

TAKAKO ARAKI, M.D.

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CLINICAL EXPERIENCE

- BETH ISRAEL MEDICAL CENTER, New York, New York 7/2009 - present
Endocrinology & Metabolism Clinical Fellow
- BETH ISRAEL MEDICAL CENTER, New York, New York 7/2008 – 6/2009
Endocrinology & Metabolism Research Fellow
- BETH ISRAEL MEDICAL CENTER, New York, New York 7/2005 – 6/2008
Internal Medicine Residency
- THE TOKIO MARINE MEDICAL SERVICE CO., LTD, Tokyo, Japan 2/2003 – 5/2005
Assistant Medical Director
- TOKYO METROPOLITAN GERONTOLOGY MEDICAL CENTER, Tokyo, Japan 6/2002 – 1/2003
Internal Medicine Senior Residency
- DEPARTMENT OF INFECTIOUS DISEASES,
UNIVERSITY OF TEXAS-HOUSTON MEDICAL SCHOOL, Houston, Texas 4/2002-5/2002
Externship
- MUSASHINO RED CROSS HOSPITAL, Tokyo, Japan 4/2000 – 3/2002
Internal Medicine/Emergency Medicine Residency
- ST. VICTORIA INFIRMARY, NEW CASTLE UNIVERSITY, New Castle, United Kingdom 3/1999-4/1999
Externship

RESEARCH EXPERIENCE

- BETH ISRAEL MEDICAL CENTER, New York, New York 7/2005 - Present
Research Fellow (7/2008-6/2009), Clinical Fellow (7/2009-present), Department of Endocrinology & Metabolism and Department of Medicine
- Genetic Markers for increased risk of Gestational Diabetes in Chinese-Americans (Work as co-investigator 2009~)
- Thiazolidinediones Inhibit Aromatase Activity in Human Granulosa Cells by Interfering with Androgen Binding to Aromatase (Work as co-investigator 2008~)
- Exenatide and Ovarian Regulation (Work as co-investigator 2008~)
- Effect of Vitamin D on steroidogenesis in Human Ovarian Cells (Work as co-investigator 2008~)

The Role of Mitogen-Activated Protein Kinase(MAPK)in steroidogenesis in Human Ovarian Cells (Work as co-investigator 2008~)

Obstructive Sleep Apnea and Diabetes Mellitus: Effect of Continuous Positive Airway Pressure Treatment (Work as principal investigator 2007~)

Role of PPAR gamma in human ovarian cells: TZD effect of the Aromatase Activity in human Granulosa Cells (Work as co-investigator 2006~2007)

Comparison of Outcome: GIK vs. Insulin Therapy in Diabetic CABG patients, Rosiglitazone with Diabetic CABG patients, GIK vs. Insulin in non-Diabetic CABG patients (Work as co-investigator 2006)

NAGASAKI UNIVERSITY SCHOOL OF MEDICINE, Nagasaki, Japan 1994 - 2000
Research Student, Atomic Bomb Disease Institute, Department of Molecular Medicine
(Supervisor: Shunichi Yamashita, MD. PhD)

Comparative Gene Expression Analysis of Tyrosine Kinase Families: Comparison of Hepatocellular Carcinoma and Normal Liver, (Work as co-investigator 1998~1999)

PUBLICATIONS

Peer Reviewed:

Grishma Parikh , Miroslava Varadinova, Pauline Swandhi, **Takako Araki**, Zev Rosenwaks, Leonid Poretsky, Donna Seto-Young

*Vitamin D regulates steroidogenesis and insulin-like growth factor binding protein-1 (IGFBP-1) production in human ovarian cells. **Hormone and Metabolic Research** 42: 754-757, 2010*

Michael A Via, Himani Chandra, **Takako Araki**, Matthew V Potenza, Maria Skamagas
Bromocriptine Approved as the First Medication to Target Dopamine Activity to Improve Glycemic Control in Patients with Type 2 Diabetes
Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, Dove Medical Press, March 2010

Takako Araki, Naoko Amemiya, Naohito Tanaka, Osamu Tao, Mafuyu Takahashi, Shuzo Watabiki
Acute Transverse Myelitis, The Journal of Musashino Clinician's Association (Volume 8 (2) pages 51-55) March 2002

Abstracts:

Takako Araki, Bianca Alfonso, Michael Holick, Lisa Newman
Vitamin D Intoxication due to Manufacturing and Labeling Errors of a Dietary Supplement: A case Report (P2-203); The Endocrine Society 92nd Annual Meeting, San Diego June 2010

Takako Araki, Anne Ruminjo, Alina Gouller
Electroconvulsive therapy-induced thyroiditis? (P1-610); The Endocrine Society 92nd Annual Meeting, San Diego June 2010

Takako Araki, Prajesh Joshi, Alina Gouller
Carcinoid heart disease due to a primary ovarian carcinoid tumor (P3-102); The Endocrine Society 92nd Annual Meeting, San Diego June 2010

Takako Araki, Bianca Alfonso, Esti Charlap, Dahlia Rizk, Michael Holick, Lisa Newman
Vitamin D Intoxication due to Manufacturing and Labeling Errors of a Dietary Supplement: A case Report; 8th Annual Research Fair, Beth Israel Medical Center, New York, May 6, 2010

Takako Araki, Prajesh Joshi, Adrienne Fleckman
Adrenal Catastrophe: A Case Report of Bilateral Adrenal Hemorrhage in a Patient with Antiphospholipid Syndrome (No.71032, P15-8-1), 14th International Congress of Endocrinology, Kyoto, Japan March 2010

Takako Araki, Bianca Alfonso, Agustin Busta
Non-Insulinoma Pancreatogenous Hypoglycemic Syndrome after Gastric Bypass Surgery (No.71146, P2-12-5), 14th International Congress of Endocrinology, Kyoto, Japan March 2010

Takako Araki, Michael Goldman, Miroslava Varadinova, Prajesh Joshi, Antoine Chaanine, Amit Seth, Yun Feng, Zev Rosenwaks, Leonid Poretsky, Donna Seto-Young
The Effects of Thiazolidinediones (TZD) on Aromatase Enzyme Kinetics in Human Granulosa Cells, The Endocrine Society 91st Annual Meeting, Washington D.C, USA. June 2009

Takako Araki, Michael Goldman, Miroslava Varadinova, Prajesh Joshi, Antoine Chaanine, Amit Seth, Yun Feng, Zev Rosenwaks, Leonid Poretsky, Donna Seto-Young
The Effects of Thiazolidinediones on Aromatase Enzyme Kinetics in Human Granulosa Cells, 7th Annual Research Fair, Beth Israel Medical Center, New York, May 7, 2009.

Takako Araki, Dimiter Avtanski, Grishma Parikh, Micheal Goldman, Zev Rosenwaks, Leonid Poretsky, Donna Seto-Young
Thiazolidinediones Inhibit Aromatase Activity in Human Granulosa Cells by Interfering with Androgen Binding to Aromatase First Annual Gerald J. Friedman Fellows Symposium, New York, USA. November 2008

Dimiter Avtanski, Marina Strizhevsky, Grishma Parikh, **Takako Araki**, Orli Rosen, Michael Goldman, Charalambos Demetri, Donna Seto-Young, Leonid Poretsky
Thiazolidinediones effect on Aromatase Activity in Human Granulosa Cells, The Endocrine Society 89th Annual Meeting, Toronto, Canada. June 2007

Book Chapter:

Makito Yaegashi, Ryoma Tanaka, Mayuko Fukunaga, Hiroshi Sekiguchi, Toshibumi Taniguchi, **Takako Araki**, Daisuke Takekoshi, Naohiro Imai, Miwa Fujiwara
Pulmonary/ Respiratory Therapy Secrets-Japanese Version, November 2007

PRESENTATIONS

- September 1, 2010 OB/GYN Noon Conference, Beth Israel Medical Center, New York, NY
Research Presentations; Genetic markers for increased risk of gestational diabetes in Chinese-Americans
- July 27, 2010 Medicine Grand Rounds, Beth Israel Medical Center, New York, NY
Genetic markers for increased risk of gestational diabetes in Chinese-Americans
- May 6, 2010 Endocrinology/Metabolism Grand Rounds
Journal Club; Bromocriptine for Diabetes Treatment
- May 6, 2010 8th Annual Research Fair, Beth Israel Medical Center, New York, NY
Vitamin D Intoxication due to Manufacturing and Labeling Errors of a Dietary Supplement: A case Report
- March 18, 2010 Endocrinology/Metabolism Grand Rounds
Journal Club; The Effect of Intensive Blood Pressure Control and Combination Lipid therapy in Type 2 Diabetes Mellitus ~ The ACCORD study Group ~
- August 18, 2010 Medicine Grand Rounds, Beth Israel Medical Center, New York, NY
The Effects of Thiazolidinediones (TZD) on Aromatase Enzyme Kinetics in Human Granulosa Cells
- May 7, 2009 7th Annual Research Fair, Beth Israel Medical Center, New York, NY
The Effects of Thiazolidinediones (TZD) on Aromatase Enzyme Kinetics in Human Granulosa Cells
- November 14, 2008 First Annual Gerald J. Friedman Fellows Symposium, New York, NY
Thiazolidinediones inhibit aromatase activity in human granulosa cells by interfering with androgen binding to aromatase
- October 2, 2008 Endocrine Grand Rounds, Beth Israel Medical Center, New York, NY
Thiazolidinediones and aromatase inhibitor in human granulosa cells
- July 29, 2008 Medicine Grand Rounds, Beth Israel Medical Center, New York, NY
Role of Thiazolidinediones in human ovarian regulation and vitamin D in steroidogenesis
- May 30, 2008 CCU conference, Beth Israel Medical Center, New York, NY
Hypokalemia ~Review and Update~
- May 16, 2008 CCU conference, Beth Israel Medical Center, New York, NY
Myocardial Bridging ~Mechanism and Management~
- July 12, 2007 Evidence Based Medicine Seminar Series, Beth Israel Medical Center, New York, NY
Lifestyle Modification in Pre-Diabetes
- April 2, 2007 Resident Report Presentation, Beth Israel Medical Center, New York, NY
Diabetic Gastroparesis ~Current Guidelines~

January 22, 2007 Evidence Based Medicine Seminar Series, Beth Israel Medical Center, New York, NY
Thiazolidinediones and Nonalcoholic Steatohepatitis

January 3, 2007 Resident Report Presentation, Beth Israel Medical Center, New York, NY
Maturity Onset Diabetes of the Young

November 18, 2006 Endocrine Ground Rounds, Beth Israel Medical Center, New York, NY
Mediterranean Diet and Cardiovascular Risk

INVITED COMMUNITY LECTURES

March 10, 2009 Japanese Medical Society of American, the Japan Club, New York, NY
Health Seminar ~Metabolic syndrome and life style modification~

September 16, 2008 Japanese American Association, Consulate General of Japan in New York, NY
Metabolic syndrome and osteoporosis in Japanese community

PEER REVIEWS OF JOURNALS

Junior reviewer of Journal of Hospital Medicine

AWARDS/ SCHOLARSHIPS

2010 Preceptorship at National Institutes of Health (NIH) with travel grants
The Endocrine Fellows Foundation (EFF)

2010 Travel Grants from Endocrine Society for the 8th Osteoporosis Update – Fellows Meeting -

2010 Clinical Fellows Travel Grants from Amgen
The Endocrine Society 92nd Annual Meeting

2010 Outstanding Abstract Awards
The Endocrine Society 92nd Annual Meeting

2009 First Prize Award
Awarded from American Federation for Medical Research (AFMR)
7th Annual Research Fair, Beth Israel Medical Center, New York, May 7, 2009

2008 Friedman Research Scholarship for Fellowship, NY, USA

2008 Mitsui Awards and Scholarship for excellence for Young Japanese Physicians in the USA,
Japanese Medical Society of America (JMSA)

2008 JANAMEF Excellent Japanese Young Physician Awards and Scholarship
Japan-North America Medical Exchange Foundation (JANAMEF – Tokyo Japan)

2008 **Tokio Marine Award/Scholarship for excellence of essay contests**
Tokio Marine Foundation (Tokio Marine CO. Ltd., Tokyo, Japan)

1999 **Scholarship for Externship and Study Tour** in New Castle University, UK,
Japan Medical Education Foundation (JMEF – Tokyo Japan)

1996-2000 **Scholarship for Medical School for excellent of Medical Student at National State
Medical School,**
Japan Student Services Organization

ADMINISTRATION

*Coordinating Endocrine Grand Rounds as senior fellow, Beth Israel Medical Center New
York (2010-)*

*Member of Quality Improvement Committee of Diabetes Clinic, Beth Israel Medical Center
New York (2010-)*

Member of House Staff Committee, Beth Israel Medical Center New York (2010-)

Member of Research Committee, Beth Israel Medical Center New York (2009-)

TEACHING EXPERIENCE

*Teaching Junior House Staff, Medical Student, and International Visiting Medical Students,
Beth Israel Medical Center New York*

INTERNATIONAL APPOINTMENT

Kenkyu-in, Nagasaki University School of Medicine, Nagasaki, Japan (2009-)

LICENSE

Board Certified Physician, American Board of Internal Medicine
8/25/2008 valid through 12/31/2018

National Licensed Physician, Ministry of Health, Labor and Welfare, Japan
4/28/2000 permanent

EDUCATION

NAGASAKI UNIVERSITY SCHOOL OF MEDICINE, Nagasaki, Japan

Doctor of Medicine, 2000

KYUSHU UNIVERSITY, Fukuoka-ken, Japan

Bachelor of Agricultural Economics, 1993

MEMBERSHIP

American Diabetes Association
American Medical Association
American Thyroid Association
The Japan Endocrine Society
The Endocrine Society
American Association of Clinical Endocrinologists
Japanese Medical Society of America
American College of Medicine
Japan Internal Medicine Society

MEDIA

11/2008 Nikkei Medical Journal- Cadetto-
Interview - Japanese Doctors in Unites States

VOLUNTEER EXPERIENCE

6/2008 Medical Volunteer Staff
Worked as a medical volunteer staff at Japan Day Festival, New York, NY, USA

10/2004 Emergent Medical Volunteer Staff (Niigata Chuetsu Earth Quake)
Worked as an emergency rescue team staff at Ojiya-city, Niigata, Japan

LANGUAGE

English, Japanese (first language), Spanish (very simple conversational level)