

I. **BIOGRAPHICAL DATA**

Thomas P. Bouchard
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403-667-4296

Clinical Lecturer
Department of Family Medicine
Faculty of Medicine
University of Calgary

II. **ACADEMIC RECORD**

Doctor of Medicine

June, 2010

Family Medicine

June, 2012

University of Calgary, Calgary, AB, Canada

- i. **Bachelor of Science**, 2000-2004, McGill University, Montreal, QC, Canada
(Great Distinction, Dean's Honour List)
- ii. **PhD Student**, University of British Columbia, Vancouver, BC, Canada
(Part-time, 2022-2028)
- iii. **Certificant of the College of Family Physicians of Canada**, 2012-present

III. **AWARDS AND DISTINCTIONS**

- i. Platinum Jubilee Pin on behalf of Her Majesty Queen Elizabeth II, in recognition of Public Service, Dedication and Sacrifice to the community (awarded by Member of Parliament Stephanie Kusie, 2022)
- ii. Linacre Quarterly Research and Education Fund Pellegrino Award (2014)
- iii. Outstanding Family Physician of the Year (Department of Family Medicine, Calgary Zone, 2014)
- iv. Family Medicine Resident of the Year (Rockyview Hospital, 2010-2011)
- v. Dr. Jo Anne Skeith Medical Elective Award (2009)
- vi. Cardinal Carter Award of Distinction (McGill, 2004)
- vii. McConnell Entrance Scholarship (McGill, 2000-2004)
- viii. Pro Patria Scholarship (2000)
- ix. Golden Key Honour Society (McGill (2001)
- x. Governor General's Academic Medal, Valedictorian (2000)

IV. ACADEMIC APPOINTMENTS

- i. 2022-present - Family Medicine Physician/Clinical Lecturer, Westglen Medical Centre (Calgary, AB)
- ii. 2019-present - Medical Consultant, College of Nursing, Marquette University (Milwaukee, WI)
- iii. 2013-2022 - Family Medicine Physician/Clinical Lecturer, Deer Valley Medical Centre (Calgary, AB)
- iv. 2012-2020 - Low Risk Obstetrics/Clinical Lecturer, Rockyview Regional Hospital (Calgary, AB)

V. EDUCATIONAL ACTIVITIES

- i. Undergraduate
 - Mentor teacher, Family Medicine, The University of Calgary
Course Title: Medical electives for students and residents in family medicine
Course Topic: Family Medicine
 - On average 2-3 students per year for 2 weeks at a time
- ii. Graduate (course and student supervision)
 - PhD committee member for Mary Schneider 2014-2021, Marquette University
- iv. Postgraduate (research and clinical fellows)
 - Co-teacher, Marquette University Course Title: Medical Applications Course for the Marquette Method Course Topic: Fertility education Number of Students: 30
 - Retraining for family medicine physician by the request of the College of Physicians and Surgeons of Alberta (CPSA) for 12 weeks in 2022
- v. Continuing medical education
 - Dialectical Behaviour Therapy for Primary Care, October 7 & 21, 2021
 - Choosing Wisely: Reducing Unnecessary Testing and Treatment, October 8 & November 3, 2020
 - Technology for Patient Care, October 17 & 18 2020
 - Breast health screening and treatment, November 2019
 - Fundamentals of Fetal Health Surveillance, March 2019
 - Newborn Resuscitation Program, October 2018
 - REDUCED Trial participant, June 2018
 - Methadone for analgesia, November 2017
 - Assessment of Decision-Making Capacity Workshop (Geriatrics Update), September 2016
 - Skin Cancer Screening Education Study, September 2015
 - Advances in Labour and Risk Management, March 2013
 - Quarterly physician meetings 2013-2022 for nursing home updates and administrative policies

VI. ADMINISTRATIVE RESPONSIBILITIES

- i. 2021-2022 – Co-Medical Director for two clinics – Gleichen Medical Centre serving rural community and Siksika First Nation and Westglen Medical Centre in south-west Calgary.
- ii. 2012-2022 - Medical Director (Nursing Home), Fr. Lacombe and Providence Care Centres (Calgary, AB)
- iii. 2012-2015 - Student/Resident Coordinator for Low Risk Obstetrics rotations, Rockyview Hospital (Calgary, AB)
- iv. 2007-2008 – Research Associate, University of Alberta, Division of Neurology
- v. 2004-2007 – Study Coordinator, University of Alberta, Division of Neurology

VII. PROFESSIONAL ACTIVITIES

- i. College of Family Physicians of Canada
- ii. College of Physicians and Surgeons of Alberta
- ii. Professional service
 - Guest co-editor, Special Issue of Medicina (ISSN 1648-9144), Journal The field of personalized quantitative fertility monitoring of the menstrual cycle
 - Frequently requested as peer reviewer for medical journals in my research area - journal reviews
 - Frequently requested for advice on ad hoc ethics committees

VIII. RESEARCH SUPPORT

- i. 2019-2021 Principal Investigator Quantum Natural Family Planning Pilot Funding Source: Quanova Tech Inc. Quantitative Natural Family Planning Pilot Total Funding - 7,000 USD
- ii. 2014 Linacre Quarterly – Edmund Pellegrino Award, Total Funding – 7500 USD

IX. INVITED ADDRESSES

- i. “Perinatal Palliative Care” – Annual Education Conference, CPL, Saskatoon, October 2022
- ii. “Covid-19 vaccine and the menstrual cycle” – Annual Education Conference, CMA, Denver, September 2022
- iii. “Quantitative fertility monitors to track the menstrual cycle” – Marquette Method Annual Summit, Milwaukee, August 2022
- iv. “Return of fertility after chemotherapy” – FACTS online conference, June 2022
- v. “New technologies in fertility tracking” – FACTS online conference, April 2022
- vi. “Comparing qualitative and quantitative monitors for fertility tracking” – Marquette Method Annual Summit, virtual, August 2021
- vii. “New technologies in fertility tracking” – CFCPS, October 2020
- viii. “Progesterone changes postpartum” – Marquette Method Annual Summit, Milwaukee, August 2016

- ix. “Urinary hormones and the return of fertility postpartum” – Annual Education Conference, CMA, Philadelphia, September 2015
- x. “The use of progesterone testing for fertility tracking” – Marquette Method Annual Summit, August 2014
- xi. “Nouvelles recherches sur le retour de la fertilité durant l’allaitement” – CFCPS, April 2012

X. PUBLICATIONS

1. **Bouchard, T. P.**, Schneider, M., Schmidt, M., & Fehring, R. J. (2022). Menstrual Cycle Parameters Are Not Significantly Different After COVID-19 Vaccination. **J Women’s Health**. doi:10.1089/jwh.2022.0097.
2. **Bouchard, T. P.**, Fehring, R. J. & Mu, Q. Quantitative Versus Qualitative Estrogen and Luteinizing Hormone Testing for Personal Fertility Monitoring. **Expert Rev Mol Diagn** 21(12):1-12 (2021).
3. Mu, Q., Fehring, R. J. & **Bouchard, T.** (2020) Multisite Effectiveness Study of the Marquette Method of Natural Family Planning Program. **The Linacre Quarterly**, 44, 1–9.
4. Leiva, R., McNamara-Kilian, M., Niezgodka, H., Ecochard, R. & **Bouchard, T.** (2019). Pilot observational prospective cohort study on the use of a novel home-based urinary pregnanediol 3-glucuronide (PDG) test to confirm ovulation when used as adjunct to fertility awareness methods (FAMs) stage 1. **BMJ Open**, 9, e028496.
5. **Bouchard, T. P.**, Fehring, R. J. & Schneider, M. (2019). Pilot Evaluation of a New Urine Progesterone Test to Confirm Ovulation in Women Using a Fertility Monitor. **Frontiers in public health**, 7, 305.
6. **Bouchard, TP**, Blackwell, L., Brown, S., Fehring, R., & Parenteau-Carreau, S. (2018). Dissociation between Cervical Mucus and Urinary Hormones during the Postpartum Return of Fertility in Breastfeeding Women. **The Linacre Quarterly**, 80(5).
7. Abdullah, S., **Bouchard, TP**, Klich, A., Leiva, R., Pyper, C., Genolini, C., et al. (2018). A Quadriparametric Model to Describe the Diversity of Waves Applied to Hormonal Data. **Methods of Information in Medicine**, 57(3), 101–110.
8. Fehring, R. J., **Bouchard, TP**, & Meyers, M. (2018). Influence of Contraception Use on the Reproductive Health of Adolescents and Young Adults. **The Linacre Quarterly**, 18(9).
9. Abdulla, S. H., **Bouchard, TP**, Leiva, R. A., Boyle, P., Iwaz, J., & Ecochard, R. (2018). Hormonal Predictors of Abnormal Luteal Phases in Normally Cycling Women. **Frontiers in Public Health**, 6, 144.
10. **Bouchard, TP**, Fehring, R. J., & Schneider, M. M. (2018). Achieving Pregnancy Using Primary Care Interventions to Identify the Fertile Window. **Frontiers in Medicine**, 4, 250.
11. Fehring, R. J., Schneider, M., & **Bouchard, TP.** (2017). Effectiveness of an Online Natural Family Planning Program for Breastfeeding Women. **Journal of Obstetric, Gynecologic, and Neonatal Nursing**, 46(4), e129–e137.
12. Ecochard, R., **Bouchard, TP**, Leiva, R., Abdulla, S., Dupuis, O., Duterque, O., et al. (2017). Characterization of hormonal profiles during the luteal phase in regularly menstruating women. **Fertility and Sterility**, 108(1), 175–182.

13. Leiva, R. A., **Bouchard, TP**, Abdullah, S. H., & Ecochard, R. (2017). Urinary Luteinizing Hormone Tests: Which Concentration Threshold Best Predicts Ovulation? **Frontiers in Public Health**, 5, 320.
14. Leiva, R., Bouchard, T., Boehringer, H., Abulla, S., & Ecochard, R. (2015). Random serum progesterone threshold to confirm ovulation. **Steroids**, 101, 125–129.
15. Ecochard, R., Duterque, O., Leiva, R., **Bouchard, TP**, & Vigil, P. (2015). Self-identification of the clinical fertile window and the ovulation period. **Fertility and Sterility**, 103(5), 1319–1325.
16. Ecochard R, Agnes G, Leiva R, **Bouchard, TP**, Direito A, Boehringer H. (2014). Characterization of follicle-stimulating hormone profiles in normal ovulating women. **Fertility and Sterility**, 102:237-243.
17. Ecochard R, Leiva R, **Bouchard, TP**, Boehringer H, Direito A, Mariani A, Fehring R. (2013) Use of urinary pregnanediol-3-glucuronide to confirm ovulation. **Steroids**, 4708.
18. Davidson PS, Cook SP, McGhan L, **Bouchard, TP**, Camicioli R. (2013). Source memory in normal aging and Parkinson's disease. **Journal of Neuropsychology**, 4673.
19. **Bouchard, TP**, Fehring RJ, Schneider M. (2013). Efficacy of a new postpartum transition protocol for avoiding pregnancy. **Journal of the American Board of Family Medicine**, 26:35-44.
20. Surdhar I, Gee M, **Bouchard, TP**, Coupland N, et al. (2012) Intact limbic-prefrontal connections and reduced amygdala volumes in Parkinson's disease with mild depressive symptoms. **Parkinsonism Related Disorders**, 18:809-813.
21. Genuis SJ, **Bouchard TP**. (2012) Combination of micronutrients for bone (COMB) study: change in bone density after micronutrient intervention for suboptimal bone health. **Journal of Environmental and Public Health**, 354151.
22. **Bouchard TP**, Genuis SJ. (2011) Personal fertility monitors for contraception. **CMAJ**, 183(1):73-76.
23. Camicioli R, Sabino J, Gee M, **Bouchard TP**, Fisher N, Hanstock C, Emery D, Martin W. (2011) Ventricular dilatation and brain atrophy in patients with Parkinson's disease with incipient dementia. **Movement Disorders**, 26(8):1443-1450.
24. Genuis SJ, **Bouchard TP**. (2010) High-tech family planning: reproductive regulation through computerized fertility monitoring. **European Journal of Obstetrics and Gynecology**, 153(2):124-130.
25. Genuis SJ, **Bouchard TP**. (2010) Celiac disease presenting as autism. **Journal of Child Neurology**, 25:114-119.
26. Camicioli R, **Bouchard TP**, Somerville MJ. (2009) Homocysteine is not associated with global motor or cognitive measures in nondemented older Parkinson's disease patients. **Movement Disorders**, 24(2):176-182.
27. Camicioli R, Gee M, **Bouchard T**, et al. (2009) Voxel-based morphometry reveals extra-nigral atrophy patterns associated with dopamine refractory cognitive and motor impairment in parkinsonism. **Parkinsonism & Related Disorders**, 15(3):187-195.
28. **Bouchard TP**, Malykhin N, Martin W, et al. (2008) Age and dementia-associated atrophy predominates in the hippocampal head in Parkinson's disease. **Neurobiology of Aging**, 29(7):1027-1039.

29. Malykhin N, **Bouchard TP**, Camicioli R, Coupland NJ. (2008) Aging hippocampus and amygdala. NeuroReport, 19(5):543-547.
30. Malykhin N, **Bouchard TP**, Seres P, Coupland N, Camicioli R. (2007) Three-dimensional volumetric analysis and reconstruction of amygdala and hippocampal head, body and tail. Psychiatry Research: Neuroimaging, 155(2):155-165.
31. Acharya H, **Bouchard TP**, Emery D, Camicioli R. (2007) Axial signs and magnetic resonance imaging correlates in Parkinson's Disease. Canadian Journal of Neurological Sciences, 34(1):56-61.
32. Camicioli R, Hanstock C, **Bouchard TP**, Gee M, et al. (2007) Magnetic Resonance Spectroscopic evidence for pre-supplementary motor area neuronal dysfunction in Parkinson's disease. Movement Disorders, 22(3):382-386.
33. Camicioli R, **Bouchard TP**, Licitis L. (2006) Dual-tasks and walking fast: relationship to extra-pyramidal signs in advanced Alzheimer disease. Journal of the Neurological Sciences, 248(1-2):205-209.