

LAURENCE S. SPERLING, M.D., FACC, FAHA, FACP, FASPC

### BIOGRAPHICAL INFORMATION

Laurence S. Sperling, M.D., FACC, FAHA, FACP, FASPC is the Founder and Director of The Heart Disease Prevention Center at Emory. He is currently the Katz Professor in Preventive Cardiology at the Emory University School of Medicine, and Professor of Global Health in the Rollins School of Public Health. Dr. Sperling served as the President of the American Society for Preventive Cardiology from 2014-2016, and currently serves on the writing committee of the ACC/ AHA Guideline on the Management on Blood Cholesterol.

Dr. Sperling is originally from New York. He received his undergraduate degree from Emory College where he was accepted into Emory University School of Medicine's Early Acceptance Program as a college sophomore. He graduated with his M.D. in 1989, and subsequently completed 8 additional years of training at Emory including a residency in internal medicine, chief resident year at Emory University Hospital, an NIH-supported research fellowship in molecular and vascular medicine, and a clinical fellowship in cardiovascular diseases.

Dr. Sperling was awarded The American College of Cardiology Harry B. Graf Career Development Award for Heart Disease Prevention and The American Heart Association Council on Clinical Cardiology Scholarship for Physical Activity and Public Health in 2001. He is the recipient of the 2017 Award of Honor from the Alumni Association of Emory University School of Medicine.

Dr. Sperling serves or has served as medical director for a number of unique programs at Emory including The HeartWise Risk Reduction Program, InterVent Atlanta, Staying Aloft and has served as special consultant to The Centers for Disease Control. He founded (in 2004) and directs the first and only LDL apheresis program in the state of Georgia, and is the PI for The National FH Registry site at Emory. He has been voted one of America's and Atlanta's Top Doctors and has appeared often on local and national TV, newspaper, radio, and magazines. In 2011 he was chosen as one of 20 national dietary experts by U.S. News and World Report to evaluate and rank America's popular diets and has participated in this analysis annually since then. He has received awards for excellence in both teaching (including 4 Apple Awards and The Dean's Teaching Award) and mentorship (Emory SOM 2018 Mentorship Award). He was chosen by the Dean of Emory University School of Medicine to be among the first faculty society advisors for the school's new curriculum. He served as Associate Director of the Cardiovascular Fellowship Training program at Emory for over a decade. He has been an investigator in a number of important clinical trials including JUPITER, COURAGE, and BARI-2D and has authored over 250 manuscripts, abstracts, and book chapters. He was co-editor of the American College of Cardiology's Diabetes Self Assessment Program, was a member of the American College of Cardiology Prevention Committee, and currently serves as Co-Chairman of the American College of Cardiology's Diabetes and Cardiometabolic Working group. He also served on the ACC's Population Health Policy and Health

Promotions committee. He currently sits on the Research and Publications committee of the National Diabetes Collaborative Registry and is Co-Chair of the World Heart Federation Roadmap for Prevention of CVD among people with diabetes. He was a member of the steering committee and moderator for the Inaugural U.S. Familial Hypercholesterolemia Summit in September 2013. Dr. Sperling is the Director of the ESCAPE CV Prevention meeting, now in its 17<sup>th</sup> year. He was a visiting Professor on the faculty of the Imperial College of London (National Heart & Lung Institute) working with current World Heart Federation President, David Wood, and has delivered invited presentations on every continent except for Antarctica.

Dr. Sperling has been a marathon runner having completed the New York, Prague, and Atlanta marathons. In 2010 he ran the original course from Marathon to Athens, Greece to celebrate the 2500th anniversary of this event. He lives in the Druid Hills neighborhood of Atlanta with his wife, Dr. Sidney Barr. His sons, Mathew and Daniel, are current undergraduate students at Emory.