

ZHAOPING LI, M.D., Ph.D.

CURRICULUM VITAE

OFFICE:
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EDUCATION:

1986 M.D. Peking University, School of Medicine, China
1989 Ph.D. (Physiology), Peking University, School of Medicine, China

LICENSURE (Medical):

1996 State of California, #A55523

BOARD CERTIFICATION:

12/97 Diplomat, American Board of Internal Medicine
11/01 American Board of Physician Nutrition Specialist
11/06 Fellow, American College of Physician
3/07 Fellow, American College of Nutrition
9/07 Member, the Obesity Society
2/08 Member, American Society of Nutrition

PROFESSIONAL EXPERIENCE:

09/ 89 - 06/ 94 Postdoctoral Research Fellow, Cardiovascular Research Laboratory, UCLA School of Medicine
07/ 94 - 06/ 95 Intern, Internal Medicine, UCLA-VAMC West Los Angeles Program
07/ 95 - 06/ 97 Resident, Internal Medicine, UCLA-VAMC West Los Angeles Program
07/ 97 - 06/ 98 Chief Resident, Internal Medicine, UCLA-VAMC West Los Angeles Program
07/97 - 6/98 Clinical Instructor of Medicine, UCLA School of Medicine
06/98 – 12/03 Assistant Clinical Professors, Department of Medicine, UCLA School of Medicine
06/98 - Physician Champion, Weight Management Program, VA Greater Los Angeles Health Care System
07/04 – 06/06 Associate Clinical Professor of Medicine, Department of Medicine,
David Geffen School of Medicine at UCLA
07/2004 - Associate Chief, Division of Clinical Nutrition, David Geffen School of Medicine at UCLA
07/06 – 06/08 Associate Professor of Clinical Medicine, Department of Medicine,
David Geffen School of Medicine at UCLA
07/08 - Professor of Clinical Medicine, Department of Medicine,
David Geffen School of Medicine at UCLA
07/08 - Clinical Chief, Division of Clinical Nutrition
07/08 - Associate Director, Center for Human Nutrition, David Geffen School of Medicine at UCLA
07/08 - Associate Director, UCLA Risk Factor Obesity Program
7/13 - Chief, Division of Clinical Nutrition
01/14 Director, Center for Human Nutrition, David Geffen School of Medicine at UCLA
01/14 Director, UCLA Risk Factor Obesity Program

ACADEMIC AND ADMINISTRATIVE ACTIVITIES:

International

11/2009 - 2011 Visiting Professor, Guangzhou Medical University
06/2012 - 2013 Visiting Professor, Beijing University of Chinese Medicine
05/2015 - Visiting Professor, Peking Union Medical College
09/2015- Chair, the World Association of Chinese Physicians in Nutrition

National

10/2001-2012 Member, Board of Obesity Research Network
3/2007 - 2010 Member, VA Central Office Bariatric Surgery sub-Committee
4/ 2010 - 3/ 2011 Chair elect, Obesity Research Section, American Society of Nutrition
3/ 2010 - 3/ 2012 Member, California Pistachio Board
10/ 2010 - Member, Board of Nutrition Industry Association
4/ 2011 - 4/ 2013 Chair, Obesity Research Section, American Society of Nutrition
11/ 2011-12/ 12 Member, Nutrition Research Needs Working Group, American Society of Nutrition
7/ 15-6/ 16 Member, National Board of Physician Nutrition Specialist
6/ 15- Member, American Society for Nutrition Clinical Conference Committee
4/ 16- Member, North American Chinese Nutrition Society Advisory Committee
6/ 16- Vice President, National Board of Physician Nutrition Specialist

Local

1997 - 1998 Member, Graduate Medical Education Committee
1998 - 2006 Member, Resident Review Committee, UCLA-VAMC Internal Medicine Residency Program
1998 - 2006 Member, Resident Selection Committee, UCLA-VAMC Internal Medicine Residency Program
2002 - 6/ 04 Member, UCLA Department of Medicine Practice Group Executive Committee
7/2004 - 6/05 Treasure, UCLA Depart of Medicine Practice Group Executive Committee
07/2008 - Member, UCLA Academic Senate
7/2009 - 6/12 Member, UCLA Department of Medicine Practice Group Executive Committee
4/2011- 4/2013 Member, UCLA CareConnect Validation Committee
09/12 - 6/2015 Member. UCLA Legislative Assembly Representatives
07/15 - Member, UCLA Department of Medicine Practice Group Executive Committee

EDITORIAL SERVICES TO SCHOLARLY PUBLICATIONS

1/2012- Member, Editorial Advisory Board of "The Open Diabetes Journal"
1/2014- Member, Editorial Board of "Journal of Traditional and Complimentary Medicine"
1/2014- Member, Editorial Board of "Nutrition Review"
10/2014- Associate Editor, Frontiers in Gastrointestinal Physiology
06/2016- Editor, Annals of Nutrition Review

Selected Review Services

JAMA 2011, Body Adiposity Index, Body Mass Index and Body Fat in White and African American Adults
Nutrition Review 2011, Meta analysis of the effects of dietary protein on satiety, ghrelin, and energy homeostasis
American Journal of Dietetic Association 2011, Feasibility of a lifestyle intervention on body weight and serum biomarkers in overweight and obese breast cancer survivors
Annals of Nutrition and Metabolism, 2011, Weight reduction effects of a black soy peptide supplement in overweight and obese subjects: Double blind, randomized, case-controlled study
Journal of American College of Nutrition, 2011, Body Mass, Vitamin D and Alcohol Intake, Lactose Intolerance, and Television Watching Influence Bone Mineral Density of Young, Healthy Canadian Women

Journal of Urology, 2011, Prostate Cancer Disparity between the West and the Rest of the World
JAMA, 2011, “Low Dietary Protein Reduces Weight Gain during Overfeeding”
JAMA, 2011, Fish and Marine n-3 Polyunsaturated Fatty Acids Intake Prevent Risk of Type 2 Diabetes in Asian but not in US and European Populations: a Systematic Review and Meta-analysis of Prospective Cohort Studies.
Nutrition Research 2011, Estimate of the Adequacy of Food Intake in Women Two Years or More after Bariatric Surgery
The Journal of the American Dietetic Association, 2011 “Meat intake is associated with insulin resistance in women without type 2 diabetes”
JAMA, 2012, “Testing the Carbohydrate Hypothesis: Body Fat Loss and Fat Oxidation during Selective Reduction of Dietary Carbohydrate versus Fat”
JAMA, 2012, “Effects of Naltrexone SR/Bupropion SR on Weight and Obesity-related Health Risks in Overweight and Obese Participants: COR-II Phase 3 Randomized Trial”
Endocrine 2012, Sarcopenic obesity
Obesity Review 2013, “Review of the Nutritional Value of Legumes and their Effects on Obesity and its Related Co-morbidities”
JAMA 2014, “Weight Loss and Diabetes Incidence with the VA Lifestyle Change Program”
Nutrition Review 2015, “Dietary Fiber intake: role of oat consumption”
2015, “Meta-analysis: Krill oil supplementation”

COMMUNITY ACTIVITIES

2004 UCLA Vital Sign, “Fat cells play active role in overall wellness”
2005 UCLA Vital Sign, “Early death risk due to Obesity debated”
2007 Interviewed by Los Angeles Times, “Liquid or solid food: Maybe it matters”
2007 Interviewed by Los Angeles Times, “Tricky side of treats”
2007 Interviewed by Los Angeles Times, “A closer look: It comes down to satisfaction”
2008 Featured story, Los Angeles Times, “Waiting for a liver transplant, she tries to reclaim the rhythm of her life”
2009 Featured article, AgroFood, “Meal replacement: A valuable tool for weight management”
2009 Interviewed by UCLA Today, “Weight Watching”
2010 Interviewed by Daily News Los Angeles, “Not all drinks a toast to your health”
4/ 2010 Interviewed by WebMD, “Supplement may give older athletes an edge”
4/ 2010 Interviewed by Science News, “Chili pepper holds hot prospects for pain free dieting”
6/2010 Temple Akiba, Culver City. “Diet, Environment and Health”
2011 Interviewed by Man’s Magazine, Meal replacement for weight loss
2011 Reviewer for Total Wellness, “9 ways to spice up your life”
4/ 2012 Speaker, UCLA Cardiomyopathy Patient Support Group “Nutrition Support for Better Breather”
1/ 2012 Interviewed by Fitness Magazine, “Rev It Up: How to Reboot Your Metabolism”
6/ 2012 Speaker, Huntington’s Disease Society of America 2012 Convention, “Are All the Calories the Same?”
8/ 2012 Speaker, UCLA Head and Neck Cancer Patient Support Group, “Nutrition Assessment & Support for Head & Neck Cancer Patients”
5/ 2013 Speaker, Viewpoint School, “What Color is Your Plate?”
11/ 2013 Interviewed by Yahoo.com, “How to Reboot Your Metabolism”
03/ 2015 Huffington Post, “The Best Online Calorie Calculator, According To Science”
04/ 2015 Interviewed by American Society of Nutrition, “Chinese Nutrition Week”
01/ 2015 Interviewed by Robb Report, “Intelligent Questions to Ask Your Doctors Spring 2015”
04/ 2016 Interviewed by Los Angeles Times, “Are you getting enough vitamin B12?”
05/ 2016 Interviewed by self.com, “Think You Might Be Vitamin D Deficient? Here’s How To Tell”
05/ 2016 Interviewed by vogue.com, “The Delicious Turmeric Tonic That Fights Inflammation and Free Radicals”
06/ 2016 Interviewed by NBC News, TODAY Health & Wellness “ This simple menu change could help cut 60 calories a meal”

HONORS AND SPECIAL AWARDS:

03/ 1990 Third Place Award, Advance in Science and Technology, State Education Commission, China
06/ 1991 First Prize, Basic Science, Young Investigators Forum of American Heart Association, Great Los Angeles
06/ 1996 Resident of the Year, Internal Medicine. UCLA-VAMC West Los Angeles Program
06/ 1997 Resident of the Year, Internal Medicine. UCLA-VAMC West Los Angeles Program

06/ 2002 Recognition in Teaching Medical Residents, UCLA-VAMC West Los Angeles Program
01/ 2004 Gold Award for Goal Sharing to Care for Obese VA Veterans, Greater Los Angeles Health Care System
05/ 2004 Unsung Hero Nomination, VA Greater Los Angeles Health Care System
06/ 2004 TEACHER OF THE YEAR, Internal Medicine. UCLA-VAMC West Los Angeles Program
08/ 2004 Special Contribution Award, VA Greater Los Angeles Health Care System for leadership role in reorganization of Emergency Department
06/ 2005 TEACHER OF THE YEAR, Internal Medicine. UCLA-VAMC West Los Angeles Program
01/ 2006 Award of Excellence, VA Greater Los Angeles Health Care System
2011 2012 Edition of Who's Who in America
3/ 2012 Social Work Spotlight Award, VA Greater Los Angeles Health Care System
7/ 2012 Certificate of Recognition, California Legislature Assembly for the MOVE Program, VA Greater Los Angeles Health Care System
7/ 2012 Certificate of Appreciation, Secretary, California Department of Veteran Affairs, for providing outstanding care to California veterans through the VA Greater Los Angeles and University of California, Los Angeles Health Care System
7/ 2012 Certificate of Recognition, City of Los Angeles, for the application of outstanding medical skills in care of Veterans and willingness to go above and beyond the call of duty on their behalf.
07/ 2015 The Lynda and Stewart Resnick Endowed Chair in Human Nutrition

RESEARCH GRANTS, AWARDS AND CONTRACTS

1. CA/HHS/Department of Health Services

Title: Nutrient-Gene Interactions in Ovarian Cancer. Award # 00-00732v-20186

Role: Co-Investigator - without salary

Duration: 7/ 1/ 00-6/ 30/ 02

Direct Cost: \$990,389.33

2. Slim Fast Diabetes Slim Fast Nutrition Inst.

Title: Long-term Efficacy of soy based meal replacements vs. an individualized diet plan in obese type 2 dm patients: relative effects on weight loss, metabolic parameters, and c-reactive protein

Role: Co-Investigator - without salary

Duration: 4/ 18/ 01-12/ 31/ 02

Direct Cost \$319,990

3. Knoll Pharmaceutical Company

Title: Combination Therapy of Meridia (Sibutramine Hydrochloride Monohydrate) & Meal Replacement on Body Weight & Weight Loss Maintenance in Obese Individuals. Award # 006744-001

Role: Co-Investigator - without salary

Duration: 11/ 30/ 00-3/ 30/ 02

Direct Cost \$130,688.25

4. Knoll Pharmaceutical Company

Title: A 12-Month Study to Assess the Efficacy and Safety of Meridia (Sibutramine Hydrochloride Monohydrate) 10 and 15 mg in Obese Adolescents

Award # 006722-001

Role: Co-Investigator - without salary

Duration: 11/ 30/ 00-2/ 28/ 02

Direct Cost: \$293,345

5. Shering-Plough

Title: A Phase III, Multi-Center, Two Arm Study to Assess the Efficacy and Safety of Ecopipam (SCH 39166) in the Management of Obesity. Award # P00396-07

Role: Co-Investigator - without salary

Duration: 2/ 28/ 00-8/ 18/ 02

Direct Cost: \$536,123

6. Novartis Pharmaceutical

Title: R, DB, PC, DF, MC Study of Sanostatin LAR Depot (20, 40, & 60mg) in Px w Primary Insulin Hypersecretion (PIH) and at Least Moderate Obesity. Award # US20

Role: Co-Investigator - without salary

Duration: 1/ 15/ 02-7/ 31/ 03

Funding: \$135,087

7. FUJISAWA Pharmaceuticals.

Title: A Phase II, Randomized, Double-blind, Placebo – controlled, Parallel-Group, Dose-response, Study of Intravenous Injection Of DTI-0009 For Ventricular Rate Control in Adult Subjects with Atrial Fibrillation.

Principal Investigator: Bramah Singh

Role: Co-Investigator - without salary

Duration: 2001-2002

Funding: \$30,000

8. ACTELION PHARMACEUTICALS.

Title: A Multicenter, Double-Blind, Randomized, Placebo Controlled, Parallel Group Study To Assess The Efficacy, Safety And Tolerability of Tezosentan In Patients With Acute Heart Failure.

Principal Investigator: Freny Mody

Role: Co-Investigator - without salary

Duration: 2003 - 2004

Funding: \$150,000 app. Among the top 10 enrollers in the country.

9. NIH

Title: Effects of High-Protein Diet on Satiety, Satiety Hormones, Insulin Resistance, and IGF-1/IGFBP-1 in Hyperinsulinemic Subjects

Role: Principal Investigator

Duration: 02/01/04 - 01/31/05

Funding: \$15,000

10. Herbalife, Inc.

Title: A Comparison of Weight Loss Achieved with a Meal Replacement Plan on Individualized Protein Supplementation to a Standard Protein Meal Replacement Plan

Role: Principal Investigator

Duration: 05/13/2004 - 07/31/2006

Funding: \$209,085

11. Herbalife, Inc

Title: The Effect of Niteworks Exercise Performance in Healthy Older Subjects

Role: Principal Investigator

Duration: 05/13/2004 - 07/31/2006

Funding: \$43,910

12. Stewart and Lynda Resnick Revocable Trust

Title: Bioavailability, Bioactivity and Sports Performance Enhancing Effects of a Pomegranate Extract Sports Drink

Role: Principal Investigator

Duration: August 1, 2005 - July 31, 2006

\$218,713

13. VA Merit

Title: Effects of Weight Loss on Prostate Cancer Pathology

Role: Co-Principal Investigator, Principal Investigator William Aronson

Dates: 7/1/07 to 6/30/12

Funding: \$150K/year

14. Sanofi-Synthelabo Recherche

Title: Rimonabant in Prediabetic Subjects to Delay Onset of Type 2 Diabetes

Role: Principal Investigator

Duration: 07/24/2006 - 05/02/2009

Funding: \$455,224

15. Orexigen, Co.

Title: Orexigen ZB-201

Role: Principal Investigator

Duration: 06/28/2006 - 06/27/2008

Funding: \$217,775

16. Agency for Health Care Policy Research (AHCPR), Rand Cooperation.
Title: Meta Analysis on Pharmaceutical and Surgical Treatment of Obesity
PI: Paul Shekelle
Role: Co-Investigator, 5% effort
Duration: 7/ 2006 to 12/ 2007
Funding: 1,000,000
17. Medicine Co.
Title: Evaluation of the Effect of Ultrashort-Acting Clevidipine in the Treatment of Patients with Severe Hypertension (VELOCITY)
Principal Investigator: Ramin Ebrahimi
Role: Co-Investigator, 5% effort
Duration: 6/ 2006 to 12/ 2006
Funding: \$180,000
18. Bristol-Myers Squibb
Title: A Randomized, Double-Blind, Placebo-Controlled, Parallel-Arm, Multiple Dose Study to Evaluate the Safety, and Pharmacokinetics of BMS-646256 (SLV319) in Obese and High Risk Overweight Subjects
Role: Principal Investigator
Duration: 3/ 7/ 07 – 7/ 7/ 09
Funding: \$ 542,612
19. Agency for Health Care Policy Research (AHCPR), Rand Cooperation.
Title: Pregnancy and Fertility Following Bariatric Surgery, A Systematic Review.
PI: Paul Shekelle
Role: Co-Investigator, 5% effort
Duration: 2007-2008
Funding: \$250,000
20. FDP-NIH AI070453, NIH/ FDP
Title: Xenobiotics, Oxidative Stress and Allergic
Heber (project PI), Nel (PI)
Role: Co-Investigator, 5% effort
Duration: 07/ 01/ 08 - 06/ 30/ 11
Direct Cost: \$670,260
21. NCI-NIH
Title: Examining the Effects of High Protein Diet on Outcomes in Heart Failure Patients
PI: Lorraine, S Evangelista
Role: Co-Investigator, 5% effort
Duration: 7/ 1/ 2009 – 6/ 2014
Direct Cost: \$1,314,828
22. VA Merit Award
Title: Development of novel anti-hyperglycemic agent
Role: Principal Investigator 30%
Duration: 03/ 01/ 2010-06/ 30/ 2013
Direct Cost: \$450,000
23. TransTech Pharma
Title: A Prospective, Double-blind, Randomized, Placebo-controlled, Phase IIa, Multiple Dose, Multicenter Study to Assess Safety and Tolerability of 3 Doses of TTP435 in Obese (Class 1-2) Subjects over 8 Weeks of Treatment
Role: Principal Investigator
Duration of Grant: 03/ 01/ 2009-12/ 31/ 2009
Direct Cost: \$120,000
24. Atkins Foundation
Title: Randomized Controlled Clinical Trial of Carbohydrate Restriction among Men Initiating Androgen Deprivation Therapy for Prostate Cancer.
Principal Investigator: William Aronson

Role: Co-Investigator, 5% effort
Duration: 10/1/2010 to 9/30/2013
Direct Cost: \$69,405/ year

25. Agency for Health Care Policy Research (AHCPR), Rand Cooperation.
Title: Systematic Reviews on Bariatric Surgery & Metabolic Conditions.
PI: Paul Shekelle
Role: Co-Investigator, 5% effort
Duration: 2010
Funding: \$10,000

26. Agency for Health Care Policy Research (AHCPR), Rand Cooperation.
Title: Effects of Bariatric Surgery on Diabetes.
PI: Paul Shekelle
Role: Co-Investigator, 5% effort
Duration: 1/2011 to 8/2011
Funding: \$300,000

27. VA Merit Award
Relationship of weight loss and the pathophysiology of prostate cancer
PI: William Aronson
Role: Co-investigator, 10% effort
Duration: 07/01/2009-06/30/2012
Budget: \$150/ year for 3 years

28. VA Merit Award
Gastrointestinal Hormonal Regulation of Obesity
Role: Co-investigator, PI: Joseph Pisegna
Duration: 10/11-9/14
Budget: \$250,000/ year

29. Ahmanson Foundation
Title: Comparison of the Bioavailability of Curcumin to Curcumin Formulated with Phosphatidylcholine or with Nanoparticles
Duration: 11/1/2010 – 10/31/2012
Funding: \$125,000

30. Eli Lilly and Company
Title: the Effects of Dulaglutide on Major Cardiovascular Events in Patients with Type 2 Diabetes: Researching Cardiovascular Events with a Weekly Incretin in Diabetes (REWIND)
Role: Principal Investigator
Duration: 2012 to 2018
Funding: \$385,000

31. UCLA Departmental Funding
Title: Pomegranate Ellagitannin Bioavailability and Metabolism from Pomegranate Fruit Made by Column Purification versus Membrane Filtration
Role: Principal Investigator
Duration: 2012 to 2014
Funding: \$150,000

32. UCLA Departmental Funding
Role: Principal Investigator
Duration: 2012 to 2014
Funding: \$150,000

33. UCLA Departmental Funding
Title: Food Addiction Behaviors in Obese Adolescents with a Dopamine-Resistant (DRD2 A1) Receptor Polymorphism

Role: Principal Investigator
Duration: 2012 to 2014
Funding: \$40,000

34. Endless Youth and Life
Title: Effects of Green Tea on Basal Metabolic Rate
Role: Principal Investigator
Duration: 2012 to 2014
Funding: \$125,000/yr

35. National Health Institute
Title: Investigations of a low-fat diet with fish oil supplementation on prostate cancer outcomes in human cohorts and mouse models
PI: William Aronson
Role: Co-Investigator, 5% effort
Duration: 7/13- 6/18
Funding: \$173,000/year

36. Patient Centered Outcomes Research Institute (PCORI)
Title: pSCANNER: patient-centered Scalable National Network for Effectiveness Research
PI: Ohno-Machado Lucila
Role: Investigator
Duration: 4/2014 to 09/2015
Funding: \$13,000/year

37. UCLA Departmental Funding
Title: Effect of Dietary Protein on Pomegranate Ellagitannin Bioavailability
Role: Principal Investigator
Duration: 10/1/2015 – 09/30/2017
Funding: \$100,000

38. UCLA Departmental Funding
Title: Clinical Trial to Determine the Efficacy of Pomegranate for Skin Inflammation and Aging
Role: Principal Investigator
Duration: 10/1/2015 – 09/30/2017
Funding: \$150,000/year

UCLA Departmental Funding.
Title: Study of the Effect of Fruit/Vegetable Based Supplementation on Microbiome
Role: Principal Investigator
Duration: 2015
Funding: \$150,000

INVITED LECTURES AND PRESENTATIONS:

06/1998	VA Greater Los Angeles Health Care System Grand Rounds, “Eat to Beat Breast Cancer”
05/1999	VA Greater Los Angeles Health Care System Continue Education Lecture, “Clinical Guidelines for Obesity Management”
06/1999	VA Greater Los Angeles Health Care System Endocrinology Grand Rounds, “Weight Control”
06/2000	UCLA Healthcare 50 Plus Program, “Eating Healthy”

08/2000 VA Greater Los Angeles Health Care System Department of Medicine Noon Conference, "Hypertension Emergency"

10/2000 VA Greater Los Angeles Health Care System Nursing Continue Education Lecture, "Hypertension Emergency"

08/2001 VA Greater Los Angeles Health Care System Department of Medicine Noon Conference, "Hypertension Emergency"

10/2001 VA Greater Los Angeles Health Care System Emergency Training Lecture Series, "Bioterrorism"

10/2001 VA Greater Los Angeles Health Care System Nurse Continue Education Lecture, "Acute Coronary Syndrome"

08/2002 VA Greater Los Angeles Health Care System Department of Medicine Noon Conference, "Hypertension Emergency"

11/2002 VA Greater Los Angeles Health Care System Endocrinology Grand Rounds, "Pharmacological and Surgical Treatment of Obesity"

4/2004 Women's Sexual Health state-of-Art Series, "Diet, lifestyle, and Nutritional Supplements for Weight Management during the Menopausal Transition: Why Women Are at Risk for Weight Gain and What to Do about It."

6/2004 UCLA CME Series - Family Medicine Refresh Course, "Update on Obesity Management in Primary Care"

9/2004 VA Greater Los Angeles Health Care System Department of Medicine Grand Round, "Pharmacotherapy and Surgical Management of Obesity"

9/2004 St Jude Medical Center Grand Round, Nutrition Update for Primary Care Physicians"

11/2004 West Hills Medical Center Grand Round, "Nutrition Update"

1/2005 Holy Cross Medical Center at Mission Hills Grand Round, "Nutrition Update for Primary Care Physicians"

6/2004 Symposium on the Role Alternative and Complementary Medicine on Secondary Prevention of Cardiovascular Disease, Beijing, "Chinese Red Yeast Rice"

2/2005 The 2nd International Conference on Complementary and Alternative Medicine, Singapore, "Cholesterol-Lowering Effects and Pharmacokinetics of Chinese Red Yeast Rice"

4/2005 UCLA East-West Medicine Center Grand Round, "Nutrition Research and Role of Alternative Medicine"

5/2005 ADA leadership retreat, San Diego, "Phytonutrients, inflammation and hs-CRP"

12/2005 VA Sepulveda Ambulatory Care Center Grand Round, "Diet therapy for Obesity"

5/2006 ADA leadership retreat, San Diego, "Phytonutrients and inflammation"

9/2006 ADA annual meeting CME series, Honolulu, "Taming the fires of inflammation through diet"

8/2006 Red Yeast Rice Experts' Forum, Beijing, "Biological Effects of Red Yeast Rice"

9/2006 VA Greater Los Angeles Health Care System Department of Medicine Noon Conference, "What is the Best Diets for your Patient"

10/2006 UCLA Center for East-West Medicine Conference, "Chinese Red Yeast Rice and Cardiovascular Health"

11/2006 CAM EXPO in Los Angeles, California, "The Healthy Diet: an Rx for Weight Loss"

11/2006 California Nutrition in Medicine Conference, "Very Low Calorie Diets (VLCD): Blast from the Past or Cutting Edge?"

3/2007 Obesity Prevention and Treatment Conference, Las Vegas, "Obesity Surgery- What are the Issues Clinicians need to Know?"

3/2007 VA Greater Los Angeles Health Care System Endocrinology Grand Round, "Impact of Phytonutrients on Inflammation"

3/2007 Citrus Valley Medical Center Grand Round, "Nutrition and Popular Diets"

4/2007 St. Francis Medical Center, Grand Round, "Nutritional Benefits Update for the PCP"

10/2007 California Endocrine and Nutrition in Medicine Conference, "Taming the Volcano of Inflammation: Platform for Chronic Diseases"

11/2007 Current concepts of Nutrition-Impact of Phytonutrients on Inflammation

5/2008 2008 Women's Health Update at UCLA "Can Natural Nutrients Prevent Disease?"

5/2008 Torrance Memorial Medical Center, "Current Concepts of Nutrition-Impact of Phytonutrients on Inflammation"

12/2008 Greater Los Angeles Dietetic Intern Consortium, "Outpatient Obesity Programs" VA Greater Los Angeles Healthcare System

4/2009 Greater Los Angeles Department Medicine Grand Round. "Obesity: Platform for Chronic Illness". VA Greater Los Angeles Healthcare System,

4/2009 UCLA Out Reach Program. "Weight Management, Diabesity and Disease Prevention"

- 5/2009 Obesity Treatment and Prevention , Center for Obesity Research and Education. “Physiological Adaptation to Dieting and Weight Loss”. Las Vegas, Nevada.
- 6/2009 Insights into Cancer, the Simms/Mann – ULCA Center for Integrative Oncology, “Can Natural Nutrients Prevent Cancer and Its Recurrence?” Tame the Volcano of Inflammatory with Phytonutrients”.
- 11/2009 Guangzhou Medical University Seminar, Beijing, China. “Obesity: Platform for Chronic Diseases”.
- 11/2009 Anzhen Hospital Grand Round, Beijing, China. “Obesity: Special Challenge for China”
- 11/2009 Los Angeles County K-12 Teacher Conference, Los Angeles. “Medicinal Use of Tea”
- 1/2010 Sierra Club of Los Angeles, Culver City. “Diet, Health and Environment”
- 1/2010 UCLA Healthcare 50-Plus Seminar. “Role of Nutrition in Cancer Prevention”
- 3/2010 12th Scleroderma Foundation Education Day in Southern California, “It’s What’s Inside That Counts: Scleroderma and Nutrition”
- 5/2010 Iris Cantor-UCLA Women’s Health Center Grand Round, “Diet, Lifestyle and Breast Cancer”
- 4/2010 Experimental Biology 2010, “Safety and Efficacy of Protein-enriched Diets in Metabolic syndrome”
- 5/2010 2010 Beijing University Diabetes Forum, “Nutrition Imbalance and Metabolic Diseases”.
- 5/2010 The XXIX World Nuts and Dried Fruit Congress, “Health Benefits of Pistachio”
- 5/2010 Beijing 306 Military Hospital Special Lecture, “Prevention and Treatment for Diabetes: Eat and Living Well”.
- 6/2010 VA Greater Los Angeles Health Care System General Internal Medicine Noon Conference, “Diet, Health and Environment”
- 8/2010 VA Greater Los Angeles Health Care System Endocrinology Grand Round, “Sarcopenia Obesity and Diabetes”
- 8/2010 UCLA Department of Radiation Oncology noon Lecture, “Nutrition and ENT Cancer”
- 10/2010 UCLA Department of Medicine Research Day, “Spices on Lipid Peroxidation and Energy Expenditure”
- 11/2010 Arizona Geriatric Society Annual Meeting, “Evidence for Nutrition and Brain Fitness”
- 11/2010 Arizona Geriatric Society Annual Meeting, “Diet and Healthy Living”
- 11/2010 Scleroderma Foundation 2010 Fall Education Day in Southern California, “The Esophagus and Avoiding Heartburn”
- 1/2011 UCLA Endocrinology Grand Round, “Spices on Spices on Lipid Peroxidation and Energy Expenditure”.
- 3/2011 VA Greater Los Angeles Health Care System General Internal Medicine Noon Conference, “Nutrition Support for Patient in the Hospital”.
- 4/2011 American Society for Nutrition Satellite Symposium, “The Challenge in Asia: Type 2 Diabetes in the Absence of BMI Criteria for Obesity”.
- 5/2011 National Industry Association West Spring Conference, Palm Springs, “Phytonutrients and Inflammation”
- 5/2011 Holly Cross Medical Center, Los Angeles, “Obesity: Platform for Chronic Illness”
- 10/2011 National Student Conference on Integrative Medicine, UCLA 2011, “Nutrition and Inflammation”
- 11/2011 Iris Cantor –UCLA Women’s Health Center Executive Advisory Board Fall Luncheon, “Muscle vs. Fat: Unhealthy at Size 2?”
- 11/2011 City of Hope Grand Round, “Obesity: Platform for Chronic Illness”
- 11/2011 National Industry Association West Fall Conference, Los Angeles, “Ingredients in Clinical Practice”
- 1/2012 VA Greater Los Angeles Health Care System. Department of Medicine Noon Conference, “Obesity: The Trouble with Fat”
- 2/2011 California Strawberry Commission Annual Meeting, Monterey, “Strawberry Research at the UCLA Center for Human Nutrition”
- 2/2012 Harbor UCLA Medical Center, Department of Endocrinology Grand Round, “Obesity: The Trouble with Fat”
- 3/2012 Valley Presbyterian Medical Center Grand Round, “Obesity Management”
- 4/2012 Glendale Memorial Hospital and Health Center Grand Round, “Treatment approaches in managing obesity”
- 4/2012 Experimental Biology, San Diego, “Effects of MUFA on Visceral Fat & Inflammation”
- 4/2012 Experimental Biology, San Diego, “Fish Oil, Algal and Other Plant Oils: Safety and Sources”
- 5/2012 City of Hope Grand Round, “Nutrition and Inflammation”
- 5/2012 National Industry Association West Spring Conference, Newport Beach, “Getting Ahead of the Curve in the Trouble with Fat”
- 6/2012 Little Company of Mary Medical Center CME, Torrance, “Obesity: The Trouble with Fat”
- 10/2012 US-China Dialogue, 1st Nutrition and Metabolic Syndrome Forum, Xian China, “How to Adapt the Chinese Diet to Modern Lifestyle”

11/2012 National Industry Association West Fall Conference, Los Angeles, “How the Human Microbiome Impacts Our Health”

1/2013 Eisenhower Medical Center Grand Round, Rancho Mirage, “Nutrition and Health”

1/2013 Cedars Sinai Endocrinology Grand Round, Beverly Hills, “Obesity Management: Tame the Fire of Obesity”

4/2013 Experimental Biology, Boston, “The Role of the Microbiome as Carbohydrate Intake Shifts to Sugars and Refined Carbohydrates”

5/2013 International Society for Hypertension in Blacks 2013, San Francisco, “Hypertension: the Mismatch of Your Genes and the Environment”

5/2013 National Industry Association West Spring Conference, Newport Beach, “The Shift in Carbohydrate Intake Worldwide”

7/2013 Downy Regional Medical Center CME: “Obesity Management”

9/2013 VA Greater Los Angeles Health Care System Endocrinology Grand Round, “Nutrition Counseling for the Management of Diabetes and Heart Disease”

9/2013 Saint John’s Health Center Postgraduate Assembly, September 21, 2013, “Introduction to Obesity”

11/2013 Korean Society of Nutrition annual meeting, Seoul, Korea “Obesity and Inflammation”

12/2013 Taipei Medical University Cancer Center, Taipei, “Nutrition Assessment and Support for cancer Patients”

12/2013 2013 International Conference on Nutraceuticals, Taipei, “Clinical Nutrition and Diseases”

3/2014 “Nutrition, microbiome and healthy”

5/2014 UCLA Depart of Medicine Grand Round, “The Management of Obesity and the Overweight Patient Scientific Update, 2014”

5/2014 The Oxygen Club annual meeting in Sacramento, “Pomegranate Consumption, Microbiome, & Urolithin Production

6/2014 UCLA Endocrinology Grand Round, “The Management of Obesity and the Overweight Patient Scientific Update, 2014”

2/2015 11th Hirshberg Symposium on Pancreatic Cancer, Los Angeles, “Nutritional Challenges in Patients with Pancreatic Cancer”

4/2015 Food Ingredients China 2015. “Nutrition, Microbiome and Metabolic Syndrome”

4/2015 Grand Round at To Ji University, Shanghai, China, “Nutrition Challenge for Asia”

4/2015 American Dietetic Association California Chapter annual meeting, Riverside, California. “The Nutrition, Microbiome and Health”

4/2015 UCLA Division of Gastroenterology Grand Round, “An Interdisciplinary Approach to the Metabolic Syndrome at UCLA”

5/2015 Chinese Nutrition Society Annual Meeting, Beijing, “The Global Nutrition Transition: Challenge in China”

5/2015 Chinese Nutrition Society Annual Meeting, Beijing, “Diet, Microbiome and Obesity”

5/2015 UCLA Iris-Cantor Women’s Health Center Grand Round, “Diet, Microbiome and Obesity”

5/2015 UCLA Department of Pediatrics Conference “Diet and Microbiome”

6/2015 UCLA Urology Grand Round, “American diet and kidney stones: The role of the intestinal microbiome”

8/2015 Grand Round, Anhui Province Hospital, China, “Nutrition and Health”

9/2015 The World Association of Chinese Physician Annual meeting, Beijing, China “Diet and Microbiome”

11/2015 Ninth Annual UCLA Liver Diseases Symposium, Los Angeles “Weight Reduction for NASH”

11/2015 The Obesity Week 2015, Los Angeles, “Nutrient Deficiencies Seen in Obesity and After Significant Weight Loss”

12/2015 The 3rd Annual UCLA Diabetes Symposium, Santa Monica, “Current Management of Obesity”

02/2016 Regional conference of Asian Pacific American Medical Student Association, Los Angeles, “Culture Affects Practice”

03/2016 North America Chinese Society for Nutrition Webinar, “Career in Nutrition”

04/2016 Experimental Biology, San Diego, “Modulation of the Gut Microbiome by Prebiotics, Phytochemicals, and Dietary Pattern”

04/2016 The 1st North America Chinese Society for Nutrition Scientific Symposium, San Diego, “Diet, microbiome and obesity”

05/2016 43rd Annual UCLA Family Medicine Refresher Course, Maria Del Rey, “Modern Management of Obesity”

05/2016 National Industry Association West Spring Conference, Newport Beach, “Diet, Microbiome and Health”

PAST NUTRITION RESEACH MENTEES:

List of Trainees	Current Position
Kurt Hong, MD, Ph.D.	Director for Center of Clinical Nutrition Univ. of Southern California
Steve Chen, M.D. M.S.	Executive Medical Director Takeda Pharmaceutical
Eric Yang, MD	Private Practice
Anita Bajpai, MD	Private Practice
Rubin Song, MD	Kaiser Permanente
Nancy Rahnama	Private Practice
Amy Lee, MD	Private Practice
Arpana Gupta, Ph.D.	K23 mentee, Assistant Professor, Center for Neurobiology of Stress Ingestive Behavior and Obesity Program Division of Digestive Diseases UCLA
Vijay Surampudi, MD	Assistant Professor, UCLA

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