



PROFILE

Doctor by vocation with a passion for «exercise is medicine», the intersection of vascular medicine and sports medicine, as well as anti-doping efforts.

CONTACT

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PERSONAL DATA

DATE OF BIRTH:
August 6th, 1987

PLACE OF BIRTH:
Frauenfeld / TG (Switzerland)

NATIONALITY:
Swiss

LANGUAGES:
German (mother tongue), French,
English

MARITAL STATUS:
Married since 2018 (1 child)

HOBBYS

Football/Soccer, Ice Hockey, Fitness
Sports, Running, Surfing, Sailing, Diving,
Discovering the World, and Writing
(e.g. Newspaper Articles)

ROMAN GÄHWILER

EDUCATION (UNIVERSITY)

Doctoral Degree (PhD / Dr. sc. med.) in Biomedical Ethics and Law, University of Zurich^{UZH} (Switzerland)

2010 – 2013 and 2016 - 2022

What Doping has Taught us – Re-Defining the Role of Physicians in Sports Medicine

Supervisor: Prof. Dr. Martial Saugy (Lausanne)

Director: Prof. Dr. med. Dr. phil. Nikola Biller-Andorno

Master of Science (MSc) in Sports Medicine, Danube University Krems (Austria)

2018 – 2020

Vascular Compressions Syndromes in Athletes

Supervisors: Profs. Dres. med. Christoph Thalhammer/Anja Hirschmüller

Director: Prof. Dr. med. Stefan Nehrer

Doctoral Degree (MD / Dr. med.) in Medicine, University of Zurich^{UZH} (Switzerland)

2013 – 2015

Impact of local vascular lesions assessed with optical coherence tomography and ablation points on blood pressure reduction after renal denervation

Supervisor: Prof. Dr. med. Dr. sc. nat. Christian Templin

Director: Prof. Dr. med. Thomas F. Lüscher

Bachelor of Science (BSc) and Master of Science (MSc) in Medicine, University of Zurich^{UZH} (Switzerland)

2007 – 2013

Master-Thesis (06/2001 – 08/2012): Implementation of a Zurich Database for Cardiac Parameters within a Screening of Competitive Athletes

Supervisor: PD Dr. med. Christian Schmied

Director: Prof. Dr. med. Thomas F. Lüscher

EDUCATION (SCHOOL)

Gymnasium (Kantonsschule Zürcher Oberland), 2002 - 2007

Sekundarschule/High-School (Level A, Bubikon/ZH), 2000 – 2002

Primarschule/Elementary-School (Wolfhausen/ZH), 1994 – 2000

MEDICAL QUALIFICATIONS

Fellow of College of Phlebology (FCPhleb) 12/2024	Fellow in Endovenous Surgery, College of Phlebology, London/UK
Diploma in Endovenous Ablation (USGG) 01/2023	Certificate in Endovenous Thermal Ablation for Truncal Veins by the Union of Vascular Societies of Switzerland (USGG)
Specialist Diploma Angiology (FMH) 12/2022	Board Examination by Swiss Society of Angiology (Swiss Medical Association / FMH)
Diploma in Sports Medicine (SEMS) 01/2022	Board Examination by Sport & Exercise Medicine Switzerland (Swiss Medical Association / FMH)
Specialist Diploma Internal Medicine (FMH) 01/2021	Board Examination by Swiss Society of General Internal Medicine (Swiss Medical Association / FMH)

FURTHER QUALIFICATIONS

Research in Biomedical Ethics 07/2010 – 09/2010	Oxford University, Oxford Uehiro Centre for Practical Ethics Director : Prof. Julian Savulescu Research Topic : Artificial Performance Enhancement in Sport
Bioethics of Human Enhancement 07/2011	Summer Academy in Geneva (SUI) organized by Brocher Foundation and The Hastings Centre (New York, USA)
Military Service in the Swiss Army 2006 – 2007	Rank: Private/Gefreiter Division: Paramedic/San-Fahrer C1 (full-time employee/Durchdiener)

CLINICAL EXPERIENCE

Senior Consultant / Leitender Arzt 01/2025 – dato	ALTIUS Swiss Sportmed Center, Swiss Olympic Medical Center, Rheinfelden
Attending Physician / Consultant 01/2023 – dato	Berit SportClinic, Speicher/AR
Consultant / Oberarzt 09/2024 + 12/2024	Fellowship in Endovenous Surgery (FCPhleb), College of Phlebology Location: London/UK, Director: Prof. Mark Whiteley
Senior Consultant / Fachbereichsleiter 01/2023 – 08/2024	Department for Vascular Medicine (Angiology), Hospital Lachen Gefässmedizin Rapperswil/SG
Consultant / Oberarzt 03/2022 – 06/2023	Vascular Institute Central Switzerland, Aarau/Baden
Resident / Assistenzarzt 07/2021 – 01/2022	Department of Vascular Medicine, University Hospital Aarau (Prof. Dr. med. Christoph Thalhammer)

Resident / Assistenzarzt

01/2021 – 06/2021

Department Co-Head

10/2020 – 01/2022

Resident / Assistenzarzt

04/2019 – 12/2020

Consultant / Oberarzt

02/2018 – 04/2019

Consultant / Oberarzt

06/2017 – 01/2018

Resident / Assistenzarzt

05/2015 – 05/2017

Resident / Assistenzarzt

11/2014 – 04/2015

Resident / Assistenzarzt

01/2014 – 08/2014

Department of Rheumatology, University Hospital Aarau
(Prof. Dr. med. Paul Hasler)

Centre for Sports Medicine, University Hospital Aarau
(Dr. med. Richard Glaab / Dr. med. Roman Gähwiler)

Department of Vascular Medicine, University Hospital Aarau
(Prof. Dr. med. Christoph Thalhammer)

ALTIUS Swiss Sportmed Center, Swiss Olympic Medical Center, Rheinfelden
(Dr. med. Lukas Weisskopf)

Department of Internal Medicine, Hospital Bülach
(KD Dr. med. Nic Zerkiebel)

Department of Internal Medicine, Hospital Bülach
(KD Dr. med. Nic Zerkiebel)

Department of Cardiology, University Hospital Zurich
(Prof. Dr. med. Thomas F. Lüscher)

Rennbahnklinik, Swiss Olympic Medical Center, MuttENZ/BS
(Dr. med. Lukas Weisskopf)

ENGAGEMENTS IN SPORTS MEDICINE

Chief Medical Officer

2022 – dato

Swiss Olympic Youth Team (Winter)

Medical Team / Team Physician

2022 – dato

Swiss Ski (Team Ski Jumping & Team Nordic Combination)

Medical Team / Team Physician

2018 – 2021, 2024 – bis dato

FC Aarau (Football, Challenge League)

Medical Team / Team Physician

2018

Handball National Team (Men)

Medical Team / Team Physician

2016 - 2020

Swiss Ice Hockey Women's National Team

Team Physician

2014 – 2020

ZSC Lions Women's Ice Hockey Team (National League A)

Medical Team / Physician

2014

Badminton European Championships (U15 / Teams), Basel/Switzerland

Medical Team / Tournament Physician

2014

Table Tennis, Swiss National Championships (Elite), Basel/Switzerland

Medical Team / Physician

2014

Badminton Swiss Open, Basel/Switzerland

VOLUNTEER WORK

Co-Founder & Project-Leader

2010 – 2015

Mentoring Program for Medical Students at University of Zürich^{UZH}

Sport & Exercise Medicine Switzlerand

2024 - dato

Antidoping Commission, Member of Expert Group

AWARDS & PRIZES

Zurich Alumni Award

03/2012

Zurich Alumni Award for the Foundation and Implementation of the Mentoring Program for Medical Students (Faculty of Medicine, University of Zürich^{UZH})

MediFest Award

03/2011

MediFest Award for the for the Foundation and Implementation of the Mentoring Program for Medical Students (Faculty of Medicine, University of Zürich^{UZH})

CONGRESS PRESENTATIONS

Swiss Society of Phlebology

04/2024, Fribourg

Invited Lecture at Spring Symposium: No Compression, No Glory

Swiss Society of Psychiatry/Psychotherapy

08/2021, Zürich

Invited Lecture: Doping in Sports and Ethics in Sports Medicine

35. MediWeek Davos

07/2021, Davos

Invited Lecture: Doping in Leisure Sports

Annual Congress of Sports & Exercise Medicine Switzerland

10/2019, Interlaken

Invited Lecture & Chair of Hot Topic Session: Ethics & Sports – Hot Topics in Sports Medicine

21. National Winter Congress (GOTS)

01/2019, Basel

Invited Lecture: Doping in Leisure Sports & Bodybuilding – How to Deal with it ?

Swiss Ice Hockey Medical Day

04/2018, Langenthal

Invited Lecture: Doping in Sports – Disinterest or Ethical Dilemma ?

National Congress Swiss Society of Intensive Care Medicine

09/2016

Poster-Presentation: A febrile illness complicated by ophtalmoplegia, impaired consciousness and cytoalbuminologic dissociation: «bickerstaff brainstem encephalitis»

National Circus Knie: Symposium in Manege

06/2014

Scientific Board and Co-Host of the Symposium together with Dr. med. Hans Spring

PUBLICATIONS

- 12/2024
Chronic Exertional Compartment Syndrome – A cause of exercise-induced lower leg pain
Authors: Hirschmüller A, Recktenwald K, Gähwiler R, Weisskopf L

Published in: *Therapeutische Umschau*. Dec;81(7), 245-248
- 10/2024
Turbulences on the Road to Glory
Authors: Gähwiler Roman, Werder Robert

Published in: *Sport & Exercise Medicine Switzerland*,
<https://doi.org/10.34045/SEMS/2024/49>
- 01/2024
Venous thrombosis following endovenous laser ablation with and without thromboprophylaxis
Authors: Keo HH, Knoechel J, Diehm N, Kalka C, Staub D, Gähwiler R, Uthoff H.

Published in: *J Vasc Surg Venous Lymphat Disord*. 2024 Jan;12(1):101656.
- 01/2023
Safety, feasibility and early efficacy of the water-specific 1940nm diode laser wavelength for ablation of saphenous incompetence
Authors: Keo H, Regli C, Diehm N, Staub C, Lindenberg J, Gähwiler R, Uthoff H

Published in: *J Vasc Surg Cases Innov Tech*. 2023 Feb 14;9(2):1011125
- 09/2022
Opinion Editorial: What Doping Taught Us – A Call for the Implementation of Bioethics in Sports Medicine Education
Author: Gähwiler Roman

Published in: *Sport & Exercise Medicine Switzerland*, 70(3), 6-7, 2022
- 09/2022
Doping and the Sports Physician's Role – The Swiss Experience
Authors: Gähwiler Roman, Tscholl Phillippe, Koenig Ernst, Clénin Gremar

Published in: *Sport & Exercise Medicine Switzerland*, 70(3), 8-12, 2022
- 04/2022
Recognizing IPED Use in Clinical Practice
Authors: Iff S, Gähwiler R, Butzke I, Quednow BB, Claussen MC.

Published in: *Praxis (Bern 1994)*. 2022 Apr;111(6):e333-e337
- 08/2021
Doping in Sports – Perspective and Ethics of Sports Medicine (German title: Doping im Sport – Perspektive und Ethik der (Sport-) Medizin)
Author: Roman Gähwiler, Cantonal Hospital Aarau, University Hospital, Department of Angiology, Switzerland

Published in: *Leading Opinions Neurology & Psychiatry* 5/2021

03/2021

Doping in Sports – Another Pandemic
(German title: *Doping im Sport – Die andere Pandemie*)
Author: Roman Gähwiler, Cantonal Hospital Aarau, University

Published in: SuchtMagazin (Addiction Magazine), 2021-1 Jg. 47
S.30-35

02/2021

External Stenting and Disease Progression in Vein Grafts One Year after Open Surgical Repair of Popliteal Artery Aneurysm
Authors: Ümmühan Ciftci, Regula Marti, Jennifer Fahrni, Roman Gähwiler, Christoph Thalhammer, Lorenz Gürke, Andrej Isaak

Published in: Journal of Vascular Surgery. 2021 Feb 13;S0741-5214(21)00190-7.

02/2021

Exercise induced Leg Pain due to Endofibrosis of External Iliac Artery: A narrative Review
Authors: Gaehwiler R, Hirschmueller A, Grumann T, Isaak A, Thalhammer C

Published in: Vasa (European Journal of Vascular Medicine). 2021 Feb;50(2):92-100.

11/2020

Not Another Arm Vein Thrombosis – Memories of the Past
Authors: Viktoria Weber, Andrei Zdroveac, Igor Turkalj, Roman Gähwiler, Christoph Thalhammer und Andrej Isaak

Published in: Praxis 2020; 109(15):1205-1209

09/2020

A COMPASS for VOYAGERS with revascularized peripheral artery disease
Author: Gaehwiler R.

Published in: Vasa (European Journal of Vascular Medicine) 2020 Aug;49(5):427-428

07/2020

Symptomatic type I endoleak following popliteal artery aneurysm repair
Authors: Seiler R, Turkalj I, Gähwiler R, Isaak A, Thalhammer C, Rastan A

Published in: Vasa (European Journal of Vascular Medicine), 2020, 1-4

07/2020 (online)
01/2022 (print)

Exercise induced Leg Pain due to Vascular Compression Syndrome
Authors: Gaehwiler R, Hirschmueller A, Grumann T, Weber V, Isaak A, Thalhammer C

Published in: Journal of Swiss Sports & Exercise Medicine

07/2020

PAD Screening: Why? Whom? When? How? - a systematic review
Authors: Kieback A, Gähwiler R, Thalhammer C

Published in: Vasa (European Journal of Vascular Medicine) 2020 Jul 17;1-7

07/2020 (online)
01/2022 (print)

Chronic Exertional Compartment Syndrome: A narrative Review
Authors: Gaehwiler R, Hirschmueller A, Grumann T, Tiernan P, Isaak A, Thalhammer C

Published in: Journal of Swiss Sports & Exercise Medicine

12/2019

The Code of Ethics for Swiss Society of Sports & Exercise Medicine – Zeitgeist or Necessity?
(German title: *Die Ethik-Charta der SGSM – Zeitgeist oder Notwendigkeit?*)
Authors: Gähwiler R, Leumann A, Zürcher M, Weisskopf L, Clénin GE

Published in: Swiss Sports & Exercise Medicine; 67(4); 5-6, 2019

05/2019

Conservative Treatment of Achilles Tendinopathy in Sports Medicine
(German title: *Konservative Therapie von Tendinopathien der Achillessehne in der Sportmedizin*)
Authors: Gähwiler R, Weisskopf L, Hirschmüller A.

Published in: PRAXIS 2019; 108(13): 851–858

08/2018

Ankle Sprain: Conservative Treatment of Lateral Ligament Lesions
(German title: *OSG-Distorsion: Konservative Therapie der lateralen Bandläsion*)
Authors: Gähwiler R, Weisskopf L, Hirschmüller A.

Published in: German Journal of Foot and Ankle Surgery

01/2018

Interpretation of 24-hour blood pressure monitoring
(German title: *Interpretation der 24-Stunden-Blutdruckmessung*)
Authors: Dr. med. Roman Gähwiler, PD Dr. med. Christian Schmied

Published in: Der informierte @rzt, Fortbildung – Medical Forum, 01/2018

12/2017

Doping in Sports – Disinterest or Ethical Overload?
(German title: *Doping im Sport – Bewusstes Desinteresse oder ethische Überforderung?*)
Authors: Gähwiler R, Simon P, Biller-Andorno N

Published in: Swiss Sports & Exercise Medicine (66 (4), 28-30, 2017)

02/2017

Anti-doping and the physician's role: how do we overcome the challenges in elite sport?
Author: Gaehwiler Roman

Blog post in British Journal of Sports Medicine, 03.02.2017

01/2017

Ethics & Enhancement in Sport: Becoming the fastest (human?) being
Authors: Johann Roduit, Roman Gaehwiler

Published in: Journal of Sport in Society, 21(4):713-719

02/2015

Impact of local vascular lesions assessed with optical coherence tomography and ablation points on blood pressure reduction after renal denervation

Authors: Jelena R. Ghadri*, MD; Roman Gaehwiler*, MD; Milosz Jaguszewski*, MD; Isabella Sudano, MD, PhD; Julia Osipova; Renate Schoenenberger-Berzins, MD; Paul Erne, MD; Thomas F. Lüscher, MD; Christian Templin, MD, PhD

* equally contributing first

Published in: Swiss Medical Weekly, European Journal of Medical Sciences. 2015 Feb 6;145:w14102.

04/2014

A Heart Without Overspeed Trip Unit

(German title: Ein Herz ohne Drehzahlbegrenzung)

Authors: Roman Gähwiler, Christian Templin, Thomas F. Lüscher, Jelena-Rima Ghadri

Published in: Praxis (Bern 1994). 2014 Apr 23;103(9):527-531

07/2013

Vascular Lesions induced by Renal Nerve Ablation as assessed by Optical Coherence Tomography - Pre- and postprocedural comparison with the Simplicity Catheter System® and the EnligHTNTM Multi-Electrode Renal Denervation Catheter

Authors: Christian Templin, MD, PhD; Milosz Jaguszewski, MD; Jelena R. Ghadri, MD; Isabella Sudano, MD; Roman Gaehwiler; Ulf Landmesser, MD; Paul Erne, MD; Georg Noll, MD; Thomas F. Lüscher, MD

Published in: European Heart Journal. 2013 Jul;34(28):2141-8

05/2012

Cardiac pre-competition screening in Swiss athletes – Current situation in competitive athletes and assessment of an exemplary local screening programme

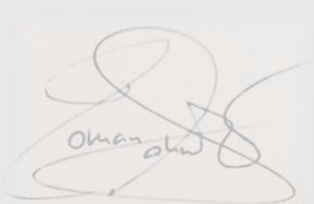
Authors: Christian Schmied, Sara Notz, Marco Cribari, Roman Gähwiler, Dagmar I. Keller, Thomas F. Lüscher

Published in: Swiss Medical Weekly, European Journal of Medical Sciences. 2012 May 31;142:w13575

Date:

05.03.2025

Signature:

A handwritten signature in black ink, appearing to read 'Roman Gähwiler', is written over a faint, light-colored rectangular stamp or watermark.