



Jim Ramsey, M.D. was born in Richmond, Virginia. He has been a resident of Norfolk since 2004. Dr. Ramsey is Vice President of Medical Sales at Instant Systems, a medical grade cryogenic tolerant packaging manufacturer specializing in containers for human tissue banks and stem cell/cell therapy companies. Jim is a volunteer for Virginia State Parks and NSCC. Prior to working at Instant Systems, Dr. Ramsey practiced as an OB/Gyn physician for 30 years.