
SAHAR SWIDAN

5204 Jackson Road, Suite C, Ann Arbor, MI 48103 877-797-6567 www.pharmacysolutionsonline.com

CHIEF EXECUTIVE OFFICER / EXPERT IN PHARMACY

Dr. Sahar Swidan obtained her Doctor of Pharmacy degree from the University of Michigan and then she completed a 3 year research fellowship in Bio-Pharmaceutics at the University of Michigan. She previously was the Director of Pharmacy at Chelsea Community Hospital and the clinical pharmacist for the inpatient head and chronic pain service. Currently she is President& CEO of Pharmacy Solutions in Ann Arbor, MI which is a unique, personal and educational specialty pharmacy and Adjunct Clinical Associate Professor of Pharmacy at the University of Michigan, College of Pharmacy. Dr. Swidan is board certified and an advanced fellow in anti-aging and regenerative medicine. Dr. Swidan is an internationally known speaker in the areas of pain management and BHRT and she has authored several books, articles and patient education material in the area of pain management and functional medicine. Currently, she is completing a Master's program in Cardio-Metabolic and Functional Medicine.

CURRENT EXPERIENCE

CEO - PHARMACY SOLUTIONS; ANN ARBOR, MI 2000-PRESENT

CEO - NEUROPHARM, INC.; YPSILANTI, MI 1999-PRESENT

MANAGING DIRECTOR, R&D SOLUTIONS, LLC. ANN ARBOR, MI 2006-PRESENT

CEO / EVP- SAHARX SKIN CARE; ANN ARBOR, MI 2005-PRESENT

PAST EXPERIENCES

CEO -THE PHARMACY, YPSILANTI, MI 2007-2011

CLINICAL PHARMACIST-HEAD AND CHRONIC PAIN UNIT, CHELSEA COMMUNITY HOSPITAL, CHELSEA, MI 1995-2007

DIRECTOR OF PHARMACEUTICAL SERVICES, CHELSEA COMMUNITY HOSPITAL, CHELSEA, MICHIGAN 1996-2007

CLINICAL COORDINATOR PHARMACEUTICAL SERVICES, CHELSEA COMMUNITY HOSPITAL, CHELSEA, MI 1995-1996

PHARMACIST, RITE-AID CORP., ANN ARBOR, MICHIGAN 1995-1996

STAFF PHARMACIST, CHELSEA COMMUNITY HOSPITAL, CHELSEA, MICHIGAN 1992-1995

AFFILIATION & BOARD MEMBERSHIP

DUR Board Michigan Medicaid Board Member

Michigan Medication Safety Coalition-Community Pharmacy Division

Michigan Pharmacists Association

American Headache Society - Patient Care

Blue Cross & Blue Shield of Michigan-Pharmacy

Board of Governors, University of Michigan, College of Pharmacy Former Vice Chair

College of Psychiatric & Neurologic Pharmacists

Michigan Society of Health-System Pharmacists

Southeastern Michigan Society of Hospital Pharmacists

SE Michigan Society of Hospital Pharmacists Committee

Washtenaw County Pharmacist Society

EDUCATION

University of South Florida
Master's Degree (2016)

University of Michigan
Doctor of Pharmacy (1992)

Eastern Michigan University
Bachelor Degree (1989)

ACADEMIC COURSE WORK

Faculty Research Advisor
Preceptor, Inpatient, Head.Pain, Gastroenterology Consult and Liver Consult Services,
Faculty Preceptor, Pharmacy 687-694 Therapeutics Seminars
Instructor, Neurology Section, P532 Pathophysiology and Therapeutics

CERTIFICATIONS AND ADDITIONAL TRAINING

Masters in Cardio-metabolic and Regenerative Medicine (2016)

Board Certified by the American Board of Anti-Aging & Regenerative Medicine Certification
(ABAAHP) (2009)

Board Certified Pharmacotherapy Specialist (1998)

Research Fellow in Biopharmaceutics
University of Michigan, College of Pharmacy (1994)

PUBLIC RECOGNITION

MPA Award, 25 years of Professional Contribution (2015)
GNP Pharmacist of the Year Award (2008)
Good Government Award, Michigan Pharmacists Association (2007)
Most Influential Women in Business Award, Ann Arbor Business Review Weekly (2006)
Life Time Professional Contribution Award, SE Michigan Society of Health-System Pharmacists (2005)
Pharmacist of the Year Award, Southeastern Michigan Society of Health-System Pharmacists (2003)
Innovative Pharmacy Practice Award, Michigan Pharmacists Association (2002)
Outstanding Service Award, Michigan Society of Health-System Pharmacists (2001)
Committee Service Award, SouthEastern Michigan Society of Health-System Pharmacists (1999)
The Recognition of Excellence Scholarship, Eastern Michigan University, Ypsilanti, Michigan (1988)
6 Time Member of Eastern Michigan Universities Deans List (1988)

SPECIALTY MEMBERSHIP

American Academy of Anti-aging and Regenerative Medicine
American Academy of Neurology
American Pain Society
American Association on the Study of Headache
American Society of Health-System Pharmacists

American College of Clinical Pharmacists
Michigan Pharmacists Association
Southeastern Michigan Society of Hospital Pharmacists

SAMPLE OF PUBLICATIONS

STATUS MIGRAINOSUS. MEDLINK NEUROLOGY DATABASE, 2012

Hypocortisolism: An Evidence-based Review. IMCJ. 10:4, Sep/Oct 2011.

Lena D. Edwards, MD, FAARM; Andrew H. Heyman, MD MHSA; **Sahar Swidan, PharmD**

Cardiometabolic disease in men. An integrative medicine approach to managing hormonal risk factors. JMH, March 2010, pages 1-10. Andrew H. Heyman, MD MHSA, Lena D. Edwards, MD, FAARM; **Sahar Swidan, PharmD.**

Hydroxypropylmethylcellulose (HPMC) Significantly Lowers Blood Cholesterol in Mildly Hypercholesterolemic Human Subjects. EJCN (In Press) Christos Reppas, **Sahar Z. Swidan**, Stephen W. Tobey, Maciej Turowski, Jennifer B Dressman

Trendelenburg Position: A Test For Determining The Existence Of A Low CSF Pressure Syndrome In Patients With Daily Headache. Headache. 2008 Jan 11;18194303 Todd D. Rozen MD, **Sahar Z. Swidan** Pharm D, Robert R. Hamel PA-C, Joel R Saper MD

FURTHER ARTICLES PUBLISHED OR REFERENCED IN

American College of Clinical Pharmacists
American Society of Hypertension
Archives of Internal Medicine
2nd European Congress of Pharmaceutical Sciences
International Headache Congress
International Meeting on Dietary Fiber
Cephalalgia
Diabetes Research and Clinical Practice Journal Elsevier
Drug Topics
Headache
European Journal of Pharmaceutical Sciences
International Drug Therapy Newsletter
Journal of American College of Nutrition
Journal of Parenteral and Enteral Nutrition
Neurology
Pharmacotherapy
Pharmacy & Therapeutics
Topics in Pain Management

SPEAKING ENGAGEMENTS

A4M
American Academy of Neurology
American Osteopathic Association
Ann Arbor Area Physicians
Annual Update in Headache and Pain Management

Bixby Hospital
Borgess Hospital
Chelsea Community Hospital
Colorado Society of Health-System Pharmacists
Detroit Area Medical Residency Meeting
Detroit Medical Center / Sinai-Grace Hospital
FAAM Fellowship
Farmington Hills Area Primary Care Physicians
Grand Rapids Area Primary Care Physicians
Henry Ford Medical System
Lenawee County Medical Society
Liberty Medical Group
Livingston County Pharmacy Association
Macomb County Pharmacist Society
Michigan Biofeed Society
Michigan Headpain and Neurologic Institute
Michigan Pharmacist Association
Michigan Society of Health-System Pharmacists
Michigan State Medical Society
Midland County Pharmacists Association
MidWest Headache and Pain Symposium
Monroe Pharmacy Association
Munson Medical Center
NAAMA
Northville Primary Care
PAIN 2000 Conference: The Future of Pain Management
PCCA
Pfizer
Pittsburgh Pain Society
Spectracell Corporation
St. John Hospital
St. Mary's Hospital/Garden City Hospital
The University of Michigan Medical Center, Ann Arbor, Michigan
Washtenaw County Pharmacist Association