

Aaron Sher, MD

The Capital District was indeed fortunate when Dr. Aaron Sher relocated here from New York City in 1986 to accept an appointment as clinical associate professor of otolaryngology surgery at Albany Medical Center and a member of the Capital Region Otolaryngology practice.

His extensive medical education and training began at NYU, where he earned his medical degree. He went on to pursue an internship and residencies in surgery and otorhinolaryngology at Albert Einstein College of Medicine, and a fellowship in head and neck surgery at Beth Israel Medical Center.

During Aaron's tenure here, his clinical appointments have reflected the breadth and depth of his expertise in otolaryngology. He has served as a medical director for St. Peter's Hospital Speech Pathology and Audiology Department, as well as an otolaryngologist and practicing surgeon at St. Peter's Craniofacial Disorders Center.

Not content to rely on his considerable skills and knowledge, Aaron became one of the early pioneers researching and addressing the problem of sleep apnea. Beginning as a committee member on sleep disorders for the American Academy of Otolaryngology, Aaron was soon sought after by countless organizations, including the National Heart, Lung and Blood Institute at the NIH; the National Commission on Sleep Disorders Research established by the US Congress; the Sleep Disorders Dental Society; the American Sleep Disorders Association; The National Sleep Foundation; the American Academy of Sleep Medicine; The Northeast Sleep Society; and the Fourth World Committee on Sleep Apnea, to mention a few.

His leadership as associate director and medical director of the Capital Region Sleep/Wake Disorders Center in Albany catapulted the issue of sleep disorders and their impact on highway safety into the national spotlight, highlighting his group's research and landing him an appointment to the New York State Governor's task force on the issue.

A brilliant professor, prolific author, and dedicated researcher, Dr. Aaron Sher has been an unparalleled medical practitioner and safety proponent. We are both blessed and honored to claim him as a member of our medical community – as are the many, many patients who have benefited from his care.