

Revision November 2016

**Patricia L. (Pat) Raymond, M.D., F.A.C.G.**

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**Career Objectives**

I practice outpatient clinical gastroenterology, and I speak, broadcast, and write on patient partnerships in medicine, demystifying the science of medicine and promoting ownership of one's own health, and on re-igniting health professionals' passion for our medical careers.

**Formal Education**

**College:** The College of William and Mary in Virginia, Williamsburg VA 23185. BS Chemistry; Charter Member- Gamma Sigma Epsilon Chemistry Honor Society. August 1978- May 1982.

**Medical School:** Medical College of Virginia, MCV Station, Richmond VA 23298. Stephen M. Ayres, M.D., Dean. August 1982-May 1986.

**Internship and Residency:** Vanderbilt University Medical Center, 1211 22nd Avenue S., Nashville TN 37232-7343. John A. Oates, M.D., Chairman; John M. Leonard, M.D., Program Director; Categorical Internal Medicine, Department of Internal Medicine, PGY 1-3. July 1986-June 1989.

**Gastroenterology Fellowship:** Division of Digestive Diseases, University of Mississippi Medical Center, 2500 N. State Street, Jackson MS 39216-4505. (601)984-4540. James L. Achord, M.D. Chairman. PGY 4 July 1989-June 1990.

Division of Gastroenterology, Medical College of Virginia, Box 711 MCV Station, Richmond VA 23298-0711. Z. Reno Vlahcevic, M.D. Chairman; Alvin Zfass, M.D., Director of Endoscopy. PGY 5-6, July 1990-June 1992.

**Licensing and Board Certification**

National Board of Medical Examiners # 323021 1984-1987, parts I-III pass  
American Board of Internal Medicine #124370 09/89 Pass  
ABIM Subspecialty Examination, Gastroenterology #124370 11/91 Pass  
ABIM Gastroenterology Recertification 2001 (to 2011)  
ABIM Gastroenterology Recertification 2011 (to 2021)

Tennessee State Medical License #MD018253 Retired 12/31/89  
Mississippi State Medical License #12171 Retired 6/30/90  
Florida State Medical License #ME 0056506 Retired 1/31/96  
Virginia State Medical License #0101-045459 7/31/2018  
DEA BR 1851840 UPIN # E15075

Advanced Cardiac Life Support Provider Certification 1985 through 2018

**Academic Appointments**

Instructor in Medicine, Medical College of Virginia, July 1991-June 1992

Assistant Professor of Clinical Internal Medicine, Eastern Virginia Medical School, July 1992-present

### **Books**

- Raymond PL. Colonoscopy. It's Not A Party Until Somebody Loses Their Pants! Carthage Publications 2015
- Raymond PL, Beaver M. Acid Reflux Diet and Cookbook for Dummies. John Wiley & Sons Inc. 2014
- Raymond PL. Colonoscopy Is A Gas! Carthage Publications 2009
- Raymond PL. "Colonoscopy: Look Within", in Fifty Things to Do When You Turn Fifty, editor Gordon D. 2005
- Raymond PL. Colonoscopy: It'll Crack u Up! Carthage Publications 2004
- Raymond PL. "Strong Medicine", in Chicken Soup For the Caregivers Soul. Canfield, Hansen, Thieman 2004
- Raymond PL, Raymond RA. Don't Jettison Medicine! Resuscitate your Passion For The Career You Loved. Carthage Publications 2003.

### **eBooks**

Quintessential Quinoa  
Voracious Vegetables

### **Published Reports**

- Raymond PL, Gibler WB. Detection of Colovesical Fistula in the Emergency Department: Report of a Case. Amer J Emer Med 1989 Mar;7(2):191-195.
- Raymond PL. The Ubiquitous Umbilicus. What it Can Reveal About Intra-Abdominal Disease. Postgrad Med 1990 Feb 1;87(2):175-6, 179-81.
- Raymond PL. Esophageal Cancer Mimicking Squamous Cell Carcinoma of the Lung: Presentation with Positive Sputum Cytology (letter). Am J Gastro 1990 Mar;85(3):325.
- Raymond PL, Skelton DS, Hsu HSH. Young Patients with Colorectal Cancer: The University of Mississippi Medical Center Experience 1970-1990. Jou Mississippi State Medical Assoc 1991 Aug;301-307, Abstract Amer J Gastro 1990 Sept;85(9):1283(272).
- Raymond, PL. Mallory Weiss Tear Associated with Polyethylene Glycol Electrolyte Lavage (letter). Gastrointestinal Endoscop 1991 May/June;37(3):410-411. Gastrointestinal Endoscop 1991 Nov/Dec;37(6):652.
- Raymond PL, Balaa MA. Diplopia and Diarrhea: Ileal Carcinoid Metastatic to the Central Nervous System. Am J Gastro 1992 Feb;87(2):240-3.
- Shiffman ML, Fisher RA, Luketic VA, Sanyal AJ, Purdum PP, Raymond PL, et al. Hepatic Lidocaine Metabolism is Useful in Assessing the Risk for Developing Complications of Chronic Liver Disease and to Prioritize Patients Awaiting Hepatic Transplantation. (Abstract). American Society of Transplant Surgeons, January 1992.
- Raymond PL, Albertson CS, Brown G, et al. Colonoscopy Preparation Tolerance and Efficacy: Polyethylene Glycol Lavage Solution Verses Phospho-Soda Laxative or Avatar 2100 P1EE (Abstract). Amer J Gastro 1992;87(9):352.
- Raymond PL, Shiffman ML, Luketic VA. Natural History of Chronic Hepatitis C: Risk Behavior, Demographics, and Time to Cirrhosis. (Abstract). Amer J Gastro 1992;87(9):260. Presented in Poster Session, ACG Annual Meeting, 1992, Miami.
- Shiffman ML, Fisher RA, Luketic VA, Sanyal AJ, Edinboro LE, Purdum PP, Raymond PL, et al. Hepatic Lidocaine Metabolism and Complications of Cirrhosis. Implications for Assessing Patient Priority for Hepatic Transplantation. Transplantation 1993;55(4): 830-835.
- Arlow FL, Raymond PL et al. Formal Leave Policies and Gender Distribution in

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Gastroenterology Training Programs. (Abstract). Amer J Gastro 1993; 88(9):1587. Presented in Oral Session, ACG Annual Meeting 1993, New York.

Raymond PL. Chronic Liver Disease and Its Effect on Fertility and Pregnancy, from monograph "Gastrointestinal Disorders During Pregnancy", published by American College of Gastroenterology, Sept 1994.

Ali A, Dandalides SM, Raymond PL. Percutaneous Endoscopic Cecostomy: A Modified Approach for Long Term Use. (Abstract). Amer J Gastro 1994;89(9):1746

Raymond PL, Cooper KC, David MD. Dignity Preserving Garments and Colonoscopy: Reduction of Anesthesia Risk? . (Abstract). Amer J Gastro 1994;89(9):1745.

Arlow FL, Croitoro R, Raymond PL et al. Similarities and Differences in Background and Career Choices of Male and Female Gastroenterology Trainees. (Abstract). Amer J Gastro 1995;90(9):460..

Raymond PL. Chapter 14: Pathophysiology of Functional Bowel Disorders (pp219-227), from Pathophysiology of the Gastrointestinal Tract, Suzanne Rose MD, Editor, Fence Creek Publishing LLC. Madison CT, 1998.

Arlow FL, Raymond PL, Croitoro R et al. New Graduates in Gastroenterology May Need Education in "Business" Matters as Well as Endoscopy. (Abstract). Amer J Gastro 1996 Sep; 91(9):390A.

Arlow FL, Raymond PL, Croitoro R et al. Despite Pressures to Join Managed Care, the Majority of 1993 Gastroenterology Graduates Have Entered Private Practice. Amer J Gastro 1997 Sep; 92(9):289A.

Raymond PL. How to Talk to Your Doctor- The Doctor's Perspective. IFFGD Journal 1998, Reprinted as Guest Editorial in Practical Gastroenterology

Raymond PL, Crowe CA, David MB. GI NURSING RISKS: Poor Compliance with Radiation Safety (RS), Blood/Body Fluid Exposure (BBF) without HBV Immunity Verification, Sclerosant Injury without Face/Eye Protection (FEP): Room for Improvement. (Abstract). Amer J Gastro 1998;93(9):A523.

Arlow FA, Raymond PL, Rybicki B. 1995 Gastroenterology Graduates Continue to Enter Private Practice in Large Numbers, Similar to 1993 Grads. (Abstract). Amer J Gastro 1998;93(9):A219.

Raymond PL, Williams M, Dandalides SM, Gamsey AJ, Kreger DL. Novel Colonoscopy Preps with Fleet Phosphosoda Laxative are Effective, Taste Good, with Good Patient Tolerance: Preliminary Results (Abstract). Amer J Gastro 1999; 94(9): 428(A).

Raymond PL, Richards RD. Two Alternative Phospho-Soda Prep Methods: Improved Palatability and Acceptance [Abstract] Am J Gastro, 95: 9: 2549.

Arlow FA, Raymond PL, Karlstadt RG, et al. Gastroenterology Training and Career Choices: A Prospective Longitudinal Study of the Impact of Gender and of Managed Care. Amer J Gastro 2002 97(2): 459-469.

Sastri SV, Arlow FA, Raymond PL. Gender Differences in the Practice of Gastroenterology. A Three-Year Follow Up Study. Publication pending Amer J Gastro.

Sastri SV, Raymond PL, Arlow FA. Do Female Gastroenterologists Earn as Much As Male Gastroenterologists? Am J Gastro 97: 9 (Supplement 0): S244-S245

Sastri SV, Arlow FA, Raymond PL et al. Hiring an associate? A report card on the career performance of male vs female gastroenterologists! [Abstract] Am J Gastro, 98: 9 (Supplement 0): S232-S233

Sastri SV, Arlow FA, Raymond PL et al. Gross income of gastroenterologists in the initial five years of their practice: academic vs non-academic? Males vs females? [Abstract] Am J Gastro, 98: 9 (Supplement 0): S232

Raymond P. Bye-bye benzocaine? Nursing. 2003 Jul;33(7):10.

Sastri SV, Burke CA, Jacobsen G et al. Gender Disparity in Gastroenterology: The First Five Years of a Career. Am J Gastroenterol. 2005 Feb; 100(2):259-64.

Scott SR, Raymond PL, Thompson WO, Galt DJ. Efficacy and tolerance of sodium phosphates oral solution after diet liberalization. Gastroenterol Nurs. 2005 Mar-Apr;28(2):133-9.

**Awards and Honors**

2014 Chesapeake Medical Reserve Corps Award  
2012, 2013 nominated for the Hilarious Health Activist Award, WEGO  
2008, 2012 honored as Top Doc in Gastroenterology, Hampton Roads Magazine  
2008 Nomination to Endonurse MVP (50 nominees across US, mainly endoscopy nurses)  
2006 SGNA Research Paper of the Year

**Professional Organizations**

American College of Gastroenterology, Fellow (1995- present)      American College of Physicians, Fellow (1994, retired certification)

**Community Health/Volunteerism**

Chesapeake Medical Reserve Corps 2005-retired  
Eastern Virginia Medical School Community Attending/Teaching Staff

**Present Employment**

**Rx For Sanity**

Leading physicians and nurses to resuscitate their passion for caregiving by first "Turning Care Inward"  
www.RxForSanity.com

A division of Gastrointestinal and Liver Specialists of Tidewater pllc  
1925 Glenn Mitchell Drive, Suite 102  
Virginia Beach VA 23456  
May 2009 - present  
Associate status/Part Time

**Gastrointestinal Consultants Ltd.**

**Previous Medical Employment**

**Simply Screening: Total Endoscopic Health & Prevention**

680 Kingsborough Square Suite D  
Chesapeake VA 23320  
www.SimpleScreening.com  
April 2004- May 2009 President

April 2004- September 2007

**Gastrointestinal Consultants Ltd.**

March 2003-February 2004 Associate status/Part Time

**Gastroenterology Associates of Tidewater, P.C.**

160 Kingsley Lane Suite 200, Norfolk VA 23505  
112 Gainsborough Square, Suite 200,  
Chesapeake VA 23320  
July 1992-1995 Associate  
July 1995-2002 Partner

**Host, House Calls, NPR WHRO 89.5**

**Personal Data**

Hobbies include reading, investment management, energy efficient home design and remodeling, walking/hiking, stained glass, jewelry making, seaside gardening