

Elena A Christofides, MD, FACE
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Physician/CEO

Endocrinology Associates, Inc
Endocrinology Research Associates (CRC)
72 West Third Ave.
Columbus, OH 43201
(614) 453-9999 (office)

since July 2000

APPOINTMENTS & PROFESSIONAL AFFILIATIONS

Mount Carmel Health Systems

Health Partners Credentialing Committee
Chair

since 2000
since 2012

American Association of Clinical Endocrinologists

Ohio River Regional Board of Directors
Secretary/Treasurer
Vice President
President

since 1998
2002-2011
2004-2005
2005-2006
2006-7, 2008-10

National Committee appointments:

Chair, Nutrition and Obesity Resource Center
CME, Nutrition and Obesity DSN, Lipids and CV Health DSN
Diabetes Algorithm Task Force, Member

since 2006
2019-2021
since 2020
since 2021

EndocrineWeb

Member, Editorial Board of Directors
Author (column) "The Hormone Whisperer"
Co-Presenter "Case Breaks" Podcast

since 2016

CRIO

Member, Strategic Advisory Board

since 2019

MACRO Registry Steering Committee

Member

since 2020

criscot

Supervising Endocrinologist

since 2020

Central Ohio Diabetes Association

Medical Advisory Board
Chair, Medical Advisory Board
Board of Directors

2005-2010
2005-2010
2006-2010
2008-2010

American Diabetes Association

Central Ohio Chapter
President

since 1998
2000-2005
2001-2005

Speaker Bureau/Consultant/Research Grant

Abbott, AbbVie, Amryt, Ascendis, AZ, Bayer, Chiasma, Corcept,
Eli Lilly/BI, NovoNordisk, Recordati, Xeris

Current

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

<i>Clinical Instructor</i>	2000-2018
Department of Internal Medicine, Division of Endocrinology; Mount Carmel Health systems Chair	2014-2017
<i>Clinical Instructor</i>	2000-2015
Department of Internal Medicine and Family Practice OhioHealth	
<i>Clinical Associate Professor</i>	since 2009
Core Group IV faculty, Endocrinology Ohio University COM	
<i>Adjunct Assistant Professor</i>	2012-2022
The Ohio State University COM	
<i>Adjunct Clinical Preceptor</i>	since 2015
ATSU-KCOM	
<i>Supervising Physician</i>	2000-2008
Diabetes Clinic Knox Community Hospital	
<i>Supervising Physician</i>	2000-2004
ADA recognized Diabetes Program Mount Carmel Medical Center	

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

<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis Soli-CGM (ongoing)
<i>Principal Investigator</i>	Phase 3 Amryt PL (ongoing)
<i>Global Lead PI</i>	Phase 3 Gan & Lee Lispro & Glargine program (completed)
<i>Principal Investigator</i>	Phase 3 Gan & Lee GL-GLAT1-3001 GLITTER1 (completed)
<i>Principal Investigator</i>	Phase 3 Gan & Lee GL-GLAT2-3002 GLITTER2 (completed)
<i>Principal Investigator</i>	Phase 2 Janssen DIA2004 (completed)
<i>Principal Investigator</i>	Phase 2A Grifols GTI1302 AAT in DM1 (completed)
<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis Lixilan-G (completed)
<i>Principal Investigator</i>	Phase 3 Janssen CREDENCE (completed)
<i>Principal Investigator</i>	Phase 3 DalGenE (completed)
<i>Principal Investigator</i>	Phase 3 AbbVie M11-352 SONAR (completed)
<i>Principal Investigator</i>	Phase 3 Allergan RLM-MD-01 (completed)
<i>Principal Investigator</i>	Phase 3 Allergan RLM-MD-03 (completed)
<i>Principal Investigator</i>	Phase 3 Allergan RLM-MD-04 (completed)
<i>Principal Investigator</i>	Phase 3 Allergan Aurora (completed)
<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis SOTA-INS (completed)
<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis TOUJEO (completed)
<i>Principal Investigator</i>	Phase 3 Amryt MEASuRE (ongoing)
<i>Principal Investigator</i>	Phase 3 Amryt AEGR-734-401 (ongoing)
<i>Principal Investigator</i>	Phase 3 NCCIH TACT2 (completed)
<i>Principal Investigator</i>	Phase 3 AbbVie TRAVERSE (completed)
<i>Principal Investigator</i>	Phase 3b Fourier Amgen 145/ 20130295 (completed)

<i>Principal Investigator</i>	Phase 3 NovoNordisk 1218-3852 FiAsp (completed)
<i>Principal Investigator</i>	Phase 3 Fourier Amgen 145/ EBBINGHAUS (completed)
<i>Principal Investigator</i>	Phase 3 Mylan GAI-3001/GAI-3002 (completed)
<i>Principal Investigator</i>	Phase 3 AZ Dapa (completed)
<i>Principal Investigator</i>	Phase 3 Lexicon (completed)
<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis SORELLA2 (completed)
<i>Principal Investigator</i>	Phase 3 Sanofi-Aventis ELIXA (completed)
<i>Principal Investigator</i>	Phase 3 TAK-875 Takeda (completed)
<i>Principal Investigator</i>	Phase 3 AleCardio/AleRenal Roche (completed)
<i>Principal Investigator</i>	Phase 3 DEFEND-2 Tolerx/GSK (completed)
<i>Principal Investigator</i>	Phase 3 Valeritas VGoal (completed)
<i>Principal Investigator</i>	Phase 3 Pfizer SPIRE I/II (completed)
<i>Principal Investigator</i>	Phase 3 Vildagliptin add on to Metformin failure (completed)
<i>Principal Investigator</i>	Phase 3B Novartis ACCESS (completed)
<i>Principal Investigator</i>	Phase 3B Novartis TRIM-GH (completed)
<i>Principal Investigator</i>	Phase 4 monitoring for Somavert – Pfizer Acrostudy (completed)
<i>Principal Investigator</i>	Phase 4 Real World Experience with Byetta; a chart review (completed)
<i>Principal Investigator</i>	Phase 4 monitoring for Norditropin – Novo-Nordisk (completed)
<i>Principal Investigator</i>	Phase 4 monitoring for Genotropin (KIMS) – Pfizer (completed)
<i>Principal Investigator</i>	Phase 4 monitoring for Symlin – Amylin (completed)
<i>Assistant Investigator</i>	Phase 4 monitoring for GH; NCSS – Genentech (completed)
<i>Assistant Investigator</i>	Phase 4 testing of Testim transdermal testosterone (completed)
<i>Assistant Investigator</i>	Phase 4 testing of Striant buccal delivery system (completed)

PROFESSIONAL CERTIFICATION

Board Certification Endocrinology, Diabetes and Metabolism <i>American Board of Internal Medicine</i>	2001-current
Board Certification Internal Medicine <i>American Board of Internal Medicine</i>	1998-current

EDUCATION

Fellow in Section of Endocrinology and Metabolism LSUMC 1542 Tulane Avenue, Box T4M5 New Orleans, LA 70112 <i>Chief of Section: Frank Svec MD, PhD</i>	1998 – 2000
Categorical Medicine Resident Mt. Carmel Medical Center 793 W. State Street Columbus, OH 43222 <i>Program Director: J. Pat Ecklar MD</i>	1995 – 1998
Medical School Degree: Doctor of Medicine The Ohio State University College of Medicine Columbus, OH 43210 <i>Dean: Manuel Tzagournis MD</i>	1991 – 1995
Arts & Sciences College Undergraduate Degree: BS (Honors) Zoology The Ohio State University Columbus, OH 43210	1987 – 1991

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

Samson, et al. AACE Consensus Statement: Comprehensive DM Treatment Algorithm. *Endocr Pract.* 2023 May;29(5):305-340. doi: 10.1016/j.eprac.2023.02.001.

Mechanick, Christofides, et al. The syndromic triad of COVID-19, type 2 diabetes, and malnutrition. *Front. Nutr.*, 21 February 2023. Sec. Clinical Nutrition

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)

2020-2 AACE Annual Meeting