

CURRICULUM VITAE
The Johns Hopkins University School of Medicine

Rexford S. Ahima, MD, PhD

DEMOGRAPHIC AND PERSONAL INFORMATION



Current Appointments

University

- 2016-present Professor of Medicine, The Johns Hopkins University School of Medicine
- 2016-present Professor of Public Health, The Johns Hopkins University School of Medicine
- 2016-present Professor of Nursing, The Johns Hopkins University School of Medicine
- 2016-present Bloomberg Distinguished Professor of Diabetes, The Johns Hopkins University School of Medicine
- 2016-present Director, Division of Endocrinology, Diabetes and Metabolism, The Johns Hopkins University School of Medicine
- 2016-present Adjunct Professor of Medicine, University of Pennsylvania, Perelman School of Medicine, Division of Endocrinology, Diabetes and Metabolism
- 2016-present Leader of Johns Hopkins Diabetes Initiative
- 2018-present Director, Johns Hopkins/University of Maryland Diabetes Research Center

Hospital

- 1986-1987 Houseofficer in Medicine and Surgery, Korle Bu Teaching Hospital, Accra, Ghana
- 1998-1999 Associate Physician, Beth Israel Deaconess Medical Center, Boston, MA
- 1998-1999 Attending Endocrinologist, Beth Israel Deaconess Medical Center, Boston, MA
- 1999-2016 Staff Endocrinologist, Hospital of the University of Pennsylvania
- 1999-2016 Staff Endocrinologist, Presbyterian Medical Center
- 2016-present Staff Endocrinologist, Johns Hopkins Hospital
- 2016-present Staff Endocrinologist, Johns Hopkins Bayview Medical Center

Other

- 1999-2016 Faculty, Institute of Neurological Sciences, University of Pennsylvania
- 1999-2016 Director, Penn Diabetes and Endocrinology Research Center Mouse Phenotyping, Physiology and Metabolism Core
- 2000-2013 Director, Weight Management and Metabolism Clinic, Presbyterian Medical Center
- 2000-2016 Faculty, Cell and Molecular Biology Graduate Group, University of Pennsylvania School of Medicine
- 2003-2016 Faculty, Graduate Group in Pharmacological Sciences, University of Pennsylvania School of Medicine
- 2003-2016 Faculty, Neuroscience Graduate Group, University of Pennsylvania School of Medicine
- 2005-2016 Associate Director, Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania
- 2005-2016 Director, Obesity Unit, Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania
- 2013-2016 Member of Diabetes Research Center Executive Committee, Perelman School of Medicine at the University of Pennsylvania
- 2013-2016 Director, Translational Center of Excellence in Metabolism, Perelman School of Medicine at the University of Pennsylvania
- 2014-present Member, The Endocrine Society Obesity Taskforce
- 2015-2020 Member, NIDDK Clinical Obesity Research Panel
- 2019-present Member, The Endocrine Society Laureate Awards Committee

Personal Data

Division of Endocrinology and Metabolism
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Education and Training

Undergraduate

1981 B.Sc. (with honors; endocrinology), The Middlesex Hospital Medical School, University of London, United Kingdom (Endocrinology; Mentor- R. Peter Gould)

Doctoral/graduate

1986 M.D., University of Ghana Medical School, Accra, Ghana

1992 Ph.D., Tulane University, New Orleans, LA (Neurosciences; Mentor – Richard Harlan)

Postdoctoral

1986-1987 House officer, Medicine and Surgery, Korle Bu Teaching Hospital, Ghana

1992-1993 Intern, Medicine, Jack D. Weiler Hospital of the Albert Einstein College of Medicine/Jacobi Medical Center, Bronx, NY

1993-1995 Resident, Medicine, Jack D. Weiler Hospital of the Albert Einstein College of Medicine/Jacobi Medical Center, Bronx, NY

1995-1996 Research Fellow, Endocrinology, Diabetes and Metabolism (Mentor-Jeffrey Flier), Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA

1996-1998 Clinical Fellow, Endocrinology, Diabetes and Metabolism, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA

Professional Experience

1998-1999 Instructor in Medicine, Harvard Medical School

1999-2005 Assistant Professor of Medicine, University of Pennsylvania Perelman School of Medicine

1999-2016 Founder and Director of the Penn Diabetes Center Mouse Phenotyping Core

2001-2007 Director, NIDDK/Penn Diabetes Center, Howard University Summer Research Program

2005-2007 Member, Howard Hughes Medical Institute, Medical Research Fellowship Review Board

2005-2008 Associate Professor of Medicine, University of Pennsylvania School of Medicine

2005-2016 Director of the Obesity Unit, Institute for Diabetes, Obesity and Metabolism, University of Pennsylvania

2006-2010 Member, National Institutes of Health Integrative Physiology of Obesity and Diabetes Study Section

2007-2016 Member, Executive Board of the Penn Diabetes Center

2007-2014 Member, Board of Scientific Counselors, National Institute on Alcohol Abuse and Alcoholism (NIAAA)

2008-2012 Associate Professor of Medicine with tenure, University of Pennsylvania Perelman School of Medicine

2008-2009 Member, National Institutes of Health Diabetes Strategic Planning Committee (Obesity Sub-group)

2012-2016 Professor of Medicine with tenure, University of Pennsylvania Perelman School of Medicine

2013-2016 Founder and Director, Penn Metabolic Medicine

PUBLICATIONS:

Original Research [OR]

1. **Ahima RS.**, Harlan RE.: Charting of type II glucocorticoid receptor-like immunoreactivity in the rat central nervous system. Neuroscience 39(3): 579-604, 1990.
2. **Ahima RS.**, Harlan RE.: Differential corticosteroid regulation of type II glucocorticoid receptor-like immunoreactivity in the rat central nervous system: topography and implications. Endocrinology 129(1): 226-36, Jul 1991.
3. Lawson A., **Ahima R.**, Krozowski Z., Harlan R.: Postnatal development of corticosteroid receptor immunoreactivity in the rat hippocampus. Brain Research Developmental Brain Research: 62(1):69-79, Sep 1991
4. **Ahima R.**, Krozowski Z., Harlan R.: Type 1 corticosteroid receptor-like immunoreactivity in the rat CNS: distribution and regulation by corticosteroids. Journal of Comparative Neurology 313(3): 522-538, Nov 1991.
5. Krozowski Z., Wendell K., **Ahima R.**, Harlan R.: Type I corticosteroid receptor-like immunoreactivity in the rat salivary glands and distal colon: modulation by corticosteroids. Molecular & Cellular Endocrinology 85(1-2): 21-32, May 1992.
6. **Ahima RS.**, Tagoe CN., Harlan RE.: Type II corticosteroid receptor-like immunoreactivity in the rat cerebellar cortex: differential regulation by corticosterone. Neuroendocrinology 55(6): 683-94, Jun 1992.
7. Lawson A., **Ahima RS.**, Krozowski Z., Harlan RE.: Postnatal development of corticosteroid receptor immunoreactivity in the rat cerebellum and brain stem. Neuroendocrinology 55(6): 695-707, Jun 1992.

8. **Ahima RS.**, Harlan RE.: Regulation of glucocorticoid receptor immunoreactivity in the rat hippocampus by androgenic-anabolic steroids. Brain Research 585(1-2): 311-4, Jul 10 1992.
9. **Ahima RS.**, Lawson AN., Osei SY., Harlan RE.: Sexual dimorphism in regulation of type II corticosteroid receptor immunoreactivity in the rat hippocampus. Endocrinology 131(3): 1409-16, Sep 1992.
10. **Ahima RS.**, Garcia MM., Harlan RE.: Glucocorticoid regulation of preproenkephalin gene expression in the rat forebrain. Brain Research Molecular Brain Research: 16(1-2):119-27, 1992 Nov. Dec 1992.
11. **Ahima RS.**, Harlan RE.: Glucocorticoid receptors in LHRH neurons. Neuroendocrinology 56(6): 845-50, Dec 1992.
12. Osei SY., **Ahima RS.**, Minkes RK., Weaver JP., Khosla MC., Kadowitz PJ.: Differential responses to angiotensin-(1-7) in the feline mesenteric and hindquarters vascular beds. European Journal of Pharmacology 234(1): 35-42, Mar 30 1993.
13. **Ahima RS.**, Prabakaran D., Mantzoros C., Qu D., Lowell B., Maratos-Flier E., Flier JS.: Role of leptin in the neuroendocrine response to fasting. Nature 382(6588): 250-2, Jul 18 1996.
14. Bank N., Aynedjian HS., Qiu JH., Osei SY., **Ahima RS.**, Fabry ME., Nagel RL.: Renal nitric oxide synthases in transgenic sickle cell mice. Kidney International 50(1): 184-9, Jul 1996.
15. Osei SY., **Ahima RS.**, Fabry ME., Nagel RL., Bank N.: Immunohistochemical localization of hepatic nitric oxide synthase in normal and transgenic sickle cell mice: the effect of hypoxia. Blood 88(9): 3583-8, Nov 1 1996.
16. **Ahima RS.**, Dushay J., Flier SN., Prabakaran D., Flier JS.: Leptin accelerates the onset of puberty in normal female mice. Journal of Clinical Investigation 99(3): 391-5, Feb 1 1997.
17. Elmquist JK., **Ahima RS.**, Maratos-Flier E., Flier JS., Saper CB.: Leptin activates neurons in ventrobasal hypothalamus and brainstem. Endocrinology 138(2): 839-42, Feb 1997.
18. Erickson JC., **Ahima RS.**, Hollopeter G., Flier JS., Palmiter RD.: Endocrine function of neuropeptide Y knockout mice. Regulatory Peptides 70(2-3): 199-202, Jun 18 1997.
19. Legradi G., Emerson CH., **Ahima RS.**, Flier JS., Lechan RM.: Leptin prevents fasting-induced suppression of prothyrotropin-releasing hormone messenger ribonucleic acid in neurons of the hypothalamic paraventricular nucleus. Endocrinology 138(6): 2569-76, Jun 1997.
20. Heiman ML., **Ahima RS.**, Craft LS., Schoner B., Stephens TW., Flier JS.: Leptin inhibition of the hypothalamic-pituitary-adrenal axis in response to stress. Endocrinology 138(9): 3859-63, Sep 1997.
21. Elmquist JK., **Ahima RS.**, Elias CF., Flier JS., Saper CB.: Leptin activates distinct projections from the dorsomedial and ventromedial hypothalamic nuclei. Proceedings of the National Academy of Sciences of the United States of America 95(2): 741-6, Jan 20 1998.
22. **Ahima RS.**, Prabakaran D., Flier JS.: Postnatal leptin surge and regulation of circadian rhythm of leptin by feeding. Implications for energy homeostasis and neuroendocrine function. Journal of Clinical Investigation 101(5): 1020-7, Mar 1 1998.
23. Elmquist JK., Bjorbaek C., **Ahima RS.**, Flier JS., Saper CB.: Distributions of leptin receptor mRNA isoforms in the rat brain. Journal of Comparative Neurology 395(4): 535-47, Jun 15 1998.
24. Bjorbaek C., Elmquist JK., Michl P., **Ahima RS.**, van Bueren A., McCall AL., Flier JS.: Expression of leptin receptor isoforms in rat brain microvessels. Endocrinology 139(8): 3485-91, Aug 1998.
25. Legradi G., Emerson CH., **Ahima RS.**, Rand WM., Flier JS., Lechan RM.: Arcuate nucleus ablation prevents fasting-induced suppression of ProTRH mRNA in the hypothalamic paraventricular nucleus. Neuroendocrinology 68(2): 89-97, Aug 1998.
26. Elias CF., Lee C., Kelly J., Aschkenasi C., **Ahima RS.**, Couceyro PR., Kuhar MJ., Saper CB., Elmquist JK.: Leptin activates hypothalamic CART neurons projecting to the spinal cord. Neuron 21(6): 1375-85, Dec 1998.
27. Abel ED., Kaulbach HC., Campos-Barros A., **Ahima RS.**, Boers ME., Hashimoto K., Forrest D., Wondisford FE.: Novel insight from transgenic mice into thyroid hormone resistance and the regulation of thyrotropin. Journal of Clinical Investigation 103(2): 271-9, Jan 1999.
28. Prabakaran D., **Ahima RS.**, Harney JW., Berry MJ., Larsen PR., Arvan P.: Polarized targeting of epithelial cell proteins in thyrocytes and MDCK cells. Journal of Cell Science 112 (Pt 8): 1247-56, Apr 1999.
29. Bjorbaek C., Elmquist JK., El-Haschimi K., Kelly J., **Ahima RS.**, Hileman S., Flier JS.: Activation of SOCS-3 messenger ribonucleic acid in the hypothalamus by ciliary neurotrophic factor. Endocrinology 140(5): 2035-43, May 1999.
30. **Ahima RS.**, Bjorbaek C., Osei S., Flier JS.: Regulation of neuronal and glial proteins by leptin: implications for brain development. Endocrinology 140(6): 2755-62, Jun 1999.
31. Elias CF., Aschkenasi C., Lee C., Kelly J., **Ahima RS.**, Bjorbaek C., Flier JS., Saper CB., Elmquist JK.: Leptin differentially regulates NPY and POMC neurons projecting to the lateral hypothalamic area. Neuron 23(4): 775-86, Aug 1999.

32. **Ahima RS.**, Kelly J., Elmquist JK., Flier JS.: Distinct physiologic and neuronal responses to decreased leptin and mild hyperleptinemia.[see comment] Endocrinology 140(11): 4923-31, Nov 1999.
33. Lawson A., Schoenwolf GC., England MA., Addai FK., **Ahima RS.**: Programmed cell death and the morphogenesis of the hindbrain roof plate in the chick embryo. Anatomy & Embryology 200(5): 509-19, Nov 1999.
34. Elias CF., Kelly JF., Lee CE., **Ahima RS.**, Drucker DJ., Saper CB., Elmquist JK.: Chemical characterization of leptin-activated neurons in the rat brain. Journal of Comparative Neurology 423(2): 261-81, Jul 24 2000.
35. **Ahima RS.**, Hileman SM.: Postnatal regulation of hypothalamic neuropeptide expression by leptin: implications for energy balance and body weight regulation. Regulatory Peptides 92(1-3): 1-7, Aug 25 2000.
36. Stepan CM., Bailey ST., Bhat S., Brown EJ., Banerjee RR., Wright CM., Patel HR., **Ahima RS.**, Lazar MA.: The hormone resistin links obesity to diabetes.[see comment] Nature 409(6818): 307-12, Jan 18 2001.
37. Elias CF., Lee CE., Kelly JF., **Ahima RS.**, Kuhar M., Saper CB., Elmquist JK.: Characterization of CART neurons in the rat and human hypothalamus. Journal of Comparative Neurology 432(1): 1-19, Mar 26 2001.
38. Abel ED., **Ahima RS.**, Boers ME., Elmquist JK., Wondisford FE.: Critical role for thyroid hormone receptor beta2 in the regulation of paraventricular thyrotropin-releasing hormone neurons. Journal of Clinical Investigation 107(8): 1017-23, Apr 2001.
39. Reizes O., Lincecum J., Wang Z., Goldberger O., Huang L., Kaksonen M., **Ahima RS.**, Hinkes MT., Barsh GS., Rauvala H., Bernfield M.: Transgenic expression of syndecan-1 uncovers a physiological control of feeding behavior by syndecan-3. Cell 106(1): 105-16, Jul 2001.
40. **Ahima RS.**, Patel HR., Takahashi N., Qi Y., Hileman SM., Zasloff MA.: Appetite suppression and weight reduction by a centrally active aminosterol. Diabetes 51(7): 2099-104, Jul 2002.
41. Bogdanovich S., Krag TO., Barton ER., Morris LD., Whittemore LA., **Ahima RS.**, Khurana TS.: Functional improvement of dystrophic muscle by myostatin blockade. Nature 420(6914): 418-21, Nov 28 2002.
42. Takahashi N., Patel HR., Qi Y., Dushay J., **Ahima RS.**: Divergent effects of leptin in mice susceptible or resistant to obesity. Hormone & Metabolic Research 34(11-12): 691-7, Nov-Dec 2002.
43. Fischer MD., Gorospe JR., Felder E., Bogdanovich S., Pedrosa-Domellof F., **Ahima RS.**, Rubinstein NA., Hoffman EP., Khurana TS.: Expression profiling reveals metabolic and structural components of extraocular muscles. Physiological Genomics 9(2): 71-84, 2002.
44. De Leon DD., Deng S., Madani R., **Ahima RS.**, Drucker DJ., Stoffers DA.: Role of endogenous glucagon-like peptide-1 in islet regeneration after partial pancreatectomy. Diabetes 52(2): 365-71, Feb 2003.
45. Abel ED., Moura EG., **Ahima RS.**, Campos-Barros A., Pazos-Moura CC., Boers ME., Kaulbach HC., Forrest D., Wondisford FE.: Dominant inhibition of thyroid hormone action selectively in the pituitary of thyroid hormone receptor-beta null mice abolishes the regulation of thyrotropin by thyroid hormone. Molecular Endocrinology 17(9): 1767-76, Sep 2003.
46. Banerjee RR., Rangwala SM., Shapiro JS., Rich AS., Rhoades B., Qi Y., Wang J., Rajala MW., Pocai A., Scherer PE., Stepan CM., **Ahima RS.**, Obici S., Rossetti L., Lazar MA.: Regulation of fasted blood glucose by resistin. Science 303(5661): 1195-8, Feb 20 2004.
47. Kelly JF., Elias CF., Lee CE., **Ahima RS.**, Seeley RJ., Bjorbaek C., Oka T., Saper CB., Flier JS., Elmquist JK.: Ciliary neurotrophic factor and leptin induce distinct patterns of immediate early gene expression in the brain. Diabetes 53(4): 911-20, Apr 2004.
48. Qi Y., Takahashi N., Hileman SM., Patel HR., Berg AH., Pajvani UB., Scherer PE., **Ahima RS.**: Adiponectin acts in the brain to decrease body weight.[see comment][erratum appears in Nat Med. 2004 Jun;10(6):649] Nature Medicine 10(5): 524-9, May 2004.
49. Rajala MW., Qi Y., Patel HR., Takahashi N., Banerjee R., Pajvani UB., Sinha MK., Gingerich RL., Scherer PE., **Ahima RS.**: Regulation of resistin expression and circulating levels in obesity, diabetes, and fasting. Diabetes 53(7): 1671-9, Jul 2004.
50. Takahashi N., Qi Y., Patel HR., **Ahima RS.**: A novel aminosterol reverses diabetes and fatty liver disease in obese mice. Journal of Hepatology 41(3): 391-8, Sep 2004.
51. Zhang L., Rubins NE., **Ahima RS.**, Greenbaum LE., Kaestner KH.: Foxa2 integrates the transcriptional response of the hepatocyte to fasting. Cell Metabolism 2(2): 141-8, Aug 2005.
52. Graveleau C., Zaha VG., Mohajer A., Banerjee RR., Dudley-Rucker N., Stepan CM., Rajala MW., Scherer PE., **Ahima RS.**, Lazar MA., Abel ED.: Mouse and human resistins impair glucose transport in primary mouse cardiomyocytes, and oligomerization is required for this biological action. Journal of Biological Chemistry 280(36): 31679-85, Sep 9 2005.
53. Stefan M., Ji H., Simmons RA., Cummings DE., **Ahima RS.**, Friedman MI., Nicholls RD.: Hormonal and metabolic defects in a prader-willi syndrome mouse model with neonatal failure to thrive. Endocrinology 146(10): 4377-85, Oct 2005.

54. Allison KC., **Ahima RS.**, O'Reardon JP., Dinges DF., Sharma V., Cummings DE., Heo M., Martino NS., Stunkard AJ.: Neuroendocrine profiles associated with energy intake, sleep, and stress in the night eating syndrome. Journal of Clinical Endocrinology & Metabolism 90(11): 6214-7, Nov 2005.
55. Madaio MP., **Ahima RS.**, Meade R., Rader DJ., Mendoza A., Peng M., Tomaszewski JE., Hancock WW., Gasser DL.: Glomerular and tubular epithelial defects in kd/kd mice lead to progressive renal failure. American Journal of Nephrology 25(6): 604-10, Nov-Dec 2005.
56. Seshadri P., Samaha FF., Stern L., **Ahima R.**, Daley D., Iqbal N.: Adipocyte changes caused by low-carbohydrate diet compared to conventional diets in obesity. Metabolic Syndrome and Related Disorders 3: 66-74, 2005.
57. Fry M., Smith PM., **Ahima RS.**, Sharkey KA., Ferguson AV.: Area Postrema Neurons Are Modulated by the Adipocyte Hormone Adiponectin. Journal of Neuroscience 26(38): 9695-705, Sep 2006.
58. Patel HR., Qi Y., Hawkins E., Hileman SM., Elmquist JK., Imai I., **Ahima RS.** Neuropeptide Y deficiency attenuates responses to fasting and high fat diet in obesity-prone mice. Diabetes 55(11): 3091-3098, Nov 2006.
59. Qi Y., Nie Z., Lee Y-S., Singhal NS., Scherer PE., Lazar MA., **Ahima RS.**: Loss of resistin improves glucose homeostasis in leptin deficiency. Diabetes 55(11): 3083-3090, Nov 2006.
60. **Ahima RS.**, Qi Y., Singhal NS.: Adipokines that link obesity and diabetes to the hypothalamus. Progress in Brain Research 153: 155-174, 2006.
61. **Ahima RS.**, Qi Y., Singhal NS., Jackson MB., Scherer PE.: Brain adipocytokine action and metabolic regulation. Diabetes 55 (suppl 2): S145-154, Dec 2006.
62. Kuminski CM., McTernan PG., Schraw T., Kos K., O'Hare JP., **Ahima RS.**, Kumar S., Scherer PE.: Adiponectin complexes in human cerebrospinal fluid: distinct complex distribution from serum. Diabetologia 50(3): 634-642, Mar 2007.
63. Imai, Y., Varela GM., Jackson MB., Graham MJ., Crooke RM., **Ahima RS.** Reduction of hepatosteatosis and lipid levels by an adipose differentiation-related protein antisense oligonucleotide. Gastroenterology 132(5): 1947-1954, May 2007.
64. Anderson PD., Mehta NN., Wolfe ML., Hinkle CC., Pruscino L., Comiskey LL., Tabita-Martinez J., Sellers KF., Rickels MR., **Ahima RS.**, Reilly MP.: Innate immunity modulates adipokines in humans. Journal of Clinical Endocrinology and Metabolism 92(6): 2272-2279, Jun 2007.
65. Lo J., Bernstein E., Canavan B., Torriani M., Jackson MB., **Ahima RS.**, Grinspoon SK.: Effects of TNF α neutralization on adipocytokines and skeletal muscle adiposity in the metabolic syndrome. American Journal of Physiology, Endocrinology and Metabolism 293(1): E102-109, Jul 2007.
66. Singhal NS., Lazar MA., **Ahima RS.**: Central resistin induces hepatic insulin resistance via neuropeptide Y. Journal of Neuroscience 27(47): 12924-12932, Nov 2007.
67. Hoyda T., Fry M., **Ahima RS.**, Ferguson AV.: Adiponectin selectively inhibits oxytocin neurons of the paraventricular nucleus of the hypothalamus. Journal of Physiology 585(3): 805-816, Dec 2007.
68. Imai Y., Patel HR., Hawkins EJ., Dolida NM., Matschinsky FM., **Ahima RS.**: Insulin secretion is increased in pancreatic islets of neuropeptide Y deficient mice. Endocrinology 148(12): 5716-5723, Dec 2007.
69. Wong T., Hildebrandt M., Thrasher SM., Appleton JA., **Ahima RS.**, Wu G.: Divergent metabolic adaptations to intestinal parasitic nematode infection in mice susceptible or resistant to obesity. Gastroenterology 133(6): 1979-1988, Dec 2007.
70. Singhal N., Patel RT., Qi Y., Lee YS, **Ahima RS.**: Loss of resistin ameliorates hyperlipidemia and hepatic steatosis in leptin deficient mice. Am J Physiol Endocrinol Metab 295(2): E331-338, Aug 2008.
71. Varela GM., Antwi DA., Dhir R., Yin X., Singhal NS., Graham MJ., Crooke RM., **Ahima RS.**: Inhibition of ADRP prevents diet-induced insulin resistance. Am J Physiol Gastrointest Liver Physiol 295(3): G621-628, Sep 2008.
72. Alenghat T., Meyers K., Mullican SE., Leitner K., Adeniji-Adele A., Avila J., Bućan M., **Ahima RS.**, Kaestner KH., Lazar MA.: Nuclear receptor corepressor and histone deacetylase 3 govern circadian metabolic physiology Nature 456(7224): 997-1000, Dec 2008.
73. Imai Y., Patel HR., Doliba NM., Matschinsky FM., Tobias JW., **Ahima RS.**: Analysis of gene expression in pancreatic islets from diet-induced obese mice. Physiol Genomics 36(1): 43-51, Dec 2008.
74. Goel N., Stunkard AJ., Rogers NL., Van Dongen HP., Allison KC., O'Reardon JP., **Ahima RS.**, Cummings DE., Heo M., Dinges DF.: Circadian rhythm profiles in women with night eating syndrome J Biol Rhythms 24(1): 85-94, Feb 2009.
75. Qatanani M., Szwegold NR., Greaves DR., **Ahima RS.**, Lazar MA: Macrophage-derived human resistin exacerbates adipose tissue inflammation and insulin resistance in mice. J Clin Invest Feb 2 2009 Notes: pii: 37273. doi: 10.1172/JCI37273. [Epub ahead of print]

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77. Akpan I, Goncalves MD., Dhir R., Yin X., Pistilli EE., Bogdanovich S., Khurana TS., Ucran J., Lachey J., **Ahima RS**: The effects of a soluble activin type IIB receptor on obesity and insulin sensitivity. Int J Obes (Lond) 33(11): 1265-1273, November 2009.
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79. Hedbacker K, Birsoy K, Wysocki RW, Asilmaz E, **Ahima RS**, Farooqi IS, Friedman JM: Antidiabetic effects of IGFBP2, a leptin-regulated gene. Cell Metab. 11(1): 11-22, January 2010.
80. Cizza G, Nguyen VT, Eskandari F, Duan Z, Wright EC, Reynolds JC, **Ahima RS**, Blackman MR; for the POWER Study Group.: Low 24-hour adiponectin and high nocturnal leptin concentrations in a case-control study of community-dwelling premenopausal women with major depressive disorder: the premenopausal, osteopenia/osteoporosis, women, alendronate, depression (POWER) study. J Clin Psychiatry 71(8): 1079-1087, August 2010.
81. Faleck D, Ali K, Roat R, Graham MJ, Crooke RM, Battisti R, Garcia E, **Ahima RS**, Imai Y: Adipose differentiation-related protein regulates lipids and insulin in pancreatic islet Am J Physiol Endocrinol Metab. 299(2): E249-257, August 2010.
82. Goncalves MD, Pistilli EE, Balduzzi A, Birnbaum MJ, Lachey J, Khurana TS, **Ahima RS**: Akt deficiency attenuates muscle size and function but not the response to ActRIIB inhibition. PLoS One 5(9): e12707, September 2010.
83. Khor VK, Dhir R, Yin X, **Ahima RS**, Song WC: Estrogen sulfotransferase regulates body fat and glucose homeostasis in female mice. Am J Physiol Endocrinol Metab 299(4): E657-664, October 2010.
84. Stanley TL, Zanni MV, Johnsen S, Rasheed S, Makimura H, Lee H, Khor VK, **Ahima RS**, Grinspoon SK.: TNF- α antagonism with Etanercept decreases glucose and increases the proportion of high molecular weight adiponectin in obese subjects with features of the metabolic syndrome. J Clin Endocrinol Metab 96(1): E146-150, Jan 2011.
85. Park HK., Qatanani M., Briggs ER., **Ahima RS**, Lazar MA.: Inflammatory Induction of Human Resistin Causes Insulin Resistance in Endotoxemic Mice. Diabetes 60(3): 775-783, Mar 2011.
86. Pistilli EE, Bogdanovich S, Goncalves MD, **Ahima RS**, Lachey J, Seehra J, Khurana T: Targeting the activin type IIB receptor to improve muscle mass and function in the mdx mouse model of Duchenne muscular dystrophy. Am J Pathol 178(3): 1287-1297, Mar 2011.
87. **Ahima RS**, Stanley TL, Khor VK, Zanni MV, Grinspoon SK: Estrogen Sulfotransferase Is Expressed in Subcutaneous Adipose Tissue of Obese Humans in Association with TNF- α and SOCS3. J Clin Endocrinol Metab May 2011 Notes: Epub ahead of print.
88. Shah R, Hinkle CC, Ferguson JF, Mehta NN, Li M, Qu L, Lu Y, Putt ME, **Ahima RS**, Reilly MP: Fractalkine is a novel human adipochemokine associated with type 2 diabetes. Diabetes 60(5): 1512-1518, May 2011.
89. Miller RA, Chu Q, Le Lay J, Scherer PE, **Ahima RS**, Kaestner KH, Foretz M, Viollet B, Birnbaum MJ: Adiponectin suppresses gluconeogenic gene expression in mouse hepatocytes independent of LKB1-AMPK signaling. J Clin Invest 121(6): 2518-2528, Jun 2011.
90. Pistilli EE, Bogdanovich S, Garton F, Yang N, Gulbin JP, Conner JD, Anderson BG, Quinn LS, North K, **Ahima RS**, Khurana TS: Loss of IL-15 receptor α alters the endurance, fatigability, and metabolic characteristics of mouse fast skeletal muscles. J Clin Invest 121(8): 3120-32, Aug 2011.
91. Lee EB, Warmann G, Dhir R, **Ahima RS**: Metabolic Dysfunction Associated with Adiponectin Deficiency Enhances Kainic Acid-Induced Seizure Severity Journal of Neuroscience 31(40): 14361-14366, October 2011.
92. Leibowitz KL, Moore RH, **Ahima RS**, Stunkard AJ, Stallings VA, Berkowitz RI, Chittams JL, Faith MS, Stettler N: Maternal obesity associated with inflammation in their children. World J Pediatr. 8(1): 76-79, February 2012.
93. Lu M, Wan M, Leavens KF, Chu Q, Monks BR, Fernandez S, **Ahima RS**, Ueki K, Kahn CR, Birnbaum MJ: Insulin regulates liver metabolism in vivo in the absence of hepatic Akt and Foxo1. Nature Medicine 18(3): 388-395, February 2012.
94. Lamming DW, Ye L, Katajisto P, Goncalves MD, Saitoh M, Stevens DM, Davis JG, Salmon AB, Richardson A, **Ahima RS**, Guertin DA, Sabatini DM, Baur JA: Rapamycin-induced insulin resistance is mediated by mTORC2 loss and uncoupled from longevity. Science 335(6076): 1638-43, Mar 2012.
95. Imai Y, Boyle S, Varela GM, Caron E, Yin X, Dhir R, Dhir R, Graham MJ, **Ahima RS**: Effects of perilipin 2 antisense oligonucleotide treatment on hepatic lipid metabolism and gene expression. Physiol Genomics 44(22): 1125-1131, September 2012.

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12. **Ahima RS (editor)**. The Year in Diabetes and Obesity. Annals of the New York Academy of Sciences. 1411: 5-183, January 2018.
13. **Ahima RS (editor)**. The Year in Diabetes and Obesity. Annals of the New York Academy of Sciences. 1461: 5-143, February 2020.

Consensus Statement [CS]

1. Eckel RH, Kahn SE, Ferrannini E, Goldfine AB, Nathan DM, Schwartz MW, Smith RJ, Smith SR. Obesity and type 2 diabetes: what can be unified and what needs to be individualized? J Clin Endocrinol Metab. 96(6):1654-63, June 2011.
2. Eckel RH, Kahn SE, Ferrannini E, Goldfine AB, Nathan DM, Schwartz MW, Smith RJ, Smith SR; Obesity and type 2 diabetes: what can be unified and what needs to be individualized? Endocrine Society; American Diabetes Association; European Association for the Study of Diabetes. Diabetes Care. 34(6):1424-30, June 2011.

Editorials [ED]

1. **Ahima RS.:** Obesity gene therapy: slimming immature rats. Gene Therapy 10: 196-197, 2003.
2. **Ahima RS.:** Body fat, leptin, and hypothalamic amenorrhea.[comment] New England Journal of Medicine 351(10): 959-62, September 2004.
3. **Ahima RS.:** Overcoming insulin resistance with CNTF.[comment] Nature Medicine 12(5): 511-2, May 2006.
4. **Ahima RS.:** Obesity epidemic in search of answers. Gastroenterology 131(4): 991, Oct 2006.
5. **Ahima RS.:** Ghrelin - a new player in glucose homeostasis? Cell Metabolism 3: 301-302, 2006.
6. **Ahima RS.:** Insulin resistance: cause or consequence of nonalcoholic steatohepatitis? Gastroenterology 132(1), Jan 2007.
7. **Ahima RS.:** Obesity: much silence makes a mighty noise. Gastroenterology 132(6): 2085-2086, 2007.
8. **Ahima RS.:** Should eligibility for bariatric surgery be expanded? Gastroenterology 134(1): 15, Jan 2008.
9. **Ahima RS.:** Linking adiponectin to proteinuria Journal of Clinical Investigation 118(5): 1619-1622, May 2008.
10. **Ahima RS.:** Revisiting leptin's role in obesity and weight loss Journal of Clinical Investigation. Journal of Clinical Investigation 118(7): 2380-2383, Jul 2008.
11. **Ahima RS.:** The natural history of nonalcoholic fatty liver disease: insights from children and mice. Gastroenterology 135(6): 1860-1862, Dec 2008.
12. **Ahima RS.:** The natural history of nonalcoholic fatty liver disease: insights from children and mice. Gastroenterology 135(6): 1860-1862, Dec 2008.
13. **Ahima RS.:** Intestinal lipids as signaling molecules Gastroenterology 137(1): 18-19, Jul 2009.
14. **Ahima RS. :** Connecting obesity, aging and diabetes Nature Medicine 15(9): 996-997, Sep 2009.
15. **Ahima RS, Carr RM.:** Alas! Ileal Interposition Surgery for Diabetes Prevention? Gastroenterology 138(7): 2224-6, June 2010.
16. **Ahima RS:** Boosting Gut Endocrinology With Brain Imaging. Gastroenterology June 2010.
17. **Ahima RS.:** Connecting leptin and Alzheimer disease. Arch Neurol 67(7): 873-875, July 2010.
18. **Ahima RS.:** No Kiss1ng by leptin during puberty? Journal of Clinical Investigation 121(1): 34-36, Jan 2011.
19. **Ahima RS, Sabri A.:** Bariatric Surgery: Metabolic Benefits Beyond Weight Loss. Gastroenterology 141(3): 793-

- 795, September 2011.
20. **Lee EB, Ahima RS:** Alteration of hypothalamic cellular dynamics in obesity. *J Clin Invest.* 122(1): 22-25, January 2012.
 21. **Ahima RS:** Editorial: Molecular obesity research: lessons learned? *Mol Endocrinol.* 28(6): 785-789, June 2014.
 22. **Ahima RS:** Editorial: Rethinking the definition of diabetes for precision medicine. *Mol Endocrinol.* 29(3): 335-337, March 2015.
 23. **Ahima RS:** Editorial: Unlocking Therapeutic Potential of Brown Fat. *Mol Endocrinol* 30(3): 275-277, March 2016.
 24. **Ahima RS:** A New Editor of the JCI. *J. Clin Invest.* 128(7):2653-2654, July 2018.
 25. Casadevall A, Semenza GL, Jackson S, Tomaselli G, **Ahima RS:** Reducing bias: accounting for the order of co-first authors. *J. Clin Invest.* 129(6):2167-2168, April 2019.
 26. Echouffo-Tcheugui JB, **Ahima RS.** Does diet quality or nutrient quantity contribute more to health? *J. Clin Invest.* 2019 Aug 26. pii: 131449. doi: 10.1172/JCI131449. [Epub ahead of print] No abstract available. PMID:31449059.
 27. **Ahima RS.** Global warming threatens human thermoregulation. *J Clin Invest.* 2020 Feb 3;130(2):559-561. doi:10.1172/JCI135006. PMID:31904587.
 28. **Ahima RS,** Jackson S, Casadevall A, Semenza GL, Tomaselli G, Collins KL, Lieberman AP, Martin DM, Reddy P. Changing the editorial process at JCI and JCI Insight in response to the COVID-19 pandemic. *J Clin Invest.* 2020 May 1;130(5):2147. doi: 10.1172/JCI138305. PMID:32202513.
 29. Ware LB, Collins KL, Hawley JB, **Ahima RS.** A deliberate path toward diversity, equity and inclusion within the ASCI. *J Clin Invest.* 2020 Aug 24:142423. doi: 10.1172/JCI142423. Online ahead of print. PMID: 32831295.

Media Releases or Interviews [MR]

- 2004 Rexford Ahima, of the University of Pennsylvania, welcomed the study. "For once we have proof of concept that a factor that is made by fat tissue is ... www.the-scientist.com/article/display/22380/: Leptin solves hormone problems. *The Scientist*
- 2004 Quoted in article: "Decoding the surprisingly active life of fat cells". *Washington Post* Page: A01, Jul 12 2004.
- 2004 It marks an extraordinary pace of research from basic science to human trials, observed neuroendocrinologist Rexford Ahima of the University of Pennsylvania ...: ENDOCRINOLOGY: Fat Hormone Revives. *Harvard FOCUS – focus.hms.harvard.edu/2004/Sept17_2004/endocrinology.html* Sep 17 2004.
- 2004 Boston (Associated Press)- An appetite curbing hormone that failed to live up to its early ...: Quoted in: Hormone leptin may treat infertility. *USAToday.com – www.usatoday.com/news/health/2004-10-06-leptin_x.htm* 2004.
- 2005 Quoted in: "Highlights of the NAASO 2005 Annual Scientific Meeting...in addition to insulinandleptin, increasing attention is being devoted to the action of adiponectin..." *Medscape – www.medscape.com/viewarticle/532999_4*
- 2005 "Fat Chance: Hormone boosts metabolic rate, induces weight loss in ..." *Science News – www.sciencenews.org/articles/20040417/fob5.asp*
- 2005 Quoted in: "Another Fat Hormone May Aid in Weight Loss" *Fox news - foxnews.webmd.com/content/article/86/98896.htm*
- 2005 Quoted in: Hormone Leptin May Treat Infertility. *ABC News - www.abcnews4.com/news/stories/1004/177999.html*
- 2005 Quoted in: Hunger-curbing hormone may help infertility. *NBC News. www.msnbc.msn.com/id/6185488.*
- 2005 appetite and increasing metabolic rate," says researcher Rexford Ahima, ... to sustain weight loss by maintaining a high metabolic rate," says Ahima. : Another Fat Hormone May Aid in Weight Loss. www.webmd.com/content/article/86/98896.html
- 2005 Beckman 2005 (1202): Quoted in: "Worth the Weight -leptin and weight management..." *AAAS Science Now - sciencenow.sciencemag.org/cgi/content/full/2005/1202/1?etoc*
- 2009 said Rexford Ahima, a University of Pennsylvania, Philadelphia, researcher who studies the ...: Some people may be hard-wired to overeat [Chew on this - msnbc.com contributor. www.msnbc.msn.com/id/28794584](http://www.msnbc.com/contributor) Jan 23 2009.

- 2009 WebMD asked Rexford S. Ahima, MD, PhD, director of the obesity center at the... A Glimpse at the Day's News as Seen through a Camera Lens...: Hunger Control: Women The Weaker Sex? www.cbsnews.com/stories/2009/01/22/.../main4746920.shtml. Jan 22 2009.
- 2009 Five promising local diabetes projects. www.philly.com/philly/.../20091117_Quest_for_a_new_pancreas.ht... Cached Nov 19, 2009 - PhillyTablet Inquirer Daily News ... Rexford Ahima is trying to answer that question by studying the hormones that regulate hunger and appetite. 2009.
- 2010 Rational Or Emotional? Your Brain On Food : NPR. www.npr.org. February 22 2010 - NPR News and Shows ... hear the latest news ... "It's a feedback mechanism," says Rexford Ahima of the University of Pennsylvania....
- 2010 "The technology here is very innovative, and in principle it's very promising," said Rexford Ahima.: Prescription Tattoos: Coming to a Pharmacy Near You. Discovery News: news.discovery.com/tech/medical-tattoos-glucose-diabetes.html May 7 2010.
- 2011 Fractalkine Is A Novel Human Adipochemokine Associated With ... www.medscape.com/viewarticle/742058 May 19 2011 Notes: by R Shah - Cited by 3 - Related articles May 19, 2011 - ... N. Mehta; Mingyao Li; Liming Qu; Yun Lu; Mary E. Putt; Rexford S. Ahima; Muredach P. Reilly ... 2011 American Diabetes Association, Inc....
- 2011 'Endurance gene' for Olympic-level athletes: Genetic basis for ... www.sciencedaily.com/releases/2011/07/110718121555.htm July 18 2011 Notes: ScienceDaily - Researchers at the Perelman School of Medicine at the ... LeBris S. Quinn, Kathryn North, Rexford S. Ahima, Tejvir S. Khurana...
- 2011 WGBH News: Could Obesity Change The Brain? devblog.wgbh.org/News/.../Could_Obesity_Change_The_Brain.cfm Cached Dec 28, 2011 - "My sense is that a lot of it is adaptive," says Rexford Ahima, an endocrinologist at the University of Pennsylvania December 2011.
- 2012 KJ Hughes : Rapamycin Paradox Resolved. www.sciencemag.org 30 March 2012. Mar 30, 2012 - Science 30 March 2012: Vol. ... B. Salmon,; Arlan Richardson,; Rexford S. Ahima,; David A. Guertin, ... Science Signaling Podcast: 3 April 2012.
- 2013 BMI doesn't offer TMI, according to Penn researchers - NewsWorks www.newsworks.org/.../58944-bmi-doesnt-offer-tmi-according-to-penn-... Aug 23, 2013 - Ahima and several colleagues just published a paper in the journal Science on the use of BMI in medical practice and research. They argue ...: BMI doesn't offer TMI, according to Penn researchers. www.newsworks.org August 2013.
- 2013 articles.latimes.com/2013/aug/.../la-sci-obesity-predicting-health-201308...- latimes.com ... BMI doesn't always answer that question accurately, say experts. ... Lazar and Dr. Rexford Ahima, a University of Pennsylvania endocrinologist and obesity expert, write that "there is an urgent need for accurate, ...: For nearly 1 in 5 Americans, BMI may tell the wrong story. latimes.com August 2013.
- 2013 bmi-isnt-accurate-measure-health-experts-111304231 Aug 23, 2013 - BMI, which is based on weight and height, is not an accurate measure of ... "Most studies depend on BMI, and we know it's not a very accurate measure," coauthor of the Dr. Rexford Ahima, a medical ... ABC News Network : BMI isn't an accurate measure of your health, experts say - Yahoo news.yahoo.com August 2013.
- 2013 bmi-not-accurate-health-measure.html Aug 22, 2013 - "Most studies depend on BMI, and we know it's not a very accurate measure," said Dr. Rexford Ahima, a medical professor at the University of ...: BMI Not a Good Measure of Healthy Body Weight. www.livescience.com August 2013.
- 2013 bmi-not-good-measure-healthy-body-weight-rese... Aug 23, 2013 - Science on NBCNews.com ... Body mass index is the standard metric for determining who is normal-weight, ... "Most studies depend on BMI, and we know it's not a very accurate measure," said Dr. Rexford Ahima, a medical ...: BMI Not a Good Measure of Healthy Body Weight. www.nbcnews.com August 2013.
- 2013 www.sciencedaily.com/releases/2013/08/130822141948 Aug 22, 2013 - Researchers point out that the body mass index (BMI), based on the ... In a new perspective article in the journal Science, Rexford Ahima, MD, BMI not accurate enough: Obesity/mortality paradox demonstrates www.sciencedaily.com August 2013.
- 2014 The new study shows that we can't be complacent about our weight, said NBC News health and diet editor Madelyn Fernstrom. ...said Dr. Rexford Ahima,...: New research disputes fat but fit claim - NBC News. www.nbcnews.com/health/diet-fitness/new-research... Cached 2014.
- 2015 National Public Radio; Radio Times; Guests: Harriet Brown, Michael Lowe, Rexford Ahima. : Is it always unhealthy to be fat? ... why.org/.../2015/04/21/is-it-always-unhealthy-to-be-fat-4 Cached 2015
- 2015 Mary Brophy Marcus: Does brisk walking beat the gym for weight control? - CBS News November 9, 2015, 6:41 PM ... Dr. Rex Ahima, director of the Obesity Unit at the University of Pennsylvania's Institute for ... www.cbsnews.com/news/brisk-walking-exercise-weight-control/ CBS News 2015.
- 2016 Sanofi and Google in type 2 diabetes smartphone tie-up : Nature ...links.ealert.nature.com/ctt?kn=85&ms=NTI3MjExODUS1&r...b=0&j...

- Nov 8, 2016 - These fluctuations underscore the need for frequent glucose monitoring to see whether people are bottoming out without realizing it, says Rexford Ahima, director of the Division of Endocrinology, Diabetes and Metabolism at Johns Hopkins University School of Medicine in Baltimore.
- 2016 Live Science; Can your BMI predict how long you'll live? Dr. Rexford Ahima, a professor of medicine at the University of Pennsylvania Perelman School of Medicine who was not involved in the study, said that "Body mass allows [researchers] to compare relative weights of people across populations, but was never intended to be used as a healthy tool." <https://www.livescience.com/53471-bmi-linked-to-death-risk.html>
- 2018 Science Daily; Nasal delivery of weight loss hormone eases breathing problems in sleeping mice; Experimenting with mice, Johns Hopkins Medicine researchers have added to evidence that a hormone best known for helping regulate hunger and body weight might also ease breathing problems experienced during sleep more effectively when given through the nose; <https://www.sciencedaily.com/releases/2018/11/181107130216.ht>
- 2020 CNN: Warming temperatures could mean more heat-related illnesses and new diseases, experts warn. https://lite.cnn.com/en/article/h_617dd4f3437ce2f33a36bac678150663.
- 2020 Science Daily: Climate change could unlock new microbes and increase heat-related deaths <https://www.sciencedaily.com/releases/2020/01/200122122105.htm>
- 2020 Rising Global Temperatures Threaten Human Health, New Study Shows. <https://weather.com/health/news/2020-01-31-rising-global-temperatures-threaten-human-health>

Other Media (Videos, Websites, Blogs, Social Media, etc.) [OM];

- 2008 Rexford Ahima; Origins of Obesity; <https://vimeo.com/105360931>; February 20, 2008 | Penn Humanities Forum on Origins, 2007-2008
- 2016 @rex_ahima. https://twitter.com/rex_ahima?lang=en
- 2018 ASCI on Twitter. Rexford Ahima elected JCI Editor in Chief. https://twitter.com/the_asci/status/1012806679568711680
- 2019 Justin B. Echouffo Tcheugui, Rexford S. Ahima. Expert Analysis; The CARMELIA-TIMI 61 Trial. <https://www.acc.org/membership/person?id=64990765-d6d3-473b-966e-cfbd304430ed>
- 2019 Johns Hopkins Medicine. Director's Blog: Rex Ahima and the JCI. <https://medicine-matters.blogs.hopkinsmedicine.org/2019/07/directors-reflections-rex-ahima-and-the-jci/>
- 2019 Does diet quality or nutrient quantity contribute more to health? <https://buff.ly/2MF0RqJ> Justin B. Echouffo-Tcheugui and Rexford S. Ahima's viewpoint makes the case that "dietary quality" rather than "nutrient quantity" is a more reliable index for healthy nutrition. <https://twitter.com/jclinicalinvest/status/1166415095985004548>

EXTRAMURAL Funding

Research Extramural Funding - Current

RF1 AG059621 Ahima, Arnold, Arvanitakis (multi-PI) 8/15/18-7/31/23
 Linking peripheral and brain insulin resistance to AD neuropathology and cognition
 The goal of this project is to examine the interactions of peripheral vs. brain insulin resistance and cognition
 Role: multi-PI

American Heart Association Cardiometabolic and Type 2 Diabetes SRFN 1/1/20-6/30/25
 The importance of adipokines in mediating the relationship of obesity and cardiometabolic disease.
 The goal of this project is to characterize the roles of adipokines in type 2 diabetes and heart failure
 Role: Co-PI and Center Director; PI of basic science project

American Heart Association Obesity SFRN 6/1/17-6/30/21
 Cardiometabolic effects of time-restricted feeding
 The goal of this project is to characterize the role of IPMK in the pathogenesis of metabolic dysfunction in ad libitum versus time-restricted feeding in mice
 Role: PI of basic science project

R01 DK116079 Ahima (subcontract) Farber (PI) 9/30/18-7/31/22
 In vivo HTS assay for novel modulators of Apolipoprotein B

The goal of this project is to screen for ApoB modulators in obese mouse models

Role: Co-I subcontract for metabolic phenotyping

R01 DK090625 Ahima (subcontract); Bass (PI) 4/15/16-3/31/21

Integration of feeding behavior and glucose metabolism by the circadian gene network

The goal of this project is to study the effects of circadian disruption on metabolism.

Role: Co-I subcontract for metabolic phenotyping.

UH2 HL130688 (Cooper, Marsteller) 09/28/15-08/31/20

Comparative Effectiveness of Health System vs. Multilevel Interventions to Reduce Hypertension Disparities

This is a pragmatic cluster randomized trial in which we will compare the effectiveness of clinic-based standard of care plus audit, feedback and education (SCP) to an intervention that uses a collaborative care team, a community health worker and specialist consultation to deliver contextualized, appropriately stepped care (CC/stepped care) for reducing disparities and improving patient-centered outcomes among patients with hypertension.

Role: Co-I responsible for cardiometabolic assessment and management.

R01 HL146907 (Ndumele) 4/1/2019 – 3/31/2024

Elucidating the role of adipokines in mediating and predicting HF associated with obesity

The goal of this project to examine associations of obesity and glucose impairment on heart failure.

Role: Co-I responsible for adipokine biology and assessment of glucose homeostasis.

American Heart Association Cardiometabolic Health and Type 2 Diabetes Research Network

1/1/20-6/30/23

The importance of adipokines in mediating the relationship of obesity with cardiometabolic disease implications for heart failure

The goal of this project is to characterize the roles of adipokines in the pathogenesis of diabetic cardiomyopathy

Role: Center Director and co-PI; PI of Basic Science Project

Research Extramural Funding – Previous

R01 HL073278 Reilly (PI) 4/01/03 to 5/31/08

Inflammation, the metabolic syndrome and atherosclerosis.

The goals of this project are to characterize and modulate pro-atherosclerotic responses related to activation of innate immunity in humans with the metabolic syndrome.

Role: Co-I responsible for analysis of metabolic and adipokine assays.

R01 DK07602 Price (PI) 6/10/08-3/31/12

An association scan for human obesity related genes

The goal of this project is to identify genes affecting common forms of human obesity.

Role: Co-I responsible for endocrine and metabolic evaluation of obese and control subjects.

R01 DK062348 Ahima (PI) 7/15/02-6/30/12

CNS action of appetite suppressant aminosterol

The goal of this project is to investigate the central action of a novel spermine-cholesterol compound on energy and glucose homeostasis.

Role: PI

R01 DK085615 Wadden (PI) 4/1/2010-1/31/2015

Changes in neural response to eating after bariatric surgery: MRI results

The goal of this 18-month prospective observational study is to evaluate the metabolic effects of gastric bypass surgery in extremely obese patients

Role: Co-I responsible for analysis of metabolic and hormonal data, and providing medical oversight of the project.

R01 DK090625 Bass (PI) 4/15/11-3/31/15

Integration of feeding behavior and glucose metabolism by the circadian gene network

The goal of this project is to study the effects of circadian disruption on metabolism.

Role: Co-I subcontract for metabolic phenotyping.

R01 DK084336 Kim (PI) 07/1/10-06/30/15

Molecular basis of atypical antipsychotic drug-induced weight gain

The goal of this project is to characterize hypothalamic and brainstem circuits mediating the actions of atypical antipsychotic drugs.

Role: Co-I responsible for metabolic phenotyping of mice.

R01 DK090505 (PI-Reilly) NIH/NIDDK 07/19/11-05/31/16

Title: Fractalkine in adipose inflammation and insulin

Goal: Characterize the connection between adipose inflammation and insulin resistance

Role: Co-investigator responsible for metabolic phenotyping of mice.

U54CA 155850 Schmitz (PI) 06/24/11-05/31/16

Penn TREC Survivor Center

The goal of this project is to characterize the role of exercise in cancer survival

Role: Director of Developmental Core responsible for pilot and feasibility studies

P30 DK19525 Lazar (PI) 7/01/02-06/31/16

University of Pennsylvania Diabetes and Endocrinology Research Center

The goal of the Mouse Phenotyping, Physiology and Metabolism Core is to provide metabolic services for Penn Diabetes Research Center investigators.

Role: Director of Mouse Phenotyping, Physiology and Metabolism Core

American Diabetes Association Grant #7-13-BS-004 Ahima (PI) 7/1/13-6/30/16

Role of IPMK in metformin-mediated metabolism.

The goal of this project is to determine the effects of IPMK on hepatic insulin sensitivity.

Role: PI

R21 DK10078701 Kelly (PI) 7/1/14-6/30/17

Randomized study of daytime vs. delayed eating: effect on weight and metabolism

The goal of this project is to determine the effects of meal timing on metabolic and hormonal rhythms

Role: Co-I responsible metabolic and hormone assays.

P01 DK049210 Ahima (subcontract); Stoffers (PI) 8/1/12-7/31/17

Integrative metabolic adaptations to environmental and nutritional challenge

The goal of this project is to examine how diet and other environmental factors affect energy homeostasis.

Role: PI of Project 3: Central and peripheral metabolic adaptations to feeding entrainment.

Johns Hopkins Discovery Award (Ahima, Rosenstock) 7/1/17-6/30/18

The effects of social and behavioral outcomes on the mechanisms of early childhood obesity in American Indian children

Role: PI

R01 NS084965 Ahima, Arvanitakis, Arnold (PIs) 7/1/14-6/30/19

Mechanisms linking insulin resistance to brain structure, pathology and function

The goal of this multi-PI project is to characterize insulin signaling in postmortem brain specimens at Rush Medical Center, and the University of Pennsylvania.

Role: multi-PI

P30DK079637-10 2/1/13 – 1/31/19 (NCE)

Diabetes Research and Training Center

The Johns Hopkins University, in collaboration with the University of Maryland, provides expertise, core services and pilot grants for diabetes research.

Role: PI

R01DK090490 Ahima (subcontract) Imai (PI) 02/15/11-01/31/20

Role of Lipid Droplet Protein in Obesity and Diabetes

The goal of this project is to study how intracellular trafficking of lipids are regulated by perilipins.

Role: Co-I responsible for metabolic phenotyping of mouse models.

CLINICAL ACTIVITIES

Clinical Focus

I am interested in the pathogenesis and treatment of obesity, diabetes and metabolic syndrome.

Certification

Medical, other state/government licensure

2000 – present Commonwealth of Pennsylvania medical license (#MD068131L)

2016 – present Maryland medical license (#D81269)

Boards, other specialty certification

1995-Present Board Certified, American Board of Internal Medicine (ID number 162954; recertified 2008)

1998-Present Board Certified, Endocrinology, Diabetes and Metabolism Subspecialty (recertified 2008)

Clinical (Service) Responsibilities (10 % of time)

1998-1999 Associate Physician, Beth Israel Deaconess Medical Center, Boston, MA

1998-1999 Attending Endocrinologist, Beth Israel Deaconess Medical Center, Boston, MA

2001-2013 Director, Weight Management and Metabolism Clinic, Presbyterian Medical Center, University of Pennsylvania, Philadelphia, PA

1999-2016 Attending Endocrinologist, Hospital of the University of Pennsylvania, Philadelphia, PA

1999-2016 Attending Endocrinologist, Presbyterian Medical Center, Philadelphia, PA

2016-Present Director, Division of Endocrinology, Diabetes and Metabolism, Johns Hopkins University School of Medicine, Baltimore, MA

Membership in or examiner for specialty board:

Clinical Program Building / Leadership (30% of time)

2001-2013 Director of Weight Management and Metabolism Clinic, Penn Presbyterian Medical Center

2016-Present Director of Division of Endocrinology, Diabetes and Metabolism, Johns Hopkins University School of Medicine

Educational Program Building / Leadership (20% of time)

6/16-Present Director, Division of Endocrinology, Diabetes and Metabolism, Johns Hopkins University School of Medicine.

6/16-Present Director, Johns Hopkins Diabetes Initiative

6/16-Present Bloomberg Distinguished Professor of Diabetes

RESEARCH ACTIVITIES

1995-1999 Neuroendocrinology of leptin

1999-Present CNS and peripheral actions of adipokines, cytokines and myokines on energy homeostasis and metabolism

Research Program Building / Leadership

8/99 – 6/16 Director of Diabetes Research Center Mouse Phenotyping, Physiology and Metabolism Core, University of Pennsylvania Perelman School of Medicine

6/16-Present Director of Division of Endocrinology, Diabetes and Metabolism, The Johns Hopkins School of Medicine

6/16-Present Director of Johns Hopkins Diabetes Initiative

6/16-Present Bloomberg Distinguished Professor of Diabetes (Schools of Medicine, Public Health, Nursing)

2017-Present Director, Center for Metabolic Origins of Disease, Johns Hopkins All Children's Hospital and Division of Endocrinology, Diabetes and Metabolism.

2018-Present Director, Johns Hopkins University-University of Maryland Diabetes Research Center

SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES

2016-Present Leader of Johns Hopkins Diabetes Initiative

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

2016-Present Leader of Johns Hopkins Diabetes Initiative

2017-Present Director, Center for Metabolic Origins of Disease, Johns Hopkins All Children's Hospital and Division of Endocrinology, Diabetes and Metabolism.

2018-Present Director, Johns Hopkins University-University of Maryland Diabetes Research Center

Editorial Activities

Editorial Board appointments

2003-2006 Member, Editorial Board, Diabetes

2004-Present Member, Editorial Board, Current Diabetes Reviews

2006-2011 Associate Editor, Gastroenterology

2007 Editor, Gastroenterology, 13th issue on Obesity, Nutrition and Metabolism, May 2007

2007-2010 Consulting Editor, Journal of Clinical Investigation

2008-2012 Member, Editorial Board, Endocrinology

2008-2009 Member, Editorial Board, Obesity Online

2009-2016 Co-editor; Annals of the New York Academy of Sciences, Year in Diabetes and Obesity

2010-2012 Associate Editor, Journal of Clinical Investigation

2011 Editor; Journal of Clinical Investigation Obesity Reviews; J Clin Invest. 2011 Jun 1;121(6):2076-2141

2012-Present Consulting Editor, Molecular Metabolism

2012-2017 Consulting Editor, Journal of Clinical Investigation

2014-2017 Faculty member; F1000

2009-2016 Editor, Annals of the New York Academy of Sciences, Year in Diabetes and Obesity

2014-2017 Associate Editor, Molecular Endocrinology

2017-2018 Associate Editor, Endocrinology

2017-2018 Deputy Editor, Journal of Clinical Investigation

2018-2023 Associate Editor, Endocrine Reviews

2018-2022 Editor in Chief, Journal of Clinical Investigation

Journal peer review activities:

1998-Present Cell, Cell Metabolism, Nature, Nature Medicine, Science, Science Translational Medicine, Journal of Clinical Investigation, New England Journal of Medicine, Endocrinology, Journal of Clinical Endocrinology and Metabolism, Obesity Journal, Molecular Metabolism, American Journal of Physiology, Gastroenterology

Advisory Committees, Review Groups/Study Sections

2002-2004 Ad Hoc Reviewer, National Institutes of Health Endocrinology Study Section

2002 Ad Hoc Reviewer, National Institutes of Health Study Section (Special Emphasis Panel on Hypoglycemia)

2002-2005 Team Leader, The Endocrine Society, Annual Meeting Steering Committee, Team Leader for Diabetes, Obesity and Lipids

2003 Reviewer, National Institutes for Mental Health, Study Section

2003 Ad Hoc Member, National Institutes of Health Study Section (Special Emphasis Panel on Adipocyte Biology)

2004 Instrumentation Grant Reviewer, National Institutes for Mental Health, Center for Scientific Review

2005-2007 Reviewer, Howard Hughes Medical Institute Medical Fellows Continued Support Review Panel

2005-2007 Reviewer, Howard Hughes Medical Institute Medical Fellows Review Panel

2005-2006 Ad Hoc Reviewer, National Institutes of Health, Integrative Physiology of Obesity and Diabetes Study Section

2005 Reviewer, National Institutes of Health, NCRR/COBRE Grant
 2006-2007 Reviewer, Howard Hughes Medical Institute Physician-Scientist Early Career Award Review Panel
 2006-2010 Member, National Institutes of Health, Integrative Physiology of Obesity and Diabetes (IPOD) Study Section
 2006 Member, National Institutes of Health, Minority/Disability Predoctoral Fellowship Review Panel
 2006 Member, National Institutes of Health, Special Emphasis Panel on Endocrinology, Metabolism, Nutrition and Reproduction
 2007-2014 Member of the Board of Scientific Counselors, National Institutes on Alcohol Abuse and Alcoholism
 2008-2009 Member, National Institutes of Health Strategic Taskforce on Obesity and Diabetes
 2014-2015 Member, The Endocrine Society Obesity Taskforce
 2015-2020 Member, NIDDK Clinical Obesity Research Panel
 2016-2017 Member, The Endocrine Society Diabetes Panel
 2019-Present Member, The Endocrine Society Laureate Awards Committee

Professional Societies

1995-Present Massachusetts Medical Society
 1999-Present American Association for the Advancement of Science
 1999-Present Society for Neuroscience
 2000-Present American Diabetes Association
 2000-Present Endocrine Society
 2006-Present American Physiological Society
 2008-Present Obesity Society
 2005-Present American Society for Clinical Investigation
 2010-Present Association of American Physicians
 2013-Present American College of Physicians
 2018-Present Interurban Clinical Club

RECOGNITION *(in chronological order, earliest first by start date under each subcategory)*

Awards, Honors

1986 Best Final MB ChB Part II Student Award, University of Ghana Medical School
 1989 Owl Club Teaching Award, Tulane University School of Medicine, New Orleans, Louisiana
 1991 Gold Medal of the Anatomical Society of West Africa, Ibadan, Nigeria
 1993 Leo Davidoff Teaching Award, Albert Einstein College of Medicine, Bronx, New York
 1997-1999 Pfizer Postdoctoral Award for Biomedical Science, Harvard Medical School
 2005 Elected; Member of the American Society for Clinical Investigation (ASCI)
 2008 Elected; Fellow of The Obesity Society
 2009 Albert Stunkard Founder's Award, Center for Weight and Eating Disorders, University of Pennsylvania School of Medicine
 2010 Elected; Member of the Association of American Physicians (AAP)
 2010 Patricia Usher Memorial Lecturer, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA
 2010 Certificate from the National Institutes of Health Center for Scientific Review for serving as a member of the Integrative Physiology of Obesity and Diabetes Study Section (2005-2010)
 2011 Certificate from The Obesity Society for serving as a member of the Nominations Committee (2009-2011)
 2011 Certificate from the Leadership Alliance for serving as a mentor in the Summer Research-Early Identification Program

2012	Harvard Medical School Diversity and Community Partnership Lecturer
2013	Elected; Fellow of the American College of Physicians (ACP)
2014	Elected; Fellow of American Association for Advancement of Science (AAAS)
2014	Certificate from the National Institutes of Health for serving as a member of the Board of Scientific Counselors, National Institute on Alcohol Abuse and Alcoholism (2007-2014)
2016-Present	Bloomberg Distinguished Professor of Diabetes, Johns Hopkins University
2018-Present	Elected; Member of Interurban Clinical Club
2020	Certificate from NIDDK Director- Clinical Obesity Research Panel
2020-Present	Elected; Member of National Academy of Medicine (U.S.A)

Invited Talks (abbreviated list)

JHMI/Regional

10/16	Plenary Lecture, "Body composition phenotypes and metabolic health", University of Maryland- Johns Hopkins Nutrition and Obesity Research Center, Baltimore, MD
10/16	Lecture, "Obesity and diabetes: myths and facts", A Woman's Journey, Johns Hopkins University, Hilton Hotel, Baltimore, MD
11/16	Rogers Memorial Visiting Lecture, "Much ado about obesity", Division of Geriatrics, Johns Hopkins University School of Medicine, Baltimore, MD
11/16	Lecture, Medicine Grand Rounds, "A corpulent president", Johns Hopkins University School of Medicine
11/16	Lecture, Welch Center, "Diabetes"
7/19	Lecture, "Modeling obesity and diabetes in mice", Johns Hopkins Bayview Medical Center, "Out of the lab lectures".
09/19	Lecture, "Modeling diabetes in mice", Johns Hopkins University School of Medicine, Cardiovascular Symposium
01/20	Lecture, "Neuroendocrinology of feeding and energy homeostasis", Johns Hopkins University School of Medicine, Endocrinology Grand Rounds

*National
(abbreviated list)*

5/10	Pat Usher Memorial Lecture, "Connecting adipokines and lipid and glucose metabolism", Division of Endocrinology, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA
6/10	Lecture; "Biology of resistin revisited"; 70th Scientific Sessions of the American Diabetes Association; Orlando, FL
11/10	Lecture; "Energy homeostasis and obesity", Gastroenterology and Nutrition Program, Children's Hospital of Philadelphia
1/11	Expert Panel Participant, Joint Meeting of the Endocrine Society, American Diabetes Association, European Association for the Study of Diabetes, Lansdowne Resort, PA Title: The Pathogenesis and Treatment of Obesity and Diabetes
4/11	"Adipokine regulation of energy and glucose metabolism", American Society of Biochemistry and Molecular Biology, Washington DC
4/11	"Brain lipid homeostasis and body weight regulation", Northwestern University School of Medicine, Department of Medicine, Division of Endocrinology, Diabetes and Metabolism, Chicago, IL
1/11	"Resistin and inflammation", The Endocrine Society Annual Meeting, Boston, MA

- 3/12 "Connecting melanocortin signaling, and lipid and glucose metabolism", Brown University School of Medicine, Providence, Rhode Island
- 4/12 "Update on resistin", Brigham and Women's Hospital, Division of Endocrinology, Boston, MA
- 4/12 "Metabolic Basis of Obesity". Harvard Medical School Diversity and Community Partnership, Boston, Massachusetts
- 5/12 "Connecting obesity, leanness and metabolic health", Vanderbilt University School of Medicine, Nashville, Tennessee
- 8/12 "Metabolic Dysfunction Associated with Adiponectin Deficiency Enhances Kainic Acid-induced Seizures", 64th Fujihara Seminar, International Symposium on Adipose Biology and Medicine, Tomakomai, Hokkaido, Japan
- 8/12 "Connecting central melanocortin signaling and lipid metabolism", Division of Endocrinology, Nutrition and Metabolism, Duke University Medical School, Durham, North Carolina
- 9/12 "Metabolic Basis of Obesity", University of Pennsylvania Center for Weight and Eating Disorders, Philadelphia, PA
- 2/13 "Connecting central melanocortin signaling and lipid and glucose metabolism"; Endocrinology Grand Rounds; Albert Einstein College of Medicine, Bronx, NY.
- 2/13 "Quantification of whole body metabolism in animal models", Penn-CHOP Joint Center for Digestive, Liver and Pancreatic Medicine, and the Institute for Diabetes, Obesity and Metabolism Symposium, Philadelphia, PA
- 11/13 "Connecting inflammation, resistin and metabolism", Institute for Immunology/Institute for Diabetes, Obesity and Metabolism Joint Symposium, University of Pennsylvania, Perelman School of Medicine, Philadelphia, Pennsylvania
- 11/13 "Connecting myokines and metabolism", Department of Medicine, Division of Endocrinology, Diabetes and Metabolism, University of California at San Diego
- 12/13 "Management of Obesity and Diabetes", Maryland MedChi Society, Baltimore, Maryland
- 1/14 "Much ado about obesity", University of Pennsylvania FOCUS seminar, Philadelphia, Pennsylvania
- 2/14 "Connecting resistin, inflammation and metabolism", Department of Medicine, Winthrop University Hospital, Mineola, New York
- 7/14 "Leptin signaling in central appetite pathways", 15th Annual Postgraduate Nutrition Program, Harvard Medical School, Boston, MA
- 8/14 "Modeling Obesity", Perelman School of Medicine at the University of Pennsylvania, Gastroenterology Division, Summer Undergraduate Research Program
- 9/14 "Connecting myokines and metabolism", University of Chicago Medical School, Department of Medicine, Section of Endocrinology, Chicago, Illinois
- 5/16 "Rethinking obesity pathogenesis and treatment", Johns Hopkins School of Medicine, Division of Endocrinology, Diabetes & Metabolism, Baltimore, Maryland
- 10/17 "Cardiometabolic disparities in African migrants", Plenary lecture. United States Conference on Migrant Health, Baltimore, Maryland.
- 5/18 "Metabolic factors driving weight regain after weight loss", Harvard Medical School, Adventures in metabolism.
- 1018 "Metabolic phenotypes associated with leanness", NIH-NIDDK, Bethesda, Maryland

International (abbreviated list)

- 10/01 Symposium lecture; "Role of leptin in modulating various pituitary axes", 5th Annual Meeting and Conference, Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism, Edmonton, Canada
- 8/05 Plenary lecture; "Adipokines that link obesity and diabetes to the hypothalamus", 24th International Summer School of Brain Research, Royal Netherlands Academy of Sciences, Amsterdam, Holland
- 10/05 Symposium lecture; "Role of adiponectin in glucose and energy homeostasis"; North American Association for the Study of Obesity Annual Scientific Meeting, Vancouver, British Columbia, Canada
- 11/05 Plenary lecture; Adipose tissue as an endocrine organ", 7th Annual International Symposium - Merck Frosst/CIHR and Laval University, Quebec City, Canada
- 4/06 Plenary lecture; "Adiponectin: an adipokine linking adipocytes and type 2 diabetes", 7th Symposium on Molecular and Physiological Aspects of Type 2 Diabetes and Obesity, Nobel Forum, Karolinska Institute and Stockholm University, Stockholm, Sweden
- 4/06 Symposium lecture; "Brain adipocytokine action and metabolic regulation", International Group on Insulin Secretion/SERVIER IGIS Symposium, The Islet-Brain-Peripheral Tissue Network and Type 2 Diabetes, Cap Ferrat, France
- 4/07 Plenary Speaker, "Divergent actions of leptin and resistin on glucose metabolism", Hungarian Society for Obesity, Budapest, Hungary
- 6/07 Symposium lecture, "Adipose tissue as an endocrine organ", Inaugural Fellows and Students Symposium, 89th Annual Meeting of the Endocrine Society, Toronto, Canada
- 6/07 Symposium lecture, "Obesity Management", 89th Annual Meeting of the Endocrine Society, Toronto, Canada
- 5/09 Plenary lecture, "Adipokines that link obesity and diabetes to the hypothalamus"; The Royal Netherlands Academy of Arts and Sciences, Amsterdam, Holland
- 4/10 Plenary lecture; "Pathophysiology of NAFLD and NASH"; Japanese Society of Gastroenterology; Niigata, Japan
- 8/12 Plenary lecture, "Metabolic Dysfunction Associated with Adiponectin Deficiency Enhances Kainic Acid-induced Seizures", 64th Fujihara Seminar, International Symposium on Adipose Biology and Medicine, Tomakomai, Hokkaido, Japan
- 11/14 Plenary lecture, "Connecting obesity, myokines and metabolism", Korea Endocrine Society Fall Meeting, Gwanju, South Korea
- 7/19 Plenary lecture, "Update on diabetes pathogenesis", University of Toronto School of Medicine, Toronto, Canada.