

JANE WIGGINTON, MD, MSCS

CHIEF MEDICAL SCIENCE DIRECTOR – CENTER FOR BRAINHEALTH, UT DALLAS



Jane Wigginton is a board-certified physician in both Lifestyle Medicine and Emergency Medicine, with more than 25 years of experience in the busiest emergency department in the country. Her frontline exposure inspires her commitment to proactive health and wellness strategies, emphasizing lifestyle interventions to prevent, mitigate, and even reverse chronic conditions. This vision aligns seamlessly with her role at the Center for BrainHealth at UT Dallas.

As BrainHealth’s Chief Medical Science Director, Dr. Wigginton helps advance the understanding of brain health across practical interventions that preserve and improve cognitive performance across the lifespan. Her clinical expertise underscores the vital connection between physical and brain health, challenging the historical precedence of cardiovascular health over cognitive wellness.

Dr. Wigginton brings a wealth of experience as a clinical trialist and researcher. She has been a principal investigator and co-investigator on numerous NIH- and DARPA-funded studies that explore groundbreaking neurological therapies. This background enriches her contributions to the center’s translational research endeavors, advancing interventions for brain health optimization.

An accomplished international speaker and award-winning presenter, Dr. Wigginton has shared her expertise on brain health, emergency medicine and lifestyle medicine at conferences worldwide. She is passionate about bridging research and practical application to foster a healthier future for all.