

Date Prepared: May 2001

CURRICULUM VITAE: Harvard

Part I:

DEMOGRAPHIC INFORMATION:

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EDUCATION AND TRAINING:

Education:

<u>Year</u>	<u>Degree</u>	<u>Institution</u>
1989	M.D.	Athens Medical School, Athens, Greece
1992	D.Sc.	University of Athens, Athens, Greece

Postdoctoral training:

<u>Year</u>	<u>Specialty</u>	<u>Place of Training</u>
1989-1990	Intern in Medicine	Naval Hospital of Crete, Greece
1992-1993	Intern in Medicine	New England Deaconess Hospital, Boston, MA
1993-1995	Resident in Medicine	New England Deaconess Hospital, Boston, MA

Fellowships:

<u>Year</u>	<u>Specialty</u>	<u>Place of Training</u>
1992-1999	Clinical Fellow in Medicine	Harvard Medical School, Boston, MA
1995-1999	Fellow in Endocrinology, Diabetes and Metabolism	Beth Israel Deaconess Medical Center, Joslin Diabetes Center, Boston, MA and Lahey Clinic Medical Center Burlington, MA
1997-1999	Research Fellow Section of Cellular and Molecular	Joslin Diabetes Center, Boston, MA

2001-	Physiology Fellow, Clinical Investigator Training Program	Beth Israel Deaconess Medical Center, Boston, MA and Pfizer, Inc
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Licensure and Certification:

<u>Year</u>	<u>Type of License</u>
1995	Massachusetts License Registration
1997-2001	New Hampshire License Registration
1995	American Board of Internal Medicine (Internal Medicine)
1997	American Board of Internal Medicine (Endocrinology)

Other Certifications:

1998	Thyroid Ultrasound (American Association of Clinical Endocrinologists)
1999	Bone Densitometry (International Society for Clinical Densitometry)
2000	Nuclear Endocrinology (Brigham and Women's Hospital)

PROFESSIONAL APPOINTMENTS:

Academic Appointments:

<u>Year</u>	<u>Academic Title</u>	<u>Institution</u>
1992-1999	Clinical Fellow in Medicine	Harvard Medical School, Boston, MA
1999-	Instructor in Medicine	Harvard Medical School, Boston, MA

Hospital or Affiliated Institution Appointments:

<u>Year</u>	<u>Hospital Title</u>	<u>Institution</u>
1992-1995	Intern/Resident	New England Deaconess Medical Center, Boston, MA
1995-1996	Fellow	Lahey Clinic Medical Center, Burlington, MA
1995-1997	Fellow	Beth Israel Deaconess Medical Center, Boston, MA
1996-1999	Fellow	Joslin Diabetes Center, Boston, MA
1999-	Research Associate Investigator	Joslin Diabetes Center, Boston, MA
2000-	Staff Physician	Joslin Diabetes Center, Boston, MA
2000-	Staff Physician	Beth Israel Deaconess Medical Center, Boston, MA

HOSPITAL SERVICE ASSIGNMENTS:

2001- Endocrinology consult service, Beth Israel Deaconess Medical Center, Boston, MA

PROFESSIONAL SOCIETY INVOLVEMENT:

<u>Year</u>	<u>Society</u>	<u>Role</u>
1993-	Massachusetts Medical Society	Member
1993-	American Medical Association	Member
1994-	American College of Physicians	Member
1994-	New England Hellenic Medical Society	Member
1995-	American Association of Clinical Endocrinologists	Member
1996-	The Endocrine Society	Member
1999-	International Society for Clinical Densitometry	Member
1999-	New England Hellenic Medical Society	Research Committee member
2000-	Norfolk District Medical Society	Delegate
2001-	New England Hellenic Medical Society	Secretary
2001	American Association of Clinical Endocrinologists	Fellow

NONPROFESSIONAL SOCIETY INVOLVEMENT:

<u>Year</u>	<u>Society</u>	<u>Role</u>
1995-	The Planetary Society	Member
1996-	Axion	Member
1996-	American Mensa	Member

COMMUNITY SERVICE:

<u>Year</u>	<u>Position</u>
1997	Volunteer physician at Elliot P Joslin Summer Camp
1999	“Current and evolving therapies for the diabetes mellitus epidemic” (Lay audience talk), Newton-Wellesley Hospital, Newton, MA

EDITORIAL BOARDS:

1998-	manuscript reviewer	Southern Medical Journal
1999-	manuscript reviewer	Diabetes
2000-	manuscript reviewer	Journal of Clinical Endocrinology and Metabolism
2000-	editorial board	www.medicine.gr

AWARDS AND HONORS:

<u>Year</u>	<u>Name of Award</u>
1977-1982	Honorary Awards for excellence in all years of High School
1983-1988	Award from the Papadakis bequest to the University of Athens, Greece
1994-1995	Department of Radiology Awards, New England Deaconess Hospital, Boston, MA
1996	Travel Grant Award, Endocrine Fellows' Foundation
1997	Travel Grant Award, Endocrine Fellows' Foundation
1998	Merck Senior Fellows' Award, The Endocrine Society
1998-1999	Mary K Iacocca Research Fellowship, Joslin Diabetes Center and Harvard Medical School, Boston, MA
1999	Physician's Recognition Award, American Medical Association
2000	Strathmore's Who's Who, member
2000	National Who's Who, Lifetime member
2001-	Clinical Investigator Training Program Fellowship, Beth Israel Deaconess Medical Center, Boston, MA and Pfizer, Inc
2001	Fellow, American Association of Clinical Endocrinologists

Part II

A. Report of Research

1. Major Research Interests

- a) Hypothalamic peptides implicated in the regulation of appetite and energy balance
- b) Role of leptin in the regulation of energy balance
- c) Cardiovascular correlates of obesity

Research Funding Information

1998	Merck Senior Fellows' Award	PI
1998-1999	Mary K Iacocca Fellowship Award	PI
1999-	Boston Obesity Nutrition Research Center Pilot Study Award	PI
2000-	Eli Lilly sponsored clinical trial Award	Co PI
2001-	Clinical Investigator Training Program	PI

B. Report on Teaching

1. Local Contributions

a. Medical School Courses

1983 - 1985 Teaching assistant for the laboratory exercises of the General Biology course offered to first year medical students, Athens Medical School, Athens, Greece.

1993- 1997 Mentor for third and fourth year Harvard Medical School students in clinical clerkships and electives (Internal Medicine and Endocrinology), Beth Israel Deaconess Medical Center and Joslin Diabetes Center, Boston, Massachusetts.

1996-1997 Instructor in Core Medicine I, Harvard Medical School.

1996-1997 Preceptor in Introduction to Clinical Medicine, Harvard Medical School.

2000 Focused Exercise Leader in Integrated Human Physiology, Harvard Medical School.

e. Advisory and Supervisory Responsibilities

2000 Student evaluator in Patient-Doctor II, Harvard Medical School.

2000- Student evaluator in Patient-Doctor II, OSCE 2000 & 2001, Harvard Medical School.

2001- Endocrinology fellow clinical supervisor, Beth Israel Deaconess Medical Center
Endocrinology Training Program, Boston, MA.

2. Regional Contributions

Speaker

- October 1994 "A case of a patient with carcinoid" (Resident Clinicopathological exercise),
New England Deaconess Hospital, Boston, MA
- June 1995 "Cushing's syndrome" (Resident Grand Rounds), New England Deaconess
Hospital, Boston, MA
- April 1999 Melanin concentrating hormone (Seminar), Joslin Diabetes Center, Boston,
MA.
- 1998- Journal Club presentations, Joslin Diabetes Center, Boston, MA.

3. National Contributions

- 1998- Question writer and reviewer for the ABIM examination in Endocrinology,
Diabetes and Metabolism
- 1999 "Melanin concentrating hormone", Invited speaker, Annual Scientific Meeting
of the North American Association for the Study of Obesity, Charleston, SC

4. International Contributions

- 2000 "The role of melanin concentrating hormone in appetite and body weight
regulation; studies of MCH knockout and MCH transgenic mice". Invited
speaker, 10th Annual Summer Neuropeptide Conference, International
Neuropeptide Society, St. Adele (Montreal), Canada.
- 2000 "Etiology and pathogenesis of obesity". Invited speaker, 6th World Hellenic
Biomedical Association Congress, World Hellenic Biomedical Association,
Athens, Greece.
- 2000 "Research opportunities in the US". Invited speaker, 6th World Hellenic
Biomedical Association Congress, World Hellenic Biomedical Association,
Athens, Greece.

2001 Central effects of leptin on energy homeostasis and neuroendocrine function.
4th Postgraduate Course in Endocrinology: Obesity, Hellenic Endocrine
Society, Athens, Greece.

C. Clinical Activities

1. Diabetes and General Endocrinology practice at Joslin Diabetes Center, Boston, MA.
2. Endocrinology consult service, Beth Israel Deaconess Medical Center, Boston, MA.
3. Physician, DOIT (outpatient diabetes program), Joslin Diabetes Center, Boston, MA.

PART III: BIBLIOGRAPHY

Original reports

1. N.Katsilambros, K.Aliferis, C.Darviri, P.Tsapogas, Z.Alexiou, N.Tritos, M.Arvanitis. Evidence for an increase in the prevalence of known diabetes in a sample of an urban population in Greece. *Diabetic Medicine* 1993;**10**:87-90.
2. N.Katsilambros, K.Aliferis, C.Darviri, P.Tsapogas, Z.Alexiou, N.Tritos, M.Arvanitis, P. Lyraki, S.Heliopoulos, P.Sfikakis: Pattern of treatment among diabetic patients in a sample of urban Greek population in Greece. *Diabete & Metabolisme* 1993;**19(1 Pt 2)**: 138-142.
3. N.Katsilambros, P.C.Tsapogas, M.P.Arvanitis, N.Tritos, Z.Alexiou, K.L.Rigas: Risk factors for lower extremity arterial disease in noninsulin dependent diabetic persons. *Diabetic medicine* 1996;**13**: 243-246.
4. E. Bozas, N. Tritos, H. Phillipidis, F. Stylianopoulou: At least three neurotransmitter systems mediate a stress-induced increase in c-fos in the rat brain. *Cellular and Molecular Neurobiology* 1997;**17**: 157-169.
5. G.Sakoulas, N. Tritos, M.Lally, C.Wanke, P.Hartzband: Hypercalcemia in an AIDS patient treated with growth hormone. *AIDS* 1997;**11**:1353-1356.
6. N.Tritos, A.Guay, W.Malarkey: Big hyperprolactinemia in two men with pituitary adenomas. *European Journal of Endocrinology* 1998;**138**: 82-85.
7. C.S.Mantzoros, A.Liolios, N.Tritos, V.G.Kaklamani, A.C.Moses, J.S.Flier: Serum leptin concentrations are independently associated with obesity, insulin concentrations, alcohol intake and smoking in young healthy men. *Obesity Research* 1998;**6**: 179-186.
8. N.Tritos, E.Kitraki, H.Phillipidis, F.Stylianopoulou: β -adrenergic receptors mediate a stress-induced decrease in IGF-II mRNA in the rat cerebellum. *Cellular and Molecular Neurobiology* 1998;**18**: 525-534.
9. N. Tritos, D. Vicent, J. Gillette, D.S. Ludwig, E.S. Flier, E. Maratos-Flier: Functional interactions between melanin concentrating hormone, neuropeptide Y and anorectic neuropeptides in the rat hypothalamus. *Diabetes* 1998;**47**: 1687-1692.
10. N. Tritos, J.K. Elmquist, J. Mastaitis, J.S. Flier, E. Maratos-Flier: Characterization of expression of hypothalamic appetite-regulating peptides in obese hyperleptinemic brown adipose tissue deficient (UCP-DTA) mice. *Endocrinology* 1998;**139**: 4634-4641.
11. N.Tritos, S.Weinrib, T.B.Kaye: Endocrine manifestations of Erdheim-Chester disease.

Journal of Internal Medicine 1998;**244**: 529-535.

12. C.F. Elias, C.B. Saper, E. Maratos-Flier, N. Tritos, C. Lee, J. Kelly, M.M. Ollmann, G.S. Barsh, T. Sakurai, M. Yanagisawa, J.K. Elmquist: Chemically defined projections linking the mediobasal hypothalamus and the lateral hypothalamic area. *Journal of Comparative Neurology* 1998;**402**: 442-459.
13. M. Shimada, N. Tritos, B.B. Lowell, J.S. Flier, E. Maratos-Flier: Mice lacking melanin concentrating hormone are hypophagic and lean. *Nature* 1998;**396**: 670-674.
14. N. Tritos, E. Kitraki, H. Phillipidis, F. Stylianopoulou. Neurotransmitter modulation of glucocorticoid receptor mRNA levels in the rat hippocampus. *Neuroendocrinology* 1999;**69**: 324-330.
15. N. Tritos, P.I. Hartzband. Rapid improvement of osteoporosis following parathyroidectomy in a premenopausal woman with acute primary hyperparathyroidism. *Archives of Internal Medicine* 1999;**159**: 1495-1498.
16. N.A. Tritos, G.W. Cushing, G. Heatley, J.A. Libertino. Clinical features and prognostic factors associated with adrenocortical carcinoma: Lahey Clinic Medical Center experience. *American Surgeon* 2000;**66**: 73-79.
17. E. Kokkotou, J.W. Mastaitis, D. Qu, D. Hoersch, L. Sliker, K. Bonter, N.A. Tritos, E. Maratos-Flier: Characterization of [Phe¹³, Tyr¹⁹]-MCH analog binding activity to the MCH receptor. *Neuropeptides* 2000;**34**: 240-247.
18. E.G. Kokkotou, N.A. Tritos, J.W. Mastaitis, L. Sliker, E. Maratos-Flier: Melanin Concentrating-Hormone Receptor is a target of leptin action in the mouse brain. *Endocrinology* 2001;**21**: 680-686.
19. D.S. Ludwig, N.A. Tritos, J.W. Mastaitis, R. Kulkarni, E. Kokkotou, J.K. Elmquist, B. Lowell, J.S. Flier, E. Maratos-Flier: Obesity and insulin resistance in a transgenic model of melanin concentrating hormone overexpression. *Journal of Clinical Investigation* 2001; **107**: 379-386.
20. N.A. Tritos, J.W. Mastaitis, E. Kokkotou, E. Maratos-Flier: Characterization of melanin concentrating hormone and preproorexin expression in the murine hypothalamus. *Brain Research* 2001; **895 (1-2)**: 160-166.

Reviews in peer-reviewed journals

1. N.Tritos, C.S.Mantzoros: Leptin: its role in obesity and beyond. *Diabetologia* 1997;**40**: 1371-1379.

2. N.Tritos, C.S.Mantzoros: The role of leptin in health and disease. Iatriki [Medicine, Gr] 1997;**72**: 392-396.
3. N.Tritos, C.S.Mantzoros: Recombinant human growth hormone: old and novel uses. American Journal of Medicine 1998;**105**: 44-57.
4. N. Tritos, C.S. Mantzoros: Syndromes of severe insulin resistance. Journal of Clinical Endocrinology and Metabolism 1998;**83**: 3025-3030.
5. N. Tritos, E. Maratos-Flier: Two important systems in energy homeostasis: melanocortins and melanin concentrating hormone. Neuropeptides 1999;**33**: 339-349.

Invited review and viewpoint

1. Etiology, pathogenesis and treatment of obesity: recent developments and prospects. Diabetes News (Gr) 2001 (in press).

Letters

1. N.Tritos, K.Casper, G.King: Electrostatic discharge leads to insulin pump malfunction. Annals of Internal Medicine 1997;**126**: 746.
2. N.A. Tritos, K. Stuart, P.I. Hartzband: Hypothyroidism in two patients after hepatic arterial chemoembolization. Annals of Internal Medicine 2001;**134**: 535.

Monograph chapter:

N. Tritos and N. Katsilambros: Central effects of leptin on energy homeostasis and neuroendocrine function. 4th Postgraduate Course in Endocrinology: Obesity, Hellenic Endocrine Society, Athens, Greece, pages 137-145, Athens, Greece, February 2001.

Book chapters:

E. Maratos-Flier, N. Tritos: Endocrine Control of Energy Intake. In: R. Eckel (Ed): Obesity: Clinical Evaluation and Treatment. Lippincott Williams & Wilkins, Philadelphia, PA (in press).

Electronic publications

1. N.A. Tritos: Adrenal hemorrhage. Emedicine Online Textbook, November 1999.
2. N.A. Tritos: Kallman's syndrome and idiopathic hypogonadotropic hypogonadism. Emedicine Online Textbook, January 2000.

Thesis

Characterization of the neurotransmitter modulation of insulin-like growth factor II (IGF II) and glucocorticoid receptor (GR) expression in the rat brain, Athens, Greece, June 1992.

ABSTRACTS

1. P. Tsapogas, Z. Alexiou, M. Arvanitis, N. Tritos, D. Papadogiannis, G. Papazachos, C. Richardson, N. Katsilambros. Prevalence of coronary heart disease and its relation to various risk factors in a population sample of type 2 diabetic persons. 32nd annual Meeting - European Association for the Study of Diabetes Mellitus, Vienna, Austria, September 1996, *Diabetologia* 1996; **39 [Suppl 1]: A276**.
2. D. Qu, J.W. Mastaitis, N.A. Tritos, E. Maratos-Flier. MCH action is mediated through stimulation of a PI 3 Kinase. Endocrine Society 80th Annual Meeting, New Orleans, LA, June 1998.
3. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Magnetic resonance assessment of cardiac structure and function in obesity. 2nd Annual Meeting, Society of Cardiovascular Magnetic Resonance, Atlanta, GA, January 1999.
4. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Cardiovascular function in the obese: Insights from cardiac magnetic resonance imaging. 48th Annual Meeting, American College of Cardiology, March 1999
5. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Magnetic resonance assessment of aortic elasticity in obesity. 3rd Annual Meeting, Society for Cardiovascular Magnetic Resonance, Atlanta, GA, January 2000.
6. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Magnetic resonance assessment of aortic elasticity in obesity. *Journal of Cardiovascular Magnetic Resonance* 2000;**1(4): 340**.
7. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Cardiovascular function in the obese: Insights from cardiac magnetic resonance imaging. 49th Annual Meeting, American College of Cardiology, Anaheim, CA, March 2000.
8. P.G. Danias, N.A. Tritos, K.V. Kissinger, W.J. Manning. Cardiovascular function in the obese: Insights from cardiac magnetic resonance imaging. *Journal of the American College of Cardiology* 2000; **35(Suppl A): 427A**.

9. P.G. Danias, M. Stuber, N.A. Tritos, C. Salton, K.V. Kissinger, W.J. Manning. CSPAMM assessment of systolic and diastolic left ventricular apical rotation in obesity. 8th Meeting of the International Society for Magnetic Resonance in Medicine, Denver, CO, April 2000.
10. P.G. Danias, M. Stuber, N.A. Tritos, C. Salton, K.V. Kissinger, W.J. Manning. CSPAMM assessment of systolic and diastolic left ventricular apical rotation in obesity. Proceedings of the International Society for Magnetic Resonance in Medicine 2000; 3: 1613.
11. N.A. Tritos, J.W. Mastaitis, D.S. Ludwig, R. Kulkarni, E.G. Kokkotou, J.S. Flier, E. Maratos-Flier. The obese phenotype of melanin concentrating hormone overexpressing mice. Endocrine Society 82nd Annual Meeting, Toronto, Canada, June 2000.
12. E.G. Kokkotou, R.L. Bradley, N.A. Tritos, J.W. Mastaitis, B. Cheatham, E. Maratos-Flier. Analysis of melanin concentrating hormone receptor expression in brain and adipose tissue. Endocrine Society 82nd Annual Meeting, Toronto, Canada, June 2000.
13. N.A. Tritos, J.W. Mastaitis, D.S. Ludwig, R. Kulkarni, E.G. Kokkotou, J.S. Flier, E. Maratos-Flier. The obese phenotype of melanin concentrating hormone overexpressing mice. Endocrine Society 82nd Annual Meeting, Toronto, Canada, June 2000.
14. E.G. Kokkotou, R.L. Bradley, N.A. Tritos, J.W. Mastaitis, B. Cheatham, E. Maratos-Flier. Analysis of melanin concentrating hormone receptor expression in brain and adipose tissue. Endocrine Society 82nd Annual Meeting, Toronto, Canada, June 2000.
15. N.A. Tritos, J.W. Mastaitis, D.S. Ludwig, R. Kulkarni, B. Lowell, J.S. Flier, E. Maratos-Flier. Obesity, diet-dependent hyperphagia and hyperinsulinemia in MCH transgenic overexpressor mice. Boston Obesity Nutrition Research Center research meeting, Boston, MA, June 2000.
16. P.G. Danias, N.A. Tritos, M. Stuber, C.J. Salton, K.V. Kissinger, W.J. Manning. Altered apical left ventricular rotation in obesity – A cardiac Magnetic Resonance Tagging Study, 4th Annual Meeting, Society for Cardiovascular Magnetic Resonance, Atlanta, GA, January 2001.
17. N.A. Tritos, G. Lieberman, P. Vezerides, E. Maratos-Flier. Estradiol induces profound anorexia in mice exposed to a high fat diet. Obesity/Homeostasis (Keystone Symposia) Taos, NM, February 2001.
18. P.G. Danias, N.A. Tritos, M. Stuber, C.J. Salton, K.V. Kissinger, W.J. Manning. Obesity is Associated with Altered Apical Left Ventricular Rotation - A Cardiac Magnetic

Resonance Tagging Study. 50th Annual Meeting, American College of Cardiology, Orlando, FL, March 2001.

19. P.G. Danias, N.A. Tritos, M. Stuber M, C.J. Salton, K.V. Kissinger, W.J. Manning. Obesity is associated with altered apical left ventricular rotation: A cardiac magnetic resonance tagging study. J Am Coll Cardiol 2001;39(Suppl A):392A.
20. N.A. Tritos, G. Lieberman, P. Vezerides, E. Maratos-Flier. Estradiol-induced anorexia is independent of melanin concentrating hormone (MCH) and leptin. Endocrine Society 83rd Annual Meeting, Denver, Colorado, June 2001.