

BIOGRAPHICAL SKETCH

NAME Pittas, Anastassios, G	POSITION TITLE
eRA COMMONS USER NAME apittas	Associate Professor of Medicine; Adjunct Associate Professor of Nutrition, Science & Policy

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
Massachusetts Institute of Technology	B.S.	1987 - 1991	Biology
Cornell University Medical College	M.D.	1991 - 1995	Medicine
New York Presbyterian Hospital at Cornell	Post-Doctoral	1995 - 1998	Residency, Internal Medicine
Tufts Medical Center	Post-Doctoral	1998 - 2000	Fellowship, Endocrinology
Tufts Sch. of Graduate Biomedical Sciences	M.S.	Feb 2006	Clinical Research

A. Positions and Honors

Positions and Employment

- 2000 - Attending Physician, Division of Endocrinology, Tufts Medical Center (**TuftsMC**), Boston MA
- 2000 - 2007 Assistant Professor of Medicine, Tufts U. School of Medicine (**TUSM**), Boston MA
- 2002 - Center Scientist, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts U.
- 2006 - 2007 Adjunct Assistant Professor, Friedman School of Nutrition, Science and Policy at Tufts U.
- 2007 - Associate Professor of Medicine, Tufts U. School of Medicine (**TUSM**), Boston MA
- 2007- Adjunct Associate Professor, Friedman School of Nutrition, Science and Policy at Tufts U.

Other Experience and Professional Memberships

- 1998 - Member, Massachusetts Medical Society
- 1998 - 2008 Diplomat in Internal Medicine (American Board of Internal Medicine)
- 2000 - Diplomat in Endocrinology and Metabolism (American Board of Internal Medicine)
- 2000 - 2009 Director, Pathophysiology Course - Endocrine Section, Tufts U. School of Medicine
- 2001 - 2007 Member, Curriculum Committee, Tufts U. School of Medicine
- 2001 - Member, American Diabetes Association
- 2001 - Co-Director, The Friedman Foundation Diabetes Program, Tufts Medical Center
- 2001 - Reviewer, *American Board of Internal Medicine - Endocrinology, Diabetes and Metabolism*
- 2004 - Reviewer, *American Journal of Kidney Disease, Annals of Internal Medicine, American Journal of Clinical Nutrition, Archives of Disease in Childhood/BMJ Group, Archives of Internal Medicine, Clinical Endocrinology, Endocrine, European Journal of Clinical Nutrition, Canadian Medical Association Journal, Diabetes Care, Diabetologia, Endocrine Practice, Journal of Nutrition, Journal of the American College of Nutrition, The Lancet, Nutrition Reviews, Obesity, European Journal of Nutrition*
- 2004 - Consultant/Reviewer, Tufts Medical Center Evidence-based Practice Center
- 2004 - Member, NAASO - The Obesity Society
- 2004 - Member as Investigator, Boston Obesity Nutrition Research Center
- 2006 - Expert Reviewer (grant applications), *Canadian Institutes of Health Research; Diabetes United Kingdom; Children's Medical Research Foundation, Australia; Health Research Council of New Zealand*
- Various Member, NIH Study Section - Clinical & Integrative Diabetes and Obesity [2008.February; 2009.February]
- Various Member, NIH Special Emphasis Panel - Pilot and Feasibility Clinical Research Grants in Diabetes, Endocrine and Metabolic Diseases [2008.July; 2008.October; 2009.July; 2009 Nov]
- 2009 Reviewer (grant applications), *Boston Area Diabetes Endocrinology Research Center*

Honors & Awards

1977 - 1987	Recipient of an academic 10-year full scholarship, Athens College, Greece
1998	Sigma-Xi Scientific Society, Massachusetts Institute of Technology, Cambridge, MA
1992 & 1993	Teagle Scholar, Cornell University Medical College, New York, NY
1995	Hellenic Medical Society of New York Medical Scholarship Award, New York, NY
1995	Papanicolaou Fellow in Clinical Anatomy, Cornell U Medical College, New York, NY
1999	Oliver Smith Award in recognition of excellence, compassion and extraordinary service and caring, Tufts Medical Center, Boston, MA
2000 - 2002	The Dr. Gerald J. and Dorothy R. Friedman Foundation Scholar, Tufts Medical Center, Boston
2001 - 2004	Provider Recognition Award, American Diabetes Association
2004	Membership, Diabetes Care Link, Bridges to Excellence
Various	Letter of Commendation for exceptionally fine quality of reviews: <i>Annals of Internal Medicine</i> , <i>Archives of Internal Medicine</i> , <i>Canadian Medical Association Journal</i> and <i>Diabetologia</i> .
2006	Nominated for the 2005-6 Milton O. M'30 and Natalie V. Zucker Clinical Teaching Prize for Innovation at Tufts U. School of Medicine
2007	Oliver Smith Award in recognition of extraordinary and thoughtful care and service to patients, Tufts Medical Center, Boston, MA

B. Selected out of over 45 peer-reviewed publications or manuscripts *in press*. Friedman fellows are highlighted.

1. Ordovas J, **Pittas AG** and Greenberg AS. Might the diabetic environment in utero lead to type 2 diabetes? [Lancet](#) 2003;361(9372): 1839-40 [PMID: 12788565]
2. **Pittas AG**, Joseph N and Greenberg AS. HOT TOPIC: Adipocytokines and insulin resistance. [J Clin Endocrinol Metab](#) 2004;89(2): 447-452 [PMID: 14764746]
3. **Pittas AG**, Siegel RD and Lau J. Insulin therapy for critically ill hospitalized patients. A meta-analysis of randomized controlled trials. [Arch Intern Med](#) 2004;164: 2005-11 [PMID: 15177435]
4. **Pittas AG**, Hariharan R, Stark PC, Hajduk CL, Greenberg AS, Roberts SB. Interstitial Glucose Level is a Significant Predictor of Energy Intake in Free-Living Women with Healthy Body Weight. [J Nutr](#) 2005 May; 135(5):1070-4 [PMID: 15867283]
5. **Pittas AG**, Das SK, Hajduk CL, Golden J, Saltzman E, Stark PC, Greenberg AS and Roberts SB. A low glycemic load diet facilitates greater weight loss in overweight adults with high insulin secretion but not in overweight adults with low insulin secretion in the CALERIE trial. [Diabetes Care](#) 2005;28(12): 2939-41
6. **Pittas AG**, Dawson-Hughes B, Li T, Willett WC, Van Dam RV, **Manson JE** and Hu FB. Vitamin D and Calcium Intake in Relation to type 2 Diabetes. [Diabetes Care](#) 2006;29(3): 650-6. [PMID: 16505521]
7. **Pittas AG** and Roberts SB. Dietary composition and weight loss: can we individualize dietary prescriptions according to insulin sensitivity or secretion status? [Nutr Rev](#) October 2006;64(10): 435-448. [PMID: 17063925]
8. **Ceglia L**, Lau J and **Pittas AG**. Efficacy and safety of inhaled insulin therapy in adults with diabetes mellitus. A systematic review. [Ann Intern Med](#) 2006;145:665-675. [PMID: 17088580]
9. **Pittas AG**, Roberts SB, Das SK, Gilhooly CH, Golden J, Saltzman E, Stark PC and Greenberg AS. The effects of the dietary glycemic load on type 2 diabetes risk factors during weight loss. [Obesity](#) 2006; 14(12): 2200-2209. [PMID: 17189547]
10. **Pittas AG**, Harris S, Stark P and Dawson-Hughes B. The Effects of Calcium and Vitamin D Supplementation on Blood Glucose and Markers of Inflammation in Non-diabetic Adults. [Diabetes Care](#) 2007;30(4):980-986
11. **Pittas AG**, Lau J, Hu F and Dawson-Hughes B. The Role of Vitamin D and Calcium in type 2 diabetes. A Systematic Review and Meta-Analysis. [J Clin Endocrinol Metab](#) 2007;92:2017-2029. [PMCID 2805234]
12. **Amori R**, Lau J and **Pittas AG**. Incretin Therapy in Type 2 Diabetes. A meta-analysis of randomized trials [JAMA](#) 2007;298(2):194-206 [PMID: 17622601]

13. Balk ME, Tatsioni A, Lichtenstein AH, Lau J and **Pittas AG**. Effect of Chromium Supplementation on Glucose Metabolism and Lipids: A Systematic Review of Randomized Controlled Trials [Diabetes Care](#) 2007;30(8):2154-2163
14. **Lubowsky ND**, Siegel R and **Pittas AG**. Management of Glycemia in Patients with Diabetes Mellitus and CKD [Am J Kidney Dis](#) 2007; 50 (5):865-879 [PMID: 17954300]
15. Alexandraki KI, Makras P, Protogerou AD, Dimitriou K, Stathopoulou A, Papadogias DS, Voidonikol P, Piaditis G, **Pittas A**, Papamichael CM, Grossman AB and Kaltsas G. Cardiovascular risk factors in adult patients with multisystem Langerhans-cell histiocytosis: evidence of glucose metabolism abnormalities. [Q J Med](#) 2008 Jan 101(1):31-40 [PMID: 18160417]
16. Peechakara S and **Pittas AG**. Vitamin D as a potential modifier of diabetes risk. [Nature Reviews Endocrinology](#) 2008 Apr(4)182-3 [PMID 18283325]
17. Das SK, Gilhooly CH, Golden JK, **Pittas AG**, Fuss PJ, Dallal GE, McCrory MA, Saltzman E and Roberts SB. Long-term effects of energy-restricted diets differing in glycemic load on metabolic adaptation and body composition. [The Open Nutr J](#) 2008 (2) 76-85.
18. Mitri J, Castillo J Jorge Castillo and **Pittas AG**. Diabetes mellitus and risk of non-Hodgkin's lymphoma: A meta-analysis of observational studies. [Diabetes Care](#) 2008;31(12):2391-7 [PMCID 2584201]
19. Voidonikola PT, Stamatelopoulos KS, Alevizaki M, Kollias G, Zakopoulos N, Lekakis J, Anastasiou E, MD^a, Theodorakis M, **Pittas AG** and Papamichael CM. The association between glycemia and endothelial function in non-diabetic individuals: the importance of body weight. [Obesity](#) 2008; Dec 16(12):2658-62 [PMCID in Process]
20. **Amori RE**, **Pittas AG**, Siegel RD, Kumar S, Chen JS, Karnam S, MS-2, Golden SH and Salem DN. Inpatient medical errors involving glucose lowering medications and their impact on patients. [Endocr Pract](#) 2008 (14) 535-542 [PMID 18753094]
21. Mitri J and **Pittas AG**. Inhaled insulin what went wrong. [Nature Reviews Endocrinology](#) 2009;5(1):24-5 [PMCID in Process]
22. **Pittas AG**, Harris SS, Eliades M, Stark P and Dawson-Hughes B. Association between serum osteocalcin and markers of metabolic phenotype. [J Clin Endocrinol Metab](#) 2009;94(3):827-832 [PMCID: PMC2681283]
23. Liu E, Meigs JB, **Pittas AG**, McKeown NM, Economos CD, Booth SL, Jacques PF. Plasma 25-hydroxyvitamin D is associated with markers of the insulin resistance phenotype in non-diabetic adults. [J. Nutr](#) 2009;139(2):329-34 [PMCID: PMC2646208]
24. Elder SJ, Lichtenstein AH, **Pittas AG**, Roberts SB, Fuss PJ, Greenberg AS, McCrory MA, Bouchard TJ, Edward Saltzman E, and Neale MC. Genetic and environmental influences on factors associated with cardiovascular disease and the metabolic syndrome [J Lipid Res](#) 2009 Apr 16 [Epub ahead of print] [PMID 19372593] [PMC Journal – In Process](#)
25. **Pittas AG**, Laskowski U, Kos L and Saltzman E. The role of vitamin D in adults requiring nutrition therapy [J Parenter Enteral Nutr](#) 2009 (in press)
26. Eliades M and **Pittas AG**. Vitamin D and type 2 diabetes. [Clinic Rev Bone Miner Metab](#) 2009 (in press)

C. Research Support

Ongoing Research Support – ordered from most relevant to least relevant for this application

NGA-5U01-AG020480-04 (Roberts)
NIH / NIA

5/15/2002 - 4/30/2009

Dietary Energy Restriction and Metabolic Aging in Humans

Major goal: To understand the relevance of caloric restriction to human health, as well as to contribute to the development of new avenues for long-term treatment of overweight and obesity.

Role: Co-Investigator / Study Physician

RO1 DK073321-01 (Lichtenstein) 9/1/2007 - 8/31/2012
NIH / NIDDK
Evaluation of Glycemic Index to Assess Diet-Associated Chronic Disease Risk
Major Goal: To assess the variability in GI determinations of food under strictly controlled conditions
Role: Consultant (no support)

R01 DK076092 (Pittas) 9/30/2006 - 7/31/2011
NIH / NIDDK / ODS
Vitamin D and Calcium Homeostasis in Relation to Type 2 Diabetes: A randomized trial
Major goal: A short-term trial to define the effects of vitamin D and calcium supplementation on glucose metabolism, including insulin sensitivity and insulin secretion, in individuals at high risk for type 2 diabetes.
Role: Principal Investigator

R21 DK078867 (Pittas) 9/30/2007 - 9/29/2009
NIH / NIDDK
Vitamin D status and Type 2 Diabetes
Major goal: To assess the relationship between vitamin D status and type 2 diabetes (nested case-control).
Role: Principal Investigator

R01 DK79003 (Pittas) 9/30/2008 - 9/29/2011
NIH / NIDDK / ODS
Vitamin D Status in Relation to Incident Type 2 Diabetes and Cardiometabolic Risk
Major goal: To measure the association between vitamin D status and risk of developing type 2 diabetes and cardiometabolic disease in the Diabetes Prevention Program.
Role: Principal Investigator

7-08-CR-27 (Harris) 7/1/2008 - 6/30/2011
American Diabetes Association
Vitamin D, glucose control and insulin sensitivity in African-Americans
Major goal: A 12-week randomized controlled trial to examine the effect of vitamin D supplementation on insulin secretion, insulin sensitivity and glucose control in pre-diabetic black men and women.
Role: Co-Investigator

AHRQ/Contract No. HHS 290 2007 10055 I (Lau) 9/1/2007 - 8/31/2012
AHRQ
Evidence-Based Practice Centers III
Major goal: This task-order contract will produce evidence reports and technology assessments that will be used by systems of care, professional societies, purchasers and others.
Role: Expert Consultant

Marilyn Fishman Grant for Diabetes Research (Mitri) 11/1/2009 – 10/31/2011
Endocrine Fellows Foundation
The effects of vitamin D supplementation on systemic inflammation, lipid profile and endothelial dysfunction
Major goal: This ancillary study to the CADDM trial will determine the effects of vitamin D supplementation on systemic inflammation, lipid profile and endothelial dysfunction in participants with pre-diabetes.
Role: Mentor (no funding)

Completed Research Support (last 3 years) – ordered from most relevant to least relevant to this application

K23 DK061506 (Pittas) 9/30/2002 - 9/29/2007
NIH / NIDDK
Glycemic Index and Metabolic Syndrome: A randomized trial
Major goal: To define the effects of the dietary glycemic index on measures related to the metabolic syndrome
Role: Principal Investigator