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Dr. Marik received his medical degree from the University of the Witwatersrand, Johannesburg, South Africa. He was an ICU attending at Baragwanath Hospital, in Soweto, South Africa. During this time he obtained a Master of Medicine Degree, Bachelor of Science Degree in Pharmacology, Diploma in Anesthesia as well as a Diploma in Tropical Medicine and Hygiene.

Dr. Marik completed a Critical Care Fellowship in London, Ontario, Canada, during which time he was admitted as a Fellow to the Royal College of Physicians and Surgeon of Canada.

Dr. Marik has worked in various teaching hospitals in the US since 1992. He is board certified in Internal Medicine, Critical Care Medicine, Neurocritical Care and Nutrition Science.

Dr. Marik has written over 400 peer-reviewed journal articles, 80 book chapters and authored four critical care books. He has been cited over 25 000 times in peer-reviewed publications and has an H-index of 76. He has delivered over 300 lectures at international conferences and as a visiting professor.