

October 25, 2019

Dear Alumni Awards Committee,

I am honored to nominate Dr. Sharita E. Warfield for the Wayne State University's Distinguished Alumni Award. As a Detroit native, Dr. Warfield completed her Doctorate of Medicine ('95) and later a fellowship in Medical Toxicology at Wayne State University School of Medicine. As Dr. Warfield's executive assistant, I have observed firsthand the exceptional care she provides her patients as well as her commitment to educating her community on chronic diseases.

Throughout her distinguished 23-year career in Emergency Medicine, Dr. Warfield's dedication to her patients is palpable. She recently founded the Warfield Medical Group, PLLC, where she offers weight management solutions and customized health plans to people who suffer from being overweight or obese. Knowing that obesity can, unfortunately, begin in childhood, Dr. Warfield is committed to working directly with Houston area schools to teach childhood obesity awareness and help stop the disease early on.

Dr. Warfield seeks to reach people where they are and offers multiple touchpoints to share her message of chronic disease education. I assist with managing her social media accounts and podcast which are devoted to educating the public on chronic diseases and healthy living. Through her digital outreach, she offers life-changing solutions and education to those struggling with chronic disease, weight management, and other health and wellness topics. In addition to her digital footprint, she also published the Amazon best-selling book *Get Informed! A Guidebook for Recently Diagnosed Diabetics and Their Loved Ones*—a disease with which she and her own family are all too familiar.

Dr. Warfield's outstanding medical work and contributions to her community have earned her multiple recognitions. She was recently voted the 2019 Physical and Mental Health Honoree by The Houston Metropolitan Alumnae Chapter of Delta Sigma Theta Sorority Inc. Dr. Sharita Warfield was named one of Houston's Top Emergency Medicine Doctors by the *Houstonia* Magazine in 2015, and she was also voted one of Houston's Top 25 Women in 2011.

Given her qualifications in Emergency Medicine and passion for education, I highly recommend that the Wayne State University Alumni Association recognize Dr. Warfield with the Distinguished Alumni Award. I am fully confident in her deservedness of this award and can be contacted to discuss her merits further.

Sincerely,

Tareese Johnson

Tareese Johnson

Lending Hands Virtual Assistants CEO/ Warfield Medical Group Executive Assistant

PH: (214)742-0331

Email: tareese@lh-va.com

An accomplished Board-Certified Emergency Medicine Physician with over 23-years dedicated to emergency medicine. Passionate health and wellness advocate that has devoted her life to educating the community on diabetes and the negative complications that are associated with improper treatment. She is the Founder of DrSharitaMD.com, where she discusses diabetic related issues in ways that relatable to people of all backgrounds. She strives to impact as many people as she can with her message.

Dr. Sharita is the founder of the Warfield Medical Group, PLLC, which offers customized and compassionate weight management solutions to people who suffer from being overweight or obese. She is dedicated to helping those looking to achieve their weight goals through dignity and respect. Dr. Sharita's medical expertise can also be seen on her Facebook Live Show, YouTube channel, Pinterest, and Instagram Page @DrSharitaMD.

Education

- 1991-08 -
1995-06 **Doctor of Medicine**
Wayne State University - Detroit, Michigan
- 1990-08 -
1991-07 **Post Baccalaureate Program**
Wayne State University - Detroit, Michigan
- 1988-08 -
1990-08 **Master of Science: Biology**
Tennessee State University - Nashville, Tennessee
- 1983-08 -
1988-06 **Bachelor of Science: Biology**
Central State University - Wilberforce, Ohio

Work History

- 2017-09-
Current **Chief Financial Officer/Owner**
Texas Intergrative Pain Institute, Inc., Houston, TX
- 2012-07 -
09-2018 **Emergency Physician**
St. Luke's Hospital, Sugarland, TX
- 2015-08 -
2018-09 **Medical Director, Emergency Department**
CHI St. Luke's Hospital, Sugarland, TX
- 2008-01 -
2013-01 **Medical Director**
Urgent Response EMS, Houston, TX

Sharita E. Warfield, MD

CEO Of Warfield Medical Group, PLLC

Contact

Address
5502 Silver Park
Houston, TX, 77041

Phone
(713) 896-7173
(248) 894-6798

E-mail
info@drsharitamd.com

Twitter
<https://twitter.com/DrSharitaMD>

LinkedIn
<https://www.linkedin.com/in/sharita-warfield-0833a>

Website
<https://www.drsharitamd.com/>

Skills

Community Health
Excellent

Emergency Medicine
Excellent

Teaching
Excellent

Youth advocacy
Excellent

Treatment plan development
Excellent

Public Speaking

- 2012-07 - **Assistant Clinical Professor, Emergency Medicine**
2012-07 *Baylor School Of Medicine, Houston, TX*

- 2007-02 - **Emergency Physician**
2012-03 *St. Joseph's Medical Center, Houston, TX*

- 2009-12 - **Medical Director**
2011-10 *Texas Gulf Coast EMS, Katy, TX*

- 2009-10 - **Medical Director**
2011-05 *All Star EMS, Houston, TX*

- 2011-03 - **Chairman of Department of Emergency Medicine**
2012-03 *St. Joseph's Medical Center, Houston, TX*

- 2009-07 - **Emergency Physician**
2010-12 *University Medical Center, Lubbock, TX*

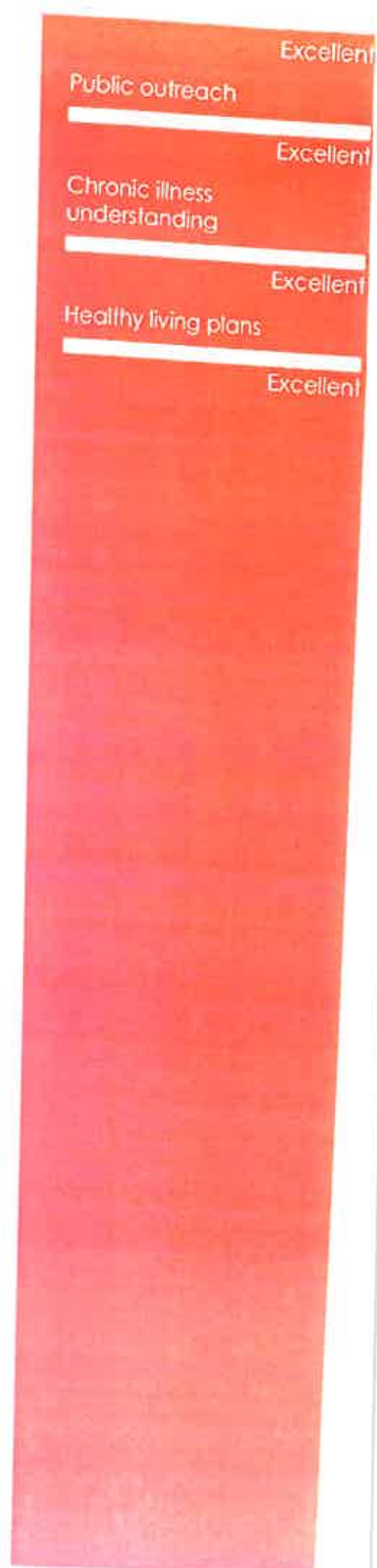
- 2009-09 - **Medical Director**
2010-06 *Sure Grace EMS, Houston, TX*

- 2000-12 - **Assistant Clinical Professor, Emergency Medicine**
2003-12 *Wayne State University School Of Medicine, Detroit, MI*

Affiliations

- National Medical Association
- American College of Emergency Physicians
- American College of Medical Toxicology
- Society of Academic Emergency Medicine
- Emergency Medicine Resident Association
- Wayne State University SOM Alumni Association
- Christian Medical Society
- American Medical Women's Association
- Delta Sigma Theta Sorority, Inc.
- Houston Medical Forum, Inc.
- Harris County Medical Society
- Texas Medical Association
- Central State University Alumni Association

Certifications



American Board of Emergency Medicine Recertification
2013

Michigan Board of Medicine (numbers furnished upon
request)

American Board of Emergency Medicine 2002

ABEM Subspecialty Examination in Medical Toxicology
Eligible

Texas State Board of Medical Examiners

Certified Provider ACLS

Certified Provider ATLS

Certified Provider PALS

Service

- Jack Yates High School Career Day, Houston, TX
January 2009
- Jack Yates High School Career Day, Houston, TX
January 2010
- Explorathon Science Career Day, Cranbrook Institute,
Seaholm High School, March 2003
- Explorathon Science Career Day, Cranbrook Institute,
Seaholm High School, March 2002
- Explorathon Science Career Day, Cranbrook Institute,
Seaholm High School, March 2001
- General Poisoning Wayne State University, Dept. of
Emergency Medicine, Medical student IV lecture,
1/30/2003
- General Poisoning Wayne State University, Dept. of
Emergency Medicine, Medical student IV lecture,
2/22/2001
- General Poisoning, Wayne State University, Dept. of
Emergency Medicine, Medical student IV lecture,
12/28/2000
- Participant, Adopt a Grandparent 1992
- Lecturer, STD/AIDS Education 1995
- Lecturer, Alcohol and Substance Abuse Education
1995
- Co-Chairperson, Dance-A-Thon Fundraiser 1994
- Coordinator, Community Health Fair 1995
- Coordinator/Chairperson, Reach Out to Youth 1995
- Counselor, Big Sister Program 1995

Honors/ Awards

- 2019 Black Excellence Award Honoree for the Physical and Mental Health Presented by The Houston Metropolitan Alumnae Chapter of Delta Sigma Theta Sorority Inc
- Houstonia Top ED Doctors 2015
- Top 25 Women of Houston Honoree 2011
- Dean's List, Central State University
- Beta Beta Beta Honor Society, Central State University
- Outstanding College Women of America Award
- Dean's List, Tennessee State University
- Beta Kappa Chi Honor Society, Tennessee State University

Teaching

- 2003 **Instructor**
Physician's Assistant Course
College of Pharmacy and Allied Sciences
Wayne State University
- 2003 **Assistant Clinical Professor**
Didactics for fellows, residents, pharmacy, and medical students
Emergency Medicine & Medical Toxicology
Wayne State University School of Medicine
- 2002 **Assistant Clinical Professor**
Didactics for fellows, residents, pharmacy, and medical students
Emergency Medicine & Medical Toxicology
- 2001 **Instructor**
Physician's Assistant Course
College of Pharmacy and Allied Sciences
- 2000 **Assistant Clinical Professor**
Didactics for fellows, residents, pharmacy, and medical students
Emergency Medicine & Medical Toxicology
- 1999 **Instructor**
Suture Lab
Medical Students
Wayne State University School of Medicine
- 1999 **Instructor**
ACLS Pharmacology lecture
Medical students, residents
Wayne University School of Medicine

Abstracts/ Presentations

Upchurch S, Tomlinson G. The effects of miconazole on growth and viability of *acanthoeba castellani*. Tennessee Academy of Science. November 18, 1989.

Upchurch S, Tomlinson G. The comparative effects of fluconazole on the growth of *aconthaeoba castellani*. Tennessee Academy of Science. November 24, 1989.

Whit SR, Baltarowich L, Warfield S, Smolinske SC, Scott DR. Fatal pneumonitis in a child following aspiration of high viscosity hydrocarbon. Clinical Toxicology Annual Scientific Meeting, Tuscon, AZ, September 17, 2000.

Paopairochanakorn C, Warfield S, White S. Zinc Toxicity Associated with Massive Coin Ingestion. North American Congress of Clinical Toxicology Annual Scientific Meeting, Montreal, Canada October 9, 2000.

Warfield S. Club Drugs: All The Rave. National Medical Association Annual Scientific Meeting, Nashville Tennessee. August 7, 2001.

Warfield S. Herbal Roulette: Life Threatening Adverse Reactions. National Medical Association Annual Scientific Meeting, Honolulu, Hawaii. August 5, 2002

Who wants to be a Toxicologist? Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. April 13, 2000.

Hallucinogenic Drugs. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. October 14, 1999.

Inhaled Toxins. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. January 13, 2000

Enhanced Elimination. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. July 13, 2000

Neuroleptic Agents. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. March 8, 2001.

Opioid Toxicity. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. July 12, 2001.

Club Drugs: All the Rave. National Medical Association Annual Scientific Meeting. Nashville, Tennessee. August 7, 2001.

Phenytoin Toxicity. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. January 10, 2002

Phenobarbital Toxicity. Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. January 10, 2002.

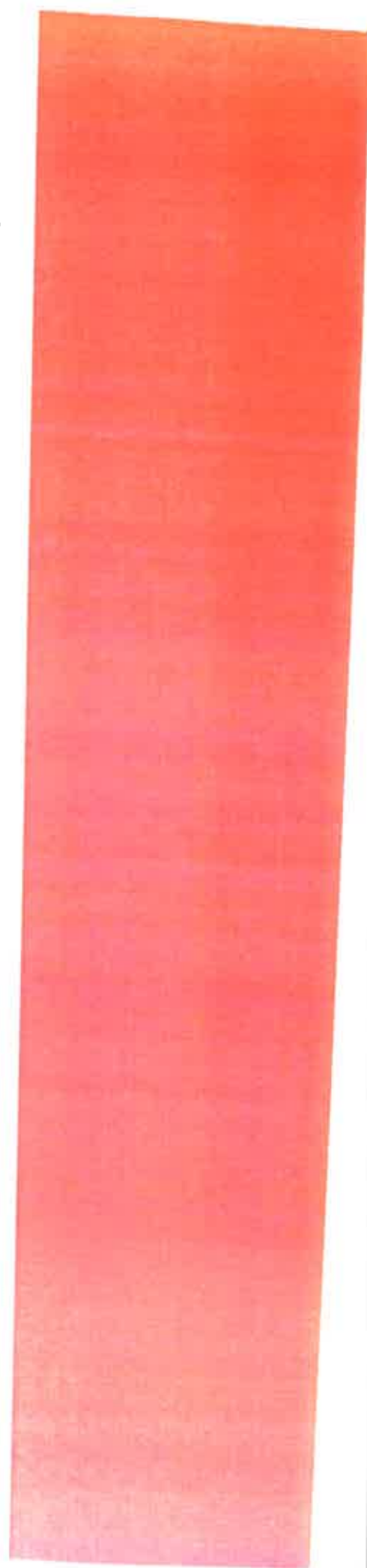
Is This House Toxic? Toxicology Grand Rounds. Wayne State University. Detroit, Michigan. July 11, 2002.

Herbal Roulette: Life Threatening Adverse Reactions. National Medical Association Annual Scientific Meeting, Honolulu ,Hawaii. August 5, 2002.

Herbal Roulette: Life Threatening Adverse Reactions.
Toxicology Grand Rounds. Wayne State University.
Detroit, Michigan October 10, 2002.

Hallucinogenic Drugs. Toxicology Grand Rounds. Wayne
State University. Detroit, Michigan. January 9, 2003.

Pesticide Toxicity. Toxicology Grand Rounds. Wayne State
University. Detroit, Michigan. April 9, 2003





Sharita E. Warfield, MD

AS SEEN ON



SPEAKER'S KIT

www.DrSharitaMD.com

[www.Facebook/DrSharitaMD](https://www.facebook.com/DrSharitaMD)

Instagram/ Twitter - @DrSharitaMD



Dr. Sharita

**Emergency
Medicine
Physician &
Healthy Life
Style Educator**

**Professional
Speaker**

**Best-selling
Author**

Dr. Sharita E. Warfield, aka "Dr. Sharita" is among the country's most well-known and respected board-certified Emergency Medicine physicians. She travels throughout the U.S. speaking at corporations, conventions, colleges, and churches on the importance of healthy eating and life style changes, chronic diseases and obesity as an epidemic. She shares her medical expertise on prediabetes and type 2 diabetes with proven strategies for successful management. Dr. Sharita is frequently called upon by local and national TV, print, radio, and online media to give a fresh perspective and insight on various health and wellness topics.

Dr. Sharita is the Founder and Chief Medical Advisor of DrSharitaMD.com, where she discusses actionable ideas and real-world strategies to help people take control of their diabetes and weight management. A few words come to mind when describing Dr. Sharita – Highly Acclaimed Author, Award-Winning Entrepreneur, Dynamic Speaker, Compassionate Physician and Weight Management Coach, and the go-to Media Expert on current health and wellness topics. She is seen as the leading visionary & practicing Emergency physician. But those who've have seen her ON STAGE can usually describe her in one word – DYNAMIC. Dr. Sharita combines practical, realistic academic knowledge, with her charisma and down to earth personality – making her a highly sought-after national speaker.

ABOUT DR. SHARITA



Not only does Dr. Sharita speak, she has also taught other doctors, residents and fellows on various academic topics concerning emergency medicine and medical toxicology. She now looks to share her medical expertise and educate the masses, as she would say. She hopes to educate and shed light on understanding the relationship of chronic illness and obesity providing solid preventative measures. She is the Founder and CEO of Warfield Medical Group, PLLC, a company that focuses on Health and Wellness education and weight management. This is accomplished by her best selling book *Get Informed! A Guidebook for Recently Diagnosed Diabetics and Their Loved Ones*, Educational Webinars and Customized GetTRIM Weight Management Programs.

Born and raised in Detroit, Michigan Dr. Sharita earned her undergraduate degree from Central State University, her Master's degree from Tennessee State University, her Doctorate of Medicine degree from Wayne State University School of Medicine and completed her internship and residency in emergency medicine at Howard University. She also completed a fellowship in Medical Toxicology at Wayne State University School of Medicine after residency.

Transitioning from academic and clinical medicine after 23 years of service Dr. Sharita looks to devote her time to speaking full time. It is her desire to reach as many people as possible, share her message and affectively change their quality of life forever.



**I am Ready
To Rock
Your
Stage!!**

MEDIA APPEARANCES



d-d-mars.com



**EYEWITNESS
NEWS**

Houstonia.

I truly enjoy speaking and I consider it an honor when I am asked to share my medical expertise on various health topics. As a practicing Emergency Medicine physician for over 20 years I have seen a lot and am knowledgeable about a wide variety of topics related to critical care, chronic diseases, health and well being. I believe in the marriage of medicine and media, I feel this is a great way to reach a large number of people, sharing information that will impact their lives in a positive way.

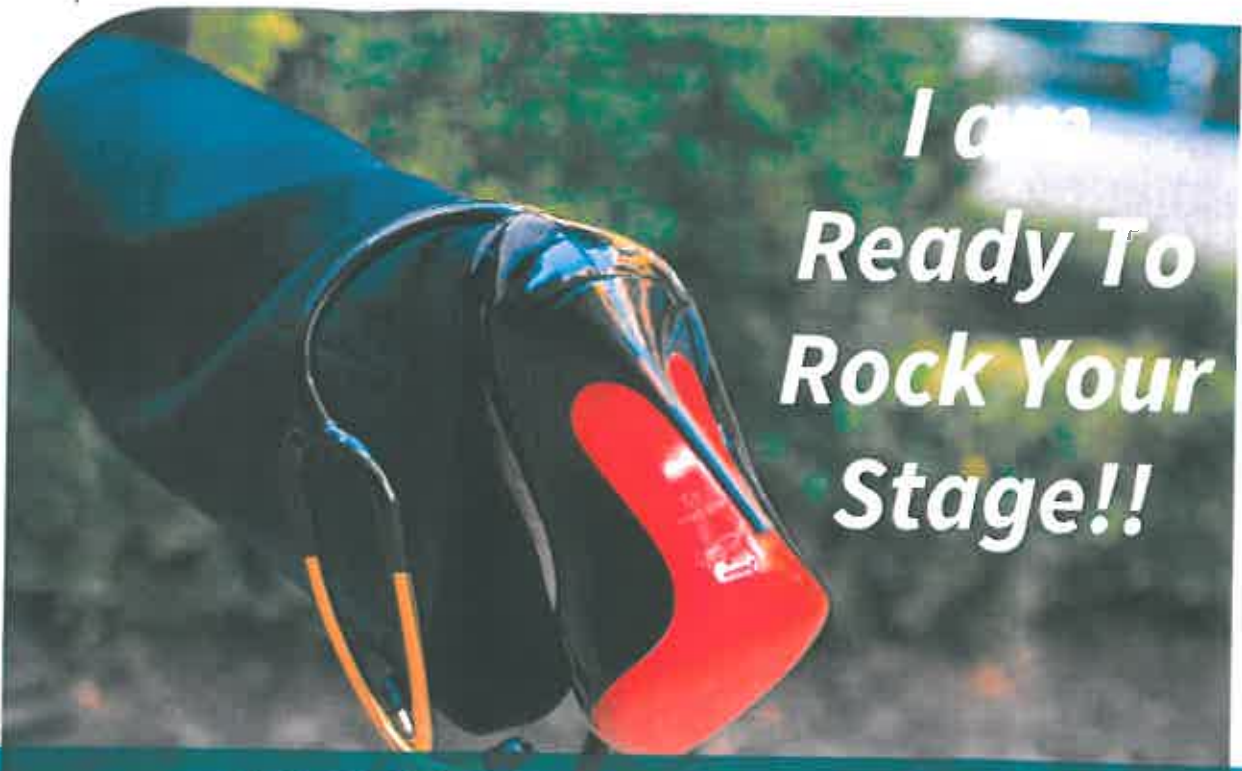
MEDIA INQUIRES

Dr. Sharita believes in the power of media and medicine. Let her – help you – continue the dialogue about our nation's health and wellness. If you would like to interview Dr. Sharita for a news story, feel free to complete the form below.

DR. SHARITA IS AVAILABLE FOR:

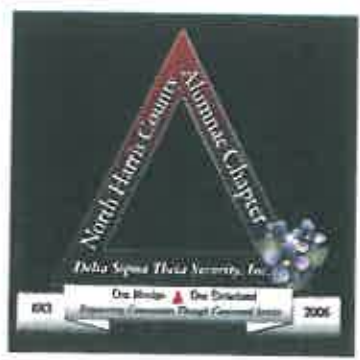
- Television interviews
- Radio interviews
- Blog, News Media and Online interviews
- Newspaper/magazine interviews
- Writing assignments for publications





*I am
Ready To
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MORE MEDIA APPEARANCES



SIGNATURE TOPICS

Colleges & Universities:

Top 10 Health and Wellness Tips for College Students
"The Freshman 15" How to Avoid College Weight Gain
Hidden Sugar Dangers 101

Churches & Faith Based Organizations:

Daniel's Fast: A guide to healthy eating
Check My Sugar: Living My Best Life with Diabetes
Our Daily Bread: A Discussion on Common Chronic Diseases that Affect You and Your Loved Ones and Why?
Your Body is a Temple: You Are What You Cook!

Corporate:

The Breakroom Sabatoge Ways to Avoid Mindless Eating/Snacking
Understanding Type 2 Diabetes and How to Live with It
Obesity Prevention: Ways to Improve Your Health Through Healthy Eating
The Productive Employee: Healthy and Wellness 101

Conferences:

Is Our Food Making Us Sick?
I Have Type 2 Diabetes, Now What?
Obesity Prevention: Putting an End to the Epidemic
Type 2 Diabetes "The Silent Killer"





TESTIMONIALS

Not a day goes by that I am not totally and completely grateful for the wisdom of Dr. Sharita Warfield. I met Dr. Warfield at a time in my life when my Diabetes was unmanageable and uncontrolled. I was having major challenges maintaining the strict dietary regimen. It was not until I started working with Dr. Warfield on my dietary regimen that I started noticing lower blood sugar readings I started feeling better immediately. Dr. Warfield exhibited patience, extreme knowledge of Diabetes and proved to be a valuable resource to me! I just keep thinking back on when my blood sugar was 400 and now I have maintained consistent fasting blood sugar readings of <120. She gave me recipes that were tasty and healthy. I believe that had I met Dr. Warfield when I was first diagnosed, I am certain that I would not have had to take insulin and medications the number of years that I did. Nothing compares to the individualized assessments and recommendations that she has provided me on managing my Diabetes. Her work is unparalleled in the community! I am now a happier, less irritable and healthier because of her medical impact in my life. I am eternally grateful for Dr. Sharita Warfield. I am on my way to becoming Diabetic free!



Valencia B., RN



Having worked with Dr. Sharita I have seen firsthand how passionate she is about her patients well-being. She has helped me tremendously as well. I have watched Dr. Sharita's shows and follow her on social media and I have found her topics to be very interesting. The topic I have learned the most from was on diabetes. She has taught me how to control my eating and snacking. I am eager to get her recipes book once it is released. And have asked all my friends and family to follow her.

Jeanette C.



MILESTONES & ACCOLADES

- Dr. Warfield was voted one of Houston's Top 25 Professional Woman in 2011.
- Dr. Warfield was voted one of Houston's Top 50 Black Health Medical and Wellness Professionals in 2014.
- Dr. Warfield was also voted one of Houston's Top Emergency Medicine Doctors by the Houstonia Magazine in 2015.
- Amazon Best Selling Author in 4 Categories





THE FEES

Speaking Rates

Speaking fees start at \$2000 plus travel and accommodations. Fees are customizable and negotiable
Please inquire for more details.

Travel Arrangements Should Cover:

Airfare (for two) or SUV Car Rental

Ground Transportation

Hotel Accommodations

Meals, and gratuities

Full speakers rider provided upon booking





GET IN TOUCH



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University of California at Irvine
Irvine, California



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St. John Hospital and Medical Center
Detroit, Michigan



Dionyssios Tsilimingras, M.D.
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St. John Hospital and Medical Center
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Enas E. Tuppo, M.D.
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Summit, New Jersey



Donald J. Tynes, M.D.
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Detroit, Michigan



Sharita E. Upchurch, M.D.
Emergency Medicine
Howard University
Washington, D.C.



Maciej R. Uzieblo, M.D.
Preliminary General Surgery
William Beaumont Hospital
Royal Oak, Michigan