

Nelson R. Vergel, BsChE, MBA

www.nelsonvergel.com

EXPERIENCE:

Clinic Optimizers 06/2017- Present

Position: Co-Founder

Created and currently manage an online fee-for-service educational platform for physicians in the hormone replacement field.

DiscountedLabs.com 08/2014 – Present

Position: CEO

Created and currently manage a direct-to-consumer online company that sells blood tests nationally at discount prices without the need for a doctor's visit.

ExcelMale.com – 09/2014 – Present

Position: Founding Editor

Founded and currently maintain an online platform that educates all men about hormone replacement, health and productivity in a safe and moderated environment with trusted information via forums, expert interviews, webcasts, product/service reviews and how-to videos. The site has over 4 million pageviews/year and 18,000 members since start-up.

TheBody.com – 06/2003 – Present

Position: Expert Columnist (part time contract work)

Responsible for writing articles for patients and clinicians and answer patient questions on HIV wellness, aging, side effect management, body composition, and HIV treatment for the HIV website with the most traffic on the Internet.

Research Access Network 02/2006 – 12/2014 Houston, Texas

Position: Development and Outreach Director

Designed outreach programs to accomplish fast accrual for clinical studies with Dr. Shannon Schrader as private investigator. Secured funding for creation of this community research group and hired research nurse. Wrote concept sheets and designed protocols for submission to grant sources. Served as a liaison to new pharmaceutical and biotechnology companies starting new research protocols.

Program for Wellness Restoration 08/1994 – Present Houston, Texas
Position: Founding Director

This non-profit organization has provided over 600 educational programs and CME programs in collaboration with over 300 AIDS Service Organizations all over the United States in English and Spanish to HIV-positive patients and their physicians, nurses and case managers about wellness, HIV treatments, multidrug resistance, adherence, side effect management, and quality of life issues. From 1994 to 2008 I assisted research groups at the AIDS Clinical Trials Group and pharmaceutical companies in designing community sensitive research protocols. Among current responsibilities as director are: Managing fundraising and public relations for the organization, attracting and retaining volunteers, providing educational lectures and online support. As part of our online education programs, I moderate the largest HIV online listserv (pozhealth at yahoogroups.com) and keep updated information on powerusa.org, facialwasting.org, and salvagetherapies.org. From 2010-2015, I served as a community member of the DHHS HIV Adult Guidelines Panel's Treatment Experienced and What to Start Committees.

Pharmaceutical Consultant/Community Advisory Board Member 08/1995- 12/2015 (ad hoc contract work)

Provided input in research protocol design, expanded access programs, patient assistance programs, FDA communications, sales force training or direct-to-consumer marketing materials for Merck (Isentress), Pfizer (Selzentry), Taimed (Ibalizumab), Panacos (Maturation Inhibitor), Tibotec (Prezista), Gilead Sciences (Viread, Truvada), Glaxo-SmithKline (GSK572), BTG Pharmaceuticals (Oxandrin), Unimed (Marinol, Anadrol, Androgel), Auxilium (Testim), Slate Pharmaceuticals (Testopel), Dermik-Aventis (Sculptra), Bioform (Radiesse), Napo Pharmaceuticals (cofelemer), Serono (Serostim, Egrifta), Roche (Invirase, Fuzeon), BMS (attachment and maturation inhibitors), and Taimed / Theratecnologies' Trogarzo.

Body Positive Wellness Clinic 06/1998 – 01/2001 Houston, Texas
Position: Founding Director

Responsible for designing, implementing and trouble-shooting a first-of-its-kind comprehensive wellness clinic in the US for people with HIV that included treatment education programs, exercise and physical therapy, nutritional counseling, hormonal treatments, stress management techniques, and research protocols. Managed a staff of 12 and a yearly budget of \$650,000. Lead fundraising, public relations and research efforts. Empowered a board of 18 volunteer directors to attain goals and mission. Secured federal and foundation funding for our wellness programs. Successfully transitioned the program to be part of the largest HIV comprehensive health provided in Houston for patients with low income (Legacy Health Services)

Shell Oil Company 11/1990 – 08/1994 Houston, Texas
Position: Senior Environmental Project Engineer

In charge of managing multi-million-dollar projects in the area of environmental engineering (water, waste water, and groundwater treatment) at six refineries, two chemical plants and several service stations around the United States. Promoted every year. Among the top 20% of engineers in the company. Awarded the Environmental Excellence Award for preventing EPA fines in several refineries.

Quantum Chemicals 12/1988 – 09/1990 Houston, Texas
Position: Start-up Project Engineer

Responsible for managing design, installation, start-up and troubleshooting activities of a utilities section (water, waste water) of an ethylene plant in Houston within the required timeline. Supervised a crew of 75 plant operators. Met all required timelines and was promoted to senior process engineer in a year.

Aqua Process 06/1985 – 12/1988 Houston, Texas
Position: Sales Engineer

Responsible for selling industrial water and waste water treatment chemicals to refineries and chemical plants and providing the service and technical support required to maintain these accounts. Responsible for accounts totaling over three million dollars.

Lagoven, S. A. (ex-subsiary of Exxon Corp.) 06/1981 – 12/1984 Maracaibo, Venezuela
Position: Process Engineer

Responsible for design, start up and maintenance supervision activities of 14 secondary offshore oil recovery water injection plants in Lake Maracaibo. Supervised a crew of 25 operators. Selected to be part of an accelerated training program that provided 35 courses on management, legislative issues, environmental law, and rotation in all company departments.

EDUCATION:

University of Houston 06/1988 Houston, Texas
Master of Business Administration
GPA 3.7

McGill University 05/1981 Montreal, Canada
Bachelor's Degree- Chemical Engineering
Graduated cum laude GPA 3.7

MEMBERSHIPS

Scientific Member, DHHS HIV Treatment Guidelines Panel, 2010- 2017

Member, Organizing Committee of the Conference on Retroviruses and Opportunistic Infections (CROI)- 2006- 2012
Founding member of ATAC (AIDS Treatment Activists Coalition), 2003- Present
Council Member, Ryan White Planning Council- Houston, 2001-2002
Creator and Director of the Body Positive Wellness Clinic in Houston 1998-2001
Member of the Metabolic Disorders Group at the AIDS Clinical Trials Group (ACTG), 1995-1998
Member of the University of Texas- Galveston Community Advisory Board, 1996-1998
CDC Certified HIV Counselor, Montrose Clinic, Houston, 1989-1991

PUBLICATIONS/INTERNET

[Pubmed references](#)

Author of the books “HCG Manual” and “Testosterone: A Man’s Guide”
Co-author of book "Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Therapies, Nutrition and Exercise"
Expert Columnist, TheBody.com
Co-editor of the booklet “How to Manage Side Effects”, December 2001
Contributing Editor, Medibolics.com, Powerusa.org, facialwasting.org, and salvagetherapies.org
Moderator and founder, pozhealth yahoo newsgroup (4500 members)
Founder and editor, ExcelMale.com (18,000+ members) and TestosteroneWisdom.com
Creator of several Facebook groups with an audience of over 24,000 people.

CONFERENCES

Speaker, XVIII International AIDS Conference, Vienna, 2010
Presenter, Conference on Adverse Events and Lipodystrophy in HIV- London, 2008
Medical Management of Hormonal Deficiency- Atlanta, June 2007
Presenter, Current Metabolic and Morphologic Abnormalities- August 18, 2007- Boston
Organizer, International Conference in HIV Facial Wasting, San Diego, September 2002
Organizer, International Conference on AIDS Wasting, Ft. Lauderdale, Nov. 1997
Presenter, HIV Nutrition Conference, Cannes, France 1997
Have attended most HIV CROI, ICAACs and US Conferences on AIDS since 1995
Lectured over 600 times since 1994 for non-profit organizations, CME programs, pharmaceutical training sessions, and other educational organizations.

RECOGNITIONS

Awarded the “Nelson Vergel Day” (Sept. 13, 2001) proclamation by Houston’s Mayor Lee Brown for contributions to the community in Houston
Given the “Vision and Advocacy” Award by the Body Positive Wellness Clinic board of directors, 1997
Awarded the Environmental Excellent Award by Shell Oil in 1992
Named one of the top 100 activists in the world by POZ Magazine, December 2010
Featured on the cover and main article in HIV Plus- Sept 2005 for work to advance salvage therapy access.
Interviewed by CNN, The Wall Street Journal, The Washington Post, and other media outlets.

