



JOSEPH MAROON, MD, FACS

NORDIC NATURALS' ADVISORY BOARD MEMBER

“From my research on spine pain, Omega-3 fish oil supplementation appeared to be a safer alternative to NSAIDs for treatment of non-surgical neck or back pain in the selected group of participants used for the study.”

—Joseph Maroon, MD

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at **303.499.9665** or **sharilhindman1@comcast.net**.

Summary of Expertise

Joseph C. Maroon, M.D., is a board certified neurosurgeon at the University of Pittsburgh Medical Center, and a Professor and Heindl Scholar in Neurosurgery at the University of Pittsburgh School of Medicine. He currently serves as a medical advisor to Nordic Naturals. He has been the team neurosurgeon for The Pittsburgh Steelers for the last 20 years. Honored as one America's best neurosurgeons for 8 consecutive years in *America's Best Doctors*, Dr. Maroon has published over 250 scientific papers, 8 books and 40 book chapters. His two most recent books are, *Fish Oil: The Natural Anti-Inflammatory*, published by Basic Health Press in 2006, and *The Longevity Factor: How Resveratrol and Red Wine Activate Genes for a Longer and Healthier Life*, published by Simon and Schuster in 2009. His research has focused on the prevention and treatment of injuries and diseases of the brain and spine. Most recently he has co-authored a paper entitled, "Evaluation of Lipid Profiles and the use of Omega-3 Essential Fatty Acids in Professional Football"—a landmark paper in this field. Also a devoted athlete, Dr. Maroon has completed over 60 triathlons—6 of these Ironman distances (2.4 mile swim, 112 mile bike and 26.2 mile run). His last was the Hawaiian Ironman in October of 2008. Because of his athletic accomplishments and contributions to sports medicine he was inducted into the Lou Holtz Upper Ohio Valley Hall of Fame along with Joe Montana and Kareem Abdul-Jabaar.

Published Works

- ***The Longevity Factor: How Resveratrol and Red Wine Activate Genes for a Longer and Healthier Life***
Simon and Schuster Medical Publishing, Inc; 2009
- ***Fish Oil: The Natural Anti-Inflammatory***
Basic Health Publications, Inc; 2006
- ***Sports Related Concussion***, Quality Medical Publishing, Inc.

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