

Shannon Elizabeth Aymes, MD, MPH

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919-924-3650

Education and Medical Training

Residency <i>University of North Carolina</i> Chapel Hill, NC Preventive Medicine/Obesity Medicine	2018-2020
Master of Public Health <i>University of North Carolina</i> Chapel Hill, NC Health Care and Prevention	2018- 2019
Residency <i>Robert Wood Johnson University Hospital</i> New Brunswick, NJ Internal Medicine	2006-2009
Doctor of Medicine <i>Medical University of South Carolina</i> Charleston, SC	2002-2006
Undergraduate Degree <i>Clemson University</i> Clemson, SC Biological Sciences <i>magna cum laude, Dean's List, President's List</i> <i>Calhoun Honors College</i> <i>Departmental Honors: Biological Sciences</i>	1998-2002

Licensure and Certifications

Board Certified, American Board of Internal Medicine, 2010, 2020
Board Certified, American Board of Obesity Medicine: 2020
Board Eligible, American Board of Preventive Medicine: 2021
North Carolina, Active 2012-present
New Jersey, Not active

Grants and Awards

2018-2020: American Cancer Society Physician Training Award in Cancer Prevention
2019-2020: UNC IHQI Improvement Scholars Program Grant
2019: UNC Lineberger Cancer Outcomes Program Research Travel Award

Additional Trainings

Certificate of Plant-based Nutrition at Cornell University-2017
Nutrition in Medicine Conference (PCRM): Washington, DC- 2017
American College of Lifestyle Medicine Core Competencies-2018, 2019
Plant-based Prevention of Disease (P-POD): Raleigh, NC- 2018
American College of Preventive Medicine Conference: Pittsburg, PA -2019
Blackburn Obesity Medicine Course and Board Review: Boston, MA – 2019
Obesity Medicine Association Board Review (virtual) – 2019
Blackburn Obesity Medicine Course (virtual) – 2020
Cornell Obesity Medicine Course (virtual) – 2020

Experience

University of North Carolina 2020-present
Assistant Clinical Professor
School of Medicine
UNC Medical Weight Program, Department of Endocrinology
UNC Preventive Medicine Residency, Faculty
UNC-RTI EPC OSA Systematic Review Co-Investigator

University of North Carolina Hospital System 2018-2020
Preventive Medicine Resident/Obesity Medicine Trainee
Clinical work includes a Medical Obesity Clinic and a behavioral based Weight Management clinic (700+ patient contact hour). Research interests include embedding Obesity Medicine into primary care settings and population approaches to prevent and treat obesity. Public Health experience through local health department Diabetes Prevention Program and quality improvement for cancer screening. Occupational Health experience at UNC for contact tracing and exposure protocol development.

Physician Advisor Retrospective Appeals 2017-2018
RI RCM

Apex Medical Group 2016-2017
WakeMed Primary Care, Apex, NC
Traditional ambulatory primary care for adult patients.

Volunteer Internal Medicine Physician 2013-2017

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Urban Ministries of Wake County, Raleigh, NC
Primary care volunteering for underserved adult patients.

Medical Writer 2014 –2019
Aymes Medical Writing, LLC

Medical Writer 2014-2016
Nascent/Hitt Medical Writing, LLC

Physician Advisor Level II, Commercial Retrospective Appeals 2014-2015
Executive Health Resources (UnitedHealth Group)

Physician Advisor Level I and Level II 2011-2014
Executive Health Resources (UnitedHealth Group)

Internal Medicine Attending 2009-2011
University Medical Center at Princeton, Princeton, NJ
Academic inpatient and outpatient setting with teaching and supervision responsibilities for residents and medical students. Rotation coordinator for MS 3 and MS 4 medical students.

Manuscripts

Wilhoit-Reeves SB, Sisler LAG, **Aymes SE**, Ortiz-Pujols SM, Porterfield DS, Goldstein AO. Building a Viable Weight Management Program in a Patient-Centered Medical Home. *Fam Med.* 2020;52(6):427-431.

Posters/Abstracts

Wilhoit-reeves SB, Sisler LAG, **Aymes SE**, Forte A, Goldstein AO. Clinically significant weight loss & decreased blood pressure & HbA1c found in Intensive Behavioral Weight Management Program. 2020 Society of Behavioral Medicine Meeting & Scientific Sessions.

Johnson A. **Aymes SE**, Williams B, Samuel-Hodge C. Evaluation of the Minority Diabetes Prevention Program (MDPP) Implementation in Rural North Carolina: 2017-2019 Region 7 Experience. 2020 NCPHA Fall Conference. (pending)

Ro S and **Aymes SE**. Improving Obesity Treatment in Primary Care. OMA 2020 Overcoming Obesity Conference. (pending)

Presentations

Interhospital Rounds Case Presentation <i>Blackburn Obesity Medicine -2019</i> Boston, MA	2019
Resident Research Day Presentation UNC Department of Family Medicine Chapel Hill, NC	2020
Summer Research Sessions – Secondary Data <i>UNC Department of Family Medicine</i> Chapel Hill, NC	7/2020
Choosing a Research Topic <i>UNC Department of Preventive Medicine</i> Chapel Hill, NC	7/2020
Obesity from a Population Perspective <i>UNC Department of Preventive Medicine</i> Chapel Hill, NC	7/2020

Teaching Experience

Clinical Epidemiology <i>UNC School of Medicine -MS1 and MS2</i> Chapel Hill, NC	2019-present
Critical Appraisal of the Literature I and II <i>UNC School of Public Health</i> Chapel Hill, NC	2019-present
Covid-19 Management Course <i>UNC School of Medicine -MS1 and MS2</i> Chapel Hill, NC	4/2020

Professional Memberships

Obesity Medicine Association, 2018 to present
American College of Preventive Medicine, 2018 to present