

# CURRICULUM VITAE

## **Malcolm John VandenBurg** **BSc MBBS MISMA FCP FFPM FRCP**

**Dob: 21.12.48**

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### QUALIFICATIONS:

<b>BSc Upper 2nd Class Hons. Physiology (Cardio-Respiratory, Neurological &amp; Radiation Biology)</b>	<b>1970</b>
<b>MBBS, St Bartholomew's Hospital</b>	<b>1974</b>
<b>MRCP</b>	<b>1976</b>
<b>Joint Committee on Higher Medical Training Certificate in General (Internal) Medicine</b>	<b>1982</b>
<b>Fellow, American College of Clinical Pharmacology</b>	<b>1991</b>
<b>Fellow, Faculty of Pharmaceutical Medicine</b>	<b>1993</b>
<b>Member American Academy of Pharmaceutical Physicians</b>	<b>1993</b>
<b>Fellow, Royal College of Physicians</b>	<b>1996</b>
<b>Member International Stress Management Association</b>	<b>1998</b>
<b>GMC Specialist Recognition in General Internal Medicine</b>	<b>2004</b>
<b>Law Society Approved Expert Witness</b>	<b>2004</b>
<b>Registered: UK National Crime Operations Faculty</b>	<b>2004</b>

### CONSULTRUM:

**Pharmaceutical and Legal Consultancy**

**Email: [consultrum@hotmail.com](mailto:consultrum@hotmail.com)  
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## SUMMARY CV



### **Dr Malcolm Vandenburg BSc MBBS MISMA FCP FFPM FRCP**

Specialist in General Medicine  
Consulting Pharmaceutical Physician  
Psychiatric Clinical Investigator  
Author of Positive Under Pressure

Co-coordinator of Positive Under Pressure Workshops for healthcare professionals

BSc Upper 2nd Class Hons. Physiology 1970 (Cardio-Respiratory and Neurology)

A registered Medical Practitioner since 1973

MBBS, St Bartholomew's Hospital, 1973

Membership of the Royal College of Physicians, 1976

Joint Committee on Higher Medical Training Certificate in General (Internal) Medicine. 1982

GMC Registration as Specialist in General Medicine. 2004

Law Society approved as Expert Witness, 2004

Registered: UK National Crime Operations Faculty, 2004

Fellow, American College of Clinical Pharmacology, 1991

Fellow, Faculty of Pharmaceutical Medicine, 1993

Fellow, Royal College of Physicians, 1996

Member Drug Information Association. 1984

Member American Academy of Pharmaceutical Physicians. 1993

Member International Stress Management Association. 1997

The Boden Memorial Award for Medicine 1967, Haberdasher's Aske School, Elstree, 1967

Herbert Patterson Medal in Biochemistry, St Bartholomew's Hospital, 1969

BMA undergraduate Research Award, 1972

Elected member of European 500 Dynamic Entrepreneurs, 1995

### ***PREVIOUSLY***

Lecturer in General Medicine, London Hospital Medical School

Lecturer in Clinical Pharmacology, St Bartholomew's Hospital Medical School

Honorary Senior Registrar in General Medicine, The London Hospital

Director of Clinical Research, Merck Sharpe & Dohme

Author of Expert Reports for Pharmaceutical Product Licences

and over 120 published articles on the effects of pharmaceutical medicines

30 papers and articles on stress

Editor in Chief: Dilemmas and Solutions in Global Drug Development – PJB Publications

Author: Good Clinical Practice for Investigators

Author: Standard Operating Procedures for Investigators

Medical Advisor to Release (the drug assistance charity) 1973 – 1978

## CURRICULUM VITAE

### **Malcolm John VandenBurg** **BSc MBBS MISMA FCP FFPM FRCP**

#### **KEY ACHIEVEMENTS:**

1. Established a private practice in sexual health, general medicine, affective disorder and clinical pharmacology.
2. Established a medico-legal practice and pharmaceutical consultancy
3. Registered with GMC as Specialist in General(Internal) Medicine.
4. Founded the London Hospital Hypertension Clinic in 1975 and performed many phase I, II and III studies on anti-hypertensive compounds.
5. Over 300 publications and research communications.
6. Founded, supported and managed Romford Cardiovascular Research, a cardiovascular clinical research organisation based at Old Church Hospital, Romford. Trust fund of £300,000 transferred to NHS 2007.
7. Original member of Merck & Co Worldwide Global Integrated Drug Development Management Committee.
8. Founded a clinical research consultancy and managed its growth from two people in a portakabin to 150 people in four European centres, South Africa, Australia and the USA.
9. Negotiated the sale of the company to a Japanese public company.
10. Managed the resulting global clinical research organisation of 500 people with a turnover of £40 million.
11. Helped negotiate the sale of the company to a Canadian public company.
12. Responsible for the worldwide registration of four pharmaceutical medicines and the registration of 30 medicines in UK and Europe.
13. Developed a management training company centred on the pharmaceutical industry, running skills and personal development workshops with a turnover of £1 million.
14. Started and negotiated the sale of a clinical pathology company with a turnover of £300,000.
15. Appointed as founder member of Europe's 500, a foundation sponsored by the European Commission and Ernst and Young, to identify Europe's top entrepreneurs and job creators.
16. Wrote the book Positive Under Pressure with Gael Lindenfield published by Thorsons.
17. Supervised Positive Under Pressure workshops for 3,000 UK General Practitioners.
18. Founded Consultrum (2002) a psychiatric clinical research organisation, a pharmaceutical consultancy and a legal consultancy.
19. Dad to four wonderful children and two dogs named Will and Duffy.

**PRESENT EMPLOYMENT:**

- (1) **Physician:** I am currently working as a Physician seeing patients referred to me by General Practitioners and other doctors within my areas of expertise, primarily general medicine, sexual health and affective disorders and clinical pharmacology.
- (2) **Medico-legal Expert Witness:** providing opinions for the Court and advising the legal profession in the fields of prescription medicines, illegal drugs, general internal medicine and sexual health. Instructions have been received from solicitors, barristers, Crown Prosecution Services, Police Forces, the Armed Forces, the Police Federation and legal consultancies.
- (3) **Founder and Director of Positive Under Pressure™**  
Positive Under Pressure™ is a pressure management company which assists individuals, groups, organisations and Government agencies identify and modify their responses to pressure, so that they gain the benefits of enhanced performance without the negative impact of stress, and addictive coping strategies.

The techniques used in Positive Under Pressure™ have now proven useful to over seventy five groups of General Practitioners who use the techniques to modify their own stress levels as well as teaching the techniques to their patients. Seminars have been performed for The Royal College of General Practitioners, The Royal Society of Medicine, The Royal Defence Medical College and the Royal Navy. Training programmes have also been run at The Royal College of Psychiatrists.

The book Positive Under Pressure is published by Thorsons

A separate Positive Under Pressure CV is attached.

- (4) **Pharmaceutical Consultancy** I offer advice to the Pharmaceutical, Biotechnology and Healthcare industries. I advise on both business development and registration of pharmaceutical products and medical devices. The clinical development programmes I have been responsible for are attached.

**Recent Employment**

- (1) **Psychiatric Clinical Investigator** - I worked with Dr Cosmo Hallström, Consultant Psychiatrist, at the Capio Nightingale Clinic Chelsea, performing psychiatric clinical studies. These include studies in depression, anxiety and panic.
- (2) **Director of Same Day Doctor** A private medical clinic comprising medical, sexual and psychological clinics in Harley Street, employing three doctors, two nurses, two practice managers, three administrators and additional staff as needed
- (3) **Editor-in-Chief** of Dilemmas and Solutions in Global Drug Development, PJB Publications.
- (4) **Parents Under Pressure** I was responsible for the parent support groups at the Capio Nightingale Adolescent Mental Health Unit at Radnor Walk, Chelsea, supporting parents through the stress of having their children admitted to this hospital and having mental health problems.
- (5) **Honorary Clinical Assistant** in Renal Medicine to Professor John Cunningham, The Middlesex and University College London.

## **MEDICAL TRAINING**

Jul 1973 – Sept 1973

Oct 1973 – Mar 1974

Apr 1974 – Sep 1974

## **PRE REGISTRATION EXPERIENCE**

*Locum House Physician* to Drs Black and Dawson in General Medicine & Gastroenterology, St Bartholomews Hospital

*House Surgeon*, to Mr Page, Paine and Devereux, Urology, Vascular & General Surgery, North Middlesex Hospital

*House Physician*, to Dr Hayward, Wykehan-Balme & Spurrell, General Medicine, Cardiology & Rheumatology St Bartholomew's Hospital

## **PRE REGISTRATION EXPERIENCE**

Oct 1974 – Dec 1975

### **Senior House Officer in General Medicine**

#### **The London Hospital, Whitechapel**

Senior House Officer in Accident & Emergency

Senior House Officer in Venerology to Dr Ambrose King

Senior House Officer in General Medicine & Gastroenterology to Dr Wright

Senior House Officer in General Medicine and Respiratory Medicine to Drs Hughes and Hickman

## **HIGHER PROFESSIONAL TRAINING:**

1976 - 1980

*Lecturer in Medicine, the London Hospital, Whitechapel on the Medical Unit, Director, Professor Ledingham.*

Jan 1976 – Jun 1976

*Honorary Registrar in General Medicine to Prof Ledingham and sexual health to Drs Dunlop and Rodin..* All medical unit positions gave experience as the most senior doctor on the unit during 'admission takes' for the firm. The unit was on 'take' 1/5 and 1 weekend in 5. When the NHS position was as an Honorary Registrar, there was no senior registrar on call. Cover was provided to all other Junior staff at the hospital. Clinics were two general medical clinics a week for Prof Ledingham and Prof. Floyer and either an Endocrinology clinic for Prof Cohen or a nephrology clinic for Dr Goodwin or Marsh. A clinic in sexual health was continued and patients were managed on the wards.

Jul 1976 – Dec 1976

### *Honorary Registrar in Cardiology to Dr Wallace- Brigden and Alistair MacDonald.*

Experience involved training in left and right ventricular catheterisation M mode and later 2D echocardiography, pacemaker implantation both permanent and temporary, and arrhythmia assessment.

There were three cardiology clinics a week and a general medical clinic was continued. Additional experience was obtained in being responsible to the consultant for the running of the coronary care unit and cardiac doctor on call on a 1 in 4 rota.

1977

***Honorary Registrar in Medicine to Prof Mike Floyer.*** Experience as before.

In addition I was prime mover in establishing the London Hospital Hypertension Clinic under the guidance of Professor J M Ledingham. My responsibilities included staffing and funding the Unit, and I was involved in prioritising research within it. The clinic had both a service and a research commitment. I advised general physicians on the management and investigations of hypertensive patients, as well as having referrals direct from general practice. The research carried out in the clinic forms the basis of many of my publications.

A screening programme was established in general practice to identify patients with high blood pressure. Advice and guidance were obtained from Prof. Colin Dollery (Hammersmith Hospital) and Professor Robertson (MRC Blood Pressure Unit, Glasgow) in the establishment of such programmes as well as the management of specialist hypertension units. The London Hospital Clinic was one of the first in the UK.

1977 - 1980

***Honorary Senior Registrar in General Medicine to Profs Ledingham, Floyer and Cohen.***

There was continuous research and teaching experience. During this period there was a rotation of six months of general medicine and six months of additional experience.

I continued to manage and run the London Hospital Hypertension Clinic during this time. It consisted of a technician, a research sister and a secretary, all self funded from research grants I obtained.

Other Lecturers in Medicine used the clinic for their experience and research. I remained responsible to Prof Ledingham for the clinical care of patients.

I had three periods on the wards being responsible to the consultant for the clinical care of patients (experience as before).

I had two further periods of attachment to the Cardiology Department (experience as before).

There was an additional six months attachment to the Renal Unit, being responsible to Drs Goodwin and Marsh, where my experience included, renal in patient and out patient care, pre and post dialysis care, as well as the care of pre and post transplantation patients. Further endocrinology experience was obtained with Professor Cohen.

1981 - 1985

***Honorary Lecturer in Medicine, The London Hospital.***

On leaving the Medical Unit, I joined MSD (see later). I continued with my responsibility to fund and manage the Hypertension Clinic responsible to Prof Cohen, in the position of Honorary Lecturer in Medicine on the retirement of Prof Ledingham. The management of the unit was taken over by Dr Goodwin when I left MSD.

Publications resulting from my work at the London Hospital can be found throughout my publications on the PubMed List attached. They are numbers 35, 52 and 56-57 and 59-71.

My research on the unit included:

1. Effects of beta blocking drugs on the peripheral circulation
2. Treatment of resistant hypertension
3. Converting enzyme inhibitors and inhibition in the treatment of hypertension and the physiological responses to stress

1981 - 1987

**Honorary Lecturer in Clinical Pharmacology** to Prof Paul Turner, Professor of Clinical Pharmacology, St Bartholomew's Hospital

Experience included an out patient clinic in general medicine and clinical pharmacology as well as a research clinic.

I studied the effects of converting enzyme inhibitors on plasma neuropeptides in conjunction with Professor Lesley Rees, Professor of Chemical Pathology, St Bartholomew's Hospital, in patients with hypertension and heart failure and in patients on non-steroidal anti-inflammatory agents.

These papers can be found in my full Publications List and in the PubMed list paper numbers 45 and 50.

1985 - 1995

**Director and Co-ordinator of Cardiovascular Research, Old Church Hospital, Romford, Essex.**

In conjunction with Dr Stephens, I established a research charity in this District General Hospital, undertaking studies in cardiovascular disease. There were five clinics a week, one each in Hypertension, Angina, Heart Failure, Ahrhythmias and Emergency Referrals. I also attended two NHS clinics in General Cardiology. The unit undertook ½ the NHS workload at the hospital.

The publications resulting from this work in the unit are throughout my Publications Lists.

1996 –2003

**Director and Trustee of Romford Cardiovascular Research**

I have been a Director and Trustee of the Unit which was handed over to the NHS in June 2003. The research funds were donated to the NHS trust in November 2004.

## **COLLEGE AND N.H.S. ADMINISTRATIVE RESPONSIBILITY**

1977 – 1987

Throughout employment at the London Hospital and Merck Sharp & Dohme, I was formally involved in the teaching of both medical students and junior hospital doctors studying for their M R C P.

I organised the London Hospital MRCP Tutorial Scheme. I organised the MRCP examinations on three occasions.

I was a member of:

- The London Hospital Medical College Education Committee.
- London Hospital Division of Medicine Working Party on Postgraduate Education.
- Chairman of the Tower Hamlets Junior Hospital Staff Committee.
- Junior Hospital Staff Representative - Division of Medicine and Final Medical Committee

## PHARMACEUTICAL INDUSTRY EXPERIENCE

1981 – 1985

### *Director of Clinical Research, Merck Sharp & Dohme*

I was responsible for all MSD's clinical research in the United Kingdom, which involved a clinical commitment to cardiovascular disease, rheumatological disease, gastroenterological disease and antibiotic therapy and many other therapeutic classes.

While directing this research programme, members of my department had a total of over 100 publications and presentations. The research programme resulted in over three times this number of communications of research. I was involved in approximately 600 clinical research studies spanning the complete spectrum of pharmacological research from Phase I to Phase IV.

I developed a strategy that all research performed by the Company should be of a sufficiently high standard to stand peer review and even the Company's multi centre GP studies were presented at major UK scientific societies.

I continued with attachments at two London teaching hospitals throughout my career within the pharmaceutical industry.

I was responsible for the UK development of Enalapril, a converting enzyme inhibitor.

I was responsible for the Phase III development of Norfloxacin, a urinary antibiotic, Imipenem, a broad spectrum antibiotic and Indocid Gel, a topical preparation of Indomethacin, and Famotidin, an H<sub>2</sub> antagonist and Simvastatin a lipid lowering agent.

Phase II and II programmes were supervised for anti-depressants, bronchodilators, mast cell stabilisers and antiarrhythmics.

In addition, research programmes included those for cardiovascular drugs - Aldomet, Moduretic, Blocadren, Amiloride and Moducen, ophthalmic drugs, particularly Timoptol, anti-rheumatic drugs, such as Indomethacin, Indocid and Clinoril and Osmosin, anti-infectives.

I also developed with Merck Sharp & Dohme the concept of sponsorship for academic research which had a corporate interest. The most successful of these projects was the programme to investigate the relationship between a lowered serum potassium and the occurrence of arrhythmias. This work is often quoted and has played a major part in developing the hypothesis out- lined above. Staff - five physicians, seven CRAs and secretaries.

## PREVIOUS EMPLOYMENT:

1986 – 1995

### ***Chief Executive Officer, ROSTRUM Group Limited***

I was Chairman and founder of MCRC Group Limited, which changed its name to ROSTRUM in 1994, the international contract research organisation with offices in the UK, USA, France, Germany, Italy, South Africa and Australia.

I established MCRC as a leading European contract research and consultancy organisation and have established research units at many hospitals. The Company, under my direction, has successfully handled research, registration and statistical projects for most of the major American and European pharmaceutical companies. I have personally supervised clinical expert reports, which have led to the registration of many drugs in the areas of hypertension, heart failure, angina, arrhythmias, antibiotics, urology, oncology and respiratory medicine, as well as many others.

I also founded and developed ROSTRUM, an organisation which trains in research and regulatory skills, personal development programmes, and organises many international conferences.

I have lectured widely and taught for major innovative pharmaceutical companies on GCP and drug development throughout Europe as well as in the Near East, Far East and South American countries. I consistently presented original research at major international and national scientific meetings, as well as publishing articles on many subjects at the rate of twenty per year. I co-authored "*GCP for Investigators*" which has sold over 40,000 copies in English, Spanish, German, French, Italian and Russian.

1995 - 1998

***President and CEO, IBRD-ROSTRUM GLOBAL***, a multi-national clinical Research organisation serving the pharmaceutical industry. It employed 500 people, with major offices in California, Philadelphia, London and across Europe. The turnover was appropriate for a company of this size within the CRO sector. My direct reports were the Senior Vice President, Finance, the Senior Vice Presidents for Operations in the USA and Europe, and the Senior Vice Presidents for Sales and Medical Affairs.

I was responsible to the Board of Kuraya, a Japanese company, for the scientific performance of the global company. I continued with scientific input and consultancy activities. My most notable scientific achievement was completing the filing of a complete NDA for a Japanese client for an anti epileptic.

I have successfully completed Phase III programmes for anti-hypertensives and anti-infectives, Phase I programmes for insulin sensitisers and disease modifying drugs in rheumatoid arthritis, and Phase II programmes in heart failure and insulin sensitising drugs.

I was responsible for the registration of four medicines worldwide: an antiarrhythmics, an hypnotic, an anti-epileptic and an anti-biotic.

I registered 30 other medicines in the UK and Europe including an anaesthetic, an anti-cancer agent, an anti-emetic, ereutho proetin and urological products as well as many other cardio vascular and anti infective compounds.

Pharmacoepidemiological studies on non-steroidal anti inflammatory drugs and the gastro intestinal system, H2 antagonists and malignancy, cardiac safety of drugs for erectile dysfunction, asthma and many other classes of compounds.

## **OTHER INFORMATION**

Editor: St Bartholomew's Hospital Journal, 1970 – 1971

Managing Director: St Bartholomew's Hospital Journal, 1972 - 1974

Member: Organising Committee of Bartholomew Fair, the Festival celebrating St Bartholomew's Hospital 850<sup>th</sup> anniversary.

Chairman, the London Hospital Silver Jubilee Festival Committee, 1977

Senior Management Programme Ashridge Management College.

European School of Business Administration, Senior Managers MBA Programme INCEAD, Fontainebleau.

Author : Positive Under Pressure, Published by Thorsons.

Author: Good Clinical Practice for Investigators.

Author: Standard Operating Procedures for Investigators.

Editorial Board: Journal of Good Clinical Practice.

Editorial Board: Applied clinical Trials Journal.

Reviewer: British Journal of British Pharmacology.

Reviewer: Journal of Human Hypertension.

Editor-in-Chief: Dilemmas and Solutions in Global Drug Development, PJB Publications.

## KEY SKILLS

### *Clinical Investigator*

- Good knowledge of the clinical trial process and GCP.
- Friendly, reassuring attitude to patients to build good relationships and confidence.
- Ability to network with General Practitioners to reassure them of their patient's safety and to gain their cooperation in the clinical trial process.
- An in-depth knowledge of pharmaceutical medicine helps put safety concerns into a clinical perspective.
- Founded the London Hospital Hypertension Clinic in 1975 and performed many phase I, II and III studies on anti-hypertensive compounds.
- Honorary Physician, Department of Clinical Pharmacology at St Bartholomew's Hospital, 1980 – 1984. Performed Phase I, II and III Studies anti-hypertensive compounds.
- 1984 to 2003 responsible for clinical research within the Department of Cardiology at Oldchurch Hospital and have performed over 60 studies in all aspects of cardiovascular disease

### *Pharmaceutical Physician*

- Broad range of therapeutic knowledge and contact with opinion leaders
- Able to collect and critically analyse data and information from the company literature, searches and academics, to construct the best critical path for product development and registration
- Co-ordinating author of 30 clinical expert reports in cardiovascular, CNS, antibiotic and many other therapeutic areas.
- Leader of crisis management team in support of four products.
- Networking and influencing abilities enabling the distillation of divergent opinions from regulators and consultants across national boundaries to develop plans in line with the company's strategy which are endorsed by these critical groups
- Sound track record of developing practical clinical operation plans with critical go/no-go decision points, especially fast track 2A studies
- An ability to get research presented and published for key meetings and journals. I have over 75 peer-reviewed articles and a larger number of presentations, many in conjunction with leading experts in the fields of my interest.

### *Business*

Below, I list a few of the comments made about me by a Human Resource Director, of one of my major clients:

- 'Excellent communications skills'
- 'Strategic thinker – not entrenched in the now or the past'
- 'Proven commercial acumen and ability'
- 'Commercial experience in environments of rapid growth and change'
- 'Intellectual agility and stamina'
- 'Visionary – not necessarily detail conscious, but able to view the wider picture and associated issues'
- 'Technical knowledge'
- 'The ability to distil issues, quickly and concisely, resulting in identification of pertinent points and required action'
- 'Outcome focused'
- 'Influencing abilities'
- 'Networker'
- 'A contributor of ideas – an active participant in meetings'
- 'Willingness and ability to challenge the status quo, leading to positive outcome/solution'
- 'Persuasive'
- 'Financially aware/competent'

## **PUBLICATIONS:**

These are shown on the attached list and are grouped according to my areas of interest and available on request:

### **SECTIONS:**

Recent Publications:

1997 Editorial Articles

Antibiotics

Rheumatology

Effects of Hypertensive Drugs on Peripheral Vascular Physiology

Converting Enzyme Inhibition

Case Reports

General Medical Topics

Hypertension General

Effect of Potassium on Arrhythmias

Effect of Potassium on Hypertension

Clinical Studies on Moducen

Magnesium

Triple Therapy for Hypertension

Neuropeptides

Research Methodology

Good Clinical Practice

Isosorbide Mononitrate in Heart Failure

Quality of Life

BRL34915

Angina Studies

Pharmacokinetics

Press Releases

Pharmacoeconomics

Advisory Boards & Academic Reviews

Personal Development

Positive Under Pressure

## **POSITIVE UNDER PRESSURE™ PUBLICATIONS & SEMINARS**

### **INVITED TALKS:**

- The Sunday Times Personal Development Show June 1997
- The Sunday Times Personal Development Show June 1998
- The Royal Society of Medicine June 1998
- Institute of Personnel & Development Oct 1999
- Mind, Media & Medicine May 2000
- The Human Resources Forum May 2000

### **PROGRAMMES HAVE BEEN PERFORMED FOR:**

- The Royal Society of Medicine
- The Royal College of General Practitioners
- The Royal College of Psychiatrists
- Royal Defence Medical College
- The Royal Navy
- HM Treasury
- University of Wales
- Association of Accounting Technicians
- Pfizer
- Pharmacia
- International Business Communications
- 60 seminars have been performed for local GP Tutors as part of refresher courses, study days or weekly meetings
- 10 seminars have been performed for Human Resource Departments in the Healthcare sector
- 5 seminars have been performed for NHS Trusts
- University of Portsmouth

### **ARTICLES:**

- Personal Development Training  
*Pharmaceutical Times, September 1994, p26-27*
- Self Confidence for Success  
*Pharmaceutical Marketing, September 1994, p41-42*
- 5 Rs for Keeping Positive Under Pressure  
*Business Now, August 1997, issue 94*
- Positive Under Pressure  
*Training Officer, December 1998, Vol 34 No 10, p303-305*
- Grace Under Pressure  
*Sales Director, November 1998, p63*
- Is your job a health hazard?  
*Health & Fitness, May 2000, p51*
- Be Positive Under Pressure  
*Business Executive, Winter 2000, p6-8*
- The Stress-free Life Plan  
*Family Circle, November 2001, p58 – 60*

## CONTRIBUTIONS TO ARTICLES:

- Coping with Stress  
*BMA News, March 1999*
- I want to Dive into Life Now, Not Push it Away  
*Zest, May 1999*
- Tackle Stress Before it Tackles You  
*The Times, June 1999, p3*
- Overworked, Over Stressed, Over Here  
*The Independent on Sunday, August 1999, p9*
- Health Report – The Working Weak  
*The Observer Magazine, February 2000 p17*
- Expert Tips for Time Management  
*The Sunday Times, March 2000, p4*
- Positive under pressure  
*Sunday Express, June 2000*
- How your body reacts when you get dumped  
*The Mirror, July 2000*
- Off work again, eh?  
*Real Business, July/August 2000*
- From stress to serenity  
*Here's Health, July 2000, p44*
- How are you coping with pressure?  
*New Impact, August 2000, Issue 6 Vol 6*
- Health Report  
*Observer Magazine, September 2000*
- Take control of your health  
*Home & Life, October 2000*
- Ready to relax  
*Accounting Technician, October 2000*
- Are you hooked on being busy?  
*Woman's Weekly, November 2000, p22*
- How to pick up early signs of stress  
*The Observer, 12 November 2000*
- How to avoid suffering from stress  
*The Observer, 19 November 2000*
- How to deal with stressed-out colleagues  
*The Observer, 26 November 2000*
- Your Body  
*The Mirror, November 2000*
- Occupational Hazards  
*Shape, January/February 2001*
- Hurry Sickness  
*Daily Express, August 2001*
- The Break-up Body  
*Daily Mail, 17 September 2001, p42-43*
- What Type of Eater Are You  
*Daily Express (ExpressWoman), 20 August 2002, p32-33*
- I Juggle Too Much  
*Woman, 10 February 2003, p29*

## **PRESS:**

- Winning at the Career Game  
*Institute of Directors Central London Newsletter, Oct 1994*  
*Institute of Directors Central London Newsletter, Jan 1995*
- Positive Under Pressure Luncheon  
*Mossimann's newsletter, October 1995*
- Thriving on pressure  
*Training Update, July 1998*
- Manual Labour  
*Daily Express, May 2000*
- Book Review  
*People Management, June 2000*
- Preview, latest books, tapes & events  
*Health & Fitness, July 2000*
- Three of a kind... stressbusters and pressure points  
*Management Today, July 2000*
- Bookshelf - new books that might change your life  
*Zest, July 2000*
- Positive Under Pressure  
*Pharmaceutical Physician, September 2000, Vol 11 No 2*
- Family doctors 'taking on too much'  
*Stafford Express & Star, 30<sup>th</sup> April 2001*  
*Wolverhampton Express & Star, 30<sup>th</sup> April 2001*  
*Kidderminster Express & Star, 30<sup>th</sup> April 2001*  
*Dudley Express & Star, 30<sup>th</sup> April 2001*  
*Lichfield & Burntwood Express & Star, 30<sup>th</sup> April 2001*  
*Walsall Express & Star, 30<sup>th</sup> April 2001*  
*Cannock Express & Star, 30<sup>th</sup> April 2001*
- GPs 'taking on too much work'  
*Evening Telegraph & Post (Dundee), 30<sup>th</sup> April 2001*
- 'System relies on workaholics', says expert  
*The News (Portsmouth) 30<sup>th</sup> April 2001*
- Question mark over the effect of GPs' protest  
*Newcastle upon Tyne Journal, 30<sup>th</sup> April 2001*
- Workaholic GPs are a suitable case for stress treatment  
*Birmingham Post, 30<sup>th</sup> April 2001*
- Family doctors take on too much work, says expert  
*Western Mail (Cardiff), 30<sup>th</sup> April 2001*
- Over-stressed GPs 'taking on too much work'  
*PA News, 30<sup>th</sup> April 2001*
- Expert says GPs are now learning to deal with stress  
*General Practitioner, May 2001*
- Maximising your potential  
*Clinical Research Focus, Vol 6, No 3*
- El Estres Me Sienta Bien  
*Tercera, Chilean Newspaper 27 December 2002*

## CONTRIBUTIONS TO INTERNET SITES

- Friend or Foe? (Men's Health)  
*netdoctor.co.uk, January 2000*
- Christmas Advice  
*icommerce.ie, December 2000*
- Saying 'No' helps GPs' stress  
*doctorsworld.com, April 2001*
- GPs shut surgeries over workloads  
*ITN.co.uk/news, June 2001*
- Stressbusting's guide to what to read and listen to now  
*stressbusting.co.uk/help*
- Good times, bad times - stress in the good old days  
*Channel4.com*
- Work Pressure – Can you handle it?  
*topjobs.co.uk – instant expert article*

## PUB MED LISTED PEER REVIEWED ARTICLES

**1: Andrews D, Gouda MS, Higgins S, Johnson P, Williams A, Vandenburg M.**

A comparative study of a new wireless continuous cardiorespiratory monitor for the diagnosis and management of patients with congestive heart failure at home. J Telemed Telecare. 2002;8 Suppl 2:101-3. Erratum in: J Telemed Telecare. 2002;8(6):361..

PMID: 12217157 [PubMed - indexed for MEDLINE]

**2: Johnson P, Andrews DC, Wells S, de Lusignan S, Robinson J, Vandenburg M.**

The use of a new continuous wireless cardiorespiratory telemonitoring system by elderly patients at home.

J Telemed Telecare. 2001;7 Suppl 1:76-7.

PMID: 11576502 [PubMed - indexed for MEDLINE]

**3: Dews I, Vandenburg M.**

A 24-week dose-titration study of the angiotensin-converting enzyme inhibitor imidapril in the treatment of mild-to-moderate essential hypertension in the elderly.

J Int Med Res. 2001 Mar-Apr;29(2):100-7.

PMID: 11393342 [PubMed - indexed for MEDLINE]

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# Drug Development Programs Planned and Managed by Dr M J VandenBurg

## Phase IIa

### Go/No-go studies for:

A potassium channel activator	NSAID's
Calcium sensitiser	Oral inotropes for CHF
Insulin sensitiser	Anti nausea drugs
Anti-anginal	Drugs for pain
Anti-rheumatic disease modifier	Peripheral vascular disease
Obsessive compulsive disorder	Homeopathic for flu
Anti-depressant	Irritable Bowel Syndrome
Anti-asthmatic	Alcohol abuse
H2 antagonist	
Many anti infectives	
Drugs for hypertension	
Heart failure	
Angina and	
Arrhythmias	
Impotence	

### Phase III programs for:

Three converting enzyme inhibitors	Beta-blocker
H2 antagonist	Anti-cancer agents
Many anti-infectives	Aids therapy
Potassium channel activator	Alcohol Addiction
Non-steroidal anti-inflammatory drugs	Parkinson's therapy
Vaccines for Hepatitis B	Wound dressings
	Raised IOP

### Phase IV programs:

Anti hypertensives  
Antibiotics  
H2 antagonist  
Non-steroidal anti-inflammatory drugs  
Anti-anginal  
Anti-Bleeding Compounds.  
Diuretic

*Analysis, Study Reports, Safety and Efficacy Summaries, IND safety updates, NDA Filings and European Clinical Expert Report for:*

- Anti-arrhythmic
- Hypnotic
- Anti-epileptic
- Anti-Infective

*Complete European submissions for:*

- Anti-hypertensives
- Anaesthetics
- Drugs for heart failure,
- Angina
- Anti-cancer agents
- Anti-anaemic products
- Drugs for bladder outflow
- Anti-platelet agents
- Antihistamines

*Safety reports for many drugs relating to:*

Cardiac, Hepatic, Renal and Photo Toxic Safety Issues as well as safety in stomach and colon

Only the major programs have been listed, single studies and consultancy projects have been carried out in almost all therapeutic areas as well as some niche areas such as:

- Cachexia in Aids
- Gene Therapy
- Autologous Transplantation and transfusion
- Blood substitutes
- Wound Growth Modifiers
- Anti oxidant in cardio vascular disease
- Alzheimer's
- Hepatitis A and B
- Anti-fungal
- Sjrogens Syndrome
- Anti-thrombotics