**Elena A Christofides, MD, FACE**

### 382 West 6th Avenue

**Columbus, OH 43201**

[christofides@endocrinology-associates.com](mailto:christofides@endocrinology-associates.com)

***Physician/CEO***  since July 2000

## Endocrinology Associates, Inc

Endocrinology Research Associates (CRC)

72 West Third Ave.

Columbus, OH 43201

(614) 453-9999 (office)

**APPOINTMENTS & PROFESSIONAL AFFILIATIONS**

**Mount Carmel Health Systems**

Health Partners Credentialing Committee since 2000

Chair since 2012

**American Association of Clinical Endocrinologists since 1998**

Ohio River Regional Board of Directors 2002-2011

Secretary/Treasurer 2004-2005

Vice President 2005-2006

President 2006-7, 2008-10

National Committee appointments: since 2006

Chair, Nutrition and Obesity Resource Center 2019-2021

CME, Nutrition and Obesity DSN, Lipids and CV Health DSN since 2020

Diabetes Algorithm Task Force, Member since 2021

**EndocrineWeb since 2016**

Member, Editorial Board of Directors

Author (column) “The Hormone Whisperer”

Co-Presenter “Case Breaks” Podcast

**CRIO since 2019**

Member, Strategic Advisory Board

**MACRO Registry Steering Committee since 2020**

Member

**cristcot since 2020**

Supervising Endocrinologist

**Central Ohio Diabetes Association 2005-2010**

Medical Advisory Board 2005-2010

Chair, Medical Advisory Board 2006-2010

Board of Directors 2008-2010

**American Diabetes Association since 1998**

Central Ohio Chapter 2000-2005

President 2001-2005

**Speaker Bureau**/**Consultant/Research Grant** **Current**

Abbott, AbbVie, Amryt, Ascendis, AZ, Bayer, Chiasma, Corcept,

Eli Lilly/BI, NovoNordisk, Radius, Xeris

**Medical Reviewer/Editor**

Clinical Medicine Insights: Reproductive Health since 2005

Clinical Medicine Insights: Endocrinology and Diabetes since 2015

Clinical Medicine Reviews in Women's Health since 2015

Clinical Medicine Reviews in Nutrition and Metabolic Insights since 2015

Clinical Medicine Reviews in Reproductive Biology Insights since 2015

**CLINICAL TEACHING DUTIES**

***Clinical Instructor***  **2000-2018**

Department of Internal Medicine, Division of Endocrinology;

Mount Carmel Health systems

Chair 2014-2017

***Clinical Instructor* 2000-2015**

Department of Internal Medicine and Family Practice

OhioHealth

***Clinical Associate Professor* since 2009**

Core Group IV faculty, Endocrinology

Ohio University COM

***Adjunct Assistant Professor* since 2012**

The Ohio State University COM

***Adjunct Clinical Preceptor* since 2015**

ATSU-KCOM

***Supervising Physician*** **2000-2008**

Diabetes Clinic

Knox Community Hospital

***Supervising Physician*** **2000-2004**

ADA recognized Diabetes Program

Mount Carmel Medical Center

**CLINICAL RESEARCH - Endocrinology Associates, Inc. / Endocrinology Research Associates, Inc.**

***Principal Investigator*** Phase 3 Sanofi-Aventis Soli-CGM (ongoing)

***Principal Investigator*** Phase 3 Amryt PL (ongoing)

***Global Lead PI*** Phase 3 Gan & Lee Lispro & Glargine program (completed)

***Principal Investigator*** Phase 3 Gan & Lee GL-GLAT1-3001 GLITTER1 (completed)

***Principal Investigator*** Phase 3 Gan & Lee GL-GLAT2-3002 GLITTER2 (completed)

***Principal Investigator*** Phase 2 Janssen DIA2004 (completed)

***Principal Investigator*** Phase 2A Grifols GTI1302 AAT in DM1 (completed)

***Principal Investigator*** Phase 3 Sanofi-Aventis Lixilan-G (completed)

***Principal Investigator*** Phase 3 Janssen CREDENCE (completed)

***Principal Investigator*** Phase 3 DalGenE (completed)

***Principal Investigator*** Phase 3 AbbVie M11-352 SONAR (completed)

***Principal Investigator*** Phase 3 Allergan RLM-MD-01 (completed)

***Principal Investigator*** Phase 3 Allergan RLM-MD-03 (completed)

***Principal Investigator*** Phase 3 Allergan RLM-MD-04 (completed)

***Principal Investigator*** Phase 3 Allergan Aurora (completed)

***Principal Investigator*** Phase 3 Sanofi-Aventis SOTA-INS (completed)

***Principal Investigator*** Phase 3 Sanofi-Aventis TOUJEO (completed)

***Principal Investigator*** Phase 3 Amryt MEASuRE (ongoing)

***Principal Investigator*** Phase 3 Amryt AEGR-734-401 (ongoing)

***Principal Investigator*** Phase 3 NCCIH TACT2 (completed)

***Principal Investigator*** Phase 3 AbbVie TRAVERSE (completed)

***Principal Investigator*** Phase 3b Fourier Amgen 145/ 20130295 (completed)

***Principal Investigator*** Phase 3 NovoNordisk 1218-3852 FiAsp (completed)

***Principal Investigator*** Phase 3 Fourier Amgen 145/ EBBINGHAUS (completed)

***Principal Investigator*** Phase 3 Mylan GAI-3001/GAI-3002 (completed)

***Principal Investigator*** Phase 3 AZ Dapa (completed)

***Principal Investigator*** Phase 3 Lexicon (completed)

***Principal Investigator*** Phase 3 Sanofi-Aventis SORELLA2 (completed)

***Principal Investigator*** Phase 3 Sanofi-Aventis ELIXA (completed)

***Principal Investigator*** Phase 3 TAK-875 Takeda (completed)

***Principal Investigator*** Phase 3 AleCardio/AleRenal Roche (completed)

***Principal Investigator*** Phase 3 DEFEND-2 Tolerx/GSK (completed)

***Principal Investigator*** Phase 3 Valeritas VGoal (completed)

***Principal Investigator*** Phase 3 Pfizer SPIRE I/II (completed)

***Principal Investigator*** Phase 3 Vildagliptin add on to Metformin failure (completed)

***Principal Investigator*** Phase 3B Novartis ACCESS (completed)

***Principal Investigator*** Phase 3B Novartis TRIM-GH (completed)

***Principal Investigator*** Phase 4 monitoring for Somavert – Pfizer Acrostudy (completed)

***Principal Investigator*** Phase 4 Real World Experience with Byetta; a chart review (completed)

***Principal Investigator*** Phase 4 monitoring for Norditropin – Novo-Nordisk (completed)

***Principal Investigator*** Phase 4 monitoring for Genotropin (KIMS) – Pfizer (completed)

***Principal Investigator*** Phase 4 monitoring for Symlin – Amylin (completed)

***Assistant Investigator*** Phase 4 monitoring for GH; NCSS – Genentech (completed)

***Assistant Investigator*** Phase 4 testing of Testim transdermal testosterone (completed)

***Assistant Investigator*** Phase 4 testing of Striant buccal delivery system (completed)

**PROFESSIONAL CERTIFICATION**

Board Certification Endocrinology, Diabetes and Metabolism 2001-current

*American Board of Internal Medicine*

Board Certification Internal Medicine 1998-current

*American Board of Internal Medicine*

**EDUCATION**

Fellow in Section of Endocrinology and Metabolism 1998 – 2000

## LSUMC

##### 1542 Tulane Avenue, Box T4M5

## New Orleans, LA 70112

## *Chief of Section: Frank Svec MD, PhD*

## Categorical Medicine Resident 1995 – 1998

## Mt. Carmel Medical Center

##### 793 W. State Street

Columbus, OH 43222

*Program Director: J. Pat Ecklar MD*

# Medical School 1991 – 1995

# Degree: Doctor of Medicine

# The Ohio State University College of Medicine

##### Columbus, OH 43210

##### *Dean: Manuel Tzagournis MD*

##### Arts & Sciences College Undergraduate 1987 – 1991

##### Degree: BS (Honors) Zoology

The Ohio State University

Columbus, OH 43210

#### ACADEMIC AWARDS

### Fellowship

### *Trainee travel award* Southern regional meeting of AFMR Feb 17, 2000

### *First Place Award* Research Day Feb 4, 2000

###### First Place Award Research Day Feb 7, 1999

### Residency

*Ethics Advisory Committee,* Mt. Carmel Health Systems 1995- 1998

## *Library committee,* Mt. Carmel Health Systems 1995- 1998

## *Flame award for clinical excellence* 1997

### Medical School

*Roessler Research Fellowship* June-July, 1993

Interprofessional Council (Co-founder) 1991-1995

*Editor* Interprofessional Council Newsletter 1991-1995

Interprofessional Council University Senate representative 1991-1995

**Undergraduate**

*Presentation Award* College of Biological Sciences Honors Research Colloquium May, 1991

*Bennett Graduate Research Society* May, 1991

*Dean's List Award* Six quarters (GPA > 3.75/4.00) 1987-1991

*Outstanding College Students of America* Inducted 1988

#### RESEARCH AND PUBLICATIONS

Krane, N.A., Christofides, E.A. & Halaas, Y. Advances in Hair Restoration. Curr Otorhinolaryngol Rep 9, 436–441 (2021).

Christofides, EA. POINT: Artificial sweeteners & obesity- not the solution and potentially a problem. Endocr Pract 2021 Aug 10.

### Christofides, Desai. Optimal Early Diagnosis and Monitoring of Diabetic Kidney Disease in Type 2 Diabetes Mellitus: Addressing the Barriers to Albuminuria Testing. J. Prim Care Community Health Jan-Dec 2021

Zhou Z, et al; CREDENCE Trial Investigators\*. Effect of SGLT2 Inhibitors on Stroke and Atrial Fibrillation in Diabetic Kidney Disease: Results From the CREDENCE Trial and Meta-Analysis. Stroke. 2021 May;52(5):1545-1556. doi: 10.1161/STROKEAHA.120.031623. Epub 2021 Apr 20.

### What to Expect with Hypoparathyroidism: A Guide to Understanding Your Diagnosis. Spry Publishing 2019

### Christofides E, Le B (2019) A Meta-Analysis on Adverse Event Reporting across Clinical Trials within Diabetic Drug Classes over Time. J Diab Res Ther 5(2): dx.doi.org/10.16966/2380-5544.147

### Atrasentan and renal events in patients with type 2 diabetes and chronic kidney disease (SONAR): a double-blind, randomised, placebo-controlled trial. Lancet 2019 May 11;393(10184):1937-1947.

### Christofides, EA. Practical Insights Into Improving Adherence to Metformin Therapy in Patients With Type 2 Diabetes Mellitus. Clinical Diabetes 2019 Jan

### The Adipocyte; Adiposopathy. Bariatric Endocrinology: Evaluation and Management of Adiposopathy, Adiposity and Related Diseases. Springer Publishing September 2018

### Christofides, EA. How to choose your diabetes drugs wisely. Practical Diabetology, Volume 35, Number 3, pages 10-15

The Canagliflozin and Renal Endpoints in Diabetes with Established Nephropathy Clinical Evaluation (CREDENCE) Study Rationale, Design, and Baseline Characteristics. Am J Nephrol. 2017 Dec 13;46(6):462-472.

### Christofides, Pesa, Ngyuen. Cushing’s syndrome misdiagnosed as bipolar depression. Poster, Endocrine Society, 2016

Christofides, EA. Clinical Importance of Achieving Biochemical Control with Medical Therapy in Adult Patients with Acromegaly. Patient Preference and Adherence 13JUL2016

Lixisenatide in Patients with Type 2 Diabetes and Acute Coronary Syndrome. (PI) N Engl J Med. 2015 Dec 3;373(23):2247-57

Rationale, design, and baseline characteristics in Evaluation of LIXisenatide in Acute Coronary Syndrome, a long-term cardiovascular end point trial of lixisenatide versus placebo. (PI) Am Heart J. 2015 May;169(5):631-638.e7

Effect of aleglitazar on cardiovascular outcomes after acute coronary syndrome in patients with type 2 diabetes mellitus: the AleCardio randomized clinical trial. (PI) JAMA. 2014 Apr 16;311(15):1515-25.

### Raghavan, P, Christofides, E. The effects of supraphysiologic doses of vitamin D3 in conjunction with teriparatide on bone mineral density in two postmenopausal females with severe osteoporosis. Journal of Endocrinology and Metabolism Vol. 2, No. 3, Jun 2012

### Raghavan, P, Christofides, E. Role of Teriparatide in Accelerating Metatarsal Stress Fracture Healing: A Case Series and Review of Literature. Clinical Medicine Insights: Endocrinology and Diabetes 2012:5 39-45

### Houser DP, Christofides EA. Real World Experience with Exenatide, a long term study on Weight and A1C Control. Diabetes Abstract Supplement July 2011

Houser DP, Christofides EA. Screening for Hypogonadism in Type 2 Diabetic Males: A Comparison of Primary Care and Endocrinology Practices. AACE 20th Annual Meeting and Clinical Congress April 13-17 2011

### Houser DP, Christofides EA. Hypertriglyceridemia-Induced Pancreatitis: Establishing Treatment Guidelines. Endocrine Society Annual Meeting and Expo June 19-22, 2010

### Houser DP, Gasiorova M, Christofides EA. Clinical Controversy: The Use of Pramlintide Acetate in Gastroparesis. Endocrine Society Annual Meeting and Expo June 19-22, 2010

### Houser DP, Christofides EA.  Diagnostic Dilemma:  Revisiting the Diagnosis of Pituitary Neoplasms.  AACE 19th Annual Meeting and Clinical Congress.  April 21-25, 2010

### “Comparison of vildagliptin and thiazolidinedione as add-on therapy in patients inadequately controlled with metformin: results of the GALIANT trial-a primary care, type 2 diabetes study.”

### Diabetes, Obesity and Metabolism, March 17, 2009. site investigator.

### “Real World Clinical Experience with Exenatide, a long term study on Weight and A1c Control.” ADA poster session June 2009

### “The Truth About Bio-identical Hormones.” The First Messenger Vol.17, No. 4; July/August 2008

### “Position Statement on Hormone Replacement Therapy (HRT) and Cardiovascular Risk.” The First Messenger Jan/Feb 2008

### Fellowship

### “The effects of DHEA and phentermine alone and in combination on open-field spontaneous activity and food intake of Zucker rats.”

### *Research Day,* February 7, 2000, *AFMR* February 17, 2000

“The effects of supplemental corticosteroids and neurostimulants on spontaneous open-field activity of Zucker rats”

*Research Day,* February 4, 1999

### Residency

“A rare case of an epinephrine secreting pheochromocytoma”

“Scleroderma presenting as renal insufficiency and hypertensive urgency”

“Dysphagia from heterotopic gastric mucosa”

“Toxic shock syndrome due to group A streptococcus”

*American College of Physicians; poster presentations* August 1997

**Medical School**

"Alkaline Phosphatase and the Rate of Skeletal Calcium Accretion"

Funded by Roessler Research Foundation June-July 1993

Advisor: Dr. Velimir Matkovic, Department of PMR (published as a part of his greater research project)

**Undergraduate**

"Vitamins as Radioprotectors for Epithelial Cells in Vitro"

Co-investigator: Guifen Liu

Advisors: Dr. Ralph Stephens, Dept. Pathology; Dr. Richard Pieters, Dept. of RadOnc. OSU College of Medicine

"Vitamins C and E as Radioprotectors for Epithelial Cells in Vitro," Liu, Guifen. 1991. Master of Science Thesis.

#### NATIONAL AND INTERNATIONAL SPEAKING EVENTS (grand rounds, CME)

## 2014, 2016 Cleveland Clinic Foundation Grand Rounds (Oct)

## 2015, 2016, 2017 OOAPN Annual CME update (Oct)

## 2015-2016 PRI-MED Society meeting (Aug, Sept, Sept, Oct, Oct, Nov)

## 2015 Muncie, IN hospital DM symposium (March)

## 2015, 2016 AACE, National (May)

## 2016 Ohio Assoc of Podiatric Medicine (June)

## 2017-2019 Genesis Health System International CME conference (Jan, Sept, Feb, Sept)

## 2019 Endocrine Society (March)

2019 Florida APN annual meeting (August)

2019 Northern Cardiology of Thailand annual meeting (September)

2020, 2021 AACE Annual Meeting