

Lisa M. Neff, M.D., M.S.

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Education

- 1989-1993 **Tufts University**, Medford, MA.
Bachelor of Science degree awarded. Double major in Biology and German Studies.
Junior year abroad in Tübingen, Germany. Dean's List.
- 1995-1999 **University of Illinois College of Medicine**, Chicago, IL.
Doctor of Medicine degree awarded in May 1999.
- 2006-2009 **Rockefeller University**, New York, NY.
Master's Degree in Clinical and Translational Science awarded in 2010.

Postdoctoral Training

- 1999-2002 **Internship and Residency in Internal Medicine**
University of Illinois Medical Center/West Side VA Medical Center, Chicago, IL.
- 2002-2006 **Fellowship in Human Nutrition and Metabolism**
The USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University and Tufts-New England Medical Center, Boston, MA.
- Maintained a clinical and research focus on the medical and surgical management of obesity.
 - Completed nondegree coursework in nutrition science, biostatistics, and study design at Tufts.
- 2003-2006 **Fellowship in Endocrinology, Diabetes, and Metabolism**
Tufts-New England Medical Center, Boston, MA.
- Gerald J. and Dorothy R. Friedman Foundation Fellow
- 2006-2009 **Clinical Scholar**
Rockefeller University, New York, NY.
- Member of the Laboratory of Biochemical Genetics and Metabolism, led by Jan Breslow, M.D.
 - I founded and directed a multidisciplinary weight management program at the University Hospital. Program participants were enrolled in a longitudinal study of obesity (see Research Support).

Medical Licensure

- 1999-2002 Illinois State (#125-039625)
- 2002-2007 Commonwealth of Massachusetts (#213583)
- 2006-present New York State (#241484)
- 2009-present Illinois State (#036.124164)

Certification

- 2002-present Internal Medicine, American Board of Internal Medicine, certificate # 214959.
- 2005-present American Board of Physician Nutrition Specialists®, certificate # 2050289.
- 2006-present Endocrinology, Diabetes, and Metabolism, American Board of Internal Medicine,

certificate # 214959.

Academic Appointments

- 2004-2006 **Clinical Associate**, Tufts-New England Medical Center, Boston, MA.
- 2006-2009 **Instructor of Clinical Investigation**, Rockefeller University, New York, NY.
- 2006-present **Associate Attending Physician**, Rockefeller University Hospital, New York, NY.
- 2009-present **Adjunct Instructor**, Rockefeller University, New York, NY.
- 2009-present **Assistant Professor of Endocrinology, Metabolism, and Molecular Medicine and Faculty Member**, Comprehensive Center on Obesity, Northwestern University, Chicago, IL.

Awards and Salary Support

- Summer 1996 **National Clinical Nutrition Internship**
Sponsored by the American Society of Clinical Nutrition. Worked with an obesity specialist, Dr. Robert Kushner, at the University of Chicago.
- 2002-2003 and 2004-2006 **Ruth L. Kirschstein National Research Service Award**
Clinical Nutrition training funded through an institutional training grant (T32 DK07651-13, Principal Investigator Joel Mason, MD).
- 2003-2006 **Friedman Foundation Fellow**
Endocrine training supported by the Gerald J. and Dorothy R. Friedman New York Foundation for Medical Research.
- 2004-2006 and 2008-present **National Institutes of Health Clinical Research Loan Repayment Program**
- 2007-2009 **KL-2 Clinical Scholars Program**
Funded through Rockefeller University's Clinical and Translational Science Award (NCRR/NIH Award: KL2- 5KL2 RR024142-02)

Research Support

- August 2009-present **Private funding, Rockefeller University**
Title: Iso-caloric Dietary Interventions for Insulin Resistance and the Metabolic Syndrome. This is a 32-day randomized, controlled feeding study investigating the effects of three dietary patterns (Western diet, DASH diet, and a low Glycemic Index diet) on insulin resistance and other features of the metabolic syndrome, in the absence of weight loss.
Role: Principal Investigator
- Jan 2007-August 2009 **Pilot Grant Award, Rockefeller University Center for Clinical and Translational Science**
(NCRR/NIH Award: 5 UL1 RR024143-02)
Title: Dietary Interventions for Insulin Resistance and the Metabolic Syndrome (Pilot Study)
Role: Principal Investigator

April 2007-August 2009 **Rockefeller University Center for Clinical and Translational Science and Rockefeller University Hospital**
NCRR/NIH Award: 5 UL1 RR024143-02
Title: The Natural History of Obesity and Associated Conditions Before, During, and After Treatment with Conventional Therapies
Role: Principal Investigator

October 2007-October 2008 **Pilot Grant Award, Rockefeller University Center for Clinical and Translational Science**
Title: Obesity-Associated Colorectal Inflammation; the Effects of Weight Loss
Role: Co-Investigator

Leadership Positions

1996-1997 **President**
American Medical Student Association Chapter at the University of Illinois at Chicago College of Medicine

1996-1999 **Medical Student Liaison**
Liaison between the American Medical Student Association and the American Society for Clinical Nutrition.

2003-2005 **Associate Editor**
Nutrition in Clinical Care (a quarterly journal edited at Tufts University)

2006-present **Contributing Editor**
Nutrition Reviews (a monthly journal edited at Tufts University)

2010-present **Medical Co-Director**
Healthy For You, Healthy For Two Program, an innovative clinical program designed to help at-risk pregnant women avoid excessive gestational weight gain.

Committee Membership (Intramural)

2003-2006 **Nutrition Committee Member**
Tufts-New England Medical Center, Boston, MA
The committee develops and monitors practice guidelines for the hospital's Nutrition Consultation and Support Service.

2004-2006 **Nutrition Education Committee Member**
Tufts University School of Medicine, Boston, MA
The committee plans the curriculum for the Nutrition and Medicine course for first-year medical students and promotes nutrition education opportunities for students and housestaff.

2007-2009 **Medical Staff Representative, Continuous Quality Improvement Council**
Rockefeller University Hospital, New York, NY

Committee Membership (Extramural)

1997-1999 **Medical Student Representative**
The Committee on Professional Nutrition Education of the American Society of Clinical Nutrition

- 1997-1999 **Advisory Board Member**
The Medical Nutrition Curriculum Initiative, University of North Carolina at Chapel Hill
- 2005-2006 **Nutrition Committee Member**
Massachusetts Medical Society, Waltham, MA
- 2009-present **Subcommittee Member**
Subcommittee on Professional Nutrition Education, the American Society of Nutrition
- 2009-present **Clinical Committee Member**, The Obesity Society

Society Membership

The Obesity Society
American Society for Nutrition

Research Interests

Metabolic effects of obesity therapies, including lifestyle interventions and bariatric surgery
Nutritional interventions for obesity-associated metabolic derangements
Efficacy of new obesity therapies

Clinical Interests

Medical and surgical management of obesity and associated metabolic derangements
Evaluation and management of nutritional disorders

Teaching Experience

- 2001-2002 **Small Group Instructor**, Nutrition course for first-year medical students, University of Illinois College of Medicine, Chicago, IL. 5 hours per year.
- 2003 **Facilitator** for a series of nutrition-related standardized patient encounters for third-year medical students, Tufts University School of Medicine, Boston, MA. 8 hours.
- 2002-2005 **Small Group Instructor**, Nutrition and Medicine course for first-year medical students, Tufts University School of Medicine, Boston, MA. 7 hours per year.
- 2004-2005 **Guest Lecturer**, “Energy Metabolism, Starvation, and Obesity.” Nutritional Biochemistry course for graduate students at the Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA. 3 hours per year.
- 2004-2005 **Guest Lecturer**, “Classic Nutritional Deficiencies,” “Nutrition and Cardiovascular Disease,” and “Eating Disorders.” Nutrition and Medicine course for first-year medical students, Tufts University School of Medicine, Boston, MA. 3-5 hours per year.
- 2004-2006 **Guest Lecturer**, “Nutrition and Aging” and “Nutrition and Exercise.” Geriatric Nutrition course for second-year dental students, Tufts University School of Dentistry, Boston, MA. 2 hours per year.

- 2005 **Guest Lecturer**, “Obesity.” Pathobiology course for graduate students at the Sackler School of Biomedical Sciences, Tufts University, Boston, MA. 1.5 hours.
- 2005-2006 **Guest Lecturer**, “Clinical Assessment of Nutritional Status.” Nutritional Assessment course for graduate students at the Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA. 2.5 hours per year.
- 2007 **Guest Lecturer**, “Approach to the Obese Patient.” Educational session for family practice residents at Columbia-New York Presbyterian Medical Center, New York, NY. 1 hour.
- 2009-present **Lecturer**, “Understanding Starvation.” Scientific Basis of Medicine course for second-year medical students, Northwestern University Feinberg School of Medicine, Chicago, IL. 1 hour per year.
- 2010-present **Small Group Instructor**, “Diabetes.” Scientific Basis of Medicine course for second-year medical students, Northwestern University Feinberg School of Medicine, Chicago, IL. 2 hours per year.

**Publications:
Original Research**

Neff LM, Culiner J, Cunningham-Rundles S, Seidman C, Meehan D, Maturi J, Wittkowski KM, Levine B, and Breslow JL. Algal docosahexaenoic acid affects plasma lipoprotein particle size distribution in overweight and obese adults. Submitted for publication.

Pendyala S, **Neff LM**, Suárez-Fariñas M, and Holt PR. Weight loss in obesity reduces colorectal inflammation: implications in colorectal carcinogenesis. Submitted for publication.

**Publications:
Case Reports**

Neff LM, Weil M, Cole A, Hedges TR, Shucart W, Lawrence D, Zhu J, and Lechan RM. Temozolomide in the treatment of an invasive prolactinoma resistant to dopamine agonists. *Pituitary* 2007;10:81-86.

**Publications:
Abstracts**

Amori RE, **Neff LM**, Tischler A, Schwaitzberg S, and Lechan RM. Aldosterone and estrone co-secretion from bilateral macronodular adrenal hyperplasia (abstract). Poster presentation for the Endocrine Society’s Annual Meeting, June 2007.

**Publications:
Invited Reviews and
Editorials**

Neff LM. Rich sources of iron: information on the Web (resources for clinicians). *Nutr Clin Care* 2002;5:258-60.

Neff LM. Current directions in hemochromatosis research: towards an understanding of the role of iron overload and the *HFE* gene mutations in the development of clinical disease (brief critical review). *Nutr Rev* 2003;61:38-42.

Neff LM. Evidence-based dietary recommendations for patients with type 2 diabetes mellitus. *Nutr Clin Care* 2003;6:51-61.

Gerrior JL and **Neff LM**. Nutrition assessment in HIV infection. *Nutr Clin Care* 2005;8:6-15.

Neff LM. In the literature: new and noteworthy nutrition research. *Nutr Clin Care* 2005;8:2-5.

Neff LM and Saltzman E. The role of the primary care physician before and after weight loss surgery. *Obesity Management*. 2005;1:147-54.

Neff LM and Aronne LJ. Pharmacotherapy for obesity. *Curr Atheroscler Rep* 2007; 9:454-62.

Kushner RK and **Neff LM**. Bariatric surgery: a key role for dietitians. *JADA* 2010; 110:524-6.

Neff LM and Kushner RK. The emerging role of GLP-1 receptor agonists in the treatment of obesity. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* 2010; 3:263-273.

Publications: Book Chapters

Neff LM and Mason JB. Nutrition in the Elderly. In: Buchman A, ed. *Clinical Nutrition in Gastrointestinal Disease*. Slack, Inc., 2006.

Neff LM and Landsberg L. Obesity in Pregnancy. Under review for publication in Cohen W and August P, ed. *Obstetric Medicine*.

Invited Presentations

- 1994 **“Healthy Choices for a Healthier You.”** Chicago, IL. Presentation to teenage participants of Mayor Daley’s Summer Jobs Program. Sponsored by the University of Illinois Department of Human Nutrition and Dietetics.
- 1998 **“Empowering Students to Seek Solutions: Improving Nutrition Education for Medical Students.”** San Francisco, CA, at a symposium for educators, entitled “Do Doctors Know When Food is Medicine?” Sponsored by the American Society for Clinical Nutrition, during the annual meeting of Experimental Biology.
- 2003 **“Vitamin and Mineral Supplementation for Older Adults.”** Boston, MA. Public address for older adults, sponsored by the Tufts/HNRCA Speakers’ Bureau.
- “Advances in Medical Management of Obesity.”** Chicago, IL, at a CME symposium for primary care physicians. Sponsored by the University of Illinois at Chicago, Department of Medicine.
- “Advances in Medical and Surgical Management of Obesity.”** Schaumburg, IL, at a CME symposium for primary care physicians. Sponsored by the University of Illinois at Chicago Medical Center.
- “Endocrine Manifestations of Hemochromatosis.”** Boston, MA. Presented as part of the Grand Rounds series at Tufts-New England Medical Center Department of Endocrinology.
- 2004 **“Nutrition and Aging: the Endocrine Perspective.”** Boston, MA. Presented as part of the Grand Rounds series at Tufts-New England Medical Center Department of

Endocrinology.

“Classic Nutritional Deficiencies: Lessons from Limeys.” Boston, MA. Presented to graduate students at the Friedman School of Nutrition Science and Policy, Tufts University.

- 2005 **“Update: Dietary Supplements for Weight Loss.”** Boston, MA. Presented as part of the Grand Rounds series at Tufts-New England Medical Center Department of Endocrinology.
- 2006 **“Dumping Syndrome after Roux-en-Y Gastric Bypass.”** Cleveland, OH. Presented as part of the Health Services Research Seminar at Case/MetroHealth Medical Center.
- 2007 **“Pharmacotherapy for Obesity.”** Webcast presented on CDNetwork.org, the Web site of the Clinical Directors Network, a network of primary-care providers in community and migrant health centers. Sponsored by the Rockefeller University.
- 2008 **“Nutrition, Physical Activity, and Aging.”** Woodloch Resort, Hawley, PA. Public address for older adults attending a health conference, sponsored by the Union Mutual Foundation.
- 2009 **“Dietary Interventions for Insulin Resistance and the Metabolic Syndrome.”** New York, NY. Presented as part of Endocrine Grand Rounds at Beth Israel Medical Center.
- “Dietary Interventions for Insulin Resistance and the Metabolic Syndrome.”** Chicago, IL. Presented as part of the seminar series of the Northwestern Comprehensive Center on Obesity.
- 2010 **“Treatment of Obesity and Related Disorders: Does Diet Composition Matter?”** San Diego, CA. Presented at Obesity 2010, the annual meeting of the Obesity Society.