

Lisa M. Neff, MD

Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes & Metabolism
2003 - 2006

Education

Dr. Neff earned her B.S. in German and Biology from Tufts University in 1994, her M.D. from the University of Illinois at Chicago in 1999, and her M.S. in Clinical and Translational Research from the Rockefeller University in 2010. She completed a residency in Internal Medicine at the University of Illinois at Chicago in 2002 and a dual fellowship in Endocrinology, Diabetes and Metabolism, as a Friedman Fellow, and Clinical Nutrition at Tufts Medical Center in 2006. In 2009, she completed the Clinical Scholar Program at the Rockefeller University. Dr. Neff is a Diplomat of the American Board of Internal Medicine, Subspecialty Board in Endocrinology and Metabolism. Dr. Neff is also certified by the American Board of Physician Nutrition Specialists.

Former and Current Position(s) and Academic Interests

In 2009, Dr. Neff was appointed to the faculty of Northwestern University's Feinberg School of Medicine as an Assistant Professor in the Division of Endocrinology. She is also a faculty member at the Northwestern Comprehensive Center on Obesity (<http://www.ncco.northwestern.edu>).

The focus of Dr. Neff's clinical work is the management of obesity and type 2 diabetes in adults. Dr. Neff is also the Medical Co-Director of the *Healthy For You, Healthy For Two* Program, a foundation-supported program that is designed to help overweight and obese pregnant women avoid excessive gestational weight gain by modifying diet and physical activity. It is believed that excessive weight gain during pregnancy puts both mother and baby at risk of obesity and metabolic disorders later in life, so this program offers a unique opportunity to improve the health of both current and future generations.

Dr. Neff has recently completed a clinical study investigating the role of body temperature and brown adipose tissue in metabolic adaptation to weight loss in obesity. It is hoped that an increased understanding of this metabolic adaptation may lead to novel treatment approaches for obesity in the future. Recent preliminary results (not yet published) suggest that core body temperature decreases with menopause in women. Dr. Neff has also recently completed a metabolic feeding study investigating the effects of three different dietary patterns, including the DASH diet, on metabolic syndrome parameters, in the absence of weight change. Dr. Neff is the site PI at Northwestern for the new Vitamin D to Prevent Type 2 Diabetes (D2d) Study (PI Dr. Pittas). Dr. Neff is also a Co-Investigator for an ongoing NIH-supported randomized controlled trial of an intensive lifestyle intervention for the prevention of excessive gestational weight gain in obese pregnant women. In addition, Dr. Neff and her colleagues at Northwestern participate in industry-sponsored clinical trials of devices, drugs and behavioral programs for obesity and diabetes.

For many years, Dr. Neff has been actively involved in educating medical students, physicians, allied health professionals, and the general public, particularly in the fields of nutrition and obesity. She is a lecturer for the Northwestern medical student nutrition course, and she teaches and mentors students, residents, and fellows in her clinic and during research rotations.

Dr. Neff is a member of the Subcommittees for Professional Nutrition Education and Awards of the American Society of Nutrition.

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