**ROBERT STARK ADAMS, JR., MD, MBA**

# EDUCATION

**Residency:** Madigan Army Medical Center**,** Tacoma, Washington, Family Practice, 1991-1994.

**Medical School**: Wake Forest University School of Medicine, **MD**, 1991.

**Masters:** James Madison University**, MBA**, Business Management, 1982.

**Colleges:** U.S. Naval Academy**, BS**,Engineering/Int’l Relations, 1973.

Army Command and General Staff College, 2004.

# EXPERIENCE

**March 2020 – Present** – Board of Directors [Institute for Medical Research](https://imr.org/about/). IMR supports a multi-million-dollar diverse portfolio of research and educational initiatives including basic science and clinical research and education to address health care delivery issues, broaden the understanding of mental illness and treatment

**January 2019 – June 2021** - [Veterans Life Center](http://www.vlcnc.org) Board of Directors for this $8 million NC grant funded facility for veterans in Butner, NC. Providing housing and career training for 100 men and women in life-transition from the military to a secure future.

**September 2006 -February 2020** – Physician in a multiple award-winning full-service family practice clinic that was designed and built by me in 2009. “[Knightdale Family Medicine](https://www.uncpn.com/pn/practices-locations/wake-county/knightdale-family-medicine/?utm_source=eruptr&utm_medium=cpc&cr=uncpn&utm_campaign=uncpc#Services)”, in Knightdale, NC that is currently operated by UNC Physicians Network as part of UNC Health Care organization.

**2008-2019** - Managing partner of Knightdale Medical Partners, LLC, designed, built, owned and operated a multispecialty 14,000 square foot facility providing Family Practice, Cardiology, Chiropractic, Physical Therapy, and support services to the Knightdale, NC community.

**July 1991- January 2006** – U S Army. Commanded various clinics providing full-service family inpatient and outpatient obstetric, pediatric, medical, outpatient surgical and gynecologic services to a diverse population, with ages from birth to elderly geriatric patients, for both military and civilian institutions.

Chief of the Department of Deployment Health, Womack Army Medical Center, Fayetteville, NC, responsible for medical care to deploying and returning soldiers to Iraq and Afghanistan.

Command Surgeon, (1997-2000) US Army DELTA Force providing rapid deployment special forces combat medical services worldwide.

Commander Robinson Health Clinic providing full service pediatric, family practice and obstetric services to the 18,000 soldiers and families of the 82nd Airborne Division, Ft Bragg, NC.

Deployed to Iraq (2003-2004) with the 82nd Airborne Division. Built and operated a forward area combat clinic providing emergency, mass casualty, and routine care for soldiers in a combat environment. Developed, coordinated, and arranged for 700 Iraqi physicians to come to Baghdad for their first medical conference in 25 years to update that country’s physicians about changes in medicine across multiple specialties. Flew in 32 US and British doctors as teachers for the Iraqi Medical Specialty Forum, who helped Iraq form their first medical organization of physicians.

Colonel (retired) U.S. Army Medical Corps.



**1973 – 1987 –** U.S. Navy - USS Hamner (DD-718) Division Officer and Navigator.

U.S. Navy SEAL, CDR (SEAL)

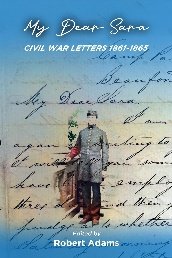


**OTHER EXPERIENCE**

Nine years as a corporate manager involved with business development, finance, planning and operations. Provided technical services in systems acquisition, computer systems analysis and development, engineering management, and logistics systems implementation.

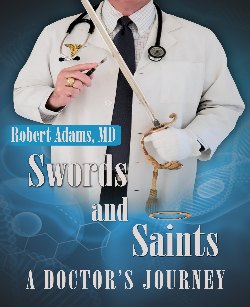
**Author (2021) – My Dear Sara Civil War Letters 1861-1865**

Corporal Edwin J. Barden (Ned) wrote letters to **his girl Sara** (and later his wife) while assigned to General Grant's headquarters from **1861-1865.**  
As a soldier in the **7th Connecticut Infantry Regiment**, he documented Union army and navy battles, weapons, travels, and movements. These letters provide an up-close soldier's view of life on the front lines, and include officer assessments, horrid weather, transient housing, poor food, hung deserters, and valiant "colored" forces fighting battles in Texas long after Lee surrendered to Grant at Appomattox.



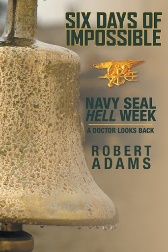
**Author (2020) – Swords and Saints – a Doctor’s Journey**

“These stories from the life and medical career of a Navy SEAL - turned doctor - are surprising, riveting, and inspiring. A family physician delivering babies, managing disease and trauma, and dealing with death - discovers new dimensions when he goes to war in Iraq. Treating the military, civilians and their families, “Dr. Bob” experienced tremendous joy, unbearable heartache, and deep gratitude. He shares those emotional experiences in this deeply personal memoir.”



**Author (2018) – Six Days of Impossible Navy SEAL Hell Week, a Doctor Looks Back**

**“Hell Week has never been described so effectively. Six days in Hell define every SEAL that finally moves past their mind's point of no return. This real-life story is about the men of BUD/S Class 81 brings the experiences of this SEAL class into view with real, bone chilling, difficult to believe, experiences described, in frightening detail, by the men that lived through the frigid cold, filthy muddy days, and body destroying events of a winter Hell**



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# AWARDS/PUBLICATIONS

o Published 2014 and 2016, Fish Alaska magazine, “Final Drift” fishing in Alaska stories.

o Published “Making Doctors – A New Approach”, Teaching and Learning in Medicine an International Journal, Spring 1989.

o Published “The National Board Examination (Part I ) as a Performance Measurement Tool – One Student’s Perspective” in the North Carolina Medical Journal, July 1990.

o AAFP Family Medicine Interest Group Leadership Award – AAFP National Congress of Student Members, 1990.

o First Prize in the 1991 North Carolina Medical society Student essay contest on medical education.

o Robert P. Vidinghoff Memorial Award for aptitude and devotion to the field of Family Practice, Bowman Gray School of Medicine, 1991.

o Published “Dad “’ an essay on death and dying, in the North Carolina Medical Student Journal, April 1992.

o U.S. Army Order of Military Medical Merit Award (lifetime achievement)

o Legion of Merit Medal - Army

o Bronze Star Medal – Army Iraq combat award

o Defense Meritorious Service Medal – Army Bosnia combat award

o Meritorious Service Medal – Army

o Naval Special Warfare (UDT/SEAL) Insignia

o Army Master Parachutist Badge (static and freefall)

o Army Flight Surgeon Badge.

o Best Doctor 2007 East Wake County– East Wake News Reader’s Choice Award

o Best Doctor 2010 East Wake County – Triangle East Magazine Reader’s Choice Award

o Best Doctor 2011 East Wake County – Triangle East Magazine Reader’s Choice Award

o Best Doctor 2014 East Wake County – Triangle East Magazine Reader’s Choice Award

# CERTIFICATIONS

American Board of Family Medicine - Board Certified

North Carolina Medical License

**MEMBERSHIPS**

U.S. Naval Academy Alumni Association – Life Member

Navy UDT/SEAL Association – Life Member

Military Officers Association of America – Life Member

American Legion – Life Member

Disabled American Veterans – Life Member

American Academy of Family Physicians

North Carolina Association of Family Physicians