Recent graduates of the MS program will also be present to meet with current students to discuss their career paths and planning.

IHN alumni guests include:

**Lily Mercer, MS**  
Student, Doctor of Physical Therapy  
Columbia University  
lilymercer45@gmail.com

**Andrew Pasternack, MS**  
Regulatory Coordinator  
Clinical Protocol and Data Management Office  
Herbert Irving Comprehensive Cancer Center, CUMC  
asp2175@cumc.columbia.edu

**Kayla Reynolds, MS 2015**  
Teaching Assistant, IHN  
kar2188@cumc.columbia.edu

**Li, Xueling**  
PhD Candidate, IHN  
xl2479@cumc.columbia.edu

Director of Career Development **Shelley Weinstock, PhD** is available to meet one-on-one with students to assist with career planning.

sw2666@cumc.columbia.edu

Visit our website for more information on career planning at www.cumc.columbia.edu/ihn/careerdevelopmentresources

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**Career Night 2015**

An evening of learning from IHN graduates about career paths available with the MS degree

Tuesday, October 6, 2015  
6:00pm  
Hammer 401
Program agenda

6:00pm
Welcome from MS Program Director
Sharon R. Akabas, PhD

6:15pm
Panelist Presentations
Hammer Health Sciences 401

7:00pm
Mingling and Dinner
Riverview Lounge

Career Night Panelists

Dr. Sharon Akabas has a PhD in Nutrition Science and Exercise Physiology from Columbia University. She is Director of the MS Program at the IHN and the Associate Director for Educational Initiatives. She has taught for over 25 years and has organized several symposia; the goal of the symposia has been to convene national and international experts on controversial topics and to make recommendations for research, practice and policy. Dr. Akabas has consulted for sport teams, government agencies, and private industry on the translation of science to public policy, clinical and public health settings. In 2010, Dr. Akabas was awarded the Presidential Award for Outstanding Teaching.

Sharon Akabas, PhD
Education
Director, MS Program
Associate Director, Educational Initiatives
Institute of Human Nutrition, Columbia University

Mary DiGiorgi, PhD, MPH, MS
Education/Research
Associate Director, Certificate in Medical Nutrition, IHN; Research Director, Center for Metabolic and Weight Loss Surgery and Center for Adolescent Bariatric Surgery, CUMC
MD190@cshs.columbia.edu

The Institute of Human Nutrition has invited graduates of the MS program, who will discuss their current positions, and speak about the career opportunities that the degree in nutrition has created.

These alumni are working in various fields including medicine, public health, and basic science research.
Career Night Panelists

Alex Goglia, MD/PHD Candidate
Combined MD/PhD
Rutgers University /Princeton University
alexgoglia@gmail.com

Currently in my second year (MS2) of the MD/PhD program run by Rutgers RWJMS (for the MD) and Princeton University (for the PhD). IHN alumni of '11, after which I spent two years working in a cancer research laboratory at Memorial Sloan-Kettering Cancer Center. My long-term research and clinical interests revolve around cancer and its genomic/epigenomic characteristics.

Lizzie Hutchins, MS
MD candidate 2016
College of Physicians & Surgeons Columbia University

Elizabeth Hutchins attended Columbia College where she majored in Neuroscience and Behavior and graduated in 2008. After graduation she worked for a year at an urgent care and then attended the Institute of Human Nutrition graduating with a MS in 2010. Her Master's thesis was done with Christopher Ochner, Ph.D., and involved fMRI of patients pre- and post-Roux-en-y bariatric surgery. After her masters she worked for two years doing clinical cancer research at the Cancer Center of Santa Barbara. She matriculated to Columbia College of Physicians and Surgeons in 2012 and is currently in her third year.

Vivian Lam, MS
Research Coordinator
HITLAB
vlam@hitlab.org

I work for healthcare innovation lab, HITLAB, based out of NYC. We operate in the digital health space and work with a diverse range of partners – governments, foundations, startups, providers, private corporations etc. to help design, test and diffuse technology to address healthcare challenges, across the globe. As a research coordinator, I support the execution of studies that evaluate the efficacy of healthcare tools.

Career Night Panelists

Moneek Madra, MS
PhD candidate
IHN Nutritional & Metabolic Biology
Zelster Lab

Moneek Madra, M.S., Ph.D. is a Lecturer at the Institute of Human Nutrition and Research Associate in the laboratory of Lori Zeltser at Columbia University. Her research focuses on Anorexia Nervosa, specializing on neuroendocrine and early postnatal stress outcomes associated with adolescent abnormal feeding behavior. Her work encompasses several integrative areas including neuroscience, physiology and psychiatry. The IHN MS program was the catalyst for her interests in basic science research, through classes and her thesis project. The skills she amassed in the MS program have been invaluable to her research and educational pursuits.

Haruka Okamoto obtained her PhD at Columbia University in the Institute of Human Nutrition in 2004, and joined Regeneron Pharmaceuticals as a postdoctoral scientist. She is currently a Staff Scientist in Muscle and Metabolism Target Discovery at Regeneron. Her research interest is type 2 diabetes.

Erin Elizabeth Paxson, MS
Administrative Manager
Institute of Human Nutrition
eep2127@cumc.columbia.edu
212 305 3834

Job description
Career Night Panelists

Johannah Sakimura is a nutrition communications professional with experience in print, television, digital, and social media. Most recently, Johannah worked as a health news editor for Everyday Health, a major consumer health website. Prior to this role, Johannah served as Editorial Director of Health and Nutrition at Joy Bauer Ventures for four years, where she developed content for nutrition and health segments on NBC’s TODAY Show and contributed to numerous bestselling health and wellness books. Johannah is also a freelance writer whose publications have appeared in leading national lifestyle magazines. She also authors a weekly blog, Nutrition Sleuth, for Everyday Health. Johannah is currently working toward her Registered Dietitian certification. She recently completed the DPD requirements at Rutgers University and is now completing her dietetic internship at NewYork-Presbyterian Hospital.

Alexa Squillaro, MS
Fitness Coordinator, CHALK
NY Presbyterian’s Ambulatory Care Network

Alexa has been involved in nutrition education for youth throughout her undergraduate and graduate careers. Alexa's Master's thesis research was with Grow NYC's Youth Education sector. She was responsible for planning lessons and background information for the Seed to Plate program, as well as creating and implementing surveys and evaluations.

Upon finishing her degree at the IHN, Alexa started working with CHALK as the Fitness Coordinator, where she is working on implementing statewide fitness standards in enrolled schools, as well as promoting healthy nutrition in schools and the community.

Joshua Matt, MM, MS, MD
Weill Cornell Medical Center
joshuaandmeredith@gmail.com

Joshua Marr, MM, MS, MD, graduated from the IHN master’s program in 2010 where he was involved in research on bariatric surgery outcomes in adolescents. He attended Columbia University College of Physicians and Surgeons graduating in 2014. He is currently a PGY-2 at the Weill Cornell Medical Center Department of Anesthesiology with an anticipated graduation of 2018. In addition, he has served as TA for Growth and Development and Clinical Nutrition since 2012.

Jessica Weiss graduated from Columbia's IHN Master's program in Nutrition in the fall of 2013. She then joined the team at The Dedham Group, a niche life-sciences and healthcare strategy consulting firm that focuses on improving patient access to therapies and quality care. Jessica managed her own team at the firm where recent project work has touched on a diverse range of therapeutic areas, from Schizophrenia to various tumor types in Oncology.

Jessica Weiss, MS
Senior Analyst,
The Dedham Group

Sorana Schneidere graduated with an Honors Bachelors of Science degree in Biology from McMaster University in 2011. Her IHN Master's Thesis investigated Maternal Periodontal Disease During Pregnancy and Its effects on Oral Cavity Development of Premature Infants. Upon completion of the MS, Sorana worked as a Study Coordinator for the Family Nurture Intervention NICU Study being conducted here at Babies Hospital. She also dabbled in bench research with the BrainGut Initiative. Sorana is now on the path to completing her lifelong dream of becoming a Dentist.

Dr. Sue Shapses is a Professor in Nutritional Sciences at Rutgers University and the Director of the New Jersey Obesity Group. Her research focuses on how bone is regulated in obese women and during caloric restriction. A goal is to determine optimal diet regimens to minimize bone loss by examining nutrient absorption, body composition and the hormonal regulation of bone metabolism and quality. Her work involves a collaborative effort from basic scientists and clinicians using a translational approach to study the causes, prevention and treatment of obesity and osteoporosis.

Dr. Sue Shapses
Professor in Nutritional Sciences
Rutgers University
The New Jersey Obesity Group

Sorana Schneider, MS
DMD candidate 2017
College of Dental Medicine
Columbia University

Sorana Schneider is a nutrition communications professional with experience in print, television, digital, and social media. Most recently, Johannah worked as a health news editor for Everyday Health, a major consumer health website. Prior to this role, Johannah served as Editorial Director of Health and Nutrition at Joy Bauer Ventures for four years, where she developed content for nutrition and health segments on NBC’s TODAY Show and contributed to numerous bestselling health and wellness books. Johannah is also a freelance writer whose publications have appeared in leading national lifestyle magazines. She also authors a weekly blog, Nutrition Sleuth, for Everyday Health. Johannah is currently working toward her Registered Dietitian certification. She recently completed the DPD requirements at Rutgers University and is now completing her dietetic internship at NewYork-Presbyterian Hospital.

Joanna Schneidere graduated with an Honors Bachelors of Science degree in Biology from McMaster University in 2011. Her IHN Master's Thesis investigated Maternal Periodontal Disease During Pregnancy and Its effects on Oral Cavity Development of Premature Infants. Upon completion of the MS, Sorana worked as a Study Coordinator for the Family Nurture Intervention NICU Study being conducted here at Babies Hospital. She also dabbled in bench research with the BrainGut Initiative. Sorana is now on the path to completing her lifelong dream of becoming a Dentist.

Sorana Schneider
DMD candidate 2017
College of Dental Medicine
Columbia University

Dr. Sue Shapses is a Professor in Nutritional Sciences at Rutgers University and the Director of the New Jersey Obesity Group. Her research focuses on how bone is regulated in obese women and during caloric restriction. A goal is to determine optimal diet regimens to minimize bone loss by examining nutrient absorption, body composition and the hormonal regulation of bone metabolism and quality. Her work involves a collaborative effort from basic scientists and clinicians using a translational approach to study the causes, prevention and treatment of obesity and osteoporosis.

Dr. Sue Shapses
Professor in Nutritional Sciences
Rutgers University
The New Jersey Obesity Group