

**Lisa Ceglia, M.D.**

Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes and Metabolism  
2004 - 2006

**Education**

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Dr. Ceglia received her B.A. *cum laude* from Harvard University in 1993 and her M.D. from New York University School of Medicine (New York, NY). She completed her Internal Medicine Residency at New York University Medical Center-Bellevue (New York, NY). After completing her research track Fellowship in Endocrinology at Tufts Medical Center (Boston, MA), Dr. Ceglia pursued further training in Clinical Nutrition at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University (Boston, MA), which she completed in June 2009. In July 2011, Dr. Ceglia completed a 2-year Master's in Clinical and Translational Science at the Tufts University Sackler School of Graduate Biomedical Sciences (Boston, MA). She is Diplomate of the American Board of Internal Medicine and Subspecialty Board of Endocrinology and Metabolism. She is also a Certified Clinical Densitometrist and is certified in performing muscle biopsies.

**Former and Current Position(s) and Academic Interests**

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Following her Endocrinology Fellowship at Tufts, Dr. Ceglia joined the staff in the Division of Endocrinology at Tufts Medical Center. She is currently an Assistant Professor of Medicine at Tufts University School of Medicine and Scientist II in the Bone Metabolism Laboratory at the HNRCA at Tufts University. Dr. Ceglia has been active in clinical care as the Director of the Metabolic Bone Diseases Clinic at Tufts Medical Center. In 2013, she opened a joint Metabolic Bone and Orthopedics clinic to evaluate patients discharged from the hospital who have had a hip or pelvic fractures.

Her research interests involve the role of nutrition and hormones in aging musculoskeletal health. Dr. Ceglia is a former recipient of the Research Career Development Core Award from the Boston Claude Pepper Older Americans Independence Center. She is also the former recipient of the first KL2 award through the Tufts CTSI. Dr. Ceglia has conducted several intervention studies to examine the effects of vitamin D and/or alkali therapy on aging skeletal muscle tissue in both rodent models and humans in collaboration with Dr. Bess Dawson-Hughes. This year, the research findings have resulted in several original publications. Dr. Ceglia has collaborated with Dr. Anastassios Pittas (Friedman Fellow) on a longitudinal analysis of vitamin D status and its association with body weight and measures of body composition in the Diabetes Prevention Program. She has also collaborated with Drs. Dawson-Hughes and Pittas on two secondary analyses of the STOP/IT and CADDM trials to examine bone turnover markers in pre-diabetes and the effect of vitamin D and calcium on these bone markers. Dr. Ceglia is currently collaborating with Dr. Roger Fielding at the HNRCA on two clinical trials testing new medications inhibiting the activity of myostatin (a negative regulator of muscle mass) to improve skeletal muscle mass in older adults. During the winter 2014 she collaborated with Dr. Heike Bischoff-Ferrari on an ancillary study to examine the effects of different formulations of vitamin D vs. placebo on muscle morphology, intramyonuclear vitamin D receptor expression, and markers of muscle satellite activation in over 50 younger postmenopausal women.

Dr. Ceglia served as a mentor and thesis committee member for Rachele Pojednic, who successfully completed her doctorate at the Friedman School of Nutrition, and Dr. Rajaa Nahra, a clinical endocrinology fellow, who successfully completed her Master's in Clinical and Translational

Science. She also contributes to the education of medical students as a lecturer in the Skeletal Biology and Endocrinology courses at the Tufts University School of Medicine. She is also a lecturer for the Friedman School graduate students in the Micronutrients course at the Friedman School, for the Pathobiology and the Clinical and Translational Science students at the Sackler School of Graduate Biomedical Sciences at Tufts University.

Dr. Ceglia has been a peer-reviewer for several major medical journals including the *Journal of Clinical Endocrinology and Metabolism* and *Osteoporosis International*. She has also been invited as an expert reviewer for grant applications to the *Wellcome Trust (Physiological Sciences)*, *United Kingdom*, *Boston Pepper Center Pilot Program*, the *Department of Veterans Affairs (VA) Cooperative Studies Program (CSP)*, and *TI Food and Nutrition, Netherlands*. She is an active member of various professional societies including The Endocrine Society and the American Society for Bone and Mineral Research. Dr. Ceglia has given talks internationally at the University of Parma and the Rizzoli Orthopedic Institute in Bologna Italy on her research in vitamin D and muscle. She was awarded a certificate as an Honorary Member of the Society of Medicine and Natural Sciences at the University of Parma.

## Honors & Awards

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- 2001 Humanism in Medicine Award
- 2008 Research Career Development Core Award, Boston Claude A. Pepper Center
- 2009 KL2 Tufts CTSI Research Career Development Award
- 2012 Friedman Foundation Junior Faculty Award
- 2012 Honorary Member of the Society of Medicine and Natural Sciences at the University of Parma
- 2013 Pilot Grant from the Jean Mayer HNRCA at Tufts University
- 2014 DSM-funded award

## Bibliography

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