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Dr. Gaydos retired as a U.S. Army colonel and physician after nearly thirty years of distinguished service. His military assignments included being Chief of the Army Epidemiology Consultant Service and Chief of the Preventive Medicine Consultants' Division, Office of the Army Surgeon General.

Following his retirement in 1997, Dr. Gaydos joined the Department of Defense Global Emerging Infections Surveillance & Response System (DoD-GEIS), which was then located at the Walter Reed Army Institute of Research (WRAIR) in Silver Spring, M.D. He served as the director of Public Health Practices for nearly 16 years. When DoD-GEIS merged with the Armed Forces Health Surveillance Center in 2008, Dr. Gaydos became the new organization's science advisor.

Dr. Gaydos graduated with a medical degree from West Virginia University and a year later completed a rotating surgery internship at the Walter Reed General Hospital. He returned to school and earned a master's in public health from the University of Pittsburgh Graduate School Of Public Health. Soon after, he completed a general preventive medicine residency at WRAIR.

His military awards include the U.S. Army Surgeon General's Award for Academic Excellence in Military Medicine known as the Lewis Aspey Mologne Award, the U.S. Army Medical Department Order of Military Medical Merit, the Meritorious Service Award from the Uniformed Services University of Health Sciences School of Medicine (USUHS) and the George M. Stenberg Award for Excellence in Preventive Medicine from WRAIR.

Dr. Gaydos holds fellowship status in the American College of Occupational & Environmental Medicine, the American College of Preventive Medicine and the Infectious Diseases Society of America. He has co-authored 73 articles that have appeared in peer-reviewed journals and written chapters for eight published books. Dr. Gaydos also has held several teaching positions, including adjunct professor of Preventive Medicine and Biometrics at USUHS and adjunct professor and professional lecturer of Environmental and Occupational Health at George Washington University.