

# Alexander Schupper, MD

Neurosurgery Resident, Class of 2026  
Department of Neurosurgery  
Icahn School of Medicine at Mount Sinai



Clinical and Academic Interest in  
**Global Neurosurgery, Pediatric Scoliosis, Adult Spinal Deformity, Wellness**



## What made me choose Mount Sinai...

In choosing a neurosurgery residency program, for me, Mount Sinai "checked all the boxes." The institution had what I was looking for and the faculty and residents were welcoming. The program features an incredibly busy clinical service, a great operative experience throughout all seven years of residency, innumerable research opportunities, lays the groundwork for a strong training foundation, and gives flexibility in curriculum to tailor our residency to how we want to grow as neurosurgeons. Any resident graduating from this program will have the tools to be confident in all aspects of the field of neurosurgery.

We're also part of a large health system, and we're exposed to the diversity of a public, level one trauma center, as well as multiple large academic institutions. From day one in our residency, you're in the operating room all the time. We never stop operating, and for an aspiring surgeon, it's truly a dream.

**Check out the video to see Dr. Schupper discussing his neurosurgery experience at Mount Sinai:** <http://bit.ly/Schupper2020>

## Contact

Learn more about Dr. Schupper and reach out to him directly.

### Email

[alexander.schupper@mountsinai.org](mailto:alexander.schupper@mountsinai.org)

### Social Media

@neurofitnessMD



### Undergrad

Johns Hopkins University  
Neuroscience and Psychology



### Medical Degree

University of California San Diego  
School of Medicine

### Recognition and Awards

National Scholar Athlete Award  
United States Army Reserve

Bloomberg Scholar Awardee

Neurosurgery Research Day First Place  
Mount Sinai Health System

Nu Rho Psi

Omicron Delta Kappa, Beta Circle

### Clinical and Academic Interests

• Global Neurosurgery • Pediatric Scoliosis  
• Adult Spinal Deformity • Wellness



### An Extra-Uterine Physiologic Support System for the Extreme Premature Lamb

Nature Communications

### Neurological Manifestations of Pediatric Multi-System Inflammatory Syndrome Potentially Associated with COVID-19

Journal NeuroInterventional Surgery

### Sensor Modalities for Brain-Computer Interface Technology: A Comprehensive Literature Review

Neurosurgery

### CSF Leak after Endoscopic Skull Base Surgery in Children: A Single Institution Experience

International Journal Pediatric Otorhinolaryngology

### Hometown

Villanova  
Pennsylvania



### Current Location

Upper East Side  
New York City

### Languages

English, Spanish, Hebrew

### General Interests

- Crossfit
- Baseball
- Travel
- Snowboarding



### Favorite Activity

- Doing crossfit
- Playing baseball
- Snowboarding up in Vermont
- Playing chef and cooking

### Favorite Things in New York

- Eating brunch (lots of options!)
- Seeing a Broadway show
- Hanging out, running around, and walking my dog in Central Park
- Exploring various parks around New York City

### Voted by Fellow Residents

Most Likely to Make Co-Residents do a Crossfit Workout Before Scrubbin In

### Future Goal

In an academic career with a heavy focus on operating, as well as a robust clinical and transitional research portfolio. I also have a passion for innovation, and see myself as an inventor and developer in the sub-specialty of my choosing.

### Bragging Rights

I have an innate ability to sneak in a workout in between OR cases  
Guilty Pleasure  
Espressos

### Favorite Music

Country

### Favorite Books

Angels and Demons

### Favorite Movie

The Rookie

### Favorite Television Show

The Wire

### Favorite Sports Teams

All Philly sports... all day, every day!  
Phillies, Eagles, 76ers, Flyers, etc.



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