

Ernest Byron Foster II

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EDUCATION

2018 Board Certification, American Board of Emergency Medicine
2015 Emergency Medicine Residency, University of Alabama at Birmingham
2012 M.D., University of Alabama at Birmingham School of Medicine
2008 Ph.D., Physiology, *magna cum laude*, Auburn University, Alabama
2005 M.Ed., Physiology, *summa cum laude*, Auburn University, Alabama
2001 B.S., Biology & Chemistry, Athens State University, Athens, Alabama

RESEARCH AND TEACHING EXPERIENCE

2019-Present Core Faculty, Emergency Medicine Residency Program, Norman Regional Healthcare System, Norman, OK
2009-2010 Researcher, Division of Endocrinology, Diabetes, and Metabolism, Department of Medicine, University of Alabama at Birmingham
2006-2016 Adjunct faculty, Athens State University, Athens, Alabama
2006-2008 Researcher, Auburn University Muscle Physiology Lab
2006-2008 Researcher, Auburn University School of Veterinary Medicine
2005-2008 Graduate teaching assistant, Auburn University, Auburn, Alabama
2005-2008 Auburn University Thermal Physiology Laboratory, Auburn, Alabama

EMPLOYMENT EXPERIENCE

2019-Present Norman Regional Healthcare System, Norman, OK. Attending physician
2015-2019 Mercy Memorial Hospital, Ardmore, OK. Attending physician.
2016-2019 Mercy Memorial Hospital, Tishomingo, OK. Medical Director.
2012-2015 University of Alabama School of Medicine, Birmingham, AL. Resident physician.
1996-2010 Safetech Security, Huntsville, AL. Sole Proprietor.
1994-1996 ADT Security Services, Huntsville, AL. Installation technician.
1990-1994 Sound on Wheels, Huntsville, AL. Sales/installation technician.
1990-1992 First Alabama Bank, Huntsville, AL. Vault teller.

AWARDS AND SCHOLARSHIPS

2012 Huntsville Student Alumni Scholarship
2010-2012 Madison County Medical Alliance Scholarship
2009-2012 Jane Knight Lowe Medical Scholarship
2008-2009 W. Hudson Turner, MD Endowed Medical Scholarship

PUBLICATIONS AND PRESENTATIONS

Foster, E.B., Fisher, G., Sartin, J.L., Elsasser, T.H., Wu, G., Cowan, W., and Pascoe, D.D. Acute regulation of IGF-I by alterations in post-exercise macronutrients. *Amino Acids*, 42 (4), 1405-1416, 2012.

Fisher, G., Schwartz, D.D., Barberio, M.D., **Foster, E.B.**, Jones, K.W., and Pascoe, D.D. Lymphocyte enzymatic antioxidant responses to oxidative stress following high-intensity interval exercise. *Journal of Applied Physiology*, 110 (3), 730-737, 2011.

Fisher, G., **Foster, E.B.**, Sartin, J.L., Elsasser, T.D., Wu, G., and Pascoe, D.D. Acute regulation of IGF-I by alterations in post-exercise macronutrient ratio. *Medicine and Science in Sports and Exercise*, 41(5), 2009 (Abstract).

Fisher, G., **Foster, E.B.**, and Pascoe, D.D. "Acute regulation of IGF-I by differential binding protein expression, inhibition, and proteolysis". Poster presentation at American College of Sports Medicine National Conference. Seattle, WA 2009.

Cowan, W., **Foster, E.B.** The effect of a non-traditional strength training program on the health-related fitness outcomes of youth strength training participants. *Journal of Research*, 4 (1), 2009.

Fisher, G., **Foster, E.B.**, and Pascoe, D.D. Equilibration period following exposure to hot or cold conditions when using infrared thermography. *Thermology International*, 18(3), 95-100, 2008.

Foster, E.B., Fisher, G., and Pascoe, D.D. "Deviations in normal dermatome patterns – A collection of case studies". Poster presentation at International and American Academy of Thermology Conference. Auburn, AL 2007.

Cowan, W., Bolen, Y., Weatherby, N. & **Foster, E.B.** Effect of a manipulated motivational climate on health-related fitness outcomes. *Research Quarterly for Exercise and Sport*, 78(1), 2007.

"Physiological Basis of Ergogenic Aids" Guest lecturer at National Athletic Trainers Association Regional Conference, Auburn 2007.

"The Effect of Caffeine Ingestion on Tennis Skill Performance and Hydration Status", Oral presentation at American College of Sports Medicine National Conference. Denver, CO 2006.

Strecker, E., **Foster, E.B.**, Taylor, K., Bell, L., Pascoe, D.D. The effect of caffeine ingestion on tennis skill performance. *Medicine and Science in Sports and Exercise*, 38(5), 2006 (Abstract).

Pascoe, D.D., Strecker, E., **Foster, E.B.**, Purohit, R.C. The influence of caffeine ingestion on human skin thermoregulatory responses. 32nd Congress of the American Academy of Thermology, 114, 2005 (Abstract).

Pascoe, C.A., Wolfe, D.F., Navarre, C.B., Abrams, M., Pascoe, D.D., **Foster, E.B.**, Purohit, R.C., Thermographic evaluation of cervical dermatome in the bull. 32nd Congress of the American Academy of Thermology, 114, 2005 (Abstract).

GRANTS

International Standards Organization, "Comparison of Skin and Facial Skin Temperature Measurements", Auburn University Thermal Lab 2007.

U.S.A. Swimming, "Use of Supplemental Oxygen During Recovery After Swim Sprint Performance", Auburn University Thermal Lab 2007.

General Electric, Inc., "Comparison of Physiological and Perceptual Responses of Thermal Jackets for Exercise as Influenced by Varying Environmental Conditions", Auburn University Thermal Lab 2007.

Gatorade Sports Science Institute, "Effect of Caffeinated Sports Beverages on Core Temperature and Hydration Status", Auburn University Thermal Lab 2005.