

Curriculum Vitae for Tracy Beth Høeg

Personal Information

Name: Tracy Beth Høeg

Title: Physical Medicine & Rehabilitation Specialist, Epidemiologist
Private Practice Physician
Northern California Orthopaedic Associates
Associate Researcher, University of California, Davis.

Email: [REDACTED]

Mobile phone: [REDACTED]

Citizenships: USA and Denmark

Education

8/26/2019: Fellowship – Interventional Spine & Sports Medicine. Bodor Clinic, Napa, Ca.

6/30/2018: Residency – Physical Medicine & Rehabilitation. University of California – Davis.

2/28/15: Post-doc Fellowship – Kidney function and retinal cuticular drusen. Department of Clinical Biochemistry. Næstved Hospital, Denmark.

8/31/2014: Ph.D. Degree- Public Health and Epidemiology. Faculty of Health and Medical Sciences University of Copenhagen.

6/30/2007: Transitional Medicine Internship, Gundersen Lutheran Medical Center, Wisconsin

5/2006: M.D. Degree – Medical College of Wisconsin

8/2003: American Federation for Aging Research Summer Research Scholar, Harvard University

8/2001: Bachelor of Arts in French with Honors in the Major, University of Wisconsin

5/1999: CIEE Critical & Francophone Studies Semester, Paris, France

Licensure & Board Certification

6/24/2019-6/24/2029: Board Certification in Physical Medicine & Rehabilitation

8/16/2019-8/31/2023: Fluoroscopy X-Ray Supervisor and Operator Permit RC00204904

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1/16/2016-6/30/2023: State of California Physician and Surgeon License – 140275

3/20/2009-No Exp: Danish Ministry of Health License to Practice Medicine - 07LM3; No exp. Date

6/24/2016-10/31/21 Drug Enforcement Agency Registration Number FH6096994

Work & Volunteer Experience

1/1/2020- Current: Journalist at Ultrarunning Magazine

10/25-27/2019: Expert speaker on Regenerative Medicine at California Society of Interventional Pain Physicians 10th Annual Conference. Squaw Valley, CA.

2018-Present: Researcher in Bone Health in Ultramarathon Runners Study Group with Stanford Department of Orthopaedics and Sports Medicine.

12/2019-Present: Journalist at UltraRunning Magazine, authoring the “Ultra Doc” column.

2018-Present: Research Scientist in Regenerative Sports Medicine for Napa Medical Research Foundation and University of California-Davis

2017-2020: Journalist at iRunFar for the column “Running on Science”

2015-2019: Enrolled in the Rehabilitation Medicine Scientist Training Program (RMSTP)

2016-Present: Wilderness Medical Society Research Council

2013-Present: Race physician volunteer at multiple ultramarathons in Denmark and the US including yearly involvement in the Western States Endurance Run 100 Miler.

2016-2017: Elected Resident and Fellows Council Research Representative for the Association of Academic Psychiatrists (AAP)

2016: Physician expert at Trail Runner Magazine

2016: Scientific writer for Physiatry in Motion

2016: Oak Hill Athletics Track & Field volunteer

2015-2016: Owner and Head Athletic Coach at My Little Physiology consulting service

2015: Paid speaker for Wilderness Medical Society

2015: Paid speaker for Novartis Ophthalmics

2014-2015: Physician research advisor. Department of Anesthesiology and Critical Care. Aalborg University-Denmark.

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2014-2015: Physician expert for Politiken, the major Danish newspaper.

2014: Paid speaker for Sparta Athletic Club and Marathon Sport, Copenhagen, Denmark

2013 and 2014: Ultra-endurance vision loss physician researcher at Western States Endurance Run, California, USA.

2009-2015: Physician - Dept. of Ophthalmology – Næstved Hospital, Denmark

2009: Physician – Dept. of Internal Medicine – Næstved Hospital, Denmark

2007-2009: Urgent Care Physician - Gundersen Lutheran in La Crosse, WI

2007-2008: Physician moonlighter – Department of Psychiatry – Gundersen Lutheran – La Crosse, WI

2006: Medical student volunteer at Hospitalito Atitlán, Guatemala.

2005-2006: French interpreter for victims of foreign torture, Columbia - St. Mary's, Milwaukee, WI

2004-2005: Over 100 hours tutoring in Neuroscience to medical students at The Medical College of Wisconsin

2002-2006: Over 50 hours of volunteer work as a medical student at “Saturday Free Clinic” in Milwaukee, WI

2001-2002: Junior high English teacher at school for physically handicapped in Toulouse, France.

2000-2001: Lab assistant under Dr. Paul Sondel, Department of Pediatric Oncology, UW Madison.

Awards and Grants

2019: Awarded full research grant from the Western States Endurance Run Foundation for A Genetic Study of Bone Health and Performance in 100 Mile Ultramarathon Runners. Høeg TB, Krause E, Bodor M, Roche M, Kim S, Fredericson M.

2018: William M. Fowler, Jr. MD Resident Research Award 2017-2018. Department of Physical Medicine & Rehabilitation, University of California-Davis.

2018: Awarded a full research grant from the Western States Endurance Run Foundation for Female Athlete Triad & A Male Equivalent in 100 Mile Ultramarathon Runners- An Investigation of Bone Mineral Density. Høeg TB, Krause E, Bodor M, Weiss M, Fredericson M.

2016: Awarded a full research grant from the Western States Endurance Run Foundation for The Metabolomic Analysis of Differential Performance in Long Distance Running. Høeg TB, Warrick A, Chmiel K, Weiss R.

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2015: Accepted into the pre-application pathway for the Rehabilitation Medicine Scientist Training Program (RMSTP)

2010-2015: > \$500,000 in grant money for my PhD study, the Danish Rural Eye Study

Region Zealand Foundation: numerous research grants, Fight for Sight Denmark ongoing research support, Næstved Hospital Foundation: numerous research grants, Eva and Hans Carl Adolf Holms Memorial Scholarship Award, Ulla & Mogens Folmer Andersen's Fund Award, Mr. & Mrs. Johs M. Klein Memorial Scholarship Award, Edith & Henrik Henriksen's Memorial Scholarship Award, Second Place Scientific Poster Award – Hospital South Research Day, Næstved

Transitional Internship: Gundersen Lutheran Medical Center, La Crosse, WI

2007: High Five Award for Patient Care Gundersen Lutheran Medical Center, WI

2006: Leonard Tow Medical Humanism Award, Medical College of Wisconsin.

2003: Roman E Galisinske Award for Excellent Scholastic Ability and Volunteer Commitments to the Community

2003: American Federation for Aging Research Stipend

2001: Inducted into Beta Kappa Honor Society

2000: Alfred and Isabella Panzini Galpin French & Italian Department Academic Scholarship

2000: Florence Waste Pulver College of Letters & Science Academic Scholarship

2000: Ralph B Abrams College of Letters & Science Academic Scholarship

2000: Mary Brabyn Wackman English Department Academic Scholarship

Scientific Publications

1. Boutzoukas A, Zimmerman KO, Benjamin DK, Chick KJ, Curtiss J, **Høeg TB**. Quarantine for K-12 School-Based SARS-CoV-2 Exposure Has No Detectable Impact in the Masked Environment. Accepted for publication at *Pediatrics*.
2. **Høeg TB**, Olson EM, Skaggs K, Sainani K, Fredericson M, Roche M, Kraus E. Prevalence of Female and Male Athlete Triad Risk Factors in Ultramarathon Runners. *Clin J Sport Med*. 2021 Jul 5
3. Krug A, Appleby R, Pizzini R, **Høeg TB**. Youth ice hockey COVID-19 protocols and prevention of sport-related transmission. *Br J Sports Med*. 2021 Aug 19:bjsports-2021-104363.

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4. Falk A, Benda A, Falk P, Steffen S, Wallace Z, **Høeg TB**. COVID-10 Cases and Transmission in 17 K-12 Schools – Wood County, Wisconsin, August 31-November 29, 2020. *MMWR Morb Mortal Wkly Rep* 2021;70:136-140.
5. Lindström BE; **Høeg TB**. Ultramarathon-induced Corneal Edema—A Case Report, *Current Sports Medicine Reports*: January 2021 - Volume 20 - Issue 1 - p 13-15
6. **Hoeg TB**, Fredericson M, Sainani KL, Skaggs KF, Roche MD, Miller E & Kraus E. Predictors and Prevalence of Low Bone Mineral Density and Bone Stress Injuries in Ultramarathon Runners. *MSSE* 2020, 52(5) Supplement.
7. **Høeg TB**, Chmiel K, Warrick AE, Taylor SL, Weiss, R.H. Ultramarathon Plasma Metabolomics: Phosphatidylcholine Levels Associated with Running Performance. *Sports* 2020, 8(4), 44.
8. Hultman O, **Høeg TB**, Munch IC, Ellervik C, la Cour M, Andersson Grönlund M, Buch Hesgaard H. The Danish Rural Eye Study: prevalence of strabismus among 3785 Danish adults - a population-based cross-sectional study. *Acta Ophthalmol.* 2019 Apr 26. PMID: 31025814.
9. Kraus E, **Høeg TB**, Sainani K, Bodor M, Miller E, Weiss M, Fredericson, M. Identifying Risk Factors Associated with Bone Stress Injury in Ultramarathon Runners. Oral Presentation at the American Medical Society for Sports Medicine annual conference 4/15/2019.
10. **Hoeg TB**, Corrigan GK, Hoffman M. "Eye Function and Physiology Following a 161-km Foot Race". *Research in Sports Medicine.* June 29, 2018.
11. **Høeg TB**, Corrigan GK, Hoffman M. "Alterations In Intraocular Pressure And Corneal Thickness Immediately Following A 161-km Foot Race." *MSSE.* Volume 49:5. June 2017.
12. **Høeg TB**, Wilkey S, Bowers RL, Hwang V, Weiss, RH. Ultra-Endurance Running Performance: Preliminary Data from the Metabolomics of Ultramarathon Performance Study (MUmPS) *Int J Sports Physiol Perform.* Volume 12 Issue Suppl 1, April 2017.
13. **Høeg TB**, Klein R, Moldow B, La Cour M, Klemp K, Erngaard D, Buch H, Ellervik C. "The Association between kidney function and cuticular drusen: a population-based case-control study". *Retina.* 2016 May; 36(5):896-900. PMID: 27115854.
14. **Høeg TB**, Moldow B, Klein R, La Cour M, Klemp K, Erngaard D, Ellervik C, Buch H. "Danish Rural Eye Study: An evaluation of fundus photography and fundus autofluorescence in the diagnosis of cuticular drusen". *Br J Ophthalmol.* 2016 Mar;100(3):378-82. PMID: 26216869
15. **Høeg TB**, Ellervik C, Buch H, La Cour M, Klemp K, Kvetny J, Erngaard D, Moldow B. Danish Rural Eye Study: Epidemiology of Adult Visual Impairment. *Ophthalmic Epidemiol.* 2016 Jan 29:1-10. PMID: 26825126
16. **Høeg TB**, Corrigan G, Hoffman M. "An Investigation of Ultramarathon Associated Visual Impairment." *Wilderness Environ Med.* 2015 Jun;26(2):200-4. PMID: 25728559

17. **Høeg TB**, Moldow B, Ellervik C, Klemp K, Erngaard D, La Cour M, Buch H. "Danish Rural Eye Study: The Association of Preschool Vision Screening with the Prevalence of Amblyopia". *Acta Ophthalmol.* 2015 Jun;93(4):322-9. PMID: 25545299
18. Bergholdt HKM, Bathum L, Kvetny J, Rasmussen DB, Bremmelgaard A, Moldow B, **Høeg TB**, Jemec GBE, Berner-Nielsen HB, Nordestgaard BG and Ellervik C. Study design, participation, and characteristics of The Danish General Suburban Population Study. *Danish Medical Journal.* 2013 Sep;60(9):B4693. PMID: 24001461
19. **Høeg TB**, Sheth B, Bragg D, Kivlin J. "The Evaluation of a Tool to Teach Medical Students Direct Ophthalmoscopy." *Wisconsin Medical Journal.* February, 2009. Volume 108(1):24-6. PMID: 19326631

Scientific Editorials

1. **Høeg TB**, Gandhi M, Johnson D. We Must Fully Reopen Schools This Fall. Here's How. *The New York Times.* June 8th, 2021. <https://www.nytimes.com/2021/06/08/opinion/blueprint-reopening-schools.html>
2. **Høeg TB**, McBride L, Krug A, Gandhi M. It's Time for Children to Finally get back to Normal Life. *The Washington Post.* <https://www.washingtonpost.com/opinions/2021/05/26/its-time-children-finally-get-back-normal-life/>
3. **Høeg TB**, Prasad V, Gandhi M, American Kids Can Wait. *The Atlantic.* May 12th, 2021. <https://www.theatlantic.com/ideas/archive/2021/05/vaccinate-adults-in-india-before-american-children/618849/>
4. **Høeg TB**, Gandhi M, Brown L. Widespread Coronavirus Surveillance Testing in Schools is a Bad Idea. *The Washington Post.* April 19th, 2021. <https://www.washingtonpost.com/outlook/2021/04/19/schools-covid-testing-cost/>
5. **Høeg TB**, Henderson T, Johnson D, Gandhi M. Our next national priority should be to reopen all America's schools for full time in-person learning. *The Hill.* March 20th, 2021. <https://thehill.com/opinion/healthcare/544142-our-next-national-priority-should-be-to-reopen-all-americas-schools-for>
6. Henderson T, Gandhi M, **Høeg TB**, Johnson D. CDC misinterpreted our research on opening schools. It should loosen the rules now. Keeping schools closed or even partially closed, based on what we know now, is harming children. *USA Today.* March 9th, 2021.

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<https://www.usatoday.com/story/opinion/2021/03/09/cdc-school-opening-covid-rules-guidance-column/4628552001/>

Scientific Peer Reviewer at the Following Publications

Annals of Internal Medicine, Open Forum Infectious Diseases, Journal of Wilderness and Environmental Medicine, Ophthalmology, Strabismus.

Languages

English: fluent

Danish: fluent

French: fluent

Spanish: intermediate level

Swedish: read and understood

Norwegian: read and understood

Additional

2013: Qualified for the American Ultra Trail Running National Team and competed in the World Championships in July of 2013.

2013-2016: Team Salomon Denmark- Trail Running athletic sponsorship

2016-Present: Fleet Feet Sacramento Elite (A Standard) Racing Team with sponsorship

2018: Qualified for the Danish Mountain Running National Team and competed in the World Championships in June of 2018.