

Anastassios G. Pittas, MD MS

Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes & Metabolism
2000 - 2002



Education

Dr. Pittas received his B.S. from the Massachusetts Institute of Technology in Cambridge, MA and his M.D. from the Cornell University Medical College. He completed his Internal Medicine Residency at the New-York Presbyterian Hospital in New York City, NY and his Fellowship in Endocrinology, Diabetes and Metabolism as the 1st Friedman Fellow at Tufts Medical Center. Dr. Pittas earned his M.S. degree in Clinical Research from Sackler School of Biomedical Sciences at Tufts University. He is Diplomate of the American Board of Internal Medicine Subspecialty Board in Endocrinology and Metabolism.

Former and Current Position(s) and Academic Interests

After completing his fellowship in Endocrinology, Dr. Pittas joined the staff in the Division of Endocrinology at Tufts Medical Center where he has been active in all three areas of academic medicine (clinical care, research and teaching) as they relate to the prevention and management of diabetes mellitus and cardiometabolic disease. Dr. Pittas is currently an Associate Professor of Medicine at Tufts University School of Medicine, an Adjunct Associate Professor of Nutrition at the Friedman School of Nutrition, Science and Policy at Tufts University and a Center Scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

Dr. Pittas is the co-Director of the Dr. Gerald J. and Dorothy R. Friedman New York Foundation for Medical Research Diabetes Self-Education Program at Tufts Medical Center and the Associate Director of the Endocrinology Fellowship Program at Tufts Medical Center. He served as the Director of the Endocrine Pathophysiology course at Tufts University School of Medicine from 2000 to 2008.

His research has focused on lifestyle-based interventions and prevention and management of type 2 diabetes and cardiometabolic disease. Dr. Pittas is a former recipient of a K23 career development award from the National Institutes of Health to study the effects of nutritional interventions for prevention of type 2 diabetes mellitus. His research is currently supported by the National Institutes of Health through the prestigious R01 and R21 mechanisms to study the effects of vitamin D and calcium supplementation on cardiometabolic risk. He has co-authored over 50 publications including peer-reviewed journals, books,

book chapters and evidence-based reports. Dr. Pittas has served as a reviewer for grant applications to the National Institutes of Health and to international research foundations, including the *Canadian Institutes of Health Research*, *UK Diabetes*, *Children's Medical Research Foundation (Australia)*, *Health Research Council (New Zealand)*. He has been a peer-reviewer for major medical journals including *Annals of Internal Medicine*, *Archives of Internal Medicine*, *Lancet* and the *Canadian Medical Association Journal*. He is a member of various professional societies and has been elected as a Fellow of the American College of Endocrinology.

Recently, Dr. Pittas was awarded a U34 Planning Grant from NIDDK to plan a large multi-center trial to study the effects of vitamin D supplementation in patients with pre-diabetes.

Dr. Pittas has served as Mentor for other Friedman fellows (Hariharan, Ceglia, Amori, Lubowsky).

Honors & Awards

- 1977 – 1987 Recipient of an academic 10-year full scholarship, Athens College, Greece
- 1987 – 1991 Scholarship, Massachusetts Institute of Technology, Cambridge, MA
- Sigma Xi Scientific Society, Massachusetts Institute of Technology, Cambridge, MA
- 1991 – 1995 Scholarship, Cornell University Medical College, New York NY
- 1992 & 1993m Teagle Scholar, Cornell University Medical College, New York NY
- Medical Scholarship Award, Hellenic Medical Society of New York, New York NY
- Papanicolaou Fellow in Clinical Anatomy, Cornell U. Medical College, New York, NY
- Oliver Smith Award,* Tufts Medical Center, Boston MA
- * Oliver Smith Award is given in recognition of excellence, compassion and extraordinary and thoughtful care and service to patients. Tufts Medical Center, Boston, MA
- 2000 – 2002 The Dr. Gerald J. and Dorothy R. Friedman Foundation Scholar, Tufts Medical Center
- 2001 – 2004 Diabetes Physician Recognition Award, American Diabetes Association (ADA) and National Committee for Quality Assurance (NCQA)
- Membership, Diabetes Care Link, Bridges to Excellence
- 2004 - Fellow, American College of Endocrinology
- Letter of Commendation for exceptional quality of reviews, *Archives of Internal Medicine*
- 2005 – 2007 Annual Letter of Commendation for exceptionally fine quality of reviews (top 10% reviewers), *Annals of Internal Medicine*
- Nominated for the 2005-6 Milton O. M'30 and Natalie V. Zucker Clinical Teaching Prize for Innovation at Tufts U. School of Medicine
- Letter of Commendation for exceptionally fine quality of reviews *Canadian Medical Association Journal (CMAJ)*
- Oliver Smith Award Tufts Medical Center, Boston, MA
- Nephrology and Transplantation Update 2009, Hilton Head, South Carolina. The Blaise Widmer Distinguished Lecturship in Nephrology: "The Role of Vitamin D in Cardiometabolic Disease"
- 2011 - 2014 Member (*Standing*), *NIH Study Section - Clinical & Integrative Diabetes and Obesity*

- 2011.Sept Chair (*Ad Hoc*), *NIH Special Emphasis Panel – GRADE study collaborating sites*

Bibliography (selected from 63 peer-reviewed publications, book chapters and periodicals)

1. **Pittas AG**, Adler M, Fazzari M, Tickoo S, Rosai SM, Larson SM and Robbins RJ. Bone Metastases from thyroid carcinoma: clinical characteristics and prognostic variables in one hundred forty-six patients. *Thyroid* 2000;10 (3): 261-268
2. Ordovas J, **Pittas AG** and Greenberg AS. Might the diabetic environment in utero lead to type 2 diabetes? *Lancet* 2003;361(9372): 1839-40 [PMID: 12788565]
3. Schurgin S, Weinstein B and **Pittas AG**. Tuberculous Abscess of the Thyroid Gland. *Endocr Pract* July/August 2003: 9 (4): 330
4. **Pittas AG**, Joseph N and Greenberg AS. HOT TOPIC: Adipocytokines and insulin resistance. *J Clin Endocrinol Metab* 2004;89(2): 447-452 [PMID: 14764746]
5. **Pittas AG**, Siegel RD and Lau J. Insulin therapy for critically ill hospitalized patients. A meta-analysis of randomized controlled trials. *Arch Intern Med* 2004;164: 2005-11 [PMID: 15177435]
6. **Pittas AG**, Dawson-Hughes B, Li T, Willett WC, Van Dam RV, Manson JE and Hu FB. Vitamin D and Calcium Intake in Relation to type 2 Diabetes. *Diabetes Care* 2006;29(3): 650-6.
7. Ceglia L, Lau J and **Pittas AG**. Efficacy and safety of inhaled insulin therapy in adults with diabetes mellitus. A systematic review. *Ann Intern Med* 2006;145:665-675. [PMID: 17088580]
8. **Pittas AG**, Roberts SB, Das SK, Gilhooly CH, Golden J, Saltzman E, Stark PC and Greenberg AS. The effects of the dietary glycemic load on type 2 diabetes risk factors during weight loss. *Obesity* 2006: 14(12): 2200-2209. [PMID: 17189547]
9. **Pittas AG**, Harris S, Stark P and Dawson-Hughes B. The Effects of Calcium and Vitamin D Supplementation on Blood Glucose and Markers of Inflammation in Non-diabetic Adults. *Diabetes Care* 2007;30(4):980-986 [PMID: 17277040]
10. **Pittas AG**, Lau J, Hu F and Dawson-Hughes B. “The Role of Vitamin D and Calcium in type 2 diabetes. A Systematic Review and Meta-Analysis”, *J Clin Endocrinol Metab* 2007;92:2017-2029.
11. **Pittas AG** and Dawson-Hughes B. The Effects of Calcium and Vitamin D Supplementation on Blood Glucose and Markers of Inflammation in Non-diabetic Adults. *Diabetes Care* 2007;30(7):e81; Author reply e82.
12. Amori R, Lau J and **Pittas AG**. Incretin Therapy in Type 2 Diabetes. A meta-analysis of randomized trials *JAMA* 2007;298(2):194-206 [PMID: 17622601]
 - ⇒ Top 10 Most Read Internal Medicine Articles of 2007, as rated by the McMaster Online Rating of Evidence.
13. Balk ME, Tatsioni A, Lichtenstein AH, Lau J and **Pittas AG**. Effect of Chromium Supplementation on Glucose Metabolism and Lipids: A Systematic Review of Randomized Controlled Trials *Diabetes Care* 2007;30(8):2154-2163 [PMID: 17519436]
14. Lubowsky ND, Siegel R and **Pittas AG**. Management of Glycemia in Patients with Diabetes Mellitus and CKD *Am J Kidney Dis* 2007: 50 (5):865-879 [PMID: 17954300]

15. Peechakara SV and **Pittas AG**. Vitamin D as a potential modifier of diabetes risk. [Nature CPEM](#) 2008;4(4):182-183
16. Das SK, Gilhooly CH, Golden JK, **Pittas AG**, Fuss PJ, Dallal GE, McCrory MA, Saltzman E and Roberts SB. Long-term effects of energy-restricted diets differing in glycemic load on metabolic adaptation and body composition. [The Open Nutr J](#) 2008 (2) 76-85.
17. Amori RE, **Pittas AG**, Siegel RD, Kumar S, Chen JS, Karnam S, MS-2, Golden SH and Salem DN. Inpatient medical errors involving glucose lowering medications and their impact on patients. [Endocr Pract](#) 2008 (14) 535-542 [PMID 18753094]
18. Mitri J, Castillo J, and **Pittas AG**. Diabetes mellitus and risk of non-Hodgkin's lymphoma: A meta-analysis of observational studies. [Diabetes Care](#) 2008;31(12) 2391-7 [PMID 19033419]
19. Liu E, Meigs JB, **Pittas AG**, McKeown NM, Economos CD, Booth SL, Jacques PF. Plasma 25-hydroxyvitamin D is associated with markers of the insulin resistance phenotype in non-diabetic adults. [J. Nutr](#) 2009;139(2):329-34 [PMID: 19106328]
20. **Pittas AG**, Harris SS, Eliades M, Stark P and Dawson-Hughes B. Association between serum osteocalcin and markers of metabolic phenotype. [J Clin Endocrinol Metab](#) 2009;94(3):827-832 [PMID 19088165]
21. **Pittas AG**, Chung M, Trikalinos TA, Mitri J, Brendel M, Patel K, Lichtenstein AH, Lau J and Balk E. Vitamin D and Cardiometabolic Outcomes: A Systematic Review. [Ann Intern Med](#) 2010;152:307-314
22. **Pittas AG**, Qi S, Manson JE, Dawson-Hughes B and Hu FB. Plasma 25-hydroxyvitamin D concentration and risk of incident type 2 diabetes in women. [Diabetes Care](#) 2010;33(9):2021-3 [PMC2928356 / Available on 2011/9/1] [Free Article]
23. Mitri J, Muraru MD and **Pittas AG**. Vitamin D and type 2 diabetes. A systematic review. [EJCN](#) 2011 (in press)
24. Mitri J, Dawson-Hughes B and **Pittas AG**. The effects of vitamin D and calcium supplementation on pancreatic beta cell function, insulin sensitivity and glycemia in adults at high risk for diabetes. The CaDDM randomized controlled trial [Am J Clin Nutr](#) **94**(2): 486-494. 2011
25. **Pittas AG** and Dawson-Hughes B. Vitamin D and type 2 diabetes and hypertension in Feldman D, Pike W and Adams J (editors) [Vitamin D](#) (3rd edition), pp 1907 - 1930.