

*Dr. Sharon*  
**ALLISON-OTTEY**  
BIOGRAPHICAL SKETCH  
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**Sharon Denise Allison-Ottery, MD is an energetic and engaging speaker, author, health educator/physician, and health strategist/consultant.** Dr. Allison-Ottery is the CEO of CARLDEN Inc. and Beautiful Woman Inside and Out, Inc. She also serves as Executive Director of The COSHAR Healthy Communities Foundation. Dr. Allison-Ottery serves as the Health Strategist for several national companies/organizations and develops and oversees programmatic agendas with long and short-term strategies ensuring effectiveness and achievement of goals. Dr. Allison-Ottery's companies have a national scope that reaches millions with their products, services, and events. She is also a media personality with a presence in television, social media, radio, and print and one of the nation's most influential physicians and health advocates.

Dr. Allison-Ottery completed a three-year residency program in Internal Medicine (Adult Medicine) at Union Memorial Hospital. It was during her residency training that she developed a keen interest in the elderly and subsequently completed an additional two-year fellowship in Geriatric Medicine (Adults over 65) at the same institution. She received her medical degree from East Carolina University School of Medicine. Dr. Allison-Ottery is a proud alumna of North Carolina Central University where she earned dual degrees in Biology and Chemistry with minors in Physics, African American History, and English with honors.

Dr. Allison-Ottery is an avid medical researcher with numerous publications and presentations. She was named the American Geriatric Society's 1999 Investigator of the Year in recognition of her pioneering work in AIDS in the Elderly and was one of the first in the world to publish on this topic. Throughout her career, she's been involved actively with biomedical research and has served as a Scientific Consultant in Neurobehavioral Toxicology to the United States Environmental Protection Agency. Additionally, she has been engaged in several research collaborations that include the John Hopkins Urban Health Institute, the Gallup Organization, and numerous other academic, private, and public organizations. She continues to be an advisor on the development, implementation, and execution of clinical trials; especially those involving minority populations and women. Further, she is an expert advisor for both the government and private sector on awareness and media campaigns for various disease states. Dr. Allison-Ottery is particularly recognized for her understanding of programmatic funding, and the fine lines between corporate giving and organizational involvement/messaging. She is an expert in the area of physician/pharmaceutical company engagement with a keen knowledge of regulations.

Dr. Allison-Ottery is a nationally recognized lecturer/speaker for healthcare professionals. She addresses various topics which include but are not limited to: health literacy, women's health, health disparities, cultural competency, the role of faith-based organizations in healthcare, direct-to-consumer advertisements, and health in an aging population. She provides invaluable insight and guidance to the numerous commissions, advisory boards, and committees on which she serves. She is a consultant for several Fortune 500 companies. Dr. Allison-Ottery is recognized for her unique and articulate views on public health policy. She is an advocate for improved healthcare for all and for the elimination of health disparities based on gender, race, and/or socioeconomic status. Further, she's viewed by many as a tireless champion for expanded access to healthcare for the elderly. In recognition of her commitment to health education and reduction in health disparities among minority populations and women; she was honored by Aetna Inc. and featured in the 25th Anniversary Edition of its African American History Calendar.

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Dr. Sharon Allison-Ottey is active with numerous medical, political, and civic organizations. She has served on the Board of Trustees of the National Medical Association (NMA) and as Chair of the Council on the Concerns of Women Physicians. She was a founding board member of the Partnership for Clear Health Communications which focused on improving health literacy. Dr. Sharon Allison-Ottey is instrumental in the minority health initiatives of the American Cancer Society (ACS) wherein she provides strategic counsel as well as speaks/trains others on how to address and make an impact on the disparities of cancer in at-risk populations. Committed to addressing health in all communities; she serves on the Women's Health Advisory Council of healthywoman.org and is a founding and steering committee member of CARE about Fibroids and a founding member of the Partnership to Fight Chronic Disease, a member of the Aging Smart, Aging Well Coalition as well as numerous organizations. Her career-long passion and dedication to the elimination of health disparities and racial equality is unwavering and she serves as a board member of the African American Wellness Project and other organizations with similar missions. Dr. Allison-Ottey's other professional affiliations include the American Medical Association, American College of Physicians, American Geriatric Society, International AIDS Society, and numerous other organizations.

Dr. Allison-Ottey has received many awards and citations from organizations and the community; however one of the most notable is being the youngest to ever receive the Scroll of Merit of the NMA in 2002. This award is the highest award of the association and Dr. Allison-Ottey was cited for her service to the organization, research, and commitment to the health education of the nation. Additionally, she is the first female to be awarded the title of Chairman Emeritus of the Student National Medical Association (SNMA). She is the recipient of the Council Award from the Council on the Concerns of Women Physicians in recognition of her significant achievements in medicine and contributions to issues of women's health. Dr. Allison-Ottey was honored by the National Library of Medicine/ American Medical Women's Association's designation as a Local Legend in Medicine and included in the national exhibit entitled: *Changing the Face of Medicine: Celebrating America's Women Physicians*. She continues to receive national and state recognition for her work and passion and Dr. Allison-Ottey has been repeatedly named to the Top 100 Women in Maryland. She has received the additional honor of being named to the Top 100 Women in Maryland's Circle of Excellence in recognition of her consistent strides in her profession and her commitment to mentoring. In 2012, she was honored by East Carolina University as an "Outstanding Alumni" Award recipient. She continues to receive awards, accommodations, and accolades for her tireless work in her fields.

Dr. Allison-Ottey has appeared on numerous local and national television programs. She co-hosted a popular radio program for several years and is a frequent guest on nationally syndicated as well as regional/local radio programs across the country. She has written articles for and/or been quoted and interviewed by several print publications including Redbook, Essence, Heart and Soul, Gospel Today magazine, Jet, Ebony, USA Today, Black Enterprise, The Wall Street Journal, and numerous other media outlets. Because of the colorful and "down to earth" manner in which she addresses health, and relationships and offers motivation; Dr. Allison-Ottey is a well-recognized and requested speaker for conferences, universities/schools, churches, corporations, community groups, and a host of other outlets. She is able to bridge the gap between live events and webinars/virtual sessions and has a "knack" for keeping audiences engaged and compelled in any format.

One of Dr. Allison-Ottey's passions is writing and she introduced a new genre to the world of fiction, "fiction with a purpose" with her first novel, *"All I Ever Did Was Love a Man."* She also wrote the self-help book entitled; *"Is That Fried Chicken Wing Worth It?"* In early 2024 Dr. Allison-Ottey and her co-authors will release two long-anticipated books; *"Learning to Care, Learning to Lead"* and *"Modern Healthcare Heroes."* She is the founder and host of the *"Beautiful Woman Inside and Out"* conferences and truly makes an impact in the lives of women and their families around the country. A very active social media presence allows her to daily inspire, motivate, educate, and share information on a variety of topics from health/wellness to relationships and everything in between in her unique way.

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