

# Emily V. Nosova

## EDUCATION

- Northwestern/McGaw/NMH/VA-IL Internal Medicine Residency – Class of 2018
- UC San Francisco School of Medicine – MD with Distinction, Class of 2015
- UC Berkeley/UC Berkeley Extension – Pre-Medical requirements, 1/2008—1/2010
- New York University – BA with High Honors, *Magna Cum Laude*, Art History, 9/2004—5/2007

## HEALTHCARE LEADERSHIP and SERVICE

- Northwestern Memorial Glycemic Committee – Resident Representative, 9/2016—current
- Near-Peer Residency Mentorship Program – Mentor/Advisor, 6/2016—current
- Women’s Health Track, Northwestern Internal Medicine – Member, 6/2015—current

## MEDICAL RESEARCH EXPERIENCE

**Division of Endocrinology**, Northwestern Memorial, *Resident Researcher*, 6/2016—current

*Mentor/PI*: Lisa Neff, MD

- Study the knowledge, beliefs, and attitudes of primary care trainees of obesity management

**Division of Vascular Surgery**, UCSF Medical Center, *Student Researcher*, 2/2013—6/2015

*Mentor/PI*: Marlene Grenon, MD, CM

- Studied effects of sedentary behavior and nutrition on vascular physiology and inflammation
- Coordinated longitudinal follow-up for patients enrolled in OMEGA-PAD clinical trial, examining effect of high-dose fish oil supplementation on vascular physiology and inflammation in patients with peripheral arterial disease (PAD)

**Founders Spine Research**, St. Mary’s Spine Center, *Research Coordinator*, 1/2008—5/2010

*Mentor/PI*: James Zucherman, MD

- Managed clinical database of 500+ patient records and coordinated prospective/longitudinal data collection; analyzed data pertaining to surgical treatment of lumbar spinal stenosis with X-STOP device

## PEER-REVIEWED PUBLICATIONS

- Grenon SM, Owens CD, **Nosova EV**, Hughes-Fulford M, Alley HF, Chong KC, Perez S, Yen PK, Boscardin J, Hellman J, Spite M, Conte MS. “Short-Term, High-Dose Fish Oil Supplementation Increases the Production of Omega-3 Fatty Acid Derived Mediators in Patients with Peripheral Artery Disease (the OMEGA-PAD I Trial).” *Journal of the American Heart Association*, August 2015.
- **Nosova EV**, Bartel K, Chong KC, Alley HF, Conte MS, Owens CD, Grenon SM. “Analysis of Nutritional Habits and Intake of Polyunsaturated Fatty Acids in Veterans with Peripheral Arterial Disease.” *Vascular Medicine*, June 2015
- **Nosova EV**, Conte MS, and Grenon SM, “Advancing Beyond the ‘Heart-Healthy Diet’ for Peripheral Arterial Disease.” *J Vasc Surg*, January 2015.

- **Nosova EV**, Chong KC, Alley HF, Harris WS, Boscardin WJ, Conte MS, Owens CD, Grenon SM. “Clinical Correlates of Red Blood Cell Omega-3 Fatty Acid Content in Male Veterans with Peripheral Arterial Disease.” *J Vasc Surg*, June 2014.
- **Nosova EV**, Yen P, Chong KC, Alley HF, Stock E, Quinn A, Hellmann J, Conte MS, Owens CD, Spite M, Grenon SM. “Short-term Physical Inactivity Impairs Vascular Function.” *J Surg Res*, February 2014.
- **Nosova EV**. “Art Detour en route to Medical School,” in *Why Medicine? Motives for Caring: a Collection of Essays from Aspiring Physicians*, December 2015.
- Grenon SM, Chong KC, Alley HF, **Nosova EV**, Gasper W, Hiramoto J, Boscardin WJ, Owens CD, “Walking Disability in patients with peripheral artery disease is associated with arterial endothelial function.” *J Vasc Surg*, January 2014.
- Grenon SM, Conte MS, **Nosova EV**, Alley HF, Chong KC, Harris WS, Vittinghoff E, Owens CD, “Association between n-3 polyunsaturated fatty acid content of red blood cells and inflammatory biomarkers in patients with peripheral artery disease.” *J Vasc Surg*, May 2013.
- Rolfe KW, Zucherman JF, Kondrashov DG, Hsu KY, **Nosova EV**, “Scoliosis and Interspinous Decompression with the X-STOP: Prospective, minimum 1-year outcomes in lumbar spinal stenosis.” *The Spine Journal*, November 2010.

## PRESENTATIONS

- “Correlates of Red Blood Cell Omega-3 Fatty Acid Content in Patients with Peripheral Arterial Disease,” Presenter at the Introduction to Academic Vascular Surgery Annual Meeting, April 2014, and Poster Presentation at ATVB Annual Meeting, May 2014.
- “Short-term Physical Inactivity Impairs Vascular Function,” Presenter at the Academic Surgical Congress, Annual Meeting of the Association of Academic Surgeons, February 2014.
- “Nutrition in Peripheral Arterial Disease: Beyond the ‘Heart-Healthy’ Diet,” Presenter at UCSF Division of Vascular Surgery Grand Rounds, December 2013.
- “Outcome vs. Age: a Retrospective Patient Chart Review after X-Stop Decompression,” Presenter at the Unite for Sight Global Health and Innovation Annual Conference, April 2010.

## HONORS and AWARDS

- American Heart Association Scholarship for Research in Cardiovascular Disease, 6/2014—5/2015
- 2-time recipient of Society of Vascular Surgery (SVS) Foundation Student Research Fellowship, 5/2013—5/2014 and 6/2014—5/2015
- TL1/NIH Clinical and Translational Research Fellowship, 6/2013—6/2014
- UCSF School of Medicine Dean’s Research Fellowship for Clinical Research, 6/2011—8/2011

## RESEARCH COURSEWORK/CERTIFICATIONS:

- Training Certification in Clinical Research Biostatistics Program at UCSF School of Medicine
- Collaborative Institutional Training Initiative (CITI) in Biomedical Research in Human Subjects