

NICOLE M. TYER, M.D.

**Internal Medicine Physician/ Obesity Management Physician
Founder and Owner of Nicole M. Tyer, M.D., Inc.**

I am the founder and owner of Nicole M. Tyer, M.D., Inc, a private medical practice in Beverly Hills, CA, where I see patients ages 18 – 118 for all aspects of primary care, internal medicine, and comprehensive concierge/direct primary care. I also have a special expertise and focus on obesity medicine and weight management.

EDUCATION

Bachelor of Science, Biochemistry

University of California, Los Angeles

Graduated 06/2002

Dean's List, 8 quarters

College of Letters & Science Honors Program

Doctorate of Medicine

Drexel University College of Medicine, Philadelphia, PA

Graduated 05/2007

Internship & Residency, Internal Medicine

Cedars-Sinai Medical Center/West Los Angeles VA Medical Center, Los Angeles, CA

072007 – 06/2010

Chief Residency, Internal Medicine

Cedars-Sinai Medical Center/West Los Angeles VA Medical Center, Los Angeles, CA

07/2010 – 06/2011

Clinical Fellowship, Endocrinology, Diabetes, and Metabolism

UCLA Medical Center, Los Angeles, CA

07/2011 – 06/2012

CERTIFICATIONS & LICENSURES

American Board of Internal Medicine: active since 09/2010

American Board of Obesity Medicine: active since 02/2021

CA Medical License A107790 presently active
 DEA License FM 1541615
 NPI Type I: 1346400785
 NPI Type II: 1700593043

PREVIOUS PROFESSIONAL POSITIONS AND APPOINTMENTS

Internal Medicine Physician/ Obesity Management Physician
Cedars-Sinai Medical Group
05/2019 – 12/2022

CLINICAL DUTIES AND ACCOMPLISHMENTS

- I provided highly complex, comprehensive, compassionate care to a ~2,600 patient care panel, including all primary care and preventative care needs.
- I was enrolled in the Medicare Advantage (HCC) program which allows me to manage close to 200 highly complex, low SES patients as part of my panel.
- I provided comprehensive weight management consultations and follow ups.

EDUCATIONAL DUTIES

- I supervised, mentored, and taught internal medicine residents who rotated through my internal medicine practice.

Assistant Professor of Clinical Medicine, Yale School of Medicine
Assistant Program Director, Internal Medicine Residency Program, Yale New Haven Health Greenwich Hospital
 June 2018 – May 2019

EDUCATIONAL DUTIES AND ACCOMPLISHMENTS

- I supervised, mentored, and taught residents and Yale medical students for 4-5 half days per week in our outpatient center. I also attend on the general internal medicine wards one month per year.
- I created and ran a daily pre-clinic conference schedule which includes all major outpatient medical topics
- I created a weekly Clinical Case Conference Series for all rotating students at Greenwich Hospital. There are approximately 6-8 students (3rd and 4th year medical students from New York Medical College, 3rd year medical students from Yale School of Medicine, and PA Students from Quinnipiac and Yale.
- I taught weekly bedside POCUS rounds in the ICU. In addition to practicing POCUS since residency, I have also attended a CME course to gain experience in teaching POCUS.

MENTORSHIP/WELLNESS DUTIES AND ACCOMPLISHMENTS

- I supervised and mentored many of our medical students and residents in drafting, submitting, and presenting posters and case reports at local and national conferences. In fact, in just 6 months at my position, I have been able to support/mentor 4 posters/abstracts at the Connecticut ACP conference.

- I served as a faculty mentor for multiple Quality Improvement (QI) projects including the inpatient glycemic management team as well as an outpatient Back Pain "Get with the Guidelines" project.
- I coordinated and led our Residency Wellness Program which included monthly SWIM rounds (Spirituality and Wellness in Medicine), formal mentorship sessions, and numerous financial and physical wellness aspects of the program. For example, I was able to secure free access for all our PGY-1 residents to USMLE World Q-Bank for their Step 3 board prep.

ADMINISTRATIVE DUTIES

- I personally and single handedly wrote and revised the 120 page Academic Curriculum for the Internal Medicine Residency Program at Yale-New Haven Health, Greenwich Hospital to meet ACGME standards of requiring level-specific goals and objectives for each of the six core competencies: medical knowledge, professionalism, interpersonal skills and communication, patient care, practice-based learning and improvement, and systems-based practice.
- I created, proposed, and had accepted an innovative X+Y schedule to the GMEC. The creation was formally accepted and implemented for the academic program which was a major structural change to the program.
- I served as a member of the GMEC (Graduate Medical Education Committee), the CCC (Clinical Competency Committee), and Program Evaluation Committee (PEC).
- I served as a member and "Inclusion Champion" on the inaugural Diversity & Inclusion Council. My personal contribution included creating a panel discussion on "LGBTQI Updates" at the hospital in Spring, 2019.
- I participated in all aspects of residency recruitment including reading ERAS applications, performing interviews, and participating in rank meetings to match 13 new interns per year (6 categoricals and 7 prelims).

Weill Cornell Medical College, NY, NY

Instructor: 08/2012 – 05/2014

Assistant Professor of Clinical Medicine: 05/2014 – 05/2018

Memorial Sloan Kettering Cancer Center, Urgent Care Center/Observation Unit, NY, NY

Instructor: 08/2012 – 05/2014

Assistant Attending: 05/2014 – 12/2016

- Weill Cornell Medical College is an Ivy-league institution that is affiliated with New York Presbyterian Hospital (consistently ranked a top 10 hospital by US World News & Reports) and Memorial Sloan Kettering Cancer Center (consistently ranked the #1 or #2 cancer center in the world).
- I held an academic appointment for 6 years at Weill Cornell: 2 years at the Instructor level and 4 years at the Assistant Professor of Clinical Medicine level. My position was approximately 80% clinical (at both MSKCC and WC Medical Associates) and 20% teaching.

CLINICAL RESPONSIBILITIES

- During my 6 years at Weill Cornell, clinical duties included working as a general internist at MSKCC for 4.5 years and primary care services at Weill Cornell Medical Associates for 1.5 years.
- MSKCC Urgent Care Center/Observation Unit (4.5 years):

- I provided exceptional clinical care of all cancer-related internal medicine problems at one of the best cancer hospitals in the world to patients from the outpatient setting to the urgent care setting, up to and including up to 72 hours of hospitalization in the observation unit.
- Daily clinical responsibilities included managing neutropenic fevers, sepsis, liver/heart/lung/kidney failure, bowel obstructions, etc. We performed end of life discussions on a daily basis.
- Weill Cornell Medical Associates (1.5 years):
 - I provided unparalleled primary care services to thousands of patients in Manhattan and the greater NY metropolitan area. I am well versed in using EMR (Epic) and remain up to date with clinical practice guidelines.

EDUCATIONAL RESPONSIBILITIES

- During my 6 years at Weill Cornell, I taught 8 formal medical school courses at the medical school and also coordinated, supervised, and mentored dozens of medical students and residents during rotations through the Urgent Care Center at MSKCC.

Clinical Education taught at Memorial Sloan Kettering Urgent Care Center

- Urgent Care Center Director of the Transitional Year Intern UCC Rotation
- 07/2014 – 08/2016: I coordinated, supervised, taught, and performed bedside rounds with 1-2 PGY-1s per week.
- 07/2013 – 08/2016: I provided supervision, education, and bedside rounds with 1-2 medical students from Weill Cornell College of Medicine.
- I served as a member on the GMEC (Graduate Medical Education Committee) at MSKCC from 2014 – 2016.

Formal Medical School Courses taught at Weill Cornell Medical College

- Fall 2012: Medicine, Patients, and Society (MPS) I
- Winter 2013: Problem-Based Learning (PBL): Human Structure and Function A
- Spring 2013: Medicine, Patients, and Society (MPS) II
- Fall 2013: Medicine, Patients, and Society (MPS) I
- Winter 2014: Problem-Based Learning (PBL): Human Structure and Function A
- Spring 2014: Medicine, Patients, and Society (MPS) II
- Winter 2015: Problem-Based Learning (PBL): Cardiology Case Studies
- Fall/Winter 2017: Essential Principles of Medicine

ADDITIONAL CLINICAL EXPERIENCE

Medical Group of Beverly Hills Urgent Care Center, Los Angeles, CA

Per Diem Physician: 06/2011 – 06/2012

ADDITIONAL TEACHING EXPERIENCE

Cedars-Sinai Medical Center, West Los Angeles VA Medical Center

Fall 2010, Winter/Spring 2011: As Chief Resident, I provided daily/weekly lectures for morning reports, noon conferences, and bedside teaching rounds.

Pomona University, School of Podiatric Medicine

Fall 2010: History Taking for First Year Podiatry Students

Winter/Spring 2011: I taught a monthly course on Physical Examination Skills for First Year Podiatry Students.

Drexel University College of Medicine

Winter/Spring 2007: I served as a Teaching Assistant for Physical Examination Skills during weekly rounds as a 4th year medical student.

HONORS & AWARDS

GCRC Young Researcher Grant, Cedars-Sinai Medical Center, 01/2011

“Evaluation of liraglutide for stimulation of calcitonin in medullary thyroid carcinoma”

Presidential Poster Award, The Endocrine Society, 05/2012

“Systemic amyloidosis secondary to Familial Mediterranean Fever presenting as polyglandular endocrine failure”

Fellow Travel Award Grant, The Endocrine Society, 05/2012

Browning Award Attending of the Month, 08/2018

For Outstanding dedication, teaching, leadership, and commitment to the education and growth of the residents at Greenwich Hospital

Quality Improvement Award, Yale New Haven Health/Greenwich Hospital, 04/2019

Reducing Unnecessary Care in Low Back Pain

The “Golden Speculum Award,” Cedars-Sinai Medical Group 2020

For performing more pap smears than any other Internist in the department and “closing the gap” on preventative care.

“Best in California Doctors,” Internal Medicine 2023 from Best in California Magazine

“Best in Los Angeles Doctors,” Internal Medicine, May 2024 from Best in Los Angeles Magazine

ADDITIONAL MENTORING OF MEDICAL STUDENTS, GRADUATE STUDENTS

2014-2015 Women in Medicine Mentoring Program, Weill Cornell College of Medicine

OTHER INSTITUTIONAL, DEPARTMENTAL, AND DIVISIONAL ADMINISTRATIVE RESPONSIBILITIES

Internal Medicine Journal Club Leader, Cedars-Sinai Medical Center, 2008 – 2010

ACGME Internal Review Committee, Cedars-Sinai Medical Center, 2009

Resident Core Curriculum Committee, Cedars-Sinai Medical Center, 2009 – 2011

Transitional Year Core Curriculum Committee, Memorial Sloan Kettering Cancer Center, 2014 – 2016

GME Committee, Greenwich Hospital, 2018 – 2019

Clinical Competency Committee, Greenwich Hospital, 2018 – 2019

Diabetes Quality Council, Greenwich Hospital, 2018 – 2019

Diversity & Inclusion Committee, Greenwich Hospital, 2018 – 2019

PROFESSIONAL & SOCIETY MEMBERSHIPS

Member, American Medical Association, 2007 – 2010

Member, American College of Physicians, since 2007, present membership #03694364

Member, The Endocrine Society, 2010 – 2012

CIVIC ACTIVITIES

New York City Medical Reserve Corps, New York, 08/2015 – 2018

Hurricane Sandy Disaster Medical Relief, Red Hook, New York 11/2012

AIDS Healthcare Foundation Testing Counselor, Los Angeles, 2000 – 2002

Regular donor of red blood cells, platelets, and even white blood cells

Major donor of breast milk to the NY Milk Bank to help open/initiate NY as a breast milk bank

<https://www.metro.us/new-york-milk-bank-opens-two-drop-off-locations-for-breast-milk/>

CONSULTING & MEDICAL ADVISORY WORK

Novo Nordisk

Consultant 10/2022

Provide episodic consultative services regarding obesity management in primary care, specifically with regards to use of GLP-1 agonists

Illuminate Health

Medical Reviewer 01/2023 – Present

I review 1-2 medical articles per week to provide non-biased, scientifically sound reviews of current health care trends, supplements, and other popular products.

Redesign Health, Inc.

Medical Advisor 07/2024 – Present

I provide episodic consultative services regarding an online obesity management platform.

POSTERS & PRESENTATIONS AT REGIONAL AND NATIONAL CONFERENCES

Jessica Leung, Kunal Desai, Essam Nagori, **Nicole Tyer**. “Sporadic Creutzfeldt-Jakob Disease: One in a Million. ACP, Connecticut Chapter, October 2018.

Annette Lukose, Kelly Meenan, **Nicole M. Tyer**. “Wernicke-Korsakoff Syndrome with Atypical Finding of Central Pontine Myelinolysis on MRI. ACP, Connecticut Chapter, October 2018.

Jing Du, Thomas M. Fandel, Charles B. Seelig, Sheryl Feldheim, Nancy Ryan, **Nicole M. Tyer**. “High Risk of Hypoglycemia in Hospitalized Diabetic Patients Treated with Exclusive Sliding Scale Insulin.” ACP, Connecticut Chapter, October 2018.

Thomas M. Fandel, **Nicole M. Tyer**, Sheryl Feldheim, Nancy Ryan, Charles B. Seelig. “Monotherapy with Sliding Scale Insulin is Inadequate, and Rarely Adjusted in Hospitalized Diabetic Patients.” ACP, Connecticut Chapter, October 2018.

Tyer N, Vora A, Bhuta S, Smooke-Prav S. “Systemic Amyloidosis Secondary to Familial Mediterranean Fever Presenting as Polyglandular Endocrine Failure.” The Endocrine Society, June 2012. Selected as a Presidential Poster Finalist.

Musser N, Peng A. “Long Term Outcomes in Highly-HLA Sensitized Patients after IVIG and Deceased Donor Kidney Transplantation.” ACP, Southern California, October 2008.

Musser N, Ashok M, Eng M. “An unusual case of Leprosy in New Jersey presenting as Facial Cellulitis.” ACP, Northeast Regional, December 2006.

Torres U, **Musser N**, Dressner R, Borao F. “Intraoperative Laparoscopic-assisted Diagnosis and Treatment of a Bleeding Lymphangioma.” Society of American and Gastroendoscopic Surgeons Annual Conference, April 2006.

BIBLIOGRAPHY

Peer-Reviewed Articles

Fandel T, Cabaccan J, Gosnell J, **Tyer N**. "An Extremely Rare Case of Intrathyroidal Malignant Paraganglioma in an Elderly Woman." Journal of Endocrine Society. 2019 Apr 15;3(Suppl 1): SAT-322.

Lukose A, **Tyer NM**. “A Woman with Alcohol Use Disorder, Wernicke-Korsakoff Syndrome, and Central Pontine Myelinolysis: A Case Report and Review of the Literature.” Journal of Addictive Behaviors, Therapy, and Rehabilitation. February 2019;8:1.

Szczepaniak LS, Victor RG, Mathur R, Nelson MD, Szczepaniak EW, **Tyer N**, Chen I, Under RH, Bergman RN, and Lingvay I. “Pancreatic Steatosis and its Relationship to Beta-Cell Dysfunction in Humans: Racial and Ethnic Variations.” Diabetes Care. Nov 2012.

Tyer N, Braunstein G, Frishberg D. “An Unusual Case of MEN 2A Syndrome without MTC.” Endocrine Practice. March-April 2011;17(2):e4-7.

Tyer N, Fang M. “Sclerosing Mesenteritis: Examining a Poorly Understood Disease.” Clinical Geriatrics. December 2010.

Book Chapters and Review Articles

Tyer NM, Kim TY, Martinez DS. “Review of Oral Cholecystographic Agents for the Management of Hyperthyroidism.” Endocrine Practice. 2014 Aug 6;1-30.

Nicole M. Tyer MD, Run Yu MD. “Medullary Thyroid Cancer.” Thyroid Cancer (Endocrine Updates), edited by Glenn Braunstein. Springer. November 2011.

HOBBIES AND INTERESTING FACTS

I grew up drinking raw milk and eating home grown fruits and nuts in Southern California where my family owned and operated Alta Dena Dairy. I love outdoor exercise including hiking, open water swimming, and yoga. Other hobbies include cooking and travel.

NOT YET RETAINED