

11/11/29

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## **Lars Anton Westman**

### **Personal**

**DOB:** February 18, 1972.  
**MARITAL STATUS:** Single.  
**FAMILY:** Father schoolteacher, mother laboratory assistant, sister glass artist.

### **Professional**

#### **Clinical Medicine**

**2011-PRESENT:**Hyperbaric medicine, Karolinska University Hospital.  
**2009-PRESENT:** Anesthesiology and Intensive Care, Umeå University Hospital.  
**2009:** Emergency department, Södersjukhuset Hospital.  
**2005-2009:** Emergency department, Umeå University Hospital.  
**2004-2008:** Department of Surgery, Sundsvall Hospital.  
**2002-04:** Internship, Sundsvall Hospital.  
**2001:** Anesthesiology and Intensive Care, Uppsala University Hospital.  
**1994:** Ambulance driver.

#### **Science**

**2011-PRESENT:**Study of physiology, Karolinska Institutet.  
**2005-2009:** Study of traumatology, Umeå University.  
**2000:** Study of physiology, Karolinska Institutet.  
**1998:** Study of Ernest Hemingway, Stockholm University.

**COMMUNICATION OF RESEARCH:** Lecturer and keynote speaker, national and international conferences. Articles in popular media. Radio and television participation.  
**REFEREE:** Aviation, Space and Environmental Medicine. British Journal of Sports Medicine. Injury Prevention.

#### **Journalism and popular science**

**1999-2002:** Journal of the Swedish Medical Association.  
**1999-2000:** Swedish Medical Research Council.  
**1995-96:** Television reporter, Swedish Broadcasting Corporation.  
**1987-PRESENT:** Freelance journalism, various printed and broadcast media.

#### **Arts**

**2010:** Fictional novel ISBN 9789197864657 Fjärde torsdagen i november.  
**2002:** Fictional novel ISBN 9189390253 Himlen under mina fötter.  
**1993-PRESENT:** Two short films shown at film festivals and on television. Fictional short stories published in magazines and newspapers.

### **Sport**

**2004:** Fourth place, World Cup Speed Skydiving, France.  
**2003:** Medical staff, 15<sup>th</sup> Deaflympics Winter Games, Sweden.  
**1999 AND 2003:** Vasaloppet cross-country ski race, 90 km classic style.  
**1999:** Instructor, modified course in skydiving for adolescents with social problems, Social Assistance Service, City of Uppsala and Stockholm Skydive Club.  
**1997:** Tenth place, Skydiving, World Air Games, Turkey.  
**1996 AND 1997:** Gold, Swedish National Skydiving Championships.  
**1994 AND 1995:** Silver, Swedish National Skydiving Championships.

## Education

### Degrees

**2009:** Ph.D.  
**2002:** M.D.  
**1999:** Bachelor of Medicine.  
**1998:** Bachelor of Arts.

### Schools

**1996-2002:** Uppsala University Medical School, Uppsala.  
**1993-98:** Journalism, Stockholm University, Stockholm.  
**1995:** University College of Film, Radio, Television and Theatre, Stockholm.  
**1992-93:** Department of Philosophy, Umeå University, Umeå.  
**1988-92:** Dragonskolan Senior High School, Umeå, major technology/chemistry.  
**1989-90:** Mount Pleasant Community High School, Iowa, USA.

Within Uppsala University Medical School curriculum, four courses abroad:

**2002:** Obstetrics/Gynecology, University of Otago, Dunedin, New Zealand.  
**2001:** Infection, Nippon Medical School, Tokyo, Japan.  
**2001:** Dermatology, Kaohsiung Medical University, Kaohsiung, Taiwan.  
**2001:** Psychiatry, University of Western Australia, Perth, Australia.

Selected special training:

**2009:** Diving Medicine, EDTC/ECHM.  
**2009:** Difficult airway management, SimNorr.  
**2008:** Basic Surgical Skills Course, Swedish Surgical Society.  
**2006:** Sports Medicine, Umeå University.  
**2005:** Advanced Trauma Life Support, ATLS Sweden.  
**2004:** Hypothermia, Swedish National Board of Health and Welfare.  
**2004:** Emergency care, Disaster and Emergency Medical Center, Stockholm.  
**2003:** Site of accident leadership, Swedish National Board of Health and Welfare.  
**2003:** Anesthesiology, Santa Casa Hospital, São Paulo, Brazil.  
**2003:** Emergency and critical care, Nippon Medical School, Tokyo, Japan.  
**2002:** Plastic and Reconstructive surgery, University of Illinois, Chicago, USA.

## Languages

Swedish (native), English (fluent), Spanish and German (basic).  
Speech Team, Theatre Group and Thespian, Mount Pleasant Community High School.

## Teaching and Presentation

Involvement in the Swedish national training program for skydiving instructors. A video of anatomy teaching in junior high school is available from Teacher On Demand: <http://www.teacherondemand.se/video/570/dissektion-av-grislunga.html>  
A video of the 2009 dissertation defence is available at: <http://193.235.70.189/fou/Anton%20Westman%20disp.wmv>

## Management

**1999-PRESENT:** Journalism, arts and commercial skydiving sole proprietorship.

## Reference

Professor Peter Naredi, Umeå University Hospital, [peter.naredi@surgery.umu.se](mailto:peter.naredi@surgery.umu.se)

**Selected  
bibliography**

- Westman A. Björnen (short story). Association of Northern Sweden Writers fiction writing contest, 1993. First prize.
- Westman A. Odjurets natt (short story). *Provins*, 1993:2: 50-52.
- Westman A. Med tanke på att vi ska bli läkare. *Läkartidningen*, vol 96 nr 28–29: 3260, 1999.
- Westman A. Helikopterambulansen i Uppsala: En snabb och smidig IVA som går på instrument. *Läkartidningen*, vol 96 nr 34: 3560- 3562, 1999.
- Westman A. Washout of freon and helium at increased weight in the supine and prone positions - a pilot study. Uppsala University Medical School elective project 2000.
- Westman A. Optimal lungfunktion söks i snurrande laboratorium: Medicinsk rymdforskning ger klinisk spin-off-effekt. *Läkartidningen*, vol 97 nr 49: 5807- 5810, 2000
- Dahlberg C, Westman A. Vägen till vård: om samhällsrelevansen i medicinsk forskning. Swedish Medical Research Council 2000. ISBN 91-85547-24-7.
- Westman A. Himlen under mina fötter. Författarhuset 2002. ISBN 91-89390-25-3.
- Westman A. Shoulder injuries have been noted as a recurring problem in skydiving. *J Trauma*. 2005 Oct;59(4):1033.
- Westman A, Björnstig U. Fatalities in Swedish skydiving. *Accid Anal Prev*. 2005 Nov;37(6):1040-8.
- Westman A, Björnstig U. Injuries in Swedish skydiving. *Br J Sports Med*. 2007 Jun;41(6):356-64; Additional discussion 364.
- Westman A, Rosén M, Berggren P, Björnstig U. Parachuting from fixed objects: descriptive study of 106 fatal events in BASE jumping 1981-2006. *Br J Sports Med*. 2008 Jun;42(6):431-6.
- Westman A. Dangers in sport parachuting. Umeå University 2009. ISBN 978-91-7264-751-0.
- Westman A, Sjöling M, Lindberg A, Björnstig U. The SKYNET data: demography and injury reporting in Swedish skydiving. *Accid Anal Prev*. 2010 Mar;42(2):778-83.
- Westman A. Fjärde torsdagen i november. Tusculum 2010. ISBN 978-91-978646-5-7.
- Sjöling M, Lundberg K, Englund E, Westman A, Jong MC. Effectiveness of motivational interviewing and physical activity on prescription on leisure exercise time in subjects suffering from mild to moderate hypertension. *BMC Res Notes*. 2011 Sep 12;4:352.

**Selected grants**

**Science**

Stenholms, 2004. SEK 183 300.  
Cederbergs, 2005. SEK 15 000.  
Cederbergs, 2007. SEK 5 000.  
Kempe, 2005. SEK 10 000.  
FoU-Centrum Västernorrland, 2007. SEK 92 000.  
Fraenckels, 2011. SEK 100 000.

**Arts**

Film i Dalarna regional film fund, 1995. SEK 10 000.  
Swedish Authors' Fund, 2005. SEK 40 000.

**Portrait**

The below portrait of me by Curt Dahlgren was selected as feature photograph of the year 2010 in the newspaper Västernorrlands-Kuriren, to my somewhat mixed feelings.

