

# CURRICULUM VITAE

Stephanie Vilendrer Deppe, MD

## EDUCATION

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Doctor of Medicine	<b>University of Minnesota Medical School</b> (Minneapolis, MN)	8/2013 – 5/2017
Bachelor of Arts	<b>Macalester College</b> (St. Paul, MN) <i>Human Biology, Concentration in Community &amp; Global Health</i>	9/2009– 5/2013

## POSTDOCTORAL TRAINING & CONTINUING EDUCATION

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Resident Physician	<b>St. Joseph’s Family Medicine Residency (now Woodwinds Hospital)</b> <i>Board Certification in Family Medicine</i>	6/2017– 6/2020
Functional Medicine Practitioner Certification	<b>Kalish Institute of Functional Medicine</b> <i>One Year Mentorship in Functional Medicine</i>	9/2021– 9/2022
IFM Certified Practitioner	<b>The Institute for Functional Medicine</b>	2018- 2022
ABAARM Board Certification Candidate	<b>American Academy of Anti-aging</b> <i>Passed oral and written exam, June 2022</i>	12/2021- present

## HEALTHCARE & LEADERSHIP EXPERIENCE

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Physician	<b>Parsley Health</b> (Telemedicine Position) <i>Functional Medicine Physician</i>	1/2023 - present
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Physician	<b>Fairview Highland Park Clinic</b> (St. Paul, MN) <i>Family Medicine Physician, Functional Medicine Specialty</i>	12/2020 – 10/2022
Physician	<b>Lifespan Center for Integrative Medicine</b> (St. Louis Park, MN) <i>Functional Medicine Physician</i>	1/2022 – 12/2022
Physician	<b>Fairview Highland Park Urgent Care</b> (St. Paul, MN) <i>Urgent Care Physician</i>	7/2019 – 1/2022
Resident Physician	<b>Bethesda Family Medicine Clinic</b> (St. Paul, MN) <i>Family Medicine with Obstetrics</i>	8/2019 – 3/2020
Task Force Leader	<b>Pediatric Obesity Work Group, FAMQIC</b> (St. Paul, MN) <i>Developed a culturally-sensitive work-flow for identifying and managing pediatric obesity in U of M residency clinics</i>	11/2016 – 4/2017
Intern, Volunteer	<b>Open Arms of Minnesota</b> (Minneapolis, MN) <i>Co-developed meal programs for individuals with chronic or terminal illness, packaged &amp; delivered meals to clients, assisted with fundraising events as a kitchen cook &amp; waiter</i>	2011 – 2017
Volunteer Educator	<b>Windom Community Schools</b> (Minneapolis, MN) <i>Co-taught Spanish-speaking families about nutrition &amp; healthy lifestyle</i>	5/2015-8/2015
Camp Staff Member	<b>Camp Odayin for Children with Heart Disease</b> (Cross Lake, MN) <i>Volunteer staff member</i>	7/2015
Co-Director, Educator	<b>Nutrition Education and Health Awareness Group</b> (Twin Cities, MN) <i>Developed &amp; taught nutrition curricula to children in St. Paul &amp; Minneapolis public schools</i>	2014-2015
Educator	<b>Manitou Health Institute</b> (Grand Rapids, MN) <i>Developed &amp; taught curricula on lifestyle strategies for detoxification</i>	5/2016
Volunteer	<b>We Can Ride Equine Therapy Program</b> (Minnetonka, MN) <i>Assisted children &amp; adults with disabilities during hippotherapy sessions &amp; cared for therapy horses</i>	2012-2016
Staff Writer	<b>MacWeekly Student Newspaper</b> – Health & Wellness Column (St. Paul, MN)	2011-2013
Chair	<b>Macalester College Student Government</b> – Student Organizations Committee (St. Paul, MN)	2010-2011

## CONTINUING MEDICAL EDUCATION

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### American Academy of Anti-Aging Medicine

- Women's Hormones Symposium, West Palm Beach  
3/2023
- Bioidentical Hormone Replacement Therapy Symposium 11/2021
- A4M Board Exam Review 1/2022
- LongevityFest 2022, Las Vegas 12/2022

### Institute for Functional Medicine

2018-2022

- Applying Functional Medicine in Clinical Practice
- GI Advanced Practice Module (APM)
- Immune APM
- Detox APM
- Hormone APM
- Cardiometabolic APM
- Detox APM

## CURRENT STATE LICENSURES

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### Active licenses include:

- Minnesota
- Wisconsin
- Florida
- New York
- California
- New Jersey
- Pennsylvania
- Texas

## PUBLICATIONS & PRESENTATIONS

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### Family Physicians Inquiry Network HelpDesk Publications

4/2019

*Is intermittent energy restriction as effective for weight loss as continuous energy restriction in obese, otherwise healthy adults?*

### International Congress of Integrative Medicine & Health (Las Vegas, NV)

5/2016

*Safe and Sustainable Alternatives to Opioids for the Management of Chronic Pain: An Intervention in Twin Cities Primary Care Clinics*

- Designed & distributed a patient brochure for evidence-backed, non-pharmaceutical modalities for the management of chronic pain
- Project & poster presentation at the ICIMH in Las Vegas

## MEMBERSHIP IN PROFESSIONAL SOCIETIES

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American Medical Association

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Minnesota Academy of Family Physicians  
American Board of Family Medicine  
Minnesota Holistic Medical Group  
Institute for Functional Medicine  
American Academy of Anti-aging Medicine

**OTHER**

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Hobbies: equestrian (dressage), travel, biking, hiking, family