

EDUCATION & TRAINING

University of California, Los Angeles David Geffen School of Medicine (UCLA DGSOM) Los Angeles, CA
Department of Obstetrics & Gynecology Residency Program. Expected Graduation: June 2024

University of California, Irvine School of Medicine (UCISOM) Irvine, CA
Doctorate of Medicine Graduated: May 2020

Brown University Providence, RI
Bachelor of Science in Neuroscience, with Honors, Magna Cum Laude Graduated: May 2015
Cumulative GPA: 3.97

PEER-REVIEWED PUBLICATIONS

Hari AY, Bernstein, M, **Temko J**, Brabender D, Shen, A, Tewari KS. Risk factors for cervical cancer among distinct populations in low-resource countries: feasibility of cervical cancer screen-and-treat program on Ukerewe Island of Lake Victoria, Tanzania. *Current Opinion in Obstetrics and Gynecology*. 2022 Feb 1; 34(1): 20-27. PMID: 34967811.

Temko JE, Grigorian A, Barrios C, Lekawa M, Nahmias L, Kuza CM, Nahmias J. Race, Age, and Lack of Insurance Increase Risk of Suicide Attempt in Trauma Patients. *Archives of Suicide Research*. 2020 Nov 13; 1-15. PMID 33186511.

Aggarwal S, Ju D, Allen AA, Rose LA, Gill KP, Shen SA, **Temko JE**, Chang I, Faraj J, Brabender DE, Herbst de Cortina S, Marik-Reis O, Mehta MC. Regional differences in vision health: findings from Mwanza, Tanzania. *International Health*. Nov 2018; 10(6): 457-465. PMID: 30016443.

Temko JE, Bouhlal S, Farokhnia M, Lee MR, Cryan JF, Leggio L. The microbiota, the gut and the brain in eating and alcohol use disorders: a ‘ménage à trois’? *Alcohol and Alcoholism*. Jul 2017; 52(4): 403-413. PMID: 28482009.

Reid RC, **Temko J**, Moghaddam JF, Fong TW. Shame, rumination, and self-compassion in men assessed for hypersexual disorder. *Journal of Psychiatric Practice*. Jul 2014; 20(4): 260-268. PMID: 25036581.

PUBLICATIONS AND ABSTRACTS IN PROCESS

Reiser HC, **Temko J**, Hansman E, Chen A, Zakhour M, Han CS. Advanced tubo-cornual pregnancy: imaging, surgical, and legal considerations (manuscript submitted).

ORAL PRESENTATIONS

Hari A, Brabender DE, **Temko JE**, & Shen SA (April 2018). Expanding the Cervical Cancer Screening Guidelines in Resource Limited Settings. Oral presentation presented at: The American College of Obstetricians and Gynecologists, Austin, TX.

Hari A, Brabender DE, **Temko JE**, & Shen SA. (March 2018). Expanding the Cervical Cancer Screening Guidelines in Resource Limited Settings. Oral presentation presented at: Society of Gynecologic Oncology Annual Meeting, New Orleans, LA.

POSTER PRESENTATIONS

Temko JE, Grigorian A, Barrios C, Lekawa M, Nahmias L, Kuza CM, Nahmias J. Race, Age, and Lack of Insurance Increase Risk of Suicide Attempt in Trauma Patients. (abstract submitted to the American College of Surgeons (ACS) Annual Scientific Meeting, Santa Barbara, CA, January 2020 – canceled due to COVID-19)

Temko JE, Brabender DE, & Hari AY. (November 2018). Expanding the Cervical Cancer Screening Guidelines in Resource Limited Settings. Poster presented at: American Medical Association Research Symposium; National Harbor, MD.

Temko JE & Truong L. (October 2018). Gout versus Septic Joint: The Importance of Clinical Reasoning in the Work-Up and Treatment of Monoarticular Pain. Poster presented at: American College of Physicians (ACP) Conference; Huntington Beach, CA.

Allen A, Faraj J, Ju D, Herbst de Cortina S, Chang I, Marik-Reis O, Gill P, Rose L, Brabender DE, **Temko JE**, Shen SA, & Fox J. (October 2017). Efficacy Assessment of an Ultrasound Curriculum for Healthcare Students in Tanzania. Poster presented at: World Congress Ultrasound in Medical Education (WCUME); Montreal, Canada.

Ju D, Herbst de Cortina S, Chang I, Allen A, **Temko JE**, Faraj J, Marik-Reis O, Gill P, Rose L, Brabender D, Shen SA, Aggarwal S, & Mehta M. (October 2017). Vision Impairment in Mwanza, Tanzania: Assessing Quality of Life and Access to Care. Poster presented at: UC Irvine School of Medicine Wellness Retreat; Lake Arrowhead, CA.

Temko JE, Bouhlal S, Farokhnia M, Lee MR, & Leggio L. (May 2016). The brain, the gut and the microbiota: a ‘ménagement à trois?’ Poster presented at: National Institute on Drug Abuse 5th Annual Poster Day; Rockville, MD.

Temko JE, Bouhlal S, Farokhnia M, Lee MR, & Leggio L. (April 2016). The brain, the gut and the microbiota: a ‘ménagement à trois?’ Poster presented at: NIH Postbaccalaureate Poster Day; Bethesda, MD.

Temko JE & Monti PM. (April 2015). Age-Related Sexual Risk-Taking: An Investigation of Two Competing Hypotheses in Men Who Have Sex With Men. Poster presented at: Brown University Neuroscience Concentration Poster Day; Providence, RI.

OBSTETRICS & GYNECOLOGY RESEARCH

UCLA Department of Obstetrics and Gynecology

Los Angeles, CA • March 2021-March 2022

Lead Investigator

- Retrospective chart review examining Clinic Based Medical Abortions (CBMA) and No-Test Telemedicine Abortions (NTTA) performed at UCLA-affiliated sites over several years.
- Extensive data collection of nearly 1,000 charts.
- Project focused on differences in utilization of healthcare resources, barriers to access, and follow up care for NTTA vs. CBMA.
- Principal Investigator: Dr. Rajita Patil.

UCLA Department of Obstetrics and Gynecology

Los Angeles, CA • March 2021-March 2022

Team Member

- Retrospective chart review examining myomectomy and hysterectomy surgeries performed at UCLA-affiliated sites over several years.
- Extensive data collection performed to help create a fibroid dataset for use in future research studies.

Cervical Cancer Screen and Treat Campaign

Ukerewe, Tanzania • June-July 2017

Co-Lead Investigator and Team Leader

- Conducted a sustainable Cervical Cancer Screen and Treat campaign on the island of Ukerewe in conjunction with *CureCervicalCancer* (CCC), a Los Angeles-based non-profit.
- Successfully screened, treated, or referred over 350 women in 4 days.
- Facilitated acquisition of necessary supplies, organized trainings in the methods of Visual Inspection with Acetic Acid (VIA) and cryotherapy, coordinated with CCC and providers at Ukerewe District Hospital.
- Organized the training of local providers, supervised daily clinic work, managed clinic flow, arranged advertising campaigns, and performed registration data collection, validation, and analysis.
- Co-authored a manuscript examining the application of the World Health Organization's Cervical Cancer screening guidelines in resource-limited settings (cited above).
- The campaign served as the topic of poster presentations, oral presentations, and abstracts (cited above).
- A group of UCI students has returned to Tanzania annually from 2016-2019 to establish new clinics.

RESIDENCY LEADERSHIP AND ACTIVITIES

Administrative Chief

March 2023 – June 2024

- Selected to serve as one of two Administrative Chief Residents for the UCLA Department of Obstetrics and Gynecology Residency.
- Created the complete Resident Schedule for the PGY1-4 class years, create the Call Schedule for the PGY-1 and PGY-4 Class years, and manage scheduling conflicts and coverage issues on a day-to-day basis.
- Serve as liaison between Residents and the Administration, advocate for Residents, and serve as a resource for trainees for issues ranging from interpersonal to professional.
- Coordinate and facilitate designated PGY-3 Representatives, including Education, Recruitment, Wellness, and Equity, Diversity, and Inclusion Representatives.
- Attended the **ACOG CREOG Resident Workshop** in Washington, D.C. (April 2023): workshop focused on providing lectures and training to optimize leadership skills and teaching tools for OB/GYN Residents entering leadership roles, particularly oriented for upcoming Administrative Chiefs.

Resident Recruitment Representative

June 2022

- Selected to serve as a Co-Chair of the UCLA Department of Obstetrics and Gynecology residency application review from 2022-2023.
- Organized Social Events, promoted the Department for ACOG Residency Week, coordinated resident interviewers, fielded applicant questions, and extensively reviewed applications.
- Facilitated the Resident Review of applicants to formulate a Resident Rank List and served as liaison for matched students in anticipation of the initiation of clinical duties.

Residency Education Committee Member

June 2022

- Selected to serve as a member of the UCLA Department of Obstetrics and Gynecology Education Committee.
- Contributed to multi-site meetings discussing optimization of medical student didactics, along with clinical teaching in the OR and on the wards.
- Awarded the Excellence in Teaching with Humanism Residents and Fellows Award (September 2022).

MedLand Uganda 2023

March 2023

- Selected to travel to Mbarara, Uganda for an annual Fistula Camp
- Helped coordinate collection and organization of supplies, contributed to patient intakes and post-operative management, and performed and witnessed Urogynecologic surgeries in a low-resource setting
- Performed Cesarean Sections and taught Ugandan junior residents in the operating room

Panelist Opportunities

- UC Irvine Trauma Informed Care Workshop (2020-2023): serve as a panelist and group facilitator for the annual workshop (a component of the UCI School of Medicine's core clinical curriculum).
- UCLA LCME Site Visit Participant (February 2021): Selected to serve as a representative of the UCLA Department of Obstetrics and Gynecology for UCLA's LCME 2021 site visit focusing specifically on medical student education and treatment.
- UCLA Extension Pre-Medical & Pre-Dental Panel (March 2021): Invited to participate in an annual panel for pre-medical and pre-dental health students through UCLA extension.
- How to Shine on a Sub-I (February 2023): invited to participate in a panel for UCLA DGSOM students interested in surgical subspecialties.

MEDICAL SCHOOL HONORS & PROFESSIONAL EXAMS

MS4 Clerkship Honors (2019-2020): Gynecologic Oncology Sub-Internship, Antepartum/High Risk Obstetrics Sub-Internship, Obstetric Ultrasound Elective, General Surgery Sub-Internship, UCLA Gynecologic Oncology Away Rotation, and Neuroradiology Elective

MS3 Clerkship Honors (2018-2019): Obstetrics and Gynecology, Surgery, Pediatrics, Psychiatry, Family Medicine

MS2 Academic Honors (2017-2018): Immunology, Behavioral Science/Medical Ethics II, Clinical Foundations II

MS1 Letter of Commendation (2016-2017): Medical Genetics

USMLE Step 1: 239

USMLE Step 2 CK: 248

Gold Humanism Honor Society Member (2019)

CERTIFICATIONS

- Basic Life Support (BLS) certified
- Certified in the delivery of Naloxone in the setting of an opioid overdose (2019)
- Certified in Screening, Behavioral Intervention, and Referral to Treatment (SBIRT) (2017)

AWARDS & HONORS

UCLA Department of Obstetrics and Gynecology Outstanding Medical Student Educator Award	June 2023
Excellence in Teaching with Humanism Residents and Fellows Award.	September 2022
Ryan Program Award for Excellence in Family Planning	June 2022
Gold Humanism Honor Society	April 2019
NIH Post-baccalaureate Intramural Research Training Award	2015-2016
Phi Beta Kappa Honor Society	May 2015
Latin Honors: Magna Cum Laude	May 2015
Departmental Honors in Neuroscience	May 2015
Sigma Xi Honor Society	May 2015

PROFESSIONAL MEMBERSHIPS

- AAGL (Resident Member)
- American College of Obstetrics & Gynecology (Resident Member)

PERSONAL INTERESTS

- Snowboarding, road trips, wake surfing, mountain biking, split-boarding, hiking, camping, traveling, baking, knitting, reading, crafting, volleyball.
- Summited Mount Kilimanjaro in Tanzania (May 2017).