

S A R A H G E N E G I L L I A N N E D E F O E , M . D .

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EDUCATION AND TRAINING

UNDERGRADUATE

8/1994 – 5/1998 **Simmons College**, Boston, MA. Bachelor of Science in Biochemistry, 1998.

GRADUATE

8/2001 – 6/2006 **University of Pittsburgh School of Medicine**, Pittsburgh, PA. Medical Degree, 2006.

***AWARD** : 7/2004-8/2005 Recipient of General Clinical Research Center (GCRC) Medical Student Fellowship Grant.*

POSTGRADUATE

7/2006 – 6/2007 University of Pittsburgh Medical Center (UPMC), Pittsburgh, PA. **Medical Intern, Department of Medicine.**

7/2007 – 6/2010 University of Pittsburgh Medical Center (UPMC), Pittsburgh, PA. **Resident, Department of Radiation Oncology.**

7/2010 – 6/2011 UPMC, Pittsburgh, PA. **Chief Resident, Department of Radiation Oncology.**

APPOINTMENTS AND POSITIONS

ACADEMIC

October 2019- Present **Clinical Assistant Professor of Radiation Oncology.** UPMC Hillman Cancer Center, St. Margaret's Hospital, Pittsburgh, PA.

NON-ACADEMIC

November 2011- June 2014 **Radiation Oncologist, Director Cyberknife.** Cape Fear Valley

	Health System (CFVHS), Fayetteville, NC.
June 2014-August 2019	Chief, Radiation Oncology. Veterans Affairs (VA) Health System, Pittsburgh, PA.
March 2020 –Present	Founder & Physician Coach, <i>The Time MD</i> • Founded a physician coaching practice focused on time stewardship, burnout prevention, and professional sustainability • Developed and deliver structured coaching programs and educational content for physicians and trainees • Created original curricula on workflow optimization, cognitive frameworks, and performance sustainability.
Fall 2023	Yoga Instructor, Carnegie Mellon University, Pittsburgh, PA • Led group-based yoga sessions focused on stress reduction, mindfulness, and physical well-being for the CMU community.

CERTIFICATION AND LICENSURE

SPECIALTY CERTIFICATION:

Board Certified in Radiation Oncology on 05/22/2012.

OTHER CERTIFICATIONS:

Level I Power Yoga Certification, February 2016.

Certified Life Coach, The Life Coach School, March 2020.

Yin Yoga Certification, October 2023.

MEDICAL OR OTHER PROFESSIONAL LICENSURE:

Medical License, Commonwealth of Pennsylvania, 2011.

Medical License, Florida, 2011 (*Inactive*).

Medical License, North Carolina, 2011(*Inactive*).

PROFESSIONAL AFFILIATIONS

American Society for Therapeutic Radiology and Oncology (ASTRO)

American Society of Clinical Oncology (ASCO)
American College of Radiation Oncology (ACRO)
American Medical Association (AMA)
Pennsylvania Medical Society (PMS)/ Allegheny County Medical Society (ACMS)

AWARDS/ HONORS

Mayo Clinic Minority Medical Conference Scholarship Recipient, 2003.
Gateway Medical Society Medical Student Achievement Award Recipient, 2004.
Dr. Chester E. Harris Medical Student Fund Recognition Award Recipient, 2004.
General Clinical Research Center (GCRC) Mentored Medical Student in Clinical Research Grant, 2004.
Paul Ambrose Health Promotion Student Leadership Symposium Award Recipient, 2005.
Excellence in Radiation Oncology Research, 2006.
American Brachytherapy Society Travel Grant, 2009.
Travel Grant, 6th Annual Orlando Breast Cancer Conference, 2009.
The Competitive Research Fund of UPMC Shadyside Hospital and Shadyside Hospital Foundation, 2010.
Pennsylvania Medical Society (PAMED) Doctor's Day 2023 Honoree
Castle Connolly Top Doc 2023, 2024, 2025 and 2026

PUBLICATIONS

ORIGINAL PEER REVIEWED ARTICLES

1. **DeFoe SG** and J. Coburn. Delineation of *Borrelia burgdorferi* p66 Sequences Required for the Integrin Recognition. Infection and Immunity, 2001. 69:3455-3459.
2. **DeFoe SG**, Beriwal S, Jones HA, Rakfal S, Heron DE, Smith RP and Lalonde R. Concurrent Chemotherapy and Intensity-Modulated Radiation Therapy for Anal Carcinoma-Clinical Outcomes in a large NCI-Designated Integrated Cancer Center Network. Clinical Oncology, 2012 Aug; 24 (6): 424-31. Epub 2011 Nov 8.

3. **DeFoe SG**, Bernard ME, Rwigema JC, Heron DE, Ozhaslogu C, Burton S. Stereotactic Radiosurgery for Presacral Recurrences from Rectal Cancer. *Journal of Cancer Research and Therapeutics*, 2011 Dec; 7 (4) 422-25.
4. **DeFoe SG**, Pennathur A, Flickinger JC, Heron DE, Gibson MK, Luketich JD and Greenberger JS. Retrospective Review of Patients With Locally Advanced Esophageal Cancer Treated at the University of Pittsburgh. *American Journal of Clinical Oncology*, 2011 Dec; 34 (6): 587-92.
5. **DeFoe SG**, Kabolizadeh P, Heron DE and Beriwal S. Dosimetric Parameters Predictive of Acute Gastrointestinal Toxicity in Patients with Anal Carcinoma Treated with Concurrent Chemotherapy and Intensity Modulated Radiation Therapy. *Oncology*, 2013 Jan; 85: 1-7.
6. **DeFoe, S.G.**, Balogun, Z., Sabih, Q. et al. Radiation Therapy in Patients with Germline Mutations: a Review of the Current Evidence. *Curr Breast Cancer Rep* (2023). <https://doi.org/10.1007/s12609-023-00502-5>.
7. **DeFoe SG**, Balogun, Z., Narayan J. "A response to Supreme Court's Decision: Three Strategies to Improve Diversity in Residency Programs." *Academic Medicine*.

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **DeFoe SG** and H. Jones. *Breast Diseases: A Year Book Quarterly*. Volume 20, 2009. *Editorial*.
2. Smith RP, Vargo JA, **DeFoe SG**, Smith SK. Geographic Access to Radiation Therapy Facilities in the United States: Implications on Resident Training. Accepted, *International Journal of Radiation Oncology, Biology, Physics*. Accepted 2022 *Letters to the Editor*.

ABSTRACTS

1. **DeFoe SG**, Beriwal S, Smith RP and Benoit R. Is There Decreased Duration of Acute Urinary and Bowel Symptoms After Prostate Brachytherapy with Cesium 137 Radioisotope? Poster presentation, **ASTRO 2008** annual meeting. *International Journal of Radiation Oncology, Biology, Physics*, Volume 72, Issue 1, Supplement 1, 1 September 2008, Page S31.
2. **DeFoe SG**, Pennathur A, Flickinger JF, Heron DE, Luketich J and Greenberger JS. Neo-adjuvant Chemotherapy versus Neo-adjuvant Chemoradiation Therapy Followed by Esophagectomy versus Definitive Chemoradiation Therapy in Management of Locally-advanced Esophageal Carcinoma: A Single Institution Experience. Poster presentation, **ASTRO 2009** annual meeting. *International Journal of Radiation Oncology, Biology, Physics*, Volume 75, Issue 3, Supplement 1, 1 November 2009, Page S273.

3. **DeFoe SG**, Kehwar TS, Beriwal S, Won S, Jones HA and Heron DE. Dosimetric Parameters Predictive of Acute Gastrointestinal Toxicity in Patients Treated with Concurrent Chemotherapy and Intensity Modulated Radiation Therapy for Anal Carcinoma. Oral presentation, **ASTRO 2010** annual meeting. *International Journal of Radiation Oncology, Biology, Physics, Volume 78, Issue 3, Supplement 1, 1 November 2010, Page S69.*
4. De Andrade R, **DeFoe SG**, Beriwal S, Heron DE. PET/CT-based Intensity Modulated Radiation Therapy and Concurrent Chemoradiation Therapy for Anal Carcinoma: Preliminary Results. Oral presentation, **ASTRO 2010** annual meeting. *International Journal of Radiation Oncology, Biology, Physics, Volume 78, Issue 3, Supplement 1, 1 November 2010, Pages S68-S69.*
5. Kehwar TS, **DeFoe SG**, Beriwal S, Jones HA and Heron DE. Evaluation of Treatment Outcome of the Patients with Anal Cancer Treated Using IMRT Technique: Radiobiological Study. Oral presentation, *Radiographic Society of North American (RSNA) 2010* annual meeting. Abstract # SSA22-06.
6. **DeFoe SG**, Beriwal S, Jones HA, Rakfal S, Heron DE and Smith RP. Outcome Analysis of Intensity Modulated Radiation Therapy and Concurrent Chemoradiation Therapy for Anal Carcinoma in A NCI-Designated Integrated Cancer Center Network. Oral presentation, *American Radium Society (ARS) 2010* annual meeting. Abstract # S058.
7. Kabolizadeh P, Rwigema J, **DeFoe SG** et al. Stereotactic Body Radiotherapy (SBRT) for Presacral Recurrence of Rectal Cancer. Poster presentation, *American Society for Radiation Oncology ASTRO 2011* annual meeting. *International Journal of Radiation Oncology, Biology, Physics, Volume 81, Issue 2, Supplement, 1 October 2011, Page S366.*

PROFESSIONAL ACTIVITIES

TEACHING

Medical Student Teaching:

2019 – Present

- Supervise and teach rotating medical students in Radiation Oncology, including clinical instruction, case-based discussion and treatment planning (in-person and virtual formats).

Resident Teaching:

2019- Present

- Provide Longitudinal clinical supervision and mentorship to Radiation Oncology residents, including weekly chart rounds, oral board-style evaluations and individualized coaching on clinical decision-making and professional development.

- Provide physician coaching to residents focused on time stewardship, burnout prevention and performance optimization.
- Mock oral boards examiner, Department of Radiation Oncology

Faculty Development Teaching:

2020

- Delivered case-based E-rounds presentation to UPMC Radiation Oncology faculty

2023

- Invited speaker, UPMC Physician Well-being Symposium: “End the Burnout Cycle: Regain Control of Your Time”

Curriculum Development/ Teaching Products/Media Products:

2020

- Medical Error Disclosure Curriculum (Radiation Oncology Residents)- Designed and implemented a longitudinal curriculum fulfilling the annual ACGME requirements, including didactic instruction and simulation-based case scenarios.

2021

- Cancer Disparities in Radiation Oncology Curriculum- Developed and delivered a 2-hour structured educational program on social determinants of health and breast cancer disparities, incorporating facilitated small group discussion.

2026

- Time Stewardship Curriculum for Radiation Oncology Residents- Created a novel curriculum focused on workflow optimization, prioritization, and burnout prevention, integrating cognitive and behavioral strategies.

Mentoring

Summary

- Provide longitudinal mentorship to premedical and medical trainees through clinical shadowing and research experiences in radiation oncology, with mentees progressing to medical school (including University of Pittsburgh School of Medicine) and residency training

Selected Mentorship

2009

- Mentored **Xuewei Zhang** as a premedical student Carnegie Mellon University now a practicing Anesthesiologist.

2015

- Mentored Annie Yang as a premedical student, matriculated at University of Pittsburgh School of Medicine, now in Ophthalmology residency.

2021-2025

- ASCO (American Society for Clinical Oncology) Scholars Rotation Program: Mentored 7–9 UPSOM students annually from historically excluded backgrounds through a structured, immersive oncology shadowing experience, including longitudinal clinical exposure in radiation oncology. Mentee experience highlighted in *Pittsburgh Post-Gazette*: <https://www.pressreader.com/usa/pittsburgh-post-gazette/20210905/282364042787687>.

2022

- Mentored **Bryan and Isaac Gamwo** (Drexel University; University of Pittsburgh) through clinical shadowing and research in radiation oncology; mentees have since advanced to residency training and matriculated at the University of Pittsburgh School of Medicine, respectively.

2023

- Ongoing – Provide longitudinal mentorship to premedical students (current n=4) through clinical exposure and research engagement in radiation oncology.

RESEARCH

Non-Funded Research:

- Participate with monthly Clinical Research Committee/ DSMC calls
- I meet individually with clinical research coordinator to provide guidance and feedback for the program and to review new clinical trials being disseminated to the network
- Develop recommendations and solutions to enhance availability of clinical research at St. Margaret's Hospital

LIST of CURRENT RESEARCH INTERESTS

- Breast cancer, SBRT

MEDIA

09/2022

Healio Video: Disparities in Radiation Oncology are “a massive problem”.

INVITED SEMINARS AND LECTURESHIPS

- 7/7/20 UPMC St. Margaret Hospital Grand Rounds, **Radiation Oncology Emergencies.**
- 1/27/22 ACRO (American College of Radiation Oncology), **Women in Radiation Oncology: Our History and Paths Forward.**
- 03/16/23 ACRO, Diversity and Inclusion Lunch Guest Pannel Speaker.
- 11/02/23 ASTRO Women in Radiation Oncology (WRO) Affinity Group, DElinRO Webinar: **Addressing Bias in Radiation Oncology.**
- 07/30/2024 Drexel University Invited speaker- share journey in medicine with current medical students.

SERVICE

- 2011-2014 **Cancer Physician Liaison**, Commission on Cancer (CoC) of the American College of Surgeons. Appointed to serve a three-year term with a primary responsibility of evaluating, interpreting, and reporting Cape Fear Valley cancer program's performance.
- 2013-2018 **Committee on Health, Equity, Diversity, and Inclusion (CHEDI)**, ASTRO. Working with peers to advance the status of minorities and the underserved in oncology through educational and professional opportunities, advocacy and awareness.
- 2020-Present **Biomedical Careers Program Student Conference (BSCP).** Mentor academically outstanding students particularly BIPOC (Black Indigenous, and People of Color) as they navigate their careers through the biomedical sciences.
- 2022-2024 **Women in Medicine Summit (WIMS)** Steering Committee.
 - I created a rubric for poster and oral presentations at the annual summit.
 - Poster and oral abstract reviewer and judge at the annual summit.
- 2024-Present **Allegheny County Medical Society (ACMS) Physician Wellness Program Advisory Committee.**
 - Contribute to development and implementation of a physician wellness initiative providing confidential mental health support and coaching
 - Support program oversight, including therapist vetting and quality assurance
 - Provide physician coaching support through the program focused on burnout mitigation and well-being

University and Medical School Service

- 2019- Present Resident Interview Committee-contribute to resident recruitment through structured interview participation and comprehensive evaluation of candidates to support selection of a high-performing residency class.

2019- Present Active involvement in providing high quality care through peer-to-peer review such as weekly chart rounds and weekly e-rounds.

2019- Present Active involvement in multidisciplinary tumor boards.

2019- Present Participant in extracurricular resident journal club.

2020- 2024 Participant in the Recruitment Diversity Brunches- medical students of color who have applied to residency programs at UPMC are introduced to the ongoing efforts we have made to ensure inclusivity during their graduate medical education- these brunches have been virtual presentations followed by small group sessions with medical students who have applied to subspecialty fields. These brunches have been instrumental in changing perspectives of the medical students about UPMC.

2021- Present ASCO Oncology Summer Internship Mentor.

10/15/2021 Small group facilitator for Women Health Equity Workshop - facilitated a small group of medical students in using UPSTANDER/IQEE method to interrupt/ address racism. Course facilitation was preceded by a 1.5-hour training.

2021- 2022 Social Medicine Leadership Group- participated and presented on monthly teaching social medicine group. Group meets monthly with the following topics discussed: Racism in Medicine, Teaching Critical Race Theory, Diverse SOGI identities and how to incorporate LGBTQ+ topics into medical education, Gender Bias in Medicine etc.- meetings are held monthly for approximately 2 hours- first hour with a presentation followed by small group discussion.

2021- Present UPMC Rad Onc DSMB and Clinical Research Committee Member.

2021- Present UPMC Promotions Committee – review faculty promotion dossiers, assessing academic accomplishments, clinical excellence, and institutional contributions to inform advancement decisions.

2021- 2024 Member of Department Diversity Champions- part of a community leading effort to market DEI efforts across UPMC, SOM, UPitt with the initiatives to retain, recruit a diverse population to the medical school.

11/11/22-Present SNMA/LMNA Annual Physician Roundtable

2022- 2023 Member of DEI Subcommittee and Pillar Retention subgroup.

2022- Present Member Oncology Committee- contribute to quarterly oversight of the oncology program through review of clinical volume, research accrual, analytic metrics, and resource utilization to optimize program performance and patient support

2023- Present Member Clinical Competency Committee- participate in structured evaluation of resident performance and milestones progression, informing advancement and readiness for independent practice.

2025- Present Member, Program Evaluation Committee (PEC): Contribute to ongoing program evaluation and quality improvement, with focus on curriculum effectiveness, trainee experience, and accreditation standards.

Local Community Service

2/22/2023 UPMC Spring into wellness together: heart, mind and soul “ask the expert”.

Aspinwall Community Garden- Treasurer