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Dr. Pittas is Professor of Medicine at Tufts University School of Medicine (Boston, MA), Professor of Clinical and Translational Science at Sackler School of Graduate Biomedical Sciences at Tufts University, and Adjunct Professor of Nutrition and Policy at Tufts University Friedman School of Nutrition, Science and Policy.

Dr. Pittas is Chief of the Division of Endocrinology, Director of the Endocrinology Fellowship Program, and co-director of the Diabetes Clinic at Tufts Medical Center (Boston, MA).

Dr. Pittas received his B.S. degree from the Massachusetts Institute of Technology (Cambridge, MA) and his M.D. degree from Weill Cornell University Medical College (New York City, NY). At MIT, not only did he earn his degree in Biology, but he also met his future spouse during the organic chemistry class. It was a bond destined to last and one that strengthens over time. After completing his Internal Medicine Residency at the New York Presbyterian Hospital (Weill Cornell campus) in New York City, NY, and his Fellowship in Endocrinology at Tufts Medical Center, Boston, MA, he joined the staff in the Division of Endocrinology at Tufts Medical Center where he has remained active in all areas of academic medicine, clinical care, research, and teaching (as they relate to the prevention and treatment of diabetes mellitus) and administration. He was Director of the Endocrine Pathophysiology course at Tufts University School of Medicine from 2000 to 2008. Dr. Pittas earned his M.S. degree in Clinical Research from the School of Biomedical Sciences at Tufts University in 2006. In 2019, he completed a year-long Physician Leadership Program at Boston University Questrom School of Business. He is a Diplomat of the American Board in Endocrinology and Metabolism (certification renewed in 2020).

Dr. Pittas has been continuously funded by the National Institutes of Health (NIH) since 2002. He was the recipient of a National Institutes of Health K23 Career Development Award (2002-2006) and his work on the role of vitamin D in type 2 diabetes and cardiometabolic disease has been supported by the R01, R21, U34, and U01 mechanisms of the National Institutes of Health (NIDDK and Office of Dietary Supplements) and the American Diabetes Association. Dr. Pittas is the principal investigator and Chair of the vitamin D and type 2 diabetes ([D2d](#)) study, a large (n=2,423 participants) multi-center (n=22) clinical trial to test whether vitamin D supplementation reduces the risk of diabetes in people at high risk. As study Chair, Dr. Pittas assembled a team of principal investigators at 22 clinical centers nationwide, a central laboratory and drug distribution center, and directed the study's Coordinating Center. Apart from the scientific contributions, the study also contributed significant innovations in the methodology of recruiting study participants and financial management of large multi-center studies (<https://d2dstudy.org/story/publications/>).

Dr. Pittas' clinical research work spans the entire range of study designs, including observational studies (cross-sectional, case-control, longitudinal), randomized controlled clinical trials, and systematic reviews. He is interested in Comparative Effectiveness Research related to the care of patients with diabetes. Dr. Pittas has led several important meta-analyses on interventions for preventing and treating diabetes, including intensive insulin therapy in critical care settings, inhaled insulin, and incretin therapy. Dr. Pittas has served as a member or Chair of multiple NIH study sections and for other international research foundations, including the Canadian Institutes of Health Research, UK Diabetes, Children's Medical Research Foundation (Australia), and Health Research Council of New Zealand. He has co-authored over 100 publications, including peer-reviewed journals, books, book chapters, and evidence-based reports. Dr. Pittas served as the co-Chair of the Endocrine Society's Clinical Practice Guideline on Vitamin D for the Prevention of Disease. The guideline was released in June 2024.

In addition to NIH-funded research, Dr. Pittas also serves as a site investigator for industry-sponsored studies. His focus with every study is to ensure efficient recruitment and protocol fidelity. Currently, he is serving as the site investigator at Tufts Medical Center for two studies: a thyroid study sponsored by Roche, and a cardiovascular trial

sponsored by Novartis. The Novartis study met its recruitment target, while the Roche study has exceeded its recruitment goals, and the site has been asked to continue recruitment.

In 2017, Dr. Pittas received a Biomedical Research Exemplar Award, which honors - at a national level - individuals conducting high-quality, high-impact, federally funded research who maintain an impressive reputation for professionalism and integrity in their work and who also employ exemplary practices to lead and manage their teams. According to the website, *“Colleagues state that he embraces a culture of accountability and responsibility and clearly defines what success looks like at the individual, team, and project levels. His research group is described as a fun, engaging place to work where no idea is suppressed, and staff has the freedom to make suggestions and execute improvements.”*

Throughout his academic career, Dr. Pittas has remained clinically active and has been recognized as a Boston [Top Docs](#) by Boston Magazine every year since 2017. Patients consistently rate their experience with Dr. Pittas higher than national benchmarks (data gathered by Qualtrics).

In addition to active roles in clinical practice, research, and education, Dr. Pittas has also held various administrative roles, including his current role as Chief of the Division of Endocrinology Tufts Medical Center, which he assumed in 2020. Under his leadership, the Division has successfully embarked on a growth path, increasing clinical activity and revenue (including pharmacy revenue) every year since he took over.

Most importantly, he has accomplished growth while the Division enjoys one of the highest employee engagements in the Tufts Medicine ecosystem, and much higher than national averages. In the most recent employee engagement survey (2023), for non-physician staff in Endocrinology, the response rate was 100% (vs. 50% system-wide); the Engagement Indicator was 4.26 out of 5, which was +0.38 above the Overall Organization average and +0.38 above the National average. The results were similar for providers (including physicians, advanced practice practitioners, and fellows) in Endocrinology. The response rate was 78% (vs. 37% for the department); the Engagement Indicator was 4.32 out of 5 (+0.41 above the Overall Organization average; +0.34 above the National Physician average).

In 2024, Dr. Pittas was appointed as Medical Director of Clinical Research Integration, bringing his expertise in clinical research and physician leadership to an initiative to expand clinical research across the Tufts Medicine ecosystem.

Outside of work, he is still happily married to the same classmate from college; he is the proud father of two amazing children. When not working, he (mostly) does what my family tells him to do: the secret to family happiness.