

CURRICULUM VITAE
The Johns Hopkins University School of Medicine

Mihail Zilbermint, MD, MBA, FACE

January 2, 2026

DEMOGRAPHIC AND PERSONAL INFORMATION

Current Appointments

University

- 2021-present Associate Professor of Clinical Medicine (PT), Division of Endocrinology, Diabetes and Metabolism, Department of Medicine, The Johns Hopkins School of Medicine, Baltimore, MD
- 2023-present Associate Professor of Medicine (adjunct), Department of Medicine, George Washington University School of Medicine and Health Sciences, Washington, DC

Hospital

- 2015-present Director of Endocrinology, Diabetes and Metabolism, Johns Hopkins Community Physicians at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
- 2015-present Endocrinologist (Department of Medicine and Pediatrics), Johns Hopkins Hospital, Baltimore, MD
- 2015-present Endocrinologist, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
- 2018-present Chief, Division of Endocrinology, Diabetes and Metabolism, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
- 2018-present Endocrinologist, Johns Hopkins Howard County Medical Center, Johns Hopkins Medicine, Columbia, MD
- 2021-present Endocrinologist, Sibley Memorial Hospital, Johns Hopkins Medicine, Washington, DC
- 2022-present Site Director, Endocrine Hospitalist rotation, The Kaiser Permanente Mid-Atlantic States Internal Medicine Residency Program, Gaithersburg and Bethesda, MD
- 2022-present Site Director, Endocrine Hospitalist rotation, George Washington University School of Medicine, Endocrinology Fellowship Program, Washington, DC

Other

- 2018-present Director, Endocrine Hospitalists, Johns Hopkins Community Physicians, Baltimore, MD
- 2022-present Director, Academy of Clinical Excellence, Johns Hopkins Community Physicians, Baltimore, MD
- 2025-present Member, Board of Directors, American Association of Clinical Endocrinology (AACE)
- 2025-present Member, The Action Leadership Group, The Diabetes MATCH Initiative: Mobilizing Access Through Capacity Building and Health (MATCH), Atlanta, GA

Personal Data

Business Address	Division of Hospital Medicine, Suburban Hospital, 8600 Old Georgetown Rd, 6 th Floor Endocrinology Office, Bethesda, MD 20892
Direct	(312) 282-3744
Work phone	(301) 896-2401
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Email (work)	mzilber3@jhmi.edu
Email (personal)	Zilbermint@EndocrinologyExpertAdvisors.com

Education and Training

Undergraduate- N/A

Doctoral/Graduate

- 1997- 2003 M.D., State Medical and Pharmaceutical University Nicolae Testemitanu/ Chisinau, Moldova
- 2012-2013 Certificate in Introduction to the Principles and Practice of Clinical Research/ National Institutes of Health Clinical Center/ Bethesda, MD
- 2016-2021 Master in Business Administration /Concentration: Health Care Management/Johns Hopkins Carey Business School/ Baltimore, MD

2017 Clinical Hospital Advanced Management Program (10-month program)/ Office of Johns Hopkins Physicians/Bethesda, MD

Postdoctoral

2009-2010 Internal Medicine House Staff, Saint Agnes Hospital/Baltimore, MD

2010-2012 Resident, Internal Medicine, Saint Agnes Hospital, Baltimore, MD

2012-2015 Adult Endocrinology Clinical Fellow /*Eunice Kennedy Shriver* National Institute of Child Health and Human Development, National Institutes of Health /Bethesda, MD

Professional Experience

2000-2003 Program Coordinator, Continuing Medical Education, The American Jewish Joint Distribution Committee/Chisinau, Moldova

2008-2009 Research Assistant (volunteer) to Dr. Adrian Dobs, Johns Hopkins Hospital, Baltimore, MD

2013-2021 Hospitalist Physician, Johns Hopkins Community Physicians at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD

2015-2021 Assistant Professor of Medicine (PT), Division of Endocrinology, Diabetes and Metabolism, Department of Medicine, The Johns Hopkins School of Medicine, Baltimore, MD

2015-2021 Researcher and Special Volunteer, Section on Endocrinology and Genetics, *Eunice Kennedy Shriver* National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, MD

2020 Telemedicine Internal Medicine Physician, Teladoc Health (part-time)

2020-present Guest Editor, *Journal of Diabetes Science and Technology*

2020-2022 Chairman, Department of Medicine, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD

2021-2023 Co-Core Medical Director, Diabetes Prevention and Education Program, National Capital Region (formerly HSCRC Baltimore Metropolitan Diabetes Regional Partnership), Office of Population Health, Baltimore, MD

2021-2022 Guest Editor, *Diabetes Spectrum*

2022-2024 Treasurer, Medical Staff at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD

2022-2024 Attending Physician, Shady Grove Medical Center, Rockville, MD

2022-2024 Task force member and author, Clinical Practice Guideline on Pharmacologic Management of Adults With Dyslipidemia, American Association of Clinical Endocrinology.

PUBLICATIONS

Original Research [OR]

1. **Zilbermint M**, Wisniewski AB, Xu X, Selnes OA, Dobs AS. Relationship between sex hormones and cognitive performance in men with substance use. *Drug Alcohol Depend.* 2013;128(3):250-254.
2. Faucz FR, **Zilbermint M***, Lodish MB, Szarek E, Trivellin G, Sinaï N, Berthon A, Libé R, Assié G, Espiard S, Drougat L, Ragazzon B, Bertherat J, Stratakis CA. Macronodular adrenal hyperplasia due to mutations in an armadillo repeat containing 5 (ARMC5) gene: a clinical and genetic investigation. *J Clin Endocrinol Metab.* 2014 Jun;99(6):E1113-9 (*First co-author).
3. Gkourogianni A, Lodish MB, **Zilbermint M***, Lyssikatos C, Belyavskaya E, Keil MF, Stratakis CA: Death in pediatric Cushing syndrome is uncommon but still occurs. *Eur J Pediatr* 2015, 174:501 *Engagement with discovery.
4. Monticone S, Bandulik S, Stindl J, **Zilbermint M***, Dedov I, Mulatero P, Allgaeuer M, Lee CC, Stratakis CA, Williams TA, Tiulpakov A. A case of severe hyperaldosteronism caused by a de novo mutation affecting a critical salt bridge Kir3.4 residue. *J Clin Endocrinol Metab.* 2015 Jan;100(1):E114-8 *Manuscript writing
5. **Zilbermint M**, Xekouki P, Faucz FR, Berthon A, Gkourogianni A, Scherthaner-Reiter MH, Batsis M, Sinaï N, Quezado MM, Merino M, Hodes A, Abraham SB, Libé R, Assié G, Espiard S, Drougat L, Ragazzon B, Davis A, Gebreab SY, Neff R, Kebebew E, Bertherat J, Lodish MB, Stratakis CA. Primary Aldosteronism and ARMC5 Variants. *J Clin Endocrinol Metab.* 2015 Jun;100(6):E900-9.
6. Correa R, **Zilbermint M***, Berthon A, Espiard S, Batsis M, Papadakis GZ, Xekouki P, Lodish MB, Bertherat J, Faucz FR, Stratakis CA: The ARMC5 gene shows extensive genetic variance in primary macronodular adrenocortical hyperplasia. *Eur J Endocrinol* 2015, 173:435-40. (*First co-author).

7. Nobel YR, Lodish MB, Raygada M, Rivero JD, Faucz FR, Abraham SB, Lyssikatos C, Belyavskaya E, Stratakis CA, **Zilbermint M**: Pseudohypoaldosteronism type 1 due to novel variants of *SCNN1B* gene. *Endocrinol Diabetes Metab Case Rep* 2016; 2016:150104.
8. Hodes A, Lodish MB, Tirosh A, Meyer J, Belyavskaya E, Lyssikatos C, Rosenberg K, Demidowich A, Swan J, Jonas N, Stratakis CA, **Zilbermint M**: Hair cortisol in the evaluation of Cushing syndrome. *Endocrine* 2017; 56:164-74.
9. Gkourogianni A, Sinaii N, Jackson SH, Karageorgiadis AS, Lyssikatos C, Belyavskaya E, Keil MF, **Zilbermint M***, Chittiboina P, Stratakis CA, Lodish MB. Pediatric Cushing disease: disparities in disease severity and outcomes in the Hispanic and African-American populations. *Pediatric research* 2017; 82(2): 272-277. *Engagement with discovery.
10. Tirosh A, Hannah-Shmouni F, Lyssikatos C, Belyavskaya E, **Zilbermint M***, Abraham SB, Lodish MB, Stratakis CA. Obesity and the diagnostic accuracy for primary aldosteronism. *J Clin Hypertens (Greenwich)* 2017; 19(8): 790-797. *Engagement with discovery.
11. Mandel SR, Langan S, Mathioudakis NN, Sidhaye AR, Bashura H, Bie JY, Mackay P, Tucker C, Demidowich AP, Simonds WF, Jha S, Ebinuwa I, Kantsiper M, Howell EE, Wachter P, Golden SH, **Zilbermint M**. Retrospective study of inpatient diabetes management service, length of stay and 30-day readmission rate of patients with diabetes at a community hospital. *J Community Hosp Intern Med Perspect* 2019; 9(2): 64-73. *[SI/QI]
12. **Zilbermint M**, Gaye A, Berthon A, Hannah-Shmouni F, Faucz FR, Lodish MB, Davis AR, Gibbons GH, Stratakis CA. ARMC5 Variants and Risk of Hypertension in Blacks: MH- GRID Study. *J Am Heart Assoc* 2019; 8(14): e012508.
13. Maria AG, Suzuki M, Berthon A, Kamilaris C, Demidowich A, Lack J, **Zilbermint M***, Hannah-Shmouni F, Faucz FR, Stratakis CA. Mosaicism for *KCNJ5* Causing Early-Onset Primary Aldosteronism due to Bilateral Adrenocortical Hyperplasia. *American journal of hypertension* 2020; 33(2): 124-130. *Member of clinical trial design.
14. Ahmed SR, Bellamkonda S, **Zilbermint M***, Wang J, Kalyani RR. Effects of the low carbohydrate, high fat diet on glycemic control and body weight in patients with type 2 diabetes: experience from a community-based cohort. *BMJ Open Diabetes Res Care* 2020; 8(1). *Engagement with discovery and Epic Scholar Award Co-recipient
15. Joseph JJ, Zhou X, **Zilbermint M***, Stratakis CA, Faucz FR, Lodish MB, Berthon A, Wilson JG, Hsueh WA, Golden SH, Lin S. The Association of ARMC5 with the Renin-Angiotensin-Aldosterone System, Blood Pressure, and Glycemia in African Americans. *J Clin Endocrinol Metab*. 2020 Aug 1;105(8):2625–33. *Data analysis and engagement with discovery.
16. **Zilbermint M**. Diabetes and climate change. *J Community Hosp Intern Med Perspect*. 2020 Sep 3;10(5):409-412. (Systematic review)
17. Wurth R, Tirosh A, Kamilaris CDC, Camacho J, Faucz FR, Maria AG, Berthon A, Papadakis GZ, Nilubol N, Hamimi A, Gharib AM, Demidowich A, **Zilbermint M***, Eisenhofer G, Braun L, Reincke M, Stratakis CA, Hannah-Shmouni F. Volumetric Modeling of Adrenal Gland Size in Primary Bilateral Macronodular Adrenocortical Hyperplasia. *J Endocr Soc*. 2020 Oct 29;5(1):bvaa162. *Engagement with discovery.
18. Mathioudakis NN, Abusamaan MS, Shakarchi AF, Sokolinsky S, Fayzullin S, McGready J, **Zilbermint M**, Saria S, Golden SH. Development and Validation of a Machine Learning Model to Predict Near-Term Risk of Iatrogenic Hypoglycemia in Hospitalized Patients. *JAMA Netw Open*. 2021 Jan 4;4(1):e2030913.*Engagement with discovery.
19. Demidowich AP, Batty K, Love T, Sokolinsky S, Grubb L, Miller C, Raymond L, Nazarian J, Ahmed MS, Rotello L, **Zilbermint M**. Effects of a Dedicated Inpatient Diabetes Management Service on Glycemic Control in a Community Hospital Setting. *J Diabetes Sci Technol*. 2021 May;15(3):546-552. *[SI/QI]
20. Najmi U, Haque WZ, Ansari U, Yemane E, Alexander LA, Lee C, Demidowich AP, Motevalli M, Mackay P, Tucker C, Notobartolo C, Sartippour P, Raynor J, **Zilbermint M**. Inpatient Insulin Pen Implementation, Waste, and Potential Cost Savings: A Community Hospital Experience. *J Diabetes Sci Technol*. 2021 Jul;15(4):741-747.
21. Shelton C, Demidowich AP, Motevalli M, Sokolinsky S, MacKay P, Tucker C, Abundo C, Peters E, Gooding R, Hackett M, Wedler J, Alexander LA, Barry L, Flynn M, Rios P, Fulda CL, Young MF, Kahl B, Pummer E, Mathioudakis NN, Sidhaye A, Howell EE, Rotello L, **Zilbermint M**. Retrospective Quality Improvement Study of Insulin-Induced Hypoglycemia and Implementation of Hospital-Wide Initiatives. *J Diabetes Sci Technol*. 2021 Jul;15(4):733-740.*[SI/QI]
22. Kane T, Flood C, **Oluwato T**, Pan Q, **Zilbermint M**. Expanding legal treatment options for medical marijuana in the State of Louisiana. *J Community Hosp Intern Med Perspect*. 2021 May 10;11(3):343-349. *Policy Analysis.

23. Hollister BM, **Zilbermint M**, Minniti CP, Buscetta AJ, Abdallah KE, You S, Soldin SJ, Meyer JS, Stratakis CA, Bonham VL. Lower hair cortisol among patients with sickle cell disease may indicate decreased adrenal reserves. *Am J Blood Res.* 2021 Apr 15;11(2):140-148.*Engagement with discovery.
24. Demidowich AP, Batty K, **Zilbermint M**. Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes: Challenges and Solutions. *Diabetes Spectr* 1 November 2022; 35 (4): 440–451. *Research to practice special issue
25. Khan SA, Demidowich AP, Tschudy MM, Wedler J, Lamy W, Akpandak I, Alexander LA, Misra I, Sidhaye A, Rotello L, **Zilbermint M**. Increasing Frequency of Hemoglobin A1c Measurements in Hospitalized Patients With Diabetes: A Quality Improvement Project Using Lean Six Sigma. *J Diabetes Sci Technol.* 2024 Jul;18(4):866-873
26. Klonoff DC, Wang J, Rodbard D, Kohn MA, Li C, Liepmann D, Kerr D, Ahn D, Peters AL, Umpierrez GE, Seley JJ, Xu NY, Nguyen KT, Simonson G, Agus MSD, Al-Sofiani ME, Armaiz-Pena G, Bailey TS, Basu A, Battelino T, Bekele SY, Benhamou PY, Bequette BW, Blevins T, Breton MD, Castle JR, Chase JG, Chen KY, Choudhary P, Clements MA, Close KL, Cook CB, Danne T, Doyle FJ 3rd, Drincic A, Dungan KM, Edelman SV, Ejlskjaer N, Espinoza JC, Fleming GA, Forlenza GP, Freckmann G, Galindo RJ, Gomez AM, Gutow HA, Heinemann L, Hirsch IB, Hoang TD, Hovorka R, Jendle JH, Ji L, Joshi SR, Joubert M, Koliwad SK, Lal RA, Lansang MC, Lee WA, Leelarathna L, Leiter LA, Lind M, Litchman ML, Mader JK, Mahoney KM, Mankovsky B, Masharani U, Mathioudakis NN, Mayorov A, Messler J, Miller JD, Mohan V, Nichols JH, Nørgaard K, O'Neal DN, Pasquel FJ, Philis-Tsimikas A, Pieber T, Phillip M, Polonsky WH, Pop-Busui R, Rayman G, Rhee EJ, Russell SJ, Shah VN, Sherr JL, Sode K, Spanakis EK, Wake DJ, Waki K, Wallia A, Weinberg ME, Wolpert H, Wright EE, **Zilbermint M**, Kovatchev B. A Glycemia Risk Index (GRI) of Hypoglycemia and Hyperglycemia for Continuous Glucose Monitoring Validated by Clinician Ratings. *J Diabetes Sci Technol.* 2023 Sep;17(5):1226-1242. Clinical expert panelist, engagement with discovery.
27. **Zilbermint M**, Motevalli M, Batty K, Venner-Walcott J, Edwards A, Burley T, Jackson K, Akhtar M, Demidowich AP. Effects of the COVID-19 Booster Vaccine on Glycemia and Insulin Resistance in People with Type 1 Diabetes: A Prospective Pilot Study. *Diabetes Res Clin Pract.* 2023 Sep 5:110898.
28. George M, **Zilbermint M**, Sokolinsky S, Batty K, Motevalli M, Stanback C, Gonzales E, Miller C, Sequeira L, Demidowich AP. Effects of preprandial versus postprandial nutritional insulin administration in the inpatient setting. *Diabetes Res Clin Pract.* 2024 Jul 15;214:111785. *Quality Improvement
29. Klonoff DC, Freckmann G, Pleus S, Kovatchev BP, Kerr D, Tse CC, Li C, Agus MSD, Dungan K, Voglova Hagerf B, Krouwer JS, Lee WA, Misra S, Rhee SY, Sabharwal A, Seley JJ, Shah VN, Tran NK, Waki K, Worth C, Tian T, Aaron RE, Rutledge K, Ho CN, Ayers AT, Adler A, Ahn DT, Aktürk HK, Al-Sofiani ME, Bailey TS, Baker M, Bally L, Bannuru RR, Bauer EM, Bee YM, Blanchette JE, Cengiz E, Chase JG, Y Chen K, Chernavsky D, Clements M, Cote GL, Dhatariya KK, Drincic A, Ejlskjaer N, Espinoza J, Fabris C, Fleming GA, Gabbay MAL, Galindo RJ, Gómez-Medina AM, Heinemann L, Hermanns N, Hoang T, Hussain S, Jacobs PG, Jendle J, Joshi SR, Koliwad SK, Lal RA, Leiter LA, Lind M, Mader JK, Maran A, Masharani U, Mathioudakis N, McShane M, Mehta C, Moon SJ, Nichols JH, O'Neal DN, Pasquel FJ, Peters AL, Pfützner A, Pop-Busui R, Ranjekar P, Rhee CM, Sacks DB, Schmidt S, Schwaighofer SM, Sheng B, Simonson GD, Sode K, Spanakis EK, Spartano NL, Umpierrez GE, Vareth M, Vesper HW, Wang J, Wright E, Wu AHB, Yeshiwas S, **Zilbermint M***, Kohn MA. The Diabetes Technology Society Error Grid and Trend Accuracy Matrix for Glucose Monitors. *J Diabetes Sci Technol.* 2024 Nov;18(6):1346-1361. *Clinical expert panelist, engagement with discovery
30. Spartano NL, Prescott B, Walker ME, Shi E, Venkatesan G, Fei D, Lin H, Murabito JM, Ahn D, Battelino T, Edelman SV, Fleming GA, Freckmann G, Galindo RJ, Joubert M, Lansang MC, Mader JK, Mankovsky B, Mathioudakis NN, Mohan V, Peters AL, Shah VN, Spanakis EK, Waki K, Wright EE, **Zilbermint M**, Wolpert HA, Steenkamp DW. Expert Clinical Interpretation of Continuous Glucose Monitor Reports From Individuals Without Diabetes. *J Diabetes Sci Technol.* 2025 Feb 12:19322968251315171. Epub ahead of print. PMID: 39936548. *Clinical expert panelist, engagement with discovery

Review Articles [RA]

1. **Zilbermint M**, Dobs AS. Nonsteroidal selective androgen receptor modulator Ostarine in cancer cachexia. *Future Oncol.* 2009;5(8):1211-20.
2. **Zilbermint M**, Stratakis CA. Protein kinase A defects and cortisol-producing adrenal tumors. *Curr Opin Endocrinol Diabetes Obes.* 2015 Jun;22(3):157-62. *Dissemination

3. Golden SH, Maruthur N, Mathioudakis N, Spanakis E, Rubin D, **Zilbermint M**, Hill-Briggs F. The Case for Diabetes Population Health Improvement: Evidence-Based Programming for Population Outcomes in Diabetes. *Curr Diab Rep*. 2017 Jul;17(7):51.*[SI/QI]
4. Hodes A, Meyer J, Lodish MB, Stratakis CA, **Zilbermint M***. Mini-review of hair cortisol concentration for evaluation of Cushing syndrome. *Expert Rev Endocrinol Metab* 2018; 13(5): 225-231. *Dissemination
5. **Zilbermint M**, Hannah-Shmouni F, Stratakis CA. Genetics of Hypertension in African Americans and Others of African Descent. *Int J Mol Sci*. 2019 Mar 2;20(5):1081. *Dissemination
6. Haque WZ, Demidowich AP, Sidhaye A, Golden SH, **Zilbermint M**. The Financial Impact of an Inpatient Diabetes Management Service. *Curr Diab Rep*. 2021 Jan 15;21(2):5.
7. Khan SA, **Zilbermint M**. Centers for Medicare & Medicaid Services' Hospital Harm Measures for Severe Hypoglycemia and Hyperglycemia: Is Your Hospital Ready?. *Diabetes Spectr* 1 November 2022; 35 (4): 391–397. *Research to practice special issue
8. Demidowich AP, Stanback C, **Zilbermint M**. Inpatient diabetes management. *Ann N Y Acad Sci*. 2024 Aug;1538(1):5-20.

Case Reports [CR]

1. **Zilbermint M**, Ramnitz MS, Lodish MB, Kanaka-Gantenbein C, Kattamis A, Lyssikatos C, Patronas NJ, Quezado MM, Stratakis CA. Pituitary stalk lesion in a 13-year-old female. *J Pediatr Endocrinol Metab*. 2014 Mar;27(3-4):359-62.*Engagement with teaching
2. Haque W, Ahmed SR, Zilbermint M. Nivolumab-induced autoimmune diabetes mellitus and hypothyroidism in a patient with rectal neuroendocrine tumor. *J Community Hosp Intern Med Perspect*. 2020 Aug 2;10(4):338-339. *Engagement with teaching
3. **Zilbermint M**, Demidowich AP. Primary adrenal insufficiency. *Clin Case Rep*. 2022 Jun 19;10(6):e6002.*Engagement with teaching
4. **Zilbermint M**, Demidowich AP. Severe Diabetic Ketoacidosis After the Second Dose of mRNA-1273 COVID-19 Vaccine. *J Diabetes Sci Technol*. 2022 Jan;16(1):248-249.
5. Hensley KE, Fiechter CW, Klein A, Hussein R, Weiss HJ, Zilbermint M. Thyrotoxicosis in the Setting of Hydatidiform Mole with Subsequent Development of Takotsubo Cardiomyopathy Complicated by COVID-19. *J Community Hosp Intern Med Perspect*. 2023 May 8;13(3):83-87.
6. Kumar N, Zeki D, **Zilbermint M**. Subacute thyroiditis due to COVID-19 vaccine. *Journal of Community Hospital Internal Medicine Perspectives*. 2024. Vol. 14: Iss. 1, Article 12.
7. Fong HRC, **Zilbermint M**. Navigating Diagnostic Challenges in Ectopic Parathyroid Adenomas: A Case Report. *Cureus*. 2024 Sep 4;16(9):e68637.
8. Kumar N, **Zilbermint M**. Development of Nonketotic Hyperglycemia Requiring High-Dose Insulin After Supratherapeutic Amlodipine Ingestion. *AACE Clinical Case Reports*. 2024 Nov 1;10(6):257-60.
9. Demidowich AP, Motevalli M, Yi K, Kamali A, Batty K, Moseley KF, Buber RR, Hashemipour M, **Zilbermint M**. Severe Hypercalcemia Following Hip Joint Implantation of Calcium Sulfate Antibiotic Beads: Case Series and Review of Literature. *J Community Hosp Intern Med Perspect*. 2025 Jan 6;15(1):107-110.
10. Naghiyeva A, Smati N, Lucas CG, Page BR, **Zilbermint M**. Pituitary Apoplexy Following Gonadotropin-Releasing Hormone Agonist Therapy: A Rare and Life-Threatening Complication. *Cureus*. 2025 May 5;17(5):e83531.

Case Reports (not indexed in PubMed)

11. Sverdlova I, Zhu QM, Mydlarz WK, Dhillon VK, Nolan III NJ, Petrick PA, **Zilbermint M**. Extreme hypercalcemia due to a giant parathyroid adenoma. *Journal of Clinical and Translational Endocrinology: Case Reports*. 2023 Jun 21:100146.

Book Chapters, Monographs [BC]

1. Angelousi A, **Zilbermint M**, Berthon A, Espiard S, Stratakis CA: Diagnosis and Management of Hereditary Adrenal Cancer. *Rare Hereditary Cancers: Diagnosis and Management*. Edited by Pichert G, Jacobs C. Cham: Springer International Publishing, 2016. Pp. 125-47.
2. **Zilbermint M***, Stratakis CA: Primary Aldosteronism. *Endocrine Surgery*, Second Edition. Edited by Pertsemliadis D, Inabnet WB, Gagner M. Second edition. Ed. Boca Raton: CRC Press, 2017. *Teaching and dissemination

3. Hodes A, Brown RM, Cochran E, **Zilbermint M***. Diabetes mellitus in a patient with partial lipodystrophy due to ppar- γ gene mutation. In Atypical diabetes: Pathophysiology, clinical presentations, and treatment options, Draznin, B., Ed. American Diabetes Association: 2018. *Teaching and dissemination
4. Donevant S, Najmi U, Ansari U, Haque W, **Zilbermint M**. Impact of digital technology on managing diabetes in the hospital. In the Diabetes Digital Health and Telehealth. (2022). United Kingdom: Elsevier Science.
5. Khan SA, Bhat SZ, **Zilbermint M**. Diabetes and COVID-19. In Diabetes Management in Hospitalized Patients: A Comprehensive Clinical Guide 2024 Jan 19 (pp. 179-192). Cham: Springer International Publishing.
6. Dowlatshahi S, Saand A, **Zilbermint M**. Type 2 Diabetes Management in Inpatients. Clinical Key Elsevir. July 20, 2024. https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-V2729
7. Prasad HC, **Zilbermint M**. Type 1 Diabetes Management in Inpatients. Clinical Key Elsevir. October 28, 2024. https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-MC243

Books, Textbooks [BK]

None

Editorials [ED]

1. **Zilbermint M**. Inpatient Diabetes Management: Preface: Inpatient Diabetes Management: Should We Make It Simpler?. Diabetes Spectr 1 November 2022; 35 (4): 387–389.
2. Khare S, **Zilbermint M**, Garg R, Shah VN. Navigating the New Frontiers of Hyperglycemic Crisis Management: Unveiling the Latest American Diabetes Association Consensus Report. Endocr Pract. 2024 Sep;30(9):895-897.
3. **Zilbermint M**, Messler J, Stanback CF, Kulasa K, Demidowich AP. Bridging the Glycemic Gap: Will CMS-Mandated Reporting Improve Hospital Dysglycemia Management? J Diabetes Sci Technol. 2024 Nov;18(6):1521-1522.

Guidelines/Protocols, Consensus Statement, Expert Opinion, Consortium Articles [GL]

1. **Zilbermint M**. and Schiavone L. To Give or Not to Give: The Challenge of Pharmaceutical Coupons. The Journal of Clinical Ethics 29, no. 4 (Winter 2018): 319-22.
2. Sidhaye AR, Mathioudakis N, Bashura H, Sarkar S, **Zilbermint M**, Golden SH. Building a Business Case for Inpatient Diabetes Management Teams: Lessons from Our Center. Endocr Pract. 2019 Jun;25(6):612-615.*[SI/QI]
3. Shelton C, Demidowich AP, **Zilbermint M**. Inpatient Diabetes Management During the COVID-19 Crisis: Experiences From Two Community Hospitals. Journal of Diabetes Science and Technology. 2020;14(4):780-782.
4. **Zilbermint M**. The Endocrine Hospitalist: Enhancing the Quality of Diabetes Care. J Diabetes Sci Technol. 2021 Jul;15(4):762-767.
5. Bedoya Reina MT, Brereton N, **Zilbermint M**. Haven Health is About to Disrupt the U.S. Healthcare System. J Community Hosp Intern Med Perspect. 2021 May 10;11(3):357-360.
6. About **Mihail “Misha” Zilbermint**: Guest Editor. Diabetes Spectr 1 November 2022; 35 (4): 390.
7. **Zilbermint M**. Diabetes-related Bias in Electronic Health Records and International Classification of Diseases. J Community Hosp Intern Med Perspect. 2022 Nov 7;12(6):19-23.
8. American Medical Association (AMA) Prediabetes Quality Measures. <https://www.ama-assn.org/system/files/ama-prediabetes-measure-set.pdf>
 - I represented the Endocrine Society on the American Medical Association Prediabetes Measure Development and Testing Project. My team was tasked with updating a set of three electronic Clinical Quality Measures (eCQMs) for patients with prediabetes based on the recent US Preventive Services Task Force recommendations. The Technical Expert Panel, which was made up of 15 members of various clinical experts and patient representatives, provided input on the technical specifications of the measures and testing results.
 - The AMA Prediabetes Quality Measure set serves as a means of both assessing and incentivizing high-quality diabetes preventive care and will have an enormous impact on the CMS and private payers.

9. Prasad H, **Zilbermint M**. A commentary on: Accuracy of continuous glucose monitoring in the hospital setting: an observational study. PracticeUpdate website. Available at: <https://www.practiceupdate.com/content/accuracy-of-continuous-glucose-monitoring-in-the-hospital-setting/169373/65/8/1> . Accessed September 05, 2024
10. Patel SB, Wyne KL, Afreen S, Belalcazar LM, Bird MD, Coles S, Marrs JC, Peng CCH, Pulipati VP, Sultan S, **Zilbermint M**. American Association of Clinical Endocrinology Clinical Practice Guideline on Pharmacologic Management of Adults With Dyslipidemia. Endocrine Practice. 2025. 31(2), 236-262.
11. **Zilbermint M**, Lee SB. Endocrinology Expert Witness: Bridging Healthcare and Law to Uphold Standards. J Community Hosp Intern Med Perspect. 2025 May 5;11(3).
12. **Elikman D**, Anderson R, Balish M, **Zilbermint M**. Mitigating Health Disparities: Bridging the Digital Divide in Modern Health Care. South Med J. 2025 Jun;118(6):330-332.
13. **Kumar N**, Knight AM, Demidowich AP, Stanback CF, Bashura H, Hussain Q, Gonzales EH, Funk J, Motevalli M, **Zilbermint M**. Implementing a Continuous Glucose Monitoring Hospital Discharge Program: Strategies and Best Practices. J Diabetes Sci Technol. 2025 Sep 16:19322968251370754. Epub ahead of print. PMID: 40958410.

Letters, Correspondence [LT]

1. **Zilbermint M**, Lodish MB, Faucz FR, Stratakis CA. 2014. Letter in response to comments on “Macronodular adrenal hyperplasia due to mutations in an Armadillo Repeat Containing 5 (ARMC5) gene: a clinical and genetic investigation” J Clin Endocrinol Metab. 99:E1113-1119, by Alencar GA, Mendonca BB, Fragoso MCBV.
2. Demidowich AP, Stanback C, **Zilbermint M**. Reply to "Relevance of gastric emptying to the timing of prandial insulin administration in hospitalised patients with diabetes". Diabetes Res Clin Pract. 2024 Nov;217:111901
3. Pulipati VP, **Zilbermint M**, Patel SB. Response to Letter to the Editor on the 2025 AACE Clinical Practice Guideline on Pharmacological Management of Adults with Dyslipidemia. Endocr Pract. 2025 Apr 21:S1530-891X(25)00127-2. PMID: 40268088.

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Other Publications:

Proceedings reports [PR]

1. Umpierrez G, Rushakoff R, Seley JJ, Zhang JY, Shang T, Han J, Spanakis EK, Alexanian S, Drincic A, Kulasa K, Mendez CE, Tanton D, Wallia A, **Zilbermint M**, Klonoff DC. Hospital Diabetes Meeting 2020. J Diabetes Sci Technol. 2020 Sep;14(5):928-944.*Teaching and dissemination

Media Releases and Interviews [MR]

Interviews

JHMI/Regional

- | | |
|----------|--|
| 12/13/15 | Ask the Expert: Living it Up While Living With Diabetes
(http://www.hopkinsmedicine.org/suburban_hospital/about_the_hospital/news_publications/ask_the_expert/living_it_up_while_living_with_diabetes.html) |
| | <ul style="list-style-type: none"> • Interview for Suburban Hospital |
| 01/10/17 | Living with Diabetes: A Marathon, Not a Sprint.
http://www.hopkinsmedicine.org/suburban_hospital/about_the_hospital/news_publications/new_directions/new_directions_winter_2017/living_with_diabetes_a_marathon_not_a_sprint |
| | <ul style="list-style-type: none"> • Program highlight at Suburban Hospital's publication |
| 11/07/17 | 2017 Innovations in Clinical Care Award – Mihail Zilbermint, M.D., Suburban Hospital
https://www.youtube.com/watch?v=-QJV5r06OE |
| | <ul style="list-style-type: none"> • Video about my JHM Award |

- 05/09/18 StoryCorps recording with Ralf F. Roarty about his experience at Suburban Hospital, Johns Hopkins Medicine. Interview ID ddb002363: archive at the American Folklife Center at the Library of Congress.
<https://storycorps.egnyte.com/dl/2PtCUIukRo/ddb002363.WAV>
- 12/18/19 Hungry Bone Syndrome
<https://www.broadcastmed.com/orthopedics/8697/videos/hungry-bone-syndrome>
- Online video for the Broadcast med
 - Clinical dissemination
- 05/01/19 New Study Highlights Benefits of Specialized Programs for Hospitalized Diabetes Patients
https://www.hopkinsmedicine.org/suburban_hospital/about_the_hospital/news_publications/press_releases/new_study_highlights_benefits_of_specialized_programs_for_hospitalized_diabetes_patients
- JHM highlighted my diabetes program.
- 10/18/19 Suburban Hospital's Personalized Diabetes Plans Help Patients Improve Health
<https://www.hopkinsmedicine.org/news/articles/suburban-hospitals-personalized-diabetes-plans-help-patients-improve-health>
- Clinical program highlight and interview
- 10/22/19 JHCP Academy of Clinical Excellence announcement
- https://gallery.mailchimp.com/10cb8f361bb46f965b5e28594/files/5b20be3b-7e78-42ea-87a1-cb6e6b2db872/JHCP_ACE_2019.pdf
 - https://www.hopkinsmedicine.org/community_physicians/about/academy-clinical-excellence/index.html
- 11/12/20 COVID-19: Recommendations for Patients with Diabetes
<https://youtu.be/aoY2tptyNfM>
- Interviewed by Suburban Hospital about COVID-19 and diabetes
- 08/26/21 Getting More Than They Give. Johns Hopkins Dome.
<https://www.hopkinsmedicine.org/news/articles/getting-more-than-they-give>
- Interviewed by Marc Shapiro about my experience as a volunteer at a diabetes camp.
- 04/14/22 Know your diabetes risk video (Suburban Hospital)
<https://youtu.be/mOw4vpjeuk0>
- Diabetes Self-Management Campaign video
- 07/20/22 Suburban's Diabetes Self-Management Training Helps People Overcome Their Unique Challenges
<https://www.hopkinsmedicine.org/news/articles/suburbans-diabetes-self-management-training-helps-people-overcome-their-unique-challenges>
- Interview about diabetes self-management program at Suburban Hospital
- 11/17/22 Cooper and Zilbermint Receive Endocrine Society Awards
<https://medicine-matters.blogs.hopkinsmedicine.org/2022/11/cooper-and-zilbermint-receive-endocrine-society-awards/>
- 04/10/23 Zilbermint Receives Rising Star in Endocrinology Award
<https://medicine-matters.blogs.hopkinsmedicine.org/2023/04/zilbermint-receives-rising-star-in-endocrinology-award/>
- 05/08/23 HEALTH CARE HEROES
<https://thedailyrecord.com/event/health-care-heroes/#:~:text=Mihail%20Zilbermint%2C%20MD%2C%20MBA%2C%20FACE>
- 03/18/25 Zilbermint Elected to AACE Board of Directors
<https://medicine-matters.blogs.hopkinsmedicine.org/2025/03/zilbermint-elected-to-aace-board-of-directors/>
- 09/26/25 Michel Morris. Community Health - Community Health Stories. Johns Hopkins Medicine Doctors Volunteer at Camp for Kids with Type 1 Diabetes.
<https://www.hopkinsmedicine.org/news/articles/2025/09/johns-hopkins-medicine-doctors-volunteer-at-camp-for-kids-with-type-1-diabetes>
- Interview and volunteer work highlight

- 12/01/25 Karen Nitkin. New Protocol Could Increase Use of Continuous Glucose Monitoring Devices
<https://www.hopkinsmedicine.org/news/articles/2025/12/new-protocol-could-increase-use-of-continuous-glucose-monitoring-devices>
 - Interview and research work highlight
- National
- 02/09/17 Hair analysis may help diagnose Cushing Syndrome, NIH researchers report
<https://www.nih.gov/news-events/news-releases/hair-analysis-may-help-diagnose-cushing-syndrome-nih-researchers-report>
 - Research highlight and interview
- 02/09/17 Hair Test for Cushing Syndrome?
<http://www.medpagetoday.com/endocrinology/generalendocrinology/63018>
 - Research highlight and interview
- 02/09/17 Hair analysis may help diagnose Cushing syndrome, researchers report
<https://medicalxpress.com/news/2017-02-hair-analysis-cushing-syndrome.html>
 - Research highlight
- 02/09/17 Hair analysis may help diagnose Cushing syndrome, NIH researchers report
https://www.eurekalert.org/pub_releases/2017-02/nksn-ham020717.php
 - Research highlight
- 02/10/17 Hair Cortisol in the Evaluation of Cushing Syndrome
<https://medicalresearch.com/author-interviews/hair-cortisol-evaluation-cushing-syndrome/31896/>
 - Research highlight and interview
- 02/10/17 Cushing's syndrome: Could analyzing hair confirm diagnosis?
<http://www.medicalnewstoday.com/articles/315774.php>
 - Research highlight
- 02/12/17 Hair analysis may help diagnose Cushing Syndrome
<https://scienceblog.com/492060/hair-analysis-may-help-diagnose-cushing-syndrome/>
 - Science blog post about my research discovery
- 02/09/17 Hair analysis may help diagnose Cushing syndrome, researchers report
<https://www.sciencedaily.com/releases/2017/02/170209133434.htm>
 - Research highlight
- 02/14/17 Is Cushing Syndrome Risky? Get To Know How Hair Analysis Helps Easily Detect The Condition
<http://www.sciencetimes.com/articles/8595/20170214/is-cushing-syndrome-risky-get-to-know-how-hair-analysis-helps-easily-detect-the-condition.htm>
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- 02/14/17 Hair analysis may help diagnose Cushing Syndrome, NIH researchers report
<http://www.healthcanal.com/disorders-conditions/234676-newly-found-mechanism-protecting-neurons-underlie-brain-disease.html>
 - Research highlight
- 02/13/17 Hair Sample Might Aid in Cushing's Syndrome Diagnosis
<http://www.medscape.com/viewarticle/875709>
 - Research highlight
- 02/16/17 Hair analysis may identify Cushing's syndrome
<http://www.healio.com/endocrinology/adrenal/news/in-the-journals/%7B863bc742-cf02-47b8-ae93-1df49d559507%7D/hair-analysis-may-identify-cushings-syndrome>
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- 11/10/17 New FDA Approval for Diabetes Medications That Also Benefit Cardiovascular Health. Diabetes Self-Management Magazine.
<https://www.diabetesselfmanagement.com/managing-diabetes/complications-prevention/fda-oks-two-medicines-cardiovascular-disease-type-2-diabetes/>
 - Diabetes magazine interview
- 07/03/19 Genetic variants may be linked with high blood pressure among blacks
<https://www.news-medical.net/news/20190703/Genetic-variants-may-be-linked-with-high-blood->

- [pressure-among-blacks.aspx](#)
- Research highlight and interview
- 07/03/19 Scientists link genetics to risk of high blood pressure among blacks
<https://medicalxpress.com/news/2019-07-scientists-link-genetics-high-blood.html>
- Research highlight
- 07/03/19 NIH scientists link genetics to risk of high blood pressure among blacks
https://www.eurekalert.org/pub_releases/2019-07/nksn-nsl062719.php
- Research highlight and interview
- 07/03/19 Los científicos de NIH relacionan la genética con el riesgo de presión arterial alta entre las personas Negras
<https://espanol.nichd.nih.gov/noticias/prensa/070319-riesgo-presion-alta>
- 07/04/19 NIH Researchers Link Gene to High Blood Pressure Risk in Black Individuals
<https://www.technologynetworks.com/tn/news/nih-researchers-link-gene-to-high-blood-pressure-risk-in-black-individuals-321428>
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- 07/05/19 Gene variant may increase blood pressure in black people
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- 07/06/19 MIL-OSI USA: NIH scientists link genetics to risk of high blood pressure among blacks
<https://foreignaffairs.co.nz/2019/07/06/mil-osi-usa-nih-scientists-link-genetics-to-risk-of-high-blood-pressure-among-blacks/>
- Research highlight
- 07/26/19 Rare ARMC5 gene variant linked with hypertension in black adults
<https://www.healio.com/cardiology/vascular-medicine/news/online/%7B62048eb2-1e3e-4fd6-805b-35007fe0c8e9%7D/rare-armc5-gene-variant-linked-with-hypertension-in-black-adults>
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- 09/12/19 In the House: How Inpatient Diabetes Teams Can Improve Patient Outcomes and Reduce Costs
<https://endocrinenews.endocrine.org/in-the-house-how-inpatient-diabetes-teams-can-improve-patient-outcomes-and-reduce-costs/>
- Research highlight and interview
- 11/17/19 Johns Hopkins experts to present important topics at Architecture of High Value Health Care Conference
<https://www.news-medical.net/news/20191117/Johns-Hopkins-experts-to-present-important-topics-at-Architecture-of-High-Value-Health-Care-Conference.aspx>
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- 07/10/20 Tucker, ME. Endocrine Hospitalist-Led Service Improves Diabetes Care. July 10, 2020.
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- Clinical practice and research highlight, interview.
- 09/08/20 All About Insulin
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- Interview about insulin therapies
- 10/22/20 Alkon, C. A Moment's Notice: Good Habits For Being on Call. Endocrine News (October) 2020. P.41-43.
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- 11/09/20 Jaffe, L. Why Climate Change Is Different for People With Diabetes.
<https://www.endocrineweb.com/climate-change-different-people-diabetes>
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- 11/13/20 Diabetes awareness: risk factors, prevention, symptoms, and disease management
<https://wjla.com/features/good-morning-washington/diabetes-awareness-risk-factors-prevention-and-disease-management>
- ABC7 -WJLA TV interview about diabetes risk factors and prevention
- 02/01/21 New diabetes cases linked to COVID-19, <https://www.sunjournal.com/2021/02/01/the-latest-eu-says-crime-gangs-are-forging-negative-test-certificates/>
- Interview
- 02/01/21 COVID-19 might be triggering new-onset diabetes, researchers say
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<https://www.jhsph.edu/covid-19/articles/the-impacts-of-covid-19-on-diabetes-and-insulin.html>
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- 09/01/23 Sue Coon. The Hospitalist. Dual Specialties—the Best of Both Worlds
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- 12/25/24 5 Thyroid Myths Doctors Say to Stop Believing Now
<https://www.prevention.com/health/health-conditions/a62604498/thyroid-myths-debunked/>
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- International**
- 2015 International Society of Hypertension (ISH) Investigator of the month (<http://ish-world.com/new-investigators-spotlight/i/May-2015-Spotlight-of-the-Month/>)
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- 02/10/17 Hair analysis may help diagnose Cushing Syndrome, NIH researchers report
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<https://www.aerzteblatt.de/treffer?mode=s&wo=17&typ=1&nid=73090&s=cushing>
- Research highlight (in German)
- 02/23/17 Síndrome de Cushing, ¿podría el estudio confirmar el diagnóstico?
<http://consalud.es/estetic/bienestar/sindrome-de-cushing-podria-el-cabello-confirmar-el-diagnostico-33980>
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- Research highlight (in Russian)
- 05/15/17 Interview for the Voice of America Television show with Dr. Najibullah Ahmadyar “Growth Hormone Deficiency” and “Osteoporosis”.
- Interview for a TV show aired in Afghanistan
- 07/07/17 First Person: Happy Campers, Endocrine News
<http://endocrinenews.endocrine.org/first-person-happy-campers/>
- Article about my experience at a diabetes camp
- 07/09/18 Interview for the Voice of America Television show with Dr. Mir Abdul Q. Moshref “Type 1 diabetes treatment”
- Interview for the TV show aired in Afghanistan
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<https://www.youtube.com/watch?v=Ihmd5VUc0oI&feature=youtu.be&t=16m15s> ”.
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<https://youtu.be/UCFTJEMTJHo?t=15m39s>
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<https://www.washingtonpost.com/health/2021/02/01/covid-new-onset-diabetes/>
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- 03/09/21 Κορονοϊός: Προκαλεί άλλη σοβαρή νόσο για όλη την ζωή; Δείτε τι παρατηρείται με τους ιαθέντες!
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- 03/08/21 269 – COVID-19 and Diabetes (Public Health on Call Podcast)
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- 06/17/23 ВРАЧ-ЭНДОКРИНОЛОГ СОЧИНЯЕТ МУЗЫКУ ДЛЯ ЛЕЧЕНИЯ ДИАБЕТА В СТАЦИОНАРЕ
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- 10/13/23 Studie: Covid-Booster können Blutzucker von Diabetikern gefährlich in die Höhe treiben. Report24. <https://report24.news/studie-covid-booster-koennen-blutzucker-von-diabetikern-gefaehrlich-in-die-hoehe-treiben/>
- 11/02/23 A.J. Hanley. This Is Your Body On Type 1 Diabetes. Women's Health. <https://www.aol.com/body-type-1-diabetes-170000855.html>
- 02/09/24 Kayla Hui, MPH. What to Do If Your Insulin Is Being Discontinued <https://www.verywellhealth.com/levemir-discontinued-how-to-switch-insulin-8557836>
- 02/16/24 Tori Rodriguez, MA, LPC, AHC. Endocrine Disrupting Chemicals: What Can We Do About Them?, Endocrinology Advisor <https://www.endocrinologyadvisor.com/general-endocrinology/endocrine-disrupting-chemicals-what-can-we-do-about-them/>
- 03/19/24 Tina Reed. Growing market for glucose monitoring fueled by nondiabetics, Axios <https://www.axios.com/2024/03/19/glucose-monitoring-blood-sugar-diabetes>
- 03/19/24 Hysterical Strength? Fight or flight? This is how your body reacts to extreme stress, National Geographic <https://www.nationalgeographic.com/science/article/extreme-strength-fight-flight-stress-muscle-power>
- 06/26/24 Mihail Zilbermint. TIGHT: Inpatient CGM use did not improve glycemic control. Healio, Endocrine today. <https://www.healio.com/news/endocrinology/20240626/tight-inpatient-cgm-use-did-not-improve-glycemic-control#ABEA4D198D154F22BDD101E6B41F5E68>
- 07/24/24 Miriam Tucker. Shifting Insulin Meal Timing Cuts Hospital Hypoglycemia. <https://www.medscape.com/viewarticle/shifting-insulin-meal-timing-cuts-hospital-hypoglycemia-2024a1000dlz>
- Research highlight
- 07/25/24 Michael Monostra. Postprandial insulin may cut hypoglycemia rates for hospitalized adults with diabetes. <https://www.healio.com/news/endocrinology/20240725/postprandial-insulin-may-cut-hypoglycemia-rates-for-hospitalized-adults-with-diabetes>
- Research highlight
- 02/18/25 Mihail Zilbermint. Few hospitalized adults with type 2 diabetes prescribed SGLT2, GLP-1 medication. <https://www.healio.com/news/endocrinology/20250218/few-hospitalized-adults-with-type-2-diabetes-prescribed-sgl2-glp1-medication#42D7970D2A244C89B1F9AECB931EEA5B:~:text=to%20the%20researchers.-,PERSPECTIVE,-Back%20to%20Top>
- Research perspective
- 04/14/25 University study links Type 2 diabetes to Alzheimer's symptoms <https://www.washingtontimes.com/news/2025/apr/14/university-nevada-las-vegas-study-links-type-2-diabetes-alzheimers/>
- 04/28/25 Mihail Zilbermint. Personal CGMs accurate at measuring glucose in most ranges during hospitalization <https://www.healio.com/news/endocrinology/20250428/personal-cgms-accurate-at-measuring-glucose-in-most-ranges-during-hospitalization>
- Research perspective
- 05/20/25 Cassie Shortsleeve. From Screening to Intervention: Optimizing Prediabetes Care in Primary Care Settings. Medscape. <https://www.medscape.com/viewarticle/screening-intervention-optimizing-prediabetes-care-primary-2025a1000cp0>
- Interview and clinical highlight

06/04/25	Cassie Shortsleeve. Should You Consider CGMs for Patients With Early Diabetes? https://www.medscape.com/viewarticle/should-you-consider-cgms-patients-early-diabetes-2025a1000f3b
	<ul style="list-style-type: none"> • Interview and clinical highlight
08/07/25	Annika Kim Constantino. Eli Lilly shares drop after obesity pill shows modest late-stage trial results https://www.cnbc.com/2025/08/07/eli-lilly-obesity-pill-weight-loss-trial.html
	<ul style="list-style-type: none"> • Interview
08/24/25	Annika Kim Constantino. Eli Lilly's obesity pill remains a viable rival to Novo's oral Wegovy despite data that underwhelmed investors https://www.cnbc.com/2025/08/24/eli-lilly-oral-obesity-pill-novo-nordisk.html
	<ul style="list-style-type: none"> • Interview
09/15/25	EASD 2025: Orforglipron in Focus, the Case for Cardiovascular Benefits, More https://www.biospace.com/drug-development/easd-2025-orphorglipron-in-focus-the-case-for-cardiovascular-benefits-more
	<ul style="list-style-type: none"> • Interview
09/09/25	Michael Monostra. Healio. Q&A: CGM initiation during hospitalization offers unique opportunity for education. https://www.healio.com/news/endocrinology/20251009/qa-cgm-initiation-during-hospitalization-offers-unique-opportunity-for-education
	<ul style="list-style-type: none"> • Research interview

Other Media [OM]

2016	Diabetes Care at Suburban Hospital web-site (http://www.hopkinsmedicine.org/suburban_hospital/medical_services/specialty_care/diabetes_care/)
X	https://X.com/zilbermint
LinkedIn	https://www.linkedin.com/in/mishazilbermint/
ORCID	https://orcid.org/0000-0003-4047-7260
Scopus	https://www.scopus.com/authid/detail.uri?authorId=35363219200

FUNDING

EXTRAMURAL Funding

Current

None

Previous

2012-2015	Research Clinical Protocol: "Evaluation of Patients with Endocrine-Related Conditions" ClinicalTrials.gov Identifier: NCT00005664 Total direct cost: Not applicable Principal Investigator: Lynnette K. Nieman, M.D. National Institute of Child Health and Human Development, National Institutes of Health Role: Co-investigator (5% percent effort)
2013-2020	Research Clinical Protocol: "A Clinical and Genetic Investigation of Pituitary Tumors and Related Hypothalamic Disorders"

	ClinicalTrials.gov Identifier: NCT00001595
	Total direct cost: Not applicable
	Principal Investigator: Constantine A. Stratakis, M.D.
	National Institute of Child Health and Human Development, National Institutes of Health
	Role: Co-investigator (1% percent effort)
2013-2020	Research Clinical Protocol: “Clinical and Molecular Analysis of ACTH-Independent Steroid Hormone Production in Adrenocortical Tissue”
	ClinicalTrials.gov Identifier: NCT00005927
	Total direct cost: Not applicable
	Principal Investigator: Constantine A. Stratakis, M.D.
	National Institute of Child Health and Human Development, National Institutes of Health
	Role: Co-investigator (1% percent effort)
2016-2017	Research Clinical Protocol: “Personalized Approach to the Management of Diabetes/Prediabetes and Its Complications: A Natural History Study” (T-DK-0507)
	Principal investigator: Ranganath Muniyappa, M.D.
	NIDDK, NIH
	Role: Co-investigator (2% percent effort)
2015-2019	Research Clinical Protocol: “ARMC5 gene mutations and hypertension in African Americans: Minority Health-GRID study.”
	Principal investigator: Gary H. Gibbons, M.D.
	National Human Genome Research Institute (NHGRI),
	Genomics of Metabolic, Cardiovascular and Inflammatory Disease Branch,
	Cardiovascular Section
	Role: Co-principal investigator (5% percent effort)
2018-2021	Research Clinical Protocol: “Clinical and Molecular Characteristics of Primary Aldosteronism in Blacks” (18-CH-0031)”. Principal investigator: Crystal Dawn C Kamilaris, M.D
	NICHHD, NIH
	Role: Co-investigator (1% percent effort)
2014-2021	Research Clinical Protocol: “Insights Into Microbiome and Environmental Contributions to Sickle Cell Disease and Leg Ulcers Study (INSIGHTS Study) ClinicalTrials.gov Identifier: NCT02156102
	Principal investigator: Vence L. Bonham, J.D.
	National Human Genome Research Institute, National Institutes of Health
	Role: Co-investigator (1% percent effort)
2021-2024	Research Clinical Protocol: “Glycemic Effects of the COVID-19 Booster Vaccine in Type 1 Diabetes” Principal investigator: Andrew P. Demidowich, M.D.
	Johns Hopkins Medicine/Dexcom
	Role: Co-investigator (1% percent effort)

Clinical Extramural Funding

None

System Innovation or Quality Improvement Extramural Funding

None

INTRAMURAL Funding

Current

2017-present	Research Clinical Protocol: “Development and validation of a model to predict insulin-associated hypoglycemia among hospitalized patients” Principal investigator: Nestoras Mathioudakis, M.D.
	Role: Co-investigator (1% percent effort)
2020-present	Research Clinical Protocol: “Interventions in inpatient glycemic control” Principal investigator: Andrew Demidowich, M.D.
	Role: Co-investigator (1% percent effort)

Educational Intramural Funding

None

Clinical Intramural Funding

None

System Innovation or Quality Improvement Intramural Funding

Past

2018-2019	Research Study: "The Low Carbohydrate, High Fat Diet and Glycemic Control in Patients with Type 2 Diabetes: Experience from a Community-Based Cohort" Principal investigator: Shabina Ahmed, M.D. Role: Co-investigator (2% percent effort)
2014-2019	Research Study: "Determining patterns of insulin use at Johns Hopkins Hospital as contributing factors of significant hyperglycemic and hypoglycemic events." Principal investigator: Sherita H. Golden, M.D. Role: Co-investigator (2% percent effort)
2016-2017	Research Clinical Protocol: "Medication reconciliation of glucose-lowering medications during hospitalization for patients with type 2 diabetes and prevalence of contraindications to non-insulin therapy after discharge" Principal investigator: Nestoras Mathioudakis, M.D. Role: Co-investigator (1% percent effort)
2019-2022	Scholarly project: "Effect of Inpatient Diabetes Management Service on Hypoglycemia Rate of hospitalized patients" Principal investigator: Mihail Zilbermint, M.D. Role: Principal Investigator (2% percent effort)

CLINICAL ACTIVITIES

Clinical Focus

My primary focus is on inpatient diabetes management and inpatient endocrinology, with a particular emphasis on advancing the role of the Endocrine Hospitalist at Johns Hopkins Medicine. I led the development of comprehensive inpatient diabetes management protocols now implemented by practitioners across the United States. In 2022, I served as the guest editor for a special issue of Diabetes Spectrum, dedicated entirely to inpatient diabetes management, and have delivered over 100 national and international lectures on inpatient endocrine care.

Beyond diabetes management, I have contributed to national guidelines and educational initiatives. I was an invited author for the American Association of Clinical Endocrinology (AACE) dyslipidemia guidelines and developed "Obesity for Primary Care" workshops offered across the U.S.

In recognition of these contributions, The Endocrine Society named me one of the 13 leading endocrinologists worldwide in 2022, awarding me the prestigious Laureate Award (Vigersky Outstanding Clinical Practitioner Award). This honor acknowledges extraordinary contributions to both the endocrine and medical communities. Additionally, in 2023, my leadership of the Endocrine Hospitalist program earned national recognition with AACE's Rising Star in Endocrinology Award. This award honors early-career endocrinologists who have demonstrated impactful outcomes through leadership, teamwork, and innovation in patient care, research, and education.

Certification

2008-present	Educational Commission for Foreign Medical Graduates Certificate, #07276009
2024-present	Medical Doctor Expert Witness Certificate, Florida Department of Health, #MEEW**632

Medical, other state/government licensure

2009-present	Advanced Cardiac Life Support license, American Heart Association
2009-present	Basic Life Support license, American Heart Association
2012-present	Physician and Surgeon, Maryland Board of Physicians, #D007**07
2012-present	Controlled Dangerous Substances License, Maryland, #M76**6

2013-present Controlled Substance Registration (DEA), #FZ4****53
 2021-present Physician and Surgeon, Washington D.C., MD04**80
 2021-present Controlled Dangerous Substances License, Washington, DC
 2021-present Controlled Substance Registration (DEA), Washington, DC

Boards, other specialty certification

2012-present Board Certified, American Board of Internal Medicine, #333666
 2014-present Board Certified, Endocrinology, Diabetes and Metabolism, sub-board of American Board of Internal Medicine, #333666

Clinical (Service) Responsibilities

2013-present “Camp Possibilities” for children with type 1 diabetes, Darlington, MD,
 Role: Endocrinologist, 3-5 days per year
 2015-present Johns Hopkins Community Physicians at Suburban Hospital, Bethesda, MD.
 Role: Endocrine Hospitalist
 2013-2020 Johns Hopkins Community Physicians at Suburban Hospital, Bethesda, MD.
 Role: Hospitalist Attending
 2014-2015 Endocrinology, Diabetes and Metabolism clinic at Suburban MobileMed, Bethesda, MD
 Role: Junior attending, 1 day per month

Clinical FY24 2nd half-15% above target RVU
 Productivity FY24 1st half-21% above target RVU

Clinical Draw from outside local/regional area

I am a Hospitalist Endocrinologist and my clinical draw is completely dependent on hospital draw (most of the patients who are seen are from the National Capital Region).

Membership in or examiner for specialty board

None

Clinical Program Building / Leadership

I established the first inpatient diabetes management service at Suburban Hospital, collaborating with transitional care nurses and Community Health & Wellness to expand this program. This initiative significantly reduced readmissions, shortened hospital stays, and saved Suburban Hospital over \$953,000 between January 2016 and June 2017. Recognized regionally, this program was expanded to Johns Hopkins Howard County Medical Center in 2018 and Sibley Memorial Hospital in 2021.

As Director of the Endocrine Hospitalist Program for Johns Hopkins Community Physicians (JHCP), I oversee the clinical operations of endocrine groups at Suburban Hospital, Johns Hopkins Howard County Medical Center, and Sibley Memorial Hospital. These teams, comprising six full-time and twenty-two part-time providers, are known for sustained clinical excellence, with two programs recognized with Johns Hopkins Medicine Clinical Excellence Awards.

In 2018, I was appointed Division Chief of Endocrinology and served as Chair of the Department of Medicine at Suburban Hospital from 2000 to 2022. In these roles, I provided leadership for clinical programs, shaped policies affecting medical practice, and guided medical staff in enhancing quality and performance.

My responsibilities include coordinating physician recruitment, retention, credentialing, and continuing education for the Medical Staff, as well as overseeing physician quality and performance improvement. I advocate for a Just Culture, fostering a fair and open environment that prioritizes learning, safe system design, and positive behavioral choices. Additionally, I contribute clinical insight to the development of operating budgets and strategic plans for all Endocrine Hospitalist teams and the organization at large.

10/31/15-present	Designed and implemented the Inpatient Endocrine and Diabetes Management Service, Suburban Hospital, Bethesda, MD
11/05/15-present	Established the Glucose Steering Committee at Suburban Hospital
01/07/16-present	Assisted in designing and implementing the train-the-trainer Diabetes Nurse Champion initiative, Suburban Hospital, Bethesda, MD
01/10/16-09/01/2020	Assisted in designing and implementing Fine Tune Your Diabetes classes
08/06/18-present	Designed and implemented a new position of Diabetes Nurse Practitioner and expanded of Endocrinology and Inpatient Diabetes Management Service at Suburban Hospital
08/20/18-present	Designed and implemented the Endocrine Hospitalist/Inpatient Endocrine and Diabetes Management Service, Johns Hopkins Howard County Medical Center, Johns Hopkins Medicine, Columbia, MD
08/02/21-present	Designed and implemented the Endocrine Hospitalist program, Sibley Memorial Hospital, Johns Hopkins Medicine, Washington, DC

Clinical Demonstration Activities to external audience, on or off campus

2018	Clinical demonstration of Inpatient Endocrine and Diabetes Management Service (IDMS) to Johns Hopkins Howard County Medical Center. Visited Suburban Hospital. Discussion on design of the IDMS, Glucose Steering Committee and general clinical operations. Suburban site visit by: Michael Taylor, CDE. Role: Organizer.
2019	Clinical demonstration of Inpatient Endocrine and Diabetes Management Service (IDMS) to Sibley Hospital. Visited Suburban Hospital. Discussion on design of the IDMS, Glucose Steering Committee. Suburban site visit by: Juliann DeStefano. Role: Organizer.

Development of nationally/internationally recognized clinical standard of care
None

EDUCATIONAL ACTIVITIES

Educational Focus

I am a dedicated educator, investing considerable time in teaching and mentoring. I precept at the endocrinology fellows' clinic at the Johns Hopkins Outpatient Center and the Johns Hopkins Comprehensive Diabetes Center, and I teach endocrinology to Osler Internal Medicine Residents at Johns Hopkins Hospital. I initiated one of the first Endocrine Hospitalist rotations for internal medicine residents from the Kaiser Permanente program and for endocrinology fellows from George Washington University Hospital.

In addition to working with physicians in training, I am committed to educating allied health professionals. I have precepted 18 nurse practitioners during their endocrinology and diabetes rotations at the Johns Hopkins School of Nursing and assisted in training 13 PGY1 pharmacy residents at Suburban Hospital, as well as over 20 hospitalists across Johns Hopkins Howard County Medical Center, Suburban, and Sibley Hospitals.

Recognizing the rapid advancements in diabetes management, I established the first Diabetes Symposium for Primary Care Providers at Suburban Hospital in 2016. This biannual event, featuring speakers from the Johns Hopkins School of Medicine, NIH, and Kaiser Permanente, has since engaged more than 300 primary care providers, endocrinologists, advanced practice providers, and nurse practitioners.

Teaching

Classroom instruction

JHMI/Regional

11/11/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Medical Unit 4400, Suburban Hospital, Bethesda, MD
11/17/15	Lecturer, "Inpatient diabetes management", clinical nurses the Continuing Decision Unit, Suburban Hospital, Bethesda, MD

11/17/15	Lecturer, Research nurses at NIH Clinical Center, "Primary aldosteronism", National Institutes of Health, Bethesda, MD.
11/20/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Surgical Unit at Suburban Hospital, Bethesda, MD
11/20/15	Lecturer, "Inpatient diabetes management", general nursing counsel, Suburban Hospital, Bethesda, MD
11/23/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Medical Unit 4300 at Suburban Hospital, Bethesda, MD
12/01/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Orthopedic Unit at Suburban Hospital, Bethesda, MD
12/09/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Oncology Unit at Suburban Hospital, Bethesda, MD
12/16/15	Lecturer, "Inpatient diabetes management", clinical nurses at the Intensive Care Unit at Suburban Hospital, Bethesda, MD
12/17/15	Lecturer, "Discharge instruction for patients with diabetes", Internal Medicine Physicians and Hospitalist providers, Suburban Hospital, Bethesda, MD
12/18/15	Lecturer, "Insulin pumps and inpatient diabetes management", General nursing counsel, Suburban Hospital, Bethesda, MD
01/14/16	Lecturer, "Perioperative diabetes management", clinical nurses at the Postoperative Unit, Suburban Hospital, Bethesda, MD
01/15/16	Lecturer, "Hypoglycemia management", general nursing counsel, Suburban Hospital, Bethesda, MD
01/15/16	Lecturer, "Inpatient diabetes management", clinical nurses at the Oncology Unit, Suburban Hospital, Bethesda, MD
01/18/16	Lecturer, "Hyperglycemia case-study", clinical nurses at the Progressive Care Unit, Suburban Hospital, Bethesda, MD
01/21/16	Lecturer, "Perioperative diabetes management", clinical nurses at the Postoperative Unit, Suburban Hospital, Bethesda, MD
01/21/16	Lecturer, "Hyperglycemia case-study", Internal Medicine Physicians and Hospitalist providers, Suburban Hospital, Bethesda, MD
02/19/16	Lecturer, "Hypoglycemia and hyperglycemia management", general nursing counsel, Suburban Hospital, Bethesda, MD
02/22/16	Lecturer, "Inpatient diabetes management", clinical nurses at the Intensive Care Unit, Suburban Hospital, Bethesda, MD
02/23/16	Lecturer, "Inpatient diabetes management", clinical nurses at the Behavioral Care Unit, Suburban Hospital, Bethesda, MD
02/23/16	Lecturer, "Challenging cases of diabetes management", clinical nurses at the Continuing Decision Unit, Suburban Hospital, Bethesda, MD
03/15/16	Lecturer, "Hypoglycemia management", Diabetes Nurse Champions, Suburban Hospital, Bethesda, MD
03/16/16	Lecturer, "Hypoglycemia management", clinical nurses at the Intensive Care Unit, Suburban Hospital, Bethesda, MD
03/22/16	Lecturer, "Hypoglycemia management" for nurses in the Medical 4300 Unit at Suburban Hospital, Bethesda, MD
03/22/16	Lecturer, "Inpatient diabetes management", Clinical Pharmacists, Suburban Hospital, Bethesda, MD
04/07/16	Lecturer, "Hypoglycemia and steroid-induced hyperglycemia management", Surgical Physician Assistants, Suburban Hospital, Bethesda, MD
04/25/16	Lecturer, "Use of nutritional insulin in the hospital", Internal Medicine Physicians and Hospitalist providers, Suburban Hospital, Bethesda, MD
05/03/16	Lecturer, "Why should I not hold nutritional insulin ", Clinical nurses at the Medical 4300 Unit, Suburban Hospital, Bethesda, MD
05/13/16	Lecturer, "Inpatient diabetes management", Nurse Practitioners and Emergency Room Physicians, CDU, Suburban Hospital, Bethesda, MD
05/16/16	Lecturer, "Hypoglycemia management", Clinical Nurses at the Oncology 6300 Unit, Suburban Hospital, Bethesda, MD
05/19/16	Lecturer, "Hypoglycemia management", Clinical Nurses at the Oncology 6300 Unit, Suburban

Hospital, Bethesda, MD

06/28/16 Lecturer, "Diabetes ketoacidosis and hyperosmolar hyperglycemic state", ICU nurses, Suburban Hospital, Bethesda, MD

06/28/16 Lecturer, "Diabetes and exercise", Exercise physiologists, Suburban Hospital, Bethesda, MD

07/19/16 Lecturer, "Hypoglycemia management". Clinical nurses at the 4400 Nursing Unit, Suburban Hospital, Bethesda, MD

08/19/16 Lecturer, "Adjusting basal-bolus insulin", Nurse Practitioners and Emergency Room Physicians, CDU, Suburban Hospital, Bethesda, MD

09/22/16 Lecturer, "Nutritional insulin management", Clinical nurses and nursing students, Medical 4300 Unit, Suburban Hospital, Bethesda, MD

09/30/16 Lecturer, "Nutritional insulin management", Clinical nurses and nursing students, Medical 4300 Unit, Suburban Hospital, Bethesda, MD

10/04/16 Lecturer, "Nutritional insulin management", Clinical nurses and nursing students, Medical 4400 Unit, Suburban Hospital, Bethesda, MD

10/07/16 Lecturer, "Nutritional insulin management", Clinical nurses and nursing students, Medical 4400 Unit, Suburban Hospital, Bethesda, MD

10/18/16 Lecturer, "Nutritional insulin management" for nurses in Progressive Care Unit at Suburban Hospital, Bethesda, MD

10/28/16 Lecturer, "Nutritional insulin management" for nurses in Progressive Care Unit at Suburban Hospital, Bethesda, MD

11/14/16 Lecturer, "Hypoglycemia management", Nursing residency program, Suburban Hospital, Bethesda, MD

11/17/16 Lecturer, Research nurses at NIH Clinical Center, "Primary aldosteronism", National Institutes of Health, Bethesda, MD.

11/21/16 Lecturer, "Basics of Diabetes Education", Clinical Nurses at Medical 4400 Unit, Suburban Hospital, Bethesda, MD

11/22/16 Lecturer, "Challenging cases of diabetes management", Clinical nurses, 6400 Continuing Decision Unit, Suburban Hospital, Bethesda, MD

11/28/16 Lecturer, "Basics of Diabetes Education" for nurses at Medical 4400 Unit at Suburban Hospital, Bethesda, MD

12/02/16 Lecturer, "Insulin pens", Clinical Nurses, Medical 4400 Unit, Suburban Hospital, Bethesda, MD

12/05/16 Lecturer, "Adjusting subcutaneous insulin", Nurse Practitioners and Emergency Room Physicians, CDU, Suburban Hospital, Bethesda, MD

02/28/17 Lecturer, "Transitioning IV to SC insulin", ICU Physicians, Suburban Hospital, Bethesda, MD, 5 Attended.

03/01/17 Lecturer, "Safety of insulin", Diabetes Nurse Champions, Suburban Hospital, Bethesda, MD. 15 Attended.

06/15/17 Lecturer, "Initiating and adjusting subcutaneous insulin", Physicians Assistants at the Department of Surgery, Suburban Hospital, Bethesda, MD, 12 attended

06/22/17 Lecturer, "Management of Nutritional insulin in patients who are NPO", clinical nurses and nursing students, Surgical/Ortho Unit at Suburban Hospital, Bethesda, MD, 14 attended.

06/27/17 Lecturer, "Insulin pump management", Clinical Nurses, Medical 4400 Unit, Suburban Hospital, Bethesda, MD

06/28/17 Lecturer, "Management of Nutritional insulin in patients who are NPO", clinical nurses and nursing students, Surgical/Ortho Unit at Suburban Hospital, Bethesda, MD, 12 attended.

07/17/17 Lecturer, "Management of Nutritional insulin in patients who are NPO", Clinical Nurses, Suburban Hospital, Bethesda, MD, 9 attended

07/27/17 Lecturer, "Insulin pump management", Clinical nurses at Behavioral 7300 Unit, Suburban Hospital, Bethesda, MD 5 attended.

07/31/17 Lecturer, "Initiating subcutaneous insulin", PGY-1, Pharmacy residents and students, Suburban Hospital, Bethesda, MD, 5 attended.

08/07/17 Lecturer, "Basal bolus insulin therapy in patients who are receiving tube feedings", PGY-1 Pharmacy residents, students and Clinical Pharmacists at Suburban Hospital, Bethesda, MD, 5 attended.

08/14/17 Lecturer, "Adjusting bolus insulin therapy in patients with diabetes", PGY-1 Pharmacy residents,

students and Clinical Pharmacists at Suburban Hospital, Bethesda, MD, 6 attended.

08/28/17 Lecturer, "Bed-time hypoglycemic protocol", clinical nurses Surgical/Ortho-Neuro Unit at Suburban Hospital, Bethesda, MD, 7 attended.

09/11/17 Lecturer, "Diabetes in patients undergoing cardiac rehabilitation", Cardiac rehabilitation nurses at Suburban Hospital, Bethesda, MD, 10 attended.

09/18/17 Lecturer, "Bed-time hypoglycemic protocol", clinical nurses Surgical Unit at Suburban Hospital, Bethesda, MD, 5 attended.

01/23/18 Lecturer, "Insulin pump management", Clinical nurses at 4400 Unit, Suburban Hospital, Bethesda, MD 6 attended.

01/25/18 Lecturer, "Hypoglycemia and bed-time protocol", Clinical nurses, Medical 4300 Unit, Suburban Hospital, Bethesda, MD. 16 attended.

02/01/18 Lecturer, "Hypoglycemia and bed-time protocol", Clinical nurses, Medical 4300 Unit, Suburban Hospital, Bethesda, MD. 12 attended.

03/09/18 Lecturer, "Initiating basal-bolus insulin and calculating insulin total daily dose", Nurse Practitioners and Emergency Room Physicians, CDU, Suburban Hospital, Bethesda, MD. 5 attended.

03/09/18 Lecturer, "Insulin pump management", Clinical nurses and nursing students at 4300 Unit, Suburban Hospital, Bethesda, MD. 10 attended.

04/02/18 Facilitator and lecturer, "Insulin pump management", Clinical Pharmacists at Suburban Hospital, Suburban Hospital, Bethesda, MD. 5 attended.

04/05/18 Lecturer, "Initiation of insulin basal-bolus therapy", Surgical Physician Assistants, Suburban Hospital, Bethesda, MD. 12 attended

04/10/18 Facilitator and lecturer, "Insulin pump management for Physicians and Hospitalists at Suburban Hospital", Suburban Hospital, Bethesda, MD. 5 attended.

04/10/18 Facilitator and lecturer, "Insulin pump management for Physicians and Hospitalists at Suburban Hospital", Suburban Hospital, Bethesda, MD. 5 attended.

04/10/18 Facilitator, "Insulin pump management" for nurses at 4300 Unit at Suburban Hospital, Suburban Hospital, Bethesda, MD. 6 attended.

04/12/18 Lecturer, "Adjustment of insulin basal-bolus therapy", Surgical Physician Assistants and PA students, Suburban Hospital, Bethesda, MD. 10 attended

04/26/18 Lecturer, "Insulin pump management", Clinical nurses at 7300 Behavioral Unit, Suburban Hospital, Bethesda, MD. 6 attended.

06/11/18 Lecturer, "Management of Nutritional and basal insulin in patients who are NPO", clinical nurses, Surgical/Ortho Unit at Suburban Hospital, Bethesda, MD, 5 attended.

06/11/18 Lecturer, "Management of Nutritional and basal insulin in patients who are NPO", Clinical nurses at Behavioral 7300 Unit, Suburban Hospital, Bethesda, MD 6 attended.

06/26/18 Lecturer, "Insulin pump management and documentation", Clinical nurses at 4300 Unit, Suburban Hospital, Bethesda, MD. 6 attended.

07/17/18 Lecturer, "Insulin pump management and documentation", Clinical nurses at 7300 Unit, Suburban Hospital, Bethesda, MD. 5 attended.

08/03/18 Lecturer, "Management of Nutritional and basal insulin in patients who are NPO and eating", Clinical nurses at 4300 Medical Unit, Suburban Hospital, Bethesda, MD 6 attended.

10/08/18 Lecturer, "Initiating basal-bolus insulin and calculating insulin total daily dose", Hospitalists and Intensivists at JHHCMC, Columbia, MD. 5 attended.

10/29/18 Lecturer, "How to discharge uninsured patient on insulin". Hospitalists at JHHCMC, Columbia, MD.

11/02/18 Lecturer, "Nutritional insulin and hypoglycemia protocol". Clinical nurses at 4400 Unit, Suburban Hospital, Bethesda, MD. 7 attended.

06/10/19 Lecturer, "SIADH and DI: management in the hospital's setting". Clinical Pharmacist and Pharmacy resident at Suburban Hospital, Suburban Hospital, Bethesda, MD. 2 attended.

08/07/19 Lecturer, "Inpatient Diabetes Management, Clinical Pharmacists and Dietitians at Suburban Hospital", Suburban Hospital, Bethesda, MD. 7 attended.

08/08/19 Lecturer, "Insulin management in patients on tube feedings. Diabetes Management," Clinical Pharmacists and Dietitians at Suburban Hospital, Suburban Hospital, Bethesda, MD. 7 attended.

08/21/19 Lecturer, "Hypoglycemia protocol". Clinical nurses and technologists at 4400 Unit, Suburban Hospital, Bethesda, MD. 12 attended.

09/12/19	Lecturer, "Insulin pump management and documentation", Clinical nurses at 7300 Unit, Suburban Hospital, Bethesda, MD. 8 attended.
11/01/19	Lecturer, "Insulin pump management and documentation", Clinical nurses and nursing students at 4300 Medical Unit, Suburban Hospital, Bethesda, MD. 14 attended.
01/23/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". ICU attendings Suburban Hospital, Bethesda, MD. 6 attended
01/27/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". ICU clinical nurses ICU Unit, Suburban Hospital, Bethesda, MD. 10 attended
01/27/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". ICU clinical nurses ICU Unit, Suburban Hospital, Bethesda, MD. 8 attended
01/29/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". ICU clinical nurses ICU Unit, Suburban Hospital, Bethesda, MD. 6 attended
01/29/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis." ICU clinical nurses ICU Unit, Suburban Hospital, Bethesda, MD. 9 attended
02/04/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". Clinical Pharmacists and Pharmacy Residents, Suburban Hospital, Bethesda, MD. 7 attended
09/22/20	Lecturer, "Diabetes management in patients who underwent total pancreatectomy", 4800 Surgical Unit Nurses, Suburban Hospital, Bethesda, MD. 10 attended
09/25/20	Lecturer, "Diabetes management in patients who underwent total pancreatectomy", 4800 Surgical Unit Nurses, Suburban Hospital, Bethesda, MD. 10 attended
10/28/20	Lecturer, "Hypoglycemia protocol". Clinical nurses, Emergency Department, Suburban Hospital, Bethesda, MD. 11 attended.
11/23/20	Lecturer, "DKA and HHS", Clinical Pharmacists, Suburban Hospital, Bethesda, MD (12 attended)
08/04/21	Lecturer, "Hypoglycemia management", 4800 Surgical Unit Nurses, Suburban Hospital, Bethesda, MD. 10 attended
08/06/21	Lecturer, "Insulin decision support tool", Suburban Hospitalists, Bethesda, MD (virtual)
08/09/21	Lecturer, "Hypoglycemia management", 4800 Surgical Unit Nurses, Suburban Hospital, Bethesda, MD. 6 attended
08/11/21	Lecturer, "Basal-bolus insulin therapy", 4800 Surgical Unit Nurses, Suburban Hospital, Bethesda, MD.
02/07/23	Lecturer, "Hypoglycemia management", 3800 Surgical Unit Nurses and nursing students, Suburban Hospital, Bethesda, MD. 12 attended
02/08/23	Lecturer, "DKA", ICU Collaborative meeting, Suburban Hospital, Bethesda, MD
02/09/23	Lecturer, "Hypoglycemia management", 3800 Surgical Unit Nurses and nursing students, Suburban Hospital, Bethesda, MD. 8 attended
02/10/23	Lecturer, "DKA", ICU team meeting, Suburban Hospital, Bethesda, MD
08/16/23	Lecturer, "Hypoglycemia and CGM", 5200 Unit Nurses, Suburban Hospital, Bethesda, MD
08/18/23	Lecturer, "Hypoglycemia and CGM", 6400 Unit Nurses, Suburban Hospital, Bethesda, MD
08/30/23	Lecturer, "Hypoglycemia and CGM", 6400 Unit Nurses, Suburban Hospital, Bethesda, MD
05/17/24	Lecturer, "Glycemic management", 4700/4800 Unit Nurses, Suburban Hospital, Bethesda, MD
06/04/24	Lecturer, "Hypoglycemia management", 4700/4800 Unit Nurses, Suburban Hospital, Bethesda, MD
06/06/24	Lecturer, "CGM training", Glucose Steering Committee, nurses and pharmacists, Suburban Hospital, Bethesda, MD

National None

International None

Clinical instruction

JHMI/Regional

12/07/15-present	Clinical instructor, Endocrinology Fellows' clinic, Johns Hopkins Outpatient Center and Bayview Medical Center, Johns Hopkins School of Medicine, Baltimore, MD
05/18/16-present	Clinical instructor, Acute care Nurse Practitioner students, Suburban Hospital, Bethesda, MD
06/12/16-present	Clinical instructor, PGY1 pharmacy residents, Suburban Hospital, Bethesda, MD

10/26/22-present	Interviewer, Endocrinology Fellows, Johns Hopkins Hospital, Baltimore, MD
National	None
International	None

CME instruction

JHMI/Regional

11/13/15	Speaker, "Inpatient Diabetes Management", Grand Rounds. Suburban Hospital, Bethesda, MD
02/01/18	Speaker, "Adrenal incidentaloma", Grand Rounds, Hospitalist physicians at Johns Hopkins Community Physicians at Suburban Hospital, Bethesda, MD. 17 attended.
06/14/18	Speaker, "Severe hypoglycemia: Trousseau's and Chvostek's sign". 25 attended. Internal Medicine Grand Rounds at Suburban Hospital, Bethesda, MD
07/12/18	Speaker, "Hypertensive urgency and adrenal mass". 22 attended. Internal Medicine Grand Rounds at Suburban Hospital, Bethesda, MD
04/11/19	Speaker, "Bronze Diabetes". 18 attended. Hospitalist CME meeting at Suburban Hospital, Bethesda, MD
05/09/19	Speaker, "A case of hyperglycemic crisis. Subcutaneous insulin decision support tool". Hospitalist CME meeting at Suburban Hospital, Bethesda, MD (12 attended)
06/13/19	Speaker, "A case of 65-year-old woman with a giant prolactinoma." Hospitalist CME meeting at Suburban Hospital, Bethesda, MD. (16 attended).
09/12/19	Speaker, "19 y.o. with increased urination. Review of Diabetes Insipidus.", Hospitalist CME/QA meeting at Suburban Hospital, Bethesda, MD (19 attended).
10/10/19	Speaker, "An unusual case of hypercalcemia", Hospitalist CME/QA meeting at Suburban Hospital, Bethesda, MD (20 attended).
02/14/20	Lecturer, "Insulin infusion for patient with euglycemic DKA and hypertriglyceridemia-induced pancreatitis". Hospitalist CME/QA meeting at Suburban Hospital, Bethesda, MD (18 attended).

National	None
International	None

Workshops/seminars

JHMI/Regional

06/27/16	Speaker, "Diabetic ketoacidosis and hyperosmolar hyperglycemic state", ICU Management Skill Day, Suburban Hospital, Bethesda, MD
10/22/18	Speaker, "Career Round Table for Endocrine Fellows", Johns Hopkins University School of Medicine, Bethesda, MD

National	None
International	None

Mentoring

Pre-doctoral Advisees /Mentees

2017-2019	<u>Samantha Mandel</u> , formerly undergraduate student at New York University, New York. Role: Research preceptor Shared publications: OR11.
2020-2021	<u>Carter Shelton, BS</u> , Graduate Student Johns Hopkins Carey Business School Role: Research preceptor Shared publications: Perspective 3, OR21
2024-present	<u>Daniel Elikman, BS</u> Miami University, Oxford, Ohio. Role: Research preceptor Shared publications: Perspective 12

Post-doctoral Advisees /Mentees

2013-2021	<u>Aaron Hodes, M.D.</u> , Hackensack Radiology Group Role: Research preceptor Award: 2 nd place at the Drexel School of Medicine Research Competition Shared publications: OR5, OR8, RA4, BC3.
2014	<u>Alexandra Gkourogiani, M.D., Ph.D.</u> , pediatric postdoc endocrinology fellow, Post Doctoral Fellowship in Pediatric Endocrinology Karolinska Institutet Role: research preceptor Award: 2015 Health Disparities Community Forum oral presentation Shared publications: OR5, OR9.
2014-2015	<u>Maria Batsis, M.D.</u> , Pediatric Critical Care Fellow, Children's Hospital Los Angeles (CHLA) Role: research preceptor Shared publications: OR5
2014-2015	<u>Yael Nobel, M.D.</u> Instructor, Digestive and Liver Diseases at Columbia University Medical Center Role: Research preceptor Shared publications: OR 7
2016-2023	<u>Inna Sverdlova, MD</u> , Internal Medicine physician/Hospitalist Kaiser Permanente MAS Role: Mentor Shared publications: CR10.
2019-2021	<u>Aleksandr Petrovsky, MD</u> General surgeon Ochapovsky Regional Clinical Hospital # 1, Scientific Research Institute, Krasnodar, Russia Role: Research mentor
2019-2021	<u>Waqas Haque, Mphil, MPH</u> , Hematology/Oncology Fellow University of Chicago Role: Research preceptor Shared publications: OR20, RA6, CR2, BC4
2020-2022	<u>Urooj Najmi, BS, MD Incoming IM Resident</u> American International School of Medicine–Guyana Role: Research preceptor Shared publications: OR20, BC4
2021-2022	<u>Tobi Oluwato, MD</u> Suburban Hospital, Johns Hopkins Medicine Role: Mentor Shared publications: OR22
2022-2023	<u>Kara Hensley, DO</u> Family Medicine Resident, Texas A&M University. Role: Research preceptor Shared publications: CR 5
2022-2023	<u>Christopher Fiechter, DO</u> , Internal Medicine Resident, Naples Community Hospital Role: Research preceptor Shared publications: CR 5
2022-2024	<u>Vandhna R. Sharma, MD</u> Endocrine Hospitalist, MedStar Montgomery Medical Center in Olney, MD. Role: advisee
2021-2023	<u>Sara Atiq Khan, MD</u> Assistant Professor, University of Maryland School of Medicine Role: Research mentor Shared publications: OR25, RA7, BC5

2023-2025	<u>Atena Kamali, MD</u> Hospitalist Director, Sibley Memorial Hospital Role: Research mentor Shared publications: CR10
2023-present	<u>Nishant Kumar, DO</u> Endocrinology Fellow, Division of Endocrinology, Creighton University Medical Center, Omaha, NE Role: Research mentor Shared publications: CR7, CR8, GL13
2023-present	<u>Rani Kulkarni, MD</u> Endocrine Hospitalist, St. Joseph Hospital, Tacoma, WA Role: advisee
2023-2024	<u>Henrick Ryan C. Fong, MD</u> Internal Medicine Resident, Ascension St. Agnes Hospital Role: Research mentor Shared publications: CR7, CR9
2023-present	<u>Hera Prasad, MD</u> Endocrine Hospitalist, Johns Hopkins Hospital Role: Clinical and research mentor Shared publication: BC7, GL9
2024-present	<u>Aytan Naghieva, MD</u> Endocrinology Fellow, Department of Endocrinology, Diabetes, and Metabolism, Ege Hospital, Baku, Azerbaijan Role: Research mentor Shared publications: CR10

Thesis committees

2019	<u>Mahsa Motevalli, CRNP, DNP</u> , Endocrinology Nurse Practitioner Role: Research Mentor Shared publication: OR20, OR21, OR28, OR29
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Educational Program Building / Leadership

2016-present	Co-founder, Diabetes Nurse Champions Committee, Suburban Hospital, Bethesda, MD
2020	CME question writer, initiating insulin therapy in patients who are not on insulin, SIGNAL module 3 (http://signal.jhmi.edu/)
2021-present	Co-founder, Diabetes Champions, JHHCMC and Suburban Hospital, Bethesda, MD

Educational Demonstration Activities to external audiences

2016	Brad Chiu, MD and Huang Kthuang, MD (Taiwan)
2017	Dr. Sergey Kostin (Dr. Sergey Kostin, Assaf Harofeh Medical Center, Tel Aviv, Israel)
2018	Dr. Elise Gaugler (Hopital Civil/ Nouvel Hopital Civil, Strasbourg, France)

RESEARCH ACTIVITIES

Research Focus

While my primary focus remains clinical excellence, my research contributions in adrenal tumor genetics, health disparities, and quality improvement have received national recognition. My research journey began during my fellowship at the National Institutes of Health under the mentorship of Dr. Constantine A. Stratakis and Dr. Maya Lodish. At the Section on Endocrinology and Genetics, NICHD, NIH, I developed a strong interest in rare genetic diseases. My research team identified novel mutations in the *ARMC5* gene as a cause of macronodular adrenal hyperplasia and Cushing syndrome.

As lead Associate Investigator of a clinical trial on adrenal tumors, with a focus on primary aldosteronism, I continued this extramural research at Johns Hopkins Medicine. Our work revealed that germline *ARMC5* variants are associated with primary aldosteronism, a discovery honored with the Cardiovascular Endocrinology Award in 2017.

In 2018, I transitioned my research skills in genetics and analytics into the fields of quality improvement, systems

innovation, and program building, furthering my commitment to enhancing patient care through both research and clinical practice.

Research Program Building / Leadership

- 2015-present Special volunteer, Section on Endocrinology and Genetics, Eunice *Kennedy Shriver* National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, MD.
- Collaborated with the National Human Genome Research Institute and Ohio State University, which lead to confirmation of our findings (*ARMC5* plays a role in the regulation of blood pressure) in thousands of Black hypertensive patients (OR Publication 12, 15, Review 5).
 - This health disparities research led to the start of another ongoing trial at NIH, where I serve as an Associate Investigator.

Research Demonstration Activities

None

Inventions, Patents, Copyrights

None

Technology Transfer Activities

None

SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES

System Innovation Focus

I established the Endocrine Hospitalist program at Suburban Hospital in Bethesda, MD, and successfully expanded this initiative to Johns Hopkins Howard County Medical Center and Sibley Memorial Hospital. This innovative model provides specialized diabetes consultation services, aimed at optimizing glycemic control and minimizing hypoglycemia and glucose-related safety risks in hospitalized patients.

My expertise lies in identifying, measuring, and improving clinical indicators to enhance patient safety and outcomes. Through this program, I have contributed to reducing patient length of stay, increasing adherence to diabetes protocols, and minimizing variations in clinical practice.

System Innovation and Quality Improvement efforts within JHMI

- 2015-present Member, Diabetes Clinical Community, Armstrong Institute for Patient Safety and Quality/Johns Hopkins Medicine
- I was the co-lead of the initiative 2018-2022
- 2015-present Chair, Glucose Steering Committee, Suburban Hospital, Bethesda, MD
- 2015-present Member of the Pharmaceuticals and Therapeutics Committee, Suburban Hospital, Bethesda, MD
- 2016-present Co-founder and member, Diabetes Nurse Champions Committee, Suburban Hospital, Bethesda, MD
- 2015-2016 Hypoglycemia protocol design and implementation, Suburban Hospital, Bethesda, MD
- 2016-present Insulin infusion protocol design and implementation, Suburban Hospital, Bethesda, MD
- 2016-present Member, Nutrition committee, Suburban Hospital, Bethesda, MD
- 2017-2024 Member, Diabetes Prevention Subcommittee, Diabetes Clinical Community, Armstrong Institute for Patient Safety and Quality/Johns Hopkins Medicine
- 2019-2021 Member, Design Mortality Review Committee, Johns Hopkins Health System, Bethesda, MD
- Member of a multi-disciplinary JHM team to design a process that would allow 100 % review of every death
- 2019-2022 Member, Research Review Committee, Suburban Hospital, Bethesda, MD
- 2021-2023 Core Co-Director, Diabetes Self-Management Training Program, Baltimore, MD
- 2021-2023 Member, Gastroparesis due to diabetes order set committee
- 2021-2023 Member, Hyperkalemia treatment orderset committee
- 2021-2023 Member, SGLT2 inhibitor for treatment of diabetes and heart failure in the hospital setting committee
- 2021-2022 Lead, US Centers for Medicare & Medicaid Services (CMS) eCQM Hospital Harm – Severe Hyperglycemia and Severe Hypoglycemia Measures

2022-2024 Member, Medical Staff Bylaws Committee, Suburban Hospital, Bethesda, MD

System Innovation and Quality Improvement efforts outside of JHMI

Regional None

National

2024-present Subject Matter Expert, The Diabetes MATCH Initiative: Mobilizing Access Through Capacity Building and Health (MATCH), Atlanta, GA * The MATCH organization is funded by the Centers for Disease Control and Prevention through a cooperative agreement, DP-23-0021, to provide training and technical assistance to all DP-23-0020 (2320) recipients.

2024-present Member, The Action Leadership Group, The Diabetes MATCH Initiative: Mobilizing Access Through Capacity Building and Health (MATCH), Atlanta, GA

International

2021-2022 Member, Johns Hopkins Aramco Healthcare Diabetes Assessment Team, Dhahran, Saudi Arabia

System Innovation and Quality Improvement Program Building/Leadership

01/25/17- Prescription for the Healthcare Lean Workshop
01/26/17

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

2015-present Director of Endocrinology, Diabetes and Metabolism, Johns Hopkins Community Physicians at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD

2015-present Member of the Pharmaceuticals and Therapeutics Committee, Suburban Hospital, Bethesda, MD

2015-present Chair, Glucose Steering Committee, Suburban Hospital, Bethesda, MD

2016-2018, Member, Medical Executive Committee, Suburban Hospital, Bethesda, MD

2020-present

2018-present Chair, Endocrinology, Diabetes and Metabolism Division, Suburban Hospital, Johns Hopkins Medicine.

Editorial Activities

Editorial Board appointments

2016-2023 Member, Editorial board, *EC Endocrinology and Metabolic Research journal*

2020-2022 Member, Editorial Advisory Board, *The Endocrine News*, Endocrine Society

- Selected as a national leader in endocrinology.

2020-2023 Member, Editorial Board, *International Journal of Environmental Research and Public Health*

2020-2021 Guest Editor, *Journal of Diabetes Science and Technology*

- Invited by the journal editor as expert to oversee the publication of two special issues on the Hospital Quality and Diabetes

2024-present Guest Editor, *Journal of Diabetes Science and Technology*

- Invited by the journal editor as expert to oversee the publication of two special issues on the Hospital and use of CGM.

2021-2022 Guest Editor, *Diabetes Spectrum*

- Invited by the journal editor as expert to oversee the publication of a special issues about inpatient diabetes management.

2022-present Member, Editorial board. *Frontiers of Endocrinology*

Journal peer review activities

2014-present *Journal of Clinical Endocrinology and Metabolism*

2014-present *Endocrinology, Diabetes and Metabolism Case Reports*

- 2014-present *BMC Endocrine Disorders*
 2015-present *Endocrine Practice*
 2022-present *Diabetologia*
 2022-present *Journal of Diabetes Science and Technology*
[Other peer review activities](#)
 2020-present Reviewer, Focused Professional Practice Evaluation of all new members of the medical staff, Suburban Hospital, Johns Hopkins Medicine

Advisory Committees, Review Groups/Study Sections

- 2018-2019 Advisory board member for Bethesda NEWtrition & Wellness Solutions Diabetes Self-Management Education and Support (DSMES) program, Bethesda, MD
- Invited by the CEO of the company as a regional expert in diabetes management.
 - I participated in yearly advisory meetings

Professional Societies

- 2010-present Member, The Endocrine Society
 2022-2024 Participant, Diabetes Hill Day.
 2021-2024 Abstract reviewer, ENDO2021, ENDO2022, ENDO2023, ENDO 2024
 2020-2023 Member, Quality Improvement Subcommittee, The Endocrine Society, Washington, DC
- Nationally recognized, nominated and selected by the president of the Endocrine Society to oversee the Society's quality improvement initiatives, performance measures development process
 - Responsible for monitoring of quality improvement programs proposed by the Department of Health and Human Services.
- 2023-2025 Member, Clinical Affairs Core Committee
- Nationally recognized, invited by the president.
 - The goal of the committee is to promote excellence in clinical endocrinology by providing insight on issues impacting practice across clinical practice settings.
- 2023-2024, Endocrine Mentor Day for ENDO 2024
 2024-2025, Endocrine Mentor Day for ENDO 2025
- 2010-2023 Member, European Society of Endocrinology
 2012-present Member, American Association of Clinical Endocrinology
 2019-present, Member, Diabetes Disease State Network
 2019-2020 Member, Pituitary, Gonad, Adrenal and Neuroendocrine Disease State Network
 2019-2020 Member, Nutrition and Obesity Disease State Network
- Nominated and personally selected by the president of AACE as a clinical expert. My role is to oversee national endocrine disease state networks
- 2020-2021, Member, Editor-in-Chief (EIC) Search Committee
- Nominated and personally selected by the president of AACE to conduct an international search of the EIC for the two leading society journals (AACE Clinical Case Reports and Endocrine Practice)
 - Interviewed 10 applicants and reviewed 20 applications
- 2020-2023, Vice-Chair, Continuing Medical Education Subcommittee
- Selected by the president of the AACE to provide clinical expertise and to review and accredit educational programs and activities related to the practice of clinical endocrinology
- 2022, Chair, Continuing Medical Education Subcommittee
- Lead the committee to accredit educational programs and activities related to the practice of clinical endocrinology
- 2022, Member, Education oversight committee
- Member of the committee providing oversight to all educational opportunities at AACE
- 2022-2024, Peer-reviewer of AACE Clinician Update on Type 2 Diabetes

	2022-2025, Author, AACE Dyslipidemia Clinical Practice guidelines
	<ul style="list-style-type: none"> Invited by the president to develop the next national Clinical Practice Guideline
	2023-2024, Member, Task Force, “Obesity for Primary Care”
	2024, Vice-Chair, Diabetes Disease State Network – Leadership
	2025, Chair, Diabetes Disease State Network, – Leadership
	2024-present, Member, Finance Committee
	2024-2025, AACE 2025 planner
	2025-present, Member, Board of Director, AACE
	<ul style="list-style-type: none"> As a member of the AACE Board of Directors, I am responsible for setting the strategic direction, goals, and objectives of the organization by providing oversight, making key decisions, and representing the interests of AACE members. My role involve guiding the association’s overall operations and ensuring its long-term success.
	2025-present, Member, Disease State Network Oversight Committee
2012-2015	Member, American Thyroid Association
2014-2022	Member, American Diabetes Association
2015-2019	Member, Association for Clinical and Translational Science
2015-2019	Member, International Society of Hypertension
2019-2020	Member, Academy of Physicians in Clinical Research
2019-2021	Member, Society for Hospital Medicine
2021-2022	Member, Technical Expert Panel (TEP) for the American Medical Association Prediabetes Measure Development and Testing Project
	<ul style="list-style-type: none"> Represented the Endocrine Society on the TEP which has been tasked with updating a set of three electronic Clinical Quality Measures (eCQMs) for patients with prediabetes based on the recent US Preventive Services Task Force recommendations. The TEP, which is made up of 15 members of various clinical experts and patient representatives, provided input on the technical specifications of the measures and testing results.

Conference Organizer

JHMI/Regional

2014-2015	<i>Eunice Kennedy Shriver</i> National Institute of Child Health and Human Development Fellows Retreat
	2015, Steering Committee Member, National Institutes of Health
2016	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2017	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2017	Medical Staff Art Exhibit, Suburban Hospital, Bethesda, MD
2018	Medical Staff Art Exhibit, Suburban Hospital, Bethesda, MD
2019	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2021	CME Mini-series, Suburban Hospital, Bethesda, MD
2022	Suburban Hospital Art Exhibit, Suburban Hospital, Bethesda, MD
2022	JHCP Medial Case Series (Endocrine Hospitalist grand rounds), Baltimore, MD

National

2020-2021	2021 American Association of Clinical Endocrinology Annual Meeting
	<ul style="list-style-type: none"> Diabetes workgroup Adrenal and pituitary workgroup Nutrition and obesity workgroup
	Selected by the Chair of the AACE meeting planning committee as a clinical expert to help develop plenary sessions and session tracks
2024	American Association of Clinical Endocrinology Annual Meeting
	<ul style="list-style-type: none"> Diabetes Technology workshop
2025	American Association of Clinical Endocrinology Annual Meeting
	<ul style="list-style-type: none"> Diabetes Technology workshop

International

None

Session Chair

JHMI/Regional

2016	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2017	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2019	CME Diabetes Symposium, Suburban Hospital, Bethesda, MD
2021-2023	Endocrinology CME mini-series, Suburban Hospital, Bethesda, MD

National

11/19/2022	Session Chair, Lipid Disorders, Endocrine University, Mayo Clinic, Rochester, MN
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International

None

Consultantships

2019-2020	Guidepoint
2020-2020	G.L.G.
2022	EMD Serono
2023-present	DexCom, Inc.
2024-present	Endocrinology Expert Advisors, LLC (Medical Expert Witness) https://EndocrinologyExpertAdvisors.com/

RECOGNITION

Awards, Honors

1997-2000	State Medical and Pharmaceutical University 'Nicolae Testemitanu' Scholarship
2001	History of Medicine Award, State Medical and Pharmaceutical University
2007	Samuel A. Goldsmith Award for communal service
2011	Travel Grant from St. Agnes Hospital for the 93 rd Endocrine Society meeting in Boston, MA
2011	Second place at the St. Agnes Hospital's Research Competition
2012	European Society of Endocrinology Basic Science Meeting Grant
2012	International Society of Endocrinology Travel Grant
2012	Certificate of Appreciation, American College of Physicians
2014	Travel Grant, Early Career Forum at the 16 th International Congress of Endocrinology – The Endocrine Society's 96 th Annual Meeting <ul style="list-style-type: none">• Award for clinical accomplishment
2014	Osteoporosis and Metabolic Bone Conference Travel Grant, Endocrine Society
2014	International Society of Endocrinology Travel Grant
2014	Best Poster Award, Mid-Atlantic Chapter, American Association of Clinical Endocrinologists <ul style="list-style-type: none">• Award for clinical accomplishment
2015	Type 1 Diabetes Travel Award, The Endocrine Society's 97 th Annual Meeting
2015	Endocrine Society Outstanding Abstract Award, The Endocrine Society's 97 th Annual Meeting <ul style="list-style-type: none">• Award for clinical accomplishment
2015	Clinical Abstract Award in Cardiovascular Endocrinology, The Endocrine Society's 97 th Annual Meeting <ul style="list-style-type: none">• Award for clinical accomplishment
2017	Johns Hopkins Medicine Innovations in Clinical Care award for Inpatient Diabetes Management Service at Suburban Hospital <ul style="list-style-type: none">• This top JHM award honors the physicians and care teams who embody the best in clinical excellence.
2018	Outstanding Abstract Award, The Endocrine Society's 100 th Annual Meeting <ul style="list-style-type: none">• Award for clinical accomplishment
2018	Award co-recipient (with Dr. Shabina Ahmed), Epic Faculty Scholars Program, Johns Hopkins University School of Medicine
2019	Johns Hopkins Community Physicians Academy of Clinical Excellence, Class of 2019

	<ul style="list-style-type: none"> Top JHCP award, modeled after Miller Coulson Academy, requires a peer nomination and rigorous review process of a personal portfolio by internal and external reviewers.
2019	High Value Practice Award at the third annual Architecture of High Value Health Care Conference in Baltimore, MD
2020	Certificate of Appreciation, American Association of Clinical Endocrinology
2020	Fellow, American College of Endocrinology <ul style="list-style-type: none"> This fellowship honors excellent clinical leaders in the endocrine field and involves a robust nomination and selection process.
2022	Certificate of Appreciation, American Association of Clinical Endocrinology
2023	Vigersky Outstanding Clinical Practitioner Award <ul style="list-style-type: none"> This Endocrine Society laureate award is presented in recognition of extraordinary contributions by a practicing endocrinologist to the endocrine and/or medical community. The recipient spends the majority of their time in the practice of clinical endocrinology.
2023	AACE Rising Star in Endocrinology Award, American Association of Clinical Endocrinology <ul style="list-style-type: none"> This prestigious award is given to a person within 10 years of completing their endocrine fellowship and who has demonstrated actionable outcomes in outstanding leadership, teamwork, innovation in supporting AACE's mission to elevate clinical endocrinology for global health through contributions in patient care, scientific endeavor and education.
2023	Physician of the Year, Health Care Heroes – Maryland Daily Record
2023	Top Doctors 2023, Bethesda Magazine
2023	Top Doctors 2023, Washingtonian Magazine
2024	Top Doctors 2024, Washingtonian Magazine
2025	Top Doctors 2025, Northern Virginia Magazine
2025	Top Doctors 2025, Washingtonian Magazine

Invited Talks

JHMI/Regional

02/09/16	Speaker, "Sweet.Heart.Diabetes", Rotary Club Bethesda Chevy Chase, Chevy Chase, MD
04/19/18	Speaker, "Sweet. Heart. Diabetes: or how to care for your heart when you have diabetes", Potomac Woman's Club, Potomac, MD
06/21/18	Speaker, "Prevention of Diabetes", members of Washington Metro Oasis, Bethesda, MD. 63 attended.
05/06/19	Speaker, "New kids on the block: medications for cardiovascular disease in type 2 diabetes". Hospitalist CME meeting at Suburban Hospital, Bethesda, MD (10 attended)
08/13/19	Speaker, "Management of Diabetes in Long-term Care and Skilled Nursing Facilities", Hebrew Home Nursing Home, Rockville, MD (8 physicians attended).
09/13/19	Speaker, "Business case for inpatient diabetes management service", Care Transformation Summit, Baltimore, MD (100 attended)
09/13/19	Facilitator, "INTRA" Hospital/Transition to Home diabetes care", Care Transformation Summit, Baltimore, MD
09/14/19	Speaker, "Inpatient Diabetes Management Service, Length of Stay and 30-Day Readmission Rate of Patients with Diabetes at a Community Hospital", Suburban Hospital Diabetes Symposium, Bethesda, MD (120 attended)
09/18/19	Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds, Johns Hopkins Hospital, Baltimore, MD
11/07/19	Speaker, "Steroid-induced diabetes", Continuing Education for Diabetes Nurse Superusers conference, Johns Hopkins Hospital, Baltimore, MD (30 attended)
12/04/19	Speaker, "Management of Diabetes in Long-term Care and Skilled Nursing Facilities", Hebrew Home Nursing Home, Rockville, MD.
12/09/19	Speaker, "Diabetes Prevention", Bender Jewish Community Center, Rockville, MD
12/13/19	Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the National Institutes of Health Clinical Center, Bethesda, MD
12/20/19	Speaker, "Inpatient Diabetes Management", Internal Medicine Grand Rounds, Walter Reed Medical Center, Bethesda, MD

01/21/20 Speaker, "Adrenal incidentaloma", Lecture series for Endocrinology Nurse Practitioners, Bethesda, MD

04/01/20 Speaker, "ARMC5 Variants And Risk Of Hypertension In blacks: Minority Health-GRID Study", NIH Inclusion Governance Committee, Bethesda, MD (virtual due to COVID-19)

06/03/20 Speaker, "COVID-19 and Diabetes", Luxmanor Community Association, North Bethesda, MD (virtual due to COVID-19)

06/04/20 Speaker, "High Quality Diabetes Care", JHSOM Medical Students meeting, Baltimore, MD (virtual due to COVID-19)

09/01/20 Speaker, "Nivolumab-induced autoimmune diabetes mellitus and hypothyroidism in a patient with rectal neuroendocrine tumor", Pharmaceutical and Therapeutics Committee, Suburban Hospital, Bethesda, MD (virtual due to COVID-19)

09/17/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the University of Maryland School of Medicine, Baltimore, MD (virtual due to COVID-19)

10/09/20 Speaker, "Nivolumab-induced autoimmune diabetes mellitus and hypothyroidism in a patient with rectal neuroendocrine tumor", Quality Assurance and Morbidity and Mortality Meeting, Suburban Hospital, Bethesda, MD (virtual due to COVID-19)

11/18/20 Speaker, "Inpatient Diabetes Management: interactive cases", Johns Hopkins Community Physicians Annual Retreat, Baltimore, MD (virtual due to COVID-19)

01/07/21 Speaker, "Adrenal incidentaloma", Johns Hopkins Community Physicians, Baltimore, MD (virtual webinar).

01/11/21 Speaker, "Being an Endocrinologists and Diabetes Care", Medical Explores program, Bethesda, MD (virtual due to COVID-19)

05/11/21 Speaker, "Inpatient Insulin Pen Implementation, Waste, and Potential Cost Savings: A Community Hospital Experience", Pharmaceuticals and Therapeutics Committee Meeting, Suburban Hospital, Bethesda, MD (virtual)

08/10/21 Speaker, "Inpatient diabetes management: interactive cases", Society for Hospital Medicine, Maryland Chapter Meeting, Baltimore, MD

08/13/21 Speaker, "A Case of Hyponatremia due to Primary Adrenal Insufficiency", Department of Medicine Morbidity and Mortality Conference, Bethesda, MD

08/17/21 Speaker, "Effective Strategies for Managing Diabetes in the Hospital", Society for Hospital Medicine Webinar, Maryland Chapter, Baltimore, MD (Virtual)

09/22/21 Speaker, "Adrenal incidentaloma", Endocrine CME mini-series conference, Suburban Hospital, Bethesda, MD (Virtual due to Covid-19)

09/23/21 Speaker, "Inpatient Diabetes Management for Surgical Physician Assistants", Suburban Hospital, Bethesda, MD

10/08/21 Speaker, "Prevention of Diabetes", Washington Metro Oasis, Bethesda, MD

10/13/21 Speaker, "Inpatient Diabetes Management", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

10/28/21 Speaker, "Inpatient diabetes management: interactive cases", Medicine Grand Rounds, St. Agnes Hospital Ascension Healthcare, Baltimore, MD (virtual)

10/29/21 Speaker, "Inpatient Diabetes Management", Greater Baltimore Medical Center Grand Rounds, Towson, MD

11/10/21 Speaker, "Adrenal incidentaloma", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

11/12/21 Speaker, "Adrenal incidentaloma", Osler Internal Medicine Residency Conference, Johns Hopkins Hospital, Baltimore, MD (virtual)

02/09/22 Speaker, "Insulin Cost Reduction Act" testimony, Maryland State Senate, Annapolis, MD (virtual)

02/22/22 Speaker, "Endocrine Hospitalist", Kaiser Permanente Internal Medicine Residency Conference, Gaithersburg Medical Center, Gaithersburg, MD (virtual)

03/02/22 Speaker, "Managing diabetes while on tube feedings and parenteral nutrition", Diabetes Champions meeting at SH and JHHCMC, Bethesda, MD (virtual). 26 attended.

10/11/22 Speaker, "JHCP Academy of Clinical Excellence", Johns Hopkins Community Physicians Annual Retreat, Baltimore, MD

10/19/22 Speaker, "Inpatient Diabetes Management", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

11/02/22 Speaker, "Instituting a Successful Discharge Plan for Patients with Type 2 Diabetes", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

11/09/22 Speaker, "Hyperglycemic crisis", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

11/21/22 Speaker, "Instituting a Successful Discharge Plan for Patients with Type 2 Diabetes", Internal Medicine Conference, St. Agnes Hospital, Baltimore, MD

12/07/22 Speaker, "Management of Hypertension in Patients with Kidney Disease and Diabetes", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

12/09/22 Speaker, "Management of Hypertension in Patients with Kidney Disease and Diabetes", Internal Medicine Conference, St. Agnes Hospital, Baltimore, MD

12/13/22 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Kaiser Permanente Internal Medicine Conference, Internal Medicine Conference, St. Agnes Hospital, Baltimore, MD

12/14/22 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

01/18/23 Speaker, "Obesity", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

04/17/23 Speaker, "Diabetes", Critical Care Foundations, Suburban Hospital, Bethesda, MD

04/25/23 Speaker, "Diabetes", Nursing Residency Program, Suburban Hospital, Bethesda, MD

05/01/23 Speaker, "DKA and HHS", Critical Care Foundations, Suburban Hospital, Bethesda, MD

10/18/23 Speaker, "Inpatient Diabetes Management", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

10/18/23 Speaker, "Adrenal Incidentaloma", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

10/23/23 Speaker, "Diabetes", Critical Care Foundation Course for ICU nurses, Suburban Hospital, Bethesda, MD

10/26/23 Speaker, "Management of diabetes in the hospital", Suburban Hospital, Suburban Hospital, Bethesda, MD

11/01/23 Speaker, "Instituting a Successful Discharge Plan for Patients with Type 2 Diabetes", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

11/08/23 Speaker, "Hyperglycemic crisis", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

12/13/23 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Kaiser Permanente Internal Medicine Conference, Gaithersburg Medical Center, Gaithersburg, MD

03/15/24 Speaker, "Intensifying Diabetes Therapies to Achieve Personalized Treatment Goals", MdAPA 2024 Virtual Pharmacology CME Event.

03/26/24 Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Suburban Hospital Grand Rounds, Bethesda, MD

11/14/24 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Department of Medicine Grand Rounds, Ascension St. Agnes Hospital, Baltimore, MD

03/13/25 Speaker, "Navigating the New Frontiers of Hyperglycemic Crisis Management", Department of Medicine Grand Rounds, Ascension St. Agnes Hospital, Baltimore, MD

09/19/25 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Department of Medicine Grand Rounds, Johns Hopkins Hospital, Baltimore, MD

11/13/25 Speaker, "GLP-1 RA's Role in the Management of Diabetes: Tools for the Primary Care Professional", Department of Medicine Grand Rounds, Ascension St. Agnes Hospital, Baltimore, MD

[National](#)

03/15/15 Speaker, "Primary Aldosteronism and *ARMC5* Variants", The Endocrine Society Annual Meeting 2015, San Diego, CA

03/16/15 Speaker, "Primary Aldosteronism and *ARMC5* Variants", Health Disparities Symposium 2015, San Diego, CA

04/22/16 Speaker, "Career round table", the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development annual fellows retreat, Washington, DC

03/15/18 Speaker, "ARMC5 Variants And Risk Of Hypertension In African-Americans: Minority Health-GRID Study", International Aldosterone Conference 2018, Chicago, IL

03/17/18 Speaker, "ARMC5 Variants And Risk Of Hypertension In African-Americans: Minority Health-GRID Study", Health Disparities symposium, Chicago, IL

04/26/19 Speaker, "Establishing Hospital-based Endocrinology practice", Fellows-In-Training (FIT) and Young Physician Symposium, American Association of Clinical Endocrinologists conference 2019, Los Angeles, CA

09/24/19 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the Washington Hospital Center, Washington, DC

12/05/19 Speaker, "Inpatient Diabetes Management", Medical Grand Rounds at the Christiana Care Health System Hospital, Newark, DE

12/10/19 Judge, Endocrine Society Journalism Award, ENDO 2020 Conference, San Francisco, CA (virtual)

12/10/19 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Department of Medicine Grand Rounds Conference at the Howard University Hospital, Washington, DC

01/24/20 Speaker, "Adrenal incidentaloma", Medical Grand Rounds at the Veteran Affairs Hospital, Washington, DC (60 attended)

02/05/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Translational Endocrinology Conference, Harbor-UCLA Medical Center, Torrance, CA

03/04/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the Eastern Virginia Medical School, Norfolk, VA

03/05/20 Speaker, "Inpatient Diabetes Management, Internal Medicine Resident Conference", Eastern Virginia Medical School, Norfolk, VA

03/06/20 Speaker, "Inpatient Diabetes Management", Carilion Roanoke Memorial Hospital, Virginia Tech Carilion School of Medicine, Roanoke, VA

03/10/20 Speaker, "Adrenal incidentaloma", Department of Medicine Grand Rounds Conference at the Howard University Hospital, Washington, DC

04/15/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the Virginia Commonwealth University, Richmond, VA (virtual due to COVID-19)

04/25/20 Speaker, "Quality and the New Field of Endocrine Hospitalist", Hospital Diabetes Meeting, San Diego, CA (virtual due to COVID-19)

04/25/20 Panel member, "Hospital Diabetes Meeting", San Diego, CA (virtual due to COVID-19)

05/29/20 Speaker, "Adrenal incidentaloma", Department of Medicine Grand Rounds Conference, Carilion Roanoke Memorial Hospital, Virginia Tech Carilion School of Medicine, Roanoke, VA (virtual due to COVID-19)

06/10/20 Speaker, "Inpatient Diabetes Management", Medical Grand Rounds at the Advocate Lutheran General Hospital, Park Ridge, IL (virtual due to COVID-19)

06/13/20 Speaker, "Can an Inpatient Diabetes Management Service Decrease Length of Stay and Prevent Readmission?", American Diabetes Association 80th Scientific Sessions, Chicago, IL. (virtual due to COVID-19)

09/15/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds at the University of Illinois of Chicago, Chicago, IL (virtual due to COVID-19)

10/13/20 Speaker, "Inpatient Diabetes Management", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL (virtual due to COVID-19)

10/28/20 Speaker, "Inpatient Diabetes Management: interactive cases", Medicine Grand Rounds, Rehoboth McKinley Christian Health Care Services Hospital, Gallup, NM (virtual due to COVID-19)

11/19/20 Speaker, "Diabetes Management in the Inpatient Psychiatry Setting", Department of Psychiatry Grand Rounds, Roanoke, VA (virtual due to COVID-19)

12/11/20 Speaker, "Adrenal incidentaloma", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL (virtual due to COVID-19)

12/16/20 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds, Weill Cornell Medicine, New York, NY (virtual due to COVID-19)

01/13/21 Speaker, "Adrenal incidentaloma", Medical Grand Rounds at the Advocate Lutheran General Hospital,

Park Ridge, IL (virtual due to COVID-19)

02/23/21 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Endocrinology Grand Rounds, University of Virginia, Charlottesville, VA (virtual due to COVID-19)

03/03/21 Speaker, “Adrenal incidentaloma”, Medicine Grand Rounds, Rehoboth McKinley Christian Health Care Services Hospital, Gallup, NM (virtual due to COVID-19)

03/13/21 Speaker, “Inpatient Diabetes Management Service, Length of Stay and 30-Day Readmission Rate of Patients with Diabetes at a Community Hospital”, 25th Annual Diabetes Update Conference, Christiana Care Hospital, Wilmington, DE (virtual due to COVID-19)

05/05/21 Panel speaker, “Diabetes and COVID-19” (Panel with U.S. Senator Cory Booker) New Jersey Diabetes Foundation, Hackensack, NJ (virtual due to COVID-19)

05/26/21 Speaker, “How to convince your CEO (to fund your diabetes initiative)”, American Association of Clinical Endocrinology annual meeting, (Virtual due to COVID-19)

05/28/21 Moderator, “No Dinner for You! Or was Mom Right? Or Intermittent Fasting Troughs and Myths”, American Association of Clinical Endocrinologists annual meeting, Las Vegas, NV (Virtual due to COVID-19)

07/20/21 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Endocrinology Grand Rounds, Endocrine Division Grand Rounds, University of Mississippi Medical Center, Jackson, MS (Virtual due to COVID-19)

08/12/21 Speaker, “Adrenal incidentaloma”, Medical Grand Rounds, ChristianaCare Hospital, Wilmington, DE (virtual due to COVID-19)

08/13/21 Speaker, “Strategies to Reduce Hospital Readmission Rates”, Association of Diabetes Care & Education Specialists Conference, Phoenix, AZ

08/27/21 Speaker, “Diabetes Management in the Inpatient Psychiatry Setting”, Department of Psychiatry and Behavioral Medicine Grand Rounds, Shreveport, LA

10/22/21 Panel speaker, “The Endocrine Hospitalist”, Mid-Atlantic Society of Endocrinologists Annual Meeting, Hyattsville, MD

01/24/22 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Endocrinology Grand Rounds, Endocrine Division, George Washington University, Washington, DC

02/04/22 Speaker, “Effective Strategies for Managing Diabetes in the Hospital”, Carilion Roanoke Memorial Hospital, Hospitalist Group, Virginia Tech Carilion School of Medicine, Roanoke, VA

04/02/22 Speaker, “A Hospitalist Diabetes Care Program”, 8th Hospital Diabetes Meeting, Diabetes Technology Society

04/04/22 Speaker, “Inpatient Diabetes Management”, Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

04/19/22 Speaker, “Adrenal incidentaloma”, Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

04/25/22 Speaker, “Hyperglycemic crisis”, Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

04/26/22 Speaker, “Insulin affordability”, Endocrine Society Diabetes Hill Day (met with Senator Ben Cardin’s staff), Washington, DC

04/26/22 Speaker, “Insulin affordability”, Endocrine Society Diabetes Hill Day (met with Senator Van Hollen’s staff), Washington, DC

04/27/22 Speaker, “Hyperglycemic crisis”, Medical Grand Rounds at the Advocate Lutheran General Hospital, Park Ridge, IL

04/28/22 Speaker, “Insulin affordability”, Endocrine Society Diabetes Hill Day (met with Congressman Jamie Raskin’s staff), Washington, DC

06/16/22 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Western Endocrine Society Diabetes Technology Conference, Phoenix, AZ

07/16/22 Speaker, “Hyperglycemic crisis”, Department of Medicine Grand Rounds Conference at the Howard University Hospital, Washington, DC

08/03/22 Speaker, “How to (safely) discharge a person with diabetes from your hospital”, Medical Grand Rounds, ChristianaCare Hospital, Wilmington, DE

08/30/22 Speaker, “Inpatient Diabetes Management”, Grand Rounds, Internal Medicine Conference, Olympia Fields – Franciscan Health, Olympia Fields, IL

09/09/22 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds, Endocrine Division, Department of Medicine, Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

09/14/22 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand Rounds, Endocrine Division, Department of Medicine, Penn Presbyterian Medical Center, Philadelphia, PA

10/03/22 Speaker, "Effective Strategies for Managing Diabetes in the Hospital", Department of Medicine Conference, Advocate Lutheran General Hospital, Park Ridge, IL

10/07/22 Speaker, "Meet the Professor: Diabetes", Architecture of High Value Healthcare National Conference, Baltimore, MD

11/17/22 Speaker, "Effective Strategies for Managing Diabetes in the Hospital", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

12/06/22 Speaker, "Adrenal incidentaloma", Hospitalist Grand Rounds, Virginia Tech Carilion School of Medicine, Roanoke, VA

12/16/22 Speaker, "Hyperglycemic crisis", Medical Grand Rounds, Carilion Roanoke Memorial Hospital, Virginia Tech Carilion School of Medicine, Roanoke, VA

01/18/23 Speaker, "Obesity", Department of Medicine Grand Rounds, Advocate Lutheran General Hospital, Park Ridge, IL

01/24/23 Speaker, "Hypertension management in patients with diabetes and chronic kidney disease", Howard University, Washington, DC

01/26/23 Speaker, "Hyperglycemic crisis", Medical Grand Rounds, ChristianaCare Hospital, Newark, DE

02/03/23 Keynote Speaker, "The Endocrine Hospitalist: The Future of Quality Diabetes Care", Inpatient Management of Diabetes Conference, Fairfax, VA

03/06/23 Speaker, "Inpatient Diabetes Management", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/07/23 Speaker, "Adrenal incidentaloma for PCPs", Chen Senior Medical Center, Aventura, FL

03/13/23 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/15/23 Speaker, "Hyperglycemic crisis", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/17/23 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Internal Medicine Residents Conference, Franciscan Health Olympia Fields, Olympia Fields, IL

03/20/23 Speaker, "Adrenal incidentaloma", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/24/23 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Medical Grand Rounds, Carilion Roanoke Memorial Hospital, Virginia Tech Carilion School of Medicine, Roanoke, VA

03/31/23 Speaker, "Advanced diabetes technology", the American College of Osteopathic Family Physicians 60th Annual Convention, Orlando, FL

05/05/23 Moderator, "Inpatient Use of CGM: Are We Ready for Standard of Care to Change?", American Association of Clinical Endocrinology 2023 Annual Meeting, Seattle, WA

05/05/23 Moderator, "Negotiation", American Association of Clinical Endocrinology 2023 Annual Meeting, Seattle, WA

05/06/23 Speaker, "Inpatient Diabetes Management", American Association of Clinical Endocrinology 2023 Annual Meeting, Seattle, WA

06/14/23 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Department of Medicine Grand Rounds, Advocate Lutheran General Hospital, Park Ridge, IL

06/15/23 Speaker, "Effective Strategies for Managing Diabetes in the Hospital", Grand Rounds, Internal Medicine Conference, Olympia Fields – Franciscan Health, Olympia Fields, IL

07/21/23 Speaker, "Effective Strategies for Managing Diabetes in the Hospital", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

07/27/23 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

08/03/23 Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Endocrinology Grand

Rounds, Department of Medicine, Georgetown University, Washington, DC
 08/04/23 Speaker, "Simplify Inpatient Protocols and Glycemic Management Processes", Association of Diabetes Care & Education Specialists annual meeting 2023, Houston, TX
 08/05/23 Speaker, "Ready Your Hospital for CMS Harm Measures for Severe Hypo/Hyperglycemia", Association of Diabetes Care & Education Specialists annual meeting 2023, Houston, TX
 09/20/23 Speaker, "The Endocrine Hospitalist: The Future of Quality Diabetes Care", Endocrinology Grand Rounds, Mayo Clinic, Rochester, MN
 10/05/23 Speaker, "Leveraging advances in diabetes technologies in primary care", American Osteopathic Association, OMED2023, Orlando, FL
 10/12/23 Speaker, "Intensifying Diabetes Therapies to Achieve Personalized Treatment Goals", MAPA 2023, Traverse City, MI
 10/13/23 Speaker, "Ready Your Hospital for CMS Harm Measures for Severe Hypo/Hyperglycemia", Endocrinology Grand Rounds, Northwell Health, New York, NY
 11/07/23 Speaker, "Inpatient Diabetes Management", Hackensackmeridian Jersey Shore University Medical Center, Neptune Township, New Jersey
 01/11/23 Speaker, "Management of Hypertension in Patients with Kidney Disease and Diabetes", Medical Grand Rounds, ChristianaCare Hospital, Newark, DE
 01/26/24 Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Santa Clara Valley Medical Center, San Jose, CA
 03/04/24 Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Endocrinology Month, Manatee Memorial Hospital, Bradenton, FL
 03/05/24 Speaker, "Hypertension management in patients with diabetes and chronic kidney disease", Endocrinology Month, Manatee Memorial Hospital, Bradenton, FL
 03/18/24 Speaker, "Hyperglycemic crisis", Medical Grand Rounds, Endocrinology Month, Residency Conference, Manatee Memorial Hospital, Bradenton, FL
 03/19/24 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL
 03/22/24 Speaker, "Adrenal incidentaloma", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL
 04/12/24 Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Society for Hospital Medicine Annual Meeting, SHM2024, San Diego, CA
 04/26/24 Speaker, "Policies and protocols for Inpatient Diabetes management", ADCES Advocacy Townhall meeting (virtual)
 04/29/24 Speaker, "The Endocrine Hospitalist: The Future of Quality Diabetes Care", Endocrinology Grand Rounds, Emory School of Medicine, Atlanta, GA.
 05/08/24 Speaker, Diabetes Technology Workshop, AACE 2024, New Orleans, LA
 05/09/24 Speaker, Early-Career Forum, AACE 2024, New Orleans, LA
 07/25/24 Speaker, "Navigating the New Frontiers of Hyperglycemic Crisis Management", Medical Grand Rounds, Endocrinology Month, Residency Conference, Manatee Memorial Hospital, Bradenton, FL
 07/26/24 Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", IM Residency Conference, Manatee Memorial Hospital, Bradenton, FL
 07/30/24 Speaker, "Navigating the New Frontiers of Hyperglycemic Crisis Management", Hospitalist Grand Rounds, Cleveland Clinic, Cleveland, OH
 08/01/24 Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL
 10/08/24 Speaker, "Inpatient Diabetes Management", THPG Hospitalist Conference, Texas Health Resources, Hurst, TX
 10/11/24 Speaker, "Ready Your Hospital for CMS Harm Measures for Severe Hypo/Hyperglycemia", 27th Annual Montana Diabetes Professional Conference, Gregson, MT
 10/11/24 Speaker, "Simplify Inpatient Protocols and Glycemic Management Processes", 27th Annual Montana Diabetes Professional Conference, Gregson, MT
 10/15/24 Speaker, "Inpatient Diabetes Management", THPG Hospitalist Conference, Texas Health Resources, Hurst, TX
 10/25/24 Speaker, "Navigating the New Frontiers of Hyperglycemic Crisis Management", Seventh Annual

Architecture of High Value Health Care: National Conference of the High Value Practice Alliance, Baltimore, MD

10/25/24 Speaker, “Diabetes: Meet the Professor”, Seventh Annual Architecture of High Value Health Care: National Conference of the High Value Practice Alliance, Baltimore, MD

12/16/24 Speaker, “Inpatient Diabetes Management (Made Ridiculously Simple)”, Infirmary Health Hospitalist Conference, Mobile, AL

01/24/25 Speaker, “Inpatient Diabetes Management (Made Ridiculously Simple)”, LSU Family Medicine Residency Conference, Monroe, LA

02/21/25 Speaker, “Navigating the New Frontiers of Hyperglycemic Crisis Management”, Medicine Grand Rounds, Franciscan Health, Olympia Fields, IL

03/15/25 Speaker, “Leveraging advances in diabetes technologies in primary care”, Diabetes University, Columbus, GA

03/17/25 Speaker, “Navigating the New Frontiers of Hyperglycemic Crisis Management”, Medical Grand Rounds, Endocrinology Month, Residency Conference, Manatee Memorial Hospital, Bradenton, FL

03/18/25 Speaker, “Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes”, Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/24/25 Speaker, “Adrenal incidentaloma”, Internal Medicine Resident Conference, Manatee Memorial Hospital, Bradenton, FL

03/27/25 Speaker, “GLP-1 RA’s Role in the Management of Diabetes: Tools for the Primary Care Professional”, 2025 Red Rock Conference-The Utah Academy of Physician Assistants, St. George, UT

05/15/25 Moderator, Hypoglycemia in Patients Without Diabetes: Approach, Work-up and Management”, AACE 2025, Orlando, FL

05/16/25 Speaker, “Minimizing Severe Hypo- and Hyperglycemia in The Hospital Setting”, AACE 2025, Orlando, FL

05/17/25 Speaker and Facilitator, “Diabetes Technology Workshop”, AACE 2025, Orlando, FL

05/17/25 Speaker, “Disease State Network Year in Review: Diabetes”, AACE 2025, Orlando, FL

08/14/25 Speaker, “Inpatient Diabetes Management (Made Ridiculously Simple)”, Infirmary Health Internal Medicine Residency Conference, Mobile, AL

08/15/25 Speaker, “Inpatient Diabetes Management (Made Ridiculously Simple)”, Medicine Grand Rounds, Franciscan Health, Olympia Fields, IL

09/05/25 Speaker, “Endocrinology Expert Witness: Bridging Healthcare and Law to Uphold Standards”, Endocrinology Grand Rounds, Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ

10/01/25 Speaker, “Inpatient Diabetes Management”, THPG Hospitalist Conference, Texas Health Resources, Hurst, TX

10/08/25 Speaker, “Inpatient Diabetes Management”, THPG Hospitalist Conference, Texas Health Resources, Hurst, TX

10/09/25 Speaker, “Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes”, Medicine Grand Rounds, Franciscan Health, Olympia Fields, IL

02/25/26 Speaker, “Minimizing Severe Hypo- and Hyperglycemia in The Hospital Setting”, Division of Endocrinology Grand Rounds, Brown University, Providence, RI (scheduled)

International

05/22/18 Speaker, “*ARMC5* Variants And Risk Of Hypertension In African-Americans: Minority Health-GRID Study”, 20th European Congress of Endocrinology 2018 in Barcelona, Spain.

11/18/19 Speaker, “Inpatient Diabetes Management Service”, King’s College Diabetes Research Group, London, UK (30 attended)

01/13/20 Speaker, “*ARMC5* Variants And Risk Of Hypertension In Blacks: Minority Health-GRID Study”, Adrenal Conference, Endocrinology Department, Hospital de Clínicas “José de San Martín”, Buenos Aires, Argentina

01/13/20 Panel speaker, “Meet the Expert session”, Adrenal Conference, Endocrinology Department, Hospital de Clínicas “José de San Martín”, Buenos Aires, Argentina

04/08/21 Speaker, “Inpatient Diabetes Management during COVID-19 pandemic”, COVID-19 and Sleep disturbances conference, Sochi, Russia (Virtual due to COVID-19)

06/14/22 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Endocrinology

	Conference, São João University Hospital Center, Porto, Portugal
07/26/22	Speaker, "Obesity", Endo Ecuador 2022, Guayaquil, Ecuador
09/17/22	Speaker, "Guideline Updates on BP Control for Patients with Diabetes and CKD", India Diabetes Symposia, Goa, India
07/11/23	Speaker, "Effective Strategies for Managing Steroid-induced Diabetes in the Hospital", Department of endocrinology conference, Kitasato University, Sagamihara, Japan
08/12/23	Speaker, "Obesity and diabetes", IX International Congress of Atherosclerosis and Endothelium, Guayaquil, Ecuador
08/12/23	Speaker, "Instituting a Successful Discharge Plan for Patients With Type 2 Diabetes", IX International Congress of Atherosclerosis and Endothelium, Guayaquil, Ecuador
11/29/23	Speaker, "Endocrine Hospitalist", Service d'Endocrinologie, Diabète, Nutrition, Hôpital de Hautepierre, Strasbourg, France
06/17/24	Speaker, "Inpatient Diabetes Management", Central Customs Hospital, Baku, Azerbaijan
06/27/24	Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Multiprofile Medical Center – Healthcore, Tbilisi, Georgia
06/28/24	Speaker, "The Endocrine Hospitalist: enhancing the quality of diabetes care", Ilia State University, Tbilisi, Georgia
06/28/24	Speaker, "Inpatient Diabetes Management (Made Ridiculously Simple)", Ilia State University, Tbilisi, Georgia
08/02/25	Speaker, "Diabetes: Year in Review", Endo Ecuador 2025, Puenbo, Ecuador
11/21/25	Speaker, "Clinical Management of Obesity and Identifying the Right Candidates and Tailoring Treatment webinar", Insignia Learning in India endocrinology Dialog, India
02/21/26	Speaker, "GLP-1 RA's Role in the Management of Diabetes: Tools for the Primary Care Professional", Diabetes Training Conference, Baku, Azerbaijan (scheduled)
04/16/26	Speaker, "Primary Aldosteronism", Endocrinology Society Conference, Baku, Azerbaijan (scheduled)

Visiting Professorships

09/26/21	Internal Medicine Residents, Manatee Memorial Hospital, Bradenton, FL
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OTHER PROFESSIONAL ACCOMPLISHMENTS

Oral/Podium Presentations

Regional

2011	Zilbermint M , Wisniewski AB, Xu X, Selnes OA, Dobs AS. Relationship between sex hormones and cognitive performance in men with substance use. 2011 Maryland American College of Physicians meeting, Baltimore, MD
2011	Zilbermint M , Wisniewski AB, Xu X, Selnes OA, Dobs AS. Relationship between sex hormones and cognitive performance in men with substance use. 2011 Saint Agnes Hospital's Research Competition, Baltimore, MD.

National

2014	Zilbermint M , Faucz FR, Lodish MB, Szarek E, Trivellin G, Sinaii N, Berthon A, Libé R, Assié G, Espiard S, Drougat L, Ragazzon B, Bertherat J, Stratakis CA. Macronodular Adrenal Hyperplasia due to Mutations in an Armadillo Repeat Containing 5 (ARMC5) Gene: A Clinical and Genetic Investigation. ICE/ENDO 2014 in Chicago, IL
2015	Zilbermint M , Xekouki P, Faucz FR, Berthon A, <u>Gkourogianni A</u> , Schernthaner-Reiter MH, <u>Batsis M</u> , Sinaii N, Quezado MM, Merino M, <u>Hodes A</u> , Abraham SB, Libe R, Assie G, Espiard S, Drougat L, Ragazzon B, Davis A, Gebreab SY, Neff R, Kebebew E, Bertherat J, Lodish MB, Stratakis CA. Primary Aldosteronism and ARMC5 Variants. ENDO 2015 in San Diego, CA
2018	Mihail Zilbermint , Amadou Gaye, Annabel Sophie Berthon, Fady Hannah-Shmouni, Fabio Rueda Faucz, Minority Health-GRID Network, Adam Davis, Gary Gibbons, Maya Beth Lodish, Constantine A. Stratakis. ARMC5 Variants And Risk Of Hypertension In African-Americans: Minority Health-GRID Study. Presented at the ENDO 2018 in Chicago, IL
2018	Mihail Zilbermint , Amadou Gaye, Annabel Sophie Berthon, Fady Hannah-Shmouni, Fabio Rueda Faucz, Minority Health-GRID Network, Adam Davis, Gary Gibbons, Maya Beth Lodish, Constantine A. Stratakis. ARMC5 Variants And Risk Of Hypertension In African-Americans: Minority Health-

GRID Study. Presented at the International Aldosterone Conference 2018 in Chicago, IL

Military Service

None

Community Services

2003-2008 Program Director (community organizer), Jewish Federation of Metropolitan Chicago/ Chicago, IL

2008-2009 Jewish Student Life Coordinator, Johns Hopkins Hillel/ Baltimore, MD

2015- present Community Health & Wellness Department

Humanitarian Activities

2004 Humanitarian mission to Ukraine

2005 Humanitarian mission to Ukraine

2007 Humanitarian mission to Ukraine

2018 Humanitarian mission to Cuba

Philanthropic Activities

2017-2023 Suburban Hospital Foundation

2021-2023 Sibley Memorial Hospital Foundation