



HEALTHCARE STAR



Dr. Joseph Maroon, M.D

[By Brooke Heath]

With over 40 years of experience, Dr. Joseph Maroon, M.D., has quite the resume. As a board-certified neurosurgeon at the University of Pittsburgh Medical Center, Dr. Maroon has been honored as one of America's Best Neurosurgeons for eight consecutive years in *America's Best Doctors*.

Dr. Maroon is also a professor and vice chairman of the Department of Neurological Surgery at the University of Pittsburgh School of Medicine and is the team physician for the NFL's Pittsburgh Steelers, a position he has held for over 25 years.

As an athlete himself, Dr. Maroon attended Indiana University on a football scholarship. There he earned his undergraduate degree in anatomy and physiology, and was selected as a scholastic All-American in football. Dr. Maroon then continued on to earn his M.D. at the Indiana University School of Medicine.

Dr. Maroon chose his career in the medicine for personal reasons.

"I pursued the field because of early personal experiences with health problems in my own family and my desire to do all I could to help others," Dr. Maroon explains.

Dr. Maroon was able to complete several residencies at his alma mater, obtaining his certification as a licensed neurosurgeon.

Since then, Dr. Maroon has taken great strides to advance the field of neurological medicine. His research has focused on the prevention and treatment of diseases

and injuries to the brain and spine. He has published over 250 papers, eight books, and 40 book chapters on his findings. Dr. Maroon is also on the editorial board of five medical journals, and serves on various other boards, lending them his highly sought expertise.

Dr. Maroon's current research interest is the use of omega-3 fatty acids to treat inflammation in the body. As fish oil is a source of omega-3 fatty acids, Dr. Maroon has become an advocate for fish oil and its uses. Dr. Maroon recently authored a book

on the subject entitled *Fish Oil: The Natural Anti-inflammatory*.

Through his experience with the Steelers, Dr. Maroon also helped to develop methods for managing sports-related concussions that are used throughout professional, collegiate, and high school sports, including a computerized sports concussion evaluation system called ImPACT™. This tool helps to determine how severe a player's concussion is and when they can return to the sport.

Dr. Maroon has received numerous awards in his field including a First Place Award from the American Association of Neurological Surgeons for "Results of Omega-3 EFA for Spine Pain," and induction into the Lou Holtz Upper Ohio Valley Hall of Fame along with Joe Montana and Kareem Abdul-Jabaar in 1999. Dr. Maroon received the latter recognition for his athletic accomplishments and his contributions to sports medicine.

Not surprisingly, Dr. Maroon feels that his success in the medical field is partially a result of his success as an athlete.

"The lessons I learned from early sports, great teachers, and an inner desire to

Q. Where do you foresee the field of healthcare in 10 years?

A. With the advances in molecular biology and genetics, I see radical changes in all fields of health care.

Q. What do you enjoy doing when you aren't working?

A. Triathlons.

Q. Who is your role model?

A. William Osler.

Q. What songs are on your iPod right now?

A. Bob Seger, "Running Against the Wind"

Q. What is your favorite book?

A. *As a Man Thinketh*.



HEALTHCARE STAR

complete whatever I start all contributed [to my success in the industry]," says Dr. Maroon.

As busy as he is, Dr. Maroon still manages to maintain his athlete status, having completed 50 Olympic distance triathlons across the world since 1980. Each triathlon entails swimming for 2.4 miles, biking for 112 miles, and running for 26.2 miles.

For students or professionals looking to begin a career in the healthcare industry, Dr. Maroon offers this advice: "Follow your passion, particularly if it's helping others."

ON THE NET

Facts about Fish Oil, Inflammation, and Disease Prevention
www.healthcarecrossing.com/article/index.php?id=440097

Inflammation Solutions, Inc
www.inflammationsolutions.com

EmploymentCrossing is the largest collection of active jobs in the world.

We continuously monitor the hiring needs of more than 250,000 employers, including virtually every corporation and organization in the United States. We do not charge employers to post their jobs and we aggressively contact and investigate thousands of employers each day to learn of new positions. No one works harder than EmploymentCrossing.

Let EmploymentCrossing go to work for you.