

November 13, 2024

Nevada State Board of Medical Examiners  
Attn: Executive Director

To Whom It May Concern:

I am writing to respectfully request an opportunity to appear before the Nevada State Board of Medical Examiners to seek sponsorship for taking the SPEX exam as part of the process for obtaining medical licensure in Nevada.

Briefly, I earned my undergraduate degree from Duke University and subsequently graduated from Vanderbilt Medical School. I completed my pediatric residency at UCLA and practiced in Southern California for several years. Due to family circumstances, we moved to Hong Kong in 2011, where we remained for over nine years until early 2021. Although I was unable to practice medicine there, I dedicated this time to raising my four children and became a conscious parenting coach. My training included a focus on mental health, communication skills, conflict resolution, and promoting wellness for children and families.

Upon returning to the U.S., I began the process of reinstating my medical license in California and am currently enrolled in the UCSD PACE program. My professional focus has also expanded to include metabolic and mental health as crucial components for improving our healthcare system and improving lives. While awaiting the reinstatement of my medical license, I continued my parenting coaching practice, became a CrossFit Level 1 coach, and earned certifications in Precision Medicine and Health and Wellness Coaching. Additionally, I volunteered for a year with Dr. Chris Palmer, a Harvard psychiatrist, contributing to his Brain Energy initiative, which seeks to educate and advocate for the link between metabolic and mental health.

During my work with Dr. Palmer, I met Frank Voce, an NYPD officer who founded Reps for Responders, and Dr. James Greenwald, a passionate advocate for first responders' metabolic and mental health. Since then, I have collaborated closely with both Dr. Greenwald and Frank in supporting their mission for first responder health. We also aim to establish a dedicated group focused on women's health and family wellness. Working with Dr. Greenwald has also highlighted the significant shortage of primary care physicians in Nevada, particularly in rural and low-income communities. Obtaining my license in Nevada is an important step that will enable me to continue my collaboration with Dr. Greenwald and offer primary care services in these underserved areas.

Thank you very much for your time and consideration. I am truly grateful, and I hope to be present at the next Medical Board meeting to discuss my request in person and obtain your sponsorship.

Kind regards,

Lauren Fulkerson, MD