

CURRICULUM VITAE ~ Indy Niedlich den Herder

EXPERIENCE

- 2023 – now Freelance Health & Wealth Pioneer ~ Steward of the Earth
- 2018 – 2023 Clinical pathologist Treant Zorggroep
- 2018 – 2021 Medical manager Treant Zorggroep
- 2018 – 2021 Member of the board 'cooperation Pathologie Noord'
- 2008 – 2017 Freelance hairtransplantation surgeon [several cosmetic clinics]
- 2009 - 2011 Flebologist Erasmus Medical Centre & Albert Schweitzer Hospital Zwijndrecht
- 2009 - 2010 CEO and owner Crowne HairSurgery

TRAINING

- 2023 Mbit / MBraining, Response Institute Roermond
- 2023 Quantum Healing Hypnosis Therapy [QHHT] ~ Dolores & Julia Cannon
- 2021 Hypnotherapy ~ Hypnoworld
- 2013 - 2018 Clinical Pathology ~ Academic Medical Hospital Groningen
- 2009 - 2010 Flebology ~ Erasmus Medical Centre & Albert Schweitzer Hospital Zwijndrecht
- 2008 - 2009 Hair Surgery [intern Hair Plus/extern private clinic Barcelona]
- 2003 - 2008 ENT surgery Academic Medical Centre & St. Lucas Andreas Hospital Amsterdam PhD program 'sleep apnea'
- 1997 - 2003 Medical training, University of Groningen
- 1996 - 1997 Biology, University of Groningen
- 1995 - 1996 Biomedical chemistry, Deventer

COURSES

- 2022 Self compassion for doctors ~ 'Mind You'
- 2022 Selfcare for Healthcare The four winds Society ~ Alberto Villoldo : Shamanic Dreaming
- 2022 Applied nutritional health care congress Houten : "under your own power, nutrition and motivation"

PUBLICATIONS

Kidney involvement in systemic calcitonine amyloidosis associated with medullary thyroid carcinoma. Koopman T, Niedlich – den Herder C, Stegeman CA, Links TP, Hazenberg BPC, Diepstra A. Am J Kidney Dis. 2017 Apr;69(4):546-549. doi: 10.1053/j.ajkd.2016.09.027. Epub 2016 Dec 23.

Open rhinoplasty in children. Dennis SC, den Herder C, Shandilya M, Nolst Trenité GJ. Facial Plast Surg. 2007 Nov;23(4): 259-266.

Paediatric Rhinoplasty surgery in an Academic setting. Shandilya M, den Herder C, Dennis SC, Nolst Trenité GJ. Facial Plast Surg. 2007 Nov;23(4): 245-257.

Geïsoleerde laryngeale sarcoïdose. Ketharanathan N, den Herder C, Veenstra J, de Vries N. Ned Tijdschr KNO Heelk Jan 2006 ; 12(1) : 23-25.

Bipolar radiofrequency induced thermotherapy of the tongue base: Its complications, acceptance and effectiveness under local anaesthesia. Den Herder C, Kox D, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2006 Nov ; 263(11) : 1031-40. Epub 2006 Jul 22.

One stage multilevel surgery (uvulopalatopharyngoplasty, hyoid suspension, radiofrequent ablation of the tongue base with/without genioglossus advancement), in obstructive sleep apnea syndrome Richard W, Kox D, den Herder C, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2007 Apr ; 264(4) : 439-44. Epub 2006 Oct 25.

Acceptance and long-term compliance of nCPAP in obstructive sleep apnea. Richard W, Venker J, den Herder C, Kox D, van den Berg B, Laman M, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2007 Sep ; 264(9):1081-6. Epub 2007 Apr 19.

The role of sleep position in obstructive sleep apnea syndrome. Richard W, Kox D, den Herder C, Laman M, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2006 Oct ; 263(10) : 946-50. Epub 2006 Jun 27.

Obstructive sleep apnoea and general anaesthesia – " a potentially dangerous combination". Den Herder C, Appelboom DJ, de Vries N.

(Just in time module) BMJ. 24 March 2006; Review the essentials on everyday conditions.
<http://learning.bmj.com/learning/searchresult.html?moduleId=5003259> Hyoidthyroidopexy as a surgical treatment for obstructive sleep

apnoea syndrome. Den Herder C, van Tinteren H, de Vries N. Ned Tijdschr Geneesk. 2006 Jan 28 ; 150(4) : 198-203.

Response: Sleep Endoscopy Versus Modified Mallampati Score for OSA and Snoring. Letters to the Editor Den Herder C. Laryngoscope. 2005 Nov ; 115(11):2073-2074.

Response to Chisholm and Kotecha. Den Herder C, Hessel NS, de Vries N. Clinical Otolaryngology. 2005. Oct 30 ; 5: 485.

Surgical treatment of obstructive sleep-apnoea syndrome. Richard W, den Herder C, de Vries N. Ned Tijdschr Geneesk. 2005 May 28 ; 149(22) : 1193-6.

Hyoidthyroidpexia: a surgical treatment for sleep apnea syndrome. Den Herder C, van Tinteren H, de Vries N. Laryngoscope 2005 Apr ; 115 (4) : 740-745.

Sleep endoscopy versus modified Mallampati score in sleep apnea and snoring. Den Herder C, van Tinteren H, de Vries N. Laryngoscope. 2005 Apr ;115 (4) : 735-739.

Risks of general anesthesia in people with obstructive sleep apnoea Den Herder C, Schmeck J, Appelboom DJ, de Vries N. BMJ. 2004 Oct 23 ; 329 (7472) : 955-95

Treatment of the obstructive sleep-apnea syndrome in adults. De Vries N, den Herder C, Hessel NS. Ned Tijdschr Geneesk. 2004 Jan 31 ; 148(5) : 250-1; author reply 251.

Hyoidthyroidpexie, een nieuwe behandeling voor obstructief slaapapneusyndroom. Den Herder C, Hessel NS, de Vries N. Ned Tijdschr KNO Heelk Jan 2004 (10 ;) 1 : 25-29.

Anesthesiologische aspecten bij obstructief slaapapneusyndroom Den Herder, C, Elias BS, Appelboom DJ, de Vries N. Ned Tijdschr KNO Heelk Jan 2004 (10) ; 1 : 7-11.

CHAPTERS IN MEDICAL BOOKS

Sleep Apnea and Snoring. Surgical and non-surgical treatment.

Eds. Dr. M. Friedman. Elsevier, Chicago 2009.

Analysis of NCPAP failures

Richard W, Venker J, den Herder C, Kox D, de Vries N. Chapter 10:69-72.

Hyoid suspension as the only procedure

De Vries N, den Herder C. Chapter 49:305-312.

Multilevel surgery (hyoid suspension, radiofrequent ablation of the tongue base, uvulopalatoplasty) with/without genioglossal advancement

De Vries N, Richard W, Kox D, den Herder C. Chapter 50:312-321.

Rhinologic and Sleep Apnea Surgical Techniques

Risks of general anesthesia in people with Obstructive Sleep Apnea

Den Herder C, Schmeck J, de Vries N. Eds. Dr S. Kountakis and Prof Dr M. Önerci. Springer-Verlag, Berlin Heidelberg 2007. Chapter 28:273-282.

Het Medisch Jaar 2005

Slaapstoornissen en slaperigheid overdag – Obstructief slaapapneusyndroom

Den Herder C, de Vries N. Eds. Dr. J.N. Keeman, prof. Dr. P.W. de Leeuw, dr. J.A. Mazel, prof. Dr. F.G. Zitman. Bohn Stafleu van Loghum, Houten 2005. Hoofdstuk 8; 23:265-279.

PERSONAL QUALITIES

| Strengths | Weaknesses of my strengths |
|---|---|
| <p><i>Pioneering out-of-the-box entrepreneurship</i> → I always see opportunities and I have a lot of energy to take action on it.</p> | <p><i>Seeing and creating to many opportunities</i> → I have difficulty managing them all. Balls fall out of the sky. <i>Ongoing training</i> → Prioritize and stay focused. I can't help everybody.</p> |
| <p><i>Analytical Mind</i> → I have a strong need for information and understand it. I want to have a clear vision. I have the ability to scrutinize (medical) texts and images under the microscope (pathology) and see patterns very easily. Informations sticks easily in my mind. I <i>want to know</i> the whole picture.</p> | <p><i>Overanalyzing</i> → thinking you know the truth by keep analyzing it. I have to accept that we never will unravel the whole picture of Life. Life is Magic <i>Ongoing training</i> → relax and lean back. Let the creativity wander and enjoy.</p> |
| <p><i>Goal oriented and Perseverance</i> → I need to know my goal in order to put my actions in line with it otherwise I feel a bit lost. I have learned to postpone goals because the time isn't ripe.</p> | <p><i>Loosing contact with my body and needs</i> → I have the ability to hyperfocus because of the momentum I have created in which I am able to manage a lot. <i>Ongoing training</i> → set a clock to check in with my body and needs...and act upon it because I love my self.</p> |
| <p><i>Organisation and Planning</i> → I have learned to harness these qualities when I was a pathologist and medical manager. Things have to happen in order to succeed. I am able to see what needs to be done in time.</p> | <p><i>Taking the short cut</i> → this is due to my impatience. <i>Ongoing training</i> → learn to accept that other people need more time to grasp ideas or come into action.</p> |
| <p><i>Being an empathic and open person</i></p> | <p><i>Being too empathic</i> → loosing myself in the other because of wanting to help. <i>Ongoing training</i> → noticing, setting and respecting my own boundaries: people have their own responsibility and need to learn their own lessons. If you take that away they will not learn.</p> |
| | <p><i>Being too honest in communication</i> → people may be shocked by my honesty.</p> |

Ongoing training → keep feeling and scanning the other person in what the other can handle and in what way they will be open to receive information, so the message will land and we have a real and balanced conversation