

Curriculum Vitae

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



Current Titles	Chief, Division of Endocrinology Tufts Medical Center, Boston, MA 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
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EDUCATION

1977 - 1987		Athens College, Athens, Greece <i>Recipient of an academic10-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
2018 - 2019		Physicians Leadership Program Boston University Questrom School of Business

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	School of Biomedical Sciences Tufts University, Boston MA

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), recertified 2020
2001 - 2004	American Diabetes Association Provider Recognition Award

ACADEMIC APPOINTMENTS

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 - 2012	Associate Professor of Medicine	Tufts U. School of Medicine, Boston MA
2007 - 2012	Adjunct Associate Professor of Nutrition	Friedman School of Nutrition Science and Policy at Tufts University, Boston MA
2011 - 2012	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 | CLINICAL SERVICE RESPONSIBILITIES

1998 - 2000	Endocrinology Fellow	Tufts Medical Center, Boston MA
2000 -	Attending Physician	Division of Endocrinology, Tufts Medical Center, Boston, MA
2020 -	Chief	Division of Endocrinology, Tufts Medical Center, Boston, MA

AWARDS AND HONORS

1977 - 1987	Recipient of an academic 10-year full scholarship • <i>Athens College, Greece</i>
1987 - 1991	Scholarship • <i>Massachusetts Institute of Technology, Cambridge, MA</i>
1989	Sigma Xi Scientific Society • <i>Massachusetts Institute of Technology, Cambridge, MA</i>
1991 - 1995	Scholarship • <i>Cornell U. Medical College, New York NY</i>
1992 & 1993	Teagle Scholar • <i>Cornell U. Medical College, New York NY</i>
1995	Medical Scholarship Award • <i>Hellenic Medical Society of New York, New York NY</i>
1995	Papanicolaou Fellow in Clinical Anatomy • <i>Cornell U. Medical College, New York NY</i>
1999, 2007	Oliver Smith Award, given in recognition of excellence, compassion and extraordinary and thoughtful care and service to patients • <i>Tufts Medical Center, Boston MA</i>
2000 - 2002	The Dr. Gerald J. and Dorothy R. Friedman Foundation Scholar • <i>Tufts Medical Center</i>
2001 - 2004	Diabetes Physician Recognition Award, American Diabetes Association (ADA) and National Committee for Quality Assurance (NCQA)
2004	Membership • <i>Diabetes Care Link, Bridges to Excellence</i>
2004	Fellow • <i>American College of Endocrinology (currently inactive)</i>
2004	Letter of Commendation for exceptional quality of reviews • <i>Archives of Internal Medicine</i>
Various	Annual Letter of Commendation for exceptionally fine quality of reviews (top 10% reviewers) • <i>Annals of Internal Medicine</i>
2006	Nominated for the 2005-6 Milton O. M'30 and Natalie V. Zucker Clinical Teaching Prize for Innovation • <i>Tufts U. School of Medicine</i>
2006	Letter of Commendation for exceptionally fine quality of reviews • <i>Canadian Medical Association Journal (CMAJ)</i>
2012	Robert M. Russell Scientific Achievement Award • <i>Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University</i>
2014.5.7	Visiting Professor • <i>University of Kansas</i>
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 in the highest group for quality and cost efficiency measures.
2017-present	Top Doctor in Endocrinology, Diabetes, and Metabolism • <i>Awarded by Boston Magazine</i>

HOSPITAL, NETWORK, MEDICAL SCHOOL OR UNIVERSITY COMMITTEE ASSIGNMENTS

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

Tufts U. School of Medicine
 2006 - 2008 Divisional Leader, Teaching Task Force
 Department of Medicine, Tufts Medical Center
 2012 Member, Pilot Studies Review Committee
 Tufts University Clinical and Translational Science Institute
 2017-8 Member, Research Clinical/Translational Subcommittee of the Research Executive
 Committee. Tufts Medical Center
 2020, '21, '22 Member, Large Capital Committee. Tufts Medical Center
 2020 Member, Research Return to Work Committee. Tufts Medical Center
 2020 - Chief, Division of Endocrinology, Tufts Medical Center
 2021 Member, Telehealth Committee. Tufts Medical Center
 2022 Reviewer, TIGOR Pilot Grants for Obesity Research, Tufts University
 2022 - 24 Chair, Chair of Infectious Disease Search Committee, Tufts Medical Center
 2023 Member, Incentive Distribution Work Group, Tufts Medicine Integrated Network
 2024 - Medical Director, Clinical Research Integration, Tufts Medicine
 2023 - Member, Tufts Medicine Integrated Network Southern Region

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
2022.Sept	Member (Ad Hoc), NIH Nutrition and Metabolism in Health and Disease Panel
2021 - 2024	Co-Chair, Endocrine Society Clinical Practice Guideline on Evaluation, Treatment and Prevention of Vitamin D deficiency

Membership and Chairships in Data and Safety Monitoring Boards (DSMB)

2010 - 14	Member, DSMB for K23DK79789 HIV Metabolic Abnormalities (PI: Kohli)
2016 - 22	Chair, DSMB for R01DK <u>E</u> ffect of <u>M</u> elatonin on <u>C</u> ardiometabolic risk (EMC)

(PI: Forman)
 2019 - Member, DSMB for NIH-supported LIPP study (PI: Kirwan)
 2023 - Chair, OSMB for NIH-supported DISCOVERY study

ADMINISTRATIVE | SCIENTIFIC RESPONSIBILITIES

2001 - 2009 Director, Pathophysiology Course - Endocrine Section
 Tufts U. School of Medicine
 2001 - 2018 Associate Director, Endocrine Fellowship Program
 Tufts Medical Center
 2001 - 2020 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
 2011 - 2012 Director, Tufts Clinical and Translational Research Center
 Tufts Medical Center / Tufts Clinical and Translational Science Institute, Boston, MA
 2023 - Director, Endocrinology Fellowship Program
 Tufts Medical Center

COMMUNITY SERVICE RELATED TO PROFESSIONAL WORK

1992.Jul 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.Sep 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
 - Medical School - did not apply
 - 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: Gastroenterology and Hepatology Fellowship, University of Kentucky
- Idy Tam
 - Mentored in position as Research Coordinator | Academic year 2014-16
 - Most recent known position: Dermatology Resident, University Hospitals Cleveland Medical Center

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
- Philip Kretschmer, MD (3rd year resident - research elective) | 2023 - 2024
 - We worked on a systematic review on “*The effect of vitamin D on regression to normal glucose regulation.*”
 - Most recent known position: Fellow in Endocrinology, Rhode Island Hospital (Brown U).

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: Senior Medical Director, Takeda

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 - 2021 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 (virtual)
01.2023	Invited Lecturer, Bone and Mineral Metabolism Series at American University of Beirut, <i>Vitamin D Guidelines</i> (virtual)

PRESENTATIONS | LECTURESHIPS | CME ACTIVITIES (invited, selected)

Local Contributions (selected)

1998	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center, Boston MA. <i>"Metastatic Thyroid Cancer"</i>
1999	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center. <i>"Recombinant Human TSH"</i>
1999	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center. <i>"Thyroid Disease and Pregnancy"</i>
2000	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center. <i>"Menopause, Diabetes and Selective Estrogen Receptor Modulators"</i>
2000	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center. <i>"Prevention of Type 2 Diabetes"</i>
9.7.2004	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center. <i>"Nutritional Interventions for Prevention of Type 2 Diabetes"</i>
12.10.2004	Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center <i>"Metabolic Syndrome"</i>
1.3.2005	Speaker, Grand Rounds, Division of Pulmonary and Critical Care, Tufts Medical Center <i>"Glucose control in the Intensive Care Unit setting"</i>
5.17.2005	Speaker, 7 th Annual Symposium. Clinical Research Program Tufts School of Graduate Biomedical Sciences <i>"Vitamin D and calcium intake in relation to risk of type 2 diabetes"</i>
12.13.2005	Panelist, Nutrition Controversy Panel, Tufts U. School of Medicine <i>"Vitamin D and Health: Sunshine or Pills?"</i>
4.4.2006	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center, <i>"Vitamin D and Calcium Homeostasis in Relation to t2 Diabetes."</i>
2.2.2007	Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center <i>"Vitamin D and Calcium Homeostasis in Relation to t2 Diabetes"</i>
9.16.2008	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center, <i>"Lessons from 10 years in research."</i>
10.3.2008	Speaker, Grand Rounds, Department of Medicine, Tufts Medical Center <i>"FAQ on Diabetes"</i>
3.23.2010	Speaker, Seminar Series, Division of Endocrinology, Diabetes and Metabolism Tufts Medical Center, <i>"Vitamin D: What's next?"</i>
5.23.2012	Speaker, Annual Meeting, Massachusetts Dietetic Association, Boston, MA, <i>"Vitamin D in Health and Disease. To D or not to D"</i>
3.11.2014	Panelist, <i>Developing and Managing Your Research Career</i> , Tufts CTSI, Boston, MA
11.30. 2015	Speaker, Endocrinology Grand Rounds, Joslin Diabetes Center

- 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 (selected)

- 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."*
- 1.8.2025 Speaker, Grand Rounds, Division of Endocrinology, Warren Alpert Medical School of Brown University Adult and Pediatric Endocrine Grand Rounds Series Providence, RI. *"To D or not to D according to the 2024 Endocrine Society Guideline on the Prevention of Disease."*

National Contributions (selected)

- 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
"Vitamin D. Does it have a role in glucose tolerance and diabetes risk?"
- 6.3.2007 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
- 7.30.2019 Speaker, Ashland Endocrine Conference, Ashland, OR. *"Vitamin D in Health and Disease. To D or not to D."*

- 6.2022 Speaker, *What's the Grade on D2d*. American Diabetes Association Scientific Sessions, New Orleans, LA
- 2.26.2025 Speaker, Brigham and Women's CME Course: Diabetes and Obesity - Caring for the Whole Patient, Boston, MA. *"To D or not to D according to the 2024 Endocrine Society Guideline on the Prevention of Disease."*
- 4.8.2025 Speaker, Endocrine Society Bone and Mineral Special Interest Group, Webinar. *"Vitamin D in people with prediabetes."*
- 4.12.2025 Speaker, National Kidney Foundation Spring Clinical Meetings 2025, Boston, MA. *"To D or not to D according to the 2024 Endocrine Society Guideline on the Prevention of Disease."*

International Contributions (selected)

- 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 vitamin D levels."*
- 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 D, ITALY (tele-conference).
- 6.2024 Speaker, Vitamin D Workshop, Cork, IRELAND

- 9.2024 Speaker and Session Chair, Eight International Conference on Controversies in Vitamin D. Rome, ITALY
- 10.2024 Speaker, Eight International Conference on Controversies in Vitamin D. Thessaloniki, GREECE.
- 1.13.2025 Speaker, American University of Beirut-Medical Center. “*To D or not to D according to the 2024 Endocrine Society Guideline on the Prevention of Disease.*” LEBANON
- 2.27.2025 Speaker, University of Trieste: Vitamin D Supplementation – The State of the Art. “*To D or not to D according to the 2024 Endocrine Society Guideline on the Prevention of Disease.*” ITALY
- 6.28.2025 Speaker, Vitamin D Workshop. “*The D2d story.*” Montreal, CANADA

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 GLP1 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.

RESEARCH SUPPORT

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

Grant Title	CKJX839B12302 (Pittas)
Funding Agency	Novartis
Amount	
Period	07/18/22 – 6/30/28
Major goal:	To assess the impact of inclisiran on major adverse cardiovascular events in participants with established cardiovascular disease.
Role	<u>Site PI</u>
Grant Title	CIM RD005629 (Erenler)
Funding Agency	Roche
Amount	
Period	06/15/22 – 2/29/24
Major goal:	To establish a clinical cutoff for the updated Elecsys Anti-TPO II assay and to validate the clinical cutoff and assessment of the clinical specificity and clinical sensitivity of Elecsys Anti-TPO II for diagnosis of autoimmune thyroid diseases at the established cutoff
Role	<u>Site co-investigator</u>
Grant Title	1 R01 MD018208-01 (Economos/Miller) A multi-level, community-engaged intervention to build a sustainable and equitable food economy through food-is-medicine programming in the Mississippi Delta to improve minority health and reduce disparities.
Funding Agency	NIH
Amount	\$1,374,111 (year 1)
Period	9/23/22 – 5/31/27
Major goal:	To test whether a multi-level, community-engaged intervention to build a sustainable food economy with food is medicine programs in the Mississippi Delta can improve minority health and reduce health disparities.
Role	<u>Co-Investigator</u>

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

Grant Title **U01 DK098245 Pittas (PI)**
Vitamin D and Type 2 Diabetes (D2d)
Funding Agency **NIDDK**
Amount \$45,467,912 (Total)
Period 6/1/2013 – 9/30/2023
Major goal: To conduct a multi-center randomized trial of vitamin D supplementation for prevention of type 2 diabetes
Role Principal Investigator

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

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. HHSA 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

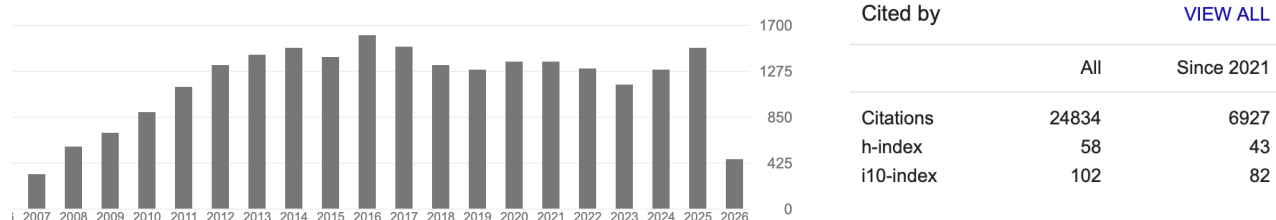
- Various Ad Hoc Relevance Reviewer for Endocrinology, Diabetes, and Metabolism
American Board of Internal Medicine, Philadelphia, PA
- 2004 - 2014 Consultant/Reviewer, *Tufts-Medical Center Evidence-based Practice Center*

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*

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- h-index, i.e., 58 papers I have co-authored have received 58 or more citations. *Per Google: H-index scores between 3 and 5 are standard for new assistant professors, scores between 8 and 12 are standard for promotion to the position of tenured associate professor, and scores between 15 and 20 are about right for becoming a full professor.*
- i10-index, i.e., 102 publications with at least 10 citations.

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99. Dawson-Hughes B, Staten MA, Knowler WC, Nelson J, Vickery EM, LeBlanc ES, Neff LM, Park J and **Pittas AG**. Intra-trial exposure to vitamin D and new-onset diabetes among adults with prediabetes: a secondary analysis from the vitamin D and type 2 diabetes (D2d) study. [Diabetes Care](#) 2020 Dec 43(12):2916-2922
100. Meng H, Matthan NR, Angellotti E, **Pittas AG** and Lichtenstein AH. Exploring the effect of vitamin D₃ supplementation on surrogate biomarkers of cholesterol absorption and endogenous synthesis in patients with type 2 diabetes – randomized controlled trial. [Am J Clin Nutr](#) 2020 Sep 1;112(3):538-547. doi: 10.1093/ajcn/nqaa149.

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 ⇒ *One of the top 10 percent of articles published in JCEM in 2020-2021, as assessed by rate of citation.*
103. Chatterjee R, Fuss P, Vickery EM, LeBlanc ES, Sheehan PR, Lewis MR, Dolor RJ, Johnson KC, Kashyap SR, Nelson J and **Pittas AG**. Vitamin D supplementation for prevention of cancer: the D2d cancer outcomes (D2dCA) ancillary study. *J Clin Endocrinol Metab*. 2021 Mar 8; doi: 10.1210/clinem/dgab153. [Epub ahead of print] PubMed PMID: 33693713.
 ⇒ *Chosen for the Endocrine Society Thematic Issue on Endocrine Neoplasia and Cancer in 2021, which provides increased exposure for this research. Curation of the collection was guided by Altmetric Attention Scores and Featured Article designations. The paper has been downloaded over 500 times.*
104. Sai K Das, Asma S Bukhari, Amy G Taetzsch, Amy K Ernst, Gail T Rogers, Cheryl H Gilhooly, Adrienne Hatch-McChesney, Caroline M Blanchard, Kara A Livingston, Rachel E Silver, Edward Martin, Susan M McGraw, Meghan K Chin, Taylor A Vail, Laura J Lutz, Scott J Montain, **Anastassios G Pittas**, Alice H Lichtenstein, David B Allison, Stephanie Dickinson, Xiwei Chen, Edward Saltzman, Andrew J Young, Susan B Roberts. Randomized trial of a novel lifestyle intervention compared with the Diabetes Prevention Program for weight loss in adult dependents of military service members. *Am J Clin Nutr* 2021;114:4:1546-1559, doi10.1093/ajcn/nqab259
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109. Desouza C, Chatterjee R, Vickery EM, Nelson J, Johnson KC, Kashyap SR, Lewis MR, Margolis K, Pratley R, Rasouli N, Sheehan PR and **Pittas AG**, D2d Research Group. The effect of vitamin D

supplementation on cardiovascular risk in patients with prediabetes: A secondary analysis of the D2d study. *J Diabetes Complications* 2022;36:8:108230

110. Ceglia L, **Pittas AG** and Dawson-Hughes B. Effect of vitamin D supplementation on circulating fibroblast growth factor-23 concentration in adults with prediabetes. *Aging Clin Exp Res* 2023; 35:3:525-530, doi10.1007/s40520-022-02338-y

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112. **Pittas AG**, Kawahara T, Jorde R, Dawson-Hughes B, Vickery EM, Angellotti E, Nelson J, Trikalinos TA and Balk EM. Vitamin D and Risk for Type 2 Diabetes in People With Prediabetes: A Systematic Review and Meta-analysis of Individual Participant Data From 3 Randomized Clinical Trials. *Ann Intern Med* 2023;176:3:355-363, doi 10.7326/M22-3018

As of January 2026

⇒ Compared to other Ann Intern Med Articles: in the 99.6th percentile (#63 out of 16,036 outputs; #2 out of 139 outputs of similar age).

⇒ Compared to Articles in all Medical Journals: in the 99.9% percentile (#8,963 out of 317,39,297 research outputs; #268 out of 507,122 outputs of similar age).

⇒ Almetric Attention Score of 1509

113. Kim SH, Arora I, Hsia DS, Knowler WC, LeBlanc E, Mylonakis E, Pratley R and **Pittas AG**. New-Onset Diabetes after COVID-19. *J Clin Endocrinol Metab* 2023;108(11):e1164-1174. <https://doi.org/10.1210/clinem/dgad284>

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115. Corbin KD, **Pittas AG**, Desouza C, Grdinovac KK, Herzig KH, Kashyap SR, Kim SH, Nelson J, Rasouli N, Vickery EM, Knowler WC, Pratley RE. Indices of hepatic steatosis and fibrosis in prediabetes and association with diabetes development in the vitamin D and type 2 diabetes study. *J Diabetes Complications* 2023; 37:6:108475. <https://doi.org/10.1016/j.jdiacomp.2023.108475>

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Amy M. Valent, Judith M. E. Walsh, M. Hassan Murad Christopher R. McCartney. Vitamin D for the Prevention of Disease: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab* 2024;109(8), 1907–1947. <https://doi.org/10.1210/clinem/dgae290>

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121. Kim SH, Aroda VR, Chatterjee R, LeBlanc ES, Nelson J, Rasouli N, Staten MA, Vickery EM, **Pittas AG**, and Hsia DS. Role of 2-hour plasma glucose in assessing pre-diabetes risk: insights from the vitamin D and type 2 diabetes (D2d) study cohort. *BMJ Open Diabetes Research & Care* 2025 (in press)

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123. **Pittas AG**. In the shadow of enthusiasm: hype, hope, and evidence guiding the vitamin D debate. *Endocrine Practice* 2025;31:3:396-398.

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125. Scragg R, von Hurst P, and **Pittas AG**. Viewpoint: Vitamin D supplementation in adults with pre-diabetes. *Journal of Primary Health Care* 2026 (in press)

126. Amrein K, Kim SH, Helmut B, Fasching P, and **Pittas AG**. Mini-Review. Vitamin D for the Prevention of Type 2 Diabetes: Evidence and Implications. *Metabolism* 2026 (in press)

127. Dawson-Hughes B, Huggins GS, Nelson J, Vickery E, Powers SN, and **Pittas AG**. Vitamin D receptor polymorphisms affect the impact of vitamin D on diabetes risk in high-risk adults *JAMA Open* 2026 (in press).

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1. **Pittas AG**. Inhaled Insulin. In: UpToDate, Rose, BD (Ed), UpToDate, Wellesley, MA 2007 – current (updated yearly).

Book DSMs

1. **Pittas AG** and Lee S. Evaluation of Thyroid Function in Hall J. and Nieman L, editors Handbook of Diagnostic Endocrinology. Humana Press, 2003.
2. **Pittas AG**. Inhaled Insulin. In: UpToDate, Rose, BD (Ed), UpToDate, Wellesley, MA 2007-2014
3. Eliades M and **Pittas AG**. Vitamin D and type 2 diabetes in Holick M (editor) Vitamin D: Physiology, Molecular Biology and Clinical Applications, 2010
4. **Pittas AG** and Dawson-Hughes B. Vitamin D and type 2 diabetes and hypertension in Feldman D, Pike W and Adams J (editors) Vitamin D (3rd edition), pp 1907 - 1930.
5. Angellotti E and **Pittas AG**. Vitamin D and type 2 diabetes and hypertension in Feldman D, Pike W and Adams J (editors) Vitamin D (4th edition)
6. **Pittas AG**. Vitamin D and type 2 diabetes in Feldman D, Pike W and Adams J (editors) Vitamin D (5th edition)

Editorials

1. Ordovas J, **Pittas AG** and Greenberg AS. Might the diabetic environment in utero lead to type 2 diabetes? Lancet 2003;361(9372): 1839-40 [PMID: 12788565]
2. Mitri J and **Pittas AG**. Inhaled insulin. What went wrong? Nature Reviews Endocrinology 2009;5(1):24-5 [PMC2584201]
3. Mitri J and **Pittas AG**. Shining a light: the role of vitamin D in diabetes mellitus. Nature Reviews Endocrinology 2010;6:478-480 [PMC Journal – In Process]
4. Mitri J and **Pittas AG**. Vitamin D therapy in adults with diabetes mellitus (Author Reply). Nature Reviews Endocrinology 2010 doi:10.1038/nrendo.2010.107-c2 [PMC Journal – In Process]
5. **Pittas AG**. A commentary on: Efficacy of vitamin D supplementation on glycaemic control in type 2 diabetes: An updated systematic review and meta-analysis of randomized controlled trials. PracticeUpdate website. Available at: <https://www.practiceupdate.com/content/efficacy-of-vitamin-d-supplementation-on-glycaemic-control-in-individuals-with-type-2-diabetes/171733/65/8/1>.

Book authored

1. **Pittas AG** and Greenberg, AS. Contemporary Diagnosis and Management of Diabetes. Handbooks in Health Care Co. 2003

Conference Proceedings

1. **Pittas AG.** Meta-analysis of Randomized Trials of Tight Glycemic Control. The 7th Conference of the Cardinal Health Center for Safety and Clinical Excellence on Intensive Insulin Therapy for Tight Glycemic Control. June 7-8, 2007, San Diego, CA.

Thesis

2. **Pittas AG.** The effects of the dietary glycemic load on risk factors for type 2 diabetes in overweight adults. A randomized controlled feeding trial. Master of Science in Clinical Research, Tufts School of Graduate Biomedical Sciences

Educational Materials [selected]

1. **Pittas AG.** Endocrine Pathophysiology Syllabus, Tufts U. School of Medicine Updated yearly since 2000. For details, see <http://ocw.tufts.edu/Course/14/Coursehome>
2. **Pittas AG,** Siegel RS and Wengers M. Gerald J. and Dorothy R. Friedman Foundation Diabetes Outreach and Education Program at Tufts Medical Center, 2001
3. Siegel RS and **Pittas AG.** Clinical Practice Guidelines for Inpatient Diabetes Evaluation and Management in Adults at Tufts Medical Center, 2004.
4. ewSiegel RS and **Pittas AG.** Protocols on Subcutaneous Insulin Orders for the Surgical and Medical Hospital Wards at Tufts Medical Center, 2006

Published Abstracts [selected]

1. **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. Presented at the *American Thyroid Association*, 1998, Portland, OR
2. **Pittas AG**, Siegel RS and Lau J Insulin Therapy for Critically Ill Hospitalized Patients: A Meta-Analysis of Randomized Controlled Trials. *Diabetes* 2004;52(Suppl 2):A113. Presented at the *American Diabetes Association*, 2004, Orlando, FL
3. **Pittas AG**, Hariharan R, Stark PC, Greenberg, AS, Hajduk C and Roberts, S. Continuous blood glucose measurement and meal patterns in free-living ambulatory individuals, *Obesity Research* 2004;10(Suppl):A113. Presented at the *North American Association for the Study of Obesity*, 2004, Las Vegas, NV
4. Das SK, Hajduk CL, Golden J, **Pittas AG**, McCrory M, Hadley E, Rochon, J, Fuss P, Tyler S, Tsay M, Cheatham R, Saltzman E and Roberts S. Caloric Restriction, Weight Loss and Dietary Composition. *Obesity Research* 2004;10(Suppl):A90. Presented at the *North American Association for the Study of Obesity*, 2004, Las Vegas, NV
5. Hajduk CL, Das SK, Kim J, Saltzman E, Bales C, McCrory M, **Pittas AG**, Golden J, Elder S, Tyler S, Tsay M and Roberts S. Effects of a Fiber Supplement on Hunger and Dietary Compliance During Calorie Restriction. *Obesity Research* 2004;10(Suppl):A65. Presented at the *North American Association for the Study of Obesity*, 2004, Las Vegas, NV
6. Golden J, Das SK, Hajduk CL, **Pittas AG**, Cheatham R, Tyler S, Fuss P, McCrory M, HM, Roberts S and Saltzman E. Blood Pressure and Health Inventory Outcomes During the First 6 Months of a Year-Long Caloric Restriction Pilot Study. *Obesity Research* 2004;10(Suppl):A57. Presented at the *North American Association for the Study of Obesity*, 2004, Las Vegas, NV
7. **Pittas AG**, Das SK, Hajduk CL, Kim J, Saltzman E, Golden J, Greenberg AS and Roberts S. The Effects of the Dietary Glycemic Index and Carbohydrate Content on Insulin Resistance and Insulin Secretion in a 6-month Randomized Controlled Feeding Trial. *Obesity Research* 2004;10(Suppl):A10. Presented at the *North American Association for the Study of Obesity*, 2004, Las Vegas, NV
8. **Pittas AG**, Dawson-Hughes B, Li T, Willett W, Manson J and Hu F. Vitamin D and calcium intake and risk of type 2 diabetes. *7th Annual Symposium Clinical Research Program* at Tufts School of Graduate Biomedical Sciences, 2005, Boston, MA.
9. **Pittas AG**, Dawson-Hughes B, Li T, Willett W, Manson J and Hu F. A Prospective Study of Vitamin D Intake and Risk of Type 2 Diabetes in Women. *Diabetes* 2005;54(Suppl 1):A426. Presented at the *American Diabetes Association*, 2005, San Diego, CA.
10. Hajduk CL, Das SK, Saltzman E, Bales C, McCrory M, Kim J, Golden J, **Pittas AG** and Roberts S. Effect of Fiber on BMI, Weight Loss and Satisfaction With Food Consumed During Caloric Restriction. *Obesity Research* 2005;13(Suppl):A141. Presented at the *North American Association for the Study of Obesity*, 2005, Vancouver, CANADA
11. Das SK, Hajduk CL, Golden J, **Pittas AG**, Bales C, Saltzman E and Roberts S. Hunger and Diet Satisfaction on High or Low Glycemic Load diets during Caloric Restriction. *Obesity Research* 2005;13(Suppl):A202. Presented at the *North American Association for the Study of Obesity*, 2005, Vancouver, CANADA
12. McCrory MA, Das SK, Fuss PJ, Lokhnygina Y, Krauss W, Tyler S, Golden JK, Saltzman E, **Pittas AG**, DeLany JP and Roberts SB. Assessment of Accelerometry for Estimating Energy Expenditure from Daily Activity in Free-Living Persons: Comparison with Doubly-Labeled Water. *Obesity Research*

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13. **Pittas AG**, Das SK, Hajduk CL, Golden J, Saltzman E, Stark PC, Roberts S and Greenberg AS. The effects of the dietary glycemic load on glucose-insulin dynamics and systemic inflammation in a 6-month randomized caloric restriction trial. *Obesity Research* 2005;13(Suppl):A199. Presented at the *North American Association for the Study of Obesity*, 2005, Vancouver, CANADA
14. **Pittas AG**, Das SK, Hajduk CL, Golden J, Saltzman E, Stark PC, Greenberg AS and Roberts S and Differential Effects of the Dietary Glycemic Load on Weight Loss in Overweight Healthy Adults by Baseline Insulin Secretion. *Obesity Research* 2005;13(Suppl):A79. Presented at the *North American Association for the Study of Obesity*, 2005, Vancouver, CANADA
15. **Pittas AG**, Harris, SS, Stark PC and Dawson-Hughes B The effect of vitamin D and calcium supplementation on glycemia in non-diabetic adults age 65 and older. *Diabetes* 2006;5X(Suppl 1):AXXX. Presented at the *American Diabetes Association*, 2006, Washington, DC.
16. Roberts SB, Das SK, **Pittas AG** and Saltzman E. Feasibility of long-term caloric restriction in humans. American Aging Association. 35th Annual Meeting -Interventions in Aging and Age-related Diseases: The Present and the Future - June 2-5, 2006 Boston, MA
17. Cheatham R, Roberts S, Gilhooly CL, Golden J, **Pittas AG**, Hyatt R, Das SK and Saltzman E. Weight self-efficacy as a predictor of body weight change during caloric restriction *Obesity Research* 2006;14(Suppl):A102. Presented at the *North American Association for the Study of Obesity*, 2006, Boston, MA
18. **Pittas AG**. The potential role of vitamin D and its analogs in diabetes management. Presented at *Endocrine Society 2007 Annual Meeting*, Toronto, CANADA
19. Amori RE, Siegel RD, Kumar S, Chen J, *Karnam S*, Golden SH, **Pittas AG**, Salem D. Inpatient Medical Errors and Adverse Events Involving Insulin or Insulin Secretagogues Reported to a Voluntary Electronic Reporting Database. Presented at *Endocrine Society 2007 Annual Meeting*, Toronto, CANADA
20. Liu E, McKeown NM, Meigs JB, **Pittas AG**, Economos CD, Booth SL, Jacques PF Association of plasma 25-hydroxyvitmain D with glucose tolerance and markers of insulin resistance in the Framingham Offspring Study.
21. Mitri J Castillo J and **Pittas AG**. Incidence of Non-Hodgkin Lymphoma in Patients with Diabetes Mellitus: A Meta-Analysis *Diabetes* 2008;57(Suppl 1):A275. Presented at the American Diabetes Association, 2008
22. **Pittas AG**, Lubowsky N and Lau J. Insulin therapy in critically ill hospitalized patients. A meta-analysis. *Diabetes* 2008;57(Suppl 1):A149. Presented at the American Diabetes Association, 2008
23. Sai Krupa Das, Edward Saltzman, Cheryl Gilhooly, Rachel Cheatham, Julie Golden, **Anastassios Pittas**, Paul Fuss, Megan McCrory, Gerard Dallal, Susan Roberts. Long-term Effects of Two Levels of Caloric Restriction on Body Composition, and Diet Satisfaction in CALERIE, a One Year Randomized Controlled Trial. Presented at the 2008 Annual Scientific Meeting of The Obesity Society.
24. **Pittas AG**, Harris SS, Eliades M, Stark P and Dawson-Hughes B. Association between serum osteocalcin and markers of metabolic phenotype. *J Diabetes* 2009;1 (Suppl 1):A35 Presented at the 3rd International Congress on Prediabetes and the Metabolic Syndrome, Nice, France, April 1-4, 2009.
25. **Pittas AG**. The role of vitamin D and calcium in type 2 diabetes and cardiometabolic disease.. *J Diabetes* 2009;1 (Suppl 1):A11 Presented at the 3rd International Congress on Prediabetes and the Metabolic Syndrome, Nice, France, April 1-4, 2009.

26. **Pittas AG**. Vitamin D and cardiometabolic disease. *Annals of Nutrition and Metabolism* 2009 (Suppl):S18-2 Presented at the 19th International Congress of Nutrition, Bangkok, Thailand, October 4-9, 2009.
27. **Pittas AG**, Qi S, Manson J, Dawson-Hughes B and Hu F. Plasma 25-hydroxyvitamin D concentration and type 2 diabetes in women *Diabetes* 2010:xx(Suppl 1):198-OR. Presented at the American Diabetes Association, 2010
28. **Pittas AG**, Goetz and Dawson-Hughes B. Vitamin D and calcium supplementation in adults at risk for type 2 diabetes. The CADDM trial. *Diabetologia* 2010 Sep:53(Suppl1):S7-533 [Epub ahead of print] Presented at EASD 2010
29. Matthan NR, Ronxhi J, Ausman LM, Griffith JL, **Pittas AG** and Lichtenstein AH. Age but not Body Mass Index (BMI) or Sex Affect Glycemic Response to a Single Food in Healthy Subjects. American Heart Association, 2010
30. Hillmann W and **Pittas AG**. Effect of weight loss on vitamin D status. Medical Student Research Poster Fair 2010, Tufts U. School of Medicine
31. Hillmann W and **Pittas AG**. Effect of weight loss on vitamin D status. Medical Student Research Poster Fair 2010, Tufts U. School of Medicine, Boston, MA
32. Connor S and **Pittas AG**. Association between adherence to Mediterranean diet and risk of type 2 diabetes. Medical Student Research 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
36. Mitri J, Nelson J, Garganta C, Nathan DM, Hu FG, Dawson-Hughes B and **Pittas AG**, "Plasma 25-hydroxyvitamin D concentration and prevalence of metabolic syndrome in the Diabetes Prevention Program randomized controlled trial."
 - ⇒ *This oral presentation was selected as one of The Endocrine Society Outstanding Abstract Award in conjunction with ENDO 2012 in Houston.*
 - ⇒ *This abstract was also selected as being particularly newsworthy, and the ENDO 2012 has singled it out for special media attention in our annual Research Summaries Book (RSB).*
37. Mitri J, Dawson-Hughes B, Hu, FB and **Pittas AG**, The Effects of Vitamin D and Calcium Supplementation on Cardiovascular Risk in Adults at High Risk for Diabetes.
 - ⇒ *This poster won the ENDO 2012 Presidential Poster Competition.*

38. Batra PJ, Das SK, Salinardi T, Robinson L, Saltzman E, Scott T, **Pittas A** and Roberts S. Relationship of cravings with weight loss and hunger: results from a 6-month worksite weight loss intervention. Presented at Experimental Biology, 2013
39. Batra PJ, Roberts S, Salinardi T, Robinson L, Saltzman E, Scott T, **Pittas A** and Das SK. Self-efficacy and quality of life in a worksite weight loss intervention. Presented at Experimental Biology, 2013
40. Alzaman N, O'Leary X, **Pittas AG**, Ceglia L Post-thyroidectomy hypocalcemia exacerbated by chyle leak. Presented at ENDO 2013.
41. Stewart, TM, Williamson, DA, Martin, CK, Gilhooly, C, Robinson, L., Scott, T., Stein, R.I., **Pittas, A.**, Pieper, C., Bhapkar, M., Das, S.K., & Roberts, S., for the CALERIE Study Group* Is Calorie Restriction Associated with the Development of Eating Disorders in Healthy Weight and Overweight Adults? **Submitted TOS June 2014**
42. Alzaman N, Dawson-Hughes B, Nelson J, D'Alessio D and **Pittas AG**. Vitamin D status of black and white Americans and changes in vitamin D metabolites after varied doses of vitamin D supplementation. Presented at the ENDO Society meeting, Boston, 2016
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Dr. Pittas has been continuously funded by the NIH since 2002. 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 NIH (NIDDK and Office of Dietary Supplements) and the American Diabetes Association. He was the principal investigator and Chair of the vitamin D and type 2 diabetes ([D2d](#)) study, a diabetes prevention multi-center trial. In 2017, Dr. Pittas received a [Biomedical Research Exemplar Award](#), which honors - at the US 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.

He has co-authored over 100 publications, including peer-reviewed journals, books, book chapters, and evidence-based reports.

Dr. Pittas was the co-chair of the 2024 Endocrine Society's Clinical Practice Guideline on Vitamin D for the Prevention of Disease.