

**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)  
(614) 453-9998 (fax)

since July 2000

**APPOINTMENTS & PROFESSIONAL AFFILIATIONS**

**EndocrineWeb**

Member, Editorial Board of Directors

since 2016

**Diabetic Lifestyle**

Member, Editorial Board of Directors

since 2017

**At Home By High**

Member, Board of Directors

since 2017

**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  
since 2006

National Committee appointments:

Reproductive, Chapters Steering, Clinical Research  
Publications and Guidelines, Obesity Resource Center

**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

**Diabetes Care Foundation**

National Board of Directors

2004-2005

**PCOSA (Polycystic Ovarian Syndrome Association)**

National Board of Directors

2004-2005

**Women's Health Education Program**

Medical Director

since 2016

**Speaker Bureau/Consultant**

AbbVie, AZ, Corcept, Eli Lilly/BI, NovoNordisk, Pfizer, Shire

since 2000

## 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

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

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

<b><i>Global Lead PI</i></b>	Phase 3 Gan & Lee Lispro & Glargine program (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Gan & Lee GL-GLAT1-3001 GLITTER1 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Gan & Lee GL-GLAT2-3002 GLITTER2 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Gan & Lee GL-LSPT1-3003 GENTL1 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Sanofi-Aventis Lixilan-G (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Janssen CREDENCE (completed)
<b><i>Principal Investigator</i></b>	Phase 3 DalGenE (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 AbbVie M11-352 SONAR (completed)
<b><i>Principal Investigator</i></b>	Phase 3 Allergan RLM-MD-01 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Allergan RLM-MD-03 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Allergan RLM-MD-04 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Sanofi-Aventis SOTA-INS (completed)
<b><i>Principal Investigator</i></b>	Phase 3 Sanofi-Aventis TOUJEO (completed)
<b><i>Principal Investigator</i></b>	Phase 3 Aegerion MEASuRE (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 Aegerion AEGR-734-401 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 NCCIH TACT2 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3 AbbVie TRAVERSE (ongoing)
<b><i>Principal Investigator</i></b>	Phase 3b Fourier Amgen 145/ 20130295 (ongoing)
<b><i>Principal Investigator</i></b>	Phase 4 monitoring for Somavert – Pfizer Acrostudy (completed)
<b><i>Principal Investigator</i></b>	Phase 2 Janssen DIA2004 (completed)
<b><i>Principal Investigator</i></b>	Phase 2A Grifols GTI1302 AAT in DM1 (completed)
<b><i>Principal Investigator</i></b>	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 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

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 aloglitazar 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 20<sup>th</sup> 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 19<sup>th</sup> 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.