

Curriculum Vitae

Anastassios G. Pittas, M.D., M.S.



Current Titles

Professor of Medicine
Tufts University School of Medicine

Professor of Clinical and Translational Science
Tufts School of Graduate Biomedical Sciences at Tufts University

Adjunct Professor of Nutrition, Science and Policy
Friedman School of Nutrition, Science and Policy at Tufts University

Address

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EDUCATION

1977 - 1987		Athens College, Athens, Greece <i>Recipient of an academic 10-year full scholarship</i>
1987 - 1991	B.S.	Massachusetts Institute of Technology, Cambridge MA
1991 - 1995	M.D.	Cornell University Medical College, New York NY
2002 - 2006	M.S.	Clinical Research Tufts School of Graduate Biomedical Sciences, Tufts U., Boston MA

POSTDOCTORAL TRAINING

1995 - 1998	Internal Medicine Internship & Residency	New York Presbyterian Hospital (Cornell campus) and Memorial Sloan Kettering Cancer Center, New York, NY
1998 - 2000	Endocrinology Fellowship	Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center, Boston MA
2002 - 2006	Clinical Research Fellowship	Tufts School of Biomedical Sciences Tufts University, Boston MA
2018 - 2019	Physicians Leadership Program	Boston University Questrom School of Business

LICENSURE AND CERTIFICATION

1996 -	New York State Medical License (currently inactive)
1996 -	Drug Enforcement Agency (DEA) Certification
1998 - 2008	Diplomat in Internal Medicine (American Board of Internal Medicine)
1998 -	Commonwealth of Massachusetts Medical License
1999	American Association of Clinical Endocrinologists (AACE) Certification on Thyroid Ultrasound and Ultrasound Guided Fine Needle Aspiration
2000 -	Diplomat in Endocrinology, Diabetes and Metabolism (American Board of Internal Medicine)
2001 - 2004	American Diabetes Association Provider Recognition Award

ACADEMIC APPOINTMENTS

1998 - 2000	Endocrinology Fellow	Tufts Medical Center, Boston MA
2000 - 2006	Assistant Professor of Medicine	Tufts U. School of Medicine, Boston MA
2002 -	Center Scientist	JM USDA Human Nutrition Research Center on Aging at Tufts University, Boston MA
2006 - 2007	Adjunct Assistant Professor of Nutrition	Friedman School of Nutrition Science and Policy at Tufts University, Boston MA
2007 - 2013	Associate Professor of Medicine	Tufts U. School of Medicine, Boston MA
2007 - 2013	Adjunct Associate Professor of Nutrition	Friedman School of Nutrition Science and Policy at Tufts University, Boston MA
2011 - 2013	Associate Professor of Clinical and Translational Science	Tufts School of Graduate Biomedical Sciences at Tufts University, Boston, MA
2013 -	Professor of Medicine	Tufts U. School of Medicine, Boston MA
2013 -	Adjunct Professor of Nutrition	Friedman School of Nutrition Science and Policy at Tufts University, Boston MA
2013 -	Professor of Clinical and Translational Science	Tufts School of Graduate Biomedical Sciences at Tufts University, Boston, MA

HOSPITAL APPOINTMENTS | CLINICAL SERVICE RESPONSIBILITIES

1998 - 2000	Endocrinology Fellow	Tufts Medical Center, Boston MA
2000 -	Attending Physician	Division of Endocrinology/Outpatient Clinics Tufts Medical Center, Boston MA

AWARDS AND HONORS

- 1977 - 1987 Recipient of an academic 10-year full scholarship • *Athens College, Greece*
- 1987 - 1991 Scholarship • *Massachusetts Institute of Technology, Cambridge, MA*
- 1989 Sigma Xi Scientific Society • *Massachusetts Institute of Technology, Cambridge, MA*
- 1991 - 1995 Scholarship • *Cornel U. Medical College, New York NY*
- 1992 & 1993 Teagle Scholar • *Cornell U. Medical College, New York NY*
- 1995 Medical Scholarship Award • *Hellenic Medical Society of New York, New York NY*
- 1995 Papanicolaou Fellow in Clinical Anatomy • *Cornell U. Medical College, New York NY*
- 1999, 2007 Oliver Smith Award, given in recognition of excellence, compassion and extraordinary and thoughtful care and service to patients • *Tufts Medical Center, Boston MA*
- 2000 - 2002 The Dr. Gerald J. and Dorothy R. Friedman Foundation Scholar • *Tufts Medical Center*
- 2001 - 2004 Diabetes Physician Recognition Award, American Diabetes Association (ADA) and National Committee for Quality Assurance (NCQA)
- 2004 Membership • *Diabetes Care Link, Bridges to Excellence*
- 2004 Fellow • *American College of Endocrinology (currently inactive)*
- 2004 Letter of Commendation for exceptional quality of reviews • *Archives of Internal Medicine*
- Various Annual Letter of Commendation for exceptionally fine quality of reviews (top 10% reviewers) • *Annals of Internal Medicine*
- 2006 Nominated for the 2005-6 Milton O. M'30 and Natalie V. Zucker Clinical Teaching Prize for Innovation • *Tufts U. School of Medicine*
- 2006 Letter of Commendation for exceptionally fine quality of reviews • *Canadian Medical Association Journal (CMAJ)*
- 2012 Robert M. Russell Scientific Achievement Award • *Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University*
- 2014.5.7 Visiting Professor • *University of Kansas*
- 2017.4 The Donna Seto-Young Award, which recognizes meritorious achievement in the advancement of science, education, practice of medicine or improvement of human health and well-being (www.friedmanfellows.com).
- 2017.8 Biomedical Research Exemplar Award, which honors individuals doing high-quality, high-impact, federally-funded research who also maintain an impressive reputation for professionalism and integrity in their work. The "Research Exemplars" contributed to identifying the practices they employ to lead and manage their research teams. <http://integrityprogram.org/exemplar-project/biomedical-exemplars/>
- 2019-present Cigna Care Designation (CCD) and Tier 1 provider. Cigna Care Designation distinguishes network physicians who are in the highest group for quality and cost efficiency measures.
- 2017-present Top Doctor in Endocrinology, Diabetes and Metabolism • *Awarded by Boston Magazine*

HOSPITAL, MEDICAL SCHOOL OR UNIVERSITY COMMITTEE ASSIGNMENTS

- 2000 Member, Quality Assurance Committee
Department of Medicine, Tufts Medical Center, Boston MA
- 2001 - 2006 Member, Curriculum Committee

Tufts U. School of Medicine, Boston MA
 2006 - 2008 Divisional Leader, Teaching Task Force
 Department of Medicine, Tufts Medical Center, Boston MA
 2012 Member, Pilot Studies Review Committee
 Tufts University Clinical and Translational Science Institute, Boston MA
 2017-8 Member, Research Clinical/Translational Subcommittee of the Research Executive
 Committee. Tufts Medical Center, Boston, MA
 2020, 2021 Member, Large Capital Committee. Tufts Medical Center, Boston, MA
 2020 Member, Research Return to Work Committee. Tufts Medical Center, Boston, MA
 2021 Member, Telehealth Committee. Tufts Medical Center, Boston, MA

OTHER MAJOR (NATIONAL | INTERNATIONAL) COMMITTEE ASSIGNMENTS (invited)

2006 - Reviewer (grant applications), Canadian Institutes of Health Research
 2007 - Reviewer (grant applications), Diabetes UK
 2007 - Reviewer (grant applications), Children's Medical Research Foundation, Australia
 2008 - Reviewer (grant applications), Health Research Council of New Zealand
 2008.Feb Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
 2008.July Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants
 in Diabetes, Endocrine and Metabolic Diseases
 2008.Oct Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants
 in Diabetes, Endocrine and Metabolic Diseases
 2009.Feb Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
 2009 Expert reviewer (grant applications), Boston Area Diabetes Endocrinology Research
 Center
 2009.July Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants
 in Diabetes, Endocrine and Metabolic Diseases
 2009.Oct Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants
 in Diabetes, Endocrine and Metabolic Diseases
 2010.Feb Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
 2010.Feb Reviewer (abstracts – regular submission),
 American Diabetes Association 70th Scientific Sessions (2010)
 2010.Apr Reviewer (abstracts – late breaking),
 American Diabetes Association 70th Scientific Sessions (2010)
 2010.May Member, NIH Special Emphasis Panel RC4 – Grants for NIH Director's Opportunity for
 Research in Five Thematic Areas
 2010.July Member, NIH Special Emphasis Panel ZDK1 GRB-9 02 – Obesity, Hypertension and
 Diabetes
 2010.Sept Expert reviewer (grant applications), Developmental Clinical Studies, Medical Research
 Council, United Kingdom
 2010.Oct Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
 2011 - Chair, Vitamin D and Type 2 diabetes (D2d), a multi-center clinical trial jointly sponsored
 by NIDDK, ODS, ADA and NDEP (www.d2dstudy.org),

2011.Feb	Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
2011.Mar	Reviewer, Center for Aids Research (CFAR) - International Developmental Research Program
2011.Apr	Member, NIH Special Emphasis Panel ZDK1 GRB-8 M4
2011.Jun	Member (Ad Hoc), NIH Study Section - Clinical & Integrative Diabetes and Obesity
2011.Sep	Chair, NIH Special Emphasis Panel – GRADE study collaborating sites
2013.Sep	Member (Ad Hoc), NIDDK Special Emphasis Panel GRB-J J4 Ancillary Studies-Bone Health in Diabetes
2014.Feb	Reviewer (Ad Hoc), CATALYST grants, Tufts CTSI, Boston, MA
2011 - 2014	Member (Standing), NIH Study Section - Clinical & Integrative Diabetes and Obesity
2013.Feb	Reviewer (abstracts, regular submission), American Diabetes Association 73 rd Scientific Sessions (2013)
2013.Apr	Reviewer (abstracts – late breaking), American Diabetes Association 73 rd Scientific Sessions (2013)
2013	Reviewer / pilot and feasibility grants, Boston Nutrition Obesity Research Center
2014	Expert Reviewer, ADA Research Programs
2014.May	Chair, NIH Special Emphasis Panel ZDK1 GRB-S 01 S
2014 - 2015	Chair (Standing), NIH Study Section - Clinical & Integrative Diabetes and Obesity
2015.Jul	Diabetes Complications Consortium (DiaComp) Panel Pilot and Feasibility Grants
2015.Oct	Member, NIH Special Emphasis Panel ZTR1 CI-5 CTSA Recruitment Innovation Center (RIC) grant applications.
2016 - 2018	Member (standing), American Diabetes Association Research Grant Review Committee
2017.Jun	Member, NIH Special Emphasis Panel ZRG1 EMNR-W Member Conflict: Endocrinology, Metabolism, Nutrition and Reproductive Science Topics
2017.Mar	Member (Ad Hoc), NCCIH Special Emphasis Panel ZAT1-YW for Clinical Trial and Natural Product Studies (R61/R33 applications)
2018.Apr	Member (Ad Hoc), NCCIH Special Emphasis Panel (F30, F31, F32, K, R13, R15)
2019.Feb	Member (Ad Hoc), ZTR1 CI-9 Special Emphasis Panel: NCATS CTSA review
2019.Jul	Member (Ad Hoc), ZRG1 PSE-H 02 Special Emphasis Panel. Member Conflict: Cardiometabolic, Kidney and Behavioral Health Epidemiology
2020.Jul	Chair (Ad Hoc), ZDK1 GRB-9 (O2) NIDDK Clinical Trials Special Emphasis Panel
2020.Oct	Member (Ad Hoc), ZTR1 NTU-5 (O1) NTU Special Emphasis Panel

ADMINISTRATIVE | SCIENTIFIC RESPONSIBILITIES

2001 - 2009	Director, Pathophysiology Course - Endocrine Section Tufts U. School of Medicine, Boston MA
2001 -	Associate Director, Endocrine Fellowship Program, Tufts Medical Center, Boston MA
2001 -	Medical Co-Director, The Dr. Gerald J. and Dorothy R. Friedman New York Foundation for Medical Research and Diabetes Self-Education Program Tufts Medical Center, Boston MA
2011 - 2012	Director, Tufts Clinical and Translational Research Center Tufts Medical Center / Tufts Clinical and Translational Science Institute, Boston, MA

COMMUNITY SERVICE RELATED TO PROFESSIONAL WORK

- 1992 July Caseworker, Geriatric Outreach Program. Cornell U Medical College, New York NY
- 2000 - Mentor, Institute Career Assistance Network Mentorship Program
Massachusetts Institute of Technology, Cambridge MA
- 2001 - Co-Director, Massachusetts Institute of Technology Externship - Introduction to Medicine.
A 2-week externship offered yearly to MIT students interested in a career in medicine.
- 2010 - 2011 Member, MIT 20th Reunion Gift Committee
- 2016.9 Panelist, Mentorship Panel at MIT Alumni Leadership Conference

MENTORING | TRAINING OF UNDERGRADUATE & MEDICAL STUDENTS, GRADUATE STUDENTS, MEDICAL RESIDENTS AND POST-DOCTORAL FELLOWS

Mentoring of undergraduate MIT students during 2-week long Externship

Enjoy the video at <https://slice.mit.edu/2015/09/01/mit-alumni-externship-exploring-medicine/>

- Jennifer Son [January 2001] Junior in Biology
 - Medical School: Harvard
 - Most recent known position: Pediatric Radiologist, Fairfax Radiological Consultants VA
- Mindy Ju [January 2002] Sophomore in Biology and Psychology
 - Medical School: University of Virginia
 - Most recent known position: Pediatric Critical Care Fellow
- Andrew Wilkinson [January 2002] Junior in Mechanical Engineering
 - Medical School: U of Michigan
 - Most recent known position: Neurosurgery resident
- Kantak Neelesh [January 2003] Sophomore in Electrical Engineering
 - Medical School: Harvard-MIT HST Program
 - Most recent known position: Plastic and Reconstructive Surgery
- Amy Fisher [January 2003] Sophomore in Psychology
 - Medical School: Albert Einstein
 - Most recent known position: Psychiatry Attending, Private practice
- Sarah Rhee [January 2004] Senior in Electrical Engineering
 - Medical School: Drexel
 - Most recent known position: Endocrinology Fellow
- Sarah BeAnn Leu [January 2005] Sophomore in Biology
 - Medical School: Emory
 - Most recent known position: Pediatrician, Palo Alto Medical Foundation in Dublin CA
- Minyoung Jang [January 2006] Junior in Biology
 - Medical School Rutgers
 - Most recent known position: otolaryngology residency
- Jennifer E. Yeh [January 2007] Sophomore in Chemical Engineering
 - Medical School Harvard
 - Most recent known position: MD-PhD student
- Sunny Lou [January 2008] Junior in Biology

- Medical School: Stanford
 - Most recent known position: MD-PhD candidate
- Leo Luo [January 2009] Sophomore in Biology
 - Medical School Harvard
 - Most recent known position: Radiation Oncology
- Eli Ben-Joseph [January 2010] Senior in Engineering
 - Medical School - did not apply
 - Most recent known position: graduate student Management Science & Engineering
- Jeanne Yu [January 2011] Sophomore in Brain and Cognitive Sciences
 - Medical School - did not apply
 - Most recent known position: Health Policy and Management
- Shuhan Wang [January 2012] Junior in Biology
 - Medical School -- Stony Brook School of Medicine
 - Most recent known position: Medical School
- Quynh P. Nguyen [January 2013] Junior in Biology
 - Medical School University of Pennsylvania
 - Most recent known position: Medical School
- Alana Peters [January 2014] Junior in Biology
 - Most recent known position: TBD
- Richard L Chang [January 2015] Junior in Chemistry
 - Most recent known position: TBD
- Ann McInroy [January 2016] Junior in Mechanical Engineering
 - Most recent known position: TBD
- Stephanie Wang [January 2017] Graduate student in BioEngineering
 - Most recent known position: Graduate School
- Alexander Dimitrakis [January 2018] Sophomore in Electrical Engineering and Computer Science
 - Most recent known position: TBD
- Isy Osubor [January 2019] Sophomore in Mechanical Engineering
 - Most recent known position: TBD

Mentoring of Graduate Students at Tufts School of Biomedical Sciences

- Benjamin Leong (Master's student Public Health)
 - Mentored in position as Research Associate | Academic year 2008-9
 - Most recent known position: Medical School, Tulane University
- Ruth Boadu (Master's student Public Health)
 - Mentored in position as Research Associate | Academic year 2008-10
 - Most recent known position: Ross University School of Medicine
- Yan Chu
 - Mentored in position as Research Coordinator | Academic year 2013-15
 - Most recent known position: U. Kentucky College of Medicine, class of '19
- Idy Tam
 - Mentored in position as Research Coordinator | Academic year 2014-16
 - Most recent known position: Tufts U. School of Medicine, class of '20

Mentoring of Medical Students at Tufts U. School of Medicine

- Carolyn (Carrie) N. Sanderson (1st year medical student) | Summer 2009
 - Mentored under the auspices of Harold Williams MD Medical Student Research Fellowship, a summer fellowship for students interested in pursuing a career in research. She contributed to the conduct of the randomized controlled trial “*CaDDM, Vitamin D and calcium for prevention of type 2 diabetes.*”
 - Most recent known position: Medical School

- William Hillman (1st year medical student) | Summer 2010
 - Mentored under the auspices of Harold Williams MD Medical Student Research Fellowship. We worked on project on vitamin D and diabetes whose results were published in *Diabetes Care (2012).*
 - Most recent known position: Medical School

- Sarah O’Connor (1st year medical student) | Summer 2009
 - Mentored under the auspices of Harold Williams MD Medical Student Research Fellowship. She worked on a cross-sectional study of the Mediterranean diet and glucose
 - Most recent known position: Medical School

- Pamela Sherwood (1st year medical student) | Summer 2014
 - Mentored under the auspices of the BADERC Student Research Fellowship. She worked on the use of social media as a tool for recruitment and retention in clinical trials.
 - Most recent known position: Ophthalmology resident

Mentoring of Medical Students outside of Tufts University

- Myrto Eliades, MD. (6th year student, Greece - Research Elective) | 2008-2009
 - We worked on a project titled “*Association between serum osteocalcin and markers of metabolic phenotype*”, whose results were published in the *JCEM (2009)*
 - We co-authored a review article on “*Vitamin D and type 2 Diabetes*” published in *Clinic Rev Bone Miner Metab (2009)*
 - We co-authored a book chapter on “*Vitamin D and type 2 Diabetes*”
 - Most recent known position: Physician, Barnabas Health Medical Group.

- Luke Kos, MD (6th year student, Poland - Research Elective) | 2008-2009
 - We co-authored a review on “*The role of vitamin D in patients requiring nutrition therapy*” published in *JPEN (2009)*
 - Most recent known position: Resident in General Surgery, St Elizabeth Medical Center, Boston MA

- Ursula Luskowsky MD (6th year student, Poland - Research Elective) | 2008-2009
 - We co-authored a review on “*The role of vitamin D in patients requiring nutrition therapy*” published in *JPEN (2009)*
 - Most recent known position: Resident in Pediatrics, Rhode Island Hospital/Brown U.

Mentoring of Residents in Internal Medicine at Tufts Medical Center

- Samar Maleb, MD (1st year resident - research elective) | 2007 - 2008
 - We worked on a systematic review on “*The effect of macronutrient composition on gut-derived peptides.*”
 - Most recent known position: Fellow in Endocrinology, U. Minnesota

Mentoring of Post-Doctoral Fellows in Endocrinology at Tufts Medical Center

- Sunita Schurgin, MD (2nd year clinical fellow, fellowship research project) | 2002 - 2003
 - We co-authored a case report/visual vignette on “*Tuberculous Abscess of the Thyroid Gland*” published in *Endocrine Practice (2003)*
 - Most recent known position: Academic Private Practice (Harvard Medical), Boston MA
- Nandini Joseph, MD (2nd year clinical fellow, fellowship research project) | 2003 - 2004
 - We co-authored an invited review, titled “*Adipocytokines and Insulin Resistance*”, published in the *J. of Clinical Endocrinology and Metabolism (2004)*
 - Most recent known position: Academic Practice, Boston Medical Center, Boston MA
- Radhika Hariharan, MD (2nd year clinical fellow, fellowship research project) | 2001 - 2003
 - We designed and completed a clinical research project on “*Interstitial glucose levels as a predictor of energy intake*”, whose results were published in the *J. of Nutrition (2005)*
 - Most recent known position: Academic practice, Illinois.
- Colleen Digman, MD (2nd year clinical fellow, fellowship research project) | 2004 - 2005
 - We co-authored a case report on “*Leucopenia and thrombocytopenia caused by thiazolidinediones*”, published in the *Annals of Internal Medicine (2005)*
 - Most recent known position: Private Practice, California
- Arpita Patel, MD (2nd year clinical fellow, fellowship research project) | 2004 - 2006
 - We co-authored an analysis on “*Inpatient glycemic control with insulin therapy in critically ill patients*”, published in *Canadian Medical Association Journal (2006)*
 - Most recent known position: Private Practice, New York City, NY
- Lisa Ceglia, MD (2nd year research fellow, fellowship research project) | 2004 - 2007
 - We co-authored a meta-analysis of “*Inhaled insulin in patients with diabetes*”, published in *Annals of Internal Medicine (2006)*
 - Most recent known position: Assistant Professor of Medicine, Tufts U. School of Medicine
- Renee Amori, MD (2nd year clinical fellow, fellowship research project) | 2005 - 2007
 - We co-authored a meta-analysis on the “*Efficacy and safety of incretin therapy in patients with type 2 diabetes*”, published in *JAMA (2007)*.
 - We co-authored an analysis on “*Medical errors with hypoglycemic agents in the inpatient setting*”, published in *Endocrine Practice (2008)*.

- Most recent known position: Assistant Professor of Medicine, Drexler U. School of Medicine
- Noah Lubowsky, MD (2nd year clinical fellow, fellowship research project) | 2006 - 2008
 - We co-authored a review article on “*Diabetes management in patients with chronic kidney disease*”, published in *American Journal of Kidney Disease* (2007).
 - He actively participated in the randomized controlled trial on “*CaDDM, Vitamin D and calcium for prevention of type 2 diabetes.*”
 - Most recent known position: Private Practice, Pennsylvania
- Joanna Mitri, MD (2nd year research fellow, fellowship research projects) | 2009 - 2012
 - We worked on many projects and co-authored multiple manuscripts, including two systematic review published in *Annals of Internal Medicine* (2010) and *EJCN* (2011), two primary manuscripts, published in *Am J Clin Nutr* (2011) and *Diabetes Care* (2012) and two editorials published in *Nature Endocrinology Reviews* (2010)
 - Most recent known position: Clinical Instructor, Harvard Medical School
- Saud Alzahrani, MD (1st year fellow, fellowship research project) | 2011-2014
 - Co-authored an original article on “*H. pylori seroprevalence and risk of diabetes: an ancillary case-control study nested in the diabetes prevention program.*”
 - Most recent known position: Consultant Endocrinologist, Department of Medicine, King Faisal Specialist Hospital and Research Center, Jeddah, Saudi Arabia
- Naweed Alzaman, MD (1st year fellow, fellowship research project) | 2012-2015
 - Co-authored two articles: “*Post-thyroidectomy hypocalcemia exacerbated by chyle leak*” and “*Vitamin D status of black and white Americans and changes in vitamin D metabolites after varied doses of vitamin D supplementation.*”
 - Most recent known position: Assistant Professor, Department of Internal Medicine, College of Medicine, Taibah University, Saudi Arabia
- Edith Angellotti, MD (post-graduate fellow, multiple research projects) | 2016-
 - Co-authored multiple articles: “*The role of vitamin D in the prevention of type 2 diabetes. To D or not to D?*.” “*Vitamin D supplementation in patients with type 2 diabetes: the vitamin D for established type 2 diabetes (DDM2) study.*” “*Combining Wireless Technology and Behavioral Economics to Engage Patients (WiBEEP) with cardiometabolic disease: a pilot study.*”
 - Most recent known position: post-graduate fellow.

Mentoring of Residents in Internal Medicine outside of Tufts Medical Center

- Seenia Peechakara, MD (2nd year resident at Caritas St. Elizabeth’s Medical Center, Boston MA - Research Elective) | 2007 - 2008
 - We co-authored a review article on “*The potential role of vitamin D in diabetes risk*”, published in *Nature Reviews Endocrinology* (2008)
 - Most recent known position: Fellow in Endocrinology at Case Western

- Joanna Mitri, MD (2nd year resident at Roger Williams Medical Center, Providence RI – Research Elective) | 2008 - 2009
 - We co-authored a meta-analysis on “*Diabetes mellitus and risk of non-Hodgkin’s lymphoma: A meta-analysis of observational studies*”, published in *Diabetes Care (2008)*
 - We co-authored a review article on “*Inhaled Insulin: what went wrong*”, published in *Nature Reviews Endocrinology (2008)*
 - Most recent known position: Clinical Instructor, Harvard Medical School

Doctoral Thesis Committee Membership at Tufts Affiliated Programs

- Enju Liu, a doctoral student in the Gerald J. and Dorothy R. Friedman School of Nutrition and Policy at Tufts U, Boston, MA. “*Vitamin D and Insulin Resistance*”
 - Most recent known position: Post-doctoral fellowship, Harvard School of Public Health, Boston, MA
- Sonya Elder, a doctoral student in the Gerald J. and Dorothy R. Friedman School of Nutrition and Policy at Tufts U, Boston, MA. “*Genetic and Environmental Influences on Body Fatness and Other Cardiovascular Disease Risk Factors: A Study of Identical Twins Reared Apart or Reared Together.*”
 - Most recent known position: Director of Food Services, food services for Brookline, MA public schools

TEACHING RESPONSIBILITY & LEADERSHIP

Local Contributions

Undergraduate (Massachusetts Institute of Technology, Cambridge MA)

1989 - 1990 Tutor, Freshman Calculus Course
Ten undergraduate students, 12 weeks per year, 6 hours per week

Medical School (Cornell U. Medical College, New York NY)

1995 Teaching Assistant, Anatomy Course
Sixteen 1st year medical students, 6 weeks, 6 hours per week

1998 Preceptor, Physical Diagnosis Course
Four 2nd year medical students, 4 weeks, 4 hours per week
Four 1st year surgical assistant students, 8 weeks, 4 hours per week

Medical School (Tufts University School of Medicine, Boston MA)

1999, 2000 Preceptor, Physical Diagnosis Course
Tufts University School of Medicine, Boston MA
Two 2nd year medical students, 8 weeks, 2 hours per week

2000 - 2009 **Course Director**, Lecturer and Small Group Leader

Pathophysiology Course - Endocrinology Section
Tufts University School of Medicine, Boston MA
170 2nd year medical students, 3-week course,
108 hours administrative total per year, 34 hours teaching per year
Lecture topics: *Introduction to Endocrine Pathophysiology'*
 Pathophysiology of Type 2 Diabetes;
 Obesity and the Science of Eating; Hypoglycemia

⇒ Course was one of the first 10 courses university-wide to appear in the OpenCourseWare at Tufts University. For details, see <http://ocw.tufts.edu/Course/14/Coursehome>

2005 - Lecturer, Nutrition and Medicine Course
 Tufts University School of Medicine, Boston MA
 170 1st year medical students, 2 hours per year
Lecture topic: *Nutrition and Prevention of Type 2 Diabetes*

2005 - Preceptor, 3rd Year Student Subspecialty Rotation (Endocrinology)
 Tufts University School of Medicine, Boston MA
 3rd year medical students, 4 hours/session, ~6 sessions per year

2006 - 2008 Expert Consultant, Evidence Based Medicine Course
 Tufts University School of Medicine, Boston MA
 170 2nd year medical students, 2 hours per year
 Consultant on Endocrine Related Topics

2010 - Lecturer and Small Group Leader
 Pathophysiology Course - Endocrinology Section
 Tufts University School of Medicine, Boston MA
 170 2nd year medical students
Lecture topics: *Obesity and the Science of Eating; Hypoglycemia*

Hospital (Tufts Medical Center, Boston MA)

2000 - Lecturer, Endocrinology Training Program Didactic Lecture Series
 4-5 Fellows, 18 hours/year
Lecture topics: *Introduction to Endocrinology*
 Obesity and the Science of Eating
 Pathophysiology of Diabetes Mellitus
 Insulin Therapy; Hypoglycemia
 Calcium Disorders, Thyroid Function Tests

2000 - Attending Physician, Endocrine Training Program, Fellows' Clinical Case Conference
 4-5 Fellows and 1-2 Residents, 1.5 hours/week, 78 hours per year

2000 - Attending Physician, Endocrinology Outpatient Clinics

2 Fellows and 1-2 Residents, 5 hours/week, 181 hours per year

2000 - Attending Physician, Endocrinology and Diabetes Inpatient Consultation Service
1 Fellow and 1-2 Residents, 15 hrs./week, 1 month per year, 60 hours per year

2000 - Lecturer, Internal Medicine Training Program noon Lecture Series
20 Residents, 2 sessions/year, 2 hours per year
Lecture topics: *Obesity and the Science of Eating*
Pathophysiology of Type 2 Diabetes
Hypoglycemia, Endocrine Emergencies

2000 - Guest Attending, Internal Medicine Morning Report
Discussed a variety of topics in Endocrinology
20 Residents, 4 sessions/year, 4 hours per year

2000 - Lecturer, Pathology Residency Lecture Series
Tufts Medical Center
Lecture topics: *Diabetes Mellitus*

Graduate Education (Medical)

2008 - Lecturer, Introduction to Clinical Care Research
Tufts School of Biomedical Sciences
~12 1st year graduate students, 1 lecture/year, 2 hours per year
Lecture Topics: *Lessons from Research*

2010 - 2015 Course Leader, Clinical Research Study Design Seminar
Tufts School of Biomedical Sciences
~12 1st year graduate students, 14 sessions/semester, 2 semesters/year

2015 - Course Leader & Instructor, Introduction to Clinical Trials
Tufts School of Biomedical Sciences
~20 1st or 2nd year graduate students, 14 sessions/semester, 1 semester/year

Graduate Education (Non-medical)

2004 - Lecturer, Nutritional Biochemistry and Physiology Course
Carbohydrate and Energy Metabolism Section
Gerald J. and Dorothy R. Friedman School of Nutrition and Policy at Tufts U.
15 1st year nutrition students, 4 lectures/year, 8 hours per year
Lecture Topics: *Regulation of Food Intake and Energy Expenditure*
Gut Hormones in Energy Regulation
Glucose and Insulin Homeostasis

2006 - 2011 Lecturer, Translational Pharmacology for Graduate Students

Department of Pharmacology and Experimental Therapeutics
Tufts School of Biomedical Sciences
4-8 Pre-doctoral students, 1 lecture/year, 2 hours per year
Lecture Topic: *Pathophysiology & Pharmacology of type 2 Diabetes*

Research Thesis Committee Membership and Chairmanship

- 2006 - 2008 Member, Doctoral Thesis Committee member for Enju Liu: *Vitamin D and Insulin Resistance*.
Gerald J. and Dorothy R. Friedman Friedman School of Nutrition and Policy at Tufts U.
- 2006 - 2008 Member, Doctoral Thesis Committee member for Sonya Elder: *Genetic and Environmental Influences on Body Fatness and Other Cardiovascular Disease Risk Factors: A Study of Identical Twins Reared Apart or Reared Together*.
Gerald J. and Dorothy R. Friedman Friedman School of Nutrition and Policy at Tufts U.
- 2008 - 2010 Chair, Masters Degree Thesis Committee for Ruth A. Boadu
"Vitamin D and Type 2 Diabetes"
Tufts U. School of Medicine, Public Health and Professional Degree Program.
- 2010 - 2012 Chair, Master's Degree Thesis Committee for Joanna Mitri, MD
"Vitamin D and Metabolic Syndrome"
Clinical and Translational Science (CTS) Graduate Program at Tufts School of Biomedical Sciences at Tufts University
- 2011 - 2012 Chair, Master's Degree Thesis Committee for Abdmoain Abudabrh MD
"H. Pylori and Metabolic Syndrome"
Clinical and Translational Science (CTS) Graduate Program at Tufts School of Biomedical Sciences at Tufts University
- 2011.11 Member, Doctoral Thesis oral examination sub-committee for Nira Hadar
"Evaluation of the safety of testosterone administration in older men"
Clinical and Translational Science (CTS) Graduate Program at Tufts School of Biomedical Sciences
- 2012.06 Member, Doctoral Thesis oral examination sub-committee for Angie Rodday
"Using electronic medical records in pediatric practice sites to increase adoption of American Diabetes Association guidelines for screening at-risk children for diabetes and monitoring children with diabetes."
Clinical and Translational Science (CTS) Graduate Program at Tufts School of Biomedical Sciences
- 2012 - 2014 Chair, Master's Degree Thesis Committee for Saud Alzahrani, MD
"H. Pylori infection and incident type 2 diabetes"

Clinical and Translational Science (CTS) Graduate Program at Tufts School of Biomedical Sciences

University-wide

12.4.2009 Lecturer, University Seminar The Obesity Epidemic and Food Economics
Tufts University
12 1st year graduate students, 1 lecture/year, 2 hours per year
Lecture Topics: *Low glycemic index diet*

Regional Contributions

2.3.2004 Invited Lecturer, Preventive Medicine and Nutrition Course
Harvard Medical School, Boston, MA
160 2nd year medical students, 1 lecture, 2 hours
Lecture Topic: *Prevention of type 2 Diabetes*

International Contributions

8.2019 Invited Lecturer, IPOKRATES Seminar in Internal Medicine, Graz, Austria
9.2019 Invited Lecturer, IPOKRATES Seminar in Internal Medicine, Berlin, Germany
10.2020 Invited Lecturer, IPOKRATES Seminar in Internal Medicine, zoom

PRESENTATIONS | LECTURESHIPS | CME ACTIVITIES (invited, selected)

Local Contributions

1998 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center, Boston MA. *“Metastatic Thyroid Cancer”*

1999 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center. *“Recombinant Human TSH”*

1999 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center. *“Thyroid Disease and Pregnancy”*

2000 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center. *“Menopause, Diabetes and Selective Estrogen
Receptor Modulators”*

2000 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center. *“Prevention of Type 2 Diabetes”*

9.7.2004 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center. *“Nutritional Interventions for Prevention of Type 2 Diabetes”*

12.10.2004 Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center
“Metabolic Syndrome”

1.3.2005 Speaker, Grand Rounds, Division of Pulmonary and Critical Care, Tufts Medical Center

- 5.17.2005 *“Glucose control in the Intensive Care Unit setting”*
 Speaker, 7th Annual Symposium. Clinical Research Program
 Tufts School of Graduate Biomedical Sciences
- 12.13.2005 *“Vitamin D and calcium intake in relation to risk of type 2 diabetes”*
 Panelist, Nutrition Controversy Panel, Tufts U. School of Medicine
“Vitamin D and Health: Sunshine or Pills?”
- 4.4.2006 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
 Tufts Medical Center, *“Vitamin D and Calcium Homeostasis in Relation to t2 Diabetes.”*
- 2.2.2007 Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center
“Vitamin D and Calcium Homeostasis in Relation to t2 Diabetes”
- 9.16.2008 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
 Tufts Medical Center, *“Lessons from 10 years in research.”*
- 10.3.2008 Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center
“FAQ on Diabetes”
- 3.23.2010 Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism
 Tufts Medical Center, *“Vitamin D: What’s next?”*
- 5.23.2012 Speaker, Annual Meeting, Massachusetts Dietetic Association, Boston, MA, *“Vitamin D in Health and Disease. To D or not to D”*
- 3.11.2014 Panelist, *Developing and Managing Your Research Career*, Tufts CTSI, Boston, MA
- 11.30. 2015 Speaker, Endocrinology Grand Rounds, Joslin Diabetes Center
“Vitamin and Diabetes. To D or not to D”
- 10.18.2016 Speaker, Endocrinology Grand Rounds, MGH Endocrine Grand Rounds
“Vitamin and Diabetes. To D or not to D”
- 12.11.2019 Speaker, Endocrinology Grand Rounds, BWH Endocrine Grand Rounds
“Vitamin and Diabetes. To D or not to D”
- 12.17.2019 Speaker, Endocrinology Grand Rounds, MGH Endocrine Grand Rounds
“Vitamin and Diabetes. To D or not to D”
- 9.23.2020 Speaker, American Association of Clinical Chemists – Northeast Chapter Speaker Series.
“Update on vitamin D: To D or not to D?”
- 9.23.2020 Speaker, Joslin Speaker Series
“Update on vitamin D and type 2 diabetes prevention: Ready for a recommendation?”

Regional Contributions

- 6.26.2002 Speaker, Grand Rounds, Department of Medicine, Carney Hospital, Boston MA
“Insulin Therapy”
- 10.1.2002 Speaker, Seminar Series, MGH Beacon Hill Primary Care, Boston, MA
“Oral pharmacotherapy for type 2 diabetes”
- 11.17.2003 Panelist, Primary Care Lecture Series, Harvard Medical School, Boston MA
“Relationships in Medicine-Walking the Line”
- 5.11.2004 Speaker, Physician conference, VA Hospital, Brockton MA
“Update on Type 2 Diabetes”
- 9.22.2004 Speaker, Grand Rounds, Division of Endocrinology, Brigham & Women’s Hospital, Boston MA, *“Prevention of Type 2 Diabetes”*

- 4.10.2006 Speaker, Seminar Series, Human Nutrition Research Center on Aging at Tufts U., Boston MA, *"Vitamin D and Calcium in Relation to Diabetes"*
- 12.15.2006 Speaker, Grand Rounds, Department of Medicine, Winchester Hospital, Winchester MA *"Insulin Therapy in the Hospitalized Patient"*
- 11.4.2008 Speaker, Longwood Nutrition Conference, Harvard Medical School, Boston MA
"Vitamin D and Diabetes"
- 12.2008 Speaker, Seminar Series, MGH Beacon Hill Primary Care, Boston, MA
"FAQ on Diabetes"
- 12.16.2008 Speaker, Grand Rounds, Department of Medicine, Lawrence-Memorial Hospital, Medford, MA *"FAQ on Diabetes"*
- 1.16.2009 Speaker, Grand Rounds, Division of Endocrinology, Beth Israel Deaconess Medical Center, Boston MA, *"Vitamin D and Cardiometabolic Disease"*
- 3.26.2009 Speaker, Grand Rounds, Department of Medicine, Saints Medical Center, Lowell MA, *"Vitamin D in Health and Disease"*
- 1.11.2011 Speaker, Grand Rounds, Division of Endocrinology, Baystate Medical Center, Springfield, MA *"Vitamin D"*
- 4.10.2012 Speaker, Medical Grand Rounds, Beth Israel Medical Center, New York, NY, *"Vitamin D in Health and Disease. To D or not to D"*
- 5.23.2012 Speaker, Grand Rounds, Division of Endocrinology, Warren Alpert Medical School of Brown University Adult and Pediatric Endocrine Grand Rounds Series Providence, RI, *"Vitamin D in Health and Disease. To D or not to D"*
- 10.12.2012 Speaker, Nutrition and Exercise in the Management of Outpatients, Jean Mayer USDA Human Nutrition Research Center on Aging. Tufts University, Boston, MA. *"Vitamin D in Health and Disease. To D or not to D."*
- 4.2.2019 Speaker, The Drs. Joan and Peter Cohn and Family Lecture on Nutrition, Inflammation, and Chronic Disease. JM USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA. *"Vitamin D for Diabetes. To D or not to D."*
- 7.30.2019 Speaker, Ashland Endocrine Conference, Ashland, OR. *"Vitamin D in Health and Disease. To D or not to D."*

National Contributions

- 11.16.2004 Speaker, NAASO / The Obesity Society 2004 Annual Scientific Meeting, Las Vegas NV
"The Effects of the Dietary Glycemic Index and Carbohydrate Content on Insulin Sensitivity and Acute Insulin Release Response in a 6-month Randomized Controlled Feeding Trial."
- 1.29.2005 Speaker, Research Workshop on Hyperglycemia, Nutrition Support and Acute Illness ASPEN 2005 Annual Meeting, Orlando FL
"Insulin Therapy for Critically Ill Hospitalized Patients: A Meta-Analysis of Randomized Controlled Trials"
- 6.12.2006 Speaker, Symposium "Nutrition Conundrums: What Nutrients Mixes Are the Best?" American Diabetes Association 2006 Annual Scientific Meeting, Washington DC
"The effect of vitamin D and calcium supplementation on glycemia in non-diabetic adults age 65 and older"
- 9.21.2006 Speaker, Symposium "Dietary Guidelines 2010: The Right Stuff" Friedman School of Nutrition Science and Policy at Tufts U., Boston MA

- 6.3.2007 “Vitamin D. Does it have a role in glucose tolerance and diabetes risk?”
Speaker, Symposium “Vitamin D and its analogs in Endocrine Disease”
The Endo Society 2007 Annual Meeting, Toronto, CANADA
“*The Potential Role of Vitamin D and its analogs in Diabetes Management*”
- 6.7.2007 Speaker, Conference “Intensive Insulin Therapy (IIT)”
Cardinal Health Center for Safety and Clinical Excellence, San Diego CA
“*Intensive insulin therapy. A meta-analysis*”
- 11.14.2008 Speaker, Conference 1st Friedman Fellows Symposium on Nutrition, Diabetes and Human Health, New York NY
“*Lessons from 10 years of research*”
- 5.19.2009 Speaker, Rhode Island Dietetic Association Annual Spring Meeting, Topics in Nutrition – “Nutrition Matters” Warwick, RI.
“*The D-Lightful Vitamin D for Health*”
- 6.2.2009 Speaker, Symposium “Vitamin D and Diabetes”
American Diabetes Association 69th Scientific Sessions, New Orleans, LA
“*Vitamin D and Cardiometabolic Disease*”
- 9.26.2009 Nephrology and Transplantation Update 2009, Hilton Head, South Carolina
The Blaise Widmer Distinguished Lectureship in Nephrology: “The Role of Vitamin D in Cardiometabolic Disease”
- 1.11.2010 Speaker, Grand Rounds, Division of Endocrinology, Beth Israel Medical Center, New York, NY, Medford, MA “*Vitamin D and Cardiometabolic Disease*”
- 6.27.2010 Speaker, Oral Abstract Presentation in “Nutrition and Diabetes”
American Diabetes Association 70th Scientific Sessions, Orlando, FL
“25-hydroxyvitamin D concentration and risk of type 2 diabetes in women”
- 2.25.2011 Speaker, American Society for Nutrition - Advances and Controversies in Clinical Nutrition, San Francisco, CA “Vitamin D and Chronic Disease”
- 6.25.2011 Speaker & Moderator, *Professional Section Interest Group Discussion on Nutritional Science and Metabolism*
American Diabetes Association 71st Scientific Sessions, San Diego, CA
“*Diabetes and Vitamin D—Are We Ready to Act Now?*”
- 6.10.2012 Chair, *Oral Session: “Clinical Nutrition”*
American Diabetes Association 72nd Scientific Sessions, Philadelphia, PA
- 9.21.2012 Speaker, Conference on vitamin D: Beyond Bone
NY Academy of Sciences New York, NY
“*Vitamin D for diabetes; To D or not to D*”
- 11.17.2012 Speaker, 5th Friedman Fellows Symposium on Nutrition, Diabetes and Human Health Beth Israel Medical Center, New York, NY.
“*Vitamin D in Health and Disease. To D or not to D*”
- 4.21.2013 Speaker, American Society for Nutrition & Experimental Biology 2013, Boston, MA.
“*Vitamin D in Health and Disease. To D or not to D*”
- ⇒ *The session was the #1 top favorite scientific activity at EB 2013*
- 6.14.2013 Speaker, Vitamin D Workshop, San Francisco CA.
“*Vitamin D in Health and Disease. To D or not to D.*”

- 6.14.2014 Speaker, Friedman Fellows Symposium on Nutrition, Diabetes and Human Health San Francisco, CA. *"To D or not to D: Why nutrition is so confusing"*
- 6.14.2014 Speaker, *Professional Section Interest Group Discussion on Nutritional Science and Metabolism*, American Diabetes Association 74th Scientific Sessions, San Francisco, CA *"To D or not to D? That is one of micronutrient questions."*
- 6.17.2014 Speaker, *Regulation of Nutrient Metabolism and Inflammation*, American Diabetes Association 74th Scientific Sessions, San Francisco, CA. *"Vitamin D Signal Transduction and Metabolic Syndrome."*
- 5.5.2017 Speaker, *Metabolic Bone Disease*, American Association of Clinical Endocrinologists 26th Annual Scientific & Clinical Congress. Austin, TX. *"Vitamin D and Diabetes. Evidence Based Clinical Recommendations."*
- 7.29.2017 Speaker, 5th Annual International Conference on Nutrition in Medicine, Washington, D.C. *"Understanding Vitamin D."*
- 5.30.2019 Speaker, 22nd Vitamin D Workshop New York, NY. *"The D2d Study"*
- 6.7.2019 Speaker, *Results of the D2d study*. American Diabetes Association Scientific Sessions, San Francisco, CA

International Contributions

- 12.11.2008 Speaker, Grand Rounds, Department of Medicine Erikos Dinan Hospital, Athens, GREECE *"FAQ on Diabetes"*
- 4.4.2009 Speaker, 3rd International Congress on Prediabetes and Metabolic Syndrome, Nice, FRANCE. *"The role of vitamin D and calcium in type 2 diabetes"*
- 4.4.2009 Session Co-Chair, Free Communications 6, 3rd International Congress on Prediabetes and Metabolic Syndrome, Nice, FRANCE
- 10.6.2009 Speaker, 19th International Congress on Nutrition, Bangkok, THAILAND *"Vitamin D and Cardiometabolic Disease"*
- 2.27.2010 Speaker, International Conference of Early Disease Detection and Prevention, Munich, GERMANY, *"Vitamin D and Cardiometabolic Disease"*
- 4.6.2011 Speaker, 4th International Congress on Prediabetes and Metabolic Syndrome, Madrid, SPAIN. *"Vitamin D and cardiometabolic disease"*
- 3.28.2013 Keynote Speaker, 13th PanHellenic Diabetes Congress. Athens, GREECE *"Vitamin D and Cardiometabolic Disease"*
- 3.21-22.2014 Speaker, 3rd International Conf. on Vitamin D Deficiency and Its Clinical Implications Abu Dhabi, UAE, *"Vitamin D beyond bones" and "Vitamin D and Type 2 Diabetes."*
- 6.14-16.2017 Speaker, First International Conference on Controversies in Vitamin D Pisa, ITALY, *"Variables that influence dosing and levels of vitamin D."*
- 7.29.2017 Speaker, Fifth International Conference on Nutrition in Medicine Washington DC, USA. *"Understanding Vitamin D"*
- 9.13.2018 Speaker, Second International Conference on Controversies in Vitamin D Sienna, ITALY, *"Value of Clinical Trials"*
- 9.17.2018 Speaker, Endocrinology Seminar, Universita Campus Bio-Medico, Rome, ITALY, *"Understanding Vitamin D"*

- 8.22.2019 Speaker, Internal Medicine Grand Rounds,
U. Graz, Graz, AUSTRIA, “*Understanding Vitamin D*”
- 9.12.2019 Session Chair, Third International Conference on Controversies in Vitamin D
Gubbio, ITALY.
- 9.2020 Speaker and Session Chair, Fourth International Conference on Controversies in Vitamin
ITALY (tele-conference).

Continuing Medical Education Courses, Local, Regional, National and International

- 11.17.2000 Chair and Speaker, Diabetes Health Care Day for patients with diabetes.
Co-sponsored by Tufts Medical Center and CVS Pharmacy
- 8.2001 Speaker, Educational Program for Novartis pharmaceutical representatives
Tufts Medical Center, Boston MA, “*Osteoporosis*”
- 10.2001 Speaker, Educational Program for Novartis pharmaceutical representatives
Tufts Medical Center, Boston MA, “*Diabetes*”
- 12.2001 Speaker, Educational Program for Novartis pharmaceutical representatives
Tufts Medical Center, Boston MA, “*Diabetes*”
- 3.2002 Speaker, Educational Program for Novartis pharmaceutical representatives
Tufts Medical Center, Boston MA, “*Osteoporosis*”
- Fall 2003 Speaker, CME Program for Primary Care Physicians
National meetings & audio-conferences sponsored by Veritas Institute for Medical
Education. “*Strategies and Resources for Glycemic Control in Patients with Type 2
Diabetes*”
- 5.28.2009 Speaker, CME Program for Primary Care Clinicians, Waltham MA, “*Metabolic Syndrome*”
- 2006 - Contribution, Expert Clinical Reviewer of Diabetes Programs
PriMed Institute, Educational Division of M/C Communications, LLC
Programs in “*Diabetes in Depth*”, “*Clinical Focus in Diabetes*”
- 2007 - Contribution, UpToDate, “*Inhaled Insulin*”
- 2007 - Session Co-Chair, Harvard Medical School CME Course, *Enhancing the Safety of
Parenteral and Enteral Nutrition*, Boston MA, “*Critical Care Nutrition Support – Part 2*”
- 11.9.2008 Speaker, Harvard Medical School CME Course *Enhancing the Safety of Parenteral and
Enteral Nutrition*, Boston MA, “*Vitamin D in Health and Disease*”
- 6.10.2009 Speaker, The Endocrine Society Continuing Medical Education Services, *The Impact of
GLP01 Receptor Activation on Diabetes Pathophysiology and Disease Management*,
Washington DC; “*Integration of Incretin-Based Therapy in Diabetes Management*”
- 3.21.2014 Member of Scientific Committee and Speaker. 3rd International Conference on Vitamin D
Deficiency and Its Clinical Implications, Abu Dhabi, UAE.

PROFESSIONAL SOCIETIES

- 1998 - The Endocrine Society
- 1998 - Massachusetts Medical Society
- 1998 - 2007 American Association of Clinical Endocrinologists, Fellow
- 2001 - American Diabetes Association

- 2004 - NAASO-The Obesity Society
- 2004 - Boston Obesity Nutrition Research Center, Member as Investigator
- 2008 - Boston Area Diabetes Endocrinology Research Center, Member as Investigator

MAJOR RESEARCH INTERESTS

- Vitamin D and Calcium Homeostasis in Relation to Type 2 Diabetes and the Metabolic Syndrome
- Nutritional Interventions for Prevention of Type 2 Diabetes and the Metabolic Syndrome
- The role of the dietary Glycemic Index in diabetes.
- Hyperglycemia and Insulin Therapy in the Hospital Setting

RESEARCH SUPRORT

--- Pending (under review) ---

Grant Title	R01 Pittas (PI) Patient-tailored engagement for management of type 2 diabetes and hypertension
Hypertension Amount	Funding Agency NIDDK \$ 3,328,421 (Total)
Period	10/1/2019 – 9/30/2024
Major goal:	To determine whether applying key principles from the emerging science of behavioral economics and promising trends in wireless technology can produce an effective intervention approach in patients with diabetes and hypertension.
Role	<u>Principal Investigator</u>

--- Present [Most recent showing first] ---

Grant Title	U01 DK098245 Pittas (PI) Vitamin D and Type 2 Diabetes (D2d)
Funding Agency Amount	NIDDK \$45,467,912 (Total)
Period	6/1/2013 – 5/31/2021 (includes renewal)
Major goal:	To conduct a multi-center randomized trial of vitamin D supplementation for prevention of type 2 diabetes
Role	<u>Principal Investigator</u>

Grant Title	W81XWH-12-2-2055 Roberts (PI) Intervention for sustainable weight loss in military families
Funding Agency Amount	Department of Defense \$397,832 (Direct – Year 1)
Period	1/15/2014 – 12/31/2019
Major goal:	To develop more effective approaches for sustainable weight loss that can be scaled into nationally effective programs in different groups including military families.
Role	<u>Co-Investigator</u>

---Past [Most recent showing first] ---

Grant Title **R01 DK76092-07 Pittas (PI)**
The role of vitamin D in established Type 2 Diabetes.
Funding Agency **NIDDK**
Amount \$ 2,296,000 (Total)
Period 9/30/2012 - 7/31/2019
Major goal: A 2-site clinical trial to define the effects of vitamin D on glucose metabolism in patients with established type 2 diabetes.
Role Principal Investigator

Grant Title **Kent (PI)**
Dissemination and Implementation- Improving Diabetes Prevention with a Benefit Based Tailored Treatment: Disseminating Patient Centered Estimate of Benefits
Funding Agency **PCORI**
Amount \$248,728 (Direct- Year 1)
Period 05/01/17 - 07/31/2019
Major goal: To disseminate a clear and clinically-actionable understanding of the variation in patient-centered estimates of benefits of diabetes prevention interventions based on our PCORI-funded prediction model derived directly from the Diabetes Prevention Program (DPP) trial.
Role Co-Investigator

Grant Title **1-14-D2d-01 Pittas (PI)**
D2d – Co-Support Award
Funding Agency **American Diabetes Association**
Amount \$300,000 (Total)
Period 1/15/2014 – 12/31/2016
Major goal: To enhance the objectives of D2d, a multi-center randomized trial of vitamin D supplementation for prevention of type 2 diabetes
Role Principal Investigator

Grant Title **Contract No. 200-2012-53787 Balk/Uhlig (PI)**
PPHF-2012-Community Guide-Update of Community Guide Reviews on the Effectiveness of Interventions financed solely by 2012 Prevention and Public Health Funds Funding Agency
Centers for Disease Control and Prevention (CDC)
Amount \$508,769 (Total)
Period 9/28/2012 - 9/27/2014
Major goal: To conduct Updates to Existing Systematic Reviews on Diabetes Prevention and Control for the Guide to Community Preventive Services.
Role Co-Investigator

Grant Title **U34 DK091958 Pittas (PI)**

Vitamin D for Type 2 Diabetes (D2d) trial
Funding Agency **NIDDK**
Amount \$795,000 (Total)
Period 7/20/2011 - 6/30/2013
Major goal: To prepare for a multi-center randomized trial of vitamin D supplementation for prevention of type 2 diabetes
Role Principal Investigator

Grant Title **UL1 TR000073 (Selker)**
Tufts Clinical and Translational Science Institute
Funding Agency **NCATS**
Amount \$ ~19,000,000 (Total)
Period 5/19/2008 – 6/30/2013
Major goal: To instill and support a culture of cooperative interdisciplinary research by creating a new home for clinical and translational research across Tufts University and clinical affiliates.
Roles: Graduate Program Educator (2010 - current)
Director, Tufts Clinical and Translational Research Center (2011-2012)

Grant Title **R01 DK76092, Pittas (PI)**
Vitamin D and Calcium Homeostasis in Relation to Type 2 Diabetes: *A randomized trial.*
Funding Agency **NIDDK / ODS**
Amount \$ 1,795,000 (Total)
Period 9/30/2006 - 7/31/2012
Major goal: To define the effects of vitamin D and calcium supplementation on glucose metabolism in individuals at high risk for type 2 diabetes.
Role Principal Investigator

Grant Title **R01 DK79003, Pittas (PI)**
Vitamin D Status in Relation to Incident Type 2 Diabetes and Cardiometabolic Disease
Funding Agency **NIDDK / ODS**
Amount \$ 959,932 (Total)
Period 9/25/2008 - 8/31/2011
Major goal: To measure the association between vitamin D status and risk of developing type 2 diabetes and cardiometabolic disease in the Diabetes Prevention Program.
Role Principal Investigator

Grant Title **R21 DK78867, Pittas (PI)**
Vitamin D status and Incident Type 2 Diabetes
Funding Agency **NIDDK**
Amount \$ 504,000 (Total)
Period 9/30/2007 - 8/31/2010

Major goal: To measure the association between vitamin D status and incident type 2 diabetes in a nested case-control study in the Nurses Health Study
Role Principal Investigator

Grant Title **NGA-5U01-AG20480-04**, Roberts (PI)
Dietary Energy Restriction and Metabolic Aging in Humans.
Funding Agency **NIA**
Amount \$ 7,453,510 (Direct only)
Period 5/15/2002 - 8/31/2011
Major goal: To understand the relevance of caloric restriction to human health, as well as to contribute to the development of new avenues for long-term treatment of overweight and obesity.
Role Co-Investigator

Grant Title 7-08-CR-27, Harris (PI)
Vitamin D and Diabetes in Non-Whites: *A randomized trial.*
Funding Agency **American Diabetes Association**
Amount \$ 300,000 (Direct Only)
Period 9/30/2007 - 7/31/2010
Major goal: To define the effects of vitamin D and calcium supplementation on glucose metabolism in non-white individuals at high risk for type 2 diabetes.
Role Co-Investigator

Grant Title: AHRQ/Contract No. HHS 290 2007 10055, Lau (PI)
Funding Agency: **AHRQ Evidence-Based Practice Centers III**
Amount: \$ ~1,000,000 (Annual Direct only)
Period: 9/1/2007 - 8/31/2012
Major goal: To produce evidence reports and technology assessments that will be used by systems of care, professional societies, purchasers and others.
Role: Expert Consultant

Grant Title: Marilyn Fishman Grant for Diabetes Research (Mitri)
The effects of vitamin D supplementation on systemic inflammation, lipid profile and endothelial dysfunction
Funding Agency: **Endocrine Fellows Foundation**
Amount: \$ 15,000 (Total)
Period: 11/1/2009 - 10/31/2011
Major goal: To determine the effects of vitamin D supplementation on systemic inflammation, lipid profile and endothelial dysfunction in participants with pre-diabetes.
Role: Mentor

Grant Title: **K23 DK61506** Patient-Oriented Mentored Career Development Award, **Pittas (PI)**
Glycemic Index and Metabolic Syndrome: A randomized trial
Funding Agency: **NIDDK**
Amount: \$ 432,000 (Total)

Major Goal: To define the effects of the dietary glycemic index on measures related to the metabolic syndrome
Period: 9/30/2002 - 9/29/2006 (* no-cost extension to 9/30/2007)
Role: Principal Investigator

Grant Title: Task Order Contract no. 290-02-0022 Food Related Health Claims, Lau (PI)
Funding Agency: **FDA/AHRQ/EPC**
Amount: \$TBD
Period: 9/26/2003 - 9/25/2006
Major goal: To perform systematic review and analyses for the Center for Food Safety and Applied Nutrition, Food and Drug Administration, of evidence to rate the strength of the body of scientific evidence for a petitioner's proposed claim of a beneficial relationship between food substance and reduced risk of a disease.
Role: Expert Consultant on Diabetes/Metabolic Syndrome related food health claims

Grant Title: Lechan (PI)
Funding Agency: **The Dr. Gerald J. and Dorothy R. Friedman New York Foundation for Medical Research and Education**
Amount: \$ 500,000 (Total)
Period: 7/1/2000 - 6/30/2002
Major Goal: To develop educational and outreach program for patients with diabetes mellitus and for exploratory research projects related to diabetes.
Role: Co-Investigator

EDITORIAL BOARD | EXPERT REVIEWER ACTIVITY | MEMBERSHIP IN RESEARCH PANELS

Various Ad Hoc Relevance Reviewer for Endocrinology, Diabetes, and Metabolism
American Board of Internal Medicine, Philadelphia, PA

2004 - 2014 Consultant/Reviewer, *Tufts-Medical Center Evidence-based Practice Center*
Ad hoc reviewer for journals

2004 - *Annals of Internal Medicine*
2004 - *Archives of Internal Medicine*
2004 - *Diabetes Care*
2005 - *Endocrine Practice*
2006 - *Canadian Medical Association Journal*
2006 - *European Journal of Clinical Nutrition*
2006 - *Obesity*
2007 - *Diabetologia*
2007 - *Journal of Nutrition*
2007 - *Journal of the American College of Nutrition*

- 2007 - *The Lancet*
- 2007 - *Archives of Disease in Childhood / BMJ group*
- 2007 - *American Journal of Clinical Nutrition*
- 2007 - *Clinical Endocrinology*
- 2008 - *American Journal of Kidney Disease*
- 2008 - *Endocrine*
- 2008 - *Nutrition Reviews*
- 2008 - *Pediatrics*
- 2009 - *European Journal of Nutrition*
- 2009 - *International Journal of Endocrinology*
- 2010 - *Cleveland Clinic Journal of Medicine*
- 2010 - *Journal of Clinical Endocrinology and Metabolism*
- 2011 - *Diabetes*
- 2012 - *Journal of Diabetes and its Complications*
- 2012 - *JAMA*
- 2015 - *ACTA Diabetologia*
- 2015 - *JGIM*
- 2015 - *NEJM*
- 2016 - *Menopause*
- 2018 - *Contemporary Clinical Trials*

Membership in review panels for grant applications

>> Please see section “[OTHER MAJOR \(NATIONAL | INTERNATIONAL\) COMMITTEE ASSIGNMENTS](#)”

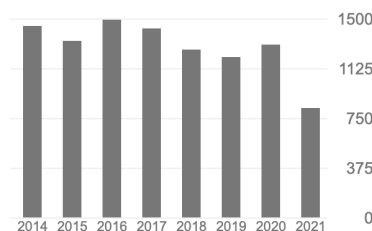
Membership in Data and Safety Monitoring Boards (DSMB)

- 2010 - 14 Member, DSMB for K23DK79789 HIV Metabolic Abnormalities (PI: Kohli)
- 2016 - Chair, DSMB for R01DK Effect of Melatonin on Cardiometabolic risk (EMC) (PI: Forman)

BIBLIOGRAPHY

Google Scholar, as of August 2021

	All	Since 2016
Citations	17806	7584
h-index	48	40
i10-index	82	69



- h-index, i.e., 48 of papers I have co-authored have received 48 or more citations.
- i10-index, i.e., 82 publications with at least 10 citations

Referred (Peer-reviewed, Original) Publications

1. Nitsch RM, **Pittas A**, Blusztajn JK, Slack BE, Growdon JH and Wurtman RJ. Alterations of phospholipid metabolites in postmortem brain from patients with Alzheimer's disease. *Ann NY Acad Sci* 1991; 640:110-3
2. Nitsch RM, Blusztajn JK, **Pittas AG**, Slack BE, Growdon JH, and Wurtman RJ. Evidence for a membrane defect in Alzheimer's disease brain. *Proc Natl Acad Sci USA* 1992; 89 (5): 1671-5 [PMC48514]
3. Hanif R, **Pittas A**, Feng Y, Koutsos MI, Qiao L, Staino-Coico L, Shiff SI and Rigas B. Effects of nonsteroidal anti-inflammatory drugs on proliferation and on induction of apoptosis in colon cancer cells by a prostaglandin-independent pathway. *Biochem Pharmacol* 1996; 52 (2): 237-45
4. Goldberg Y, Hanif R, **Pittas A**, Tsai L, Dynlacht BD, Rigas B and Shiff SI. The anti-proliferative effect of sulindac and sulindac sulfide on HT-29 colon cancer cells: alterations in tumor suppressor and cell cycle-regulatory proteins. *Oncogene* 1996; 12 (4): 893-901
5. **Pittas AG**, Adler M, Fazzari M, Tickoo S, Rosai SM, Larson SM and Robbins RJ. Bone Metastases from thyroid carcinoma: clinical characteristics and prognostic variables in one hundred forty-six patients. *Thyroid* 2000;10 (3): 261-268
6. Tickoo SK, **Pittas AG** Adler M, Fazzari M, Larson SM and Robbins RJ Bone metastases from thyroid carcinoma: a histopathologic study with clinical correlates. *Arch Pathol Lab Med* 2000; 124 (10): 1440-7
7. **Pittas AG** and Greenberg AS. Thiazolidinediones in the treatment of type 2 diabetes. *Expert Opin Pharmacother* 2002;3(5): 529-40 [PMID11035572]
8. Schurgin S, Weinstein B and **Pittas AG**. Tuberculous Abscess of the Thyroid Gland. *Endocr Pract* July/August 2003; 9 (4): 330
9. **Pittas AG**. Prevention of type 2 diabetes. *Laboratory Medicine* 2003;34(11):790-5
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Book Chapters

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TELEVISION, MEDIA APPEARANCES, PLACEMENTS or CITATIONS (selected)

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3. November 2004 **NAASO News** highlighted work on glycemic load
4. Winter 2005 **Ageing Well** (a publication of the Center for Healthy Aging) cited vitamin D work
5. 2.2006 **Tufts Journal** highlighted work on glycemic load
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7. 3.20.2006 **NEMC News** cited prospective Vitamin D study in *Diabetes Care*
8. 3.2006 **Reuters** cited prospective Vitamin D study
9. 4.2006 **The Daily Telegraph** cited prospective Vitamin D study
10. 4.2006 **CKNW/Corus Radio Network**, interviewed for prospective Vitamin D study
11. 5.2006 **Nutrition Action** (Health Newsletter) cited prospective Vitamin D study
12. 5.11.2006 **MSNBC** cited prospective Vitamin D study
13. 5.27.2006 **Dallas Morning News**, interviewed for prospective Vitamin D study
14. Summer 2006 **Boston Globe**, interviewed on inhaled insulin
15. 11.2006 **Nutrition Action** (Health Newsletter), interviewed on vitamin D and diabetes
16. 12.2006 **Endocrinology Today** cited inhaled insulin article in *Annals of Internal Medicine*
17. 1.20.2007 **LA Times**, interviewed on inhaled insulin
18. 5.15.2007 **US News & World Report**, interviewed on individualized weight loss diets
19. 5.30.2007 **Time magazine**, interviewed on individualized weight loss diets
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21. 7.6.2007 **USA Today**, interviewed on incretin paper in *JAMA*
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36. 9.3.2009 **Chicago Tribune**, interviewed on vitamin D & cardiometabolic disease article in *Annals of Internal Medicine*
37. 6.26.2010 **ADA Communications**, highlighted / interviewed on vitamin D level and incident type 2 diabetes study
38. 2.24.2011 **Reuters**, interviewed on vitamin D and yogurt on type 2 diabetes manuscript in *American Journal of Clinical Nutrition*
39. 6.24.2011 **Bloomberg News**, interviewed about our work on vitamin D and type 2 diabetes

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43. 2013-14 (multiple) Related to D2d clinical trial.
44. 2015.9.14 **Washington Post**, cited on article "Vitamin D supplements: Panacea, placebo or in between?"
45. 2016.12 **Reuters** [Risk test may put too many in unhelpful 'prediabetes' category](#)
Health Day [Is Web-Based Test for Prediabetes Faulty?](#)
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Healthline [Prediabetes: To Screen or Not to Screen?](#)
Endocrinology Advisor [Value of Risk Assessment Tool for Prediabetes Questioned](#)
New York Times <http://www.nytimes.com/2016/12/16/health/youre-prediabetic-join-the-club.html>
46. 2018.June **Boston Herald** interviewed about our work on vitamin D and type 2 diabetes in the potential for a TB vaccine for type 1 diabetes.
http://www.bostonherald.com/lifestyle/health/2018/06/study_tb_vaccine_helps_treat_type_1_diabetes.
47. 2019.6.7 [Vitamin D fails to prevent type 2 diabetes in large study](#) / Reuters Health
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