

# SYLVIA H. REGALLA MD, MSACN, ABIHM

## EDUCATION

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S.U.N.Y. at Buffalo Buffalo, NY  
*B.A. Biology*

S.U.N.Y at Buffalo School of Medicine Buffalo, NY  
*Doctor of Medicine*

New York Chiropractic College Seneca Falls, NY  
*Masters Degree Applied Clinical Nutrition*

## INTERNSHIP

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Millard Fillmore Hospital Buffalo, NY  
*Internal Medicine*

## RESIDENCY

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Millard Fillmore Hospital Buffalo, NY

Millard Fillmore Hospital Buffalo, NY  
*Chief Resident (Internal Medicine)*

## LICENSURE

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Medicine and Surgery New York

## BOARD CERTIFICATION

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Diplomate of the National Board of Medical Examiners  
Founding Diplomate of the American Board of  
Integrative and Holistic Medicine

## PROFESSIONAL EXPERIENCE

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Functional Medicine, Nutritional Medicine and Nutrigenomics <i>Private Practice</i>	Williamsville, NY
S.U.N.Y at Buffalo School of Medicine <i>Instructor/Coordinator for the Preceptorship in Integrative Medicine</i>	Buffalo, NY
Internal Medicine (retired 2004)	Buffalo, NY
S.U.N.Y. at Buffalo, School of Medicine <i>Clinical Assistant Professor of Medicine</i>	Buffalo, NY
Trocaire College <i>Advising Council Member</i>	Buffalo, NY
Health Resource <i>Vice President &amp; Medical Director</i>	Buffalo, NY
D'Youville College <i>Physician Assistant Program</i>	Buffalo, NY
Niagara Lutheran Home <i>Medical Director</i>	Buffalo, NY

## HOSPITAL AFFILIATIONS

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Kaleida Health System Millard Fillmore Hospital <i>Attending Internal Medicine</i>	Buffalo, NY
Catholic Health Systems <i>Kenmore Mercy Hospital</i>	Kenmore, NY

## AWARDS AND HONORS

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Who's Who of American Women in the  
United States  
Center for Hospice and Palliative Care  
"Physician of the Month"

Cambridge Who's Who Among Executive  
and Professional Women in Healthcare  
2007

Top Physicians in America/ Internal  
Medicine & Nutrition 2007  
Therapeutic Lifestyle Change (TLC) Center

of

Excellence 2007  
Editorial Advisory Board  
*Buffalo Healthy Living* 2010 to present

#### PROFESSIONAL MEMBERSHIPS

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University of Buffalo School of Medicine Alumni Association  
Board of Directors  
(2006-Present/President 2011)  
University of Buffalo Alumni Association Board of Directors  
American Medical Association  
American Women's Medical Association  
American Holistic Medical Association  
Medical Society of the County of Erie  
Medical Society of the State of New York  
New York State Internal Medicine  
New York Academy of Science  
American College of Physicians  
American Society of Internal Medicine  
Women's Health Advisory Board  
Lipid Consultant for Merck Pharmaceutical  
International Society for Clinical Densitometry  
National Association for Women's Health  
National Association of Professionals in Women's Health  
Parke-Davis Speakers Bureau Faculty  
Lilly Speakers Bureau Faculty  
Merck Speakers Bureau Faculty  
Institute for Functional Medicine  
Cardiovascular Society of Buffalo & Western New York  
American Botanical Council  
Physicians Committee for Responsible Medicine  
American Board of Integrative Holistic Medicine



Master's Program in Applied Clinical Nutrition  
*New York Chiropractic College*

Functional Medicine/Nutrigenomics Buffalo, NY

Preceptor for Physician Assistant Program Buffalo, NY

*D'Youville College*

Outpatient Attending Physician in Internal Medicine

*Millard Fillmore Hospital* Buffalo, NY

Inpatient Attending Physician in Internal Medicine

*Millard Fillmore Hospital* Buffalo, NY

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## TEACHING EXPERIENCE--PRESENTATIONS AND CONFERENCES

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Radio Guest – WBEN Healthy Lifestyle

WECK Healthy Lifestyle Changes

WBEN Functional and Integrative Medicine

*Dietary Supplementation* – Medical Society of the County of Erie

*The Scientific Basis of Alternative Medicine: Nutrition and the Immune System*

– Buffalo Academy of Medicine

*Nutrition and Physical Medicine* – Buffalo Spine and Sports Institute

*Women's Health and Osteoporosis*

*Pain and the Role of COX-2 Inhibitors*

*The Role of Vitamin D* – Guest Lecturer at New York Chiropractic College

*Functional Medicine Approach to Cardiovascular Disease* – Metagenics

Functional Medicine Clinical Series

*Functional Medicine Approach to Celiac Disease* -- Celiac Society of WNY

*Functional Medicine Approach to Crohn's Disease and Colitis* – Crohn's and

Colitis Foundation of Western New York

Grand Rounds “*Musculoskeletal Pain: Expanded Clinical Strategies*” at:

Dent Neurologic Institute  
Buffalo Spine and Sports Institute  
Brain and Spine Center

*Nutritional Therapies for Crohn's Disease and Colitis*—Crohn's and Colitis

Foundation of Western New York

*Vitamin D – More Than the Sunshine Vitamin* – 4<sup>th</sup> Annual Dr. Jeffrey Harris Memorial Integrative Health Care Series- Rochester, NY

*New Year – New You* – Buffalo Spine and Sports Institute Buffalo, NY

*Functional Medicine* – Brain and Spine Center Buffalo, NY

*The Functional Medicine Approach to Grave's Disease* – Western New York Grave's Disease Foundation

*Functional Medicine – Medicine of the 21<sup>st</sup> Century* – Robert Wood Foundation, P2 Collaborative Annual Meeting, Buffalo, NY

*Inflammation and Chronic Disease* – 5<sup>th</sup> Annual Dr. Jeffrey Harris Memorial Integrative Health Care Series – Rochester, NY

*Stress and Cardiovascular Disease* –The Heart of Women's Health– SUNY UB School of Medicine, Buffalo, NY

*Smoking, Stress, and Cardiovascular Disease* – American Heart Association – Go Red for Women – Buffalo, NY

*Functional Medicine* – Grand Rounds - Veteran's Hospital – Buffalo, NY

*Functional Medicine* – Grand Rounds- Buffalo General Hospital – Buffalo, NY

*Stress and Your Body* - WomenCare First Annual Day of Health Catholic Health WomenCare – Buffalo, NY

*The Effects of Nutrigenomic Therapy on Autoimmune Disease* – Nutrition Symposium – New York Chiropractic College

*Leaky Gut* – Be Healthy – Hamburg, NY

*Leaky Gut* – Brain and Spine Center – Williamsville, NY

*Stress and Leaky Gut* – 2<sup>nd</sup> Annual WomenCare Day of Health Catholic Health WomenCare – Buffalo, NY

*Leaky Gut* – Designs for Health Webinar

*Mitochondriopathies* – 2014 – Brain and Spine Center- Williamsville, NY

*Stress and Women's Health* – Catholic Health Women Care – Buffalo, NY

CME CONFERENCES AND EDUCATIONAL WORKSHOPS

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	2015-Present	Institute for Functional Medicine Annual International Conferences and Core Courses. Completed all IFM Core Courses and AFMCP.
Treatment Medicine	2014	Women's Health Series: Challenges in Diagnosis and in OB/GYN SUNY School of
School	2013	SUNY at Buffalo School of Medicine Spring Clinical Day
		Functional Medicine Annual International Conference: Illuminating the Energy Spectrum
		Nutrition and the Brain – University of Washington of Medicine – Washington, DC
		Functional Medicine – GI Module
	2012	SUNY at Buffalo School of Medicine Spring Clinical Day
Chronic		A New Era in Preventing, Managing and Reversing Cardiovascular and Metabolic Dysfunction
		SUNY School of Medicine Women's Health Series- Aging and Wellness
		The Many Faces of Immune Dysregulation and Inflammation
Disease Primary	2011	5 <sup>th</sup> Annual Dr. Jeffrey Harris Memorial Integrative Health Care Series – Rochester, NY
		Presenter: Inflammation and Chronic
		Annual Update in Cardiovascular Medicine for Care Providers
		The Heart of Women's Health
		Presenter: Stress and Cardiovascular Disease
		Applying Functional Medicine in Clinical Practice
		American Heart Association – Go Red for Women

Cardiovascular	Presenter: Smoking, Stress, and Disease
Pituitary, Gonadal Axis	Re-establishing Balance in the Hypothalamic, Adrenal, Thyroid and
	Spring Clinical Day
Integrative	2010 4 <sup>th</sup> Annual Dr. Jeffrey Harris Memorial Health Care Series-Rochester, NY
Medicine Mark Hyman Challenges in Osteoporosis	Presenter: Vitamin D- More Than the Sunshine Vitamin Spring Clinical Day SUNY at Buffalo School of - Functional Medicine - Dr. New Frontiers and Real-World
	Assessing Myocardial Viability in 2010 With Nuclear Cardiac Imaging: Right Patient: Right Study The Science and Clinical Application of Integrative Holistic Medicine American Board of Integrative and Holistic Medicine Board Review Course
	2009 Optimizing Diabetes Care Effects of Lifestyle Modifications on Blood Pressure Integrative Approaches in the Treatment of Chronic Disease Clinical Trials in Heart Failure and Electrophysiology
Nutrition)	2008: Musculoskeletal Pain: Expanded Clinical Strategies Clinical Approaches to Chronic Disease (CEU American Clinical Board of Functional Medicine Approach to Cardiovascular Disease Clinical Insights in Diabetes Oxidative Stress and Vascular Dysfunction Addressing the Conundrum of Acute Decompensated Heart Failure Syncope for the Practitioner: 2008

From		Applied Neurology: Understanding Fibromyalgia: Pathogenesis to Treatment
		The Emerging Therapeutic Target
Chronic		Gastrointestinal Dysregulation: Connections to Disease
	2007:	Fourth Annual Buffalo Heart Failure Symposium
Inflammation of Nutrition)		Managing the Multiple Causes of Chronic (CEU American Clinical Board
Blood		2007 Functional Medicine Clinical Series Module: Sugar
		Pri-Med Medical Updates
		Uncovering the Cause of Fatigue and Anemia in a 43- Year-Old Woman
		Breathing Easier in 2007: New Treatment Strategies in Pulmonary Hypertension
Diabetes		Childhood Obesity as a Risk Factor for Type 2 Mellitus—Part I
		My Pyramid: USDA's New Food Guidance System
Identify		Nuclear Cardiology: New Imaging Strategies to Myocardial Ischemia
		Update of Cardiac CT
		Minimally Invasive Techniques for the Treatment of Aortic Stenosis
Paradigm of Patients Disease		COURAGE to Embrace a New Management Optimizing Therapy and Outcomes in with Stable Coronary Artery
		Nutritional Therapy in Medical Practice
		International Functional Medicine Conference—21 <sup>st</sup> Century Endocrinology: Thyroid and Adrenal Sentinel Organs
as		Introduction to Bio-Identical Hormone Replacement
	2006:	Using Organic Acids to Diagnose and Manage Patients
Recalcitrant		Hidden Disruptions in Metabolic Syndrome: Drug- Induced Nutrient Depletion as a Pathway to Accelerated Pathophysiology of Metabolic Syndrome
		Advances in Primary Care Medicine

Managing Genomic, and	<p>The Emerging Genetics Environment</p> <p>Applying Functional Medicine in Clinical Practice</p> <p>International Functional Medicine Conference— Biotransformation: The Metabolic, Detoxification Balance Points</p> <p>Hyperlipidemia Management: The Importance of Triglycerides in Diabetes</p> <p>Obesity-Related Health Problems: New and New Solutions</p>
Understanding	<p>2005:</p> <p>International Functional Medicine Conference: The Immune System Under Siege: New Clinical Approaches to Immunological Imbalances in 21<sup>st</sup> Century</p> <p>Pri-Med in Clinical Practice</p> <p>DATAWAVE: Translating the Latest Lipid Evidence Effective Care</p> <p>Management of Hyperlipidemia</p> <p>PPAR's as Therapeutic Targets in Type 2 Diabetes and Atherosclerosis</p> <p>The Specter of Chronic Respiratory Disease: The Importance of Understanding Asthma and COPD</p> <p>Applying Nutrigenomics in Clinical Practice to Your Patients' Health</p> <p>Coenzyme Q-10 and Cardiovascular Health</p> <p>A Brief Orthopedic Review from Child to Adult</p> <p>Thriving in Clinical Nutrition Practice</p>
the	<p>2004:</p> <p>Osteoporosis Insight 2003/2004</p> <p>Health Benefits of Folic Acid</p> <p>Holistic Approaches to Lipid Management</p> <p>Clinical Insights in Diabetes</p> <p>Applying Functional Medicine in Clinical Practice</p> <p>Implications of Recent Clinical Trials for NCEP ATP Guidelines</p> <p>A Case-Based Approach to Improve Alzheimer's Diagnosis and Treatment</p> <p>Food as Medicine: Integrating Nutrition into Clinical Practice and Medical Education</p> <p>New Concepts in the Control of Arthritis Progression and Pain</p>
into	
and COPD	
Reshape	
III	
and	

the  
Osteoporotic

Meeting the Challenge of Osteoporosis: Strategies for  
Prevention and Treatment of  
Fractures  
Herbal Medicine and Dietary Supplements  
Nutritional Therapy in Medical Practice

2003 and Previous: Upon Request

#### LITERATURE REVIEW PAPERS PRESENTED

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*Probiotics in Intestinal Health and Disease*  
*Is There an Optimal Ratio of Omega-6 to Omega-3 Fatty Acids in the  
Diet?*  
*The Multifaceted Role of Vitamin D*  
*Evaluating Digestive Function*  
*Food Journal Analysis*  
*Toxic Metal Assessment*  
*Case Study—58-Year-Old Female with Arthralgia and Myalgia*  
*Alkaloid Herbs*  
*Glycoside and Polysaccharide Herbs*  
*Terpines and Polyphenols*  
*Zingiber officinale (Ginger)*  
*Pharmacognocny Case Study*  
*The Inflammatory Component of Asthma*  
*Exercise and Congestive Heart Failure*  
*The Effects of Vitamin D Supplementation on Nursing Home Patients  
with Congestive Heart Failure*  
*Food Safety in the Kitchen and While Dining Out*  
*Food Safety in the Kitchen*  
*Food Additives Aspartame: Sweetener or Poison?*  
*Food Terrorism*

#### COURSES DESIGNED AND TAUGHT AT MUIH:

Summer 2014

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor and Course Developer

Fall 2014

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary INstructor

Summer 2015

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

**NUTR833** Integrative and Functional Nutrition: Cardiometabolic – 3 credits

Primary Instructor and Course Developer

Fall 2015

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

Spring 2016

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor and Course Developer

**NUTR833** Integrative and Functional Nutrition: Cardiometabolic Health – 3 credits

Primary Instructor and Course Developer

Summer 2016

**NUTR651b** Clinical Skills II – 2 credit

Primary Instructor

**NUTR835** Integrative and Functional Nutrition: Endocrine and Energy Health – 3 credits

Primary Instructor and Course Developer

**NUTR633** Integrative Client Care: Nutrition Assessment, Applied Biochemistry and Treatment Planning      Primary Instructor      - 4 credits

Fall 2016

**NUTR636** Applied Clinical Nutrition II – 2 credits

Primary Instructor

**NUTR651b** Clinical Skills II – 2 credits

Primary Instructor

**NUTR810** Special Topics in Nutrition – 1.5 credits

Primary Instructor and Course Developer

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

Spring 2017

**NUTR900** Advanced Clinical Nutrition Residency & Research Project I – 1/2 credits

Co-instructor

**NUTR651b** Clinical Skills II – 2 credits

Primary Instructor

**NUTR833** Integrative & Functional Nutrition in Cardio-Metabolic Health – 3 credits

Primary Instructor

**NUTR835** Integrative & Functional Nutrition in Endocrine & Energy Health- 3 credits

Primary Instructor

Summer 2017

**NUTR901** Advanced Clinical Nutrition Residency & Research Project I – 3 credits

Primary Instructor

**NUTR651b** Clinical Skills II – 2 credits

Primary Instructor

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

**NUTR633** Integrative Client Care: Nutrition Assessment, Applied Biochemistry and Treatment Planning – 4 credits

Primary Instructor

**NUTR810** Special Topics in Nutrition – 1.5 credits

Primary Instructor

Fall 2017

**NUTR900** Advanced Clinical Nutrition Residency & Research Project I – ½ credits

Co-instructor

**NUTR651b** Clinical Skills II Sec 200– 2 credits

Primary Instructor

**NUTR651b** Clinical Skills II Sec 201– 2 credits

Primary Instructor/ Redesigned Course

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

Spring 2018

**NUTR901** Advanced Clinical Nutrition Residency & Research Project II – 3 credits

Co-Instructor

**NUTR651b** Clinical Skills II – 2 credits

Primary Instructor

**ISci802** Designing Research in Clinical Practice II – 3 credits

Program Assistant

**NUTR634** Diabetes Education: An Integrative Approach – 1 credit

Primary Instructor

**NUTR833** Integrative & Functional Nutrition in Cardio-Metabolic Health – 3 credits

Primary Instructor

**NUTR835** Integrative & Functional Nutrition in Endocrine & Energy Health- 3 credits

Primary Instructor

Summer 2019

**NUTE633** Integrative Client Care

Primary Instructor

**NUTR651b** Clinical Skills II

Primary Instructor

**NUTR810** Special Topics in Nutrition I

Primary Instructor and Redesigned course

**TOTAL: 60+**