

John Penek, MD, FCCP, FAASM

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**Diplomate, American Board of Internal Medicine and Pulmonary Diseases
Diplomate, American Board of Sleep Medicine (1992)
Diplomate, American Board of Internal Medicine-Sleep Medicine (2007)
Member, American Academy Disability Evaluating Physicians**

Curriculum Vitae

Education

Pennsylvania State University, State College, Pennsylvania; B.S.–Pre-Medicine, 1962-1967
The University of Medicine and Dentistry of New Jersey, Newark, New Jersey, M.D. Degree; 1967-1971

Internships

Mary Hitchcock Memorial Hospital, Dartmouth University Medical School, Hanover, New Hampshire;
Surgical Internship; July 1971-July 1972
Provincial Hospital, Port Elizabeth, South Africa; Medical Internship; September 1972-December 1972

Residencies

Medical Residency and Cardiology Fellowship, Groote Schuur Hospital, University of Cape Town
Medical School, Cape Town, South Africa; January 1973-April 1975
Medical Residency, University of Rhodesia Medical School, Salisbury, Rhodesia (now Zimbabwe);
1975-September 1975
Postgraduate Student, Royal Postgraduate Medical School, Hammersmith Hospital, London, England;
October 1975-December 1975
Medical Registrar to Medical Resident, Royal Postgraduate Medical School, Hammersmith Hospital,
London, England; January 1976-June 1976

Fellowships

Cardiovascular Disease:
Groote Schuur Hospital, University of Cape Town Medical School, Cape Town, South Africa;
January 1973-December 1973
Pulmonary Diseases:
University of California, Davis Medical Center, University of California, Irvine Medical Center-
Long Beach Veterans Administration Hospital; July 1977-June 1979
Critical Care Medicine-Surgical ICU:
Long Beach Veterans Administrations Hospital, University of California, Irvine Medical Center; July
1979-October 1979

Sleep Medicine:

Training in Sleep Medicine and Clinical Polysomnography; Baptist Montclair Hospital, Alabama Sleep Disorder Center, Birmingham, Alabama; April and August 1990

Professional Board Certifications

Diplomate of the National Board of Medical Examiners of U.S.A.
Diplomate of the American Board of Internal Medicine, 1978
Diplomate Subspecialty Boards-Pulmonary Diseases, 1980
Diplomate of the American Board of Sleep Medicine, 1992
Diplomate of the American Board of Internal Medicine-Sleep Medicine, 2007
Fellow, American College of Chest Physicians
Fellow, American Academy of Sleep Medicine
Member, American Academy of Disability Evaluating Physicians, 2001

Professional Experience

Bergen Pines County Hospital, Paramus, New Jersey; January 1980-June 1983
1,200 bed teaching hospital affiliated with The University of Medicine and Dentistry of New Jersey with approved medical residency program and subspecialty fellowship programs

Chief, Pulmonary and Critical Care Medicine

- Established and supervised Pulmonary/Critical Care Fellowship Program
- Medical Director of Respiratory Therapy
- Established and supervised Pulmonary Function Laboratory and Exercise Physiology Laboratory
- Established and supervised Pulmonary Rehabilitation Program and Pulmonary Out-patient Clinics
- Director of Critical Care Unit and Critical Care Training Program
- Established and supervised the Breathlessness Clinic

Medical Director, the Sleep Health Institute

Chilton Memorial Hospital, Pompton Plains, NJ
January 2004-Present

Dr. Penek is Medical Director of this six-bed comprehensive sleep disorder center. In this capacity, he is responsible for the administration of this sleep diagnostic center. In addition, he oversees all activities of the center including educational programs, training of personnel, public speaking, and promotion of sleep diagnostic services throughout the Northern New Jersey area. He also serves as consultant in pediatric and adult sleep medicine for patients referred to the center for evaluation. In November 2012, Dr. Penek successfully applied for re-accreditation of the Sleep Health Institute which was granted in December 2012. In addition, the Institute was successful in obtaining additional accreditation to carry out sleep testing in the home & outpatient setting. This accreditation was also granted by the American Academy of Sleep Medicine in December 2012.

Pulmonary Rehabilitation Services

Beginning in 1982 as Medical Director of The Breathing Center, Dr. Penek provided comprehensive pulmonary rehabilitation services for patients with a wide variety of respiratory disorders. These services were provided in patient groups of 6-8 patients for a ten week period. These services improved overall activity and outlook among attendees. Please see the attached publication reviewing the results of these programs (.Reina-Rosenbaum, R., Bach, J.R., Penek, J. "The Cost/Benefits of Outpatient-based Pulmonary Rehabilitation, Archives of Physical Medicine Rehabilitation," 1997, Volume 78: pp. 240-244, March 1997)

Unfortunately Medicare and other carriers stopped reimbursing for these services in 1997 and did not resume payment until December 31, 2010. In February 2011, Dr. Penek established a full Pulmonary Rehabilitation Program at the Chilton Hospital in Pompton Plains, NJ and this program has grown and flourished since it's inception.

Pulmonary and Sleep Associates

525 Wanaque Avenue, Pompton Lakes, NJ 07442
21 Perry Street, Morristown, NJ 07960
November 2003-Present

The three-member group of Pulmonary, Critical Care and Sleep Specialist physicians maintain hospital privileges at Morristown Memorial and Chilton Memorial Hospitals, as well as office-based practice in Morristown and Pompton Lakes. Sleep diagnostics are carried out at the Sleep Disorders Centers at both hospitals.

Greystone Park Psychiatric Hospital

Greystone Park, NJ
June 2001-Present

Pulmonary and Sleep Medicine Consultative services. Dr. Penek provides consultative services for the medical and psychiatric staff during twice monthly clinics. Inpatients at the Greystone Park Hospital are seen at the clinic and subsequently undergo necessary diagnostic studies at either Morristown Memorial Hospital or UMDNJ Newark. Patients requiring hospitalization are admitted to area hospital and sleep diagnostic studies are under the direction of Dr. Penek.

John Penek, MD, FCCP, Consultative Services

Specializing in Internal Medicine, Pulmonary Diseases and Sleep Medicine
5 Stonehedge Court, Warren, NJ 07059
July 1992-Present
Web Site: www.johnpenekmd.com

Providing second opinion and consultative services in Internal Medicine, Pulmonary Diseases and Sleep Medicine for attorney groups and providing expert assessments and testimony on a variety of medical-legal issues. Consultative services have been provided for clients throughout the United States. Dr. Penek is also an active member of the American Academy of Disability Evaluating Physicians.

Morristown Memorial Hospital

Staff Attending Physician
1982-Present

850-bed teaching affiliate of Columbia College of Physicians and Surgeons with approved residencies in Medicine, Surgery, Radiology , Emergency Medicine.and cardiology fellowship program.

Associate Medical Director, the Kazmir Center for Sleep Disorders

St. Barnabas Healthcare Systems, St. Barnabas Medical Center

Livingston, NJ 07039

May 2003-September 2007

Dr. Penek was Associate Medical Director of this six-bed comprehensive sleep disorder center. In this capacity, he evaluated and treated patients with a wide variety of sleep disorders. In addition, he was involved with the administration of this diagnostic and treatment center. In this capacity, he presented open houses, speaking engagements, and assisted with training of personnel at the center. In addition, he served as a consultant in Sleep Medicine to patients referred the Center for evaluation by physicians from throughout New Jersey.

Sleep Disorder Center-Morristown Hospital

July 1995-June 2005

Dr. Penek provided consultative services for patients seen at the Morristown Memorial Hospital Sleep Disorders Center, as well as provided sleep consultative services to the Medical Institute of New Jersey. The Center is a comprehensive eight-bed Sleep Disorders Center accredited by the American Sleep Disorders Association.

Morris County Tuberculosis Clinic, Morristown Memorial Hospital

August 2001-January 2005

Dr. Penek was the Director of the Morris County Tuberculosis Clinic and in this capacity was responsible for evaluating and treating all active cases of tuberculosis in Morris County, as well as PPD converters and contacts of active cases. Dr. Penek worked closely with both the NJ Department of Health and the CDC. The directorship of the Tuberculosis Clinic included teaching responsibilities of residents from the internal medicine residency program at Morristown Memorial Hospital who rotate through the clinic on a monthly basis. Because of restructuring the program and consolidation with other Northern New Jersey Tuberculosis clinics, this position was eliminated in January of 2005.

The Medical Institute of New Jersey

11 Saddle Road, Cedar Knolls, NJ 07927

September 2001-October 2003

This 15-member, multi-specialty group includes General Medicine, Family Practice, Internal Medicine, Gastroenterology, Cardiology, Neurology, Pulmonologist, Sleep Medicine, Pediatrics and Radiology. Dr. Penek joined the group in September of 2001 as a full-time Pulmonary and Sleep Specialist. Consultative work continued at Morristown Memorial Hospital with consultative privilege at the Morristown Memorial Hospital Sleep Disorder Center.

Morristown Pulmonology, P.A.

95 Madison Avenue, Floor B, Morristown, NJ 07960

July 1982-September 2001

Pulmonary Diseases & Pulmonary Rehabilitation, Critical Care Medicine, and Sleep Medicine.

Breathline, Inc.

95 Madison Avenue, Morristown, NJ
1988-1997

Non-profit respiratory educational and informational organization providing respiratory information to the medical profession, health care professionals and the public.

The Breathing Center

95 Madison Avenue, Floor B, Morristown, NJ
1982-1997

Founder and Medical Director of this comprehensive Respiratory/Sleep Diagnostic and Rehabilitation Center. Services include Full Static Pulmonary Function Laboratory, Exercise Physiology Laboratory, Arterial Blood Gas Laboratory, Pulmonary Rehabilitation Section, Young Pulmonary Program and Sleep Diagnostics Division. Sleep Diagnostic Services include Home Polysomnography, 16-channel Polysomnography, Multiple Sleep Latency Tests, as well as support groups for patients with sleep apnea, insomnia and narcolepsy.

Sleep Disorders Institute

1992-1997

Founder and Medical Director of this four-bed Sleep Disorders Center. Sleep Disorders Institute is the only free-standing Sleep Disorders Center in the State of New Jersey with full accreditation from the American Sleep Disorders Association.

Academic Appointments

Clinical Assistant Professor of Medicine, University of Medicine and Dentistry of New Jersey, Newark, NJ; 1980-Present

Clinical Assistant Professor of Medicine of Rutgers New Jersey Medical School, New Brunswick, NJ
1992-Present

New Jersey State Appointments**New Jersey State Board of Polysomnography April 2007-Present**

In April 2007, Governor Jon Corzine appointed Dr. Penek as one of two physician members of the newly formed New Jersey Board of Polysomnography. This board includes a group of 12 sleep professionals who have the task of creating regulations, laws and guidelines for the current and future practice of polysomnographic technology and other aspects of sleep medicine in the State of New Jersey.

Professional Societies and Awards

Alpha Epsilon Delta-International Premedical Honor Society

Phi Delta Epsilon-Postgraduate Medical Fraternity

Fellow American College of Chest Physicians

Fellow, American Academy of Sleep Medicine

Member, American Academy of Disability Evaluating Physicians

Member, New Jersey Society of Critical Care Medicine
Member, American Thoracic Society
Member, Governing Council, New Jersey Society of Critical Care Medicine
Member, Council of Critical Care Medicine, American College of Chest Physicians
Board Member, New Jersey Sleep Society

Courses/Symposia

Advanced Internal Medicine, Royal Postgraduate Medical School, Hammersmith Hospital, London, England, October-December 1975

Advanced Thoracic Medicine, London University, Cardiothoracic Institute Brompton Hospital, London, England, April 1976

Pulmonary Pathology Course, Charles B. Carrington, University of California, San Diego, June 1980

Chest Roenterology Course, Fleischner Society, February 1981

Symposium on Exercise Testing in Cardiac and Pulmonary Patients, Harvard University, April 1982

The Philadelphia Laser Workshop: YAG Laser Therapeutic Bronchoscopy Course and Workshop, Institute for Applied Laser Surgery, Philadelphia, March 1984

Sleep Medicine and Clinical Polysomnography-one-week course, Baptist Montclair Hospital, Birmingham, Alabama, April 1990

Sleep Medicine: An Overview-one-week course, Baptist Montclair Hospital, Birmingham, Alabama, April 1990

Keynote Symposium: Sleep Medicine. Columbus, Ohio, April 4, 1992

American Academy of Disability Evaluating Physicians, Evaluation Symposium, Chicago, Illinois, September 6-11, 2001

American Academy of Sleep Medicine: Annual Educational Seminar, Fall 2003, 2004

Neurosurgery for Non-Surgeons, Roosevelt, St. Luke's Medical Center, New York City, May 2005

Concipro, Medical Expert Legal Training Course, Orlando, Florida, February 10-11, 2006

Sleep Disorder 2006, Pediatric and Adult Sleep Medicine, the JFK Conference Center, Edison, New Jersey, April 27-29, 2006

Sleep Medicine Review, American College of Chest Physicians, Phoenix, Arizona, August 24-27, 2007

Current Concepts in Asbestos Related Lung Disease, Harvard Medical School, Boston, Massachusetts, April 26-28, 2008

Thoracic Pathology Course, Memorial Sloan-Cancer Center, New York City, October 16-18, 2009

Pediatric Sleep Medicine Program, Harvard Medical School/ Children's Hospital, Boston,

Massachusetts, September 24-25, 2010

Annual Pulmonary Hypertension Update, Tufts University School of Medicine, Boston, Massachusetts, December 2-3, 2010

American Academy of Sleep Medicine, Annual Seminar , Boston Mass, June 5-9, 2011

Morristown Hospital, Integrative Neurology Seminar, November 14, 2011

New Jersey Sleep Society Symposium, Princeton NJ November 9-10, 2012

Atlantic Health Medical Symposium Nov 2-3, 2012

Great Debates and Updates on Thoracic Malignancies, July 12, 2014 , New York, NY

New Jersey Sleep Society Annual Symposium , October 18-19, 2014, Princeton ,NJ

Ninth Annual New York Lung Cancer Symposium, December 5, 2014

New Jersey Sleep Society

New Jersey Sleep Society Annual Symposium, October 10-11, 2015

Cardiovascular Update 2015, September 30, 2015, Gagnon Cardiovascular Center, Morristown Medical Center, Morristown, NJ

Founding Board Member of this non-profit educational organization. The goal of the society is to promote professional as well as general public education regarding a broad spectrum of sleep disorders. This includes sleep apnea, narcolepsy, insomnia and other sleep disorders. In addition, the society takes an active role within developing awareness regarding the dangers of driving while drowsy of both general public, as well as specific subgroups of drivers including professional road drivers, railroad employees and airline pilots and co-pilots.

- Secretary, 1994-1995
- Treasurer, 1995-1996
- Vice-President, 1996-1997
- President, 1997-1998
- President, 1998-1999
- President, 1999-2000
- Vice-President , 2000-2001
- Secretary, 2001-2002
- Secretary, 2002-2003
- Secretary, 2003-2004
- Vice-President, 2004-2005
- Vice-President, 2005-2006
- Vice-President, 2006-2007
- Vice-President, 2007-2008
- Vice-President, 2008-2009
- Board Member, 2009-2010
- Board Member, 2010-2011

- Board Member, 2011-2012
- Board Member, 2012-2013
- Board Member, 2013-2014
- Board Member, 2014-2015
- Board Member, 2015-2016

Seminars Organized

Breathline Seminar, Center for Health Affairs, Princeton, NJ-October 10, 1989

- Fully approved CME credits. Program includes review of nocturnal respiratory disorders, Hypoventilation syndromes and pulmonary rehabilitation.

Breathline Seminar, Center for Health Affairs, Princeton, NJ-May, 1990

- State-wide educational seminar with CUE credits. Program includes nationally recognized faculty, updates on pediatric pulmonary diseases, cystic fibrosis, occupational respiratory disorders, and sleep medicine.

New Jersey Sleep Study Seminar, Somerset Marriott Hotel, New Brunswick, NJ-October 2000, 2001, 2002, 2003; November 2004 and November 2005

New Jersey Sleep Society Seminar, Hyatt Regency Hotel, New Brunswick, NJ-October 13, 1996, October 15, 1997; October 17, 1998; October 18, 1999; October 18, 1999-2012

- Established and organized yearly seminars for New Jersey Sleep Society including fund raising, establishment of educational programs, arranging speaker groups, preparing public relations material, etc.

Publications and Research

“Post-Pericardiotomy Syndrome”, Medical Student Project.

“Portal Vein Thrombosis with Ascites”, The South African Medical Journal, February 7, 1976.

Penek, J., Rose, D.M., Book Review, “Mechanisms of Airway Obstruction in Human Respiratory Disease,” Anesthesiology, Volume 52, No. 2, February 1980, pp. 197-198.

Goldstein, M., Weiss, H., Wade, K., Penek, J., et al. “An Outbreak of Fume Fever in an Electronics Instrument Testing Laboratory,” Journal of Occupational Medicine, Volume 29, No. 9, September 1987.

Penek, J., “Sleep Disorders: Diagnosis and Treatment,” New Jersey Rehabilitation Journal, December 1990.

Bach, J.R., and Penek, J., “Obstructive Sleep Apnea, Complicating Negative-Pressure Ventilatory Support in Patients With Chronic Paralytic/Restrictive Ventilator Dysfunction”. CHEST, Volume 99, No. 6, June 1991, pp. 1386-1393.

Penek, J. Letter to the Editor regarding Laup, Sleep 17(2); 195, 1994.

Penek, J., Editorial CHEST “Laser-Assisted Uvulopalatoplasty-The Cart Before the Horse”, CHEST Volume 107; pp. 1-3, January 1995.

1997. Reina-Rosenbaum, R., Bach, J.R., Penek, J. "The Cost/Benefits of Outpatient-based Pulmonary Rehabilitation, Archives of Physical Medicine Rehabilitation," 1997, Volume 78: pp. 240-244, March

Penek, J., "OSA and Diabetes ", Advance for Sleep, Advance Newsmagazine, September 6, 2006.