

Curriculum Vitae

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

Current Title Associate Professor of Medicine
Tufts U. School of Medicine / Tufts Medical Center

Work Address Division of Endocrinology, Diabetes and Metabolism
Tufts Medical Center
800 Washington Street, Box #268, Boston, MA 02111

Work Telephone (617) 636-5689

Work Fax (617) 636-4719

Work E-mail address apittas@tuftsmedicalcenter.org

Web site www.caddm.org

EDUCATION

1977 - 1987 Athens College, Athens, Greece
Recipient of an academic 10-year full scholarship

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

1995 - 1996 Internal Medicine Internship New York Presbyterian Hospital (Cornell campus) and Memorial Sloan Kettering Cancer Center, New York NY

1996 - 1998 Internal Medicine 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 Division of Clinical Research Tufts Medical Center, Boston MA

LICENSURE AND CERTIFICATION

- 1996 - New York State Medical License (currently inactive)
- 1996 - Drug Enforcement Agency (DEA) Certification
- 1998 - 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 | Adjunct Assistant Professor of Nutrition | Friedman School of Nutrition Science and
Policy at Tufts University, Boston MA |
| 2007 - | Associate Professor of Medicine | Tufts U. School of Medicine, Boston MA |
| 2007 - | Adjunct Associate Professor of Nutrition | Friedman School of Nutrition Science and
Policy 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 |
| 2000 - | Attending Physician | Division of Endocrinology/Inpatient Consultation Service
Tufts Medical Center, Boston MA |

AWARDS AND HONORS

- 1977 - 1987 Recipient of an academic 10-year full scholarship, Athens College, Greece
- 1987 - 1991 Scholarship, Massachusetts Institute of Technology, Cambridge, MA
- 1989 Sigma Xi Scientific Society, Massachusetts Institute of Technology, Cambridge, MA

- 1991 - 1995 Scholarship, Cornell 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 * Oliver Smith Award, 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
- 2005 - 2008 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 at Tufts U. School of Medicine
- 2006 Letter of Commendation for exceptionally fine quality of reviews
Canadian Medical Association Journal (CMAJ)
- 2007 * Oliver Smith Award Tufts Medical Center, Boston MA

* Oliver Smith Award is given in recognition of excellence, compassion and extraordinary and thoughtful care and service to patients at Tufts Medical Center, Boston MA

HOSPITAL, MEDICAL SCHOOL OR UNIVERSITY COMMITTEE ASSIGNMENTS

- 2000 Member, Quality Assurance Committee
Department of Medicine, Tufts Medical Center, Boston MA
- 2001 - 2006 Member, Curriculum Committee
Tufts U. School of Medicine, Boston MA
- 2006 - 2008 Divisional Leader, Teaching Task Force
Department of Medicine, Tufts Medical Center, Boston MA

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, 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 Sept Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants in Diabetes, Endocrine and Metabolic Diseases

- 2009 Feb Member, NIH Study Section - Clinical & Integrative Diabetes and Obesity
- 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, NIH Study Section - Clinical & Integrative Diabetes and Obesity
- 2010 May Member, NIH Special Emphasis Panel RC4 – Grants for NIH Director’s Opportunity for Research in Five Thematic Areas
- 2010 Jul Member, NIH Special Emphasis Panel [ZDK1 GRB-9 02] – Obesity, Hypertension and Diabetes
- 2010 Feb Reviewer (abstracts), American Diabetes Association 70th Scientific Sessions (2010)

ADMINISTRATIVE RESPONSIBILITIES

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

COMMUNITY SERVICE RELATED TO PROFESSIONAL WORK

- 1992 July Caseworker, Geriatric Outreach Program. Cornell U Medical College, New York NY
- 2000 - Mentor, Institute Career Assistance Network Mentorship Program
Massachusetts Institute of Technology, Cambridge MA
- 2001 - Co-Director, Massachusetts Institute of Technology Externship - Introduction to Medicine.
A 2-week externship offered yearly to MIT undergraduate students interested in a career
in medicine. This is a collaborative effort between Tufts Medical Center and
Massachusetts General Hospital.
- 2010 - 2011 Member, MIT 20th Reunion Gift Committee

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

Mentoring of undergraduate MIT students during 1-month long Externship

- Jennifer Son [January 2001] Junior in Biology
 - Most recent known position: TBD
- Mindy Ju [Janary 2002] Sophomore in Biology and Psychology
 - Most recent known position: TBD
- Andrew Wilkinson [January 2002] Junior in Mechanical Engineering

- Most recent known position: Medical School, U. Michigan
- Katak Neelesh [January 2003] Sophomore in Electrical Engineering
 - Most recent known position: Medical School, Harvard-MIT HST Program
- Amy Fisher [January 2003] Sophomore in Psychology
 - Most recent known position: Medical School, Albert Einstein
- Sarah Rhee [January 2004] Senior in Electrical Engineering
 - Most recent known position: TBD
- Sarah BeAnn Leu [January 2005] Sophomore in Biology
 - Most recent known position: TBD
- Minyoung Jang [January 2006] Junior in Biology
 - Most recent known position: TBD
- Jennifer E. Yeh [January 2007] Sophomore in Chemical Engineering
 - Most recent known position: TBD
- Sunny Lou [January 2008] Junior in Biology
 - Most recent known position: TBD
- Leo Luo [January 2009] Sophomore in Biology
 - Most recent known position: TBD
- Eli Ben-Joseph [January 2010] Senior in Engineering
 - Most recent known position: TBD

Mentoring of Students at Tufts U. Sackler School of Biomedical Sciences

- Benjamin Leong (Master's student Public Health)
 - Mentored under position as Research Associate (Academic year 2008-9).
 - Most Recent known Position: Medical School, Tulane University
- Ruth Boadu (Master's student Public Health)
 - Mentored under position as Research Associate (Academic year 2008-10).
 - Most Recent known Position: TBD

Mentoring of Medical Students at Tufts U. School of Medicine

- Carolyn (Carrie) N. Sanderson (1st year medical student)
 - 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 contact 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)
 - Mentored under the auspices of Harold Williams MD Medical Student Research Fellowship. He worked on an observational study of the effect of weight loss on vitamin D status.
 - Most Recent known Position: Medical School
- Sarah O'Connor (1st year medical student)
 - 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

Mentoring of Medical Students outside of Tufts University

- Myrto Eliades, MD. (6th year student at Athens U School of Medicine, Athens, Greece – Research Elective)
 - We worked on a project titled “*Association between serum osteocalcin and markers of metabolic phenotype*”, whose results were published in the *J. of Clinical Endocrinology and Metabolism (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: Resident in Internal Medicine, Washington Hospital Center/Georgetown University School of Medicine.
- Luke Kos, MD (6th year student, Poland - Research Elective)
 - 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)
 - 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).
 - We are currently working on a systematic review on “*The effect of macronutrient composition on gut-derived peptides.*”
 - Most Recent known Position: Fellow in Endocrinology, U. Minnesota

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

- Sunita Schurgin, MD (2nd year clinical fellow, fellowship research project)
 - 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)
 - 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)
 - 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: Assistant Professor of Medicine, Tufts U. School of Medicine
Division of Endocrinology, Tufts Medical Center

- Colleen Digman, MD (2nd year clinical fellow, fellowship research project)
 - 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, Massachusetts
- Arpita Patel, MD (2nd year clinical fellow, fellowship research project)
 - 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).
 - 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
Division of Endocrinology, Tufts Medical Center
- Renee Amori, MD (2nd year clinical fellow, fellowship research project)
 - 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
Division of Endocrinology, Drexler
- Noah Lubowsky, MD (2nd year clinical fellow, fellowship research project).
 - 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: Academic Private Practice, Pennsylvania
- Joanna Mittri, MD (1st year fellow, fellowship research project)
 - We co-authored a meta-analysis on “*vitamin D and cardiometabolic disease*”, published in *Annals of Internal Medicine* (2010)
 - We co-authored an Editorial titled, “*shining a light: the role of vitamin D in diabetes mellitus*”, published in *Nature CPEM* (2010)
 - Most Recent known Position: Fellow in Endocrinology at Tufts Medical Center

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).
 - We co-authored a review article on “*The potential role of vitamin D in diabetes risk*”, published in *Nature CPEM* (2008)
 - Most Recent known Position: Fellow in Endocrinology at Case Western

- Joanna Mittri, MD (2nd year resident at Roger Williams Medical Center, Providence RI – Research Elective)
 - 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 CPEM (2008)*
 - Most Recent known Position: Fellow in Endocrinology at Tufts Medical Center

Master’s Thesis Advisor at Tufts Affiliated Programs

- Ruth A. Boadu, a Master’s student in the Tufts U. School of Medicine, Public Health and Professional Degree Program Boston, MA. “*Vitamin D and Type 2 Diabetes*”
 - Most Recent known Position: medical student, Ross University School of Medicine

Doctoral Thesis Committees at Tufts Affiliated Programs

- Enju Liu, a doctoral student in the 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 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: TBD

TEACHING RESPONSIBILITY / LEADERSHIP

Local Contributions

Undergraduate (Massachusetts Institute of Technology, Cambridge MA)

1998 - 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>
- 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
- 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 - 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

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
1-2 Fellows and 1-2 Residents, 4 hours/week, 181 hours per year
- 2000 - Attending Physician, Endocrinology and Diabetes Inpatient Consultation Service
1 Fellow and 1-2 Residents, 1.5 hours M-F /week, 3 months per year, 181 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 1st year graduate students, 1 lecture/year, 2 hours per year
Lecture Topics: *Life in Academia*
- 2010 - Course Director, Clinical Research Design
Tufts University Sackler School of Biomedical Sciences
12 1st year graduate students, 14 sessions/semester, 2 semesters/year

Graduate Education (Non-medical)

- 2004 - Lecturer, Nutritional Biochemistry and Physiology Course
Carbohydrate and Energy Metabolism Section
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 - Lecturer, Translational Pharmacology for Graduate Students
Department of Pharmacology and Experimental Therapeutics
Tufts University Sackler School of Biomedical Sciences
10 Pre-doctoral students, 1 lecture/year, 2 hours per year
Lecture Topic: *Pathophysiology & Pharmacology of type 2 Diabetes*

Research Thesis Committee Membership

2006 - 2008 Member, Doctoral Thesis Committee member for Enju Liu: *Vitamin D and Insulin Resistance*.
Friedman School of Nutrition and Policy at Tufts University

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*.
Friedman School of Nutrition and Policy at Tufts University

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*

INVITED PRESENTATIONS AND LECTURESHIPS, INCLUDING CME ACTIVITIES

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, 7th 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?”*

Regional Contributions

- 6.26.2002 Speaker, Grand Rounds, Department of Medicine, Carney Hospital, Boston MA *“Insulin Therapy”*
- 10.1.2002 Speaker, Seminar Series, MGH Beacon Hill Primary Care, Boston, MA *“Oral pharmacotherapy for type 2 diabetes”*
- 11.17.2003 Panelist, Primary Care Lecture Series, Harvard Medical School, Boston MA *“Relationships in Medicine-Walking the Line”*
- 5.11.2004 Speaker, Physician conference, VA Hospital, Brockton MA *“Update on Type 2 Diabetes”*
- 9.22.2004 Speaker, Grand Rounds, Division of Endocrinology, Brigham & Women’s Hospital, Boston MA, *“Prevention of Type 2 Diabetes”*
- 4.10.2006 Speaker, Seminar Series, Human Nutrition Research Center on Aging at Tufts U., Boston MA, *“Vitamin D and Calcium in Relation to Diabetes”*
- 12.15.2006 Speaker, Grand Rounds, Department of Medicine, Winchester Hospital, Winchester MA *“Insulin Therapy in the Hospitalized Patient”*
- 11.4.2008 Speaker, Longwood Nutrition Conference, Harvard Medical School, Boston MA *“Vitamin D and Diabetes”*
- 12.2008 Speaker, Seminar Series, MGH Beacon Hill Primary Care, Boston, MA *“FAQ on Diabetes”*

- 12.16.2008 Speaker, Grand Rounds, Department of Medicine, Lawrence-Memorial Hospital, Medford, MA *"FAQ on Diabetes"*
- 1.16.2009 Speaker, Grand Rounds, Division of Endocrinology, Beth Israel Deaconess Medical Center, Boston MA, *"Vitamin D and Cardiometabolic Disease"*
- 3.26.2009 Speaker, Grand Rounds, Department of Medicine, Saints Medical Center, Lowell MA, *"Vitamin D in Health and Disease"*

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
"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 "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 Lecturship 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, Controversies in Clinical Nutrition, San Francisco, CA
"Vitamin D and Chronic Disease"

International Contributions

- 12.11.2008 Speaker, Grand Rounds, Department of Medicine
Erikos Dinan Hospital, Athens, GREECE
"*FAQ on Diabetes*"
- 4.4.2009 Speaker, 3rd International Congress on Prediabetes and Metabolic Syndrome,
Nice, FRANCE. "*The role of vitamin D and calcium in type 2 diabetes*"
- 4.4.2009 Session Co-Chair, Free Communications 6,
3rd International Congress on Prediabetes and Metabolic Syndrome, Nice, FRANCE
- 10.6.2009 Speaker, 19th International Congress on Nutrition, Bangkok, THAILAND
"*Vitamin D and Cardiometabolic Disease*"
- 2.27.2010 Speaker, International Conference of Early Disease Detection and Prevention,
Munich, GERMANY, "*Vitamin D and Cardiometabolic Disease*"
- 4.6.2011 Speaker, 4th International Congress on Prediabetes and Metabolic Syndrome,
Madrid, SPAIN. "*Vitamin D and cardiometabolic disease*"

Continuing Medical Education Courses, Local, Regional and National

- 2000.11.17 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*"
- 2009.5.28 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"
- 2008.11.9 Speaker, Harvard Medical School CME Course *Enhancing the Safety of Parenteral and Enteral Nutrition*, Boston MA, "Vitamin D in Health and Disease"
- 2009.6.10 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"

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

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

RESEARCH SUPROT

Ongoing Research Support

- | | |
|----------------|---|
| Grant Title | R01 DK76092, Pittas (PI)
Vitamin D and Calcium Homeostasis in Relation to Type 2 Diabetes: A <i>randomized trial</i> . |
| Funding Agency | NIDDK / ODS |
| Amount | \$ 1,165,000 (Direct Costs) |
| Period | 9/30/2006 - 7/31/2011 |
| 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 | <u>Principal Investigator</u> |
|
 | |
| 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 (Direct Costs)
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 \$ 275,000 (Direct Costs)
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 Costs)
Period 5/15/2002 – 4/30/2009
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 Costs)
Period 9/30/2007 - 7/31/2010
Major goal: To define the effects of vitamin D and calcium supplementation on glucose metabolism in non-white individuals at high risk for type 2 diabetes.
Role Co-Investigator

Grant Title: AHRQ/Contract No. HHS 290 2007 10055, Lau (PI)
Funding Agency: **AHRQ Evidence-Based Practice Centers III**
Amount: \$~1,000,000 (Annual Direct)
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

Period: 11/1/2009 – 10/31/2011

Major goal: This ancillary study to the CADDM trial will determine the effects of vitamin D supplementation on systemic inflammation, lipid profile and endothelial dysfunction in participants with pre-diabetes.

Role: Mentor

Completed Research Support

Grant Title: **K23 DK61506** Patient-Oriented Mentored Career Development Award, Pittas (PI)
Glycemic Index and Metabolic Syndrome: A randomized trial

Funding Agency: **NIDDK**

Amount: \$ 400,000 (Direct Costs)

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: \$

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 or health-related condition.

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

Period: 7/1/2000 - 6/30/2002

Major Goal: To develop educational and outreach program for patients with diabetes mellitus and for exploratory research projects related to diabetes.

Role: Co-Investigator

EDITORIAL BOARD / EXPERT REVIEWER ACTIVITY AND MEMBERSHIP IN RESEARCH PANELS

- 2001 - Ad Hoc Relevance Reviewer for Endocrinology, Diabetes, and Metabolism
American Board of Internal Medicine, Philadelphia, PA
- 2004 - Consultant/Reviewer, *Tufts-NEMC Evidence-based Practice Center*
- 2004 - Ad Hoc Reviewer, *Annals of Internal Medicine*
- 2004 - Ad Hoc Reviewer, *Archives of Internal Medicine*
- 2004 - Ad Hoc Reviewer, *Diabetes Care*
- 2005 - Ad Hoc Reviewer, *Endocrine Practice*
- 2006 - Ad Hoc Reviewer, *Canadian Medical Association Journal*
- 2006 - Ad Hoc Reviewer, *European Journal of Clinical Nutrition*
- 2006 - Ad Hoc Reviewer, *Obesity*
- 2007 - Ad Hoc Reviewer, *Diabetologia*
- 2007 - Ad Hoc Reviewer, *Journal of Nutrition*
- 2007 - Ad Hoc Reviewer, *Journal of the American College of Nutrition*
- 2007 - Ad Hoc Reviewer, *The Lancet*
- 2007 - Ad Hoc Reviewer, *Archives of Disease in Childhood / BMJ group*
- 2007 - Ad Hoc Reviewer, *American Journal of Clinical Nutrition*
- 2007 - Ad Hoc Reviewer, *Clinical Endocrinology*
- 2008 - Ad Hoc Reviewer, *American Journal of Kidney Disease*
- 2008 - Ad Hoc Reviewer, *Endocrine*
- 2008 - Ad Hoc Reviewer, *Nutrition Reviews*
- 2008 - Ad Hoc Reviewer, *Pediatrics*
- 2009 - Ad Hoc Reviewer, *European Journal of Nutrition*
- 2009 - Ad Hoc Reviewer, *International Journal of Endocrinology*
- 2010 - Ad Hoc Reviewer, *Cleveland Clinic Journal of Medicine*
- 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, *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, *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.Nov Member, *NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants in Diabetes, Endocrine and Metabolic Diseases*
- 2010.Feb Member, *NIH Study Section - Clinical & Integrative Diabetes and Obesity*
- 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, *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 - Member, DSMB for K23 DK 079789-01A2 HIV: Metabolic Abnormalities (PI: Kohli)

BIBLIOGRAPHY

Referred (Peer-reviewed) 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 [PM48514]
3. Hanif R, **Pittas A**, Feng Y, Koutsos MI, Qiao L, Staino-Coico L, Shiff SI and Rigas B. Effects of nonsteroidal anti-inflammatory drugs on proliferation and on induction of apoptosis in colon cancer cells by a prostaglandin-independent pathway. [Biochem Pharmacol](#) 1996; 52 (2): 237-45
4. Goldberg Y, Hanif R, **Pittas A**, Tsai L, Dynlacht BD, Rigas B and Shiff SI. The anti-proliferative effect of sulindac and sulindac sulfide on HT-29 colon cancer cells: alterations in tumor suppressor and cell cycle-regulatory proteins. [Oncogene](#) 1996; 12 (4): 893-901
5. **Pittas AG**, Adler M, Fazzari M, Tickoo S, Rosai SM, Larson SM and Robbins RJ. Bone Metastases from thyroid carcinoma: clinical characteristics and prognostic variables in one hundred forty-six patients. [Thyroid](#) 2000;10 (3): 261-268

6. Tickoo SK, **Pittas AG** Adler M, Fazzari M, Larson SM and Robbins RJ Bone metastases from thyroid carcinoma : a histopathologic study with clinical correlates. [Arch Pathol Lab Med](#) 2000: 124 (10): 1440-7
7. **Pittas AG** and Greenberg AS. Thiazolidinediones in the treatment of type 2 diabetes. [Expert Opin Pharmacother](#) 2002;3(5): 529-40 [PMID: 11035572]
8. Schurgin S, Weinstein B and **Pittas AG**. Tuberculous Abscess of the Thyroid Gland. [Endocr Pract](#) July/August 2003: 9 (4): 330
9. **Pittas AG**. Prevention of type 2 diabetes. [Laboratory Medicine](#) 2003;34(11):790-5
10. Roberts SB and **Pittas AG**. The role of glycemic index in type 2 diabetes. [Nutr Clin Care](#) 2003;6(2): 73-78. [PMID: 1469229]
11. **Pittas AG**. Nutritional interventions for prevention of type 2 diabetes and the metabolic syndrome. [Nutr Clin Care](#) 2003;6(2): 79-88 [PMID: 14692296]
12. **Pittas AG**, Joseph N and Greenberg AS. HOT TOPIC: Adipocytokines and insulin resistance. [J Clin Endocrinol Metab](#) 2004;89(2): 447-452 [PMC Journal – In Process]
13. **Pittas AG**, Siegel RD and Lau J. Insulin therapy for critically ill hospitalized patients. A meta-analysis of randomized controlled trials. [Arch Intern Med](#) 2004;164: 2005-11 [PMID: 15177435]
14. **Pittas AG**, Hariharan R, Stark PC, Hajduk CL, Greenberg AS, Roberts SB. Interstitial Glucose Level is a Significant Predictor of Energy Intake in Free-Living Women with Healthy Body Weight. [J Nutr](#) 2005 May; 135(5):1070-4 [PMID: 15867283]
15. Digman C, Klein A and **Pittas AG**. Leukopenia and thrombocytopenia caused by thiazolidinediones. [Ann Intern Med](#) 2005;143(6): 465 [PMID: 16172449]
16. Whitcomb, BW, Pradhan EK, **Pittas AG**, Roghmann MC and Perencevich EN. The impact of admission hyperglycemia on hospital mortality in various intensive care unit populations [Crit Care Med](#) 2005;33: 2772-2777 [PMID: 16352959]
17. **Pittas AG**, Das SK, Hajduk CL, Golden J, Saltzman E, **Stark PC**, Greenberg AS and Roberts SB. A low glycemic load diet facilitates greater weight loss in overweight adults with high insulin secretion but not in overweight adults with low insulin secretion in the CALERIE trial. [Diabetes Care](#) 2005;28(12): 2939-41 [PMID: 16306558] [PMC Journal – In Process](#)
18. **Pittas AG**, Siegel RD and Lau J. Insulin therapy and in-hospital mortality in critically ill patients: Systematic review and meta-analysis of randomized controlled trials. [J Parenter Enteral Nutr](#) 2006;30(2): 164-172 [PMID: 16517961]
19. **Pittas AG**, Dawson-Hughes B, Li T, Willett WC, Van Dam RV, Manson JE and Hu FB. Vitamin D and Calcium Intake in Relation to type 2 Diabetes. [Diabetes Care](#) 2006;29(3): 650-6.
20. Patel A and **Pittas AG**. Hyperglycemia and Insulin Therapy in Critical Illness. [CAMJ](#) 2006;174(7): 917-8 [PMC1405884]
21. Ceglia L, Lau J and **Pittas AG**. Efficacy and safety of inhaled insulin therapy in adults with diabetes mellitus. A systematic review. [Ann Intern Med](#) 2006;145:665-675. [PMID: 17088580]

22. **Pittas AG** and Roberts SB. Dietary composition and weight loss: can we individualize dietary prescriptions according to insulin sensitivity or secretion status? [Nutr Rev](#) October 2006;64(10): 435-448.
23. **Pittas AG**, Roberts SB, Das SK, Gilhooly CH, Golden J, Saltzman E, Stark PC and Greenberg AS. The effects of the dietary glycemic load on type 2 diabetes risk factors during weight loss. [Obesity](#) 2006; 14(12): 2200-2209. [PMID: 17189547]
24. **Pittas AG**, Harris S, Stark P and Dawson-Hughes B. The Effects of Calcium and Vitamin D Supplementation on Blood Glucose and Markers of Inflammation in Non-diabetic Adults. [Diabetes Care](#) 2007;30(4):980-986 [PMID: 17277040] [PMC Journal – In Process](#)
25. Das SK, Gilhooly CH, Golden JK, **Pittas AG**, Fuss JP, Cheatham RA, Tyler S, Tsay M, McCroy MA, Lichtenstein AH, Dallal GE, Dutta C, Bhapkar MV, DeLany JP, Saltzman E and Roberts SB. Long-term effects of 2 energy-restricted diets differing in glycemic load on dietary adherences, body composition, and metabolism in CALERIE, a 1-year randomized controlled trial. [Am J Clin Nutr](#) 2007;85:1023 [PMID: 17413101]
26. **Pittas AG**, Lau J, Hu F and Dawson-Hughes B. “The Role of Vitamin D and Calcium in type 2 diabetes. A Systematic Review and Meta-Analysis”, [J Clin Endocrinol Metab](#) 2007;92:2017-2029. [PMID:2085234]
27. **Pittas AG** and Dawson-Hughes B. The Effects of Calcium and Vitamin D Supplementation on Blood Glucose and Markers of Inflammation in Non-diabetic Adults. [Diabetes Care](#) 2007;30(7):e81; Author reply e82. [PMC Journal – In Process](#)
28. Ceglia L, Lau J and **Pittas AG**. Effect of inhaled insulin on fasting and postprandial plasma glucose. [Ann Intern Med](#) 2007;146(11):821-822 [PMID:17088580]
29. Amori R, Lau J and **Pittas AG**. Incretin Therapy in Type 2 Diabetes. A meta-analysis of randomized trials [JAMA](#) 2007;298(2):194-206 [PMID:17622601; Free Article]
 - ⇒ Top 10 Most Read Internal Medicine Articles of 2007, as rated by the [McMaster Online Rating of Evidence](#).
30. Balk ME, Tatsioni A, Lichtenstein AH, Lau J and **Pittas AG**. Effect of Chromium Supplementation on Glucose Metabolism and Lipids: A Systematic Review of Randomized Controlled Trials [Diabetes Care](#) 2007;30(8):2154-2163 [PMID: 17519436] [PMC Journal – In Process](#)
31. Balk EM, Lichtenstein AH, Anastassios G. **Pittas AG**. Effect of Chromium Supplementation on Glucose Metabolism and Lipids: A Systematic Review of Randomized Controlled Trials. Response to Kleefstra, Houweling, and Bilo. [Diabetes Care](#) 2007;30:e103 DOI: 10.2337/dc07-1121 [PMC Journal – In Process](#)
32. **Pittas AG**, Amori R and Lau J. Adverse Effects of Incretin Therapy for Type 2 Diabetes. Author Reply [JAMA](#) 2007;298(15):1760
33. Lubowsky ND, Siegel R and **Pittas AG**. Management of Glycemia in Patients with Diabetes Mellitus and CKD [Am J Kidney Dis](#) 2007; 50 (5):865-879 [PMID: 17954300]
34. Alexandraki KI, Makras P, Protogerou AD, Dimitriou K, Stathopoulou A, Papadogias DS, Voidonikol P, Piaditis G, **Pittas A**, Papamichael CM, Grossman AB and Kaltsas G. Cardiovascular risk factors in

adult patients with multisystem Langerhans-cell histiocytosis: evidence of glucose metabolism abnormalities. [Q J Med](#) 2008 Jan 101(1):31-40 [PMID: 18160417]

35. Peechakara SV and **Pittas AG**. Vitamin D as a potential modifier of diabetes risk. [Nature Reviews Endocrinology](#) 2008;4(4):182-183
36. Das SK, Gilhooly CH, Golden JK, **Pittas AG**, Fuss PJ, Dallal GE, McCrory MA, Saltzman E and Roberts SB. Long-term effects of energy-restricted diets differing in glycemic load on metabolic adaptation and body composition. [The Open Nutr J](#) 2008 (2) 76-85 [PMID:2920502]
37. Amori RE, **Pittas AG**, Siegel RD, Kumar S, Chen JS, Karnam S, MS-2, Golden SH and Salem DN. Inpatient medical errors involving glucose lowering medications and their impact on patients. [Endocr Pract](#) 2008 (14) 535-542 [PMID 18753094]
38. Mitri J, Castillo J, and **Pittas AG**. Diabetes mellitus and risk of non-Hodgkin's lymphoma: A meta-analysis of observational studies. [Diabetes Care](#) 2008;31(12) 2391-7 [PMID:2584201]
39. Voidonikola PT, Stamatelopoulos KS, Alevizaki M, Kollias G, Zakopoulos N, Lekakis J, Anastasiou E, MD^a, Theodorakis M, **Pittas AG** and Papamichael CM. The association between glycemia and endothelial function in non-diabetic individuals: the importance of body weight. [Obesity](#) 2008; Dec 16(12):2658-62 [PMID 18846051]
40. Liu E, Meigs JB, **Pittas AG**, McKeown NM, Economos CD, Booth SL, Jacques PF. Plasma 25-hydroxyvitamin D is associated with markers of the insulin resistance phenotype in non-diabetic adults. [J. Nutr](#) 2009;139(2):329-34 [PMID:2646208]
41. **Pittas AG**, Harris SS, Eliades M, Stark P and Dawson-Hughes B. Association between serum osteocalcin and markers of metabolic phenotype. [J Clin Endocrinol Metab](#) 2009;94(3):827-832 [PMID:2681283]
42. Das SK, Saltzman E, Gilhooly CH, Delany JP, Golden JK, **Pittas AG**, Dallal GE, Bhappkar MV, Fuss PJ, Dutta C, McCrory MA, Roberts SB. Low or Moderate Dietary Energy Restriction for Long-term Weight Loss: What Works Best? [Obesity](#) 2009;17 (11): 2019-24 [PMID:2869203]
43. Elder SJ, Lichtenstein AH, **Pittas AG**, Roberts SB, Fuss PJ, Greenberg AS, McCrory MA, Bouchard TJ, Edward Saltzman E, and Neale MC. Genetic and environmental influences on factors associated with cardiovascular disease and the metabolic syndrome [J Lipid Res](#) 2009 Sep;50(9):1917-26 [PMID:2724778]
44. Eliades M and **Pittas AG**. Vitamin D and type 2 diabetes. [Clinic Rev Bone Miner Metab](#) 2009;7(2):185-198. PMC Pending
45. **Pittas AG**, Laskowski U, Kos L and Saltzman E. Role of vitamin D in adults requiring nutrition support. [J Parenter Enteral Nutr](#) 2010 Jan-Feb;34(1):70-8. [PMID:2857395]
46. **Pittas AG**, Chung M, Trikalinos TA, Mitri J, Brendel M, Patel K, Lichtenstein AH, Lau J and Balk E. Vitamin D and Cardiometabolic Outcomes: A Systematic Review. [Ann Intern Med](#) 2010;152:307-314 PMC Pending
47. **Pittas AG** and Dawson-Hughes B. Vitamin D and Diabetes. [J Steroid Biochem Mol Biol](#) 2010, doi:10.1016/j.jsbmb.2010.03/042 [PMID: Journal – In Process]
48. Liu E, Meigs JB, **Pittas AG**, Economos CD, McKeown NM, Booth SL and Jacques PF. Predicted 25-hydroxyvitamin D score and incident type 2 diabetes in the Framingham Offspring Study. [AJCN](#) 2010 April 14 [Epub ahead of print] [PMID: Journal - in Process]

49. **Pittas AG**, Qi S, Manson JE, Dawson-Hughes B and Hu FB. Plasma 25-hydroxyvitamin D concentration and risk of incident type 2 diabetes in women. [Diabetes Care](#) 2010 (in press) [[PMC Journal – In Process](#)]
50. **Pittas AG**. Vitamin D and Cardiometabolic Disease. [Functional Food Reviews](#) 2010:2:2 (Summer 2010)

Editorials

51. 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]
52. Mitri J and **Pittas AG**. Inhaled insulin. What went wrong? [Nature Reviews Endocrinology](#) 2009;5(1):24-5 [[PMC2584201](#)]
53. 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](#)]

Book Chapters

54. **Pittas AG** and Lee S. Evaluation of Thyroid Function in Hall J. and Nieman L, editors [Handbook of Diagnostic Endocrinology](#). Humana Press, 2003.
55. **Pittas AG**. Inhaled Insulin. In: [UpToDate](#), Rose, BD (Ed), UpToDate, Wellesley, MA 2007
56. Eliades M and **Pittas AG**. Vitamin D and type 2 diabetes. [Vitamin D: Physiology, Molecular Biology and Clinical Applications](#), 2010
57. Dawson-Hughes B and **Pittas AG**. Vitamin D and type 2 diabetes and hypertension in Feldman D, Pike W and Adams J (editors) [Vitamin D](#) (3rd edition).

Book authored

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

Conference Proceedings

59. **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

60. **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 University Sackler School of Graduate Biomedical Sciences

Evidence-Based Reports

61. Balk E, Tatsioni A, Chung M, **Pittas AG**, Lichtenstein A and Lau J. FDA / AHRQ Evidence-Based Report. *Health claims of Chromium Picolinate on Insulin Resistance and Cardiovascular Disease*. September 21, 2004. Assessed at www.fda.gov/ohrms/dockets/dockets/04q0144/04q-0144-rpt0001-01.pdf
62. Balk E, Teplinsky E, Trikalinos T, Chew M, Chung M and **Pittas AG**. AHRQ Technology Assessment Report: Applicability of the Evidence Regarding Intensive Glycemic Control and Self-Monitored Blood Glucose to Medicare Patients with Type 2 Diabetes. Assessed at <http://www.cms.hhs.gov/determinationprocess/downloads/id40TA.pdf>

Educational Materials

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

Published Abstracts

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 Sackler 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, Lohknygina 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*

2005:13(Suppl):A175. Presented at the *North American Association for the Study of Obesity*, 2005, Vancouver, CANADA

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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
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20. 6.5.2007 **Wall Street Journal**, interviewed on insulin pens
21. 7.6.2007 **USA Today**, interviewed on incretin paper in *JAMA*
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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