Dr. Young is a graduate of Transylvania University, the University of Kentucky College of Medicine, and the Neurosurgery Residency of Vanderbilt University. He served as the Chief of Staff of the UK Hospital and Senior Associate Dean for Clinical Affairs of the Medical School. He was a recipient of National Institutes of Health (NIH) research funding and served on the Council of the NIH Institute of Neurological Disorders and Stroke as well as the Advisory Committee to the Director of the NIH. Dr. Young is a recipient of an Honorary Degree, the Irvin Lunger Award, and the Morrison Medallion from Transylvania University. He is also a recipient of the Mahaley Award for brain tumor research from the Congress of Neurological Surgeons.

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