**CARTER LISETTE STARR, M.D., ABEM, CAQ Sports Medicine**

Charlotte, North Carolina

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**EDUCATION**

**FELLOWSHIP**

**University of New Mexico,** Albuquerque, NM

Primary Care Sports Medicine, July 2021 – June 2022

(Matched January 8, 2020, and deferred a year due to the Pandemic)

***Included an ED shift every 2 weeks, sports physicals, ultrasound, and joint injections***

**Mogul Medical (Ski Clinic),** Taos Ski Valley, NM, December 12-27, 2021

Worked with an EM trained physician caring for a wide variety of acute skiing injuries including fractures, dislocations, & ACL injuries, performed splinting and conscious sedations, cared for altitude sickness and other sick care at the base of a busy mountain resort

***A clinic that functions like an ER***

**RESIDENCY and INTERNSHIP**

**St. John Hospital and Medical Center**, Detroit, MI

Emergency Medicine PGY 2-3, October 2002 – September 2004

**Sinai-Grace Hospital**, Detroit, MI

Emergency Medicine PGY 1, July 2001 – June 2002

**MEDICAL COLLEGE OF VIRIGINIA** (at Virginia Commonwealth University), Richmond, VA

M.D., May 2001 Honor Council, August 1997 – May 1998

**YALE UNIVERSITY**, New Haven, CT

B.A. Biology (Psychology track), May 1997

**PRIMARY CARE SPORTS MEDICINE ROTATION**

**Cone Health Primary Care Sports Medicine Fellowship rotation**,

Drs. Bert Fields & Ryan Draper,Greensboro, NC, June 2019

**CERTIFICATE IN FOOD, NUTRITION, and HEALTH**

**University of North Carolina at Charlotte**, Charlotte, NC, October – November 2020

**LICENSURE/CERTIFICATION**

Active Medical Licenses: North Carolina, South Carolina, Alabama, Indiana

Expired Medical Licenses: Georgia, Michigan, Missouri

ABEM Board Certified in Emergency Medicine

Certified May 2005

Re-Certified January 2016

ABEM Board Certified in Sports Medicine, December 2022

Advanced Trauma Life Support Certified (ATLS)

Advanced Cardiac Life Support Certified (ACLS)

Pediatric Advanced Life Support Certified (PALS)

Basic Life Support (BLS)

**Recent CONFERENCE ATTENDANCE**

Audited Food As Medicine, Livestream, December 18-19, 2024

Clinical Decision Making in Emergency Medicine, Ponte Vedra Beach, FL, June 26 – 30, 2024

SEACSM Greenville, SC, February 23 – 24, 2024

AMSSM Phoenix, AZ, April 29 – May 3, 2023

SEACSM Greenville, SC, February 24 – 25, 2023

The Mayo Clinic Comprehensive Sports Medicine Update and Board Review, Livestream, June 22 – 25, 2022

AMSSM Austin, TX, April 8 – 13, 2022, ***Poster case presentation: “Caught Red Handed”***

Musculoskeletal Ultrasound Course – Gulfcoast Ultrasound Institute, St. Petersburg, FL, January 24 – 26, 2022

Primary Care Orthopedic Conference at University of New Mexico, Albuquerque, NM,

October 1, 2021; Attended and ***Conducted a shoulder exam workshop***

AMSSM Fellows Conference, Denver, CO, July 22 – 25, 2021

SEACSM Jacksonville, FL, February 14 – 15, 2020

AMSSM Houston, TX, April 12 – 17, 2019

SEACSM Greenville, SC, February 16 – 17, 2019

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**PROFESSIONAL EXPERIENCE**

**Starr Vitality and Wellness, PLLC**: Independently Owned and Operated Concierge Lifestyle Medicine Physician Practice,

January 2025 – present

* ***Starr Vitality & Wellness*,** Concierge Physicianfocused preventive care, health, wellness, natural anti-aging, and sports medicine; telemedicine and emergency phone triage

Charlotte, NC, January 2025 – present

**Starr Medical Services, PLLC**: Independent Contractor Locum Tenens EM Physician, March 2020 – December 2024

* ***Sycamore Independent Physicians*,**

Baptist Health ER & Urgent Care, Jeffersonville, IN, May 2024 – July 2024

* ***Team Health*,**

St. Vincent’s St. Clair Hospital, Pell City, AL, April 2024

**Premise Health,** Charlotte, NC, ***Medical Director of The Clinic CLT for American Airlines***, Occupational Medicine (primarily care for on the job injuries) and Acute Episodic Care, Medical Director, Clinic Physician and Collaborative Physician for clinic nurse practitioner

June 2023 – October 2023

**Starr Medical Services, PLLC**: Independent Contractor Locum Tenens EM Physician, March 2020 – December 2024

* ***MD Staff Pointe***,

McLeod Regional Medical Center, Florence, SC, September 2022 – January 2023

* ***Mint Physicians***,

Sentara Albemarle Medical Center, Elizabeth City, NC, May 2023

McLeod Seacoast Medical Center, Little River, SC, November – December 2022

* ***AB Staffing Solutions*,**

Southeast Health, Dothan, AL, March 2020

* Provide direct health care, treatment, and advice for acute health conditions including concussions, injuries, infections and illnesses for patients of all ages in diverse settings, including hospital, hospice and community care.
* Proficient Spanish communicator. Educate patients to foster compliance and healthier lives. Enhance trust and understanding by using a patient’s native language.
* Proven ability to effectively work with multiple teams of physicians and medical staff in interdisciplinary settings to ensure exceptional patient care.
* Adept at reviewing medical records and using a broad range of electronic medical records systems to maintain accurate information to support evidence-based practices.
* Dedicated and self-directed with proven organizational/administrative skills plus adaptability and flexibility to successfully and efficiently manage multiple caseloads and overlapping assignments:
* Expeditiously and efficiently handled a broad range of medical consults, general health concerns, and workman’s comp injuries with triage when indicated to refer to urgent care or emergency department as needed based on level of physician concern. Included addressing Covid-19 return to work.

**Rodan + Fields Skincare Independent Consultant,** Charlotte, NC, June 2020 – present

Launched an online skincare business utilizing social media, video, Zoom, verbal and text communication skills for sales and marketing.

**MedCall Telemedicine Advisory Group,** Cornelius, NC, April 2020 – September 2021

**William Hefner VA Medical Center,** Salisbury, NC: Emergency Department Staff Physician,

February 2019 – March 2020

**Starr Medical Services, P.C.:** Independent Contractor Locum Tenens EM Physician,

January 2010 – February 2019

* ***Locum Leaders (formerly Linde Healthcare)****,* April 2015 – 2019

Missouri Delta Medical Center, Sikeston, MO; St. Mary’s Hospital Audrain, Mexico, MO; Mosaic Life Care, St. Joseph, MO; Sampson Regional Medical Center, Clinton, NC; IU West Hospital, Avon, IN; Easley Baptist Hospital, Easley, SC; Duke University Hospital, Durham, NC

* ***Weatherby Healthcare***, December 2011 – 2019

St. Vincent Anderson Regional Hospital, Anderson, IN; Princeton Baptist Hospital, Birmingham, AL; Gadsden Regional Medical Center, Gadsden, AL; Shelby Baptist Hospital, Alabaster, AL; Decatur Morgan Hospital, Decatur, AL; Centerpoint Medical Center, Independence, MO; Southeast Missouri Hospital, Cape Girardeau, MO

* ***Catapult Healthcare*,** December 2017 – April 2018

Northeast Alabama Regional Medical Center, Anniston, AL;

Jacksonville Regional Medical Center, Jacksonville, AL

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* ***Team Health*,** March 2012 – August 2017

Piedmont Medical Center, Rock Hill, SC; Grand Strand Regional Medical Center, Myrtle Beach, SC; St. Francis Hospital Downtown, Greenville, SC

* ***Medicus***, February 2016 – January 2017

Jasper Memorial Hospital, Jasper, IN; Lexington Medical Center, West Columbia, SC

* ***Mint Physicians***, October – November 2016

Aiken Regional Medical Center, Aiken, SC

* ***Apollo MD***, December 2011 – December 2012, January – December 2010

CMC Waxhaw, Waxhaw, NC; Piedmont Medical Center, Rock Hill, SC

* ***Schumacher Group***, June 2011 – June 2013

Rowan Regional Medical Center, Salisbury, NC

**Hospice & Community Care**, Rock Hill, SC, Hospice Physician, May – September 2017

**Emergency Medicine Physicians**, NC: July 2010 – August 2012

Carolinas Medical Center – Pineville and University, Charlotte, NC

Iredell Memorial Hospital, Statesville, NC

**Unity Physician Group**, IN: September 2006 – December 2009

Bloomington Hospital, Bloomington, IN; Schneck Medical Center, Seymour, IN;

Morgan Hospital, Martinsville, IN; Bedford Regional Hospital. Bedford, IN

(**Volunteer Code Team Physician** for fans at **Indiana University** Football and Basketball games; **Volunteer Physician**

for **YMCA Cardiac Rehab** **& Cancer Rehab** exercise participants)

**Carolina Care**, SC: October 2004 – August 2006

Palmetto Health Baptist Hospital, Columbia, SC Lexington Hospital, Lexington, SC

**St. John North Shores Hospital**, Harrison Township, MI: April – September 2004

Single coverage moonlighting as a senior resident

**PUBLICATIONS**

**Caught Red Handed** (Case Presentation of an unusual sunburn due to doxycycline photosensitivity in a

Division 1 Golfer) – Poster Presentation at the AMSSM Sports Medicine Conference, April 2022

**Temporomandibular Joint Dysfunctions in Athletes – A Current Literature Review,** 2022; to be published in the ACSM’s journal *Current Sports Medicine Reports*

**TEACHING**

Primary Care Orthopedic Conference: Clinical Exam of the Shoulder, October 1, 2021

Knee and Shoulder Exam and injections, third year medical students, July 2021 – June 2022

Passion for educating others. Clinical on shift teaching in the Emergency Department of

Medical Students, Interns and Residents (UNMH, VAMC, IU West, Princeton Baptist)

Supervision and teaching of physician assistants and nurse practitioners (many facilities)

**SKILLS**

Interpersonal: easily build rapport with people of all ages

Communication: excellent written and verbal skills to convey confidence and overcome

barriers and skeptics, Crucial Conversations Course, DISC Method Communication Skills Course, Zoom conference calls, proficient Spanish

Charting: EMRs: Cerner, Epic, McKesson, Meditech, CPRS; Dictation

**ACTIVITIES**

24 Hours of Booty – Cancer Charity Fundraiser Volunteer and Participant, July 2024, 2023 & 2019, 2014-2016

USTA and **Interclub Tennis** spring and fall teams, 2016 – present

**Kickboxing**

Bible Study and Fellowship group

**Pickleball** fall league 2024

**Charlotte Ski Club** member

Contra Dancing

Ultimate Frisbee 2024

Day of the Tread, 25 Mile Bicycle Ride, Albuquerque, NM, October 2021

Santa Fe Century 54 Mile Bicycle Ride, Santa Fe, NM, October 2021

Enchanted Circle 86 Mile Bicycle Ride, Red River, NM, August 2021

Mountain biking

**Volunteer Code Team Physician** for fans at **Indiana University** Football and Basketball games (2006-2009)

**Volunteer Physician** for **YMCA Cardiac Rehab** **& Cancer Rehab** exercise participants (2006-2009)

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Cycling Tour of Spain 2017, Tour of Italy 2016, RAGBRAI (1 week 560 mile ride across

Iowa) 1997 & 1999

**Tae Kwon Do (Second Degree Black Belt)**

**Yale University Varsity Crew 1993-1997**

**Kappa Kappa Gamma Fraternity** 1995 – 1997; Charlotte Alumnae Chapter 2009 – present;

Columbia (SC) Alumnae Chapter 2004 – 2006

Skiing, Weightlifting, Dancing

Big Sib peer advisor for incoming Yale freshmen 1994 – 1997

**7 years of Field Hockey and Lacrosse**