

# Curriculum Vitae - Stephen P. Holland, M.D.

An experienced, productive Gastroenterologist

- Experienced clinician with over 25 years of practice experience
- Leadership experience in multispecialty practice
- Successful in group and single specialty practice settings
- Led efforts to double the GI lab output at Mt. Sinai hospital
- Performs endoscopic procedures including ERCP
- Most productive attending at Sinai Medical Group
- Well regarded clinical teacher

## **Contact Address:**

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## **Current Position:**

Stephen Holland, MD  
Chief, Division of Gastroenterology  
Department of Medicine,  
Sinai Medical Group  
Chicago

## **Education:**

Undergraduate: Northwestern University Honors Program in Medical Education,  
BS 9/1976-6/1980

Medical School: Northwestern University, MD 9/1978-6/1982

Residency: Loyola University, Internal Medicine 7/1982-6/1985

Fellowship: NRSA Immunology trainee, University of Alabama 7/1985-6/1988

Fellowship: Gastroenterology, University of Alabama 7/1988-6/1991

### **Licensure and Certification:**

Licensed Physician and Surgeon, Illinois 036-068571

Board Certified Internal Medicine #102384 9/11/85

Board Certified Gastroenterology #102384 11/5/91

### **Honors and Awards:**

Winner, Radiology Case of the Week, Department of Radiology, U of Illinois College of Medicine at Peoria (UICOM-P) - 1997, 1998, 1999

Invited Teaching Attending, Department of Internal Medicine, U of Illinois College of Medicine at Peoria (UICOM-UC), 1996, 1997, 1998

Internal Medicine Teacher of the year, UICOM-UC, 2000

### **Positions and Grant Support:**

7/1991-12/1993 NRSA Awardee, NIADDK 1F32 DK08633-01A1, University of Alabama at Birmingham.

1/1994-9/1995 Attending Physician, Hoover Family Medicine; 1575 Montgomery Highway; Hoover, AL 35216

1/1994-9/1995 Attending Physician, MedHelp; Suite 100; 1 Lakeshore Drive; Birmingham, AL 35209.

10/1995-10/1997 Assistant Professor Clinical Pharmacology, University of Illinois College of Medicine at Peoria.

10/1995-5/1999 Clinical Assistant Professor of Medicine, University of Illinois College of Medicine at Peoria.

10/1995-5/1999 Attending Physician, Gastroenterology, Ltd.; 900 Main Street - Suite 530; Peoria, IL 61602.

10/1997-7/1999 Adjunct Assistant Professor Clinical Pharmacology, University of Illinois College of Medicine at Peoria.

7/1999-11/1999 Attending, Peoria Outpatient Clinic, Veterans Administration, Peoria, Illinois.

12/1999-1/2002 Attending Physician, Gastroenterology; Christie Clinic, Champaign, IL.

1/2002-10/2002 Attending Physician, Gastroenterology Consultants; 545 Valley View Drive; Moline, IL 61265; 309-762-0529

10/2002-4/2014 Attending Physician, Naperville Gastroenterology; 636 Raymond Drive, Suite 201; Naperville, IL 60563; 630-357-4463

4/2014-present Chief of Gastroenterology, Mt. Sinai Medical Group; 1501 S. Fairfield; Chicago, IL 60608

### **Education - Courses Taught and Student Projects:**

Clinical Trial Design, University of Illinois College of Medicine at Peoria (UICOM-P) Clinical Pharmacology Program - 1997.

Normal Gut Flora, Medical Microbiology, UICOM-P - 1996,1997,1998,1999

Gastrointestinal Pharmacology, UICOM-P - 1996, 1997, 1998, 1999

Pancreas and UGI Hormones, Gastrointestinal Organ Systems, UICOM-P - 1996,1997

Irritable Bowel Syndrome and Inflammatory Bowel Disease, Gastrointestinal Organ Systems, UICOM-P - 1996, 1997

Inflammatory Bowel Disease, Gastrointestinal Organ Systems, UICOM-P -1998, 1999

Student Advisor, John Densmore, Betaine in Alcoholic Hepatitis, 6/1997 - 10/1997

Student Advisor, Shawn Seibert, James Scholar Project, S. mutans in Crohn's Disease, 6/1997-8/1997

Inflammatory Bowel Disease Case Presentations - UICOM/P Internal Medicine Residency Seminar Series - 12/23/97

Gastroenterology Teaching Seminar, UICOM/UC (Urbana/Champaign) Internal Medicine Residency Seminar Series - 12/99 to 2001

Gastrointestinal Pharmacology, UICOM-UC - 2000, 2001

Clinical Faculty, Avalon University School of Medicine - 2012 - 2014

Clinical Faculty, University of Medicine and Health Sciences - 2012 - 2014

Clinical Faculty, Ross University School of Medicine - 2016 - present

### **Education - Seminars:**

Clinical Implications of Research in Inflammatory Bowel Disease - Society of Gastrointestinal Nursing Assistants - 4/97

Betaine in Alcoholic Liver Disease, Invited Speaker, GI Grand Rounds, U of I College of Medicine at Chicago - 2/25/98

NSAID's and the GI tract - CME seminar sponsored by Pfizer/Searle - Peoria 3/6/99

COX-2 Inhibitors and the GI tract - CME seminar sponsored by Pfizer/Searle - Springfield 3/25/99

Screening Strategies for colorectal Cancer - CME seminar Family Practice - Champaign 2/2000

### **Committees:**

Pharmacology and Therapeutics Committee, St. Francis Hospital, University of Illinois College of Medicine at Peoria. 1995-1999

Chairman, Enteral and Parenteral Nutrition subcommittee, Pharmacology and Therapeutics Committee, St. Francis Hospital, University of Illinois College of Medicine at Peoria. 1995-1999

Steering Committee, Gastroenterology Section, Organ Systems Course, UICOM-P. 1998

Pharmacology and Therapeutics Committee, Methodist Hospital, 1998-1998

Pharmacology and Therapeutics Committee, Provena Covenant Hospital, 1998-1999

Pharmacology and Therapeutics Committee, Adventist Bolingbrook Hospital, 2008-2014

### **Professional and Society Membership:**

American College of Physicians, 1983 - .

Crohn's and Colitis Foundation of America, 1992 - .

American Gastroenterological Association, 1995 - .

American Medical Association, 1995 - .

### **Intramural Presentations:**

New Issues in Gastroenterology - H. pylori and Proton Pump inhibitors - U of I  
Family Practice Grand Rounds 2/16/96.

Clinical Applications of Research in Inflammatory Bowel Disease - Internal  
Medicine Grand Rounds - UICOM/P - 5/6/97

### **Research Interests:**

Inflammatory Bowel Disease, Bacterial-host interaction.

Alcoholic Liver Disease, Betaine in modification of disease.

Nutrition in Fatty Liver, Irritable Bowel Syndrome, and other GI diseases.

### **Patents:**

Method of Diagnosing Crohn's Disease. US Patent 6,235,487.

Method and Apparatus for Treating Refractive Eye Abnormalities. US Patent  
5,838,419.

## **Community Activities:**

Host of two sites for education of patients through the internet:

Web site: The IBD Page <<http://www.ibdpage.com/>>; also host of IBD section of WebMD through 6/2001

Contributor to the IBDList, an IBD related list serve.

Lecture: Irritable Bowel Syndrome, Springer Cultural Center, 2/1/2001

Inflammatory Bowel Disease Expert, WebMD <<http://www.WebMD.com/>>, 10/1999 - 7/2001

## **Bibliography:**

Holland S, David RJ. An outcome-coded birth file from machine readable vital records. *Comput-Biol-Med.* 1985. 15(1):25-39.

Holland SP, Eldridge J, Alley CD, McGhee JR. Immunoglobulin A Secretion. In: *Handbook of Physiology. The Gastrointestinal System. IV. Absorptive and Secretory Processes of the Intestines.* Frizzell R, ed. Am. Physiol. Soc. 1990.

Holland SP, Kiyono H, Michalek SM, McGhee JR. Gut immunology: Characterization of rat lamina propria lymphocytes. *Federation Proceedings (Abstract)* 46(3):473, 1987.

Holland SP, Go MF, Hirshowitz BI, and Michalek SM. Antibody response to *Campylobacter Pylori* in peptic ulcer disease. Abstract, American Society of Microbiology, Miami Beach, FL. 1988.

Holland SP, Go MF, McGhee JR, and Hirshowitz BI. Immunobiology of *Campylobacter pylori*: Antigenic variation among isolates. *Campylobacter pylori* workshop. Keystone CO 1988.

Berstad A, Alexander B, Weberg R, Serck-Hanssen A, Holland S, and Hirshowitz BI. Antacids reduce *campylobacter pylori* colonization without healing the gastritis in patients with nonulcer dyspepsia and erosive prepyloric changes. *Gastroenterology* 95:619-24, 1988.

Elson CO, Holland S, Woogen S. Preferential inhibition of the CD8+ T cell subset by Cholera Toxin and its B Subunit. Abstract, American Association of Immunology. *FASEB J.* 4:A1864, 1990.

Holland, S. Bacterial and protozoal gastroenteritis [letter]. *N-Engl-J-Med.* 326(7): 489 ,1992.

Holland S, Elson CO. Cholera toxin As an adjuvant: augmentation of a Th2 T cell response to parenteral antigen. *Gastroenterology* 144(4:2):A714,1993.

Holland, SP. Medical care delivery and factors affecting performance on a 150 mile bicycle tour. *Clin J Sports Medicine*, 3(4):242-50;1993.

Holland SP, Elson CO. Oral Tolerance in the Treatment of Autoimmunity. *Practical Gastroenterology*, 1993. 17(10):19-22, 1993.

Husby S, Mestecky J, Moldoveanu Z, Holland S, and Elson C. Oral Tolerance in Humans. T cell but not B cell tolerance after antigen feeding. *Journal of Immunology* 152(9):4663-70, 1994.

Elson CO, Holland SP, Dertzbaugh MT, Cuff CF, Anderson AO. Morphological and functional alterations of mucosal T cells by cholera toxin and its B subunit. (Submitted)

Holland SP, Brandwein SL, Elson CO. Sera from rats with peptidoglycan-polysaccharide enteritis demonstrates reactivity to proteins that are found in PG-PS preparations. *Gastroenterology* 146(4:2):2788, 1995.

Holland SP. Inflammatory Bowel Disease. In: *Women's Medicine*. ed: Blackwell, R.E. Blackwell Science, Cambridge Science 1996.

Holland SP, J. Densmore, N. Novotny, RN, Steven Belknap, MD. Safety of Betaine in Alcoholic Hepatitis. *Gastroenterology* 114(4:2):A1257, 1998.

Holland S. Serologic Response to *Streptococcus Mutans* in Crohn's Disease and Ulcerative Colitis. *Gastroenterology* 114(4:2):A997, 1998.

Holland S. It's all in the Water [letter]. *Science News* 155(24):371, 1999.