

Lisa Ceglia, M.D.

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



Education

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 the 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, which she completed in June 2009. Dr. Ceglia was awarded a KL2 Career Development Award from the National Institutes of Health in July 2009. As part of this award, Dr. Ceglia began a 2-year Master's in Clinical and Translational Science at the Tufts University Sackler School of Graduate Biomedical Sciences in July 2009. 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

In 2008, Dr. Ceglia joined the staff in the Division of Endocrinology at Tufts Medical Center. In July 2009, she was appointed Assistant Professor of Medicine at Tufts University School of Medicine. Dr. Ceglia has been active in clinical care as the Director of the Metabolic Bone Diseases Clinic at Tufts Medical Center. Over the last several years, she has conducted clinical and translational research in the Bone Metabolism Laboratory under the direction of Dr. Bess Dawson-Hughes. In March 2007, she completed a clinical project examining the role of the calcium sensing receptor on calcium homeostasis and gastric acid secretion. She played an important role in a second study that identified a positive association between intake of foods that are metabolized to alkaline byproducts (fruits and vegetables) and preservation of lean tissue mass in older men and women. Dr. Ceglia has also completed a clinical study exploring the mechanisms by which the acid/base balance of the diet may affect the impact of dietary protein on muscle and bone metabolism in older men and women. Dr.

Ceglia has most recently focused her work on a translational research project examining the effects of vitamin D supplementation on skeletal muscle fiber composition in elderly women. She recently received a 2-year Career Development Award from the newly-funded Boston Claude Pepper Center and the KL2 Career Development Award to complete this translational project. As part of this research, she has also begun a project in aged rats to explore vitamin D and acid/base effects on aging skeletal muscle.

Dr. Ceglia contributes to the education of medical students as a lecturer in the Endocrinology section of the Pathophysiology course 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 of Nutrition and Policy at Tufts University, Boston, MA.

Dr. Ceglia has been a peer-reviewer for several medical journals, and an active member of various professional societies including The Endocrine Society and the American Society for Bone and Mineral Research.

Honors & Awards

- 2001 Humanism in Medicine Award
- 2008 Research Career Development Core Award, Boston Claude A. Pepper Center
- 2009 KL2 Tufts CTSI Research Career Development Award

Bibliography

1. **Ceglia L** and Pfeffer CR. Artists' representations of the impact of family suicide during childhood and adolescence. [Journal of the American Academy of Psychoanalysis](#), 27(4), 625-656, 1999.
2. **Ceglia L**. Case of Vitamin D Deficiency Treated with Sun Lamp Therapy. [EndoTrends](#). 2006; 13(3):5.
3. **Ceglia L**, Lau J, Pittas AG. Meta-analysis: efficacy and safety of inhaled insulin therapy in adults with diabetes mellitus. [Ann Intern Med](#). 2006 Nov 7;145(9):665-75.
4. **Ceglia L**, Lau J, Pittas AG. The Authors Reply. [Ann Intern Med](#). 2007 June 5;146(11):821-822.
5. Dawson-Hughes B, Harris SS, **Ceglia L**. Alkaline diets favor lean tissue mass in older adults. [Am J Clin Nut](#) 2008 87: 662-665.
6. **Ceglia L**, Harris SS, Rasmussen HM, Dawson-Hughes. Activation of the calcium sensing receptor stimulates serum gastrin and gastric acid secretion in healthy participants. [Osteoporos Int](#) 2009 Jan;20(1):71-8. Epub 2008 Jun 7.
7. **Ceglia L**, Harris SS, Abrams SA, Rasmussen M, Dallal GE, Dawson-Hughes B. Potassium bicarbonate attenuates the urinary nitrogen excretion that accompanies

an increase in dietary protein and may promote calcium absorption. [J Clin Endocrinol Metab](#) 2009 Feb;94(2):645-53. Epub 2008 Dec 2.

8. **Ceglia L.** Vitamin D and Skeletal Muscle Tissue and Function. [Mol Aspect Med](#) 2008 Dec;29(6):407-14. Epub 2008 Aug 8.
9. **Ceglia L,** Abrams SA, Harris SS, Rasmussen HM, Dallal GE, Dawson-Hughes B. Evaluation of an inexpensive calcium absorption index in healthy older men and women. [Clin Endocrinol \(Oxf\)](#). 2010 Jan;72(1):22-5.
10. **Ceglia L,** Abrams SA, Harris SS, Rasmussen HM, Dallal GE, Dawson-Hughes B. A simple serum method to measure of fractional calcium absorption using dual stable isotopes. [Exp Clin Endocrinol Diabetes](#) 2009 Oct 23 [Epub ahead of print].
11. **Ceglia L.** Vitamin D and Its Role in Skeletal Muscle. [Curr Opin Clin Nutr Metab Care](#). 2009 Nov;12(6):628-33.
12. Dawson-Hughes B, Castaneda-Sceppa C, Harris SS, Palermo NJ, Cloutier G, **Ceglia L,** and Dallal GE. Impact of supplementation with bicarbonate on lower-extremity muscle performance in older men and women. [Osteoporos Int](#) 2009 Sep 1. [Epub ahead of print].
13. **Ceglia L,** Morais MDS, Park L, Morris E, Bischoff-Ferrari H, Fielding RA, Dawson-Hughes B. Multi-step immunofluorescent analysis of vitamin D receptor loci and myosin heavy chain isoforms in human skeletal muscle. [J Molecular Histology](#). 2010 Apr;41(2-3):137-42. Epub 2010 Jun 13.
14. **Ceglia L,** Chiu G, Harris SS, Araujo A. Serum 25-hydroxyvitamin D concentration and physical function in adult men. *Under review at Clin Endocrinol.*

Published Abstracts

1. **Ceglia L.** Case of Vitamin D Deficiency Treated with Sun Lamp Therapy. *EndoTrends*. 2006; 13(3):5.
 2. **Ceglia L,** Harris SS, Rasmussen HM, Dawson-Hughes B. Activation on the calcium sensing receptor with cinacalcet increases serum gastrin levels in healthy older subjects. *J Bone Miner Res* 2007; 22S1: S175.
-
1. Dawson-Hughes B, Harris SS, **Ceglia L.** A More Alkaline Diet May Enhance the Favorable Impact of Dietary Protein on Lean Tissue Mass in Older Adults. *J Bone Miner Res* 2007; 22S1: S464.
 2. **Ceglia L,** Harris SS, Abrams SA, Rasmussen HM, Dallal GE, Dawson-Hughes B. Impact of Dietary Protein on Calcium Homeostasis and Nitrogen Excretion in the Presence and Absence of Potassium Bicarbonate. *J Bone Miner Res* 2007;22S1:S175.

3. **Ceglia L**, Morais MDS, Park L, Bischoff-Ferrari H, Fielding R, Dawson-Hughes B. Immunofluorescent analysis of vitamin D receptor loci and myosin heavy chain isoforms in human skeletal muscle fibers. *Osteoporos Int* 2008 Dec; 19 (Supplement 2): S418.
4. **Ceglia L**, Abrams SA, Harris SS, Rasmussen HM, Dallal GE, Dawson-Hughes B. Evaluation of an inexpensive method of assessing calcium absorption in healthy older men and women. *Osteoporos Int* 2008 Dec; 19 (Supplement 2): S483.