

CURRICULUM VITAE ~ Indy Liv Niedlich den Herder

EXPERIENCE

- 2023 – now Lifestyle doctor, MBraining and transformation coach
- 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

- 2024 Ancient Holistic Egyptian Healing Workshop ~ Richard Hoofs
- 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 anesthesia. 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 anesthesia – " 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; 265-279.