

The Big Futures Series

Exploring Careers in Health, Medicine, and Wellness



Dr. James Geiger, MD
CEO, Co-Founder & CMO of FlexDex Surgical

Dr. Geiger, Professor of Surgery at the Nationwide Children's Hospital and Ohio State University, is recognized as a world expert in advanced laparoscopic surgery and robotic surgery techniques. As a longtime faculty member of the University of Michigan, he founded the University of Michigan Medical Innovation Center and Michigan Pediatric Device Consortium (which generated multiple startups). He has developed and commercialized several medical devices, and Dr. Geiger has mentored many medical students, residents, and entrepreneurs.



Dr. Anil K. Gupta, MD, MBA
Surgical Director for ProMedica Sports Medicine

Dr. Gupta specializes in sports medicine, shoulder surgery, hip arthroscopy, and cartilage preservation/ligament surgery of the knee. He is the Surgical Director for the ProMedica Sports Medicine Institute. He also serves as team physician for the University of Toledo Rockets, Lourdes University, Adrian College and numerous area high schools.

Dr. Gupta completed his medical training at Albany Medical College where he completed an 8-year combined Leadership in Medicine MD-MBA program, graduating with honors. During his orthopaedic residency at Duke University Medical Center, he served as chief resident and associate team physician for Duke University's football, basketball and soccer teams. He then completed a Sports Medicine and Shoulder surgery fellowship at Rush University Medical Center, where he was an associate team physician for the Chicago Bulls, Chicago White Sox and DePaul University.

Dr. Gupta is an award-winning researcher and has published more than 45 peer-reviewed manuscripts and has delivered numerous lectures at regional, national and international orthopaedic meetings. As an educator he is an Associate Master Instructor for the Arthroscopy Association of North America and regularly participates in educating other orthopaedic surgeons at the Orthopaedic Learning Center in Chicago.

A former nationally-ranked tennis player, in his spare time Dr. Gupta enjoys playing tennis, exercising, and spending time with his family.



Dr. Emily Hayman, PhD
Founder, Neuroflex Juice Co. and BioPath Insights

Dr. Emily Hayman is an expert in autism spectrum disorders, oncology navigation, and precision health strategies. She earned her PhD from the University of Toledo, focusing her research on the genetic and immunological foundations of autism. She holds advanced credentials in bioethics from Harvard University, functional nutrition from Utah State University, and a Severe Behavior Certification from the University of Toledo. Dr. Hayman pursued post-doctoral research while serving as a professor in the Hench Autism Studies Program at Defiance College. She holds advanced credentials in bioethics from Harvard University, functional nutrition from Utah State University, and a Severe Behavior Certification from the University of Toledo.

As the founder of Neuroflex Juice Co., an organic cold-pressed juice company, Dr. Hayman integrates functional nutrition with evidence-based research to advance health and wellness. She also founded BioPath Insights, a health navigation service that specializes in biomarker analysis, biological pathway mapping, and personalized health protocols, empowering individuals with cancer and other complex conditions to interpret and optimize their medical data.



Dr. Cindy Hodgson, PT, PhD
Essential Therapies - Owner

Dr. Cindy Hodgson, PT, PhD, is an internationally known expert in myofascial release, therapeutic exercise, self-care, and energy work with over 25 years' experience. Dr. Hodgson holds a master's degree in exercise physiology and a doctoral degree in biomechanics-exercise science and human anatomy; she is also a licensed physical therapist. Dr. Cindy is the owner of Essential Therapies, a holistic healing center where myofascial release, physical therapy, exercise, massage, self-care training, and yoga are integrated to improve the lives of patients with chronic pain and mobility issues. Her expansive knowledge of body structure and function enables her to successfully treat a variety of disorders using a person-centered approach. As a leader in recognizing and understanding the intricacies of the myofascial system as it relates to health and disease, Dr. Hodgson's expertise in using hands-on myofascial release has made her a highly-sought practitioner. Her healing hands increase body movement and enhance physical fitness, but her remarkable ability to cure, teach, and inspire motivates people who are searching for care beyond conventional medicine.



Abbey Smith, MHA
Certified Athletic Trainer

Abbey is a proud Alumni of Ohio Northern University (ONU) and Mercy College of Ohio. She graduated from ONU in 2018 where she played four years of collegiate soccer and received her Bachelor of Science degree majoring in Athletic Training and minoring in Biology. She became a Licensed and Board Certified Athletic Trainer in 2018 and started her career as a graduate assistant at Maumee Valley Country Day High School and Middle School. Her graduate assistant position allowed her to complete her Masters Degree in Health Administration in 2020. Since then, Abbey has been the Head Athletic Trainer for Ottawa Hills High School and Middle School. Throughout her career, Abbey has worked diligently to make an impact on her athletes, athletic training students, schools and companies she has worked for. Her favorite part of her career is getting the opportunity to help her athletes physically and mentally get back to their best selves whether that be on or off the field.



Jenna Stengle, BSN
DNP Candidate

Jenna Stengle earned a Bachelor of Science in Nursing from St. Mary's College and gained invaluable experience over three years as a nurse in the Heart Failure ICU at the Cleveland Clinic. In May 2024, she began pursuing her Doctor of Nursing Practice (DNP) with a focus on anesthesia at Lourdes University, with plans to graduate in May 2027. Her background in critical care has inspired her passion for advancing her degree, and she hopes to make an impact in the field of anesthesia.



Kylie Study, M.Sc, MSTOM, Dipl.OM, L.Ac
Acupuncturist and Natural Wellness Provider

Kylie Study spent several years in scientific research and holds a master's degree in Biomedical Science. During her time in research, she started her own wellness journey. Her positive experiences with Acupuncture and healthy living motivated her to pursue training in Acupuncture. She holds a master's in Traditional Oriental Medicine and is a nationally certified Diplomat of Oriental Medicine. Natural wellness is Kylie's passion and she brings this, and her many years of experience in this field, to Icaria Powered by ProMedica. For over 10 years of her career she has worked at integrating safe and evidence based natural wellness therapies into the traditional care model at two large health systems. Kylie has experience working with various conditions including oncology support, women's health, digestive health, well-being support and providing support for those living with chronic pain.