



Tania Tyles Dempsey, MD, ABIHM
3010 Westchester Ave. Suite 404
Purchase, NY 10577
Phone: (914)-730-7390 Fax: (914)-730-7391
drdempsey@aimcenterpm.com
drtaniadempsey.com

Employment History

AIM Center for Personalized Medicine

Founder

Purchase, NY
October 2011-present

WESTMED Medical Group

Attending, Internal Medicine

Rye, NY
January 2009- August 2011

WESTMED Medical Group

Attending, Internal Medicine

White Plains, NY
December 2003- April 2007

**Mid-Westchester Medical Associates
NY**

Attending, Internal Medicine

White Plains,
August 1999- November 2001

Education

Cornell University

B.S in Biological Sciences

Honors: Cornell National Scholars (President, 1991-1992),
Quill and Dagger (Officer- Recruitment Chair),
Alpha Epsilon Delta Premedical Honor Society (Vice President)

Ithaca, NY
May 1992

The Johns Hopkins University School of Medicine

Doctor of Medicine

Baltimore, MD
May 19

Internship and Residency

New York University School of Medicine/ Bellevue Hospital
Internship, Internal Medicine

New York, NY
July 1996-June 1997

New York University School of Medicine/ Bellevue Hospital
NY
Residency, Primary Care/ Internal Medicine

New York,
July 1997-June 1999

Hospital Affiliation

Greenwich Hospital Community Physician
Greenwich, CT
Present

2007 -

Research

CIBA-GEIGY Pharmaceuticals
NY
Intern, Research and Development

Suffern,
Summers 1988-1992

Licensure

New York State 208499-1
Connecticut 43273

Certifications

Board Certified by the American Board of Internal Medicine August,1999-present

Vanguard Endocrinology Certification December 2011

Board Certified by the American Board of Integrative and Holistic Medicine March 2013

Ozone Certification by The American Academy of Ozonotherapy March 2020

Hyperbaric Ozone Certification- Institute for Complementary April 2021

& Alternative Medicine

Professional Organizations

Institute for Functional Medicine

Member

International Lyme and Associated Diseases Society (ILADS)

Board Member

International Lyme and Associated Diseases Society (ILADS), Education Committee

Board Member

International Lyme and Associated Diseases Society (ILADS), Program Committee

Board Member

International Association for IACFS/ME (Chronic Fatigue Syndrome / Myalgic Encephalomyelitis).

Member

The American Academy of Ozonotherapy

Member

International Society for the Study of Women's Sexual Health (ISSWSH)

Member

Awards

Westchester Magazine: Top Doctors: 2018, 2019, 2020, 2021, 2022, 2023

Castle Connolly Top Doctors New York Metro Area 2017, 2018, 2019, 2020, 2021, 2022

Exceptional Women in Medicine: 2020, 2021, 2022

New York Magazine: Top Doctors: 2021, 2022

Westchester Women in Business Award: 2021

Publications/Presentations

The Holistic Approach to Cancer Prevention

October 2010

Gilda's Club of Westchester

Westchester Women's Bar Association

January 2011

Our Bodies, Ourselves: Inside Focus on Critical Women's Health Issues of the Century

Panelist/Presenter

The Holistic Approach to Cancer Prevention for The Prostate Net

October 2011

At BODIES...The Exhibit

<i>The Whole Foods Kosher Kitchen</i> by Levana Kirschenbaum <i>Foreword</i>	June 2012
<i>Take Control of Your Heart Health</i> _ <i>Westchester Healthcare News</i>	February 2012
<i>Should You Take The New Weight Loss Pills?</i> <i>Interview for Shape.com</i>	Spring 2012
<i>The Obesity Connection- Gluten and Beyond</i> <i>Xymogen, New York City</i>	July 2012
<i>Chronic Disease and Obesity: The Role of Food Sensitivities</i> <i>Session of the Annual World Congress on the Anti-Aging Medicine & Regenerative Biomedical Technologies</i> <i>Ft. Lauderdale, FL</i>	April 2013
<i>A Single Bite: Living With and Healing From Gluten Related Disorders</i> <i>The Gut, Brain and Autoimmune Disorders Symposium</i> <i>Los Angeles, CA</i>	August 2013
<i>Vanguard Methyl-Genomics:</i> <i>Breakthroughs in Methylation and Detoxification</i> <i>Xymogen, Mohonk Mountain House, New Paltz, NY</i>	November 2013
<i>The Hidden Epidemics</i> <i>Methylation Disorders, Food Sensitivities and Histamine Intolerance</i> <i>Xymogen, Mohonk Mountain House New Paltz, NY</i>	May 2014
<i>Methyl-Genomics:</i> <i>From Methylation to Detoxification</i> <i>Xymogen, Greenwich, CT</i>	August 2014
<i>The Link Between Methylation and Histamines</i> <i>The Leaky Gut Epidemic</i> <i>White Plains, NY</i>	October 2014
<i>Vanguard Methyl-Genomics</i> <i>Advanced Strategies for Histamine and Methylation Disorders</i> <i>New Paltz, NY</i>	November 2014
<i>Anti-Aging Therapeutics Vol. XIV</i> <i>Chapter 9: Chronic Disease and Obesity: The Role of Food Sensitivities</i>	March 2015
<i>Lyme and Hormone Summit</i> <i>Lyme as a Major Methylation Disruptor: Using Methyl-Genomics Approach in the Treatment of Lyme Disease</i> <i>Lyme Summit, Times Square, NYC</i>	May 2, 2015

- Inflammation** October 2015
The Role of Specialized Pro-Resolving Mediators (SPMs)
 Metagenics, White Plains, NY
- It's Not Lyme....It's Bartonella** May 2016
The Integrative Medicine Summit
 Xymogen, Greenwich, CT
- The Other Face of Autoimmunity: Attack of the Mast Cells** March 2017
Autoimmune Summit
 Times Square, NYC
- It's Not Lyme....It's Bartonella** April 2017
Grand Rounds, The University of Bridgeport College of Naturopathic Medicine
 Bridgeport, CT
- It's Not Lyme....It's Bartonella** May 2017
Integrative Medicine Summit
 Times Square, NYC
- Are you Allergic to Yourself?** October 2017
The Interplay of Allergies, Histamine Toxicity, and Autoimmunity
Mastermind Lecture Series
 White Plains, NY
- 2018 International Congress on Natural Medicine** June 9-11, 2018
 Melbourne, Australia
 Keynote:
Functional Endocrinology: The Past, Present and Future
Mast Cell Activation Syndrome – The Interplay of Allergies, Histamine Toxicity, and Autoimmunity
Mast Cells and Hormones: The Intersection of MCAS and PCOS
- ILADS International Lyme and Associated Diseases Society** November 2018
 Chicago
19th Annual Scientific Conference
Reversing the Synergistic Effects of Bartonella and Mast Cell Activation Syndrome on the Development of Autoimmune Neuropsychiatric Disease
- Autoimmune and Lyme Summit** March 2019
 New York City
Understanding Pathogen-Induced Mast Cell Activation Syndrome
- MCAS Workshop** April 2019
 Boulder, Co
1. *Mast Cell Activation Syndrome and Neuropsychiatric Manifestations*
 2. *Mast Cells and Hormones: The Intersection of MCAS and PCOS Diagnosis*
 3. *Management of Food Intolerances in MCAS Patients*

***Symposium for Autoimmune Encephalopathy of Infectious Etiology:
Assessing the Current State of Knowledge, Clinical Treatments and
Research Directions*** June 2019

Georgetown University

*Mast Cell Activation Syndrome as an Initiator of Autoimmunity
Biomarkers in Mast Cell Activation Syndrome and Treatment Options*

ILADS Annual Conference in Boston: November 2019

International Lyme and Associated Diseases Society

1. *Mast Cell Activation Syndrome: A New Paradigm for Understanding Autoimmune Encephalopathy and Polyneuropathy”*
2. *Bartonellosis and the Trifecta: MCAS, EDS, and Dysautonomia*

ILADS Annual Conference in Boston: November 2019

International Lyme and Associated Diseases Society

ILADS Annual Conference in Boston: September 2020

*Mast Cell Targeted Treatment in Patients with Tick-Borne infections,
MCAS and COVID-19*

Disjointed Navigating the Diagnosis and Management of Hypermobile May 2020

Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders

Co-author of the book chapter “Urogynecology and Hypermobility”

Breast Implant Health Summit 2020 October 2020

*Understanding Breast Implant Illness from the Perspective of
Mast Cell Activation Syndrome*

5TH Annual LYMEMIND Conference November 2020

Novel Treatments: Making Sense of Treatment Options

Integrative Healthcare Symposium (IHS), New York February
2022

*Mast Cell Activation Syndrome: The Interplay Between
Immunity and Neuroinflammation*

The Forum for Integrative Medicine (TFIM) March
2022

*MCAS, Endocrine Disruption and the Epidemic of Metabolic Syndrome
and Other Hormonal Disorders*

Third Annual Workshop on Mast Cell Activation Disease

June 2022

Briarcliff Manor, NY

Organizer and Presenter

1. *Mast Cell Activation Syndrome: Neuroinflammation and Cognitive Dysfunction*
2. *Diagnosis & Management of Vector-Borne Infectious Diseases*

in Mast Cell Activation and Related Disorders

3. Case Report: Immunologic Issues in Mast Cell Activation & Related Disorders

ILADS Annual Conference in Orlando

September 2022

International Lyme and Associated Diseases Society

1. MCAS and Vector-Borne Infections:

Root cause vs. Driver of the Pentad of Chronic Illness

2. Vector-borne Illness fundamentals: Bartonella

Breast Implant Health Summit 2022

October

2022

Mast Cell Activation Syndrome and Chemical Intolerance:

Root Causes or Drivers of Breast Implant Illness

Touro University CME Program: Conversations on MCAD

December 2022

Vector-Borne Infections in MCAS

Root cause vs. Driver of the Pentad/Septad of Chronic Illness

New Frontier Series: The Infectious Disease and Autoimmunity Summit

December 2022

Mast Cell Activation Syndrome (MCAS):

*The Interplay Between the Immune System, Autoimmunity,
and Neuroinflammation*

Integrative Healthcare Symposium (IHS), New York

February 2023

The Mast Cell-Microbiome Connection and the Development of Autoimmunity

Long COVID and Fatiguing Illness Recovery Program

May 2023

Mast Cell Activation Syndrome in PCC and ME/CFS

The Insititute for Functional Medicine

Cell Activation Syndrome: Past, Present & Future

June 2023

Runga Micro Conference, Austin

September 2023

Gut Health & Immune Regulation

ILADS Scientific Annual Coference, Boston

October 2023

*The Vector-Borne Infection- Mast Cell- Microbiome Connection
and the Development of Autoimmunity*

Trade Publications

Lawrence B. Afrin, Tania T. Dempsey, Lila S. Rosenthal & Shanda R. Dorff
Successful mast-cell-targeted treatment of chronic dyspareunia, vaginitis, and dysfunctional uterine bleeding, Journal of Obstetrics and Gynaecology, 39:5, 664-669, DOI: [10.1080/01443615.2018.1550475](https://doi.org/10.1080/01443615.2018.1550475)

Afrin, Lawrence & Ackerley, Mary & Bluestein, Linda & Brewer, Joseph & Blettner, Jill & Buchanan, Ariana & Cuni, Jill & Davey, William & Dempsey, Tania & Dorff, Shanda & Dubravec, Martin & Guggenheim, Alena & Hindman, Kimberly & Hoffman, Bruce & Kaufman, David & Kratzer, Stephanie & Lee, Theodore & Marantz, Mindy & Maxwell, Andrew & Molderings, Gerhard. (2020). *Diagnosis of mast cell activation syndrome: A global "consensus-2."* *Diagnosis (Berlin, Germany)*. [10.1515/dx-2020-0005](https://doi.org/10.1515/dx-2020-0005)

Shimasaki C, Frye RE, Trifiletti R, Cooperstock M, Kaplan G, Melamed I, Greenberg R, Katz A, Fier E, Kem D, Traver D, Dempsey T, Latimer ME, Cross A, Dunn JP, Bentley R, Alvarez K, Reim S, Appleman J. *Evaluation of the Cunningham Panel™ in pediatric autoimmune neuropsychiatric disorder associated with streptococcal infection (PANDAS) and pediatric acute-onset neuropsychiatric syndrome (PANS): Changes in antineuronal antibody titers parallel changes in patient symptoms. J Neuroimmunol. 2020 Feb 15;339:577138. doi: 10.1016/j.jneuroim.2019.577138. Epub 2019 Dec 15.*

Miller, C.S., Palmer, R.F., Dempsey, T.T. et al. *Mast cell activation may explain many cases of chemical intolerance. Environ Sci Eur 33, 129 (2021). <https://doi.org/10.1186/s12302-021-00570-3>*

Afrin, L. B., Dempsey, T. T., & Weinstock, L. B. (2022). *Post-HPV-Vaccination Mast Cell Activation Syndrome: Possible Vaccine-Triggered Escalation of Undiagnosed Pre-Existing Mast Cell Disease? Vaccines, 10(1), 127. <https://doi.org/10.3390/vaccines100101>*

Press

Television

Fox 5 NY Ernie Anastos Are You Allergic To Yourself? MCAS Segment
PCTV Health IQ Thyroid Disease
Fox & Friends
News 12 Westchester Lyme Disease Special News 12
Westchester Coronavirus Special Series
News 12 Westchester Coronavirus answer Q & A LIVE Fox
61: Why Bartonella is the new Lyme
Fox 61: Top 5 Lyme Disease Myths
Indus News: Dangers of Processed Foods Special
People TV: Meet The Teenage Girl Allergic to Everything C
Suite TV Covid Long Haulers
CTV News: CTV Morning Live: MCAS is a complex multi-system inflammatory condition. RT
News: Covid and Kids Safety
RT America: Covid Long Haulers

Radio & Podcasts

Dr. Ronald Hoffman Intelligence Medicine: Histamine Intolerance Special with Dr. Dempsey
Dr. Michael Ruscio: Could MCAS Be The Cause Of Your Symptoms?
Dr. Michael Ruscio: MCAS & Tick-Borne Illness
The Rob Taub Show AM970: Why Bartonella is the New Lyme
The Dr. Pat Show/ Lyme Talk Radio: Why Bartonella is the New Lyme
Late Night Health Radio: Why Bartonella is the New Lyme
Natural Health 365: Why Bartonella is the New Lyme
Metagenics: The Role of Mast Cells in Female Hormonal Disorders
Fabulous, Fearless You: Why Bartonella is the new Lyme
Lyme Ninja Radio: MCAS & Lyme Better
Health Guy Podcast: Bartonella & MCAS
Small Steps to Cleaner Living with Dr. Tania Dempsey Living with Lyme: Mast Cell Activation Syndrome (MCAS)
Love & Guts: The Link Between COVID-19 and MCAS
Better Health Guy Podcast: Episode #152 MCAS and Implants
Dr. Ronald Hoffman Intelligence Medicine: A New Way of Understanding Patients with a Wide Array of Elusive Symptoms, Part 1 and 2
The Smartest Doctor in the Room Podcast: Mast Cell Activation Syndrome- Making the Difficult Diagnosis with Dr. Tania Dempsey
RUN-DMC / Gez Medinger (Youtube.com) Why Women Get Long Covid Worse (or at the very least, different)
Dr. Jill: MCAS PotPourri
Dr. Lotte Science with Soul: MCAS, Lyme & Dysautonomia
Reversing Mast Cell Activation And Histamine Intolerance Summit: Chemical Sensitivities in MCAS
Project Lyme Webinar w/ Dr. Neil Nathan- Complex Chronic Illness Lyme Disease & Mold Toxicity
Overcoming Long Haul & Chronic Fatigue Syndrome Summit (February 2023)
Mast Cell Matters: Triad Documentary (January 2024)

Editorial Feature Profiles

WAG Magazine: Paging Dr. Dempsey

Westchester Magazine: 2021 Women in Business Award

Consumer Health

InStyle Magazine: What is clean beauty?

New York Post Eating Protein isn't the only healthy habit that can kill you

Harpers Bazaar Do You Need a Weekly Vitamin Shot?

FoxNews Can Crossfit really cause kidney damage? *Fox*

News These Healthy Habits Might Actually Kill You

Huffington Post How to Avoid Burnout

PopSugar Why You Always Get Sick When You Travel

Prevention 3 Science Backed Reasons Not To Take a Multivitamin

Women's Health Why I got tested for Alzheimer's

Martha Stewart Weddings 5 Ways to Keep The Flu From Ruining Your Wedding

Readers Digest Dangerous Signs You're Overheating

Vitals How Stress Impacts Migraines

SHAPE Should You Take the New Weight Loss Pills?

Newsweek 22-Year Old Gymnast With Bizarre Disorder Could Be Killed By Own Tears

Insider 6 Horrifying Things That Can Happen to your body when you eat sushi *Women's*

Health My Upset Stomach Turned Out To Be A Coffee Intolerance

Well & Good Are Your Cold Hands & Feet Signs of a more serious condition?

Family Circle Magazine 8 Headache Cures

Bustle What is Cold Intolerance?

Well and Good Beat Summer Heat by Snacking On These Ayurvedic Cooling Foods

Eat This Not That FODMAP Food List

Serendipity Magazine: A blood test you need to get *ASweatLife*:

Everything you need to know about e-cigarettes *Fox Business*:

Women's workplace attire ditches pantsuit

Fox Business: Is the coronavirus antibody test key to reopening the economy?

US News and World Report: What to do if you get stung by a bee

WSJ As Child Covid Cases Rise, Doctors Watch for Potential Long-Term Effects *Parade*

Magazine: Is there a connection between histamine intolerance and diet? Hello Giggles:

Doctors explain how to safely create a pandemic pod this winter

Celebrity Health/ Lyme Disease

Hollywood Life: Why Justin Bieber is smart to quarantine after battling chronic lyme disease, doctor explains: exclusive interview

People Magazine: Meet The Teenage Girl Who is Allergic To Almost Everything

Healthline: Shania Twain's Vocal Cord Damage One Example of Lyme Disease Effects

Medical Outlets

Pro Health: Is it safe to donate blood if you've been diagnosed with lyme disease?

Medscape: Immunoassay May Help Identify Pediatric Lyme Arthritis

RawlsMD: The Lyme & POTS Connection

Lyme Basics: Chronic infections & MCAS *Charleston*

Physicians: Lyme Disease Symptoms

Published Media Articles

Observer Why You Need to Ignore the Latest Flawed Study Demonizing Coconut Oil

Observer Are Pink Pineapples Safe to Eat?

Observer WSJ Says Saunas Don't Help You Detox. Studies Disagree

LoHud Westchester doctor on school: Don't make our children future 'long-haulers' | Opinion

