

CURRICULUM VITAE

The Johns Hopkins University School of Medicine

ERIN D. MICHOS, MD, MHS, FACC, FAHA, FASE, FASPC

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Maiden name: Erin Kathleen Donnelly, MD

DEMOGRAPHIC AND PERSONAL INFORMATION:

Current Appointments:

2014-present Associate Professor of Medicine
Department of Medicine, Division of Cardiology (Primary)
Johns Hopkins University School of Medicine

2019-present Director, Women's Cardiovascular Health
Division of Cardiology, Johns Hopkins School of Medicine

2014-present Associate Director, Preventive Cardiology
Ciccarone Center for the Prevention of Heart Disease
Division of Cardiology, Johns Hopkins School of Medicine

2014-present Associate Professor of Epidemiology
Department of Epidemiology (secondary)
Johns Hopkins Bloomberg School of Public Health

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Education and Training

Undergraduate Education

- 1996 (B.A.) Molecular Biology, Northwestern University, Evanston, IL

Doctoral/graduate Education

- 2000 (M.D.) Medicine, Northwestern University Feinberg School of Medicine, Chicago, IL
- 2007 (M.H.S.) Cardiovascular Epidemiology, Johns Hopkins School of Public Health, Baltimore, MD

Postdoctoral Training

- 2000-2001 Intern, Osler Internal Medicine Residency, Johns Hopkins Hospital, Baltimore MD
- 2001-2003 Resident, Osler Internal Medicine Residency, Johns Hopkins Hospital, Baltimore MD
- 2003-2007 Fellow, Cardiovascular Diseases, Johns Hopkins Hospital, Baltimore, MD
- 2011-2012 Trainee, Leadership Development Training for Women Faculty, Johns Hopkins, Baltimore, MD

Professional Experience:

- 2007-2008 Instructor, Division of Cardiology/Dept. of Medicine, Johns Hopkins School of Medicine, Baltimore, MD
- 2008-2014 Assistant Professor, Division of Cardiology/Dept. of Medicine, Johns Hopkins School of Medicine, Baltimore, MD
- 2010-2014 Assistant Professor, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
- 2014-pres Associate Professor, Division of Cardiology/Dept. of Medicine, Johns Hopkins School of Medicine, Baltimore, MD
- 2014-pres Associate Professor, Dept. of Epidemiology, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD
- 2014-pres Associate Director, Preventive Cardiology, Ciccarone Center for the Prevention of Cardiovascular Disease, Johns Hopkins School of Medicine, Baltimore, MD
- 2015-pres Associate Faculty, Welch Center for Prevention, Epidemiology, and Clinical Research, Baltimore, MD
- 2015-2019 Women's Task Force Chair and member of Cardiology Executive Committee, Division of Cardiology, Johns Hopkins School of Medicine, Baltimore, MD
- 2016-2020 Training Director, AHA Strategic Focused Research Network in Women's Cardiovascular Health at Johns Hopkins School of Medicine, Baltimore, MD
- 2017-pres Physician Communication Liaison, Johns Hopkins Marketing Department
- 2017-2019 ACGME Cardiology Fellowship Faculty Review Committee, Johns Hopkins School of Medicine
- 2017-pres Editorial Board, *Circulation* Journal
- 2018-2019 ACC/AHA Writing Committee for Cardiovascular Prevention Guidelines
- 2018-pres American Heart Association (AHA) Funding Subcommittee member
- 2018-pres AHA Research Leadership Academy Planning Committee
- 2018-2019 Society Cardiac Computed Tomography (SCCT) Scientific Session planning committee, social media working group
- 2018-pres KDIGO Management of Diabetes & CKD Guideline Work Group
- 2019-pres Fellow of the American Society of Echocardiography (FASE)
- 2019-pres American College of Cardiology Prevention Leadership Council
- 2019-pres Director, Women's Cardiovascular Health, Johns Hopkins School of Medicine
- 2019-2020 Chair, American Society of Echo #ASECares Task Force
- 2019-pres Echo Education Committee, Div of Cardiology, Johns Hopkins
- 2019-2022 Board of Directors, American Society of Preventive Cardiology (ASPC)
- 2020-pres Fellow of the American Society of Preventive Cardiology (FASPC)

- 2020-pres Associate Editor, *American Journal of Preventive Cardiology*
- 2020-pres Associate Editor, *Circulation* COVID-19 team
- 2020-2024 Training Director, AHA Strategic Focused Research Network in Cardiometabolic Health at Johns Hopkins School of Medicine, Baltimore, MD
- 2020-pres American Heart Association National COVID-19 Registry, Research and Publication Subcommittee

PUBLICATIONS

Publication statistics (calculated via Google Scholar on 9-9-2020):

h-index = 54 i10-index = 174 Total citations = 14,218

Publications (all peer reviewed)	Original Science	Editorials, Review Articles, Guidelines	Book Chapters	Totals
First Author	14	25	4	43
Senior (Last) Author	81	31	3	115
Co-Author	152	37	0	189
Total	247	93	7	347

Dr. Michos has published as 1st or senior author in many high impact journals including the *New England Journal of Medicine*, *Annals of Internal Medicine*, the *Lancet*, *Circulation*, *Journal of American College of Cardiology*, *JAMA Internal Medicine*

[*Mentees are underlined in the list below].

Original Science Research Publications (peer reviewed):

1. Nasir K, **Michos ED**, Rumberger JA, Braunstein JB, Post WS, Budoff MJ, Blumenthal RS. Coronary Artery Calcification and Family History of Premature Coronary Heart Disease: Sibling History Is More Strongly Associated Than Parental History. *Circulation*. 2004; 110:2150-6.
2. **Michos ED**, Nasir K, Rumberger JA, Vasamreddy CR, Braunstein JB, Budoff MJ, Blumenthal RS. Relation of Family History of Premature Coronary Heart Disease and Metabolic Risk Factors to Risk of Coronary Arterial Calcium in Asymptomatic Individuals. *Am J of Cardiol*. 2005; 95:655-57.
3. **Michos ED**, Vasamreddy CR, Becker DM, Yanek LR, Moy TF, Fishman E, Becker LC, Blumenthal RS. Women with a Low Framingham Risk Score and a Family History of Premature CHD Have a High Prevalence of Subclinical Atherosclerosis. *Am Heart J*. 2005; 150:1276-81.

4. Nasir K, **Michos ED**, Blumenthal RS, Raggi P. Detection of High-Risk Asymptomatic Adults with Coronary Calcium and National Cholesterol Education Panel-III Guidelines. *J Am Coll Cardiol*. 2005; 46:1931-6.
5. **Michos ED**, Nasir K, Braunstein JB, Rumberger JA, Budoff MJ, Post WS, Blumenthal RS. Framingham Risk Equation Underestimates Subclinical Atherosclerosis Risk in Asymptomatic Women. *Atherosclerosis*. 2006; 184:201-6.
6. Blumenthal RS, Becker DM, Yanek LR, Moy TE, **Michos ED**, Fishman EK, Becker LC. Comparison of Coronary Calcium and Stress Myocardial Perfusion Imaging in Apparently Healthy Siblings of Individuals with Premature Coronary Artery Disease. *Am J Cardiol*. 2006; 97:328-33.
7. **Michos ED**, Vaidya D, Gapstur SM, Schreiner PJ, Golden SH, Wong ND, Criqui MH, Ouyang P. Sex Hormones, Sex Hormone Binding Globulin, and Abdominal Aortic Calcification in Women and Men in the Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2008; 200(2):432-8.
8. Melamed ML*, **Michos ED***, Post W, Astor B. 25(OH) Vitamin D Levels and the Risk of Mortality in the General Population. *Archives of Internal Medicine* 2008; 168:1629-37.*These authors contributed equally to the work.
9. Pollin IS, Kral BG, Shattuck T, Sadler MD, Boyle JR, McKillop L, Campbell C, Ashen MD, Nasir K, Redberg RF, BrintzenhofeSzoc K, Blumenthal RS, **Michos ED**. High Prevalence of Cardiometabolic Risk Factors in Women Considered Low Risk by Traditional Risk Assessment. *Journal of Women's Health* 2008; 17:947-53.
10. Melamed ML, Muntner P, **Michos ED**, Uribarri J, Weber C, Sharma J, Raggi P. Serum 25-hydroxyvitamin D Levels and the Prevalence of Peripheral Arterial Disease: Results from NHANES 2001-2004. *Athero Thromb Vasc Biol*. 2008; 28(6):1179-85.
11. **Michos ED**, Santos RD, Narla V, Pandey S, Meneghelo R, Carvalho JA, Budoff MJ, Blumenthal RS, Nasir K. Favorable cardiovascular risk factor profile is associated with reduced prevalence of coronary artery calcification and inflammation in asymptomatic non-diabetic white men. *Preventive Cardiology*. 2008; 11(4):189-94.
12. Reis JP, **Michos ED**, von Muhlen D, Miller ER. Differences in vitamin D status as a possible contributor to the racial disparity in peripheral arterial disease. *Am J Clin Nutr*. 2008; 88:1469-77.
13. Narla V, Santos RD, Campbell CY, Carvalho JAM, Nasir K, Budoff MJ, Blumenthal RS, **Michos ED**. Coronary artery calcification and inflammation according to various metabolic syndrome definitions. *Journal of Cardiometabolic Syndrome*. 2009; 4(1):33-9.
14. **Michos ED**, Streeten EA, Ryan KA, Rampersaud E, Peyser PA, Bielak LF, Shuldiner AR, Mitchell BD, Post W. Serum 25-hydroxyvitamin D levels are not associated with

- subclinical vascular disease or C-reactive protein in the Old Order Amish. *Calcific Tissue International*. 2009; 84(3):195-202.
15. **Michos ED**, Rice KM, Szklo M, Burke GL, Siscovick DS, Tracy RP, Barr RG, Nettleton JA, Greenland P, Jacobs DR, Post W. Factors associated with low levels of subclinical vascular disease in older adults: Multi-Ethnic Study of Atherosclerosis. *Preventive Cardiology*. 2009; 12(2):72-9.
 16. **Michos ED**, Blumenthal RS. The Prevalence of Low LDL-Cholesterol with Elevated High Sensitivity C-Reactive Protein in the United States: Implications of the JUPITER Study. *J Am Coll Cardiol*. 2009; 53:931-935.
 17. Nettleton JA, Lutsey PL, Wang Y, Lima JA, **Michos ED**, Jacobs DR Jr. Diet Soda Intake and Risk of Incident Metabolic Syndrome and Type 2 Diabetes in the Multi-Ethnic Study of Atherosclerosis. *Diabetes Care*. 2009; 32(4):688-94.
 18. Reis JP, von Muhlen D, Miller ER III, **Michos ED**, Appel LJ. Vitamin D Status and Cardiometabolic Risk Factors in the US Adolescent Population. *Pediatrics*. 2009; 124(3):e371-9.
 19. Melamed ML, Munter P, **Michos ED**, Astor B, Powe NR, Hoststter TH. 25-Hydroxyvitamin D Levels and Progressive Kidney Disease: Contribution to the Excess Risk of ESRD in Non-Hispanic Blacks. *J Am Soc Nephrol*. 2009; 20(12):2631-9.
 20. Reis JP, von Muhlen D, **Michos ED**, Miller III ER, Appel LJ, Araneta MR, Barrett-Connor E. Serum vitamin D, parathyroid hormone levels, and carotid atherosclerosis. *Atherosclerosis*. 2009; 207(2):585-90.
 21. de Boer IH, Kestenbaum B, Shoben AB, **Michos ED**, Sarnak MJ, Siscovick DS. 25-Hydroxyvitamin D Levels Inversely Associate with Risk for Developing Coronary Artery Calcification. *J Am Soc Nephrol*. 2009; 20(8):1805-12.
 22. Menke A, Guallar E, Rohrmann S, Nelson WG, Rifai N, Kanarek N, Feinleib M, **Michos ED**, Dobs A, Platz EA. Sex Steroid Hormone Concentrations and Risk of Death in US Men. *Am J Epidemiol*. 2010; 171(5):583-92.
 23. Muntner P, Woodward M, Mann DM, Shimbo D, **Michos ED**, Blumenthal RS, Carson AP, Chen H, Arnett DK. Comparison of the Framingham Heart Study Hypertension Model With Blood Pressure Alone in the Prediction of Risk of Hypertension. The Multi-Ethnic Study of Atherosclerosis. *Hypertension*. 2010; 55(6):1339-45.
 24. Sanchez DR, Diex Roux AV, **Michos ED**, Blumenthal RS, Schreiner PJ, Burke GL, Watson K. Comparison of the Racial/Ethnic Prevalence of Regular Aspirin Use for the Primary Prevention of Coronary Heart Disease From the Multi-Ethnic Study of Atherosclerosis. *Am J Cardiol*. 2011; 107(1):41-46.

25. Okwuosa TM, Greenland P, Burke GL, Eng J, Cushman M, **Michos ED**, Ning H, Lloyd-Jones DM. Prediction of coronary artery calcium progression in individuals with low Framingham risk score: the multi-ethnic study of atherosclerosis. *JACC Cardiovasc Imaging*. 2012; 5(2):144-53.
26. **Michos ED**, Reis JP, Post WS, Lutsey PL, Gottesman RF, Mosley TH, Sharret AR, Melamed ML. 25(OH)D deficiency is associated with fatal stroke among whites but not blacks: The NHANES-III linked mortality files. *Nutrition*. 2012; 28(4):367-71.
27. Colangelo LA, Craft LL, Ouyang P, Liu K, Schreiner PJ, **Michos ED**, Gapstur SM. Association of sex hormones and SHBG with depressive symptoms in post-menopausal women: The Multi-Ethnic Study of Atherosclerosis. *Menopause* 2012; 19(8):877-85.
28. Auchincloss AH, Mujahid MS, Shen M, **Michos ED**, Whitt-Glover MC, Diez Roux AV. Neighborhood health-promoting resources and obesity risk (the Multi-Ethnic Study of Atherosclerosis). *Obesity*. 2013; 21(3):621-8.
29. Mann DM, Shimbo D, Cushman M, Lakoski S, Greenland P, Blumenthal RS, **Michos ED**, Lloyd-Jones DM, Munter P. C-reactive protein level and the incidence of eligibility for statin therapy: the Multi-Ethnic Study of Atherosclerosis. *Clin Cardiol*. 2013; 36(1):15-20.
30. Vranian MN, Keenan T, Blaha MJ, Silverman MG, **Michos ED**, Minder CM, Blumenthal RS, Nasir K, Meneghelo RS, Santos RD. Impact of Fitness Versus Obesity on Routinely Measured Cardiometabolic Risk in Young, Healthy Adults. *Am J Cardiol*. 2013; 111(7):991-5.
31. Smith BM, Kawut SM, Bluemke DA, Basner RC, Gomes AS, Hoffman E, Kalhan R, Lima JA, Liu CY, **Michos ED**, Prince MR, Rabbani L, Rabinowitz D, Shimbo D, Shea S, Barr RG. Pulmonary Hyperinflation and Left Ventricular Mass: The Multi-Ethnic Study of Atherosclerosis COPD Study. *Circulation*. 2013; 127(14):1503-11.
32. Smith BM, Prince MR, Hoffman EA, Bluemke DA, Liu CY, Rabinowitz D, Hueper K, Parikh M, Gomes AS, **Michos ED**, Lima J, Barr RG. Impaired Left Ventricular Filling in COPD and Emphysema: Is it the heart or the lungs?: The Multi-Ethnic Study of Atherosclerosis (MESA) COPD Study. *Chest*. 2013; 144(4):1143-51.
33. Blondon M, Sachs M, Hoofnagle AN, Ix JH, **Michos ED**, Korcarz C, Gepner AD, Siscovick DS, Kaufman JD, Stein JH, Kestenbaum B, de Boer IH. 25-Hydroxyvitamin D and Parathyroid Hormone Are Not Associated With Carotid Intima-Media Thickness or Plaque in the Multi-Ethnic Study of Atherosclerosis. *Arterioscler Thromb Vasc Biol*. 2013; 33(11):2639-45.
34. Martin SS, Blaha MJ, Toth PP, Joshi PH, McEvoy JW, Ahmed HM, Elshazly MB, Swiger KJ, **Michos ED**, Kwiterovich PO, Kulkarni KR, Chimera J, Cannon CP, Blumenthal RS, Jones SR. Very Large Database of Lipids: Rationale and Design. *Clin Cardiol*. 2013;36(11):641-8.

35. Minder CM, Shaya GE, **Michos ED**, Keenan TE, Blumenthal RS, Nasir K, Carvalho JA, Conceição RD, Santos RD, Blaha MJ. Relation between self-reported physical activity level, fitness, and cardiometabolic risk. *Am J Cardiol.* 2014;113(4):637-43.
36. Remigio-Baker RA, Diez Roux AV, Szklo M, Crum RM, Leoutsakos JM, Franco M, Schreiner PJ, Carnethon MR, Nettleton JA, Mujahid MS, **Michos ED**, Gary-Webb TL, Golden SH. Physical environment may modify the association between depressive symptoms and change in waist circumference: the multi-ethnic study of atherosclerosis. *Psychosomatics.* 2014;55(2):144-54.
37. Linefsky JP, O'Brien KD, Sachs M, Katz R, Eng J, **Michos ED**, Budoff MJ, de Boer I, Kestenbaum B. Serum phosphate is associated with aortic valve calcification in the Multi-ethnic Study of Atherosclerosis (MESA). *Atherosclerosis.* 2014;233(2):331-7.
38. Whelton SP, Narla V, Blaha MJ, Nasir K, Blumenthal RS, Jenny NS, Al-Mallah MH, **Michos ED**. Association between resting heart rate and inflammatory biomarkers (high-sensitivity C-reactive protein, interleukin-6, and fibrinogen) (from the Multi-Ethnic Study of Atherosclerosis). *Am J Cardiol.* 2014; 113(4):644-9.
39. Swiger KJ, Martin SS, Blaha MJ, Toth PP, Nasir K, **Michos ED**, Gerstenblith G, Blumenthal RS, Jones SR. Narrowing sex differences in lipoprotein cholesterol subclasses following mid-life: the very large database of lipids (VLDL-10B). *J Am Heart Assoc.* 2014 Apr 22;3(2):e000851.
40. **Michos ED**, Carson KA, Schneider ALC, Lutsey PL, Xing L, Sharrett AR, Alonso A, Coker LH, Gross M, Post W, Mosley TH, Gottesman RF. Vitamin D and Subclinical Cerebrovascular Disease: The Atherosclerosis Risk in Communities Brain Magnetic Resonance Imaging Study. *JAMA Neurol.* 2014; 71(7):863-71.
41. Schneider ALC, Lutsey PL, Alonso A, Gottesman RF, Sharrett AR, Carson KA, Gross M, Post WS, Knopman DS, Mosley TH, **Michos ED**. Vitamin D and Cognitive Function and Dementia Risk in a Biracial Cohort: the ARIC Brain Ancillary Study. *Eur J Neurol* 2014; 2014 Sep;21(9):1211-8, e69-70.
42. Lutsey PL, Alonso A, Selvin E, Pankow JS, **Michos ED**, Agarwal SK, Loehr LR, Eckfeldt JH, Coresh F. Fibroblast growth factor-23 and incident coronary heart disease, heart failure, and cardiovascular mortality: The Atherosclerosis Risk in Communities (ARIC) Study. *J Am Heart Assoc.* 2014; 10;3(3):e000936.
43. Lutsey PL, Alonso A, **Michos ED**, Loehr LR, Astor BC, Coresh J, Folsom AR. Serum magnesium, phosphorus, and calcium are associated with risk of incident heart failure: the Atherosclerosis Risk in Communities (ARIC) Study. *Am J Clin Nutr.* 2014;100(3):756-64.

44. Bengtson LG, Chen LY, Chamberlain AM, **Michos ED**, Whitsel EA, Lutsey PL, Duval S, Rosamond WD, Alonso A. Temporal trends in the occurrence and outcomes of atrial fibrillation in patients with acute myocardial infarction (from the Atherosclerosis Risk in Communities Surveillance Study). *Am J Cardiol*. 2014 Sep 1;114(5):692-7.
45. **Michos ED**, Wilson LM, Yeh HC, Berger Z, Suarez-Cuervo C, Stacy SR, Bass EB. Prognostic value of cardiac troponin in patients with chronic kidney disease without suspected acute coronary syndrome: a systematic review and meta-analysis. *Ann Intern Med*. 2014;161(7):491-501.
46. Stacy SR, Suarez-Cuervo C, Berger Z, Wilson LM, Yeh HC, Bass EB, **Michos ED**. Role of troponin in patients with chronic kidney disease and suspected acute coronary syndrome: a systematic review. *Ann Intern Med*. 2014;161(7):502-12.
47. Folsom AR, Alonso A, Misialek JR, **Michos ED**, Selvin E, Eckfeldt JH, Coresh J, Pankow JS, Lutsey PL. Parathyroid hormone concentration and risk of cardiovascular diseases: the Atherosclerosis Risk in Communities (ARIC) study. *Am Heart J*. 2014;168(3):296-302.
48. Rieke K, Durazo-Arvizu R, Liu K, **Michos ED**, Luke A, Kramer H. Association between anxiety levels and weight change in the multiethnic study of atherosclerosis. *J Obes*. 2014;2014:894627.
49. Aladin AI, Whelton SP, Al-Mallah MH, Blaha MJ, Keteyian SJ, Juraschek SP, Rubin J, Brawner CA, **Michos ED**. Relation of resting heart rate to risk for all-cause mortality by gender after considering exercise capacity (the Henry Ford exercise testing project). *Am J Cardiol*. 2014;114(11):1701-6.
50. Steffen BT, Guan W, Remaley AT, Paramsothy P, Heckbert SR, McClelland RL, Greenland P, **Michos ED**, Tsai MY. Use of lipoprotein particle measures for assessing coronary heart disease risk post-american heart association/american college of cardiology guidelines: the multi-ethnic study of atherosclerosis. *Arterioscler Thromb Vasc Biol*. 2015;35(2):448-54.
51. Lutsey PL, Eckfeldt JH, Ogagarue ER, Folsom AR, **Michos ED**, Gross M. The 25-hydroxyvitamin D3 C-3 epimer: Distribution, correlates, and reclassification of 25-hydroxyvitamin D status in the population-based Atherosclerosis Risk in Communities Study (ARIC). *Clinica Chimica Acta*, 2015;442C:75-81.
52. Yeboah J, Sillau S, Delaney JC, Blaha MJ, **Michos ED**, Young R, Qureshi WT, McClelland R, Burke GL, Psaty BM, Herrington DM. Implications of the new American College of Cardiology/American Heart Association cholesterol guidelines for primary atherosclerotic cardiovascular disease event prevention in a multi ethnic cohort: Multi-Ethnic Study of Atherosclerosis (MESA). *Am Heart J*. 2015 Mar;169(3):387-395.
53. Lutsey PL, **Michos ED**, Misialek JR, Pankow JS, Loehr L, Selvin E, Reis JP, Gross M, Eckfeldt JH, Folsom AR. Race and Vitamin D Binding Protein Gene Polymorphisms

- Modify the Association of 25-Hydroxyvitamin D and Incident Heart Failure: The ARIC (Atherosclerosis Risk in Communities) Study. *JACC Heart Fail*. 2015 May;3(5):347-56.
54. Takiar R, Lutsey PL, Zhao D, Guallar E, Schneider AL, Grams ME, Appel LJ, Selvin E, **Michos ED**. The associations of 25-hydroxyvitamin D levels, vitamin D binding protein gene polymorphisms, and race with risk of incident fracture-related hospitalization: Twenty-year follow-up in a bi-ethnic cohort (the ARIC Study). *Bone*. 2015 Apr 25;78:94-101.
 55. Reis JP, **Michos ED**, Selvin E, Pankow JS, Lutsey PL. Race, vitamin D-binding protein gene polymorphisms, 25-hydroxyvitamin D, and incident diabetes: the Atherosclerosis Risk in Communities (ARIC) Study. *Am J Clin Nutr*. 2015 Jun;101(6):1232-40.
 56. **Michos ED**, Misialek JR, Selvin E, Folsom AR, Pankow JS, Post WS, Lutsey PL. 25-hydroxyvitamin D levels, vitamin D binding protein gene polymorphisms and incident coronary heart disease among whites and blacks: The ARIC study. *Atherosclerosis*. 2015 Apr 25;241(1):12-17.
 57. Schneider ALC, Lutsey PL, Selvin E, Mosley TH, Sharrett AR, Carson KA, Post WS, James S, Pankow JS, Folsom AR, Gottesman RF, **Michos ED**. Vitamin D, Vitamin D Binding Protein Gene Polymorphisms, Race and Risk of Incident Stroke: The Atherosclerosis Risk in Communities (ARIC) Study. *Eur J Neurol*. 2015 Aug;22(8):1220-7.
 58. Hueper K, Vogel-Claussen J, Parikh MA, Austin JH, Bluemke DA, Carr J, Choi J, Goldstein TA, Gomes AS, Hoffman EA, Kawut SM, Lima J, **Michos ED**, Post WS, Po MJ, Prince MA, Liu K, Rabinowitz D, Skrok J, Smith BM, Watson K, Yin Y, Zambeli-Ljepovic AM, Barr RG. Pulmonary Microvascular Blood Flow in Mild Chronic Obstructive Pulmonary Disease and Emphysema. The MESA COPD Study. *Am J Respir Crit Care Med*. 2015 Sep 1;192(5):570-80.
 59. Aladin AI, Al Rifai M, Rasool SH, Keteyian SJ, Brawner CA, **Michos ED**, Blaha MJ, Al-Mallah MH, McEvoy JW. The Association of Resting Heart Rate and Incident Hypertension: The Henry Ford Hospital Exercise Testing (FIT) Project. *Am J Hypertens*. 2016 Feb;29(2):251-7
 60. Elshazly MB, Quispe R, **Michos ED**, Sniderman AD, Toth PP, Banach M, Kulkarni KR, Coresh J, Blumenthal RS, Jones SR, Martin SS. Patient-Level Discordance in Population Percentiles of the TC/HDL-C Ratio Compared with LDL-C and Non-HDL-C: The Very Large Database of Lipids Study (VLDL-2B). *Circulation*. 2015 Aug 25;132(8):667-76.
 61. Liu K, Colangelo LA, Daviglius ML, Goff DC, Pletcher M, Schreiner PJ, Sibley CT, Burke GL, Post WS, **Michos ED**, Lloyd-Jones DM. Can Antihypertensive Treatment Restore the Risk of Cardiovascular Disease to Ideal Levels?: The Coronary Artery Risk Development in Young Adults (CARDIA) Study and the Multi-Ethnic Study of Atherosclerosis (MESA). *J Am Heart Assoc*. 2015 Sep 21;4(9).

62. Martin SS, Feldman DI, Blumenthal RS, Jones SR, Post WS, McKibben RA, **Michos ED**, Ndumele CE, Ratchford EV, Coresh J, Blaha MJ. mActive: A Randomized Clinical Trial of an Automated mHealth Intervention for Physical Activity Promotion. *J Am Heart Assoc.* 2015 Nov 9;4(11).
63. McKibben RA, Zhao D, Lutsey PL, Schneider ALC, Guallar E, Mosley TH, **Michos ED**. Factors associated with change in 25-hydroxyvitamin D levels over longitudinal follow-up in the ARIC study. *J Clin Endocrinol Metab.* 2016 Jan;101(1):33-43.
64. Adesiyun T, Zhao D, Blaha MJ, Brawner CA, Keteyian SJ, Ehrman JK, Al-Mallah MH, **Michos ED**. Exercise parameters and risk of coronary artery disease and mortality among patients who use pulmonary medications: The FIT Project. *Am J Med.* 2016 Apr;129(4):446.e1-4.
65. Korada SK, Zhao D, Gottesman RF, Guallar E, Lutsey PL, Alonso A, Sharrett AR, Post WS, Reis JP, Mosley TH, **Michos ED**. Parathyroid Hormone and Subclinical Cerebrovascular Disease: The Atherosclerosis Risk in Communities Brain Magnetic Resonance Imaging Study. *J Stroke Cerebrovasc Dis.* 2016 Apr;25(4):883-93.
66. Reis JP, Selvin E, Pankow JS, **Michos ED**, Rebholz CM, Lutsey PL. Parathyroid hormone is associated with incident diabetes in white, but not black adults: The Atherosclerosis Risk in Communities (ARIC) Study. *Diabetes Metab.* 2016 Jun;42(3):162-9.
67. Alonso A, Misialek JR, **Michos ED**, Eckfeldt J, Selvin E, Soliman EZ, Chen LY, Gross MD, Lutsey PL. Serum 25-hydroxyvitamin D and the incidence of atrial fibrillation: the Atherosclerosis Risk in Communities (ARIC) study. *Europace.* 2016 Aug;18(8):1143-9.
68. Yao L, Folsom AR, Pankow JS, Selvin E, **Michos ED**, Alonso A, Tang W, Lutsey PL. Parathyroid hormone and the risk of incident hypertension: the Atherosclerosis Risk in Communities study. *J Hypertens.* 2016 Feb;34(2):196-203.
69. Lupton JR, Faridi KF, Martin SS, Sharma S, Kulkarni K, Jones SR, **Michos ED**. Deficient serum 25-hydroxyvitamin D is associated with an atherogenic lipid profile: The Very Large Database of Lipids (VLDL-3) Study. *J Clin Lipidol.* 2016; 10: 72-81.
70. Blondon M, Cushman M, Jenny N, **Michos ED**, Smith NL, Kestenbaum B, de Boer IH. Associations of serum 25-hydroxyvitamin D with hemostatic and inflammatory biomarkers in the Multi-Ethnic Study of Atherosclerosis. *J Clin Endocrinol Metab.* 2016 Jun;101(6):2348-57.
71. Dinca M, Serban MC, Sahebkar A, Mikhailidis DP, Toth PP, Martin SS, Blaha MJ, Blüher M, Gurban C, Penson P, **Michos ED**, Hernandez AV, Jones SR, Banach M; for Lipid Blood Pressure Meta-analysis Collaboration LBPMC Group. Does vitamin D

- supplementation alter plasma adipokines concentrations? A systematic review and meta-analysis of randomized controlled trials. *Pharmacol Res.* 2016 May; 107:360-71.
72. Tehrani DM, Zhao Y, Blaha MJ, Mora S, Mackey RH, **Michos ED**, Budoff MJ, Cromwell W, Otvos JD, Rosenblit PD, Wong ND. Discordance of Low-Density Lipoprotein and High-Density Lipoprotein Cholesterol Particle Versus Cholesterol Concentration for the Prediction of Cardiovascular Disease in Patients With Metabolic Syndrome and Diabetes Mellitus (from the Multi-Ethnic Study of Atherosclerosis [MESA]). *Am J Cardiol.* 2016 Jun 15;117(12):1921-7
 73. Al-Mallah MH, Juraschek SP, Whelton S, Dardari ZA, Ehrman JK, **Michos ED**, Blumenthal RS, Nasir K, Qureshi WT, Brawner CA, Keteyian SJ, Blaha MJ. Sex Differences in Cardiorespiratory Fitness and All-Cause Mortality: The Henry Ford Exercise Testing (FIT) Project. *Mayo Clin Proc.* 2016 Jun;91(6):755-62.
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Invited Editorial Publications (peer reviewed):

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Guidelines/Expert Panel Statements (peer reviewed):

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Technical reports (peer reviewed)

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State-of-the-Art Review Articles or Expert Commentaries (peer reviewed):

1. **Michos ED**, Ardehali R, Blumenthal RS, Lange RA, Ardehali H. Aspirin and Clopidogrel Resistance: A Review. *Mayo Clin Proc*. 2006; 81(4):518-26.
2. DeMazumder D, Blumenthal RS, **Michos ED**, Jones S. Should Statin Therapy Be Allocated on the Basis of Global Risk or on the Basis of Randomized Trial Evidence? *Am J Cardiology*. 2010; 106(6):905-9.
3. Minder CM, Blaha MJ, Tam L, Munoz D, **Michos ED**, Kaul S, Blumenthal RS. Making the case for selective use of statins in the primary prevention setting. *Arch Intern Med*. 2011;171(17):1593-4.
4. Minder CM, Blaha MJ, Horne A, **Michos ED**, Kaul S, Blumenthal RS. Evidence-based use of statins for primary prevention of cardiovascular disease. *Am J Med*. 2012; 125(5):440-6.
5. Martin SS, Metkus TS, Horne A, Blaha MJ, Hasan R, Campbell CY, Yousuf O, Joshi P, Kaul S, Miller M, **Michos ED**, Jones SR, Gluckman TJ, Cannon CP, Sperling LS, Blumenthal RS. Waiting for the National Cholesterol Education Program Adult Treatment Panel IV Guidelines, and in the meantime, some challenges and recommendations. *Am J Cardiol*. 2012; 110(2):307-13.

6. **Michos ED**, Sibley CT, Baer JT, Blaha MJ, Blumenthal RS. Niacin and statin combination therapy for atherosclerosis regression and prevention of cardiovascular disease events: reconciling the AIM-HIGH (Atherothrombosis Intervention in Metabolic Syndrome with Low HDL/High Triglycerides: Impact on Global Health Outcomes) trial with previous surrogate endpoint trials. *J Am Coll Cardiol*. 2012; 59(23):2058-64.
7. Martin SS, Abd TT, Jones SR, **Michos ED**, Blumenthal RS, Blaha MJ. 2013 American Cholesterol Treatment Guideline: What Was Done Well and What Could Be Done Better. *J Am Coll Cardiol*. 2014;63(24):2674-8.
8. Amin NP, Martin SS, Blaha MJ, Nasir K, Blumenthal RS, **Michos ED**. Headed in the Right Direction but at Risk for Miscalculation: A Critical Appraisal of the 2013 ACC/AHA Risk Assessment Guidelines. *J Am Coll Cardiol* 2014;63(25 Pt A):2789-94.
9. Kohli P, Whelton SP, Hsu S, Yancy CW, Stone NJ, Crispin J, Gilotra NA, Houston B, Ashen MD, Martin SS, Joshi PH, McEvoy JW, Gluckman TJ, **Michos ED**, Blaha MJ, Blumenthal RS. Clinician's guide to the updated ABCs of cardiovascular disease prevention. *J Am Heart Assoc*. 2014 Sep 22;3(5):e001098.
10. Bennet CS, Dahagam CR, Virani SS, Martin SS, Blumenthal RS, **Michos ED**, McEvoy JW. Lipid Management Guidelines from the Departments of Veteran Affairs and Defense: A Critique. *Am J Med*. 2016 Sep;129(9):906-12
11. **Michos ED**, Blaha MJ, Blumenthal RS. Use of the Coronary Artery Calcium Score in Discussion of Initiation of Statin Therapy in Primary Prevention. *Mayo Clin Proc*. 2017 Dec;92(12):1831-1841.
12. Cardoso R, Kaul S, Okada DR, Blumenthal RS, **Michos ED**. A Deeper Dive into the CANTOS "Responders" Sub-study. *Mayo Clin Proc*. 2018 Jul;93(7):830-833
13. Quispe R, Al-Rifai M, Di Carlo PA, **Michos ED**, Amin NP, Kianoush S, Handy CE, McEvoy JW, Blaha MJ, Nasir K, Blumenthal RS, Tota-Maharaj, Lima JAC, Comin-Colet J, Cainzos-Achirica M. Breast Arterial Calcium – A Game Changer in Women's Cardiovascular Health? *JACC Cardiovasc Imaging*. 2019 Mar 8. pii: S1936-878X(19)30144-5. doi: 10.1016/j.jcmg.2018.07.035. [Epub ahead of print]
14. Handy CE, Quispe R, Pinto X, Blaha MJ, Blumenthal RS, **Michos ED**, Lima JAC, Guallar E, Ryu S, Cho J, Kaye JA, Comin-Colet J, Corbella X, Cainzos-Achirica M. Synergistic Opportunities in the Interplay between Cancer Screening and Cardiovascular Disease Risk Assessment - Together We Are Stronger. *Circulation* 2018; 138(7):727-734. doi: 10.1161/CIRCULATIONAHA.118.035516.
15. Parwani P, Choi AD, Lopez-Mattei J, Raza S, Chen T, Narang A, **Michos ED**, Erwin JP 3rd, Mamas MA, Gulati M. Understanding Social Media: Underlying Motivation and Untapped Opportunities for Cardiovascular Medicine. *J Am Coll Cardiol*. 2019 Mar 12;73(9):1089-1093.

16. Pallazola VA, Davis DM, Whelton SP, Cardoso R, Latina JM, **Michos ED**, Sarkar S, Blumenthal RS, Arnett DK, Stone NJ, Welty FK. A Clinician's Guide to Healthy Eating for Cardiovascular Disease Prevention. *Mayo Clin Proc Innov Qual Outcomes*. 2019 Aug 1;3(3):251-267. doi: 10.1016/j.mayocpiqo.2019.05.001. eCollection 2019 Sep. Review.
17. Sabouret P, Angoulvant D, Pathak A, Costa F, Pezel T, **Michos ED**. A Look Beyond Statins and Ezetimibe: a Review of Other Lipid-Lowering Treatments for Cardiovascular Disease Prevention in High-Risk Patients. *Curr Cardiovasc Risk Rep*. 2019; 13 (32). <https://doi.org/10.1007/s12170-019-0627-8>
18. Khan MS, Shahadat A, Khan SU, Ahmed S, Doukky R, **Michos ED**, Kalra A. The Kardashian Index of Cardiologists. *Celebrities or Experts? JACC Case Rep*. 2020 Feb; 2(2) 330-332.
19. Singh M, McEvoy JW, Khan SU, Wood DA, Graham IM, Blumenthal RS, Mishra AK, **Michos ED**. Comparison of Transatlantic Approaches to Lipid Management: The AHA/ACC/Multisociety Guidelines vs the ESC/EAS Guidelines. *Mayo Clin Proc*. 2020 May;95(5):998-1014. doi: 10.1016/j.mayocp.2020.01.011.
20. Duffy EY, Cainzos-Achirica M, **Michos ED**. Primary and Secondary Prevention of Cardiovascular Disease in the Era of the Coronavirus Pandemic. *Circulation*. 2020 Apr 20. doi: 10.1161/CIRCULATIONAHA.120.047194. [Epub ahead of print]
21. Sharma G, Zakaria S, **Michos ED**, Bhatt AB, Lundberg GP, Florio KL, Vaught AJ, Ouyang P, Mehta L. Improving Cardiovascular Workforce Competencies in Cardio-Obstetrics: Current Challenges and Future Directions. *J Am Heart Assoc*. 2020 Jun 2; e015569. doi: 10.1161/JAHA.119.015569
22. Minhas AS, Scheel P, Garibaldi B, Liu G, Horton M, Jennings M, Jones SR, **Michos ED**, Hays AG. Takotsubo Syndrome in the Setting of COVID-19 Infection. *JACC Case Rep*. 2020 May 1. doi: 10.1016/j.jaccas.2020.04.023.
23. Sharma G, Volgman AS, **Michos ED**. Sex Differences in Mortality From COVID-19 Pandemic: Are Men Vulnerable and Women Protected? *JACC Case Rep*. 2020 May 4. doi: 10.1016/j.jaccas.2020.04.027.
24. Cho L, Davis M, Elgendy I, Epps K, Lindley KJ, Mehta PK, **Michos ED**, Minissian M, Pepine C, Vaccarino V, Volgman AS; ACC CVD Womens Committee Members. Summary of Updated Recommendations for Primary Prevention of Cardiovascular Disease in Women: JACC State-of-the-Art Review. *J Am Coll Cardiol*. 2020 May 26;75(20):2602-2618. doi: 10.1016/j.jacc.2020.03.060.
25. Razavi AC, Gingras V, **Michos ED**, Navar AM, Brown SA, Delker E, Foti K, Harrison S, Lu Y, Nierenberg JL, Scott J, Tang O, Thomas AG, Turkson-Ocran RA, Wallace A,

- Zhang M, Lancaster KJ, Lutsey PL, Selvin E. American Heart Association EPI|Lifestyle Scientific Sessions: 2020 Meeting Highlights. *J Am Heart Assoc.* 2020 Jun 1:e017252. doi: 10.1161/JAHA.120.017252.
26. Oren O, Yang EH, Gluckman TJ, **Michos ED**, Blumenthal RS, Gersh BJ. The Use of Chloroquine and Hydroxychloroquine in COVID-19 and Cardiovascular Implications: Understanding Safety Discrepancies to Improve Interpretation and Design of Clinical Trials. *Circ Arrhythm Electrophysiol.* 2020 May 21. doi: 10.1161/CIRCEP.120.008688.
 27. Kalra A, **Michos ED**, Chinnaiyan KM. COVID-19 and the healthcare workers. *European heart journal.* 2020 Jun 5;ehaa489. doi: 10.1093/eurheartj/ehaa489. [Epub Ahead of Print]
 28. Feldman DI, Dudum R, Alfaddagh A, Marvel FA, **Michos ED**, Blumenthal RS and Martin SS. Summarizing 2019 in Cardiovascular Prevention Using the Johns Hopkins Ciccarone Center for the Prevention of Cardiovascular Disease's 'ABC's Approach. *American Journal of Preventive Cardiology.* 2020:100027.
 29. Elder P, Sharma G, Gulati M and **Michos ED**. Identification of Female-Specific Risk Enhancers throughout the Lifespan of Women to Improve Cardiovascular Disease Prevention. *American Journal of Preventive Cardiology.* 2020:100028.
 30. Rao VN, Fudim M, Mentz RJ, **Michos ED**, Felker GM. Regional Adiposity and Heart Failure with Preserved Ejection Fraction. *Eur J Heart Fail.* 2020 Jul 3. doi: 10.1002/ejhf.1956. Online ahead of print.
 31. Usman MS, Siddiqi TJ, Khan MS, Patel UK, Shahid I, Ahmed J, Kalra A, **Michos ED**. Is there a smoker's paradox in COVID-19? *BMJ Evid Based Med.* 2020 Aug 11:bmjebm-2020-111492.
 32. Cardoso R, Dudum R, Ferraro RA, Bittencourt M, Blankstein R, Blaha MJ, Nasir K, Rajagopalan S, **Michos ED**, Blumenthal RS, Cainzos-Achirica M. Cardiac Computed Tomography for Personalized Management of Patients With Type 2 Diabetes Mellitus. *Circ Cardiovasc Imaging.* 2020 Sep;13(9):e011365.
 33. Greenland P, **Michos ED**, Redmond N, Fine LJ, Alexander KP, Ambrosius WT, Bibbins-Domingo K, Blaha MJ, Blankstein R, Fortmann SP, Khera A, Lloyd-Jones DM, Maron DJ, Min JK, Muhlestein JB, Nasir K, Sterling MR, Thanassoulis G. Primary Prevention Trial Designs Using Coronary Imaging: A National Heart, Lung, and Blood Institute Workshop. *JACC Cardiovasc Imaging.* 2020 Sep 11:S1936-878X(20)30650-1. doi: 10.1016/j.jcmg.2020.06.042. Online ahead of print.

Book Chapters (peer/editor reviewed):

1. McEvoy JW, Blumenthal RS, **Michos ED**. “Chapter 2: Cardiac Prevention Guidelines”. *Pathophysiology and Pharmacotherapy of Cardiovascular Disease*, Publisher: Springer, 2015
2. **Michos ED**. Chapter on “Cardiovascular Disease Prevention in Women” for *American Society of Preventive Cardiology (ASPC) Primer on Preventive Cardiology*, Demos Medical Publishing, 2015 Demos Medical Publishing.
3. Martin SS, Joshi P, **Michos ED**. Chapter on “Lipids in Coronary Heart Disease: From Epidemiology to Therapeutics” for the book *Translational Research in Coronary Artery Disease: Pathophysiology to Treatment* to be published by Elsevier 2015
4. **Michos ED**, Blaha MJ, Martin SS, Blumenthal RS. Chapter on “Screening for Atherosclerotic Cardiovascular Disease in Asymptomatic Individuals”. for: *Chronic Coronary Artery Disease: A Companion to Braunwald’s Heart Disease*. Publisher Elsevier. 2016.
5. Sharma G, Minhas A, **Michos ED**. Chapter on “Sex-specific Prevention of Cardiovascular Disease” in *Pathophysiology, Presentation, Diagnosis, and Management of Cardiac Diseases*, edited by Malissa Wood and Niti R. Aggarwal, Publisher Elsevier. 2020.

Electronic Book Chapters:

1. **Michos ED**. Manifestation of ischemic heart disease in women. *The Johns Hopkins Menopause Guide*. Johns Hopkins POC-IT Center (Johns Hopkins Point of Care Information Technology Center), Baltimore, MD. February, 2018.
2. **Michos ED**. Cardiovascular disease risk factors in women. *The Johns Hopkins Menopause Guide*. Johns Hopkins POC-IT Center (Johns Hopkins Point of Care Information Technology Center), Baltimore, MD. February, 2018.

Scientific Commentaries

Michos ED. Saving the Heart and Lives of Mothers: Management of Cardiovascular Disease risk in Pregnancy and Beyond. Commentary for American Heart Association (AHA) Science. May 2020. https://professional.heart.org/professional/ScienceNews/UCM_505904_Saving-the-Heart-and-Lives-of-Mothers-Management-of-CVD-in-Pregnancy-and-Beyond.jsp

Editor or co-editor of book:

Role: Co-editor: Handbook of Echocardiography “The Experts Pocket Guide to Echocardiography. *A case based approach to bedside echocardiography* The Echo Pocket Guide, Springer Publishing 2011

Contributing writer, Hopkins Healthy Heart and Healthy Woman portals (lay audience education)

*I work closely with the Johns Hopkins Marketing team to come up with ideas for these patient portals, to provide the scientific content and edit the materials. These links are widely posted on JHM social media sites such as Facebook and Twitter, as well as Inside Hopkins and other social media sites. These links get a large number of interaction on social media (likes, retweets, shares, and patient comments), making it a useful tool to not only spread knowledge but promote the Hopkins brand of expertise.

2016

Sitting disease – how a sedentary lifestyle affects heart health

http://www.hopkinsmedicine.org/health/healthy_heart/move_more/sitting-disease--how-a-sedentary-lifestyle-affects-heart-health

A heart smart approach to marathons and vigorous exercise

http://www.hopkinsmedicine.org/health/healthy_heart/move_more/a-heart-smart-approach-to-marathons-and-vigorous-exercise

Are your relationships putting your heart at risk?

http://www.hopkinsmedicine.org/health/healthy_heart/know_your_risks/are-your-relationships-putting-your-heart-at-risk

2017

Why Cholesterol Matters for Women

<http://www.hopkinsmedicine.org/health/healthy-woman/nutrition-fitness/why-cholesterol-matters-for-women>

Stressed Out? 5 Tips for Women to Stay Heart Healthy

<http://www.hopkinsmedicine.org/health/healthy-woman/mind-mood/stressed-out-5-tips-for-women-to-stay-heart-healthy>

How does vitamin D affect women's health?

<http://www.hopkinsmedicine.org/health/healthy-woman/nutrition-fitness/how-does-vitamin-d-affect-womens-health>

Microvascular angina – why women shouldn't ignore chest pain and fatigue

<http://www.hopkinsmedicine.org/health/healthy-woman/conditions/microvascular-angina-why-women-shouldnt-ignore-chest-pain-and-fatigue>

Polycystic ovarian disease: how your ovaries can affect your heart

<http://www.hopkinsmedicine.org/health/healthy-woman/conditions/polycystic-ovarian-syndrome-how-your-ovaries-can-affect-your-heart>

Difficult pregnancies and risk of heart disease

http://www.hopkinsmedicine.org/health/healthy_heart/know_your_risks/difficult-pregnancies-and-the-risk-of-heart-disease

Are you getting enough or too much calcium?

http://www.hopkinsmedicine.org/health/healthy_heart/eat_smart/are-you-getting-enough-or-too-much-calcium

2018

5 Health Problems You're Actually Not Too Young For

<https://www.hopkinsmedicine.org/health/healthy-woman/conditions/5-health-problems-youre-actually-not-too-young-for>

Calcium Supplements: Should You Take Them?

<https://www.hopkinsmedicine.org/health/healthy-woman/nutrition-fitness/calcium-supplements-should-you-take-them>

2019

Is Taking Aspirin Good for your Heart?

https://www.hopkinsmedicine.org/health/healthy_heart/know_your_risks/is-taking-aspirin-good-for-your-heart

2020

Johns Hopkins Clinical Connections (Video)

Erin Michos, MD

Can Coronavirus Cause Heart Damage?

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/can-coronavirus-cause-heart-damage>

Johns Hopkins Medicine Patient Information (Video)

COVID-19 Facts for Patients with Cardiovascular Disease

Erin Michos, MD

<https://www.youtube.com/watch?v=r9o9CJF9rTI>

Contributing writer, US News and World Report Health Column (lay audience education)

*On behalf of my preventive Cardiology group (Ciccarone Center), I organize a monthly health column for US News and World Report. I develop the content, have written most of the articles myself (usually with a trainee) or have coordinated columns from my colleagues, and I work with our Johns Hopkins Marketing Department on the final pieces. These articles are

widely shared on Social Media, not only from US News, but also Johns Hopkins Medicine shares these links on their Facebook and Twitter pages.

April 2015

Coronary calcium score – who needs the test?

<http://health.usnews.com/health-news/patient-advice/articles/2015/04/28/assessing-the-risk-for-heart-attacks-and-strokes-how-a-coronary-artery-calcium-score-may-help-and-who-needs-the-test>

August 2015

Exercise and Heart Health: Too much, too little and the sweet spot in between

<http://health.usnews.com/health-news/patient-advice/articles/2015/08/10/exercise-and-cardiovascular-health>

September 2015

Sitting disease-moving your way to a healthier heart

<http://health.usnews.com/health-news/patient-advice/articles/2015/09/14/sitting-disease-moving-your-way-to-a-healthier-heart>

October 2015

Erectile dysfunction as harbinger of heart disease

<http://health.usnews.com/health-news/patient-advice/articles/2015/10/14/beyond-sex-erectile-dysfunction-could-spell-heart-trouble>

December 2015

Holiday Stressors and Heart Disease Risk

<http://health.usnews.com/health-news/patient-advice/articles/2015/12/04/holiday-heart-syndrome-how-to-gift-yourself-a-stress-free-heart-this-season>

January 2016

Blood Pressure Targets and the SPRINT trial

<http://health.usnews.com/health-news/patient-advice/articles/2016-01-11/managing-blood-pressure-its-a-marathon-not-a-sprint>

February 2016

Pregnancy and the Heart: A difficult pregnancy may warn of future cardiovascular risk

<http://health.usnews.com/health-news/patient-advice/articles/2016-02-01/pregnancy-and-the-heart-a-difficult-pregnancy-may-warn-of-future-cardiovascular-risk>

April 2016

Inflammation and heart disease: What is CRP and who might benefit from testing?

<http://health.usnews.com/health-news/patient-advice/articles/2016-04-06/inflammation-and-heart-disease-what-is-c-reactive-protein-who-might-benefit-from-testing>

June 2016

Vitamin D Deficiency and the Prevention of Heart Disease: To Treat or Not to Treat

<http://health.usnews.com/health-news/patient-advice/articles/2016-06-09/vitamin-d-deficiency-and-the-prevention-of-heart-disease-to-treat-or-not-treat>

July 2016

Aspirin for Primary Prevention of Cardiovascular Disease – it is not for everyone

<http://health.usnews.com/health-news/patient-advice/articles/2016-07-14/aspirin-for-cardiovascular-disease-prevention-balancing-benefits-with-risks-to-determine-if-aspirin-is-right-for-you>

August 2016

Know Your A1C: What This Blood Test Can Tell You About Your Risk for Diabetes and Cardiovascular Disease

<http://health.usnews.com/health-news/patient-advice/articles/2016-08-24/know-your-a1c-what-this-blood-test-can-tell-you-about-your-risk-for-diabetes-and-cardiovascular-disease>

September 2016

Electronic Cigarettes: Are They Safer Than Traditional Cigarettes?

<http://health.usnews.com/health-news/patient-advice/articles/2016-09-22/electronic-cigarettes-are-they-safer-than-traditional-cigarettes>

November 2016

Atrial Fibrillation: Why you should worry and how to treat it

<http://health.usnews.com/health-care/for-better/articles/2016-11-30/atrial-fibrillation-why-you-should-worry-and-how-to-avoid-it>

Atrial Fibrillation: What puts you at risk at how to avoid it

<http://health.usnews.com/health-care/for-better/articles/2016-11-30/atrial-fibrillation-what-puts-you-at-risk-and-how-to-avoid-it>

December 2016

Microvascular Angina: A Puzzling Form of Chest Pain and Unrecognized Danger

<http://health.usnews.com/health-care/for-better/articles/2016-12-30/microvascular-angina-a-puzzling-form-of-chest-pain-and-unrecognized-danger>

February 2017:

Best foods to eat to improve your cholesterol numbers

<http://health.usnews.com/health-care/for-better/articles/2017-02-13/the-cholesterol-problem-a-guide-to-the-best-foods-to-improve-those-numbers>

August 2017:

8 Questions answered about exercise that you may not know

<http://health.usnews.com/health-care/for-better/articles/2017-08-21/8-questions-answered-about-exercise-that-you-may-not-know>

November 2017:

If Your Heart Is Racing, You Probably Don't Need to Worry

<https://health.usnews.com/health-care/for-better/articles/2017-11-02/if-your-heart-is-racing-you-probably-dont-need-to-worry>

Can Your Thyroid Affect Your Heart?

<https://health.usnews.com/health-care/for-better/articles/2017-11-30/can-your-thyroid-affect-your-heart>

May 2018

Do We All Have High Blood Pressure Now? An Explanation of New Guidelines

<https://health.usnews.com/health-care/for-better/articles/2018-05-31/do-we-all-have-high-blood-pressure-now-an-explanation-of-new-guidelines>

Aug 2018

Lipoprotein(a): the Other 'Bad' Cholesterol

<https://health.usnews.com/health-care/for-better/articles/2018-08-10/lipoprotein-a-the-other-bad-cholesterol>

March 2019

New Cholesterol Guidelines to Improve Your Heart Health

<https://health.usnews.com/health-care/for-better/articles/2019-03-11/how-should-i-monitor-and-treat-my-cholesterol>

July 2019

Familial Hypercholesterolemia: What Is It and Who Gets It?

<https://health.usnews.com/health-care/for-better/articles/familial-hypercholesterolemia-what-is-it-and-who-gets-it>

Other Web-based educational review articles/topics (Organizational):

1. **Michos ED.** REALIZE: Anacetrapib as a Lipid-Modifying Therapy in Patients With Heterozygous Familial Hypercholesterolemia. <http://www.acc.org/>. August 14, 2015. <http://www.acc.org/latest-in-cardiology/articles/2015/08/13/13/05/realize-anacetrapib-as-a-lipid-modifying-therapy>
2. Blumenthal R, Mathews L, **Michos ED.** MY APPROACH to Using Coronary Artery Calcium Scoring in Primary Prevention of Atherosclerotic Cardiovascular Disease. PracticeUpdate website. Available at: <http://www.practiceupdate.com/c/22799/1/2>. Accessed April 9, 2015.
3. Special Issue on Cardiovascular Disease in Women, Baltimore Magazine, Feb 2016 <http://www.baltimoremagazine.net/promotions/listen-to-your-heart-why-womens-heart-disease-is-so-dangerous>

4. http://www.hopkinsmedicine.org/heart_vascular_institute/clinical_services/centers_excellence/womens_cardiovascular_health_center/patient_information/health_topics/vitamin_d_and_the_heart.html
5. Reiter-Brennan C, Dzaye O, **Michos ED**. Weight Variability and Cardiovascular Outcomes in Patients with Type 2 Diabetes Mellitus. <http://www.acc.org>. Nov 22, 2019. Accessed [November 24, 2019]. <https://www.acc.org/latest-in-cardiology/articles/2019/11/21/07/26/weight-variability-and-cv-outcomes-in-patients-with-t2-diabetes-mellitus>.
6. Medscape & American College of Cardiology Perspective **Erin D. Michos**, MD, MHS and Andi Shahu, MD, MHS 2019 CVD Primary Prevention Guideline: 5 Things to Know <https://www.medscape.com/viewarticle/921625>
7. Answers in CME (AiCME) activity
Erin Michos, MD, MHS – faculty planner and content developer
“**Cardiometabolic Management: Treating Diabetes and CVD Early and Effectively**”
www.answersincme.com/JJW

Inventions, Patents, Copyrights: None.

Research Extramural, Ongoing:

ACTIVE

AHA (Martin) 04/01/2020-03/31/2024
AHA SFRN Health Technologies and Innovation Center Grant
Role: Fellowship Training Director

101720-551083 (Post) 08/15/2018-06/30/2023
NIH \$758,220

The Subclinical Vascular Contributions to Alzheimer's Disease (MESA MIND)

The goals of the MESA-MIND study are to elucidate the contribution of subclinical vascular disease and related molecular pathways to Alzheimer's disease, neurodegeneration and age-related cognitive impairment across the mid- to late-life transition period and ethnic disparities in dementia.

Role: Co-I

1 U01 HL146201-01 (Margolick/Brown, MPI) 04/01/2019 – 03/31/2026
NIH/NHLBI \$2,505,868

Clinical Research Sites for MACS/WIHS Combined Cohort Study (MACS/WIHS-CCS)-Balt/Wash DC Ctr

The goal of this project is to identify mechanisms of HIV-1 disease progression in participants of the Multicenter AIDS Cohort Center (MACS), taking advantage of the MACS database, specimen repositories, and on-going clinic visits by MACS participants. The data to be obtained and that of the CCS will be instrumental in improving understanding of and clinical care for the long-term consequences of living with HIV, and for chronic diseases and aging of people who do not have HIV.
Role: Co-I

1U01AG047837 (Appel - PI) 07/01/2014 - 06/30/2020
NIH/NIA \$685,149

Vitamin D Supplements to Prevent Falls in Older Adults: A Dose-Response Trial

This grant funds a randomized clinical dose response trial that will determine if supplemental vitamin D can prevent falls in older persons.

Role: Co-I

16SFRN27870000- Go Red For Women 4/1/2016- 3/30/2024
AHA (Post- PI Population; Ouyang - PI Center) \$899,800

Sex Differences in Hormonal and Cyclic GMP Dependent Pathways to Heart Failure with Preserved Ejection Fraction (HFpEF). The Population Science Core leverages CARDIA, MESA and ARIC cohorts to test associations of sex-hormones and NO/NP-cGMP-signaling with cardiac structure and function changes over time and incidence of HFpEF.

Role: Fellowship Training Director

R01HL096875 (Michos – PI at JHU) 5/25/2016-6/30/2020
NIH/Subcontract with U of Washington (DeBoer/Kestenbaum-overall PI) \$38,157

MESA-INVITE (Individualized Response to Vitamin D Treatment). This ancillary study of MESA is a pharmacogenetics randomized clinical trial of vitamin D3 2000IU vs placebo to study whether genes, hormones, or other biological factors explain the variation in individual responses to vitamin D treatment

Role: Co-I

RF1AG054474 (Michos-PI at JHU) 05/15/2017 – 04/30/2022
Wake Forest University/NIH/NIA \$34,903

Cell-Specific Genomic Features of Alzheimer’s Disease Progression

The Johns Hopkins Field Center will recruit participants and conduct standardized neuro-psychological testing.

Role: Co-I

HHSN26820110000 (Coresh) 11/15/2017–11/14/2021
NIH/NHLBI \$1,198,387

Atherosclerosis Risk in Communities (ARIC) Johns Hopkins Study Field Center

Examines the etiology and natural history of atherosclerosis, coronary heart disease, and measures variation in cardiovascular risk factors, medical care and disease by race, sex, place, and time including both a cohort and a surveillance component.

Role: Co-I

R01 DA042094 (McCaul, Wand, Wong, Co-PIs) 10/01/2017 - 03/31/2022
NIH/NIDA \$441,447

Combined mGluR5 PET and fMRI imaging of Sex Differences during Cocaine Withdrawal

We will examine mGluR5 binding potential (BP_{ND}) and fMRI activity in resting state and cocaine cued conditions in women and men with cocaine use disorder undergoing cocaine abstinence, compared with age-matched healthy controls. Relationships between hormone levels, cocaine craving and withdrawal severity and the changes in binding potential and fMRI activity will be examined.

Role: Co-I

1R01HL146907-01 (Ndumele) 4/1/2019-3/31/2024
NIH/NHLBI \$682,349

Elucidating the Role of Adipokines in Mediating and Predicting HF Associated with Obesity

Obesity is strongly associated with heart failure (HF), but the pathways underlying this link are unclear and HF prediction by traditional risk algorithms is limited in obesity. This project will comprehensively investigate the role of adipokines, proteins secreted by adipose tissue, in mediating and predicting HF associated with obesity.

Role: co-I

20SFRN35120152 Ndumele (PI) 1/1/2020-12/31/2023

The Importance of Adipokines in Mediating the Relationship of Obesity with Cardiometabolic Disease: Implications for HF

This is a multi-disciplinary project examining the utility of adipokines for understanding metabolic risk progression in obesity; evaluating the pathways linking progressive metabolic abnormalities to incident HF; and assessing the impacts of weight loss on risk associations.

Role: Fellowship Training Director

75N92020F00001 (Post-PI) 12/19/2019-12/18/2024
NHLBI \$ 2,984,676.00

Multi-Ethnic Study of Atherosclerosis (MESA) Field Center (FC)

The goal of this acquisition is to maximize use of research resources amassed in MESA over a 20-year period to address new questions about the development of clinical CVD and related conditions. The scientific objectives are to (1) enhance statistical power to perform analyses of predictors of clinical outcomes, particularly in informative subgroups; (2) study the progression of subclinical to clinical CVD; and (3) identify new risk factors or interactions among factors that inform disease pathophysiology. The operational goals are to (1) continue cohort follow-up and information collection to document clinical events; (2) continue to foster scientific collaborations; and (3) conduct a limited clinical examination of the MESA participants as a platform for ancillary study examination component

Role: Co-I

20SFRN35380046 (Martin-PI) 4/1/2020-3/31/2024
American Heart Association \$2,700,000

Center for Mobile Technologies to Reduce Disparities in Cardiovascular Health

Our Center's goal is to leverage mobile and wearable technologies to empower patients and clinicians, enhance quality of care, increase value and improve the diagnosis and management of heart diseases and stroke.

Role: Co-Training Director and Co-I

COMPLETED, Extramural Research Support:

2R01HL077612-09 (Post- PI at JHU) 8/1/15-6/30/19
NIH/NHLBI subcontract from Columbia University (Barr-overall PI) \$22,718

Pulmonary Microvascular Perfusion in the Multi-Ethnic Study (MESA Lung3)

The major goals are to test if novel CT measures of the pulmonary vasculature, endothelial-related hypercoagulation and plasma viscosity correlate with impaired left ventricular filling and if endothelial function measured by flow-mediated brachial artery dilation, related biomarkers and genes pathways predicts decline in lung function and longitudinal increase in CT emphysema among 3,965 participants in the Multi-Ethnic Study of Atherosclerosis.

HHSN268201500003I (Post - PI at JHU) 01/01/2016 – 04/30/2018

University of Washington/NHLBI \$532,691.00

The Multi-Ethnic Study of Atherosclerosis (MESA III EXAM 6)

This prospective multicenter epidemiologic population-based study is evaluating the risk factors for progression of subclinical atherosclerotic disease to clinical cardiovascular disease in a large multiracial group. This specific contract will fund the 6th examination for these participants.

Role: Co-Clinic Director for Exam 6

R01 HL125053 (Post) 08/07/14 – 04/30/19

NIH/NHLBI \$583,343

Progression of Coronary Atherosclerosis in MACS

The purpose of this study is to determine the association between HIV serostatus and the progression of subclinical coronary atherosclerosis and myocardial perfusion abnormalities and dysfunction.

Role: Co-investigator

5U10AA025286-02 (Lazo-PI) 9/30/16-7/31/19*

NIH-NIAAA

MACH15

This as a randomized clinical trial of moderate alcohol intake vs abstaining in adults at increased cardiovascular risk.

Role: Co-I; Study physician; Outcomes adjudicator; Safety Adjudicator

*note that this study was closed prematurely by the NIH during summer 2018

MESA Ancillary (Michos – PI at JHU) 9/1/16 – 1/31/17

NIH subcontract (Ding-overall PI at Wake Forest) \$73,947.00

Obesity-related epigenetic changes and type-2 diabetes

This is an ancillary study in MESA evaluating the epigenetics of obesity.

Role: PI of JHU subcontract

R01 NS072243 (Michos - PI) 3/1/11-2/28/17 (*NCE)

NIH/NINDS \$225,690

Vitamin D, cerebrovascular risk, and neurocognitive decline: ARIC Brain MRI study

This work determined the association of vitamin D status and related markers with white matter changes on serial brain MRIs, incident subclinical infarcts, incident clinical strokes, and cognitive decline (5 serial measurements) over 20 year follow up in the Atherosclerosis Risk in Communities (ARIC) Brain MRI ancillary study.

Role: PI

R01 AA018896 NIH/NIAAA \$365,762 9/30/09-7/31/15

Ondansetron, Alcohol Use, and Alcohol-Related Symptoms In HIV+ Persons

Overall PI: McCaul (JHU)

My Role: Co-investigator, over-read study EKGs

1R01HL103706 NIH/NHLBI \$20,004 04/1/11-5/31/15

Serum vitamin D and cardiovascular disease risk in the biethnic ARIC cohort

Overall PI: Lutsey PL (UMN)

My Role: Co-investigator, PI of JHU subcontract

OD-12-004 for 1R01HL103706 \$29,884 4/1/12–5/31/15

Office of Dietary Supplements (ODS)

Serum vitamin D and cardiovascular disease risk in the biethnic ARIC cohort

Overall PI: Lutsey PL (UMN)
My Role: Co-investigator, PI of JHU subcontract

HSA290201200007IAHRQ \$753,677 9/25/12-3/25/14
Cardiac Troponins for Diagnostic and Prognostic Use in Renal Impairment
Co-PI: Michos ED; Task Leader Bass EB (JHU)
Role: Project Co-PI

R01 HL093081-03 NIH/NHLBI 08/01/09-07/31/12
Pulmonary Vascular Changes in Early Chronic Obstructive Pulmonary Disease (MESA COPD)
Overall PI: Barr (Columbia University)
My Role: PI, JHU subcontract.

Career Development Award for Preventive Cardiovascular Medicine PI: Michos ED (JHU)
7/1/08-6/30/11 9 calendar months
American College of Cardiology Foundation (ACCF)/Pfizer
Vitamin D and Cardiovascular Disease
Role: PI

Clinician Scientist Award, Johns Hopkins University PI: Michos ED (JHU)
7/1/08-6/30/10
Vitamin D and Cardiovascular Health
Role: PI

RO1 HL074406 NIH/NHLBI 7/1/03-12/31/08*
Serum Sex Hormone Levels and Subclinical Atherosclerosis
Overall PI: Ouyang P (JHU)
My Role: Investigator (*only during year 2007)

T32-HL007024, NIH 7/1/05-6/30/07
Cardiovascular Epidemiology Institutional Training
Overall PI: Coresh (JHU)
My Role: Post-doctoral fellow Trainee

PJ Schafer Cardiovascular Research Fund, JHU 1/1/07-12/31/13
Vitamin D and Cardiovascular Health
Role: PI

Loan Repayment Program NIH_ Michos (PI) 7/1/2005-6/30/2010
This NIH grants program paid back some of my educational debt in exchange for a 50% clinical research commitment. Projects related to cardiovascular risk markers, prevention, vitamin D.

Research Program Building / Leadership:

- As an active member of the Ciccarone Preventive Cardiology Research working group, I attend bimonthly research meetings with students/trainees and mentor students/trainees on various preventive cardiology and epidemiologic research projects.

-I am the Director of Women's Cardiovascular Health at Johns Hopkins. In addition to the clinical and education roles, I also lead efforts in women's CV health research for my division.

Research Organization Activities:

**2020-pres Research and Publications Subcommittee, American Heart Association
National COVID-19 Program, Get with the Guidelines**

2020 NIH/NHLBI Mentored Patient-Oriented Research (MPOR) Review Committee (ad hoc member)

- K23/K24 grant review study section

2018-present AHA Funding Sub Committee Member

This subcommittee reports to the AHA Research Committee of the American Heart Association/American Stroke Association. It is a two-year term, available for renewal. Activities of the subcommittee are as follows:

- Designs and maintains a contemporary research portfolio to support the AHA's essential elements and overall mission.
- Recommends percentage of overall funds to specific programs or to categories of programs, in order to ensure a balance of funding for specific knowledge discovery versus building capacity in terms of investigators and infrastructure.
- Assists in maintaining strategies for engaging young investigators, underrepresented racial and ethnic minorities in science, women and individuals in other science specialty areas who have potential to impact AHA mission but are currently not well represented in AHA research programs.

2018-present KDIGO Management of Diabetes & CKD Guideline Work Group

Working group for Kidney Disease Improving Global Outcomes (KDIGO) committee – systematically reviewing literature and proving guideline recommendations (with formal rating of evidence) to improve the global health of kidney patients

Editorial Board of Journals

2020-present Associate Editor, *Circulation* for COVID-19 content
Circulation is leading Cardiology journal with an impact factor of 19.3.

2018-present Guest Associate Editor (standing), *Circulation*

2020-present Associate Editor, *American Journal of Preventive Cardiology* (AJPC): the official journal of the American Society of Preventive Cardiology (ASPC)

2017-present: Member of Editorial Board, *Circulation*

2018-present Guest Associate Editor (ad hoc), *J Am Coll Cardiol* (JACC)

2018-2019: **Guest section editor**, Lipids Issue, *Current Cardiovascular Risk Reports* (Springer)

Journal Peer Review Activities

I am frequently asked to provide peer review for journals. I review approximately 12-24 papers per year across journals including top tier journals such as JAMA, JACC, and Circulation, where I am a frequent reviewer.

In 2017, I was recognized by Circulation as being one of their most Outstanding Reviewers: <http://circ.ahajournals.org/content/136/25/2399>

These are some (but not all) of the journals I have reviewed for:

- Circulation - **frequent reviewer (> 50 articles), Editorial board member
- Journal of American College of Cardiology (JACC) – and Guest Editor
- New England Journal of Medicine (NEJM)
- Journal of American Medical Association (JAMA)
- The Lancet
- Journal of American Heart Association (JAHA)
- American Journal of Epidemiology (AJE)
- American Heart Journal (AHJ)
- American Journal of Cardiology (AJC)
- American Journal of Clinical Nutrition (AJCN)
- British Medical Journal (BMJ)
- British Medical Journal Open
- JAMA Cardiology
- JAMA Internal Medicine
- JACC Cardiovascular Imaging (JACCi)
- Circulation Research
- Circulation Quality and Cardiovascular Outcomes (Circ CQO)
- Atherosclerosis
- Archives in Medical Science (AMS)
- Hypertension
- Heart (BMJ)
- Journal of Clinical Hypertension
- Journal of Clinical Lipidology (JCL)
- Journal of Women's Health
- Medicine and Science in Sports and Exercise (MSSE)
- Nutrition
- European Journal of Preventive Cardiology (EJPC)

Abstract Reviewer for Scientific Meetings

I routinely review abstracts for leading national scientific conferences in cardiology and epidemiology, as well as local conferences held at Johns Hopkins

- American College of Cardiology (ACC) Scientific Sessions, 2012-present
- American Heart Association (AHA) Scientific Sessions, 2016-present
- American Heart Association Epidemiology and Lifestyle meeting, 2015 to present
- Johns Hopkins Women's Health Research Group, 2016-present
- Johns Hopkins Cardiovascular Retreat, 2016-present
- Johns Hopkins Medical Student Research Symposium, 2016 - present

Data Safety Monitoring Boards

Data Safety Monitoring Board, member
2013-present

IDEAL Trial: Comprehensive CVD risk reduction trial in persons with serious mental illness, PI: Gail Daumit. Funded clinical trial (NA 00072197).

Ad Hoc Grant Committee Review

2020. Feb NIH/NHLBI Study Section: K23/K24 grants reviewer

2018 Ad hoc grant review, Academy of Medical Sciences

2009-pres Ad Hoc Protocol Reviewer for ICTR Clinical Research Unit,
I have occasionally reviewed protocols submitted to ICTR that are related to my expertise areas in cardiovascular diseases. To date, I have reviewed 4 separate submitted protocols for ICTR

2015 Ad-hoc grant reviewer for Diabetes UK Research Funding Office

2015- Ad-hoc reviewer, JHU BIRWCH grant applications (junior faculty career development award in Women's Health)

2017- Ad Hoc Grant Reviewer, Pepper Center (Frailty, Geriatrics)

Workshop Panelists

Co-Chair, NIH/NHLBI workshop panel on Coronary Artery Calcium Clinical Trial Design – workshop Aug 2019.

Invited by NIH/NHLBI as expert to participate in workshop "Filling the Gaps in the Cardiovascular Lipid and Risk Assessment Guidelines" to identify next priorities for research in CVD risk assessment. (2014)

Chair of the Design Committee and Field Center lead for Hagerstown Clinic for the STURDY clinical trial (STudy to Understand fall Reduction and vitamin D in You, PI Larry Appel). 2014-present

Moderator, National Scientific Meetings

Moderator, American College of Cardiology (ACC) Scientific Sessions, each year from 2012-2019

Moderator, American Heart Association (AHA) Scientific Sessions, each year from 2015-2019

Moderator, Society of Cardiac Computed Tomography (SCCT), 2019

Moderator, American Heart Association (AHA) Epi and Lifestyle Meeting, 2016-2017

Moderator, NHLBI Trainee Session, AHA Epi Meeting 2017

EDUCATIONAL ACTIVITIES:

PodCasts

2020 **JACC Case Reports:** Cardiovascular Disease in Women
https://hwcdn.libsyn.com/p/7/f/8/7f8112cd8309b76a/JCCR0201_grapsasummary_00.mp3?c_id=63785681&cs_id=63785681&expiration=1581378722&hwt=bc5e5b4333497eee01ef105ab9162164

2020 **The Curbsiders**, in conjunction with the American College of Physicians
#191 Lipids Update and Cardiovascular Risk Reduction with Erin Michos MD
<https://thecurbsiders.com/podcast/191-lipids>

2020 **American Heart Association:** Implication of COVID-19 on Cardiovascular Care

CME planning

2020 Planning Committee for the American College of Cardiology (ACC) Scientific Sessions 2021 for Health Promotion and Prevention Pathway

2020 Planning Committee for the American Society of Preventive Cardiology (ASPC) Annual Scientific Congress, Louisville, KY

2020 Planning Committee for the Prevention Symposium at the Society of Cardiac Computed Tomography (SCCT) Scientific Sessions, Seattle, WA

2020 Planning Committee, VINDICO CME series on Women's Cardiovascular Health

Teaching:

Course Director

Jan-March, 2015 Course Director 340.730.01: Clinical Assessment of Cardiovascular Disease, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health

- Dean’s recognition on JHBSPH website as outstanding teaching faculty, for meeting overall instructor ratings in the “Outstanding range”.

Jan-March, 2017 Course Director 340.730.01: Clinical Assessment of Cardiovascular Disease, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health

- Dean’s recognition on JHBSPH website as outstanding teaching faculty, for meeting overall instructor ratings in the “Outstanding range”.

Jan-March, 2019 Course Director 340.730.01: Clinical Assessment of Cardiovascular Disease, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health

- Dean’s recognition on JHBSPH website as outstanding teaching faculty, for meeting overall instructor ratings in the “Outstanding range”.

Classroom instruction:

In addition to directing my own course (above), I am a regular invited lecturer for multiple courses held both at the Johns Hopkins Medical School and the Public Health School. As a marker of my teaching ability, I have been invited back year after year to speak in the same course.

Dates	Course Title	Role
1995-1996	Biology Labs Northwestern University, Evanston, Illinois	Teaching Assistant
Spring 2006:	Preventive Cardiology Case Studies Instructor Pathophysiology course (now Genes to Society) Johns Hopkins Medical School	Faculty Lab
2007-2016	Clinical Epidemiology (part of Genes to Society) Lab Small Group Lab Instructor for Epi course 1 st year medical students Johns Hopkins University Medical School	Faculty
2008-ongoing:	340.607.01 Intro to Cardiovascular Epidemiology <i>“Hormone Therapy”; “Vitamin D and CVD”; “Cardiovascular Disease Risk in Women”</i>	Lecturer

Lecture (once a year) given to MHS/PhD candidate epidemiology students
Johns Hopkins Bloomberg School of Public Health,

2008-ongoing:	380.666.01 Women's Health <i>"Cardiovascular Disease Risk in Women"</i> Lecture (once a year) given to public health students Johns Hopkins Bloomberg School of Public Health, Department of Population, Family, and Reproductive Health.	Lecturer
2011-2014	Cardiac CT practicum course Johns Hopkins Bayview Hospital.	Lecturer
2014-ongoing	Genes to Society <i>"Cardiovascular Disease Risk in Women"</i> Lecture given to 2 nd yr medical students in Cardiovascular disease block Johns Hopkins University Medical School	Lecturer

Teaching - CME instruction:

Dates	Course Title
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I am a regular faculty lecturer for several designated CME companies, including the American Heart Association (AHA), the American College of Cardiology (ACC), and the Potomac/Rockpoint CME. I have also been part of some Hopkins CME programs. As a marker of my teaching ability (and the favorable audience surveys), I have been invited back year after year by the same companies to be an invited speaker for their new CME programs.

June 6, 2008:	American College of Cardiology Clinical Focus on Cardiovascular Disease Risk <i>"Case Study 1: A 65 y/o woman with T2DM: Are You Covering"</i> <i>"Case study 2: Antithrombotic Therapy in 70 y/o Man"</i> Tampa, FL	PriMed CME course
January 25, 2008:	Update on Lipoprotein Metabolism and Dyslipidemia Course for Latin American physicians, <i>"The role of non-invasive imaging for atherosclerosis detection"</i> Johns Hopkins, Baltimore, MD	JHU CME
February 23, 2010	American Heart Association Spotlight series on dyslipidemia. AHA CME <i>"Beyond LDL: The Value of measuring other atherogenic lipoprotein particles"</i> Washington County Hospital in Hagerstown, MD.	
March 24, 2010, May 5, 2010, and July 8 th 2010:	Mexican cardiology preceptorship lecture series <i>"Cardiovascular Disease Prevention in Women"</i>	JHU CME

“Metabolic Syndrome and Dyslipidemia in Cardiovascular Risk”
 Baltimore, MD

- | | | |
|-------------------|---|-------------|
| April 1, 2010 | Internal Medicine Ground Rounds
<i>“Managing stable coronary heart disease”</i>
Franklin Memorial Hospital, Baltimore, MD, | Potomac CME |
| April 7, 2010: | American Heart Association spotlight series on dyslipidemia
<i>“HDL in mixed dyslipidemia”</i>
Washington County Hospital in Hagerstown, MD | AHA CME |
| 2010, 2011, 2012 | Grand Rounds, Singing River Health System
<i>“Managing Stable Ischemic Heart Disease”</i>
Pascagoula, MS | Potomac CME |
| September 2, 2010 | American Heart Association spotlight series on dyslipidemia
<i>“Beyond LDL-C: The Value of Measuring Other Atherogenic Lipoproteins & Markers of Atherogenic Risk”</i>
St Mary’s hospital in Leonardtown, MD. | AHA CME |
| May 2011 | Live webcast and Q&A to physicians in the Middle East
<i>“Atherogenic Dyslipidemia in the Metabolic Syndrome”</i>
Baltimore, MD | JHU CME |
| June 2011 | Taped educational webcast
<i>“Risk Stratification of the Asymptomatic Individual, using CAC and other biomarkers”</i>
Baltimore, MD” | JHU CME |
| October 29, 2011 | American Heart Association SpotLight Series.
<i>“HDL in mixed dyslipidemia”.</i>
Delaware County Memorial Hospital, Drexel Hill, PA. | AHA CME |
| October 31, 2012 | Grand Rounds, Methodist Hospital
<i>“Continuum of Stable Ischemic Heart Disease”</i>
Philadelphia, PA | Potomac CME |
| June 5, 2013 | Taped educational webcast, Spectrum Medical Education.
<i>Practice Improvement: Strategies in Cardiometabolic disease prevention</i>
Baltimore, MD | JHU CME |
| Sept 26, 2014 | American College of Cardiology Chapter Meeting
<i>“Coming to Grips with Stable Ischemic Heart Disease: Adopting New Guidelines, Absorbing New Insights.”</i>
Kiawah Island, South Carolina | Potomac CME |

- 2015-2016 Rockpointe Medical Education Company, lecturer Rockpoint CME
"ACS Trial Data and Patient Management: Does Prolonged, More Intensive Antiplatelet Therapy Reduce Ischemic Events?"
Given at multiple hospital centers
- 2015-2016 Rockpointe Medical Education Company, lecture Rockpoint CME
"Secondary Prevention of Atherothrombosis: Guidelines, Best Practices, and Patient Engagement"
Given at multiple hospital centers
- 2017-2018 Rockpointe Medical Education Company, lecture Rockpoint CME
"Optimal Duration of Dual Antiplatelet Therapy after PICT"
Given at multiple hospital centers
- 2018-2019 Rockpointe Medical Education Company, lecture Rockpoint CME
"Reducing Stroke Risk in Atrial Fibrillation Patients: Practical Guidance for Anticoagulant Management"
Given at multiple hospital centers
- 2019- Rockpointe Medical Education Company, lecture Rockpoint CME
"Updates on Blood Cholesterol: Applying New Guidelines to Clinical Practice"
Given at multiple hospital centers

Clinical instruction (at JHU and affiliates):

- July 2003-June 2007: Presentations within Johns Hopkins during cardiology fellowship training (presented to the cardiology fellows and other members of the Johns Hopkins Division of Cardiology) included 4 board review talks, 4 journal club presentations, 3 research talk presentations, 6 clinical case presentations.
- Nov 4, 2005 Internal medicine residency program noon conference, Good Samaritan Hospital, Baltimore, MD. Talk titled: "*Peripheral Arterial Disease: a board review*"
- May 2007: Invited lecture to speak to the Women's Health Interest Group which is inter-departmental wide interest group of predominantly postdoctoral trainees, at Johns Hopkins. Lecture titled: "*Heart Disease in Women*"
- July 2007- ongoing: Teaching attending for cardiology fellows, housestaff, and medical students in the echocardiography lab and cardiology consult services.

- September 22, 2008: Lecture, Cardiology Fellows Board Review Conference, Johns Hopkins University. Lecture titled: "*Cardiovascular Disease in Women*", Johns Hopkins University
- 2008-2009 Monthly Diabetes Conference for Endocrinology fellows and faculty, Johns Hopkins University, presented "*Prevention of Cardiac Complications in Diabetics, part 1 and part 2*"
- October 2009, 2010 Invited lecture at a Johns Hopkins University brown bag lunch symposium for employees to raise awareness and support for the American Heart Association Heart Walk Johns Hopkins team. Lecture titled: "*The benefits of exercise in cardiovascular disease prevention.*"
- March 30, 2010 Lecture at cardiology fellows noon conference as part of their didactic curriculum series, Department of Medicine, Johns Hopkins. Lecture titled: "*Vitamin D and Cardiovascular Risk*"
- August 23, 2011 Johns Hopkins Applied Physics Lab. Lecture "*Cardiovascular Disease Prevention: American Heart Association's Life's Simple Seven*".
- 2011-2012 Lecturer for Cardiology fellows, fellows noon conference "*Vitamin D and Cardiovascular Risk*"
- Feb 25, 2013 Olser Medicine Residency noon conference, Johns Hopkins, Evidence Based Medicine Debates, "*Vitamin D and Cardiovascular Risk, pro-side*"
- Sept 18, 2014 Lecture to Cardiology fellows, board review course, Johns Hopkins "*Stable Ischemic Heart Disease*"
- April 21, 2015 Lecture to Cardiology fellows, board review course, Johns Hopkins "*Cardiovascular Risks of Extreme Exercising*"
- 2013-2018 Cardiology fellows and sonographers, Echocardiography Conference, "*M-mode Echocardiography*"
- 2014-2017 Genes to Society, for 2nd year medical students, Johns Hopkins Medical School
Lecture on "*Cardiovascular Disease in Women*"
- 2015-2018 Lecture in 380.666.01 Women's Health, JHBSPH "*Cardiovascular disease in women*"
- 2015-2018 Lecture in 340.607, JHBPSH, Introduction of Cardiovascular Epidemiology "*Cardiovascular Disease Prevention in Women*"
- Sept 5, 2018 Lecture, Cardiology Fellows Noon Conference

Novel Oral Anticoagulants and Prevention of Stroke in Atrial Fibrillation

- Oct 3, 2018 Lecture, Cardiology Fellows Noon Conference
Dual Antiplatelet Therapy after ACS/PCI
- Dec 4, 2018 Lecture, Urban Health Medical Residency
Advanced Lipid Therapeutics
- Dec 11, 2018 Lecture, Cardiology Fellows Noon Conference
Novel Anti-Glycemic Medications and CVD prevention: a cardiologist's perspective
- Dec 19, 2018 Lecture, Cardiology Fellows Noon Conference
M-Mode Echocardiography

Mentoring (pre- and post-doctoral):

- (*) Indicates a woman trainee
(#) Indicates an Underrepresented in Medicine (UIM) trainee

Ongoing mentoring:

RESEARCH MENTEES:

- 2020-pres **Ryan Wallace, MD**
Position: Internal Medicine resident, Johns Hopkins Osler residency
Projects:
1) Isoprostanes and progression of extra coronary calcification
2) Isoprostanes and 10-year change in LV mass
- 2020-pres **Ty Sweeney, MD**
Position: Internal Medicine resident, Johns Hopkins Bayview
Projects:
1) Adipokines and progression of extra coronary calcification
- 2020-pres **Bhayva Varma, MD***
Position: Internal Medicine resident, Johns Hopkins Osler residency
Projects:
1) Adipokines and 10-year progression of coronary artery calcification
2) Adipokines and sex hormones
- 2020-pres **Brigitte Kazzi, MD***
Position: Internal Medicine resident, Johns Hopkins Osler residency
Projects:
1) Parity and sex hormones

- 2020-pres **Carla Rodriguez***
Role: Hopkins Medical Student, Summer Scholars Program
Project: adipokines and parity
- 2019-pres **Shazheb Khan, MD**
Role: Internist (junior faculty) at Cook County Hospital, Chicago, applying for cardiology fellowship
Projects: systematic review gender disparities in women training in cardiology
- 2019-pres **Rick Ferraro, MD**
Role: Internal Medicine resident, Osler program, Johns Hopkins University
Projects:
(1) Hepatocyte Growth Factor and incident heart failure
(2) Hepatocyte Growth Factor and 10-year change in LV mass
- 2019-pres **Andi Shahu, MD**
Role: Internal Medicine resident, Osler program, Johns Hopkins University
Projects:
(1) Socioeconomic status and incident Heart Failure risk in MESA
 a. Abstract for American College of Cardiology (ACC) meeting 2020
(2) Income and Patient Reported Outcomes – Medical Expenditure Survey
 a. Abstract for American College of Cardiology (ACC) meeting 2020
(3) Income and Utilization of CV Preventive Services Medical Expenditure Survey
 a. Abstract for AHA QCOR Meeting 2020
- 2019-pres. **Sarah Jang, BS ***
Role: - medical student, Johns Hopkins University
-I am mentoring her as part of summer Scholars program.
Projects:
1) GlycA and risk of incident heart failure and its subtypes (MESA)
 a. 1st author abstract submitted to AHA Scientific Sessions 2019
 b. 1st author paper under review
2) GlycA and risk of atrial fibrillation (MESA)
 a. 1st author abstract submitted to AHA Scientific Sessions 2019
 b. 1st author paper under review
- 2019-pres. **Nicole Fisher, BA ***
Role: - medical student, Johns Hopkins University
Project: systematic review on diet and cardiovascular health
- 2019-pres. **Giuliana Lee ***
Role: - Undergraduate student, Johns Hopkins University
Project: vitamin D and autoantibodies in MESA; social media in cardiovascular medicine

- 2019-pres **Apurva Sharma, MD***
Role: Post doctoral fellow
Projects:
1) Sex Hormones and risk of progression of extra coronary artery calcium (MESA) – in progress
a. Abstract AHA Epi 2020
b. Paper in progress
- 2019 **Ahmad Al-Abdouh, MD**
Role: Internal Medicine Resident, St. Agnes Hospital (research elective at JHH)
Projects
1) Meta-analysis transcatheter aortic valve replacement in low risk patients
a. *Published in Cardiovasc Revasc Med* 2019
2) Meta-analysis febuxostat and cardiovascular risk
a. Published in MCP IQO
3) Meta-analysis of prasugrel vs ticagrelor, ACS
a. Abstract accepted to AHA QCOR
- 2018-pres. **Safi Khan, MD, MPH**
Role: Early Career Faculty in Internal Medicine at West Virginia University, applying to cardiology fellowship
Projects:
1) Meta-analysis of vitamins and supplements from RCTs – published in *Annals of Internal Medicine* 2019
2) Meta-analysis of apoB lowering drugs from RCTs - published *European Journal of Preventive Cardiology* 2019
3) 10-year trends in enrollment of women in RCTs
a. abstract accepted to AHA Scientific Sessions, 2019
b. paper accepted to *JAMA Network Open*
4) Meta-analysis dual vs triple therapy in Afib after PCI
a. Published in *Annals Internal Medicine*
- 2018-pres **Victor Okunrintemi, MD, MPH #**
Role: – was a Post-doctoral fellow, Baptist Health South Florida, Miami, FL. Currently an Internal Medicine resident at East Carolina University.
Projects:
(1) Health Resource Utilization and healthcare expenditure among myocardial infarction patients with depression. (MEPS)
a. 1st author abstract – accepted to QCOR meeting
b. 1st author manuscript – accepted *Journal of Internal Medicine*
(2) Gender differences in patient reported outcomes among adults with atherosclerotic cardiovascular disease (MEPS)
a. 1st author abstract accepted to 2018 Fall AHA Scientific Sessions
b. 1st author manuscript – published in the *Journal of American Heart Association*, 2019
(3) 10-year trends in Physical activity in women with ASCVD (MEPS)

- a. 1st author manuscript – published in *JAMA Network Open*
- (4) Patient Reported Outcomes Among Young Adults with ASCVD (MEPS)
 - a. 1st author abstract accepted to AHA Scientific Sessions 2019
- (5) Ideal Cardiovascular Health and Patient Reported Outcomes (MEPS)
 - a. 1st author abstract accepted to AHA Scientific Sessions 2019
- (6) Gynecological screening about women with CVD
 - a. Abstract accepted to AHA QCO

2015-pres. **Di Zhao, PhD ***

Role: Research Associate, Johns Hopkins Bloomberg School of Public Health
Projects:

- (1) Vitamin D and sex hormones in Multi-Ethnic Study of Atherosclerosis (MESA)
 - a. 1st author abstract presented at the 2016 AHA Epi and Prevention Meeting
 - b. 1st author paper published in *Maturitas*
- (2) Sex hormones and incident CVD in post-menopausal women in MESA
 - a. 1st author abstract accepted to 2017 AHA Scientific Sessions
 - b. 1st author manuscript published in *J Am Coll Cardiol*
- (3) cGMP and incident ASCVD in the ARIC study
 - a. 1st author paper submitted to *JAHA*

2016-pres. **Martin Timbuakuu, MD, MPH #**

Role: Was a postdoctoral fellow in Epidemiology at Johns Hopkins, currently an internal medicine resident at St Luke's Hospital in MO

Projects

- (1) Vitamin D and incident valvular calcification in MESA
 - a. 1st author abstract was accepted to the 2017 AHA Epi meeting.
 - b. 1st author manuscript published in *American Journal of Cardiology*
- (2) Air Pollution and Valvular Calcification in MESA
 - a. 1st author abstract accepted to the 2017 AHA Scientific Sessions
 - b. 1st author manuscript published in *Environmental Health*
- (3) Sarcopenia and subclinical CAD in the MACS cohort
- (4) 1st author manuscript – published in *Journal of Cardiac Computed Tomography*
- (5) Lp-PLA2, CRP, and High Risk Smokers in the ARIC cohort
 - a. 1st author abstract accepted to the 2017 AHA Scientific Sessions
 - b. 1st author manuscript – published in *Am J Cardiol*
- (6) GlycA and subclinical coronary atherosclerosis in MACS
 - a. 1st author manuscript – published in *AIDS*
- (7) National Trends in Smoking Cessation Counseling by Health Care Providers Among US Adult Smokers with ASCVD: Insights from the 2006 to 2015 Medical Expenditure Panel Survey (MEPS)
 - a. 1st author abstract accepted at 2018 Fall AHA Meeting
 - b. 1st author manuscript, published in *JAMA Network Open*
- (8) National Trends in Smoking Cessation Pharmacotherapy Use and its Expenditures Among US Adult Current Smokers with ASCVD: Insights from the 2006 to 2015 Medical Expenditure Panel Survey (MEPS)

- a. 1st author abstract accepted 2018 Fall AHA Meeting
- (9) Ideal Cardiovascular Health and Costs (MEPS)
 - a. 1st author abstract presented at AHA Scientific Sessions 2019
- (10) ASCVD subtypes and patient reported outcomes
 - a. 1st author abstract accepted at AHA QCO

2016-pres. **Vinita Subramanya, MD, MPH ***

Role: – AHA postdoctoral fellow, Cardiology, Johns Hopkins

Projects:

- (1) Sex hormones and 10-year change in LV structure/function in MESA
 - a. 1st author abstract to the 2017 AHA Epi meeting
 - b. Was awarded the Trudy Bush Award in Women’s Health research
 - c. 1st author manuscript published in *Maturitas*
- (2) Sex hormones and 10-year change in aortic distensibility in MESA
 - a. 1st author abstract accepted to the 2017 AHA Scientific Sessions
 - b. 1st author manuscript – published in *American Journal of Hypertension*
- (3) Sex hormones and 10-year change in CAC progression
 - a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript – published in *J Cardiovasc Comput Tomogr*
- (4) cGMP and subclinical markers of LV remodeling and aortic stiffness
 - a. 1st author abstract accepted to 2018 Fall AHA Meeting
 - b. 1st author manuscript submitted
- (5) Sex hormones and incident HF risk in ARIC
 - a. 1st author abstract accepted to 2018 Fall AHA Meeting
 - b. 1st author manuscript in progress

2016-pres. **Renato Quispe, MD, MPH**

Role: Was a post-doctoral research fellow at Johns Hopkins. Currently an Internal Medicine Resident at Albert Einstein University since July 2016

Projects:

- (1) Lipid discordance and ASCVD risk in the ARIC cohort.
 - a. 1st author abstract accepted to 2017 AHA Epi meeting.
 - b. 1st author Manuscript, published in *European Journal of Preventive Cardiology*, 2019

2017-pres. **Eve-Marie Bensen, MD, MPH * #**

Role: Johns Hopkins Bloomberg School of Public Health MPH student

Projects:

- (1) GlycA, physical activity, and Life Simple 7 in MESA
 - a. 1st author abstract accepted to the 2017 AHA Scientific Sessions
 - b. 1st author manuscript – published in *Clinical Cardiology*
- (2) GlycA and frailty in the MultiCenter AIDS Cohort
 - a. In progress
- (3) Patient Reported Outcomes in ASCVD by Census Region (MEPS)
 - a. 1st author abstract accepted to AHA Scientific Sessions 2019

2017-pres. **Wendy Ying, MD ***

Role: – AHA postdoctoral fellow, Cardiology, Johns Hopkins

Projects:

- (1) Sex hormones and 10-year change in NT-proBNP levels in MESA
 - a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript – published in *J Clin Endocr Metab*
- (2) cGMP and cardiovascular risk in MESA: methods and clinical characteristics
 - a. 1st author abstract accepted to the 2018 (Fall) AHA Scientific Sessions
 - b. 1st author manuscript – submitted to *Journal of American Heart Association*
- (3) Sex hormones and 5-year change in hs-cardiac troponin in MESA
 - a. 1st author abstract accepted to the 2018 (Fall) AHA Scientific Sessions
 - b. 1st author manuscript – in progress

2017-pres. **Olatokunbo Osibogun, MD * #**

Role: – Postdoctoral fellow, Florida International University (FIU)

Projects:

- (1) Self Reported Health and Ideal Cardiovascular Health (MESA)
 - a. 1st author abstract presented at the 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript published in *Clinical Cardiology*
- (2) Resting Heart Rate and Ideal Cardiovascular Health (MESA)
 - a. 1st author abstract accepted to 2018 Fall AHA Scientific Sessions
 - b. 1st author manuscript – submitted to *Preventive Medicine*
 - c. Won minority travel award to 2018 AHA Scientific Sessions
- (3) Ideal cardiovascular health and subclinical biomarkers of CVD (MESA)
 - a. 1st author abstract, submitted to 2019 AHA Epi
 - b. 1st author paper submitted to *BMJ Open*
- (4) Birthplace and Ideal Cardiovascular Health (MESA)
 - a. Abstract for AHA Epi 2020

2018-pres. **Oluseye Ogunmoroti, MD, MPH* #**

Role: Post-doctoral fellow

Projects:

- (1) Alcohol Intake and Ideal Cardiovascular Health (MESA)
 - a. 1st author abstract accepted to 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript – published in *Clinical Cardiology*
- (2) Parity and Ideal Cardiovascular Health (MESA)
 - a. 1st author abstract, submitted to 2019 AHA Epi
 - b. 1st author paper published in *American Journal of Obstetrics and Gynecology*
- (3) Sex hormones and FGF-23 from MESA
 - a. 1st author abstract submitted to AHA Scientific Sessions 2019
 - b. 1st author paper in progress
- (4) Alcohol Type and Ideal Cardiovascular Health (MESA)
 - a. Abstract for AHA Epi 2020

- 2018-pres **Oluwaseun Fashanu, MD, MPH #**
Role: was a postdoctoral research fellow. Currently an Internal Medicine resident at St Agnes
Projects:
(1) Vitamin D and Neuropsychological functioning (ARIC)
a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
b. 1st author manuscript – submitted to *BMC Neurology*
(2) GlycA and subclinical coronary artery disease (MACS)
a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
(3) GlycA and carotid plaque and peripheral artery disease (MESA)
a. 1st author abstract accepted to 2018 Fall AHA Scientific Sessions
b. 1st author manuscript – published in *Angiology*
(4) Extra coronary artery calcium progression and incident heart failure (MESA)
a. Abstract for AHA Epi
(5) Extra coronary artery calcium progression and incident atrial fibrillation (MESA)
a. Abstract for ACC 2020

- 2018-pres **Chloe Ferris, BS ***
Role: - medical student, Wake Forest University
-I mentored her as part of the Medical Student Training in Aging Research (MSTAR) program, which was a summer research fellowship funded by NIH/NIA at Johns Hopkins School of Medicine
Projects:
(1) Ideal cardiovascular health and cognitive function and incident dementia in MESA.
a. 1st author abstract presented at American Geriatric Society meeting, 2019
b. 1st author paper in progress

Completed mentoring:

- 2018-2020. **Josephine Awotoye, BS * #**
Role: post-bac. Applying to medical school
Project:
(1) Elevated Resting Heart Rate is Associated with the Incidence of Venous Thromboembolism: The Multi-Ethnic Study of Atherosclerosis
a) 1st author abstract accepted to 2018 Fall AHA Scientific Sessions
b) 1st author manuscript published Open Heart

- 2019-2019. **Amir Heravi**
Role: - medical student, Johns Hopkins University
Project: systematic review on vitamin D and calcium supplements and cardiovascular health

- 2018-2019. **Kene Ezeigwe, BA * #**
Role: – medical student, Johns Hopkins University (Summers Scholars Program)
Projects
1. GlycA and Extra-Coronary Calcification in MESA
a) 1st author abstract accepted to 2018 Fall AHA Scientific Sessions
b) Won minority travel award to 2018 AHA Scientific Sessions
c) 1st author manuscript – published in *Atherosclerosis*
- 2015-2019. **Roberta Florida, MD ***
Role: Cardiology Fellow at Johns Hopkins
Projects:
(1) Interaction of physical activity with family history of premature coronary heart disease on incident atherosclerotic cardiovascular disease risk in the ARIC cohort.
a. 1st author abstract accepted at the 2016 AHA Epidemiology and Lifestyle Meeting.
b. 1st author manuscript published in *Journal of American Heart Association*
(2) Physical activity, 10-year change in LV structure and function, and myocardial fibrosis in the MESA study
a. 1st author abstract presented at the 2017 AHA Scientific Sessions
b. 1st author Manuscript, published in *Medicine in Science and Sports Exercise (MSSE)*, 2019
- 2015-2019. **Lena Mathews, MD * #**
Role: Cardiology Fellow at Johns Hopkins
Projects:
(1) Sex differences in perceived stress and association with meeting the AHA's Life Simple 7 Cardiovascular Health Measures.
a. 1st author abstract presented at the 2017 AHA Epi Scientific Sessions
b. 1st author Manuscript published in *J Womens Health*
(2) Sex hormones and endothelial function in MESA
a. 1st author abstract accepted for the 2018 AHA Epi and Lifestyle meeting
b. 1st author manuscript, published *J Womens Health*
- 2017-2018. **Michael Flitsos, BS**
Role: Johns Hopkins Medical Student. I mentored him as part of the Hopkins Summer Scholarly Research Concentration.
Projects:
1. Lifetime weight patterns and CVD, heart failure risk in MESA
a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
b. 1st author manuscript – published in *J Am Heart Assoc*
c. Won best clinical research presentation at the Johns Hopkins Medical Student Research Symposium, Feb 2018
- 2017-2018. **Stephanie Wang, MD ***

Role: was Internal Medicine resident at Johns Hopkins, currently a cardiology fellow at Emory University

Projects:

- 1) Resting heart rate 20-year cognitive decline in ARIC
 - a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript – published in *Am J Cardiol*

2016-2018. **Vishal Rao, MD, MPH**

Role: was Internal Medicine resident at Johns Hopkins, currently a cardiology fellow at Duke University

Projects:

- (1) Obesity measures and Heart Failure risk.
 - a. 1st author abstract accepted to the 2017 AHA Scientific Sessions
 - b. Blumenthal Award at the 2017 Cardiology Research Retreat
 - c. 1st author manuscript published in *JACC Heart Failure*

2013-2018 **Andrea LC Schneider, MD, PhD ***

Role: At time of mentorship, she was a 4th year Johns Hopkins medical student and T32 CVD Epidemiology training grant postdoctoral fellow. Currently she is now a Neurology resident (Johns Hopkins) since July 2015.

Projects:

- (1) Vitamin D and 10-year cognitive decline in ARIC-Brain Ancillary Study
 - a. 1st author abstract accepted (moderated poster) at 2014 AHA Epi and Prevention Meeting. She received a Travel Award for this work.
 - b. 1st author Manuscript accepted in *European Journal of Neurology*
- (2) Vitamin D and stroke
 - a. 1st author abstract accepted at 2014 AHA Epi and Prevention meeting
 - b. 1st author Manuscript accepted in *European Journal of Neurology*
- (3) Vitamin D and 20-year cognitive decline in ARIC-Neurocognitive Study.
 - a. 1st author abstract accepted at 2016 AHA Scientific Sessions
 - b. 1st author manuscript published in *NeuroEpidemiology*

2017-2018 **Kojo Amoakwa, MD, MPH #**

Role: Internal Medicine resident at St. Agnes Hospital, Baltimore, MD

Projects:

- 1) Resting heart rate and valvular calcium progression in MESA
 - a. 1st author abstract accepted to the 2018 AHA Epi and Lifestyle Meeting
 - b. 1st author manuscript published in *Atherosclerosis*

2016-2018. **Samuel Kim, MD**

Role: Was a 3rd year Internal Medicine Resident at Johns Hopkins, now a Cardiology fellow at Columbia University

Projects:

- (1) Vitamin D and interstitial lung disease in MESA.
 - a. 1st author abstract accepted to the 2016 AHA Scientific Sessions.
 - b. 1st author Manuscript published in *Journal of Nutrition*

- (2) Parathyroid hormone and 20-year cognitive decline.
 - a. 1st author abstract accepted to the 2017 AHA Epi Meeting.
 - b. 1st author manuscript published in *Neurology*.
- (3) Vitamin D and Cardiovascular Disease risk
 - a. 1st author (invited review) manuscript published in *Current Cardiovascular Risk Reports*.

2016-2017. **Konstantinos Aronis, MD**

Role: Cardiology fellow at Johns Hopkins

Project:

- (1) Lp(a) and incident Afib and stroke in the ARIC cohort
 - a. 1st author abstract accepted to the 2017 AHA Epi meeting
 - b. 1st author manuscript published in *Journal of American Heart Association*

2015-2017. **Sai Korada, BS**

Role: - medical student, Northeast Ohio Medical University (NEOMED).

-I mentored him as part of the Medical Student Training in Aging Research (MSTAR) program, which was a summer research fellowship funded by NIH/NIA at Johns Hopkins School of Medicine

Projects:

- (1) Parathyroid hormone and subclinical cerebrovascular disease
 - a. 1st author abstract presented at 2015 AHA Scientific Sessions
 - b. 1st author manuscript published in the *Journal of Stroke and Cerebrovascular Diseases*
- (2) Frailty and subclinical coronary artery disease in the Multicenter Aids Cohort (MACS)
 - a. 1st author abstract related to this work was presented at 2016 American Geriatric Society meeting and received top scoring student abstract.
 - b. Manuscript published in *Atherosclerosis*

2016-2017 **Katie Chin, BA ***

Role: Medical Student at Johns Hopkins

-I mentored her as part of her Hopkins Summer Scholars program

Projects

- (1) Vitamin D, physical activity, and atherosclerotic cardiovascular disease risk in the ARIC study.
 - a. 1st author abstract accepted to the 2016 AHA Scientific Sessions
 - b. 1st author manuscript accepted to *Journal Clinical Endocrinology and Metabolism*.
- (2) Calcium/Vitamin D and cardiovascular risk
 - a. 1st author review article published in *Current Atherosclerosis Reports*.

2015-2017 **Kamil Faridi, MD**

Role: during mentoring he was a housestaff, Johns Hopkins Osler Internal Medicine Residency Program, now a Cardiology fellow at Beth Israel Deaconess.

Projects:

- (1) Vitamin D and 5-year change in lipids in the Atherosclerosis Risk in Communities (ARIC) cohort
 - a. 1st author abstract presented at the 2016 American College of Cardiology (ACC) Scientific Sessions
 - b. 1st author manuscript published in *Nutrition*.
- (2) Vitamin D and non-lipid biomarkers of cardiovascular risk.
 - a. 1st author abstract presented at the 2016 American College of Cardiology (ACC) Scientific Sessions
 - b. 1st author manuscript published *Archives in Medical Science*.

2015-2017 **Haitham Ahmed, MD, MPH**

Role: during mentoring he was a 3rd year Cardiology Fellow at Johns Hopkins; current role: now a Cardiology faculty member at Cleveland Clinic

Project

- (1) Derivation of a new formula for Maximal Age Predicted Heart Rate on stress testing based on gender and fitness status using data from the FIT cohort
 - a. 1st author abstract accepted for presentation at the 2016 AHA Epidemiology and Lifestyle Scientific Sessions
 - b. 1st author manuscript published in *MSSE*.

2016-2016 **Karola Jering, MD ***

Role: Was a 3rd year Internal Medicine Resident at Johns Hopkins, currently a cardiology fellow at the Brigham and Womens Hospital (Harvard)

Project:

- (1) Vitamin D and autoimmunity in MESA
 - a. 1st author abstract was accepted to 2017 American College of Cardiology Meeting.
 - b. Manuscript in progress.

2015-2016 **Joshua Lupton, MD**

Role: during mentoring: medical student, Johns Hopkins; Current role: Emergency Medicine resident, University of Colorado

Projects:

- (1) Vitamin D and atherogenic dyslipidemia in the Very Large Database of Lipids cohort
 - a. 1st author manuscript published in the *Journal of Clinical Lipidology* 2016

2015-2016 **Youssef Farag, MD, MPH**

Role: PhD candidate at Johns Hopkins Bloomberg School of Public Health

Project:

- (1) Vitamin D Deficiency and Erectile Dysfunction in NHANES
 - a. 1st author abstract presented at the 2015 American Heart Association Scientific Sessions
 - b. 1st author manuscript published in *Atherosclerosis*, 2016

2015 **Tolulope Adesiyun, MD * #**

Role during mentoring – 1st year Cardiology Fellow at Johns Hopkins
Project

- (1) Prognostic variables (including fitness) from exercise stress testing among patients with pulmonary disease
 - a. 1st author abstract accepted for presentation at the 2015 American Heart Association Scientific Sessions.
 - b. 1st author manuscript published in the *American Journal of Medicine*

2014-2015 **Radhika Takiar, MD ***

Role during Mentoring: medical student at Northeast Ohio Medical University (NEOMED). Currently an Internal Medicine resident at University of Michigan. -I was her primary mentor for the Medical Student Training in Aging Research (MSTAR) program, a summer scholarship program funded by the NIH/NIA at Johns Hopkins School of Medicine

Project:

- (1) The associations of 25-hydroxyvitamin D levels, vitamin D binding protein gene polymorphisms, and race with risk of incident fracture-related hospitalization: Twenty-year follow-up in a bi-ethnic cohort (the ARIC Study)
 - a. 1st author abstract accepted in the Presidential Poster Session of the American Geriatric Society Meeting in May 2015
 - b. 1st author publication published in *BONE*.

2014-2015 **Rebecca McKibben, MD ***

Role during mentoring: 4th year medical student at Johns Hopkins; current role: Osler Internal Medicine Resident at Johns Hopkins

Projects

- (1) Factors associated with change in vitamin D levels
 - a. 1st author manuscript published in *Journal of Clinical Endocrinology and Metabolism*
- (2) Cardiovascular Disease in Women,
 - a. 1st author invited review article published in *Current Cardiovascular Risk Reports*.

2014-2015 **Dhaval Desai, MD**

Role during mentoring: internal medicine resident at Johns Hopkins; now in cardiology private practice

- (1) Use of aspirin among diabetics for primary prevention of cardiovascular disease
 - a. 1st author invited review article was published in *Current Cardiology Reports*

2013-2014 **Amer Aladin, MD**

Role during mentoring: internist at GBMC hospital in Baltimore, MD; current role: Cardiology Fellow at Wake Forest

Project

- (1) Resting heart rate and all-cause mortality and MI from the FIT cohort

- a. 1st author abstract accepted to the American Heart Association Scientific Sessions in 2014
- b. 1st author manuscript published in the *American Journal of Cardiology*

2013-2014 **Seamus Whelton, MD, MHS**

Role: during mentoring: Cardiology fellow at Johns Hopkins; current role is Cardiology faculty at Johns Hopkins

Projects:

(1) Resting heart rate and inflammatory markers in MESA

- a. 1st author manuscript published in *American Journal of Cardiology*

2013-2014 **Bishnu Subedi, MD**

Role at time of mentoring: GMBC Medical Resident in Baltimore MD; current role Cardiology fellow in New York

(1) HDL therapeutics,

- a. 1st author review article published in *Vascular Health and Risk Management*.

2007-2011 **Venkata (Annie) Narla, MD ***

Role during mentoring: fourth year medical student at Hopkins and then Osler Internal Medicine resident; recent role: cardiology fellow at UCSF), 2007-2014.

Projects:

(1) Coronary artery calcification and inflammation by various metabolic syndrome definitions

- a. 1st author paper published in *Journal of Cardiometabolic syndrome*,

(2) JUPITER and AURORA clinical trials of rosuvastation

- a. 1st author review article published in *Vascular Health and Risk Management*.

(3) Resting heart rate and inflammatory markers

- a. 1st author abstract presented at the AHA 2011 Scientific Sessions.
- b. Was a co-author on the full manuscript published in the *American Journal of Cardiology*.

2013-2015 **Sristi Sharma, MBBS, MPH ***

Role during mentoring: Epidemiology staff member

Project

(1) Vitamin D and atherogenic lipid profile

- a. -1st author abstract accepted to the 2013 American College of Cardiology meeting.
- b. was a coauthor of the manuscript published at *Journal of Clinical Lipidology*

2008-2009: **Kelly Epps, MD ***

Role during mentoring: Johns Hopkins internal medicine housestaff; next role Cardiology fellow at the Cleveland Clinic; current role is Cardiologist in Inova Health Systems, VA.

Project

(1) "Predictors of Weight Change in the Multi-Ethnic Study of Atherosclerosis (MESA)"

- a. 1st author abstract accepted for the AHA Epidemiology and Prevention meeting March 2008.

2010:

Andrew Leventhal, MD,

Role during mentoring: Cardiology fellow, Johns Hopkins; current role is unknown

Project

(1) Statins in women

- a. 1st author review published in *Evidence Based Medicine*.

2010:

Sydney Long, MD *

Role during mentoring: Fourth year medical student at Hopkins, then an internal medicine resident. Current role unknown.

Project:

(1) statins in the elderly published

- a. 1st author on a review paper published in *Clinical Interventions in Aging*

2009:

Nisha Aggrawal Gilotra, MD *

Role during mentoring: Second year Internal Medicine Resident; current role: Cardiology Faculty at Johns Hopkins

Project

(1) Implications of vitamin D in cardiovascular disease

- a. 1st author review article published in *Current Cardiovascular Risk Reports*.

Department of Medicine Task Force on Women's Academic Careers in Medicine, Mentees

2012-2013 (completed) Tabor Flickering, MD – a former General Internal Medicine fellow

AMWA Women's Mentorship Network Pairing

Monica Tung – Johns Hopkins medical student

Graduate Student Thesis Committees

2011 Daniel Roth, PhD candidate, Johns Hopkins Bloomberg School of Public Health

2019 Tara McAlexander, PhD Candidate, Johns Hopkins Bloomberg School of Public Health

Educational Program Building / Leadership:

2005-2007: Chair, Fellow's Subcommittee of the Task Force on Women's Academic Careers in Medicine, Johns Hopkins School of Medicine.

- 2005-2016: Medical Advisor to the National Women's Health Resource Center (NWHRC) (www.healthywomen.org/content/cfm) reviewing consumer health content on atherosclerosis. (no financial compensation).
- 2008-2017: Administrative Editor for the "Practical Reviews in Cardiology", a Johns Hopkins CME-approved monthly publication through Oakstone publishing company distributed to subscribing physicians. Each monthly issue summarizes 20 abstracts from key cardiology publications in the major medical journals. Part of my role as Administrative Editor is to work with the Johns Hopkins CME office to make sure this publication are factual and free of commercial bias.
- 2007-pres. Interview applicants applying for the Osler Internal Medicine Residency Program (I interview approximately 12 applicants per year) and am part of the applicant ranking committee
- 2007-pres. Teaching faculty for Echocardiography for cardiology fellows rotating through echo rotation
- 2009-pres. Meet with potential medical school applicants during lunch sessions to answer questions regarding Johns Hopkins School of Medicine
- 2010-pres.: Part of the Heart Truth campaign sponsored by the Department of Health and Human Services' Office on Women's Health / National Heart Lung and Blood Institute (OWH/NHLBI). As part of the Professional Expert Panel, we are developing educational material and CME slide sets (which will be publically available for free) regarding heart disease prevention in women as part of this educational campaign launch.
- 2011-2012 Completed a 1-year Leadership Training Program for Women Faculty sponsored by the Office of Women in Science and Medicine (OWISM) at Johns Hopkins.
- 2014 National Heart, Lung, and Blood Institute (NHLBI) sponsored workshop: "Filling the Gaps in the Cardiovascular Lipid and Risk Assessment Guidelines."
- 2014-pres Preventive Cardiology Clinical Rotation for Cardiology Fellows
-As Associate Director of Preventive Cardiology, I assist Dr. Roger Blumenthal (Director) with the 1 month preventive cardiology clinical rotation required of all cardiology fellows as part of their fellowship. Fellows will rotate with me in my prevention clinic, as well as I work with some fellows on a research project during their monthly rotation (alternating with Dr. Blumenthal).
- 2019-pres Director of Women's Cardiovascular Health program, Johns Hopkins
-I coordinate a group of clinicians (cardiologists, RNs, etc) for cardiology outpatient clinics across a number of hospital and satellite locations focused on women's CV health. I also coordinate research activities and educational talks related to women's health program.

Educational Extramural Funding: None

CLINICAL ACTIVITIES:

My clinical expertise is primarily in General and Preventive Cardiology, where I have an outpatient practice with an interest in lipids and women’s health. I am also board-certified in Level III Echocardiography and spend 20% of my time in the echocardiography lab at Johns Hopkins Hospital.

Licensing:

2006 Maryland State License: D0064085; expiration date 9/30/21

Boards, other specialty certification

2003 American Board of Internal Medicine, Internal Medicine, expired 12/31/13, inactive

2006 American Board of Internal Medicine, Cardiovascular Disease, ended 12/31/16, recertified

2015 American Board of Internal Medicine, Cardiovascular Disease (Recertification), expires 12/31/25, active

2012 National Board of Echocardiography, Examination of Special Competence in Adult Echocardiography, expires 6/30/22, active

Certification: ABIM Candidate number 217759

Current, Actively Participating in Maintenance of Certification (MOC) for Cardiovascular Disease

Clinical (Service) Responsibilities:

2007-present	Echocardiography Lab	20% effort (1 full day per week)
2007-present	Odenton Cardiology Clinic	5% effort (1 full day every other week)
2019-present	Greenspring Station Clinic	5% effort (every other week)
2007-present	Heart Station (EKG Clean Sweep)	(half day once per month)
2007-2009	Cardiology Consult Service	2-4 weeks on service

Clinical Program Building / Leadership:

1. Participate in once Echo teaching conference once a week (echo techs, students, cardiology fellows).
2. Train students, residents, fellows, and advanced echo fellows in echo lab on level 2 and level 3 Echo skills.
3. Participate in supervising stress tests and reading HCM echo studies for the hypertrophy cardiomyopathy (HCM) program.
4. Echocardiography Education committee (EEC), at Johns Hopkins – oversight of education for cardiology fellowship including didactic lectures and oversight of Advanced Echocardiography fellowship

Clinical Extramural Funding: None

ORGANIZATIONAL ACTIVITIES:

National Organizational Activities

- Summer 2005 Fellow, 31st annual 10-day seminar on the Epidemiology and Prevention of Cardiovascular Disease, sponsored by the American Heart Association (AHA) and the Center for Disease Control, Lake Tahoe, California, July 25-August 6, 2005.
- US seminar scholarship awarded for full tuition by the AHA (the Borhani, McGovern, Moore foundation)
- 2005-present: Professional Member, American Heart Association (AHA), Council for Epidemiology and Prevention.
- 2007-present: Professional Member, American College of Cardiology (ACC)
- 2009-2015: Member, Board of Directors, American Heart Association, Baltimore chapter
- 2009-present Member, Johns Hopkins Steering Committee member and Team Captain, for the American Association Start! Greater Baltimore Heart Walk Fundraiser and educational campaign
- 2012-2015 Women in Cardiology committee member (national), American Heart Association
*committee selects travel awards for women Trainees as well as mentoring awards
- 2014-present Member, American Society of Echocardiography (ASE)
- 2017-present Cardiology Today, selected as one of their Next Generation Innovators
- 2018-present Member, American Society of Preventive Cardiology (ASPC)
- 2018-present Member, Society of Cardiac Computed Tomography (SCCT)
- 2018-present Member, Endocrinology Society
- 2018-present Social Media Working Group, SCCT
- 2019-present Board of Directors, American Society of Preventive Cardiology (ASPC)
- 2019-present Chair, American Society of Echo (ASE) Task Force on burnout – ASE Cares initiative

Institutional Organization Activities

2007-present	Osler Medicine Residency Program selection committee (Orange Subcommittee), Johns Hopkins University, Department of Medicine
2007-present	Cardiology Fellowship Program selection committee, Johns Hopkins University, Division of Cardiology
2010-present	Member, Johns Hopkins Women's Task Force Committee for Careers in Academic Medicine -Work-life Subcommittee Chair, for the Women's Task Force in Academic Medicine
2012-present	Member, Joint Oversight Committee for Faculty Development and Gender (now called Committee on the Status of Women), Johns Hopkins School of Medicine
2016-2019	Women's Task Force Chair, Division of Cardiology, Johns Hopkins School of Medicine
2017	ACGME Fellowship Oversight Committee, Faculty Reviewer, Division of Cardiology, Johns Hopkins School of Medicine,
2017-present	Search Committee, for Heart Failure section director position, Division of Cardiology, Johns Hopkins University
2017-present	Physician Communication Liaison, Johns Hopkins Marketing Department
2019-present	OWISM Advisory Committee

RECOGNITION

Honors:

- 1992-1996 Northwestern University, undergraduate, Evanston, Illinois
- Departmental Honors, Biology, 1996
 - Phi Beta Kappa Honor Society, 1996
 - David Shemin Award for Basic Biological Research, 1996 (given in recognition for outstanding senior honors thesis.)
 - Oliver Marcy Scholar, 1995 (granted to three students who compiled the most distinguished academic records in the natural sciences/mathematics during their junior year)
 - Dean's List: Winter 1993, Spring 1993, Fall 1994, Winter 1995, Spring 1995, Winter 1996
 - Golden Key National Honor Society, 1995
 - Alpha Lambda Delta, 1993 (Freshman Scholarship Society)

- 1996-2000 Northwestern University Medical School, Chicago, Illinois
- Alpha Omega Alpha (AOA) Honor Society, 1999
- 2006-2007 Johns Hopkins Bloomberg School of Public Health
- Trudy Bush award (given to a MHS degree candidate in recognition for research in the area of women's health)
 - Delta Omega Public Health Honor Society, 2007
- 2007 PJ Schafer Award in Cardiovascular Research, Johns Hopkins Ciccarone Preventive Cardiology Center, presented at Heartfest, January 27, 2007
- 2008, 2009: Finalist accepted for presentation at the Northwestern Young Investigator competition
- 2010 elected as a Fellow of the American College of Cardiology (F.A.C.C)
- 2015 elected as a Fellow of the American Heart Association (F.A.H.A.)
- 2019 elected as a Fellow of the American Society of Echocardiography (F.A.S.E.)
- 2015, 2017, 2019 Recognized on the website by Johns Hopkins Bloomberg School of Public Health for being outstanding teaching faculty as course director of 340.730.01, which received instructor ratings in the outstanding range.
- 2019 David Levine Mentoring Award, Department of Medicine
- 2020 elected as a Fellow of the American Society of Preventive Cardiology (F.A.S.P.C)

Invited Talks, Panels

(not including CME lectures outlined under Education section, and not including abstract presentation at scientific meetings):

Webinar Talks, Invited

June 15, 2020

American Diabetes Association meeting – Vindico CME

Webinar: New Oral Options for Diabetic Dyslipidemia Management"

Guest speaker (Michos): LDL-C Reduction in Patients with Diabetes – Current Needs and Persisting Challenges

June 18, 2020

American College of Cardiology (ACC) Women in Cardiology Series

Webinar: Updated Recommendations for Primary Prevention of CVD in Women Webinar

Guest speaker (Michos): Aspirin for Primary Prevention in Women

July 15, 2020

International Society for Tele-Medicine and eHealth (ISfTeH)

Webinar “Hot topics in preventive cardiology”

Guest speaker (Michos): “Women are Not Just Smaller Men: Sex-Specific CVD Prevention for Women”

August 18, 2020

American College of Cardiology COVID19 Education Series

“Statins in COVID-19”

Guest speaker: Erin Michos

<https://acc.bravais.com/s/R1vtBvGV9jFzPwvyPkXS>

International Talks, Invited

I have been an invited speaker to many parts of the world including the Caribbean, Europe, the Middle East, Asia, and Australia. This shows my international recognition as an expert in Preventive Cardiology.

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| March 2, 2010 | X Edition of The National Symposium on Obesity and Nutrition,
<i>“Vitamin D and Cardiovascular Risk”</i>
Reus, Spain |
| March 4, 2010 | II Congress of the Spanish Federation of Societies of Nutrition, Food and
Dietetics (FESNAD)
<i>“Vitamin D and Cardiovascular Risk”</i>
Barcelona, Spain |
| Sept 30, 2010 | Grand Bahama Medical & Dental Association Conference
<i>“Vitamin D and Cardiovascular Health”</i>
Freeport, Grand Bahamas |
| March 3, 2012 | St. Matthews University Medical School.
<i>“Dyslipidemia in the Metabolic syndrome”</i>
Grand Cayman, BWI |
| March 4, 2012 | Cayman Heart Fund Cardiac Symposium.
<i>“Vitamin D and Cardiovascular Disease”</i>
Grand Cayman, BWI. |
| March 20, 2014 | Cayman Heart Fund Cardiac Symposium
<i>“Interpretation of the New 2013 ACC/AHA Guidelines on the Prediction of
ASCVD Risk and the Management of Blood Cholesterol: What was Done
Well and What Could Be Done Better”</i>
Grand Cayman, BWI |

- March 21, 2014 St Matthews University Medical School
"Use of subclinical atherosclerosis for risk assessment in the asymptomatic individual"
Grand Cayman, BWI
- May 1, 2015 "A Woman's Journey"
"Matters of the Heart: Preventing Cardiovascular Disease in Women"
Hamilton, Bermuda
- Sept 26, 2015 MedCan 2015 Clinical Updates
"Cardiovascular Risk Prediction"
Toronto, Canada
- Feb 20, 2016 Health Fair, Bermuda
"Life Simple 7 for a Healthier Heart and Managing Stress"
Hamilton, Bermuda
- May 26, 2017 Bioquest, Global Speakers Program
"Statins for Primary Prevention"
Montego Bay and Kingston, Jamaica
- April 9, 2018 Johns Hopkins Aramco Healthcare (JHAH) – medical Grand Rounds
*Distinguished Faculty Visit (DFV) sponsored by Dean's office
"2018 Update on Antiplatelet and Lipid Therapies for Cardiovascular Disease Prevention"
Dhahran, Saudi Arabia
- April 9, 2018 Johns Hopkins Aramco Healthcare (JHAH) – community lecture
"Moving Your Way to a Healthier Heart: Physical Activity, Reducing Sitting Time and Fitness for Cardiovascular Disease Prevention"
Dhahran, Saudi Arabia
- July 20-21, 2018 Capitol Club and Chang An Private Club, events with Johns Hopkins International
"Moving Your Way to a Healthier Heart: Physical Activity, Reducing Sitting Time and Fitness for Cardiovascular Disease Prevention"
Beijing, CHINA
- Nov 23, 2018 National Institute for Preventive Cardiology (NIPC)
National Prevention Conference
"Cardiovascular Disease in Women"
Enfield, Co Meath, IRELAND
- May 29, 2019 Bermuda CME program
"Queen of Hearts"

Hamilton, Bermuda

April 3, 2020 Ottawa Women's Heart Health Conference - CANCELLED DUE TO COVID
"Primary and secondary prevention specific to women"
"Aspirin for primary prevention, is there a role?"
Ottawa, Canada
*This was cancelled due to COVID

Aug 12, 2020 Australia Cardiovascular Health and Rehabilitation Association (ACRA) 2020 30th Annual Scientific Meeting – Changed to VIRTUAL
Keynote lecture: Female-specific Factors that Enhance Cardiovascular Risk in Women Throughout the Lifespan
Melbourne, Australia – *Talk given virtually (Zoom) due to COVID

Sept 9-12, 2020 The 21st International Vascular Biology Meeting (IVBM2020)
"Coronary artery calcium for Cardiovascular Disease Risk Prediction"
Seoul, Korea -*Talk given virtually (zoom) due to COVID

Upcoming

Oct 23, 2020 Canadian Cardiovascular Society – change to virtual
Discussant, Late Breaking Clinical Trials – "Reduce-It"

Dec 10-13, 2020 Cardiac Society of Australia and New Zealand (CSANZ) 2020 Annual Scientific Meeting— Changed to VIRTUAL
1) *"Sex-specific factors that enhance a woman's cardiovascular risk"*
2) *"Uniqueness of ischemic heart disease in women"*
Gold Coast, Australia -*Talk given virtually (zoom) due to COVID

May, 2021 Visiting professorship Asahi General Hospital in Japan

National Talks, Invited

(does not include abstract presentations at meetings)

Over the years, I have given numerous invited grand rounds lectureships at academic centers all of the country, as well as plenary talks at national scientific meetings such as the American Heart Association Scientific Sessions. This shows my national recognition as an expert in Preventive Cardiology.

April 4, 2006 University of Minnesota School of Public Health, Dept. of Epidemiology
"Do the NCEP/ATP III Guidelines Underestimate Asymptomatic Women at Risk for Coronary Heart Disease?"

Minneapolis, MN

- Feb 28, 2007 Women's Cardiovascular Health Advisory Board
"Cardiovascular Risk Stratification in Asymptomatic Women – Is Traditional Risk Assessment a Barrier to Optimal Treatment in Women?"
 Orlando, FL
- October 2007: Expert Faculty Panel Discussion, Transcatheter Therapeutics Meeting
"Heart Disease in Women"
 Washington, DC
- October 18, 2008, CeDar vitamin D symposium, Massachusetts General Hospital
"Vitamin D and Cardiovascular Disease, a review of the Epidemiologic evidence"
 Boston, MA
- February 21, 2009: Cardiovascular Disease in Older Adults Geriatric Medicine VA Conference
 Geriatric Research, Education and Clinical Center (GRECC), Central
 Arkansas Veterans Healthcare System,
"Coronary Artery Calcification in Older/Elderly adults"
 Little Rock, AR
- October 2009 Women's Leadership Board, an organization of women business leaders
"Vitamin D and Cardiovascular Risk"
 Virginia Beach, VA.
- February 6, 2010 American College of Cardiology - Expert Panelist Speaker
 Heart of Women's Health program
"Cardiovascular Disease Detection in Women: Where does imaging fit in?"
 Washington, DC
- October 14, 2010 L3 organization (Leadership, Legacy, Life – an organization of business
 leaders) *"Preventing and Reversing Heart Disease by Changing Your Life
 style"*
 Asheville, NC.
- Nov 16, 2010 American Heart Association Scientific Sessions -**Plenary session
 speaker**
*"Vitamin D and cardiovascular risk, a review of the observational and
 clinical trial evidence."*
 Chicago, IL
- February 11, 2012 WH2.0 Consensus on Women's Health Conference, UCLA
"Vitamin D and Cardiovascular Disease"
 Los Angeles, LA.

- March 25, 2012 American College of Cardiology (ACC) Meetings – Expert panel speaker
“Dietary Case Presentation”
“Vitamin D and Cardiovascular Risk”
 Chicago, IL
- March 10, 2013 American College of Cardiology (ACC) Meeting – Expert Panelist Speaker
Vitamins & Supplements: Helpful or Harmful?
 San Francisco, CA
- March 21, 2013 Congressional briefing on behalf of the American Heart Association and the National Psoriasis Foundation. *“Cardiovascular hazards of psoriatic diseases”*
 Rayburn House congressional building, Washington DC.
- March 31, 2014 American College of Cardiology (ACC) Meeting – Expert Panelist Speaker
“Diabetes and Cardiovascular Disease: Core Curriculum in Preventive Cardiology”
 Washington DC
- October 2, 2015 Dept of Epidemiology Seminar, University of Minnesota – Invited Speaker
“Cardiovascular Risks of Strenuous Endurance Exercise”
 Minneapolis, MN
- Oct 6, 2015 Workshop on HIV and Aging, - Invited speaker
“Should aspirin be used in primary prevention of CVD in HIV-infected individuals? The CON-side of the debate”
 Washington, DC
- July 16, 2016 Robb Report Health and Wellness Seminar – Invited Speaker
“Physical activity, Fitness, and Reduction of Sitting Time and Cardiovascular Risk”
 Deer Valley (Park City), UT
- January 26, 2017 A Woman’s Journey (Johns Hopkins)
“Heart-Throb: New Updates in Cholesterol Management”
 Palm Beach, FL
- Feb 22, 2017 Botero Cardiology/Cardiac Surgery Lectureship, Bayfront Hospital – KeyNote Speaker
“Vitamin D, Calcium Supplements, and CVD: Helpful, Harmful, or Neutral? An Era of Uncertainty”
 St. Petersburg, FL
- Feb 23, 2017 Medicine Grand Rounds, Bayfront Hospital
 – Grand Rounds Speaker

“Moving your way to a Healthier Heart. Update on Physical Activity, Fitness, and Sitting, and Cardiovascular Disease”
St. Petersburg, FL

- March 2017 AHA Epidemiology and Lifestyle Meeting
“Hot off the Press” session invited speaker
“Calcium supplements and 10-year risk of coronary artery calcification”
Portland, OR
- May 5, 2017 Northeast Ohio Medical Institute (NEOMED) 28th Annual Internal Medicine
Update Course: The Patient, The Physician, and the Transformation of
Health Care. What’s Hot? What’s Not? – Invited Speaker
“Cardiovascular Disease Prevention in Women”
Rootstown, Ohio
- June 3, 2017 UC Davis Women’s Health Conference – Invited Speaker
“Vitamin D, Calcium supplements, and Cardiovascular Risk”
Lake Tahoe, NV
- June 23, 2017 Napa Valley Cardiology Conference, Piedmont Health – Invited Speaker
“Vitamin D, Calcium supplements, and Cardiovascular Risk”
*“CAC Score to Guide CV Risk Assessment When Decision to “Statin” is
Uncertain”*
“Updates from MESA: Putting risk stratification together in 2017”
Napa Valley, CA
- Nov 15, 2017 American Heart Association Scientific Sessions, **Plenary session
speaker**
“Trending Topics in Prevention”
Anaheim, CA
- July 12, 2018 Society Cardiac Computed Tomography (SCCT)/American Society of
Preventive Cardiology (ASCVD) Joint Cardiovascular Disease Prevention
Symposium
-Invited Speaker
“What is the Role of Dietary Supplements in CVD Prevention”
Dallas, TX
- August 22, 2018 Medicine Grand Rounds, Thomas Jefferson University Methodist
Community Hospital
– Grand Rounds Speaker
“Heart Disease in Women”
Philadelphia, PA
- Sept 20, 2018 Grand Rounds, Houston Methodist DeBakey Heart & Vascular Center
– Grand Rounds Speaker

“Multivitamins and Mineral Supplements for Cardiovascular Disease Prevention”
Houston, TX

- Sept 26, 2018 Cardiology Grand Rounds, George Washington University
– Grand Rounds Speaker
“Multivitamins and Mineral Supplements and Risk of Cardiovascular Disease”
Washington DC
- Oct 31, 2018 Cardiology Grand Rounds, Massachusetts General Hospital (Harvard) -
– Grand Rounds Speaker
“Sex and Gender and their Impact on Cardiovascular Health in Women”
Boston, MA
- Nov 1, 2018 American Medical Forum – Invited Speaker (3 talks)
“Cardiology Disease Prevention in Women”
“Use of Coronary Artery Calcium to Guide Statin Discussion in Primary Prevention”
“Calcium and Vitamin D supplements and CVD prevention”
Washington, DC
- Nov 10, 2018 American Heart Association Scientific Sessions – Invited Speaker
“Interactive Cases on Changing the Paradigm of CV Prevention: Using Lipid Targets, the New Hypertension Guidelines, Novel Glucose-Lowering Therapies, and Coronary Calcium”
Chicago, IL
- Nov 10, 2018 American Heart Association Scientific Sessions – Invited Speaker
“Making sense of CV disease prevention in your patients: new data about aspirin”
Special Symposium on State of the Art Cardiovascular Care
Chicago, IL
- Nov 29, 2018 15th Global Cardiovascular Clinical Trialists Forum (CVCT)– Invited Speaker
“Inflammation is no longer relevant in patient on very low LDL levels”
Washington, DC
- Feb 1, 2019 Sarasota Memorial Grand Rounds
“Vitamins and minerals and supplement: is there a role for cardiovascular disease prevention?”
Sarasota, FL
- March 7, 2019 AHA Epidemiology and Lifestyle Meeting

- Special Event Debate, co-sponsored by the American Society of Preventive Cardiology (ASPC)
"Con – Genetic Risk Scores are Useful For CVD Prevention"
Houston, TX
- March 18, 2019 American College of Cardiology (ACC) Scientific Sessions– Invited Speaker
"How to Assess ASCVD Risk?"
New Orleans, LA
- April 3, 2019 Good Samaritan Medical Center, West Palm Beach
Speaker, Grand Rounds
"Cardiovascular Disease Prevention in Women"
West Palm Beach, FL
- May 9, 2019 American College of Osteopathic Internists, CME Program
Speaker
Talk 1: *"Coronary Artery Calcium Scoring"*
Talk 2: *"CVD Risk Reduction in Women"*
Baltimore, MD
- June 1, 2019 Society of Vascular Medicine (SVM) Scientific Sessions
Speaker
"Heart Healthy Diet: So now we know?"
McClellan, VA
- June 6-8, 2019 Women's Health Conference, UC Davis
Speaker
"Aspirin in Primary Prevention for Women, is there any role anymore?"
"2018 Cholesterol Guidelines: Updates for Women"
Monterey, CA
- June 27, 2019 American Medical Forum (AMF) CME program
Speaker
Talk 1: *"Review of the updated 2018 AHA/ACC Cholesterol Guidelines"*
Talk 2: *"Residual ASCVD risk from Hypertriglyceridemia – can we REDUCE-IT?"*
Chicago, IL
- July 14, 2019 Society of Computed Tomography SCCT Scientific Sessions Joint Prevention Symposium with the International Atherosclerosis Society
3 –Way Debate: Lifetime Risk Score, Coronary Artery Calcium Score, or Genetic risk Score for CVD Risk Assessment
"Lifetime Cardiovascular Risk"
Baltimore, MD

- July 15, 2019 Society of Computed Tomography SCCT Scientific Sessions
"Social Media and its role for Burn-out prevention for clinicians"
Baltimore, MD
- Sept 27, 2019 North American Menopause Society (NAMS) Scientific Sessions
Speaker
"Aspirin for Primary CVD Prevention in Women"
Chicago, IL
- Sept 29, 2019 Meeting of the American Academy of Family Practice (AAFP)
"New Opportunities to Improve Management of Patients with or at High Risk of ASCVD Events: You Weigh the Evidence"
Philadelphia, PA
- Oct 18, 2019 Rush Medical Center, Cardiology Grand Rounds
"Multivitamins and Supplements: Helpful, harmful, or neutral for cardiovascular risk?"
Chicago, IL
- Nov 11, 2019 Women's Health Annual Visit (WHAIV) Meeting
"New Guideline and Evidence to Improve Management of Patients with or at High-Risk of Atherosclerotic Cardiovascular Disease (ASCVD)"
New York City, NY
- Nov 16-18, 2019 American Heart Association Scientific Sessions
1. *"Finding Your Ikigai: Maintaining Balance & Sense of Self During Training"*
2. *"Aspirin: Who Needs It Anymore?"*
Philadelphia, PA
- Nov 17, 2019 AiCME Symposium
"A Crucial Equation to Reduce Future CV Events: A Multi-Pronged Approach to LDL-C Lowering"
Philadelphia, PA
- Nov 20, 2019 UT Southwestern Medical Center, Cardiology Grand Rounds
"Heart Disease in Women"
Dallas, Texas
- Dec 7, 2019 17th annual Cardiovascular Clinical Trialists (CVCT) Forum
"The AHA/ACC Prevention Guidelines: How was the Evidence Graded?"
Washington, DC
- Jan 28, 2020 Duke University Cardiology Grand Rounds
"Sex and Gender and their Impact on Women's Heart Health"
Durham, NC

- Feb 6, 2020 PriMed
"Clinical Considerations on Lipid Management of ASCVD in the New Era"
Ft Lauderdale, FL
- March 6, 2020 American Heart Association Epidemiology and Lifestyle Meeting
"Early Career Session: Work/Life Balance"
Phoenix, AZ
- March 14, 2020 Leigh Valley Cardiology Symposium – CANCELLED DUE TO COVID
"The 2019 ACC/AHA Guidelines of Primary Prevention of Cardiovascular Disease: an Insider's Guide"
Lehigh Valley/Allentown, PA
*This was cancelled due to COVID
- March 20, 2020 University of Arizona Cardiology Grand Rounds- CANCELLED DUE TO COVID
"Sex and Gender and their Impact on Women's Heart Health"
Phoenix, AZ
*This was cancelled due to COVID
- March 28-30, 2020 American College of Cardiology (ACC) Scientific Sessions – PRESENTED VIRTUAL DUE TO COVID
1) *Primary Prevention Guidelines: What is the role for aspirin?*
2) *Top 3 Presentations in Digital Innovation/ mHealth/ Precision Medicine Most Likely to Impact or Change Clinical Practice or Future Research Agenda*
3) *Genetic Testing in ASCVD Risk Assessment: A Far-Fetched Idea (Stick to The Basics)*
Chicago, IL
- Jul 17, 2020 Society of Cardiac Computed Tomography (SCCT) Scientific Sessions – PRESENTED VIRTUAL
"Social Media: How can this advance mentorship of women?"
Seattle, WA
- July 25, 2020 American Society of Preventive Cardiology (ASPC) 2020 Congress – PRESENTED VIRTUAL DUE TO COVID
"Menopause and Its Impact on Women's Cardiovascular Health"
Louisville, KY
- Aug 8-10, 2020 American Society of Echocardiography (ASE) Scientific Sessions - PRESENTED VIRTUAL DUE TO COVID
"Strategies to build personal resilience"
Denver, CO

Aug 16, 2020 Society of Cardiac Computed Tomography (SCCT) Prevention Symposium 2020 – PRESENTED VIRTUAL DUE TO COVID
“Who needs vitamin D, B12, or Fish Oil in 2020?”
Seattle, WA

Aug, 2020 ASPC Preventive Cardiology Experts Course – PRESENTED VIRTUAL DUE TO COVID
“Moving Your Way to a Healthier Heart: Physical Activity, Fitness and Reduction of Sitting Time on CVD Risk”
Louisville, KY

Upcoming Invited National Talks:

Oct 17, 2020 Guthrie Cardiovascular Symposium
Topic TBD
Sayre, PA

Oct 30, 2020 Westchester Cardiovascular Symposium
“Novel lipid-lowering therapies: Beyond Statins and PCSK-9 Inhibitors”
White Plains, NY

Nov 5, 2020 Brigham and Women’s, Division of Endocrinology, SFRN collaboration
“Cardiometabolic Risk in Women”

Nov 14-16 2020 *American Heart Association Scientific Sessions – CHANGED TO VIRTUAL*
1) Diabetes and CV Risk Reduction
2) Cardiometabolic Disease Research: Intro to MESA cohort
3) Reducing Sex Disparities in Clinical Research

Nov 20, 2020 Cardiometabolic Health Conference (CMHC) – changed to virtual
Multidisciplinary Care and Telemedicine: Implications for Cardiometabolic Health – *Telemedicine for Lipid management*

Dec 3, 2020 Cardiovascular Clinical Trialists (CVCT) 2020 – changed to virtual
“Women in primary and Secondary CV Prevention trials”
Washington, DC

Dec 5, 2020 American Society of Hematology (ASH)
CHANGED TO VIRTUAL DUE TO COVID
“Does ASA Still Have a Role as Primary Prevention for Acute Coronary Syndrome”.
San Diego, CA

- Dec 11, 2020 West Virginia University Cardiology Grand Rounds
Topic TBD
Morganstown, WV
- Dec 16, 2020 Washington University, Cardiology Grand Rounds
TO BE GIVEN VIRTUAL DUE TO COVID
“Sex-Specific Risk Factors that Influence a Woman’s Risk Throughout the Lifespan”
St Louis, MO
- January 7, 2021 Lahey Hospital & Medical Center Cardiology Grand Rounds
Topic TBD
Burlington, Massachusetts
- Feb 12, 2021 University of Utah Cardiology Grand Rounds
Topic TBD
Salt Lake City, UT
- March 29, 2021 Northwestern University Cardiology Grand Rounds
Topic TBD
Chicago, IL
- April 27, 2021 Cedar Sinai Cardiology Grant Rounds
Topic TBD
Los Angeles, CA
- April 29, 2021 American College of Physicians (ACP) national meeting
“Beyond the Guidelines: Role of Aspirin in Primary Prevention”
Orlando, FL

Local (Maryland), Invited Speaker

Outside of Johns Hopkins

Over the years, I have given numerous invited grand rounds or lectureships at academic centers at neighboring hospitals or institutions within my local state of Maryland.

- February 9, 2008: Hyatt Wellness Program
“*How to be a heart-healthy woman: Cardiovascular Disease prevention in Women*”
Cambridge, MD
- March 25th, 2009: Executive breakfast sponsored by the American Heart Association local Baltimore chapter to launch their “START!” fitness campaign,
“*Exercise and cardiovascular disease prevention.*”
Center Club, Baltimore, MD

- May 15, 2009: Frederick Memorial Hospital Grand Rounds.
"Preventive Cardiology update: recommendations and practical advice for exercise and nutrition lifestyle management"
Frederick, MD.
- Nov 29, 2012 American Heart Association Go Red Breakfast
"Life Simple 7 and CVD prevention"
Baltimore, MD
- Sept 21, 2013 Suburban Hospital Cardiovascular Symposium
"Vitamin D and Cardiovascular Health: Lessons from Observational and Supplementation Studies"
Bethesda, MD
- January 23, 2014 Union Memorial Hospital, Medical Grand Rounds
"Preventing Cardiovascular Disease in Women"
Baltimore, MD
- Nov 6, 2014 Union Memorial Hospital, Medical Grand Rounds
"Interpretation of the 2013 ACC/AHA Guidelines on the Prediction of ASCVD Risk and the Management of Blood Cholesterol: What Was Done Well and What Could Be Done Better"
Baltimore, MD
- March 25, 2015 University of Maryland St. Joseph Medical Center, Medical Grand Rounds
"Review of the 2013 ACC/AHA Guidelines on Cardiovascular Risk Assessment and Blood Cholesterol: What Was Done Well And What Could Be Done Better?"
Baltimore, MD
- April 17, 2018 Maryland Association of Cardiovascular and Pulmonary Rehabilitation
2018 Spring Conference
"Pharmacologic Management for Secondary CVD Prevention: a focus on lipid and antiplatelet therapies"
Linthicum Heights, MD
- Dec 5, 2018 University of Maryland Prince George County's Medical Grand Round
"Cardiovascular Disease in Women"
Salisbury, MD
- Feb 16, 2019 23rd Annual Coastal Cardiac and Vascular Conference
"Physical activity, Fitness, and reducing sedentary time for CVD prevention".
Cambridge, MD

- April 8, 2019 Mid-Atlantic Nutrition Obesity Research Center, invited speaker
"Vitamin D & Calcium Supplements and Cardiovascular Health"
 Baltimore, MD
- May 14, 2019 Medstar Union Memorial Hospital
"2019 ACC/AHA Primary Prevention Guidelines"
 Baltimore, MD
- Feb 8, 2020 24rd Annual Coastal Cardiac and Vascular Conference
"Dietary patterns and dietary supplements in cardiovascular health".
 Cambridge, MD
- Feb 13, 2021 25rd Annual Coastal Cardiac and Vascular Conference
 Topic TBD
 Cambridge, MD

Institutional (Johns Hopkins), Grand Round Talks or Invited Speaker

(does not include fellow, resident, student or other educational lectures given at Hopkins)

- 2007 Cardiology Grand Rounds
"Vitamin D, Calcium, and Cardiovascular Health"
 Johns Hopkins School of Medicine, Baltimore, MD
- Oct 8, 2008: National Conference of State Legislators (NCSL) site visit to Johns
 Hopkins
"Cardiovascular Health Disparities in Women and Minorities",
 Johns Hopkins University, Baltimore, MD
- 2011 Cardiology Grand Rounds
"Vitamin D, Calcium, and Cardiovascular Health"
 Johns Hopkins School of Medicine, Baltimore, MD
- Feb 20, 2013 Welch Center Grand Rounds, Johns Hopkins
"Vitamin D, Calcium, and Cardiovascular Risk"
 Baltimore, MD
- May 8, 2013 Medicine Topics Course, Johns Hopkins Department of Medicine
"Vitamin D and Cardiovascular Risk"
 Baltimore, MD
- 2013: Cardiology Grand Rounds
"Vitamin D, Calcium, and Cardiovascular Health"

Johns Hopkins School of Medicine, Baltimore, MD

- Feb 22, 2017 Cardiology Grand Rounds, Johns Hopkins
 “*Vitamin D, Calcium Supplements, and CVD: Helpful, Harmful, or Neutral? An Era of Uncertainty*”
 Baltimore, MD
- Oct 17, 2018 Cardiology Grand Rounds, Johns Hopkins
 “*Heart Disease in Women: The Impact of Biological Sex, Sex Hormones, and Gender*”
 Baltimore, MD
- Dec 4, 2018 Urban Health Residency Program Noon Conference, Johns Hopkins
 “*2018 Update on Lipid Management*”
 Baltimore, MD
- May 8, 2019 Osler IM Residency Program Noon Conference, Johns Hopkins
 “*2018 Update on Lipid Management*”
 Baltimore, MD
- June 15, 2019 Methods in Clinical and Translational Research
 Johns Hopkins Bloomberg School of Public Health
 “*Risk Assessment and its role in the 2019 Primary Prevention Guidelines*”
 Baltimore, MD
- Sept 11, 2019 Endocrine Division Grand Rounds, Johns Hopkins
 “*Sex hormones and CVD risk in women*”
 Baltimore, MD
- Oct 9, 2019 Welch Center Grand Rounds, Johns Hopkins
 “*Dietary Supplements: Are they Helpful, Harmful, or Neutral for CVD Risk?*”
 Baltimore, MD
- Feb 7, 2020 Department of Medicine Grand Rounds, Johns Hopkins
 “*Sex and Gender and their impact on Women’s Heart Health*”
 Baltimore, MD
- Feb 11, 2020 Department of Medicine Grand Rounds, Johns Hopkins Bayview
 “*Lipid Management for the Prevention of Cardiovascular Disease: an Overview of the 2018 AHA/ACC Guidelines*”
 Baltimore, MD

Invited Panels/Guideline Writing Committees

- 2006 Expert Writing Committee panel, for the updated Cardiovascular Disease Prevention Guidelines for Women, American Heart Association
- 2006 Writing Committee panel, Prevention Subcommittee, Association of Women's Heart Programs (AWHP)
Washington, DC
- 2018 Expert Writing Committee panel, AHA Prevention Guidelines
- 2019-2020 KDIGO Management of Diabetes & CKD Guideline Work Group
- 2020-2020 AHA Scientific Statement, Mind Body Connection

Social Media

Twitter handle @ErinMichos

Active social media account with over 11,000 followers

Platform used for dissemination of my research and engagement in academic discussions in the realms of preventive cardiology, imaging, and women in medicine.

Given my influence, multiple organizations have included me as part of their Social Media team to live tweet their events to disseminate science.

Part of official Social Media Team for the following conferences as advertised by the organizations themselves on their social media sites:

- Society of Cardiac Computed Tomography Scientific Sessions #SCCT2019 (Social Media Meeting Ambassador)
- American Society of Echocardiogram Scientific Sessions #ASE2019 meeting (Twitter Champion)
- European Society of Cardiology Scientific Sessions #ESC19 (Prevention Pathway Twitter Ambassador)
- American College of Cardiology Scientific Sessions #ACC20 Prevention Pathway Twitter Ambassador)
- Society of Cardiac Computed Tomography Scientific Sessions #SCCT2020 (Social Media Meeting Ambassador)

According to Symplur (Health Care Hashtags), I was in top 10 of Social Media influencers for the following meetings

- AHA Epi and Lifestyle meeting 2018
- SCCT (Society of Cardiac Computed Tomography) 2018
- ASE Scientific Sessions 2019

As noted in my publication list, I have also authored several papers about the use of social media in research dissemination.

I also have a formal role with the JHH Marketing Department (VP Kathy Smith) which I help coordinate physician communication and promote Johns Hopkins Medicine enterprise branding.

Media Interviews and Mentions – Erin Michos

I am frequently contacted by various media outlets (including CNN, CBS news, NBC, Reuters, NPR, etc) for my opinion on late-breaking cardiology studies and other issues related to cardiovascular disease prevention. I have been featured in nearly all media formats – print, radio, TV/video. Here are just a few links where I am quoted. This shows my national recognition as an expert in my field.

In March 2018, in honor of International Women’s Day, I was also featured in this article about 4 Women Cardiologists Breaking Barriers, which included two full Professors from Mayo Clinic and the past president of the American College of Cardiology. This also shows my national recognition as a leading Woman Cardiologist.

<https://currentmd.com/blog/4-women-cardiologists-breaking-barriers/>

March 2007

Forbes

How to avoid a heart attack

https://www.forbes.com/2007/03/06/health-heart-avoid-forbeslife-cx_avd_0307heartattack.html#212b891945c0

August 2008

Web MD

Low vitamin D ups Death Risk.

<http://www.webmd.com/heart-disease/news/20080811/low-level-of-vitamin-d-ups-death-risk>

November 2010

NPR

Low Vitamin D Not To Blame For Blacks' Higher Stroke Rate

<https://www.npr.org/sections/health-shots/2010/11/15/131331160/low-vitamin-d-not-to-blame-for-blacks-higher-stroke-rate>

LA Times

Vitamin D and stroke

<http://articles.latimes.com/2010/nov/14/news/la-heb-stroke-20101114>

CBS Minnesota

Report: A Bit More Vitamin D Is Good, Not Too Much

<http://minnesota.cbslocal.com/2010/11/30/report-a-bit-more-vitamin-d-is-good-not-too-much/>

August 2011

Forbes

CNN, ABC, NBC Dumb Down the News about CV Screening

<http://www.forbes.com/sites/larryhusten/2011/08/22/cnn-abc-and-nbc-dumb-down-the-news-about-cv-screening/#4989bd4a7624>

November 2011

CNN

The Heart Attack Proof Diet

<http://www.cnn.com/2011/HEALTH/08/19/heart.attack.proof.diet/index.html>

October 2012

Everyday Health

Common cholesterol Mistakes

<http://www.everydayhealth.com/high-cholesterol/common-cholesterol-mistakes.aspx>

Everyday Health

Tips for Traveling With High Cholesterol

<https://www.everydayhealth.com/high-cholesterol/living-with/tips-for-traveling-with-high-cholesterol/>

February 2013

Reuters

Niacin Statin Combo tied to skin and muscle side effects

<http://news.abs-cbn.com/lifestyle/02/28/13/niacin-statin-combo-tied-skin-muscle-side-effects>

July 2013

Cardiovascular business

Echo Screening has no benefit for general population

<http://www.cardiovascularbusiness.com/topics/imaging/echo-screening-no-benefit-general-population>

August 2014

Healthy Living

High Cardiac Troponin Linked to Worse Survival Among Kidney Disease Patients

<http://www.healthylivingmagazine.us/Articles/1287/>

August 2015

NBC Today Show

Marriage Stress Can Contribute to Weight Gain

<http://www.today.com/health/marriage-stress-can-contribute-weight-gain-study-finds-t40066>

October 2015

Huffington Post Canada

PCSK9 Inhibitors

http://www.huffingtonpost.ca/dr-james-aw/heart-disease-new-drug_b_8306488.html

November 2015

Health Day

Vitamin D Deficiency Might be Tied to Erectile Dysfunction

<https://consumer.healthday.com/men-s-health-information-24/impotence-news-408/vitamin-d-deficiency-might-be-tied-to-erectile-dysfunction-705226.html>

December 2015

US News

Negative News on Statins Tied to Dropped Prescriptions

<http://health.usnews.com/health-news/articles/2015/12/02/negative-news-on-statins-tied-to-dropped-prescriptions>

Web Md

Is there sex after heart disease?

<http://www.webmd.com/heart-disease/features/is-there-sex-after-heart-disease>

Feb 2016

Washington Post

Can Exercising Too Hard Kill you?

https://www.washingtonpost.com/national/health-science/can-exercising-too-hard-kill-you/2016/02/22/4e6927f4-d4c5-11e5-b195-2e29a4e13425_story.html?postshare=7561456239453175&tid=ss_fb-bottom

Baltimore magazine

Why Womens Heart Disease is So Dangerous

<http://www.baltimoremagazine.net/promotions/listen-to-your-heart-why-womens-heart-disease-is-so-dangerous>

April 2016

Prevention magazine

6 conditions that increase your risk of heart disease

<http://www.prevention.com/health/6-conditions-that-increase-your-risk-of-heart-disease>

May 2016

Prevention Magazine

What food to eat if you take statins

<http://www.prevention.com/food/what-to-eat-if-you-take-statins>

July 2016

NBC Today Show

Sitting Disease

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Physical activity and Women's Heart Health

<http://www.reuters.com/article/us-health-activity-heart-women-idUSKCN10720I>

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Even a little exercise may help younger women's hearts

<http://health.usnews.com/health-care/articles/2016-07-25/even-a-little-exercise-may-help-younger-womens-hearts>

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Female Cardiologist

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Addressing the Lack of Validated Risk Calculators for CVD in Rheumatoid Arthritis. Expert Interview (Erin Michos)

<http://www.rheumatologyadvisor.com/rheumatoid-arthritis/cvd-risk-assessment-in-rheumatoid-arthritis/article/518939/>

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Prevention Magazine

If you Exercise You May Get Misdiagnosed with this Heart Condition

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Cardiovascular Risk Assessment Guidelines Lack Consistency.

<http://www.managedhealthcareconnect.com/content/cardiovascular-risk-assessment-guidelines-lack-consistency>

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Calcium Supplements and Heart Disease

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Calcium Supplements and Heart Disease

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Calcium supplements might hurt your heart, study finds

<https://www.today.com/health/calcium-supplements-might-hurt-your-heart-study-finds-t103811>

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Obesity and Atrial Fibrillation. Expert Interview (Erin Michos)

<http://www.thecardiologyadvisor.com/atrial-fibrillation/afib-obesity-risk-factor/article/580460/>

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Calcium Supplements

<https://www.healthafter50.com/drugs-and-supplements/article/new-worries-about-calcium-supplements>

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Calcium supplements and cardiovascular risk

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A Sweet Life

Diabetes may increase risk of heart disease

<https://asweetlife.org/gestational-diabetes-may-increase-risk-of-heart-disease/>

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11 Silent Signs Your Heart Is in Trouble

<http://www.rd.com/health/wellness/signs-of-unhealthy-heart/>

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Cardiovascular disease in Women

<http://www.baltimoremagazine.net/special/women-who-move-maryland-2017>

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Diet and Nutrition Controversies for Heart Health

Expert Interview (Erin Michos)

<http://www.thecardiologyadvisor.com/prevention/diet-and-nutrition-controversies-for-heart-health/article/646804/>

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US News

How to Keep Your Heart Health in the Summer Heat

<http://health.usnews.com/health-care/patient-advice/articles/2017-06-26/how-to-keep-your-heart-healthy-in-the-summer-heat?int=wellness-rec>

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Is vitamin D Overhyped?

<http://www.mensjournal.com/health-fitness/articles/is-vitamin-d-overhyped-w487441>

TCTMD

Optimal Cardiovascular Health Not Offset by Poor Health as a Whole

Expert Interview (Erin Michos)

<https://www.tctmd.com/news/optimal-cardiovascular-health-not-offset-poor-health-whole>

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TCTMD

Genetic Study Supports Link Between Serum Calcium and CAD Risk

Expert Interview (Erin Michos)

<https://www.tctmd.com/news/genetic-study-supports-link-between-serum-calcium-and-cad-risk>

Baltimore Style

POWER UP: Vitamin D deficiency is common among young and old, posing peril for bone health—and more.

<http://baltimorestyle.com/32552/power-up/>

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Powerful New Cholesterol Med Won't Harm Memory, Easing Concerns

<https://consumer.healthday.com/vitamins-and-nutrition-information-27/high-cholesterol-health-news-359/powerful-new-cholesterol-med-won-t-harm-memory-easing-concerns-725627.html>

The Cardiology Advisor

USPSTF Updated Guidelines on Behavioral Counseling for CVD Prevention, Plus Expert Interview (Erin Michos)

<http://www.thecardiologyadvisor.com/prevention/uspstf-behavior-counseling-cvd-updated-guidelines/article/678465/>

September 2017

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COMPASS: All Signs Point to Big Impact in CAD and PAD, Experts Predict
Expert Interview (Erin Michos)

<https://www.tctmd.com/news/compass-all-signs-point-big-impact-cad-and-pad-experts-predict>

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Healio Cardiology Today

Perspective (Michos)

Skipping breakfast linked to increased CV risk

<https://www.healio.com/cardiology/chd-prevention/news/online/%7B77d3c89a-49ef-492f-8508-920d4e6e32cb%7D/skipping-breakfast-linked-to-increased-cv-risk>

The Cardiology Advisor

"Lone" Atrial Fibrillation: Finding Optimal Treatment Strategies

Expert Interview (Erin Michos and others)

<http://www.thecardiologyadvisor.com/atrial-fibrillation/lone-afib-treatment-options/article/701839/>

MedPage Today/CardioBrief

CardioBrief: 130/80 Expected as New BP Guideline Target

Highly-anticipated document comes out at AHA meeting in November

Expert Opinion (Erin Michos)

<https://www.medpagetoday.com/cardiology/cardiobrief/68367>

November 2017

Medpage today

AHA: Single Dose Identifies Canakinumab Responders in CANTOS Substudy

A first step in truly personalized medicine?

<https://www.medpagetoday.com/cardiology/peripheralarterydisease/69270>

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Secondary CANTOS Analysis IDs Canakinumab Responders

https://www.medscape.com/viewarticle/888480#vp_2

CardioBrief

CANTOS Substudy Shows Major Role For Inflammation

<http://www.cardiobrief.org/2017/11/13/cantos-substudy-supports-major-role-of-inflammation/>

December 2017

Weight Watchers

10 Simple Lifestyle Tips for a Healthy Heart

<https://www.weightwatchers.com/us/article/10-simple-lifestyle-tips-healthy-heart>

February 2018

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Mercury Rising: As Doctors' Groups Face Off Over BP Guidelines, Will Patients Fall Through the Cracks? The ACC/AHA and AAFP have dug in their heels over the new hypertension guidelines, putting clinicians in a bind.

Expert Interview (Erin Michos)

<https://www.tctmd.com/news/mercury-rising-doctors-groups-face-over-bp-guidelines-will-patients-fall-through-cracks>

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Pulmonary Advisor

The Mounting Evidence Against Electronic Cigarette Use

Expert Interview (Erin Michos)

<https://www.pulmonologyadvisor.com/smoking/electronic-cigarette-use-more-harmful-than-helpful/article/754474/2/>

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Are calcium supplements helping or harming your health?

<https://www.theglobeandmail.com/life/health-and-fitness/article-are-calcium-supplements-helping-or-harming-your-health/>

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Is It Time to Ditch the Calcium Supplements?

<https://cathe.com/time-ditch-calcium-supplements/>

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New Biomarker on the Block, FGF-23, May Aid in Secondary-Event Prediction Following ACS
Expert Interview (Erin Michos)

<https://www.tctmd.com/news/new-biomarker-block-fgf-23-may-aid-secondary-event-prediction-following-ac>

Reuters Health

PSCK9-inhibition benefit may vary greatly in patients with CAD.

<https://www.managedhealthcareconnect.com/content/psck9-inhibition-benefit-may-vary-greatly-patients-cad>

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45 Habits Cardiologists Wish Everyone Would Follow

<https://www.msn.com/en-in/health/wellness/45-habits-cardiologists-wish-everyone-would-follow/ss-AAwCOvG#image=39>

MedPage Today

Most Supplements Do Little to Protect the Heart

Review supports only folic acid and B-complex vitamins

<https://www.medpagetoday.com/cardiology/prevention/73153>

MedPage Today

Hormone Levels After Menopause Tied to Heart Risks

Higher testosterone/estradiol ratio associated with CVD, CHD, and HF

<https://www.medpagetoday.com/endocrinology/menopause/73152>

Everyday Health

Women: Heart Health in Your 20s, 30s, 40s, 50s, and 60s

<https://www.everydayhealth.com/heart-health/heart-health-tips-women/>

Everyday Health

Beat Heart Disease by Changing Your Response to Stress

<https://www.everydayhealth.com/heart-health/living-with/beat-heart-disease-changing-your-response-stress/>

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Readers Digest

The Worst Heart Health Advice Cardiologists Have Heard

<https://www.rd.com/health/wellness/worst-heart-advice-cardiologists/>

Medscape

Testosterone May Be Key to CVD Risk in Women

(about my research study)

<https://www.medscape.com/viewarticle/898073>

Science Daily

Low vitamin D levels associated with scarring lung disease

(about my research study)

<https://www.sciencedaily.com/releases/2018/06/180619123008.htm>

July 2018

CNN

Valsartan recall: 4 things patients should know

<https://www.cnn.com/2018/07/19/health/valsartan-recall-explainer/index.html>

Cardiology Advisor

Hypertension Disorders in Pregnancy: The Potential of Prophylactic Aspirin
Expert Interview (Erin Michos)

<https://www.thecardiologyadvisor.com/hypertension/hypertension-preeclampsia-in-pregnancy-low-dose-aspirin-prophylaxis/article/783097/>

CBS nightly news

Video interview: Erin Michos (about my research study)

<https://www.cbsnews.com/news/multivitamins-a-waste-of-money-for-heart-health-researchers-say/>

Mens Health

(Interview about my research study)

Yet Another Study Confirms Multivitamins Won't Help Your Heart

<https://www.menshealth.com/nutrition/a22106065/multivitamins-wont-help-your-heart/>

Cardiology Today (cover story)

Expert Interview (Erin Michos)

Low-dose anticoagulation shows promise beyond stroke, VTE prevention

<https://www.healio.com/cardiology/vascular-medicine/news/print/cardiology-today/%7B7684e7ad-fce7-4c05-9a44-65d6ff389671%7D/low-dose-anticoagulation-shows-promise-beyond-stroke-vte-prevention>

TCTMD

Expert Interview (Erin Michos)

Sticky Business: Will Taxes on Sugary Sodas Help to Dilute America's Cardiometabolic Crisis?

<https://www.tctmd.com/SodaTax>

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Expert Interview (Erin Michos)

ASCOT Legacy: Calcium Channel Blockers, Statins Confer Long-term Survival Benefits in Hypertensive Patients

<https://www.tctmd.com/news/ascot-legacy-calcium-channel-blockers-statins-confer-long-term-survival-benefits-hypertensive>

Everyday Health

Expert Interview (Erin Michos)

The Best Heart Health Tests for Women

<https://www.everydayhealth.com/heart-health/best-heart-health-tests-women/>

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NBC News

Daily aspirin may be harmful for healthy, older adults, large study finds

<https://www.nbcnews.com/health/heart-health/daily-aspirin-may-be-harmful-healthy-older-adults-large-study-n909791>

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After valsartan recall, study offers 'modest reassurance' on short-term cancer risk

<https://www.cnn.com/2018/09/12/health/valsartan-recall-cancer-risk-study/index.html>

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Expert Interview (Erin Michos)

Lack of Short-term Cancer Risk With Tainted Valsartan 'Reassuring'

<https://www.tctmd.com/news/lack-short-term-cancer-risk-tainted-valsartan-reassuring>

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Expert Interview (Erin Michos)

FDA Approves Rivaroxaban for CV Event Reduction in CAD and PAD Patients

<https://www.tctmd.com/news/fda-approves-rivaroxaban-cv-event-reduction-cad-and-pad-patients>

TCTMD

Expert Interview (Erin Michos)

Study Questions Role of BP Meds in Patients With Hypertension but No Other CVD Risk Factors

<https://www.tctmd.com/news/study-questions-role-bp-meds-patients-hypertension-no-other-cvd-risk-factors>

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Bottom Line Health

Expert Interview (Erin Michos)

6 Heart Disease Prevention Myths: Aspirin, Omega 3s, Statins and More

<https://bottomlineinc.com/health/cardiovascular-disease/6-heart-disease-prevention-myths-aspirin-omega-3s-statins-more>

MedPage Today

Expert Interview (Erin Michos)

Inhaled Inorganic Nitrite No Help for HFpEF

Exercise capacity not improved over placebo in randomized trial

<https://www.medpagetoday.com/cardiology/chf/76159>

STAT News

Expert Interview (Erin Michos)

Generic arthritis drug comes up short against inflammation in heart disease

<https://www.statnews.com/2018/11/10/arthritis-drug-inflammation-heart/>

Science News

Expert Interview (Erin Michos)

Vitamin D supplements don't prevent heart disease or cancer

<https://www.sciencenews.org/article/vitamin-d-supplements-do-not-prevent-heart-disease-or-cancer>

Dec 2018

MedScape

Expert Interview (Erin Michos)

Mediterranean Diet Linked to Drop in CVD Risk

<https://www.medscape.com/viewarticle/906292>

Cardiovascular Business

Women with ASCVD less satisfied with provider communication, overall health

<https://www.cardiovascularbusiness.com/topics/practice-management/women-ascvd-less-satisfied-provider-communication>

Science Daily

Your weight history may predict your heart failure risk

Low-tech reporting on earlier weights may guide clinical care

<https://www.sciencedaily.com/releases/2018/12/181212093327.htm>

Hematology Advisor

Expert Interview (Erin Michos)

Clinical Significance of Aspirin and NSAID Antiplatelet Interactions

<https://www.hematologyadvisor.com/general-hematology/clinical-significance-aspirin-nsaid-antiplatelet-interactions/article/822494/>

Reuters

Expert Interview (Erin Michos)

Doctors still prescribing testosterone to men with heart disease, despite risks

<https://www.reuters.com/article/us-health-men-testosterone/doctors-still-prescribing-testosterone-to-men-with-heart-disease-despite-risks-idUSKCN1OR1HH>

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American Heart Association

Expert Interview (Erin Michos)

Taking medicine for a cold? Be mindful of your heart.

<https://www.heart.org/en/news/2019/01/18/taking-medicine-for-a-cold-be-mindful-of-your-heart>

Reuters

Expert Interview (Erin Michos)

Seniors with heart failure not harmed by moderate alcohol use

<https://www.reuters.com/article/us-health-alcohol-heart-failure/seniors-with-heart-failure-not-harmed-by-moderate-alcohol-use-idUSKCN1OW1GC>

Bottom Line Health

Expert Interview (Erin Michos)

Women: Don't Think You're Too Young to Have a Heart Attack

<https://bottomlineinc.com/health/womens-health/heart-attacks-among-younger-women-increase>

Reuters

Expert Interview (Erin Michos)

Canakinumab too pricey for secondary prevention of cardiovascular events

<https://www.managedhealthcareconnect.com/content/canakinumab-too-pricey-secondary-prevention-cardiovascular-events?page=3,0>

Times of Israel

The Skinny on Animal Fats

<https://www.timesofisrael.com/will-2019-be-the-year-of-the-schmaltz-two-new-cookbooks-by-jews-praise-the-lard/>

The SUN, a UK news outlet

Expert Interview (Erin Michos)

Over-the-counter cold medication 'can trigger deadly heart attack and stroke'

<https://www.thesun.co.uk/fabulous/8242196/over-counter-cold-medication-triggers-heart-attack-stroke/>

Healio Endocrinology Today

Expert Interview (Erin Michos)

<https://www.healio.com/endocrinology/bone-mineral-metabolism/news/print/endocrine-today/%7Be22ff36e-d62d-4b74-b085-f56491856f09%7D/new-research-recent-controversies-call-vitamin-d-benefits-into-question>

Feb 2019

Healio Cardiology Today

Expert Interview (Erin Michos) – cover story

Unclear CV risk burden of polycystic ovary syndrome presents challenges for cardiologists

<https://www.healio.com/cardiology/chd-prevention/news/print/cardiology-today/%7B492bd126-ff75-4bc2-89f1-f8f8e97d3b73%7D/unclear-cv-risk-burden-of-polycystic-ovary-syndrome-presents-challenges-for-cardiologists>

Prevention magazine

Expert Interview (Erin Michos) – cover story

7 Subtle Heart Attack Symptoms Women Should Never Ignore

<https://www.prevention.com/health/health-conditions/g26112313/heart-attack-symptoms-women/>

MEDSCAPE video

Expert Interview (Erin Michos)

Why Women's Cardiovascular Health Needs More Attention

https://www.medscape.com/viewarticle/908400?src=120219_perspective_mamas_card&faf=1#vp_2

Medical Bag

Expert Interview (Erin Michos)

Counterpoint: Dietary Supplements Are Largely Unnecessary

<https://www.medicalbag.com/medicine/dietary-supplements-unnecessary/article/833282/>

NBC Today Show

Expert Interview (Erin Michos)

Mom who had a heart attack at 44 is part of an alarming trend

<https://www.today.com/health/heart-attacks-rise-younger-people-especially-women-t149069>

March 2019

Consumer Reports

Do You Really Need More Vitamin D?

New studies are casting doubt on the effectiveness of these supplements

<https://www.consumerreports.org/vitamin-d/do-you-need-more-vitamin-d/>

My Fitness Pal

Why Losing Belly Fat Should be Priority Number 1

<https://blog.myfitnesspal.com/why-losing-belly-fat-should-be-priority-number-1/>

The Heart.org

The American Heart Association News

Expert Interview (Erin Michos)

Avoid daily aspirin unless your doctor prescribes it, new guidelines advise

<https://www.heart.org/en/news/2019/03/18/avoid-daily-aspirin-unless-your-doctor-prescribes-it-new-guidelines-advise>

New York Times

Daily Low-Dose Aspirin No Longer Recommended by Doctors, if You're Healthy

Expert Interview (Erin Michos)

<https://www.nytimes.com/2019/03/18/health/aspirin-health.html>

April 2019

Consumer Reports

Low Cholesterol Linked to Higher Hemorrhagic Stroke Risk

Expert Interview (Erin Michos)

<https://www.medscape.com/viewarticle/911829>

TCTMD

Expert Interview (Erin Michos)

Lengthy Antibiotic Use Later in Life Tied to Higher CV Risk for Women

<https://www.tctmd.com/news/lengthy-antibiotic-use-later-life-tied-higher-cv-risk-women>

EveryDay Health

Americans Continue to Move Less, Sit More; Experts Say Social and Economic Factors May Be Contributing

Expert Interview (Erin Michos) about my study

<https://www.everydayhealth.com/fitness/large-datasets-find-many-americans-not-moving-as-much-as-they-should/>

Daily Mail

43 million women have heart disease - more than HALF of them do not do exercise to offset the disease... and that figure is growing, study finds

Expert Interview (Erin Michos) about my study

<https://www.dailymail.co.uk/health/article-6951625/43-million-women-heart-disease-HALF-not-exercise-offset-disease.html>

Health Day

Many Women With Heart Disease Falling Short on Exercise

Expert Interview (Erin Michos) about her study

<https://consumer.healthday.com/fitness-information-14/misc-health-news-265/many-women-with-heart-disease-falling-short-on-exercise-745443.html>

Science Daily

Number of women who aren't physically active enough is high and growing

Expert Interview (Erin Michos) about her study

<https://www.sciencedaily.com/releases/2019/04/190423133701.htm>

May 2019

NBC News

"Ultraprocessed" foods linked to higher risk of heart disease, death. Why you should try to cut these highly-processed foods from your diet."

Expert Interview (Erin Michos)

<https://www.nbcnews.com/health/heart-health/ultraprocessed-foods-linked-higher-risk-heart-disease-death-n1011651>

USA Today

“Too much junk food may lead to early death and heart disease, studies say”

Expert Interview (Erin Michos)

<https://www.usatoday.com/story/news/health/2019/05/30/junk-ultra-processed-food-increases-risk-early-death-heart-disease/1284082001/>

Medscape Health News

Male, Minority, Uninsured Smokers Less Likely to Get Quit Help

Expert Interview (Erin Michos) about her study

<https://www.newshealth.biz/health-news/male-minority-uninsured-smokers-less-likely-to-get-quit-help/>

June 2019

AHA Podcast

2018 Cholesterol Guidelines

Expert Interview (Erin Michos)

<https://podcasts.apple.com/us/podcast/check-change-control-cholesterol/id1459404874#episodeGuid=19f6a6290b7c46288fe93ec5f7aead55>

Reuters Health News

Evolocumab now more affordable choice in high-risk heart patients

Expert Interview (Erin Michos)

<https://www.mdlinx.com/physician-assistant/top-medical-news/article/2019/06/14/7569705/>

July 2019

Womens Day

Expert Interview (Erin Michos)

“You Can't Rely On Symptoms When It Comes to High Blood Pressure”

<https://www.womansday.com/health-fitness/a28265755/high-blood-pressure-symptoms-in-women/>

TCTMD

Expert Interview (Erin Michos) – about my study

Most Supplements and Diets Don't Lower CVD or Mortality Risks

<https://www.tctmd.com/news/most-supplements-and-diets-dont-lower-cvd-or-mortality-risks>

CNN

Expert Interview (Erin Michos)

Millions still take aspirin for their heart without a doctor's recommendation, research suggests

<https://www.cnn.com/2019/07/22/health/aspirin-daily-use-adults-heart-study/index.html>

Chicago Tribune

Expert Interview (Erin Michos) – about my study

Vitamin devotees should shift their loyalty to lifestyle changes, experts say

<https://www.chicagotribune.com/lifestyles/ct-life-vitamins-heart-disease-ft-0723-20190723-cewdbmw6yzhdipwr5xjaioqjq-story.html>

Science Daily

Expert Interview (Erin Michos) – about my study

Vast majority of dietary supplements don't improve heart health or put off death, study finds

<https://www.sciencedaily.com/releases/2019/07/190716095529.htm>

August 2019

Endocrine Web

Expert Interview (Erin Michos)

Want to Live Longer? Focus on Heart Health to Avoid Falls

<https://www.endocrineweb.com/news/diabetes/62253-want-live-longer-focus-heart-health-avoid-falls>

Cardiology Today

Expert Interview (Erin Michos)

At issue: *Lancet* initiative sparks discussion on diversity in cardiology

<https://www.healio.com/cardiology/practice-management/news/online/%7B1bc94bcd-fe82-446d-bbba-7977d5adfb2%7D/at-issue-lancet-initiative-sparks-discussion-on-diversity-in-cardiology>

TCTMD

Expert Interview (Erin Michos)

Highest Risk, Biggest Benefit in ACS Patients Treated With Alirocumab: ODYSSEY OUTCOMES

<https://www.tctmd.com/news/highest-risk-biggest-benefit-acs-patients-treated-alirocumab-odyssey-outcomes>

Sept 2019

HealthDay

Expert Interview (Erin Michos)

AHA News: Vitamin D Is Good for the Bones, But What About the Heart?

<https://consumer.healthday.com/vitamins-and-nutrition-information-27/vitamin-and-mineral-news-698/aha-news-vitamin-d-is-good-for-the-bones-but-what-about-the-heart-750369.html>

October 2019

Elemental

Expert Interview (Erin Michos)

Why the 'Daily Aspirin' Hype Is Over

<https://elemental.medium.com/why-the-daily-aspirin-hype-is-over-7b1da77e12ca>

TCTMD

Expert Interview (Erin Michos)

Implantable Cardiac Monitor May Reduce Delays to Hospital in High-Risk ACS

<https://www.tctmd.com/news/implantable-cardiac-monitor-may-reduce-delays-hospital-high-risk-acs>

TCTMD

Expert Interview (Erin Michos)

Recurrent Events Common Among Young Patients With CAD

<https://www.tctmd.com/news/recurrent-events-common-among-young-patients-cad>

Medscape

Expert Interview (Erin Michos)

Early MI Linked to High Recurrent Events, Mortality

https://www.medscape.com/viewarticle/919601#vp_2

CNBC

Expert Interview (Erin Michos)

Instagram has made vitamins a big business — but will they actually make you healthier?

<https://www.cNBC.com/2019/10/30/instagram-vitamins-are-big-business-will-they-make-you-healthier.html>

Medscape

Expert Interview (Erin Michos) – about our study

Giving Birth Even Once Linked to Worse Cardiovascular Health

https://www.medscape.com/viewarticle/920967#vp_1

December 2019

US News and World Report

Expert Interview (Erin Michos)

AHA News: Could Mammograms Screen for Heart Disease?

<https://www.usnews.com/news/health-news/articles/2019-12-02/aha-news-could-mammograms-screen-for-heart-disease>

<https://www.heart.org/en/news/2019/12/02/could-mammograms-screen-for-heart-disease>

TCTMD

Expert Interview (Erin Michos)

Year in Review: SGLT2 Inhibition, Lipid-Lowering Make Waves in Clinical Cardiology in 2019

<https://www.tctmd.com/news/year-review-sgl2-inhibition-lipid-lowering-make-waves-clinical-cardiology-2019>

Healio Cardiology Today

Expert Commentary (Erin Michos)

Chili pepper consumption may reduce CVD, all-cause mortality

<https://www.healio.com/cardiology/chd-prevention/news/online/%7Bc5c5e3b9-8c17-473d-9362-db1bc5944196%7D/chili-pepper-consumption-may-reduce-cvd-all-cause-mortality>

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Science News

Commentary – Erin Michos

A new drug lowers levels of a protein related to 'bad' cholesterol.

<https://www.sciencenews.org/article/lipoprotein-cholesterol-drug-cardiovascular-disease-clinical-trial>

American Heart Association

Interview- Erin Michos

Signs of a heart attack or stroke, do you know them?

<https://www.heart.org/en/news/2020/01/21/get-familiar-with-signs-of-a-heart-attack-or-stroke>

Cardiology Today

Perspective- Erin Michos

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Wisconsin Public Radio

Interview: Erin Michos

Supplements for Heart Disease Prevention

wpr.org

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Interview: Erin Michos

Beware the "science" behind some wellness industry's claims

<https://www.axios.com/behind-wellness-industry-claims-7c06ef13-2b82-4e47-a9a6-97ada19a909e.html>

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Interview: Erin Michos

Lipidologists welcome bempedoic acid as new lipid-lowering option

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Interview: Erin Michos

Trendy Vitamins Are All Over Instagram — But Are They Worth It?

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STAT News

Interview: Erin Michos

Heart association admits teaming with Bayer on drug-store aspirin displays was a ‘misstep’

<https://www.statnews.com/2020/03/09/american-heart-association-teaming-with-bayer-on-aspirin-marketing-was-misstep/>

National Geographic

Interview: Erin Michos

These underlying conditions make coronavirus more severe, and they’re surprisingly common

<https://www.nationalgeographic.com/science/2020/03/these-underlying-conditions-make-coronavirus-more-severe-and-they-are-surprisingly-common/>

Boston Globe

Interview: Erin Michos

How to social distance: What experts say is safe — and not safe — during the coronavirus outbreak

<https://www.bostonglobe.com/2020/03/15/nation/taking-distance-out-social-distance-expert-advice-staying-well-coronavirus-outbreak/>

Science News

Interview: Erin Michos

Why some heart patients may be especially vulnerable to COVID-19

<https://www.sciencenews.org/article/coronavirus-covid-19-why-some-heart-patients-especially-vulnerable>

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Interview: Erin Michos

Cardiac injury among hospitalized Covid-19 patients tied to higher risk of death in new study

<https://www.cnn.com/2020/03/26/health/cardiac-injury-coronavirus-study/index.html>

Cardiology Consultant

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Live Science

Interview: Erin Michos

The mysterious connection between the coronavirus and the heart

<https://www.livescience.com/how-coronavirus-affects-heart.html>

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Interview: Erin Michos

6 Dangerous COVID-19 Home Remedies to Avoid

<https://www.everydayhealth.com/coronavirus/dangerous-home-remedies-for-protecting-yourself-against-covid-19/>

Everyday Health

Interview: Erin Michos

Fear of COVID-19 Linked to People Delaying Care for Heart Attack

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Interview: Erin Michos

NDMA, a contaminant found in multiple drugs, has industry seeking sources and solutions

<https://cen.acs.org/pharmaceuticals/pharmaceutical-chemicals/NDMA-contaminant-found-multiple-drugs/98/i15>

Science News

Interview: Erin Michos

Drugs for high blood pressure don't appear to make COVID-19 worse

<https://www.sciencenews.org/article/coronavirus-drugs-high-blood-pressure-covid-19-cases-worse>

TCTMD

Expert Interview (Erin Michos)

COVID-19 Lockdown Inactivity May Spell Trouble for CVD Prevention

<https://www.tctmd.com/news/covid-19-lockdown-inactivity-may-spell-trouble-cvd-prevention>

Broadcast Med

Expert Video Interview (Erin Michos)

COVID-19 and the Heart

<https://www.broadcastmed.com/cardiology/5225/videos/covid-19-and-the-heart>

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Tampa Bay Times

Expert Interview (Erin Michos)

In Florida, 83 percent of coronavirus deaths are people 65 and older

<https://www.tampabay.com/news/health/2020/05/17/in-florida-83-percent-of-coronavirus-deaths-are-people-65-and-older/>

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Faculty Perspective: Erin Michos

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TCTMD

Expert Interview (Erin Michos) – about my own research studies

<https://www.tctmd.com/news/women-elderly-minorities-vastly-underrepresented-clinical-trials-over-decades>

Bottom Line

Expert Interview (Erin Michos)

Why Do I Need to Wear a Heart Monitor for So Long?

<https://bottomlineinc.com/health/heart/why-do-i-need-to-wear-a-heart-monitor-for-so-long>

July 2020

American Heart Association News

Expert Interview (Erin Michos) – about my own research studies

<https://www.heart.org/en/news/2020/07/28/new-test-may-predict-who-develops-certain-type-of-heart-failure>

Chemical and Engineering News (C&EN)

Expert Interview (Erin Michos)

COVID-19 is probably more deadly to men than women, but scientists still aren't sure why

<https://cen.acs.org/biological-chemistry/infectious-disease/COVID-19-probably-deadly-men/98/i29>

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American Heart Association News

Expert Interview (Erin Michos)

What do heart patients need to know about COVID-19 now?

<https://www.heart.org/en/news/2020/08/10/what-do-heart-patients-need-to-know-about-covid-19-now>

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Cardiology Today

Perspective (Erin Michos)

Women comprise 10.1% of CV clinical Trial leadership

<https://www.healio.com/news/cardiology/20200904/women-comprise-of-101-of-cv-clinical-trial-leadership>

NBC news

Expert Interview (Erin Michos)

Uncontrolled hypertension is getting worse in the U.S., study finds

<https://www.nbcnews.com/health/heart-health/uncontrolled-hypertension-getting-worse-u-s-study-finds-n1239678>

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Expert Interview (Erin Michos)

Heart and Lung Damage from COVID-19 Can Improve Over Time If Rehab Starts Early

<https://www.healthline.com/health-news/heart-and-lung-damage-from-covid19-can-improve-over-time>

TCTMD

Expert Interview (Erin Michos)

Postmenopausal Women See Added ASCVD Risk After Complicated Pregnancies

<https://www.tctmd.com/news/postmenopausal-women-see-added-ascvd-risk-after-complicated-pregnancies>