

Erica L. Bender MSN, CNM, NP-Ob/Gyn

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Professional Experience:

Cornell University, Ithaca, NY

HMRU Manager, Nurse Practitioner, Lecturer

April 2013- present

- Responsibilities include management of the Human Metabolic Research Unit within the Division of Nutritional Sciences, for research conducted on human participants.
 - Conduction of approved medical procedures, such as phlebotomy, fat biopsies, muscle biopsies, capillary blood collection, transvaginal ultrasounds, etc. and facilitation of research.
 - Assistance to the Principal Investigators with IRB proposals, creation of Standard Operating Procedures, consent forms, organization of studies, recruitment of participants, collection of data, and monitoring and follow-up with participants as required by medical oversight.
 - Develops and maintains inventory of HMRU equipment, instrumentation and supplies necessary for conducting clinical procedures; develops fees for clinical procedure services; works with DNS central administrative staff to develop the HMRU annual operating budget; manages invoicing process for clinical procedure services; and monitors revenues accrued to ensure appropriate and accurate revenue recovery.
- Didactic & Lab:
 - NS4410, Obstetrics & Nutrition: Lecture & Lab (clinical case studies)
 - NS3410, Anatomy & Physiology, Introduction to Obstetrics
 - NS3320 (lab portion) This class completes 3 labs per year (4 sessions each) in the HMRU, where part of this lab requires my presence and teaching on topics such as body composition, calorimetry and hematology
 - NS1220, "The Clinician Researcher" lecture
- 2013-2018: Responsibilities included participation and lecture within the Post-Baccalaureate Program, Certificate in Health Studies, both didactic and laboratory.
 - Served as co-instructor for NS5410 and NS5411 (Applied Human Anatomy and Physiology I and II)
 - Participated in the continual development and improvement of the course syllabus
 - Participated in description and assessment measures, and of lectures and labs associated with the Post-Baccalaureate certificate program
 - Provided didactic, laboratory, and clinical skills-based instruction to students in the program
 - Held office hours, advise/mentor students, and wrote letters of recommendation

Herzing University, 1865 State Road 434, Winter Park, FL

May 2012- March 2013

Lead Instructor, Assistant Professor

- Responsibilities included the lead instruction of Nursing V, Maternal-Child Nursing Care to students in the Associates and Baccalaureate RN Accelerated Program. A combination modality of on-line, classroom, and clinical experiences using Blackboard as the main system. Created the entire curriculum for this course under a Problem Based Curriculum. Integrated Simulation experience, as well as many interactive, integrative, engaging techniques. Students in class sizes ranged from 13 to 38 students.

Central Florida Healthcare, 936 E. Parker St. Lakeland, FL

Certified Nurse Midwife, ARNP

November 2011- Program closed 5/2012

- Responsibilities include the management of patient care in the areas of antepartum, postpartum, family planning, and well woman gynecology to a population of underserved women in a federally qualified health center.

Orange County Health Department, Midwifery Delivery Program, 5151 Raleigh St. Orlando, FL

Supervisor of the Lila Mitchell Clinic, Certified Nurse-Midwife

September 2009-November 2011

- Responsibilities include the management of patient care in the areas of antepartum, postpartum, family planning, and well woman gynecology. Electronic medical records with average of 20 to 30 patients seen per day. Majority of patient care rendered to antepartum patients with comanagement of high-risk patients.
- Responsibilities include the supervision and management of the Lila Mitchell Clinic with direct supervision of 26 staff members, including clerical staff and clerical supervisor, ultrasound technicians, health support technicians, LPNs, RNs, and medical records staff. Supervisory tasks include scheduling, staffing, budget production and monitoring, staff meetings, auditing charts, incident reporting, participation in leadership meetings, recruitment and retention of staff, management of the Centering Pregnancy Program, performance evaluations, and monitoring compliance with policy and procedures of the State of Florida's Orange County Health Department.

Planned Parenthood of Greater Orlando, 726 S. Tampa Ave. Orlando, FL

Certified Nurse Midwife, ARNP

March 2007-February 2008, April 2009-April 2011

- Responsibilities include the management of patient care in the areas of well-woman gynecology, contraceptive management, pap smears, STD testing and treatment for women and men, menopausal management, insertion of IUDs and Implanon, vaginal infections, family planning, and comprehensive sex education to teens. Management of follow-up process per protocol of abnormal results and conditions found on exam. Quality assurance and auditing of patient charts per protocol. Preceptorship with University of Central Florida, Seminole State College, and Remington College nursing students.

Orlando Regional Healthcare, 1414 Kuhl Ave. Orlando, FL

Assistant Nurse Manager Women's Health Unit, GN Coordinator

July 2005-October 2006

- Responsibilities included the management of all nurses and clinical techs on the unit in collaboration with Nursing Operations Manager. Tasks included unit budget, staffing, scheduling, incident reporting, unit based education, quality assurance, chart auditing, team building exercises, monitoring of patient satisfaction surveys, direct patient care, charge nurse, recruitment and retention of graduate nurses. Developing and presenting Graduate Nurse Orientation to new nurses in the hospital system quarterly.

Advanced Women's Health Specialists, 661 E. Altamonte Dr. Altamonte Springs, FL

Certified Nurse Midwife, ARNP

November 2001-July 2003

- Management of low risk and comanagement of high risk patients in the areas of antepartum, intrapartum, postpartum, gynecology, family planning, contraceptive counseling, well woman, and peri/post menopausal women. Deliveries out of 3 area hospitals with on call rotation. Average of 30 deliveries per month.

Per Diem/Part-time/Contract Positions:

- Frontier Nursing University, Florida Regional Clinical Faculty, 9/12- 4/13
- Seminole Community College, Adjunct Clinical Faculty, 6/11- 7/12
- Ideal Image, Nurse Practitioner, 2/08- 4/09
- Florida Hospital Altamonte, Staff RN, Nights, 7/03-7/05

Education:

State University of New York- Downstate Medical Center, New York

May 2001

Master of Science in Nursing

- Recipient of “Excellence in Clinical Practice Award”, May 2001
- Recipient of “Excellence in Academic Achievement Award”, May 2001
- Recipient of “Who’s Who Among Students in American Universities & Colleges”

East Stroudsburg University, East Stroudsburg, Pennsylvania

May 1999

Bachelor of Science in Nursing

- Summa Cum Laude Graduate, 3.9 GPA
- President of Student Nurses Association, 1998-1999
- Sigma Theta Tau Nursing Honor Society, 1999
- Scholastic Honors Recognition Award, APSCUF, 1999

Other Experience and Professional Memberships:

National Provider Identification (NPI) #: 1407997240

2017-present Permit Holder, DNS HMRU DEXA, Radiation Safety, Cornell University

2017-present Committee Member, Cornell University SOP Comitee

2016-present Committee Member, CHE Safety Committee, Cornell University

2015-present Member, National Association of Advisors for the Health Professions (NAAHP)

2014-present Compliance Officer: Cornell-Division of Nutritional Sciences Tissue Bank

2014-present Member, International Association of Clinical Research Nurses (IACRN)

2014-present Member, Society of Clinical Research Associates (SOCRA)

2013-present Nurse Practitioner- Ob/Gyn, State of New York, Lic# F360536-1

2013-present Midwife, State of New York, Lic# F001541-1

2013-present Registered Professional Nurse, State of New York, Lic # 668187

2013-present DEA Registered Prescriber, DEA Registration #: MB3017452

2013-present Laboratory Director, DNS HMRU Limited Service Laboratory

2001-present Certified Nurse-Midwife, American Midwifery Certification Board

2001-present Member, American College of Nurse Midwives

2000-present Certified Childbirth Educator

2001-present National Healthcare Educator

1999-present CPR for the Professional Rescuer, American Heart Association

2001-2013 Advanced Registered Nurse Practitioner, CNM, State of Florida

2001-2011 Neonatal Resuscitation Provider

Publications:

Vanden Brink H, Jarrett B, Lin A, Soler S, Best S, **Bender E**, Peppin A, Hoeger K, Lujan M. Sonographic markers of ovarian morphology, but not hirsutism indices, predict serum total testosterone in women with regular menstrual cycles. *Fertil Steril. Accepted December 31, 2015*

Clara E. Cho, Siraphat Taesuwan, Olga V. Malysheva, **Erica Bender**, Jian Yan, Marie A. Caudill, Choline and one-carbon metabolite response to egg, beef and fish among healthy young men: A short-term randomized clinical study, *Clinical Nutrition Experimental*, 2016, 10, 1

Jarrett BY, Vanden Brink H, **Bender EL**, Lujan ME. Longitudinal Characterization of Ovarian Antral Follicle Populations and Growth Kinetics in Women with Polycystic Ovary Syndrome. Oral Presentation at the 15th Annual Meeting of the Androgen Excess and PCOS Society, San Antonio, TX, October 26 - 28, 2017.

Gheller, Brandon & Blum, Jamie & Soueid-Baumgarten, Sharon & **Bender, Erica** & Cosgrove, Benjamin & Thalacker-Mercer, Anna. (2019). Isolation, Culture, Characterization, and Differentiation of Human Muscle Progenitor Cells from the Skeletal Muscle Biopsy Procedure. *Journal of Visualized Experiments*. 10.3791/59580.

Gheller, Mary & **Bender, Erica** & Thalacker-Mercer, Anna. (2019). Safety of Graded-doses of Histidine in Healthy Adults (P08-062-19). *Current Developments in Nutrition*. 3. 10.1093/cdn/nzz044.P08-062-19.

Taesuwan, Siraphat & Cho, Clara & Malysheva, Olga & **Bender, Erica** & King, Julia & Yan, Jian & Thalacker-Mercer, Anna & Caudill, Marie. (2017). The metabolic fate of isotopically labeled trimethylamine-N-oxide (TMAO) in humans. *The Journal of Nutritional Biochemistry*. 45. 10.1016/j.jnutbio.2017.02.010.

Cho, Clara & Taesuwan, Siraphat & Malysheva, Olga & **Bender, Erica** & Tulchinsky, Nathan & Yan, Jian & Sutter, Jessica & Caudill, Marie. (2017). Back cover: Trimethylamine-N-oxide (TMAO) response to animal source foods varies among healthy young men and is influenced by their gut microbiota composition: A randomized controlled trial. *Molecular Nutrition & Food Research*. 61. 1770016. 10.1002/mnfr.201770016.

Committee Member for:

- Student: Adrienne Pisch, graduate student
- “2D and 3D Ultrasonographic Methods Versus the 2D Grid Method for the Evaluation of Ovarian Morphology”
- Honors Thesis Presented to the College of Agriculture and Life Sciences, Cornell University in Partial Fulfillment of the Requirement for the Biological Sciences Honors Program

Managed Research Studies Conducted in the HMRU:

2019 Studies:

Within DNS:

Caudill, IRB#1702006936, Maternal Choline Supplementation and its Impact on Docosahexaenoic Acid Availability in Human Pregnancy

Caudill/Strupp/Canfield, IRB#1911009219, Effects of Increased Maternal Choline Intake on Infant Cognitive Development Pre- and Post-Natal

Haas/Fiddler, IRB# 1804007942, Iron Scan – Point-of-Care Iron Status Determination Enabled by Mobile Technology

Johnson, IRB#1907008952, Bioactive lipids in infant nutrition and the development of the infant microbiome

Levitsky IRB# 1701006866, Investigating the Effect of Decreasing Portion Size on Energy Intake

Levitsky, Barre, Sewall IRB#, Weigh 2 Go

Levitsky, Sewall, IRB#, Time Restricted Feeding Study

Levitsky, IRB# 1806008060, Investigating the Effect of Underestimating Calories from Healthy Foods on Weight Gain Research Protocol

Lujan, IRB# 1303003665, Baseline Assessment of Dietary Intake and Physical Activity in Women with PCOS

Lujan, IRB# 1202002774, A Comparison of Follicle Counts Using 2 and 3 Dimensional Ultrasonography

Lujan, IRB# 0908000633, Ultrasound Characterization of Follicle Dynamics in Women with Amenorrhea

Lujan, IRB# 1108002383, Nutritional and Metabolic Correlates of Ovarian Morphology in Women with PCOS

Lujan, IRB# 1207003154, Ultrasound Characterization of Ovarian Follicle Dynamics During Weight Loss

Lujan, IRB#1207003154 Amendment, 6 Month WLS Follow-Up

Lujan/VandenBrink, IRB # STUDY0000779- Kansas City Childrens Mercy- 2 site study, Trajectory of ovarian morphology during the adolescent reproductive transition

Mehta (David Erickson), IRB# 1210003390, Measuring blood Vitamin B12 levels using smartphone technology

Mehta (Erickson), IRB# 1210003390, Mobile health platforms for measurements of colorimetric tests and mechanical biomarkers

O'Brien, IRB#1904008754, Ethnic Differences in Iron Absorption

Poole, IRB#1808008178, Host-microbe interactions and starch metabolism in Type 2 Diabetics

Poole, IRB# , Role of host genetics in gut microbiome response to dietary resistant starch consumption

Seguin, IRB# 1809008271, Can Yoga Decrease Pain and Inflammation among Women Aged 60 or Older: A Pilot Feasibility Study

Strupp, Canfield, Caudill, IRB# 0908000350, Effect of Maternal Choline Intake on Maternal/Fetal Biomarkers of Choline Status

Thalacker-Mercer, IRB# 1407004819, Skeletal muscle mitochondrial aging

Thalacker- Mercer, IRB# 1508005758, Characterizing age-related metabolic dysfunction in female skeletal muscle

Thalacker- Mercer IRB#1704007090, Graded-dose of histidine study

Thalacker-Mercer IRB#1706007263, Effect of a blueberry enriched diet on skeletal muscle progenitor cells

Outside of DNS:

Buchman/ Erickson (BME) IRB#1905008791, Blood Stability using HERMES (High Efficiency Rapid Magnetic Erythrocyte Separator)

Dando, Robin (Food Science) IRB#1903008663, Satiety induction from nutritive and non-nutritive sweeteners

Gonzalez (Human Dev), The Brain in Context

Gonzalez (Human Dev), Social Nutrition

Guarino (Vet), Lyme multiplex assay for human lyme diagnostics

Nelson/Cohen, IRB#1809008283, Membrane lipid regulation of calcium channels in sperm

Reesink (Vet) IRB#NA, Bone density in NY State racehorse legs

Song (Vet) IRB#1903008664, Glycan expression profiles of human immune cells

Historical Studies Managed in the HMRU:

Bostic, IRB# 1512005994, Fish & Seafood Survey: Midlife Rural New York Adults

Cassano, IRB# 1506005620, Sampling Glucose and Erythritol Levels in Blood

Caudill, IRB# 1403004534, Impact of diet and gut microbiota on trimethylamine-N-oxide production and fate in humans

Caudill, IRB#1702006936, Maternal Choline Supplementation and its Impact on Docosahexaenoic Acid Availability in Human Pregnancy

Caudill , IRB# 1802007735, Production of a LRH-1 Ligand in Humans: A Randomized, Controlled, Cross-Over Feeding Trial

DellaValle, IRB# 1301003538, Iron Absorption from a Lentil-Based Meal in South-East Asian Females

Haas, IRB# 1603006204, Defining the Functional and Metabolic Role of Iron in Aerobic Training and Physical Performance

Haas/Fiddler, IRB# 1804007942, Iron Scan – Point-of-Care Iron Status Determination Enabled by Mobile Technology

Hammons, IRB# 1110002519, Moms and Infants Study of Memory, Iron and Cognitive Development (MIMIC)

Levitsky IRB# 1701006866, Investigating the Effect of Decreasing Portion Size on Energy Intake

Levitsky, Barre, Sewall IRB#, Weigh 2 Go

Levitsky, Sewall, IRB#, Time Restricted Feeding Study

Levitsky, IRB# 1806008060, Investigating the Effect of Underestimating Calories from Healthy Foods on Weight Gain Research Protocol

Lujan, IRB# 1303003665, Baseline Assessment of Dietary Intake and Physical Activity in Women with PCOS

Lujan, IRB# 1202002774, A Comparison of Follicle Counts Using 2 and 3 Dimensional Ultrasonography

Lujan, IRB# 0908000633, Ultrasound Characterization of Follicle Dynamics in Women with Amenorrhea

Lujan, IRB# 1108002383, Nutritional and Metabolic Correlates of Ovarian Morphology in Women with PCOS

Lujan, IRB# 1207003154, Ultrasound Characterization of Ovarian Follicle Dynamics During Weight Loss

Lujan, IRB#1207003154 Amendment, 6 Month WLS Follow-Up

Mehta (David Erickson), IRB# 1210003390, Measuring blood Vitamin B12 levels using smartphone technology

Mehta (Erickson), IRB# 1210003390, Mobile health platforms for measurements of colorimetric tests and mechanical biomarkers

Noel (Cassano), IRB# 1305003909, Freshman Taste Study

O'Brien, IRB# 1206003117, Metabolic Adaptation to Plant-based Diets in Asian Populations

O'Brien, IRB# 1501005277, Calcium Absorption from Calcium Supplements and its Association with Vitamin D Status

O'Brien, IRB# 1508005774, Genetic Polymorphisms for Iron Metabolism: Adaptive Evolution and Current Impact

Reid, IRB# 1311004240, Commercial Play Yard Pilot Study (Pilot to Zimbabwe Study)

Seguin, IRB# 1809008271, Can Yoga Decrease Pain and Inflammation among Women Aged 60 or Older: A Pilot Feasibility Study

Stover, IRB# 1409004923, The effect of mutation on the ALDH1L2 gene

Strupp, Canfield, Caudill, IRB# 0908000350, Effect of Maternal Choline Intake on Maternal/Fetal Biomarkers of Choline Status

Thalacker-Mercer, IRB# 1407004819, Skeletal muscle mitochondrial aging

Thalacker- Mercer, IRB# 1508005758, Characterizing age-related metabolic dysfunction in female skeletal muscle

Thalacker- Mercer IRB#1704007090, Graded-dose of histidine study

Thalacker-Mercer IRB#1706007263, Effect of a blueberry enriched diet on skeletal muscle progenitor cells

Wenger, IRB# 1212003522, Cognitive Performance Testing: Validation and Comparison of Cognitive Tests