

# Curriculum Vitae

## Personal Information:

Name: Joseph David Stern

Married: Kathryn Elizabeth Crawley

Children: Benjamin Richard – 11/10/93, David Aaron – 5/10/96, Abigail Elizabeth – 10/7/98

Address: 202 Kemp Rd. W., Greensboro, NC 27410

Birthdate: August 26, 1961

**Website:** <https://www.josephsternmd.com/> (right click, open)

**Office:** Carolina Neurosurgery and Spine Associates, PA  
1130 North Church Street, Suite 200, Greensboro, NC 27401

## Education:

Graduate: University of Michigan Medical School, Ann Arbor, MI 1985-1989

Undergraduate: University of Michigan, Ann Arbor, MI 1979-1984 B.A. History

High School: Latymer Upper School, London, England 1975-1976  
Sidwell Friends, Washington, DC 1976-1979

## Postgraduate Training:

1989-1990: Internship University of Michigan Medical Center, Department of Surgery

1990-Jan. 1996: Residency in Neurological Surgery, University of Michigan

Jan. 1996-April 1996: Fellowship in Spinal Surgery, Jean Dubousset, Hospital St.

Vincent de Paul, Paris, France

April 1996-June 2002: Private Practice in Neurological Surgery, Guilford Neurosurgical Associates, P.A., Greensboro, North Carolina

July 2002-March 2003: Private Practice, Portland, Oregon, Portland Neurosurgery

Sept. 30, 2002-Oct. 4, 2002: Gamma Knife Radiosurgery, The Cleveland Clinic Foundation, Cleveland, Ohio

2011 and 2012: Stereotactic Radiosurgery Training for LINAC (True Beam)

Fall 2003: Kyphoplasty, Oregon

April 2003-Present: Private Practice in Neurological Surgery, Guilford Neurosurgical Associates, PA, Greensboro, North Carolina  
Name changed to Vanguard Brain and Spine Specialists, PA, 11/2007  
5/2014 merger and name change, now Carolina Neurosurgery and Spine Associates, PA (CNSA)

Jan. 2022-April 2022: Palliative Care Education and Practice (PCEP) through Harvard Medical School, Center for Palliative Care

### **Leadership Training:**

2014	Graduate, Physician Leadership Academy, Cone Health and Center for Creative Leadership (Cohort 2)
2015	Graduate, Health Management Academy Physician Leadership Program
2015	Promoting Professionalism, Vanderbilt University
2016	Stanford University, The Innovative Health Care Leader Program (Design/Business/Medical Schools)

### **Certification:**

Diplomate, American Board of Neurological Surgeons – May 1, 2000; recertified 2010 and 2020

National Board of Medical Examiners

**Licensure:**

State of Michigan Board of Medicine: Permanent License No. 4301054875

State of North Carolina Board of Medicine: License No. 96-00051

State of Oregon: License No. MD23961

**Academic Appointment:**

Adjunct Assistant Professor, Department of Neurosurgery, University of Michigan Medical School, 2023

Adjunct Assistant Professor, Department of Neurosurgery, University of North Carolina Chapel Hill School of Medicine April, 2022

Facilitator “The Healing Arts,” University of North Carolina School of Medicine, Winter 2023

Director of Medical Humanities Program, University of North Carolina School of Medicine, Greensboro Medical Students, 2022-Present

**Professional Organizations:**

American Association of Neurological Surgeons

Congress of Neurological Surgeons

American Board of Neurological Surgery

North Carolina Medical Society

Greater Greensboro Society of Medicine, Secretary 2013-2015

**Honors and Awards:**

Graduated High Distinction, University of Michigan

National Institutes of Health Training Grant, 1986

Rock Sleyster Memorial Scholarship, American Medical Associates, 1988

- Patents:**
1. US Patent 8070749, Revisable Anterior Cervical Plating System #1
  2. US Patent 8556895, Revisable Anterior Cervical Plating System #2
  3. US Patent 8858556, Revisable Anterior Cervical Plating System #3
  4. US Patent 9095381, Revisable Anterior Cervical Plating System #4
  5. US Patent 14/752473, Revisable Anterior Cervical Plating System #5
  6. US Patent Pending 62/217887, Minimally Invasive Screw

## **Articles, Podcast & Video Links:**

### **Articles:**

Grief as My Guide: How My Sister Made Me a Better Doctor, The New York Times:  
<https://www.nytimes.com/2018/11/14/well/live/grief-as-my-guide-how-my-sister-made-me-a-better-doctor.html>

Moral Distress in Neurosurgery, The New York Times:  
<https://www.nytimes.com/2019/08/15/well/live/moral-distress-in-neurosurgery.html>

Dying in the Neurosurgical I.C.U., The New York Times:  
<https://www.nytimes.com/2020/01/14/well/live/brain-dead-neurosurgical-ICU-communication.html>

‘You See the Best of Us Now’ What we are learning about ourselves and each other during the pandemic, The Washington Post:  
<https://www.washingtonpost.com/graphics/2020/lifestyle/magazine/america-resilient-coronavirus-pandemic/>

Perspective | As a doctor, I’m trying to have more empathy for my patients — and myself, The Washington Post:  
[https://www.washingtonpost.com/health/doctor-burnout-empathy-grief-neurosurgeon/2021/05/27/4a0cf040-bcc9-11eb-9c90-731aff7d9a0d\\_story.html](https://www.washingtonpost.com/health/doctor-burnout-empathy-grief-neurosurgeon/2021/05/27/4a0cf040-bcc9-11eb-9c90-731aff7d9a0d_story.html)

Brain Surgery is the Easy Part, Medicine at Michigan:  
<https://www.medicineatmichigan.org/alumni/2020/fall/brain-surgery-easy-part>

Championing Compassion, MOD Society at Greensboro:  
<https://modsociety.mydigitalpublication.com/publication/?m=58401&i=658631&p=32>

Perspective | Tackling racial disparities in cancer care by creating new ways for institutions to operate, The Washington Post:  
[https://www.washingtonpost.com/health/racism-cancer-health-care-disparity/2021/10/22/a2da80f0-3039-11ec-93e2-dba2c2c11851\\_story.html](https://www.washingtonpost.com/health/racism-cancer-health-care-disparity/2021/10/22/a2da80f0-3039-11ec-93e2-dba2c2c11851_story.html)

Anticipatory Grief: Are You Mourning Before a Loss?, PsychCentral:  
<https://psychcentral.com/health/anticipatory-grief>

Prolonged Grief Disorder: Understanding the Latest DSM-5 Updates, VeryWell Mind:  
<https://www.verywellmind.com/breaking-down-the-latest-dsm-5-update-5223956>

Why Should a Neurosurgeon Attend a Palliative Care Conference, Anyway?, Journal of Palliative Medicine:  
<https://www.liebertpub.com/doi/abs/10.1089/jpm.2022.0274?journalCode=jpm>

It's Like a Death, JAMA:  
<https://jamanetwork.com/journals/jama/fullarticle/2802734>

## **Podcasts:**

Season 3, Ep. 19, Death by Design:  
<https://www.stitcher.com/show/death-by-design/episode/joesph-stern-md-68336775>

A Prescription for Humanity in Medicine, The Medical Liability Minute Podcast:  
<https://medicaljustice.com/dr-joseph-stern-and-dr-jeff-segal/>

Ep. 309 A Neurosurgeon's Lessons on Love, Loss, and Compassion with Joseph Stern MD, End of Life University:  
<https://eolupodcast.com/2021/07/26/ep-309-a-neurosurgeons-lessons-on-love-loss-and-compassion-with-joseph-stern-md/>

A neurosurgeon's lessons on love, loss, and compassion, KevinMD.com:  
<https://www.kevinmd.com/blog/2021/08/a-neurosurgeons-lessons-on-love-loss-and-compassion-podcast.html>

Running on Empty: Taking on Doctor Burnout, Frankly Speaking About Cancer:  
<https://www.voiceamerica.com/episode/133781/running-on-empty-taking-on-doctor-burnout>

The Role that Empathy, Compassion, and Emotional Agility Play in Bridging the Doctor-Patient Gap, Prosperous Doc:  
<https://www.sdtplanning.com/podcasts/the-role-that-empathy-compassion-and-emotional-agility-play-in-bridging-the-doctor-patient-gap>

Grief Connects Us: A Conversation With Neurosurgeon And Author Joseph D. Stern, MD, Remembering a Life:  
<https://www.rememberingalife.com/blogs/podcast/grief-connects-us-a-conversation-with-neurosurgeon-and-author-joseph-d-stern-md>

The language of love, loss, and compassion: Dr. Joseph Stern, Your Intended Message:  
<https://yourintendedmessage.podbean.com/e/the-language-of-love-loss-and-compassion-dr-joseph-stern/>

Jody Stern: Why Compassion is Key to a Better Healthcare System, Into the Magic Shop:  
<https://open.spotify.com/episode/1xh0nesYiFjPyuA8nK8UtX>

## Videos:

A physician's journey to emotional agility, TEDxGreensboro:

[https://www.ted.com/talks/joseph\\_stern\\_a\\_physician\\_s\\_journey\\_to\\_emotional\\_agility](https://www.ted.com/talks/joseph_stern_a_physician_s_journey_to_emotional_agility)

Scoliosis surgery patient success, Carolina Neurosurgery & Spine, Greensboro's Fox 8 News:

<https://youtu.be/w3jSfxS4eh0>

Archdiocese of Boston – 4th Annual Palliative Care Colloquium:

[https://youtu.be/xfoh\\_pfrG4](https://youtu.be/xfoh_pfrG4)

Grief Connects Us Book Introduction:

[https://youtu.be/P\\_W0iNM75V8](https://youtu.be/P_W0iNM75V8)

## Additional Publications:

Prabhu, RS, Dhakal, R, Vaslow, ZK, Dan, T, Mishra, MV, Murphy, ES, Patel, TR, Asher, AL, Yang, K, Manning, MA, **Stern, JD**, Patel, AR, Wardak, Z, Woodworth, GF, Chao, ST, Mohammadi, A, Burri, SH. Preoperative Radiosurgery for Resected Brain Metastases: The PROPS-BM Multicenter Cohort Study, International Journal of Radiation Oncology Biology Physics May 2021

Prabhu, RS, Turner, BE, Asher, AL, Marcrom, SR, Fivash, JB, Foreman, PM, Press, RH, Patel, KR, Curran, WJ, Breen, WG, Brown, PD, Jethwa, KR, Grills, IS, Arden, JD, Foster, LM, Manning, MA, **Stern, JD**, Soltys, SG, Burri, SH. A multi-institutional analysis of presentation and outcomes for leptomeningeal disease recurrence after surgical resection and radiosurgery for brain metastases. Neuro Oncology, Aug 5;21(8): 1049-1059, 2019

Vaslow, Z, Manning, M, Sintay, Benjamin, Wiant, D, Boyles, S, **Stern, J**. Radi-41. Clinical outcomes following rapid delivery single isocenter radiosurgery for five or more brain metastases: volumetric modulated arc therapy vs. dynamic conformal arc. Neuro- Oncology Advances. Aug 1 (Suppl 1); i29-i30, 2019

Mao Y, Yang GY, Zhou LF, **Stern JD**, Betz AL. Focal cerebral ischemia in the mouse: Description of a model and effects of permanent and temporary occlusive. Brain Res Molecular Brain Res Jan 8; 63(2): 366-370, 1999.

Quint DJ, Tuite GF, **Stern JD**, Doran SE, Papadopoulos SM, McGillicuddy JE, Lundquist CA: Computer-Assisted measurements of lumbar spine radiographs. Academic Radiology 4:742-752, 1997

Kadoya C, Domino EF, Yang GY, **Stern JD**, Betz AL. Pre-ischemic, but not post-ischemic zinc protoporphyrin treatment reduces rat brain infarct size and edema accumulation after temporary focal ischemia. Stroke June; 26(6): 1035-1038, 1995.

Tuite GF, Doran, SE, **Stern, JD**, Papadopoulos SM, McGillicuddy JE, Oyedijo DI, Grube SV, Lundquist CA, Gilmer HS, Schork MA, Swanson SE, Hoff JT: Outcome after laminectomy for lumbar spinal stenosis. Part 2: Radiologic changes and clinical correlates. Journal of Neurosurgery 81:707-715, 1994.

Tuite GF, **Stern, JD**, Doran, SE, Papadopoulos SM, McGillicuddy JE, Oyedijo DI, Grube SV, Lundquist CA, Gilmer HS, Schork MA, Swanson SE, Hoff JT: Outcome after laminectomy for lumbar spinal stenosis. Part 1: Clinical correlations. Journal of Neurosurgery 81:699-706, 1994.

**Stern, JD**, Quint DJ, Sweasey TA, Hoff JT. Idiopathic epidural spinal lipomatosis: A report of two cases and a review of the literature. Journal of Spinal Disorders 7(4): 343-349, 1994.

**Stern JD**, Ross DA. The management of benign pineal region cysts: A report of two cases. Neurosurgery 32(2): 310-314, 1993

Young AB, Penney JB, Gusella J, **Stern JD**. Genetic Linkage analysis, glucose metabolism, and neurologic examination: Comparison in persons at risk for Huntington's Disease. (Abstract) Neurology 38, 1988.

Teener J, **Stern, JD**, Penney JB, Young AB. Caudate glucose metabolism in symptomatic and at-risk Huntington's Disease. (Abstract) Neurology 37, 1987.

## **Presentations:**

“Navigating from Vulnerability, Grief, and Burnout to Empathy and Resilience,” with Katie Cole, DO and Helen Riess, MD. Healthcare Burnout Symposium Feb 24, Los Angeles, CA

Frank C. Wilson Professional Forum, University of North Carolina Medical School Academy of Educators October, 2022:

“Connecting Us: Empathy, Compassion, and Agility in Medicine.”

“Growth in Neurosurgical Practice: Palliative Care, International Medicine, and Preventing Burnout.”

“A Physician's Journey to Emotional Agility – Tedx Greensboro - September 2020

“My Continuing Medical Education: The Power of Human Touch.” To be published in the International Journal for Human Caring. Podium presentation at IAHC annual meeting in Greenville, SC., May 2019.

Schwartz Rounds at Cone Health, May 2019 and Spring 2023.

“Grief As My Guide: How My Sister Made Me a Better Doctor,” Cone Health: CHES Series, June, 2019.

Keynote Speaker, 4<sup>th</sup> Annual Palliative Care Colloquium, Archdiocese of Boston, April 2019

“Cone Health: Our Journey to Top Decile Physician Engagement,” Presented with Mickey Foster and Jonathan Berry, MD at Press Ganey Annual Meeting, Orlando, Florida, November, 2018.

“On the Receiving End of Neurosurgical Care: Lessons I Have Learned,” presented at the 100<sup>th</sup> Anniversary of the Department of Neurosurgery foundation at The University of Michigan, Sept. 2018.

### **Hospital and Medical Affairs:**

Board Member of Carolina Neurosurgery and Spine Associates – 2021 – 2023

Advisory Board Member at Cone Health Cancer Center – 2019 - Present

Member Surgical Peer Review Committee – 1999 – 2002; 2003 to 2010

Medical Director, Neurosurgical Trauma Program at Moses Cone Hospital – 2004 to 2013

Medical Director, Inpatient Neurosurgical Units, 3100 Intensive Care and 3000 Inpatient Unit – 2005 to 2013 and 3500 Spine Unit 2016 - 2022

Member, Surgical Services Executive Committee – 2009 to 2022

Member, Steering Committee, Cone Health System, Clinical Reconfiguration, 2013 – 2022

Member, Cone Health System Physician Cabinet with President of Moses Cone Hospital, 2014 – 2022

Member, Steering Committee, Physician Leadership Academy, 2015 - 2017

Chair, Neurosurgery and Spine, Cone Health System, Clinical Reconfiguration, 2015



Chief, Neurosciences Strategic Planning, Moses Cone Health System, 2014 – 2022

Co-chief, Brain Tumor Program, Moses Cone Health System, 2013 – 2022

President of Spine Co-Management, Cone Health System, 2017 - 2019

Medical Director, Neurosurgical Surgical Site Infection Control Committee, 2013 – 2022

Dyad Partner with William Morgan, MD, (meeting monthly), 2014 – 2017 and Ann Marie Madden, RN 2018 - 2020

Triad Health Network, CPC Neurosurgery Representative, 2014 – 2016

### **Volunteering:**

Seven week-long medical mission trips (to date) with One World Surgery in Honduras performing spinal surgery

Member Physician Leadership Council for One World Surgery (in charge of spine) 2018 – Present

### **Research Experience:**

Investigations in mouse cerebral ischemia/reperfusion injury and cytokine mRNA expression with A. Lorris Betz, M.D. and Julian T. Hoff, M.D. 1/1993-1/1994

Role of Positron Emission Tomography in Huntington's Chorea, with Anne B. Young, M.D., Ph.D., Department of Neurology, University of Michigan Medical School, 1986

Molecular genetics research, Department of Human Genetics, University of Michigan Medical School, with Robert P. Erickson, M.D., 1982-1984

Tamoxifen and Danazol in the treatment of DMBA-induced mammary carcinoma in Sprague-Dawley rats, with Marc Lippman, M.D., National Institute of Health, 1977-1979

### **Peer Reviewed Presentations:**

**Stern, JD**, Papadopoulos SM. Lateral mass plates in the management of cervical

instability: Results in 76 patients. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February 1995.

**Stern JD**, Tuite GF, McGillicuddy JE. Anatomic Relationships in the Lateral Lumbar Spine: Defining the Intertransverse Ligament. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February 1995.

**Stern, JD**, Papadopoulos SM. Indications and results of posterior spine fusion with lateral mass plates in 76 consecutive patients. SSAF, 1994.

Tuite GF, Papadopoulos, SM, **Stern JD**, Doran SE, Fodero J, Grube S, Lundquist CA, McGillicuddy JE. The correlation of spinal deformity to signs of instability on flexion/extension radiographs in the postoperative lumbar spine. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February 1994.

Preston AM, **Stern JD**, Yang GY, Carr KA, Betz AL, Remick DG. TNF and IL-6 production in the mouse brain after focal cerebral ischemia. Federation of the American Society of Experimental Biologists, 1994.

Asher AL, **Stern, JD**, Dickinson LD, Remick DG, Betz AL. Cytokine levels in the cerebrospinal fluid of patients following subarachnoid hemorrhage: Correlation with CSF free hemoglobin levels. American Association of Neurological Surgeons, April 1994.

**Stern, JD**, Yang, GY, Carr K, Remick D, Betz AL. Permanent and temporary MCAO in CD-1 mice: CBF, pathology, and cytokine liberation. American Association of Neurological Surgeons, April 1994.

Tuite GF, Doran SE, Lundquist CA, Oyedijo DI, Grube SV, Gilmer HS, **Stern JD**, Swanson, SE, Papadopoulos SM, McGillicuddy JE. Long-term radiographic changes and clinical outcome following standard decompressive lumbar laminectomy. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February 1993 (Clinical Mayfield Award Winner).

**Stern, JD**, Papadopoulos SM. Indications and results of posterior spine fusion with Roy-Camille plates in 50 consecutive patients. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February 1993.

**Stern, JD**, Ross, DA. The management of benign pineal region cysts. Edgar A. Kahn Day Meeting, October 1992.

**Stern, JD**, Papadopoulos SM. Unilateral facet shear fractures in the lower cervical spine. Michigan Association of Neurologic Surgeons, June 1992.

**Stern, JD**, Papadopoulos SM. Unilateral facet shear fractures in the lower cervical spine. American Association of Neurological Surgeons/Congress of Neurological Surgeons Joint Section of Spine and Peripheral Nerve, February, 1992.