

CURRICULUM VITAE

Steve A. Watts, M.D.
Brandon, MS 39047
(601) 842-9757

Education

1973. Idalou High School, Idalou, Texas
National Honor Society, President
Class President and Student Body Vice-president
Captain/MVP/All-District Basketball
1st Chair, All Region Trumpet
1975. Oral Roberts University
Pre-med Honor Society
- 1975-1978 University of Houston, Houston Texas,
Alpha Delta Epsilon Honor Society
Bachelor of Science - Biology/Chemistry - Cum laude
Texas Secondary Teacher's Certification – Biology and Chemistry
- 1979-1983 University of Texas Medical School, Houston, Texas

Postgraduate Training

- 1983-1986 University of Texas Southwestern Medical School
Family Practice Residency Program
John Peter Smith Hospital - Fort Worth, Texas
Resident Teaching Award - 1986
2007. Leadership Development Program
University of Mississippi Medical Center

Academic Appointments

- Associate Professor of University of Mississippi Medical School, Department of Orthopedic Surgery and Rehabilitation, 2005 to 2012 (tenured)
- Associate Professor of University of Mississippi Medical School, Department of Family Medicine, 2005 to 2012. (tenured)
- Assistant Professor, Department of Family Medicine, University of Mississippi Medical Center, 2000-2005.
- Assistant Professor, Department of Orthopedic Surgery and Rehabilitation, University of Mississippi Medical Center, 2000-2005.
- Clinical Assistant Professor, Department of Family Practice and Community Medicine, University of Texas Southwestern Medical School, 1998-2000.
This clinical appointment was offered after I had served as a preceptor for medical students at University of Texas Southwestern Medical School over a ten year period.

Honorary Academic Appointments

Visiting Professor in the Division of Surgical & Interventional Science,
Sports Medicine Section, University College London, 1 Feb 2011 to 31 August
2011.

Honorary Visiting Professor, Institute of Sports, Exercise, and Health, University
College London, August 2011 to August 2012.

Professional Positions

- University Sports Medicine, Staff Physician, 2000-2012
- Team Physician – Mississippi Braves Professional Baseball
- Team Physician - Belhaven University Blazers, Jackson, MS
- Team Physician – Provine High School Rams, Jackson, MS
- Team Physician – Lanier High School Bulldogs, Jackson, MS
- Team Physician – Canton High School Tigers, Canton, MS
- Dixie National Rodeo Sports Medicine Staff

Board Certification

- American Board of Family Practice- Diplomat, July 1986
Recertification – 1992, 1999, 2006.
- Fellow of the American Academy of Family Physicians - October 1993
- Certification of Additional Qualification in Sports Medicine - July 2004

Licensure

- State of Mississippi
- State of Texas

Board of Directorships

Texas Academy of Family Physicians, 1989-1994

Texas Academy of Family Physicians Foundation, 1994-2000

Texas Healthcare Network, 1996-2000

John Peter Smith Hospital Residency Alumni Foundation, 1994-2000

Mississippi Academy of Family Physicians Foundation, 2003-2007

Mississippi Academy of Family Physicians, 2008-2011

Mississippi High School Sports Medicine Advisory Committee, 2004-present

Professional Memberships

American Medical Association

Mississippi State Medical Association

American Academy of Family Physicians – Fellow, 1993

Texas Academy of Family Physicians

Actively involved in the development of the CME programs both on the
local and statewide level.

Program director of CME for the Tarrant County Chapter.

President Tarrant County Chapter, 1994.

Golden Circle Educational Grant Program for the TAFP providing CME programs for the 5,000+ family doctors in Texas.

Executive committee of the TAFP, board of directors

Parliamentarian of the TAFP.

Member of the education committee, the legislative affairs committee, and the finance committee.

Mississippi Academy of Family Physicians

Educational lectures in sports medicine to the MAFP Spring, Fall, and Annual conferences.

Sports Medicine and Orthopedic Conferences jointly with the University of Mississippi, University Sports Medicine division in 2004 and 2006 in Oxford, Mississippi and in 2005 in Jackson, Mississippi.

Mississippi Academy of Family Physicians *Beat the Heat in Mississippi* program to eliminate heat illness in athletes, 2008.

Society of Teachers of Family Medicine

Faculty Development Grant recipient, 2002

Sports Medicine Committee, 2002 - 2010

American Medical Society for Sports Medicine

Education Committee, 2004 - 2008

American College of Sports Medicine

USA Amateur Boxing Association

Ringside physician for the Boys Club in Arlington from 1994-1998.

American Orthopedic Society for Sports Medicine

Affiliate membership - 2010

Publications

Watts SA, Loo TL. Five-day Continuous Infusion of Vinblastine for Advanced Stage Breast Cancer. Abstract Presentation, University of Texas Medical Branch Oncology Symposium, Galveston, Texas, July 1978.

Watts SA. Dehydration Prevention and Rehydration of Athletes. *The American Journal of Medicine and Sports*. September/October 2001; Vol.3, No. 5: pp 286-293.

Watts SA. Bullard T. Hydration Protocols in College Athletics. Research presentation, American Medical Society for Sports Medicine Annual Conference, April 2001, Orlando, FL.

Watts SA. Exertional Syncope in a College Female Athlete. Case study poster presentation, American Medical Society for Sports Medicine Annual Conference, April 2002, Orlando, FL.

Watts SA. A Brief Report of Hydration Protocol Implementation at the University of Mississippi. *The American Journal of Medicine and Sports*. May/June 2002, pp.201-211.

Watts SA, Noble SL, Smith PO, Disco M. First-line Pharmacotherapy for Tobacco Use and Dependence. *The Journal of the American Board of Family Practice*. Vol.15 (6) Dec-Nov 2002:

pp.489-497.

Watts SA, Replogle WH, Noble SL, Beebe DK. Drug Sample Availability and Prescribing Behavior. *The Journal of the American Board of Family Practice*. Vol.15 (6) Dec-Nov 2002: p.509.

Watts SA, Bullard T, Donahoe K. Bilateral Exertional Compartment Syndrome in 18 Year Old Football Player. Case Study Poster Presentation, American Medical Society for Sports Medicine, April 2003, San Diego, CA.

Watts S. Integrated Sports Medicine Curriculum for Primary Care. Abstract Presentation of Faculty Development Grant, STFM Annual Conference. September 2003, Atlanta.

Watts S, Holmes FC. Acute Mental Status Change in a Football Player. Case Study Presentation. American Medical Society for Sports Medicine, April 2004, Vancouver.

Watts S, Cisse S, Pittman S. Sports Medicine and Health Careers Educational Workshops for Underserved High Schools. Scholastic Poster Presentation. Society of Teachers of Family Medicine Spring Conference, May 2005, New Orleans, La.

Watts S. Methacillin-resistant Staph Aureus (MRSA) – The Bug to Watch! Mississippi High School Activities Association News Letter. Fall 2005.

Torrey S, Watts S. *Clinical Problem-Solving: Dried up or Washed out?* J Mississippi State Med Assoc. 2005 June;46(6)169-72.

Rhonda Odom-Funches, M.D., William H. Replogle, PhD., Steve A. Watts, M.D., Gene R. Barrett, M.D. *Ethnic Differences on Post-operative Knee Function Following ACL Reconstruction*, Poster Presentation, American College of Sports Medicine Annual Session, New Orleans – April 2007.

Carrie R. Nash, D.O., Barrett Jones, M.D., William H. Replogle, PhD., Steve A. Watts, M.D., Gene R. Barrett, M.D. *Smoking Effects on Post-operative Outcomes After Anterior Cruciate Ligament Reconstruction*, Poster Presentation, American College of Sports Medicine Annual Session, New Orleans – April 2007.

Watts SA. *Prevention of Heat illness in Adolescent Athletes through the Beat the Heat Program of the MAFP*. J Mississippi State Med Assoc. 2008 May; 49(5) 131-137.

Watts SA. *Heat Illness Prevention in High School Athletes*, Mississippi High School Activities Association Web Site, posted February, 2009.

Watts SA. *MRSA – Infection Control through Prevention in Sports*, Mississippi High School Activities Association Web Site, posted February, 2009.

Watts SA *Improving Musculoskeletal Competency through PGY1 Sports Medicine in Family Medicine Residency*. Peer-in-Progress Presentation, Society of Teachers of Family Medicine, Denver, May 1, 2009.

Watts SA, Zhen Qin. *Family Medicine/Sport Medicine Curriculum Evaluation*. University of Mississippi Medical Center Research Day, poster presentation. April 23, 2010.

MPB News – Mississippi Public Broadcasting
Detecting Unseen Head Injuries on the Sidelines, 29 Nov 2010

Watts SA, *Sports-Related Concussion*, Journal MSMA, 2011 April;52(4),106-109.

Watts SA, Zhen Zhang. Competency in Musculoskeletal and Sports Medicine: Evaluating a PGY-1 Curriculum. *Family Medicine*, October 2011;43(9),643-647.

Book Chapters

Watts S, Noble S. Hypertension and Use of NSAIDS, In *HYPERTENSION PEARLS* by Daniel W. Jones, Marion R. Wofford, and Deborah S. King. March 2004.

Grants

Society of Teachers of Family Medicine - Faculty Enhancement Grant
UCLA Sports Medicine Fellowship Program - \$2,000, February 2002

Mississippi Academy of Family Physicians Foundation - Inner City High School Sports Medicine, Lanier and Provine High Schools, Jackson, MS - \$1,800, July 2004.

American Academy of Family Physicians Foundation - Family Medicine Research Stimulation Grant for Family Physician Education in Inner City High Schools - \$5,000, April 2005.

Mississippi Institute for Improvement in Geographic Minority Health
Health Care Disparities, Inner City and Rural High Schools and Sports Medicine
September 1, 2006 to August 30, 2007 - \$35,000

Mississippi Institute for Improvement in Geographic Minority Health
Health Care Disparities, Inner City and Rural High Schools and Sports Medicine
September 1, 2007 to August 30, 2008 - \$35,000

Mississippi Institute for Improvement in Geographic Minority Health
Health Care Disparities, Inner City and Rural High Schools and Sports Medicine
September 1, 2008 to August 30, 2009 - \$35,000

Professional Presentations

Regional and National

Southwest Athletic Trainers Association Annual Symposium – April 1998 and 1999
Asthma and Exercise-Induced Bronchospasm in Athletes

Texas Association of Nurse Practitioners Annual Assembly – November 1998
Common Orthopedic Injuries in Athletes

Texas Association of Pharmacists – Tarrant County Chapter Meeting – May 1999
Primary Care Treatment of Allergic Rhinitis

University of Texas Arlington Nurse Practitioner Training Program – April 1998-1999
Various lectures in sports medicine

Mississippi Academy of Family Physicians Spring CME – Natchez, MS – April 2001
Ankle Injuries in Athletics

University of Mississippi Family Practice Update – Jackson, MS – May 2001
Soft Tissue Injuries Common in Athletics

University Sports Medicine Coaches and Trainers Clinic – Jackson, MS – June 2001
Management of Concussions in Athletes

Mississippi Sports Medicine and Orthopedic Center – Jackson, MS – August 2001
Prevention of Dehydration and Rehydration Strategies

University of Mississippi School of Nursing – Orthopedic Update – May 2002
The Orthopedic Patient with Co-morbid Medical Conditions

University Sports Medicine Coaches and Trainers Clinic – Jackson, MS – June 2002
Taking Care of the Female Athlete

Mississippi Academy of Family Physicians Annual Scientific Session, San Destin, FL – July 2002
Osteoarthritis Pharmacology and Visco supplementation

Granada Lake Medical Center Medical Symposium, Granada, MS – November 2002
Osteoarthritis and Pain Management in the Active Patient

Pfizer Pharmaceutical Company District POA Meeting, New Orleans – November 2002
Osteoarthritis Pharmacology and Treatment Review

Columbia Medical Center Grand Rounds –Columbia, MS – January 2003
Sports Medicine Case Studies

Greenwood/LeFleur General Hospital Grand Rounds – February 2003
Common Sports Medicine Injuries and Use of COX-2 for Musculoskeletal Pain

Family Practice Update, Jackson, Mississippi – April 2003
The Athlete's Shoulder and Common Injuries

University of Mississippi and Mississippi Academy of Family Physicians Foundation
Orthopedic and Sports Medicine Conference at Ole Miss – February 21, 2004
Was Title IX Successful?
The Female Athlete Triad

The Use of COX-2s for Acute Pain

University of Mississippi and Mississippi Academy of Family Physicians Foundation
Orthopedic and Sports Medicine Conference, Jackson, MS – February 12, 2005

Skin Infections and Wound Care in Athletes
The Soccer Eyeball – A Case Study
Workshop on Joint Injections

Nurse Practitioner Update 2005, UMC Conference Center, Jackson, MS – February 25, 2005

The Sports Pre-participation Examination

Family Practice Update, Jackson, Mississippi – April 2005

Taping and Wrapping of Athletes Workshop

Mississippi Academy of Family Physicians Fall Conference, Memphis, TN – October 2005

Orthopedic Procedures in Primary Care

University of Mississippi and Mississippi Academy of Family Physicians Foundation
Orthopedic and Sports Medicine Conference, Oxford, MS – February 2006.

Concussion Management in Sports

Mississippi Athletic Trainers Association Annual Conference, Philadelphia, MS – July 2006

Recognition and Treatment of Exercise Associated Hyponatremia

Mississippi Academy of Family Physicians Annual Conference, Sandestin, FL – July 2006

Clinical Cases in Sports Medicine
Surfs Up! Common Beach and Surf Injuries

Family Medicine Update Conference, Jackson, MS – April 2007

Heat Illness in Athletes

Mississippi Sports Medicine and Orthopedic Center – Jackson, MS – August 2007

Strategies for Prevention of Heat Injury in Athletes

University of Mississippi and Mississippi Academy of Family Physicians Foundation
Orthopedic and Sports Medicine Conference, Oxford, MS – September 2007.

Update on Concussion Management in Sports

Family Medicine Update Conference, Jackson, MS – April 2008

Symposium on Joint Injections for Primary Care

Mississippi Academy of Family Physicians Spring Conference, Biloxi, MS – April 2008

Evaluating Injuries to the Shoulder - What can we learn from the Baseball Pitch?

Mississippi Academy of Family Physicians Annual Conference, Sandestin, FL – July 2008

Heat Illness Prevention in Adolescent Athletes

Mississippi Association of Athletic Directors Annual Conference, Vicksburg, MS – January 2009

Heat Illness Prevention in High School Athletes
MRSA – Infection Control through Prevention in Sports

Mississippi Academy of Family Physicians Annual Conference, Sandestin, FL – July 2009

Concussion Management in Adolescent Athletes – the 2009 Guidelines

Mississippi Sports Medicine and Orthopedic Center – Jackson, MS – August 2009
Strategies for Prevention of Heat Injury in Athletes

American Academy of Pediatric – Mississippi Chapter Annual Conference – October 2, 2009
Recognition and Management of Heat Illness in Adolescent Athletes
Prevention Strategies for Heat Illness

Sports Medicine Hattiesburg Clinic, 4th Annual Sports Medicine Conference – October 10, 2009
How Prescription Medications May Affect Athletic Performance

Family Medicine Update Conference, Jackson, MS – April 13-16, 2010
Joint Injection Workshop and Introduction of MSK Ultrasound Imaging for Primary Care

Universidad San Francisco de Quito Sports Medicine Symposium , Quito, Ecuador – May 26-27, 2010
Safety in Competitive Athletes – The Heart, the Heat, and the Head
Sudden Cardiac Arrest in Athletes
Heat Illness Prevention in Athletes
Concussion Assessment and Management in Athletes

University of Alabama Medical School – Family Medicine Sports Symposium, July 2010
Update and Review of Concussion Evaluation and Management in Sports

Ukrainian Institute for Medical Sciences – Sports Medicine Conference, Kharkov, Ukraine – October 15-16, 2010
Sport-related Concussion – Is it a brain injury?
Strategies for Prevention of Heat illness in Athletes
Sudden Death in Athletes – Is it preventable?

University College London – Masters Program in Sports and Exercise Medicine, February to June 2010
The Female Athlete Triad
Update on Sports Concussion and Management

Mississippi Sports Medicine and Orthopedic Center – Jackson, MS – August 2010-12
Strategies for Prevention of Heat Injury in Athletes
Update on Concussion Management in Athletics

Mississippi Sports Medicine and Orthopedic Center – Jackson, MS – April 2012
Sports Dermatology review
Infection Control through Prevention in Sports

University Medical School Affiliated

University of Mississippi Medical Center Department of Family Medicine Grand Rounds – January 2000
Asthma and Exercise-Induced Bronchospasm in Athletes

Univ. of Mississippi Department of Family Medicine Outpatient Symposium–November/December 2000
Sports Medicine Topics, Casting and Splinting

University of Mississippi Medical School Introduction to Clinical Medicine– May 2001
The Pre-participation Exam and the Musculoskeletal System

University of Mississippi Medical Center, Internal Medicine Resident’s Conference – September 2001
Common Soft Tissue Injuries

UMC Department of Family Medicine Grand Rounds – September 2001

Evaluation and Resuscitation of Dehydration in Athletes

University of Mississippi Medical Center School of Physical Therapy – October 2001

Asthma and Exercise-Induced Bronchospasm in Athletes

Department of Family Medicine Outpatient Symposium Jackson, MS, – November/December 2001

Sports Medicine Topics and Rehabilitation

University of Mississippi Department of Internal Medicine – February 2002

General Orthopedics in the Wilderness

University of Mississippi Medical Center School of Physical Therapy – October 2002

Asthma and Exercise-Induced Bronchospasm in Athletes

Recognizing Concussions and Return to Play

Prevention of Dehydration and Rehydration Strategies

University of Mississippi Family Practice Residency – November 2002

Sports Medicine Clinical Case Studies

Department of Family Medicine Outpatient Symposium Jackson, MS, – November/December 2002

Sports Medicine Injuries and Injection Techniques For Joints

University of Mississippi Sports Medicine Symposium – January 2003

The Medical and Legal Issues of the Preparticipation Exam

University of Mississippi Sports Medicine Symposium – May 2003

The Athlete's Shoulder and the Biomechanics of Throwing

University of Mississippi Sports Medicine Symposium – May 2003

Prevention of Dehydration and Rehydration Strategies

University of Mississippi Sports Medicine Symposium – August 2003

Field Evaluation and Stabilization of the Injured Knee

University of Mississippi Sports Medicine Symposium – October 2003

Issues for the Female Athlete

Department of Family Medicine Outpatient Symposium Jackson, MS, – November/December 2003

Arthro-
centesis and Injection Techniques in Primary Care

Department of Family Medicine Third-Year Medical Student Rotation – 2003

Sports Medicine Case Studies Symposium

University of Mississippi Sports Medicine Symposium – January 2004

The Injured Ankle

University of Mississippi Department of Internal Medicine – February 2004 - 2005

General Orthopedics in the Wilderness

University of Mississippi Sports Medicine Symposium – April 2004

Elbow Injuries in Sports

Evaluation of GI Distress in Athletes

University of Mississippi Sports Medicine Symposium – July 2004-5

*The Pre-participation Physical Exam
Spine-boarding of Athletes*

Department of Family Medicine Third-Year Medical Student Rotation – 2004
Sports Medicine Case Studies Symposium

University of Mississippi Sports Medicine Symposium – October 2004
Hypothermia and Altitude Sickness

University of Mississippi Sports Medicine Symposium – April 2005
Basic Radiology of Fractures in Family Practice

Mississippi Sports Medicine and Orthopedic Center Lecture – August 2005
Prevention Strategies for Dehydration and Hyperthermia in Athletes

University of Mississippi Sports Medicine Symposium – September 2005
*Evaluation of the Injured Knee
Common Ligamentous Injuries of the Knee*

Department of Family Medicine Third-Year Medical Student Rotation – 2005
Sports Medicine Case Studies Symposium

University of Mississippi Orthopedic Sports Medicine Series – October 2005
Use of Performance Enhancing Drugs in Athletes

University of Mississippi Orthopedic Sports Medicine Series – March 2006
Prevention Strategies for Dehydration and Hyperthermia in Athletes

University of Mississippi Orthopedic Sports Medicine Series – July 2006
The Pre-participation Examination

University of Mississippi Orthopedic Sports Medicine Series – October 2006
Use of Performance Enhancing Drugs in Athletes

Department of Family Medicine Third-Year Medical Student Rotation – 2006
Sports Medicine Case Studies Symposium

University of Mississippi Orthopedic Sports Medicine Series – February 2007
Stress Fractures in Athletes

University of Mississippi Sports Medicine Symposium – March 2007
*Common Fractures in Primary Care
Basic Orthopedic Radiology in Athletes
Common Bracing and Splinting Techniques*

Department of Family Medicine Third-Year Medical Student Rotation – 2007
Sports Medicine Case Studies Symposium

University of Mississippi Sports Medicine Symposium – November 2007
Upper Extremity Fracture Care in Primary Care

Department of Family Medicine Outpatient Symposium Jackson, MS, – December 2007
Arthrocentesis and Injection Techniques in Primary Care

Department of Family Medicine Third-Year Medical Student Rotation – 2008
Sports Medicine Case Studies Symposium and the Pre-participation Exam

University of Mississippi Sports Medicine Symposium – March 2008
Evaluating Injuries to the Shoulder - What can we learn from the Baseball Pitch?

Introduction to Clinical Medicine Musculoskeletal Exam Seminar – March 2008
Symposium in Musculoskeletal Medicine
UMMC Medical School M2 Students

University of Mississippi Sports Medicine Symposium – August 2008
Emergency Field Management of the Injured Athlete
Management of Heat Illness in Athletes
Concussion Management in Athletes

University Sports Medicine Educational Lecture Series – September 9, 2008
Ankle Injuries in Athletes

Department of Family Medicine Third-Year Medical Student Lecture Series – January 22, 2009
Sports Medicine Case Studies Symposium and the Pre-participation Exam

Department of Family Medicine Third-Year Medical Student Lecture Series – Feb. 5, 2009
Sports Medicine Case Studies Symposium and the Pre-participation Exam

University of Mississippi Sports Medicine Symposium – January 2009
Concussion Management in Athletes

University of Mississippi Orthopedic Sports Medicine Series – January 2009
Management of Stress Fractures in Athletes

University Sports Medicine Educational Lecture Series – February 2, 2009
Hypothermia and Frostbite

Sports Medicine Orthopedic Series – Sports Medicine Rotation Lecture – February 4, 2009
Ankle Injuries and Treatment

University Sports Medicine Educational Lecture Series – February 9, 2009
Dermatologic Infections in Athletes

Department of Family Medicine Third-Year Medical Student Lecture Series – Feb. 25, 2009
Sports Medicine Case Studies Symposium and the Pre-participation Exam

University Sports Medicine Educational Lecture Series – March 2009
Stress Fractures in Athletes

University Sports Medicine Educational Lecture Series – April 2009
Common Hand and Finger Injuries in Sports

University of Mississippi Orthopedic Sports Medicine Series – May 2009
The Pre-participation Examination

University Sports Medicine Educational Lecture Series – May 2009
Little League Pitch Count Rules and the Case of a Professional Baseball Pitcher

University of Mississippi Sports Medicine Symposium – July 2009
Performance-enhancing Drugs in Athletes
Radiology of Common Fractures in Primary Care

Department of Family Medicine Third-Year Medical Student Lecture Series – September 3, 2009
Sports Medicine Case Studies Symposium and the Pre-participation Exam

University of Mississippi Orthopedic Sports Medicine Series – September 2009
Strategies for Prevention of Heat Injury in Athletes

Department of Family Medicine Third-Year Medical Student Lecture Series – Aug. Sept. Oct. 2009
Sports Medicine Case Studies Symposium and the Pre-participation Exam

Sports Medicine Educational Series for University Sports Medicine – August 2009 through May 2010
Topical series presented on Mondays for the University Sports Medicine ATCs, medical students and residents on sports medicine rotation, the primary care sports medicine fellow, and the physical therapy sports medicine fellow.

University of Mississippi Sports Medicine Symposium – October 2009
Management of Stress Fractures in Athletes
Special Considerations of Pharmacology in Athletes
Case Studies in Orthopedic Radiology

University of Mississippi Medical Center, School of Health Related Professions 15th Annual SHRP Research Day- April 23, 2010
Family Medicine/Sport Medicine Curriculum Evaluation

University of Mississippi Sports Medicine Symposium – April 2010
Management of Heat Illness in Athletes
Case Studies in Orthopedic Radiology

University of Mississippi Sports Medicine Symposium – July 2010
Spine-boarding and Emergency Field Evaluation
Heat Illness in Athletes
Sports Concussions

University of Mississippi Sports Medicine Symposium – October 2010
Performance-enhancing Drugs Top Ten List