
NISHA MEHTA, MD

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Overview

Nisha Mehta, MD is a radiologist with subspecialty training in musculoskeletal and breast imaging. She is also a writer, speaker, and physician advocate with interests in wellness and burnout, physician networking, health policy, medical education, physician entrepreneurship, and professional women's issues. She has been featured on Forbes, PBS NewsHour, MedPage Today, KevinMD.com, and Doximity, amongst others. She founded the Facebook group 'Physician Side Gigs' for approximately 50,000 physicians looking to increase business and financial literacy and develop supplemental or alternative income streams. Dr. Mehta holds a Bachelor of Science degree from Brown University and an MD from the University of Pennsylvania, and completed her residency and fellowship training at New York University and University of North Carolina at Chapel Hill, respectively. She now lives in Charlotte, North Carolina, with her physician husband and two sons.

Experience Highlights

Staff Radiologist, Department of Veterans Affairs, Charlotte, NC — 2016-present

Clinical Assistant Professor of Radiology, Musculoskeletal and Breast Imaging, University of North Carolina at Chapel Hill — 2013-2015

Advisory Board, Radiology Business Journal — 2017-2019

Founder/Administrator, Physician Side Gigs Group - 2016-Present

Central North Carolina Consortium on Breast Density Imaging and Reporting
2013-2014

Personal Assistant to the United States Assistant Surgeon General, Susan Blumenthal, Department of Health and Human Services, Washington, DC — 2004

Project Health (now Health Leads), Providence Site Director and Project Coordinator
— 2000-2003

Education

Brown University, Providence, RI - Bachelor of Science with Honors in Neuroscience, 2003

University of Pennsylvania, Philadelphia, PA - MD (Doctor of Medicine), 2007

Beth Israel Medical Center, Albert Einstein College of Medicine, NY, NY — Medical Internship 2007-2008

New York University Department of Radiology, NY, NY — Medical Residency in Radiology 2008-2012

University of North Carolina at Chapel Hill Department of Radiology, Chapel Hill, NC — Medical Fellowship in Musculoskeletal Radiology with 6 months of Specialized Training in Breast Imaging 2012-2013

Certificates, Grant Funding, Awards, and Honors Highlights

BRIC Siemens MR-PET Pilot Grant, Principal Investigator, 2013-2014

American Board of Radiology, 2012 - Board Certification

Phillips Medical Student/RSNA Research and Education Foundation, Research Medical Student Grant, Principal Investigator 2007

National Institute of Diabetes and Digestive Kidney Diseases Short Term Training Fellowship, NIH Funded Grant Recipient, Principal Investigator, 2004

Center for Neuroscience at the University of Pittsburgh Research Fellow, NSF Funded Grant Recipient, Principal investigator, 2001

Research at Brown Research Award, 2001

Selected Non-Scientific Presentations and Interviews

Adventures in Burnout: a panel. Physician Wellness and Financial Literacy Conference, March 12-14, 2020, Las Vegas NV.

Physician Burnout: Moving Beyond Resiliency to Tangible Solutions. Physician Wellness and Financial Literacy Conference, March 12-14, 2020, Las Vegas NV.

Confronting Physician Burnout Through Empowerment. Keynote: Community Health Centers/Sante Health Foundation. February 20, 2020, Whistler, BC, Canada.

Physician Burnout: Mental Health and the Need for Community. University of Arkansas for Medical Sciences Grand Rounds, Departments of Surgery and Radiology. February 4, 2020, Little Rock, Arkansas.

Know Your Worth: Negotiating Physician Contracts and Beyond. Business of Medicine Course, University of Arkansas for Medical Sciences. February 3 2020, Little Rock, Arkansas.

Physician Empowerment: What, Why, and How? Wisconsin Medical Society Workforce Empowerment Forum, November 21, 2019, Milwaukee, WI.

Physician Burnout: The Path Forward. Grand Rounds, Enspire/MedCenter Health Physicians Network, October 24, 2019, Bowling Green, KY.

Striving for Career Longevity, Physician Wellness, and Physician Empowerment in Today's Healthcare Landscape. Keynote address. Community Physician Network Retreat, September 27-29, 2019, French Lick, IN.

Side Hustles for the Entrepreneurial Physician. Society for Physician Entrepreneurs, June 5, 2019, Charlotte, NC. ([click to link](#)).

Avoiding Burnout and Achieving Optimal Work-Life Balance. 2019 American Society of Colon and Rectal Surgeons (ASCRS) Annual Scientific Meeting, June 4, 2019, Cleveland, OH. ([click to link](#)).

Physician Burnout: Shifting the Focus on Solutions. Keynote Address: Vituity 2019 Spring Symposia. April 29, 2019, Santa Clara, CA.

Physician Leadership: Leadership Track Session Leader. Vituity 2019 Spring Symposia. April 29, 2019, Santa Clara, CA.

Is Passive Income a Reality? The What's Up Next Podcast. April 29, 2019 ([click to link](#)).

Physician Burnout as a Growing Crisis in Healthcare. SIR 2019 - Society for Interventional Radiology Annual Meeting, March 25, 2019, Austin, TX.

Emphasizing Career Longevity in Primary Care: A Workshop. Group Workshops, Providence St. Joseph Health Primary Care Summit, March 8, 2019, San Diego, CA.

Solutions to Physician Burnout: Moving Beyond Resilience. Keynote Address: Providence St. Joseph Health Primary Care Summit, March 8, 2019, San Diego, CA.

Leveraging Physician Communities to Empower Physicians and Achieve Results. Keynote Address: South Carolina Oncology Society/North Carolina Oncology Association Annual Joint Meeting. February 8, 2019, Charlotte, NC.

Creating the Life in Radiology that You Choose. Radiological Society of North America Annual Meeting 2018, November 2018, Chicago, IL ([click to link](#)).

Physician Burnout and the Physician Family: Impact, Identification, Management, and Prevention. The Society of Hospital Medicine, Charlotte, NC, November 8, 2018.

The Woman Physician: Implications of Shifting Demographics for the Physician Job Market. New England Journal of Medicine, Boston, MA, September 28, 2018.

Quoted in: Manage Practice Workflow to Reduce Burnout. Stephanie Stephens, Medical Economics, August 1, 2018 ([click to link](#)).

The Challenging Choice To Be A Mom And A Physician with Nisha Mehta, MD. Married to Doctors Podcast, May 10, 2018 ([click to link](#)).

Changing the Traditional Model for Clinicians. Nisha Mehta, Physician Side Gigs. The Future of Health Podcast. May 1, 2018 ([click to link](#)).

Drs. Nisha Mehta and Parag Butala: Achieving Balance in a Dual Physician Household. Doctor Money Matters Podcast. April 25, 2018 ([click to link](#)).

Creating Freedom As a Physician. Co-sponsored by Nisha Mehta, MD and Physicians Helping Physicians, Charlotte, NC. ([click to link](#)).

Dr. Nisha Mehta Part 2: Physician Side Gigs. The Penn HealthX Podcast, April 5, 2018 ([click to link](#)).

Dr. Nisha Mehta Part 1: What is Unique about Physician Burnout? The Penn HealthX Podcast, April 3, 2018 ([click to link](#)).

The Woman Physician: Wellness and Empowerment, Novant Health Women Physicians Group, Charlotte, NC, March 15, 2018.

Physician Entrepreneurship Summit: Dr. Nisha Mehta, Founder, Physician Side Gigs, Virtual physician entrepreneurship conference, March 2018 ([click to link](#)).

Physician Wellness: Are Work-Life Balance and Self Care Feasible? Physician Wellness and Financial Literacy Conference by the White Coat Investor, Park City, Utah, March 3, 2018 ([click to link](#)).

Physician Burnout: A New Type of Medical Epidemic. Physician Wellness and Financial Literacy Conference by the White Coat Investor, Park City, Utah, March 2, 2018 ([click to link](#)).

Q & A: Nisha Mehta on how pursuing passion projects can make radiologists better at their job. Radiology Business Journal, February 2018 ([click to link](#)).

Millennials in Medicine. IPCAA Annual Meeting 2018: Global Changes, New Generations, New York, NY.

Why More Than 10,000 Physicians are in a Side Gigs Group. Doctors Unbound Podcast, January 2017 ([click to link](#)).

Nisha Mehta, MD: Getting Real with Physician Burnout. Docs Outside the Box Podcast, December 2017 ([click to link](#)).

Quoted in: Personal Branding for Radiologists: Is it Necessary to Get Ahead? Randy Young, Radiology Business Journal ([click to link](#)).

Physician Burnout/Wellness Retreat, Albany Medical Center, September 2017, Saratoga Springs, NY. Moderator, 1 day retreat for group of approximately 40 Emergency Medicine Doctors.

Nisha Mehta, MD: Physician Wellness. Hippocratic Hustle Podcast, August 2017 ([click to link](#)).

How This Radiologist Tackles Work-Life Balance. Doximity Interview for the How I work series. November 2016 ([click to link](#)).

Selected Non-Scientific Publications:

Physician Burnout: Why It's Not About Resilience. MedPageToday. April 2018 ([click to link](#)).

Mehta, Nisha. With Side Gigs, Physicians Create Their Own Rules. Medium, Doximity Op(m)ed, January 2018 ([click to link](#)).

Mehta, Nisha. Is Your Doctor Happy? Here's why it's worth finding out. PBS Newshour. December 2017 ([click to link](#))

Mehta, Nisha. Can Radiology Fix Its PR Problem? The Radiology Business Journal, October/November 2017 ([click to link](#)).

Mehta, Nisha. If You Don't Ask..., [MissBonnieMD.com](#), August 2017 ([click to link](#)).

Addressing Your Own Wellness During Training, Physician Family Magazine, Summer 2017 ([click to link](#)).

Mehta, Nisha. 6 Lessons from my Six Years as a Physician Mother. Medium, Doximity Op (m)ed, May 2017 ([click to link](#)).

Mehta, Nisha. Life Vs. The Type A Woman: How One Physician Balances Work, Family, and Self. Clinician Today, May 2017 ([click to link](#)).

Mehta, Nisha. The Radiology Job Market Must Change with the Times. Radiology Business Journal, April 2017 ([click to link](#)).

Mehta, Nisha. Babies and Medicine: On Choosing the Perfect Time. Thieme Medical Publishers, February 2017 ([click to link](#)).

Mehta, Nisha. Why We Should Care About Physician Debt. Forbes, November 2016 ([click to link](#)).

Mehta, Nisha. Entering Medicine in a Time of Healthcare Reform. Thieme Medical Publishers, November 2016 ([click to link](#)).

Mehta, Nisha. 8 Tips from my Non-Medicine Friends that make me a Better Doctor. KevinMD, October 2016 ([click to link](#)).

Mehta, Nisha. Seven Lessons Learned from a Decade of Marriage. The Huffington Post, October 2016 ([click to link](#)).

Mehta, Nisha. Defining What Work Life Balance Means to You. The Huffington Post, October 2016 ([click to link](#)).

Mehta, Nisha. 10 Truths of Physician Parenting. KevinMD. March 2016 ([click to link](#)).

Mehta, Nisha. Why are Female Physicians Afraid to be Women? KevinMD. February 2016 ([click to link](#)).

Mehta, Nisha. You Know You're a Female Physician When... MomMD. February 2016 ([click to link](#)).

Mehta, Nisha. 6 Reasons Professional Females Hesitate to be WOMEN. LinkedIn, January 2016 ([click to link](#)).

Selected Scientific Publications and Presentations

Tichy, J, Waddle, M, Deal, A, Carey, L, Muss, M, Mehta, N. "Is computerized tomography (CT) sufficient without bone scan (BS) for routine, asymptomatic breast cancer staging?" Radiological Society of North America 2014 Scientific Assembly and Annual Meeting. November 30- December 5, 2014, Chicago, IL.

Tichy, J, Waddle, M, Deal, A, Lavery, J, Carey, L, Muss, M, Mehta, N. "Is computerized tomography (CT) sufficient without bone scan (BS) for routine, asymptomatic breast cancer staging?" American Society of Clinical Oncology 2014 Annual Meeting. May 30-June 3, 2014, Chicago, IL.

Jordan, S, Mehta, N., Boschini, F, Jordan, S, Jordan, Z, O'Connor, S. "You'll See It When You Know It ... World Health Organization-classified (2012) Rare Breast Carcinomas." Radiological Society of North America 2013 Scientific Assembly and Annual Meeting, December 1-December 6, 2013, Chicago, IL.

Raz E, Mehta N, Lui YW. Chapter "Brain Neuroimaging" in "Motor Disorders". Edited by David Younger. American Association of Neuromuscular and Electrodiagnostic Medicine, 2013. 3rd edition, p 29-50. Publisher: Lippincott Williams & Wilkins.

MRI Imaging of the Wrist and Elbow. Invited Speaker. Duke University Department of Orthopedic Surgery. March 28, 2013.

Mehta N, Butala P, Bernstein MP. The imaging of maxillofacial trauma and its pertinence to surgical intervention. Radiologic Clinics of North America. March 2012.

Butala P, Greenstein AJ, Sur M, Mehta N, Sadot E, Divino C. Surgical Management of Acute Right Lower-Quadrant Pain in Pregnancy: A Prospective Cohort Study. Journal of the American College of Surgeons. 2010; 211:490-494.

Inaba Y, Chen JA, Mehta N, Bergmann SR. Impact of single or multicentre study design on the results of trials examining the efficacy of adjunctive devices to prevent distal embolisation during acute myocardial infarction. Eurointervention. 2009 Aug; 5(3): 275-83.

Yip YP, Mehta N, Magdaleno S, Curran T, Yip JW. Ectopic expression of reelin alters migration of sympathetic preganglionic neurons in the spinal cord. Journal of Comparative Neurology. 2009 Jul 10; 515(2): 260-8.

Mehta N. Utility of an Open Source Web Based Application for Radiology Decision Support and Operational Efficiency. RSNA Scientific Assembly and Annual Meeting, Scholar Presentations. November 2007 (Chicago, IL).

Mehta N, Kumanyika S, Blumenthal S. Shaping Effective National Policy to Combat the Global Diabetes Epidemic. NIDDK/NHLBI Research Symposium. September 22, 2004 (Philadelphia, PA).

Yip JW, Mehta N. Molecular control of autonomic neuronal migration in the spinal cord. Department of Anatomy and Cell Biology, University of Melbourne, Melbourne, Australia. December 8, 2003.

Yip JW, Mehta N. Molecular control of neuronal migration in the spinal cord. Institute for Biological Sciences, National Research Council Canada, Ottawa, ON. September 5, 2003.

Yip JW, Mehta N. Reelin signaling in the spinal cord. Reeler and Friends Workshop, Orlando, FL. November 2, 2002.

Yip JW, Yip YP, Magdaleno S, Curran T, and Mehta N. Ectopic Expression of Reelin Affects Positioning of Sympathetic Preganglionic Neurons in the Spinal Cord. Society for Neuroscience 2002 (Orlando, Florida).

Yip JW, Mehta N. Molecular control of neuronal migration in the spinal cord. Department of Molecular Neurobiology, Institute of DNA Medicine, Jikei University School of Medicine, Tokyo, Japan. June 7, 2002.

Yip JW, Mehta N. Ectopic expression of reelin affects positioning of sympathetic preganglionic neurons in the spinal cord. Gordon Research Conference, Molecular and Cellular Neurobiology, Hong Kong. June 6, 2002.
