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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 AFFILIATIONS

Greenwich Hospital
CT
Attending Medical Staff
Department of Medicine

Greenwich,

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 & Alternative Medicine April 2021

PROFESSIONAL ORGANIZATIONS

Institute for Functional Medicine

Member

Academy of Integrative Health and 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

New York Magazine: Top Doctors: 2021

Westchester Women in Business Award: 2021

PUBLICATIONS/PRESENTATIONS

The Holistic Approach to Cancer Prevention

Gilda's Club of Westchester

October 2010

Westchester Women's Bar Association

Our Bodies, Ourselves: Inside Focus on Critical Women's Health Issues of the Century

Panelist/Presenter

January 2011

The Holistic Approach to Cancer Prevention for The Prostate Net

At BODIES...The Exhibit

October 2011

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

- Inflammation*** October 2015
The Role of Specialized Pro-Resolving Mediators (SPMs)
Metagenics, White Plains, NY
- It's Not Lyme....It's Bartonella*** May 2016
The Integrative Medicine Summit
Xymogen, Greenwich, CT
- The Other Face of Autoimmunity: Attack of the Mast Cells*** March 2017
Autoimmune Summit
Times Square, NYC
- It's Not Lyme....It's Bartonella*** April 2017
Grand Rounds, The University of Bridgeport College of Naturopathic Medicine
Bridgeport, CT
- It's Not Lyme....It's Bartonella*** May 2017
Integrative Medicine Summit
Times Square, NYC
- Are you Allergic to Yourself?*** October 2017
The Interplay of Allergies, Histamine Toxicity, and Autoimmunity
Mastermind Lecture Series
White Plains, NY
- 2018 International Congress on Natural Medicine*** June 9-11, 2018
Melbourne, Australia
Keynote:
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*** November 2018
Chicago
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*** March 2019
New York City
Understanding Pathogen-Induced Mast Cell Activation Syndrome
- MCAS Workshop*** April 2019
Boulder, Co
Mast Cell Activation Syndrome and Neuropsychiatric Manifestations
Mast Cells and Hormones: The Intersection of MCAS and PCOS
Diagnosis and Management of Food Intolerances in MCAS Patients

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

June 2019

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

*Mast Cell Activation Syndrome: A New Paradigm for Understanding Autoimmune
Encephalopathy and Polyneuropathy”*

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***
Co-author of the book chapter “Urogynecology and Hypermobility”

May 2020

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

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. 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
RUN-DMC / Gez Medinger (Youtube.com) Why Women Get Long Covid Worse (or at the very
least, different)
Dr. Jill: MCAS PotPourri

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 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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