Methylation Disorders
New Paltz, NY
- Anti-Aging Therapeutics Vol. XIV*** March 2015
Chapter 9: Chronic Disease and Obesity: The Role of Food Sensitivities
- Lyme and Hormone Summit*** May 2. 015
Lyme as a Major Methylation Disruptor: Using Methyl-Genomics Approach in the Treatment of Lyme Disease
Lyme Summit, Times Square, NYC
- Inflammation*** October 2015
The Role of Specialized Pro-Resolving Mediators (SPMs)
Metagenics, White Plains, NY

May 2016

It's Not Lyme....It's Bartonella
The Integrative Medicine Summit
Xymogen, Greenwich, CT

The Other Face of Autoimmunity: Attack of the Mast Cells
Autoimmune Summit
Times Square, NYC

March 2017

It's Not Lyme....It's Bartonella
Grand Rounds, The University of Bridgeport College of Naturopathic Medicine
Bridgeport, CT

April 2017

It's Not Lyme....It's Bartonella
Integrative Medicine Summit
Times Square, NYC

May 2017

Are you Allergic to Yourself?
The Interplay of Allergies, Histamine Toxicity, and Autoimmunity
Mastermind Lecture Series
White Plains, NY

October 2017

2018 International Congress on Natural Medicine
Melbourne, Australia
Keynote:

June 9-11, 2018

Functional Endocrinology: The Past, Present and Future
Mast Cell Activation Syndrome – The Interplay of Allergies, Histamine Toxicity, and
Autoimmunity
Mast Cells and Hormones: The Intersection of MCAS and PCOS

ILADS International Lyme and Associated Diseases Society
Chicago

November 2018

19th Annual Scientific Conference
Reversing the Synergistic Effects of Bartonella and Mast Cell
Activation Syndrome on the Development of Autoimmune Neuropsychiatric Disease

Autoimmune and Lyme Summit
New York City

March 2019

Understanding Pathogen-Induced Mast Cell Activation Syndrome

MCAS Workshop
Boulder, Co

April 2019

- 1. Mast Cell Activation Syndrome and Neuropsychiatric Manifestations*
- 2. Mast Cells and Hormones: The Intersection of MCAS and PCOS Diagnosis*
- 3. Management of Food Intolerances in MCAS Patients*

June 2019

***Symposium for Autoimmune Encephalopathy of Infectious Etiology:
Assessing the Current State of Knowledge, Clinical Treatments and
Research Directions***

Georgetown University

Mast Cell Activation Syndrome as an Initiator of Autoimmunity

Biomarkers in Mast Cell Activation Syndrome and Treatment Options

ILADS Annual Conference in Boston:

November 2019

International Lyme and Associated Diseases Society

1. *Mast Cell Activation Syndrome: A New Paradigm for Understanding Autoimmune Encephalopathy and Polyneuropathy*
2. *Bartonellosis and the Trifecta: MCAS, EDS, and Dysautonomia*

ILADS Annual Conference in Boston:

November 2019

International Lyme and Associated Diseases Society

ILADS Annual Conference in Boston:

September 2020

*Mast Cell Targeted Treatment in Patients with Tick-Borne infections,
MCAS and COVID-19*

***Disjointed Navigating the Diagnosis and Management of Hypermobile
Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders***

May 2020

Co-author of the book chapter "Urogynecology and Hypermobility"

Breast Implant Health Summit 2020

October 2020

*Understanding Breast Implant Illness from the Perspective of
Mast Cell Activation Syndrome*

5TH Annual LYMEMIND Conference

November 2020

Novel Treatments: Making Sense of Treatment Options

Integrative Healthcare Symposium (IHS), New York

February 2022

*Mast Cell Activation Syndrome: The Interplay Between
Immunity and Neuroinflammation*

The Forum for Integrative Medicine (TFIM)

*MCAS, Endocrine Disruption and the Epidemic of Metabolic Syndrome
and Other Hormonal Disorders*

March 2022

Third Annual Workshop on Mast Cell Activation Disease

June 2022

Briarcliff Manor, NY

Organizer and Presenter

1. *Mast Cell Activation Syndrome: Neuroinflammation and Cognitive Dysfunction*
2. *Diagnosis & Management of Vector-Borne Infectious Diseases
in Mast Cell Activation and Related Disorders*
3. *Case Report: Immunologic Issues in Mast Cell Activation & Related Disorders*

September 2022

ILADS Annual Conference in Orlando
International Lyme and Associated Diseases Society

1. *MCAS and Vector-Borne Infections:*
Root cause vs. Driver of the Pentad of Chronic Illness
2. *Vector-borne Illness fundamentals: Bartonella*

Breast Implant Health Summit 2022

October 2022

Mast Cell Activation Syndrome and Chemical Intolerance:
Root Causes or Drivers of Breast Implant Illness

Touro University CME Program: Conversations on MCAD

December 2022

Vector-Borne Infections in MCAS
Root cause vs. Driver of the Pentad/Septad of Chronic Illness

New Frontier Series: The Infectious Disease and Autoimmunity Summit

December 2022

Mast Cell Activation Syndrome (MCAS):
The Interplay Between the Immune System, Autoimmunity,
and Neuroinflammation

Integrative Healthcare Symposium (IHS), New York

February 2023

The Mast Cell-Microbiome Connection and the Development of Autoimmunity

TRADE PUBLICATIONS

Lawrence B. Afrin, Tania T. Dempsey, Lila S. Rosenthal & Shanda R. Dorff
*Successful mast-cell-targeted treatment of chronic dyspareunia, vaginitis, and
dysfunctional uterine bleeding, Journal of Obstetrics and Gynaecology, 39:5, 664-
669, DOI: [10.1080/01443615.2018.1550475](https://doi.org/10.1080/01443615.2018.1550475)*

Afrin, Lawrence & Ackerley, Mary & Bluestein, Linda & Brewer, Joseph & Blettner, Jill &
Buchanan, Ariana & Cuni, Jill & Davey, William & Dempsey, Tania & Dorff, Shanda & Dubravec,
Martin & Guggenheim, Alena & Hindman, Kimberly & Hoffman, Bruce & Kaufman, David &
Kratzer, Stephanie & Lee, Theodore & Marantz, Mindy & Maxwell, Andrew & Molderings,
Gerhard. (2020). *Diagnosis of mast cell activation syndrome: A global "consensus-2."* *Diagnosis
(Berlin, Germany)*. [10.1515/dx-2020-0005](https://doi.org/10.1515/dx-2020-0005)

Shimasaki C, Frye RE, Trifiletti R, Cooperstock M, Kaplan G, Melamed I, Greenberg R, Katz A,
Fier E, Kem D, Traver D, Dempsey T, Latimer ME, Cross A, Dunn JP, Bentley R, Alvarez K, Reim
S, Appleman J. *Evaluation of the Cunningham Panel™ in pediatric autoimmune neuropsychiatric
disorder associated with streptococcal infection (PANDAS) and pediatric acute-onset
neuropsychiatric syndrome (PANS): Changes in antineuronal antibody titers parallel changes in
patient symptoms. J Neuroimmunol. 2020 Feb 15;339:577138. doi:
[10.1016/j.jneuroim.2019.577138](https://doi.org/10.1016/j.jneuroim.2019.577138). Epub 2019 Dec 15.*

Miller, C.S., Palmer, R.F., Dempsey, T.T. et al. *Mast cell activation may explain many cases of
chemical intolerance. Environ Sci Eur 33, 129 (2021). <https://doi.org/10.1186/s12302-021-00570-3>*

Afrin, L. B., Dempsey, T. T., & Weinstock, L. B. (2022). *Post-HPV-Vaccination Mast Cell Activation
Syndrome: Possible Vaccine-Triggered Escalation of Undiagnosed Pre-Existing Mast Cell Disease?
Vaccines, 10(1), 127. <https://doi.org/10.3390/vaccines10010127>*

Press

Television

Fox 5 NY Ernie Anastos Are You Allergic To Yourself? MCAS Segment
PCTV Health IQ Thyroid Disease
Fox & Friends
News 12 Westchester Lyme Disease Special News 12
Westchester Coronavirus Special Series
News 12 Westchester Coronavirus answer Q & A LIVE Fox
61: Why Bartonella is the new Lyme
Fox 61: Top 5 Lyme Disease Myths
Indus News: Dangers of Processed Foods Special
People TV: Meet The Teenage Girl Allergic to Everything C
Suite TV Covid Long Haulers
CTV News: CTV Morning Live: MCAS is a complex multi-system inflammatory condition. RT
News: Covid and Kids Safety
RT America: Covid Long Haulers

Radio & Podcasts

Dr. Ronald Hoffman Intelligence Medicine: Histamine Intolerance Special with Dr. Dempsey
Dr. Michael Ruscio: Could MCAS Be The Cause Of Your Symptoms?
Dr. Michael Ruscio: MCAS & Tick-Borne Illness
The Rob Taub Show AM970: Why Bartonella is the New Lyme
The Dr. Pat Show/ Lyme Talk Radio: Why Bartonella is the New Lyme
Late Night Health Radio: Why Bartonella is the New Lyme
Natural Health 365: Why Bartonella is the New Lyme
Metagenics: The Role of Mast Cells in Female Hormonal Disorders
Fabulous, Fearless You: Why Bartonella is the new Lyme
Lyme Ninja Radio: MCAS & Lyme Better
Health Guy Podcast: Bartonella & MCAS
Small Steps to Cleaner Living with Dr. Tania Dempsey Living with Lyme: Mast Cell Activation Syndrome (MCAS)
Love & Guts: The Link Between COVID-19 and MCAS
Better Health Guy Podcast: Episode #152 MCAS and Implants
Dr. Ronald Hoffman Intelligence Medicine: A New Way of Understanding Patients with a Wide Array of Elusive Symptoms, Part 1 and 2
The Smartest Doctor in the Room Podcast: Mast Cell Activation Syndrome- Making the Difficult Diagnosis with Dr. Tania Dempsey
RUN-DMC / Gez Medinger (Youtube.com) Why Women Get Long Covid Worse (or at the very least, different)
Dr. Jill: MCAS PotPourri
Dr. Lotte Science with Soul: MCAS, Lyme & Dysautonomia
Reversing Mast Cell Activation And Histamine Intolerance Summit: Chemical Sensitivities in MCAS
Project Lyme Webinar w/ Dr. Neil Nathan- Complex Chronic Illness Lyme Disease & Mold Toxicity
Overcoming Long Haul & Chronic Fatigue Syndrome Summit (February 2023)

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M.D.

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Editorial Feature Profiles

WAG Magazine: Paging Dr. Dempsey
Westchester Magazine: 2021 Women in Business Award

Consumer Health

InStyle Magazine: What is clean beauty?
New York Post Eating Protein isn't the only healthy habit that can kill you
Harpers Bazaar Do You Need a Weekly Vitamin Shot?
FoxNews Can Crossfit really cause kidney damage? *Fox News* These Healthy Habits Might Actually Kill You
Huffington Post How to Avoid Burnout
PopSugar Why You Always Get Sick When You Travel
Prevention 3 Science Backed Reasons Not To Take a Multivitamin
Women's Health Why I got tested for Alzheimer's
Martha Stewart Weddings 5 Ways to Keep The Flu From Ruining Your Wedding
Readers Digest Dangerous Signs You're Overheating
Vitals How Stress Impacts Migraines
SHAPE Should You Take the New Weight Loss Pills?
Newsweek 22-Year Old Gymnast With Bizarre Disorder Could Be Killed By Own Tears
Insider 6 Horrifying Things That Can Happen to your body when you eat sushi *Women's Health* My Upset Stomach Turned Out To Be A Coffee Intolerance
Well & Good Are Your Cold Hands & Feet Signs of a more serious condition?
Family Circle Magazine 8 Headache Cures
Bustle What is Cold Intolerance?
Well and Good Beat Summer Heat by Snacking On These Ayurvedic Cooling Foods
Eat This Not That FODMAP Food List
Serendipity Magazine: A blood test you need to get *ASweatLife:*
Everything you need to know about e-cigarettes *Fox Business:*
Women's workplace attire ditches pantsuit
Fox Business: Is the coronavirus antibody test key to reopening the economy?
US News and World Report: What to do if you get stung by a bee
WSJ As Child Covid Cases Rise, Doctors Watch for Potential Long-Term Effects *Parade Magazine:* Is there a connection between histamine intolerance and diet? Hello Giggles:
Doctors explain how to safely create a pandemic pod this winter

Celebrity Health/ Lyme Disease

Hollywood Life: Why Justin Bieber is smart to quarantine after battling chronic lyme disease, doctor explains: exclusive interview
People Magazine: Meet The Teenage Girl Who is Allergic To Almost Everything
Healthline: Shania Twain's Vocal Cord Damage One Example of Lyme Disease Effects

Medical Outlets

Pro Health: Is it safe to donate blood if you've been diagnosed with lyme disease?

Medscape: Immunoassay May Help Identify Pediatric Lyme Arthritis

RawlsMD: The Lyme & POTS Connection

Lyme Basics: Chronic infections & MCAS *Charleston*

Physicians: Lyme Disease Symptoms

Published Media Articles

Observer Why You Need to Ignore the Latest Flawed Study Demonizing Coconut Oil

Observer Are Pink Pineapples Safe to Eat?

Observer WSJ Says Saunas Don't Help You Detox. Studies Disagree

LoHud Westchester doctor on school: Don't make our children future 'long-haulers' | Opinion

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