

**Christopher Couch, M.D.**  
Allergy Asthma Clinic, Ltd.  
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Phoenix, AZ 85013  
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### **POSTGRADUATE TRAINING**

University of Michigan Health Systems, Allergy and Clinical Immunology Fellowship Program, Ann Arbor, Michigan

- July 2014-June 2016

University of Nevada School of Medicine, Pediatric Residency Program, Las Vegas, Nevada

- July 2011-June 2014

### **EDUCATION**

The University of Arizona College of Medicine-Phoenix

- August 2007-May 2011
- Doctor of Medicine, Distinction in Community Service
- Inaugural class, Phoenix Campus

Brigham Young University, Provo, Utah

- August 2003-April 2006
- Bachelor of Science, Physiology and Developmental Biology, Magna Cum Laude
- Minor in Spanish

Mesa Community College, Mesa, Arizona

- August 2001-May 2003
- Associate in General Studies, Highest Distinction

### **CURRENT POSITION**

Allergy Asthma Clinic, Ltd., Phoenix, Arizona

- 2016-present
- Vice President and Medical Director

### **ACADEMIC APPOINTMENT**

Clinical Assistant Professor at The University of Arizona College of Medicine, Phoenix

- 2016-present

### **CERTIFICATIONS AND LICENSURE**

Diplomate of the American Board of Allergy and Immunology

- Board Certified November 2016

Diplomate of the American Board of Pediatrics

- Board Certified October 2014

State of Arizona Medical License, #51099

- 9/14/15-present

## **PROFESSIONAL MEMBERSHIPS**

Fellow, American Academy of Allergy, Asthma & Immunology

Fellow, American Academy of Pediatrics

American College of Allergy, Asthma & Immunology

American Contact Dermatitis Society

Arizona Asthma Coalition

Arizona Allergy Asthma Society

Alpha Omega Alpha Honor Medical Society

## **AWARDS**

Nomination to Alpha Omega Alpha Honor Medical Society

- April 2014
- University of Nevada School of Medicine, Pediatric Residency Program, Las Vegas

Awarded "Resident of the Year"

- 2012-2013 Academic year
- University of Nevada School of Medicine, Pediatric Residency Program, Las Vegas

Academic Award Full Tuition Scholarship

- August 2004-April 2006
- Brigham Young University, Provo, Utah

## **PUBLICATIONS**

Couch C, Franxman T, Greenhawt M. Characteristics of tree nut challenges in tree nut allergic and tree nut sensitized individuals. *Ann Allergy Asthma Immunol.* 2017;118(5):591-96.

Couch C, Franxman T, Greenhawt M. The economic effect and outcome of delaying oral food challenges. *Ann Allergy Asthma Immunol.* 2016;116(5):420-24.

Couch CE, Schubert MS. Functional antipolysaccharide immunoglobulin deficiency, recurrent pneumococcal sepsis, and hypergammaglobulinemic purpura. *J Allergy Clin Immunol Pract.* 2014;2(2):214-16.

Couch CE. Cardiovascular disease risk factors and blood pressure control in ambulatory care visits to physician offices in the U.S. *Doctor of Medicine Thesis*, The University of Arizona College of Medicine-Phoenix, 2011.

## **ABSTRACTS**

Couch CE, Franxman TJ, Greenhawt MJ. Characteristics of tree nut challenges in tree nut allergic and tree nut sensitized individuals. *J Allergy Clin Immunol.* 2016;137(2 Suppl):AB137.

Greenhawt MJ, Couch CE, Franxman TJ, Dunn-Galvin A. The relationship between self-efficacy, quality of life, and oral food challenge. *J Allergy Clin Immunol.* 2016;137(2 Suppl):AB135.

Couch CE, Franxman TJ, Greenhawt MJ. The health and economic impact of delaying oral food challenges. *Ann Allergy Asthma Immunol.* 2015;115(5 Suppl):A7.

Couch CE, Speck AL, Baptist AP. Electronic asthma self-management program can improve asthma control and quality of life in young, African Americans. *J Allergy Clin Immunol.* 2015;135(2 Suppl):AB79.

Couch CE, McKnight S. Annual epinephrine auto-injector prescriptions in outpatient clinics for children with food-induced anaphylaxis. *Ann Allergy Asthma Immunol.* 2013;111(5 Suppl):A4.

Couch CE, Mehta A, Lazerson J. Pediatric case of hypereosinophilic syndrome presenting with pericardial effusion, tamponade and myocarditis. *Ann Allergy Asthma Immunol.* 2013;111(5 Suppl):A58.

### **INVITED LECTURES AND PRESENTATIONS**

#### Asthma Biologics

- Arizona Asthma Coalition; 14th Annual Arizona, Asthma & Allergy Clinical Conference
- Virtual lecture presentation; September 12, 2020

#### Overview of anaphylaxis and angioedema

- St. Joseph Hospital Internal Medicine Residency Program, Phoenix, AZ
- Lecture presentation; August 16, 2017

#### Characteristics of tree nut challenges in tree nut allergic and tree nut sensitized individuals

- Poster presentation; Los Angeles, CA; March 4-7, 2016
- 2016 Annual Meeting of the American Academy of Allergy, Asthma and Immunology

#### The health and economic impact of delaying oral food challenges

- Poster presentation; San Antonio, TX; November 5-9, 2015
- 2015 Annual Meeting of the American College of Allergy, Asthma and Immunology

#### A case of cyanotic digits with hypereosinophilia

- Oral presentation; Toledo, OH; October 12, 2015
- 2015 Toledo Allergy Society Meeting

#### Electronic asthma self-management program can improve asthma control and quality of life in young, African Americans

- Oral presentation; Houston, TX; February 21, 2015
- 2015 Annual Meeting of the American Academy of Allergy, Asthma & Immunology

#### A case of severe nasal polyposis

- Oral presentation; Toledo, OH; November 13, 2014
- 2014 Toledo Allergy Society Meeting

#### Annual epinephrine auto-injector prescriptions in outpatient clinics for children with food-induced anaphylaxis

- Oral presentation; Baltimore, MD; November 10, 2013
- 2013 Annual Meeting of the American College of Allergy, Asthma and Immunology

#### Pediatric case of hypereosinophilic syndrome presenting with pericardial effusion, tamponade and myocarditis

- Poster presentation; Baltimore, MD; November 7-11, 2013
- 2013 Annual Meeting of the American College of Allergy, Asthma and Immunology

#### Global Immunizations and AAP/United Nations Foundation Shot@Life Campaign Overview

- Oral presentation; Las Vegas, NV; August 2, 2013
- 2013 Annual Meeting, American Academy of Pediatrics, Nevada Chapter

Functional anti-polysaccharide immunoglobulin deficiency with IgG2 subclass deficiency, recurrent pneumococcal sepsis, hypergammaglobulinemia purpura, and Sjogren's syndrome

- Poster presentation; Park City, UT; July 12-13, 2013
- 2013 Annual Meeting, Intermountain West Allergy Association

Epinephrine pen prescriptions in outpatient clinics for children with food-induced anaphylaxis

- Oral presentation; Las Vegas, NV; June 14, 2013
- Resident Research Day, University of Nevada School of Medicine, Las Vegas

Hypereosinophilic syndrome presenting with pericardial effusion, tamponade, and myocarditis

- Poster presentation: Las Vegas, NV; June 14, 2013
- Resident Research Day, University of Nevada School of Medicine, Las Vegas
- Awarded second place

Cardiovascular disease risk factors and blood pressure control in ambulatory care visits to physician offices in the U.S.

- Poster presentation—Scholarly project thesis for M.D. Degree; March 10, 2011
- The University of Arizona College of Medicine-Phoenix

## **GENERAL PRESS**

Couch, C. "Ask a Doc: Can I do anything to ensure my newborn doesn't develop allergies?" *USA Today, All The Moms*. Published online May 7, 2018.

SiriusXM, Doctor Radio Show, Live interview with host Dara Welles, March 30, 2017.

- Discussed recently published tree nut allergy study and other food allergy topics

NBC News interview with reporter Erika Edwards, March 24, 2017.

- Covered notable findings of recently published tree nut allergy study

Couch, C. "Ask a Doc: Ah-Choo! What's going on with these allergies?" *The Arizona Republic*. Published online March 17, 2017.

## **COMMUNITY SERVICE AND PROFESSIONAL EXPERIENCE**

Clinical Assistant Professor at The University of Arizona College of Medicine, Phoenix

- 2016-present
- Allergy & Immunology clinical rotation; teaching medical students and residents

Commitment to Underserved People (CUP) Clinic

- October 2007-May 2011
- Wesley Clinic, Phoenix, Arizona
- Student-run organization, providing medical care to uninsured and underserved patients
- Over 200 clinical hours spent serving predominantly Spanish-speaking population

Internal Medicine Interest Group, The University of Arizona College of Medicine-Phoenix

- August 2008-April 2010
- Co-president
- Organized lectures, events, and physician talks for group members

Hope Research Institute, Phoenix, Arizona

- 2006-2007
- Clinical Research Coordinator
- Conducted clinical trials of various pharmaceuticals
- Research focus: Parkinson's disease, diabetes, low back pain, heartburn, insomnia

Volunteer Care Clinic, Provo, Utah

- May 2005-April 2006
- Spanish interpreter facilitating communication between physician and patient

Sigma Delta Pi Spanish Honor Society

- May 2005-April 2006
- Brigham Young University, Provo, Utah
- Co-head of Service Committee
- Organized service activities in Spanish-speaking communities

Missionary (Spanish-speaking)

- April 1999-April 2001
- Volunteer proselytizing mission for The Church of Jesus Christ of Latter-Day Saints
- Worked with Spanish-speaking populations of Hartford, CT and Providence, RI

**GRANTS**

American Academy of Pediatrics, Shot@Life Global Immunization Advocacy Minigrant

- 7/19/13 – 9/17/13
- Grant award funds utilized to educate community pediatricians, residents, and medical trainees in regards to global immunization efforts

**LANGUAGE SKILLS**

Fluent in Spanish