

## Curriculum Vitae

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



**Current Titles**

Professor of Medicine  
Tufts University School of Medicine

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

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

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**Web sites** [www.agpittas.com](http://www.agpittas.com); [www.D2dstudy.org/story](http://www.D2dstudy.org/story)

## EDUCATION

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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 Sackler School of Graduate Biomedical Sciences, Tufts U., Boston MA

## POSTDOCTORAL TRAINING

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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	Sackler School of Biomedical Sciences Tufts University, Boston MA
2018 - 2019	Physicians Leadership Program	Boston University Questrom School of Business

## LICENSURE AND CERTIFICATION

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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

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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	Sackler 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	Sackler School of Graduate Biomedical Sciences at Tufts University, Boston, MA

## HOSPITAL APPOINTMENTS | CLINICAL SERVICE RESPONSIBILITIES

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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

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- 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*
- 2016 Top Doctor in Endocrinology, Diabetes and Metabolism • *Awarded by Boston Magazine*
- 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](http://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/>
- 2017 Top Doctor in Endocrinology, Diabetes and Metabolism • *Awarded by Boston Magazine*
- 2019 Cigna Care Designated physician. The designation is given to physicians in the highest group for quality measures and cost efficiency.

## HOSPITAL, MEDICAL SCHOOL OR UNIVERSITY COMMITTEE ASSIGNMENTS

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- 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

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

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- 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 70<sup>th</sup> Scientific Sessions (2010)
- 2010.Apr Reviewer (abstracts – late breaking),  
American Diabetes Association 70<sup>th</sup> 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](http://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<sup>rd</sup> Scientific Sessions (2013)

2013.Apr Reviewer (abstracts – late breaking),  
American Diabetes Association 73<sup>rd</sup> 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)

## ADMINISTRATIVE | SCIENTIFIC RESPONSIBILITIES

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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

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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 undergraduate students interested in a career in medicine.

2010 - 2011 Member, MIT 20<sup>th</sup> Reunion Gift Committee

2016.9 Panelist, Mentorship Panel at MIT Alumni Leadership Conference.

*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

#### *Mentoring of Graduate Students at Tufts U. Sackler 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 (1<sup>st</sup> 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 (1<sup>st</sup> 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 (1<sup>st</sup> 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 (1<sup>st</sup> 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. (6<sup>th</sup> 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 (6<sup>th</sup> 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 (6<sup>th</sup> 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 (1<sup>st</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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 (1<sup>st</sup> year fellow, fellowship research project) | 2011-2014
  - Worked on a project “*h pylori and incident diabetes 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 (1<sup>st</sup> year fellow, fellowship research project) | 2012-2015
  - Worked on a project “*Vitamin D status of black and white Americans*”
  - Most recent known position: Assistant Professor, Department of Internal Medicine, College of Medicine, Taibah University, Saudi Arabia

#### *Mentoring of Residents in Internal Medicine outside of Tufts Medical Center*

- Seenia Peechakara, MD (2<sup>nd</sup> 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 (2<sup>nd</sup> 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

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## 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 1<sup>st</sup> year medical students, 6 weeks, 6 hours per week  
1998 Preceptor, Physical Diagnosis Course  
Four 2<sup>nd</sup> year medical students, 4 weeks, 4 hours per week  
Four 1<sup>st</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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  
3<sup>rd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 University Sackler School of Biomedical Sciences

~12 1<sup>st</sup> 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 University Sackler School of Biomedical Sciences  
~12 1<sup>st</sup> year graduate students, 14 sessions/semester, 2 semesters/year

2015 - Course Leader & Instructor, Introduction to Clinical Trials  
Tufts University Sackler School of Biomedical Sciences  
~20 1<sup>st</sup> or 2<sup>nd</sup> 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 1<sup>st</sup> 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 University Sackler 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 Sackler 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 Sackler 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 Sackler School of Biomedical Sciences at Tufts University
- 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 Sackler School of Biomedical Sciences at Tufts University
- 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 Sackler School of Biomedical Sciences at Tufts University

#### *University-wide*

- 12.4.2009 Lecturer, University Seminar The Obesity Epidemic and Food Economics  
Tufts University  
12 1<sup>st</sup> 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 2<sup>nd</sup> year medical students, 1 lecture, 2 hours  
Lecture Topic: *Prevention of type 2 Diabetes*

#### PRESENTATIONS | LECTURESHIPS | CME ACTIVITIES (invited, selected)

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#### *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 *“Glucose control in the Intensive Care Unit setting”*
- 5.17.2005 Speaker, 7<sup>th</sup> Annual Symposium. Clinical Research Program Sackler School of Graduate Biomedical Sciences at Tufts University *“Vitamin D and calcium intake in relation to risk of type 2 diabetes”*
- 12.13.2005 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”*

### *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

- 5.11.2004 *“Relationships in Medicine-Walking the Line”*  
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.”*

### 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
- 6.7.2007 “The Potential Role of Vitamin D and its analogs in Diabetes Management”  
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 1<sup>st</sup> 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 69<sup>th</sup> 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 70<sup>th</sup> 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 71<sup>st</sup> 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 72<sup>nd</sup> 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, 5<sup>th</sup> 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 74<sup>th</sup> 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 74<sup>th</sup> Scientific Sessions, San Francisco, CA. *"Vitamin D Signal Transduction and Metabolic Syndrome."*
- 5.5.2017 Speaker, *Metabolic Bone Disease*, American Association of Clinical Endocrinologists 26<sup>th</sup> Annual Scientific & Clinical Congress. Austin, TX. *"Vitamin D and Diabetes. Evidence Based Clinical Recommendations."*
- 7.29.2017 Speaker, 5<sup>th</sup> Annual International Conference on Nutrition in Medicine, Washington, D.C. *"Understanding Vitamin D."*

### *International Contributions*

- 12.11.2008 Speaker, Grand Rounds, Department of Medicine Erikos Dinan Hospital, Athens, GREECE *"FAQ on Diabetes"*
- 4.4.2009 Speaker, 3<sup>rd</sup> 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, 3<sup>rd</sup> International Congress on Prediabetes and Metabolic Syndrome, Nice, FRANCE
- 10.6.2009 Speaker, 19<sup>th</sup> 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, 4<sup>th</sup> International Congress on Prediabetes and Metabolic Syndrome, Madrid, SPAIN. *"Vitamin D and cardiometabolic disease"*
- 3.28.2013 Keynote Speaker, 13<sup>th</sup> PanHellenic Diabetes Congress. Athens, GREECE *"Vitamin D and Cardiometabolic Disease"*
- 3.21-22.2014 Speaker, 3<sup>rd</sup> 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"*
- 9.2018 Speaker, Second International Conference on Controversies in Vitamin D Sienna, ITALY, *"Value of Clinical Trials"*

### *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

- 10.2001 Tufts Medical Center, Boston MA, “*Osteoporosis*”  
 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. 3<sup>rd</sup> International Conference on Vitamin D Deficiency and Its Clinical Implications, Abu Dhabi, UAE.

## PROFESSIONAL SOCIETIES

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- 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

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- 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

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--- Pending (under review) ---

Grant Title **R01 Pittas (PI)**  
Personalized engagement in patients with type 2 diabetes and  
Hypertension  
Funding Agency **NIDDK**  
Amount \$ 4,285,363 (Total)  
Period **4/1/2019 – 3/31/2024**  
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 Principal Investigator

Grant Title **R01 CA238597-01 Pittas (PI)**  
D2d Outcomes Study  
Funding Agency **NCI**  
Amount \$4,369,197 (Total)  
Period **4/1/2019 – 3/31/2024**  
Major goal: The D2d Outcomes Study (D2dOS) will extend D2d as an observational cohort to examine long-term “legacy” effects of vitamin D supplementation, specifically on cancer outcomes.  
Role Principal Investigator

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

Grant Title **U01 DK098245-06 Pittas (PI)**  
Vitamin D and Type 2 Diabetes (D2d)  
Funding Agency **NIDDK**  
Amount \$5,467,912 (Total)  
Period **6/1/2018 – 5/31/2021**  
Major goal: The primary aim of the renewal grant is to continue follow-up of the D2d population (N=2,423) and complete the study according to the protocol, to answer the study’s primary question: does oral daily vitamin D3 supplementation lower risk of incident diabetes among U.S. adults at high risk for diabetes?  
Role Principal Investigator

Grant Title **U01 DK098245 Pittas (PI)**  
Vitamin D and Type 2 Diabetes (D2d)  
Funding Agency **NIDDK**  
Amount \$40,100,000 (Total)  
Period 6/1/2013 – 5/31/2018  
Major goal: To conduct a multi-center randomized trial of vitamin D supplementation for prevention of type 2 diabetes  
Role Principal Investigator

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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

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Grant Title **W81XWH-12-2-2055 Roberts (PI)**  
**Intervention for sustainable weight loss in military families**

Funding Agency **Department of Defense**

Amount \$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 Co-Investigator

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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

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

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

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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

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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

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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)

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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## [EDITORIAL BOARD](#) | [EXPERT REVIEWER ACTIVITY](#) | [MEMBERSHIP IN RESEARCH PANELS](#)

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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*  
 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 (DMSB)*

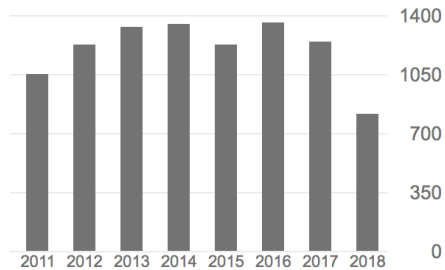
2010 - 14 Member, DSMB for K23DK79789 HIV Metabolic Abnormalities (PI: Kohli)  
 2016 - Chair, DSMB for R01DK Effect of Melatonin on Cardiometabolic risk (EMC)  
 (PI: Forman)

## BIBLIOGRAPHY

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According to Google Scholar, as of May 2018

	All	Since 2013
Citations	13152	7391
h-index	40	35
i10-index	62	54



- h-index, i.e., 40 of papers I have co-authored have received 40 or more citations.
- i10-index, i.e., 62 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
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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
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32. Connor S and **Pittas AG**. Association between adherence to Mediterranean diet and risk of type 2 diabetes. Medical Student Resesarch Poster Fair 2010, Tufts U. School of Medicine, Boston, MA
33. Mitri J, Dawson-Hughes B and **Pittas AG**. The effects of vitamin D and calcium supplementation on pancreatic beta cell function, insulin sensitivity and glycemia in adults at high risk for diabetes. *J. Diabetes* 2011:3 (Suppl 1): Page 32. Presented at the 4th International Congress on Prediabetes and the Metabolic Syndrome 2011, Madrid, Spain
34. **Pittas AG**. The role of vitamin D in diabetes and the metabolic syndrome. *J. Diabetes* 2011:3 (Suppl 1): Page 5. Presented at the 4th International Congress on Prediabetes and the Metabolic Syndrome 2011, Madrid, Spain
35. **Pittas AG**, Nelson J, Mitri J, Hillman W, Garganta C, Nathan DM, Hu FG and Dawson-Hughes B and the Diabetes Prevention Program Research Group. Vitamin D status and progression to diabetes in patients at risk for diabetes: an ancillary analysis in the Diabetes Prevention Program randomized controlled trial. *Diabetes* 2011:TBD(Suppl 1):117-OR. Presented at the American Diabetes Association, 2011
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  - ⇒ *This oral presentation was selected as one of The Endocrine Society Outstanding Abstract Award in conjunction with ENDO 2012 in Houston.*
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46. Urban LE, Roberts SB, Zohar Y, Astrup A, Hjorth MF, **Pittas AG** and Das SK. Baseline fasting glucose concentration predicts weight loss on a high fiber, low glycemic load diet: The Healthy Weight for Living Study. Presented at the American Diabetes Association, San Diego, 2017
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48. Chadha C, Knowler B, Phillips L, **Pittas A**, Nelson J, Chatterjee R, Aroda V, Rasouli N, Lewis M, Pratley R, Vickery E, Staten M, Brodsky I and the D2d Research Group. Presented at the American Diabetes Association Scientific Sessions, San Diego, 2017
49. Angellotti E, D'Alessio DD, Nelson J, Cohen MR, Dawson-Hughes, B, and **Pittas AG**. Effect of vitamin D supplementation on glycemia in people with stable type 2 diabetes Presented at the American Diabetes Association Scientific Sessions, San Diego, 2017
50. Angellotti E, Pierce A, Hescott B, Wong JB and **Pittas AG**. WI-BEEP (*W*ireless technology and *B*ehavioral Economics to Engage Patients with T2DM or hypertension) Pilot Study. ENDO 2018.



## TELEVISION, MEDIA APPEARANCES, PLACEMENTS or CITATIONS (selected)

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1. 4.21.2003 **NEMC News** cited co-authoring book on Diabetes
2. 10.25.2004 **NEMC News** cited manuscript appearing in *Archives of Internal Medicine*
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
6. 2.2006 **Tufts Journal** highlighted Endocrinology course appearing in OpenCourseWare
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
20. 6.5.2007 **Wall Street Journal**, interviewed on insulin pens
21. 7.6.2007 **USA Today**, interviewed on incretin paper in *JAMA*
22. 7.10.2007 **Reuters**, interviewed on incretin paper in *JAMA*
23. 7.10.2007 **Bloomberg News**, interviewed on incretin paper in *JAMA*
24. 7.10.2007 **Washington Post** cited incretin paper in *JAMA*
25. 7.16.2007 **Reuters**, cited studies on vitamin D and diabetes
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27. 8.30.2007 **Diabetic Living Magazine**, interviewed on vitamin D and diabetes
28. 9.1.2007 **ACP Observer** highlighted presentation on vitamin D at ENDO 2007
29. 10.2007 **DOC News**, interviewed / quoted on incretin therapy for type 2 diabetes
30. 10.19.2007 **Wall Street Journal**, interviewed on the withdrawal of Exubera
31. 7.30.2008 **Nutrition Action** (Health Newsletter), interviewed on vitamin D and diabetes
32. 3.19.2009 **The Burrill Report**, interviewed on inhaled insulin
33. 6.5.2009 **CNN.com**, interviewed on vitamin D and diabetes
34. 6.6.2009 **International Diabetes**, interviewed on vitamin D and diabetes
35. 9.3.2009 **NY Times**, interviewed on calorie restriction and longevity
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

- in the Diabetes Prevention Program.
40. 6.25.2011 **Medscape**, interviewed about our work on vitamin D and type 2 diabetes in the Diabetes Prevention Program.
41. 9.2011 **NEMC News** cited recent work on vitamin D and diabetes
42. 3.1.2012 **The Scientist**, cited on article "Vitamin D on Trial."
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?](#)  
**MedPage Today** [Prediabetes: Can an Online Screening Test Really Work?](#)  
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**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](http://www.bostonherald.com/lifestyle/health/2018/06/study_tb_vaccine_helps_treat_type_1_diabetes)
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