

Approved, ABMF 12/16/15

CURRICULUM VITAE
The Johns Hopkins University School of Medicine

July 17, 2021

Mihail Zilbermint, MD, FACE

DEMOGRAPHIC AND PERSONAL INFORMATION**Current Appointments**

University	
2015-present	Assistant Professor of Medicine (part-time), Division of Endocrinology, Diabetes and Metabolism, The Johns Hopkins School of Medicine, Baltimore, MD
Hospital	
2015-present	Director of Endocrinology, Diabetes and Metabolism, Johns Hopkins Community Physicians at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
2015-present	Endocrinologist, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
2015-present	Endocrinologist, Johns Hopkins Hospital, Baltimore, MD
2018-present	Chief, Division of Endocrinology, Diabetes and Metabolism, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
2018-present	Endocrinologist, Howard County General Hospital, Johns Hopkins Medicine, Columbia, MD
2020-present	Chairman, Department of Medicine, Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
Johns Hopkins Health System	
2021-present	Co-Medical Director, Baltimore Metropolitan Diabetes Regional Partnership, Baltimore, MD
Other	
2013-present	Hospitalist Physician, Johns Hopkins Community Physicians at Suburban Hospital, Johns Hopkins Medicine, Bethesda, MD
2015-present	Researcher and Special Volunteer, Section on Endocrinology and Genetics, <i>Eunice Kennedy Shriver</i> National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, MD

Personal Data

	Suburban Hospital, Division of Hospital Medicine Department of Medicine Endocrinology Office, 6 th Floor 8600 Old Georgetown Rd, Bethesda, MD 20892
Tel	301 896 2401
Fax	301 896 2468
Email	mzilber3@jhmi.edu

Education and Training

Undergraduate- N/A

Doctoral/Graduate 1997- 2003	Medical Doctor/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-present	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 / <i>Eunice Kennedy Shriver</i> National Institute of Child Health and Human Development, National Institutes of Health /Bethesda, MD
	Mentors: Constantine A. Stratakis, MD and Maya B. Lodish

Professional Experience

Medical 2000-2003	Program Coordinator, Continuing Medical Education, The American Jewish Joint Distribution Committee/Chisinau, Moldova
2008-2009	Research Assistant to Dr. Adrian Dobs, Johns Hopkins Hospital/Baltimore, MD

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, Sinaii N, Berthon A, Libe R, Assie 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. *The Journal of clinical endocrinology and metabolism* 2014; 99(6): E1113-1119. (*First co-author).
3. Gkouroggianni 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. *The Journal of clinical endocrinology and metabolism* 2015; 100(1): E114-118. *Manuscript writing
5. **Zilbermint M**, Xekouki P, Faucz FR, Berthon A, Gkouroggianni A, Schernthaner-Reiter MH, Batsis M, Sinaii N, Quezado MM, Merino M, Hodes A, 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. *The Journal of clinical endocrinology and metabolism* 2015; 100:E900-909.
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. Tirosch 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, Ebebuwa 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, Fauz 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, Fauz 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***, et al. The Association of ARMC5 with the Renin-Angiotensin-Aldosterone System, Blood Pressure, and Glycemia in African Americans. *J Clin Endocrinol Metab.* 2020;105(8):dgaa290. Doi:10.1210/clinem/. *Data analysis and engagement with discovery.
16. **Zilbermint M**. Diabetes and climate change, *Journal of Community Hospital Internal Medicine Perspectives.* 2020, 10:5, 409-412. (Systematic review)
17. Rachel W, Tirosch A, Kamilaris CDC, Camacho J, Fauz FR, Gutierrez Maria A, 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, 2020. Volumetric Modeling of Adrenal Gland Size in Primary Bilateral Macronodular Adrenocortical Hyperplasia. *Journal of the Endocrine Society.* 2020 Oct 29;5(1) Bvaa162, <https://doi.org/10.1210/jendso/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. doi: 10.1001/jamanetworkopen.2020.30913. PMID: 33416883; PMCID: PMC7794667.*Engagement with discovery.
19. Demidowich, A. P., Batty, K., Love, T., Sokolinsky, S., Grubb, L., Miller, C., Raymond, L., Nazarian, J., Ahmed, M. S., Rotello, L., & **Zilbermint, M.** (2021). Effects of a Dedicated Inpatient Diabetes Management Service on Glycemic Control in a Community Hospital Setting. *Journal of Diabetes Science and Technology.* <https://doi.org/10.1177/1932296821993198> *[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. doi: 10.1177/19322968211002514. Epub 2021 Apr 12. PMID: 33843291.
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. doi: 10.1177/19322968211008513. Epub 2021 Apr 21. PMID: 33880952.*[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. *Journal of Community Hospital Internal Medicine Perspectives.* 2021 May 4;11(3):343-9.*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. PMID: 34079627; PMCID: PMC8165714. *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. *Current opinion in endocrinology, diabetes, and obesity* 2015; 22:157-162. *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. *Current diabetes reports* 2017; 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. *International Journal of Molecular Sciences.* 2019;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. doi: 10.1007/s11892-020-01374-0. PMID: 33449246.

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. *Journal of pediatric endocrinology & metabolism: JPEM.* 2014;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. *Journal of Community Hospital Internal Medicine Perspectives.* 2020 Jul 3;10(4):338-9. *Engagement with teaching

Perspective

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. *Endocrine practice: official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists* 2019; 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. doi: 10.1177/19322968211007908. Epub 2021 May 6. PMID: 33955269.
5. Bedoya Reina MT, Brereton N, **Zilbermint M***. Haven Health is About to Disrupt the U.S. Healthcare System. *Journal of Community Hospital Internal Medicine Perspectives.* 2021;11(3):357-60. doi: 10.1080/20009666.2021.1906832.

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 Pertsemelidis D, Inabnet WB, Gagner M. Second edition. Ed. Boca Raton: CRC Press, 2017. *Teaching and dissemination
3. Hodes A; Brown, R.M.; 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

Books, Textbooks [BK]

None

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. Journal of Diabetes Science and Technology. 2020;14(5):928-944. Doi:10.1177/1932296820939626. *Teaching and dissemination

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, **Zilbermint M**. Happy Campers. Endocrine news. Chevy Chase, MD: The Endocrine Society; 2017: http://endocrinenews.endocrine.org/wp-content/uploads/EN0717_INT-final.pdf . Accessed July 2017

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 |
| 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 |
| 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 |
| | <ul style="list-style-type: none"> • 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 |
| | <ul style="list-style-type: none"> • 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
- 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>
- Research highlight
- 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
<https://www.healio.com/endocrinology/adrenal/news/in-the-journals/%7B863bc742-cf02-47b8-ae93-1df49d559507%7D/hair-analysis-may-identify-cushings-syndrome>
- 11/10/17 • Research highlight
 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/>
- 07/03/19 • Diabetes magazine interview
 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>
- 07/03/19 • Research highlight and interview
 Scientists link genetics to risk of high blood pressure among blacks
<https://medicalxpress.com/news/2019-07-scientists-link-genetics-high-blood.html>
- 07/03/19 • Research highlight
 NIH scientists link genetics to risk of high blood pressure among blacks
https://www.eurekalert.org/pub_releases/2019-07/nksn-nsl062719.php
- 07/03/19 • Research highlight and interview
 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>
- 07/05/19 • Research highlight
 Gene variant may increase blood pressure in black people
<https://www.breitbart.com/news/gene-variant-may-increase-blood-pressure-in-black-people/>
- 07/05/19 • Research highlight
 Gene variant may increase blood pressure in black people
https://www.upi.com/Health_News/2019/07/05/Gene-variant-may-increase-blood-pressure-in-black-people/5641562336073/
- 07/06/19 • Research highlight
 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/>
- 07/26/19 • Research highlight
 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>
- 09/12/19 • Research highlight and interview
 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>

11/18/19 • Clinical program and research highlight
 Diabetes, heart problems and redundant imaging scans among Johns Hopkins-led performance improvement topics on 'high-value care'
<https://www.dotmed.com/news/story/49250>

04/01/20 Clinical program and research highlight
 Newman, MA. Viral Load: A Look at One Endocrinologist's Practice. Endocrine News. 2020.
<https://endocrinenews.endocrine.org/viral-load-a-look-at-one-endocrinologists-practice-during-the-covid-19-crisis/> . Accessed on May 21, 2020.

07/10/20 • Clinical practice during COVID-19 highlight and interview
 Tucker, ME. Endocrine Hospitalist-Led Service Improves Diabetes Care. July 10, 2020.
<https://www.medscape.com/viewarticle/933727>

09/08/20 • Clinical practice and research highlight, interview.
 All About Insulin
<https://www.endocrineweb.com/conditions/type-1-diabetes/what-insulin>

10/22/20 • Interview about insulin therapies
 Alkon, C. A Moment's Notice: Good Habits For Being on Call. Endocrine News (October) 2020. P.41-43.
<https://endocrinenews.endocrine.org/a-moments-notice-good-habits-for-being-on-call/>
 and https://endocrinenews.endocrine.org/wp-content/uploads/EN_102020_LowRez.pdf

11/09/20 • Expert advice on simple ways to combat the ill effects of being on call
 Jaffe, L. Why Climate Change Is Different for People With Diabetes.
<https://www.endocrineweb.com/climate-change-different-people-diabetes>

11/13/20 • Interview about the impact of climate change on diabetes
 Diabetes awareness: risk factors, prevention, symptoms, and disease management
<https://wjla.com/features/good-morning-washington/diabetes-awareness-risk-factors-prevention-and-disease-management>

02/01/21 • ABC7 -WJLA TV interview about diabetes risk factors and prevention
 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/>

02/01/21 • Interview
 COVID-19 might be triggering new-onset diabetes, researchers say
<https://www.beckershospitalreview.com/patient-safety-outcomes/covid-19-might-be-triggering-new-onset-diabetes-researchers-say.html>

03/01/21 Researchers Identify Link Between COVID-19 and New Diabetes Cases
<https://www.everydayhealth.com/coronavirus/researchers-identify-link-between-covid-19-and-new-diabetes-cases/>

05/05/21 • Interview
 Tucker, M. In-Hospital Glucose Management Program Gives Dramatic Savings, Medscape. 2021.
<https://www.medscape.com/viewarticle/950563>

06/07/21 • Research highlight and interview
 Bagely, D. Inside Addition: Managing Diabetes in a Community Hospital Setting. Endocrine News (June) 2021.
<https://endocrinenews.endocrine.org/inside-addition-managing-diabetes-in-a->

[community-hospital-setting/](#)

06/10/21 • Research highlight and interview
 Fernandez, G. The Impacts of COVID-19 on Diabetes and Insulin. COVID-19 Johns Hopkins School of Public Health Expert Insights. (June 10, 2021)
<https://www.jhsph.edu/covid-19/articles/the-impacts-of-covid-19-on-diabetes-and-insulin.html>

- Clinical practice interview

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/>)

- Interview with ISH

02/10/17 Hair analysis may help diagnose Cushing Syndrome, NIH researchers report
<http://foreignaffairs.co.nz/2017/02/10/hair-analysis-may-help-diagnose-cushing-syndrome-nih-researchers-report/>

- Research highlight

02/14/17 Cushing-Syndrom: Diagnose durch Haaranalyse
<https://www.aerzteblatt.de/treffer?mode=s&wo=17&typ=1&nid=73090&cs=cushing>

- Research highlight (in German)

02/23/17 Síndrome de Cushing, ¿podría el cabello confirmar el diagnóstico?
<http://consalud.es/estetico/bienestar/sindrome-de-cushing-podria-el-cabello-confirmar-el-diagnostico-33980>

- Research highlight (in Spanish)

02/27/17 Может ли анализ волос подтвердить диагноз синдрома Кушинга?
<http://medicalinsider.ru/news/mozhet-li-analiz-voles-podtverdit-diagnoz-sindroma-kushinga/>

- 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

07/09/18 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

08/31/18 Interview for the Voice of America Television show with Dr. Mir Abdul Q. Moshref “Cardiovascular disease in diabetes treatment
<https://www.youtube.com/watch?v=Ihmd5VUc0oI&feature=youtu.be&t=16m15s>”.

- Interview for a TV show aired in Afghanistan

09/10/18 Interview for the Voice of America Television show with Dr. Mir Abdul Q. Moshref and “Adrenal diseases” <https://youtu.be/ldkZKWHlby0?t=16m19s>

- Interview for a TV show aired in Afghanistan

09/28/18 Interview for the Voice of America Television show with Dr. Mir Abdul Q. Moshref “Goiter”.
<https://youtu.be/UCFTJEMTJHo?t=15m39s>

- Interview for a TV show aired in Afghanistan

02/01/21 New diabetes cases linked to covid-19, The Washington Post
<https://www.washingtonpost.com/health/2021/02/01/covid-new-onset-diabetes/>

- Interview and research highlight

02/01/21 Un estudio determinó que los pacientes con casos graves de COVID-19 corren riesgo de desarrollar diabetes

<https://www.infobae.com/america/wapo/2021/02/01/un-estudio-determino-que-los-pacientes-con-casos-graves-de-covid-19-corren-riesgo-de-desarrollar-diabetes/>

- Interview and research highlight

03/08/21

269 - COVID-19 and Diabetes (Public Health on Call Podcast)
<https://johnshopkinssph.libsyn.com/269-covid-19-and-diabetes>

- Interview and research highlight

Other Media [OM]

2016	Diabetes Care at Suburban Hospital web-site (http://www.hopkinsmedicine.org/suburban_hospital/medical_services/specialty_care/diabetes_care/)
Twitter	@zilbermint https://twitter.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

Research Extramural Funding – Current

2014-present	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)
2018-present	Research Clinical Protocol: “Clinical and Molecular Characteristics of Primary Aldosteronism in Blacks” (18-CH-0031)”. Principal investigator: Fady A Hannah-Shmouni, M.D. NICHD, NIH Role: Co-investigator (1% percent effort)

Research Extramural Funding – None

Pending

Research Extramural Funding – 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
-----------	--

2013-2020	<p>Role: Co-investigator (5% percent effort) 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. Startakis, M.D. National Institute of Child Health and Human Development, National Institutes of Health</p>
2013-2020	<p>Role: Co-investigator (1% percent effort) 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</p>
2016-2017	<p>Role: Co-investigator (1% percent effort) 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</p>
2015-2019	<p>Role: Co-investigator (2% percent effort) 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</p>
Educational Extramural Funding	None
Clinical Extramural Funding	None
System Innovation or Quality Improvement Extramural Funding	None

INTRAMURAL Funding

Research Intramural Funding-current 2017-present	<p>Research Clinical Protocol: “Development and validation of a model to predict insulin-associated hypoglycemia among hospitalized patients” Principal investigator: Nestoras Mathioudakis, M.D.</p>
2019-present	<p>Role: Co-investigator (1% percent effort) Scholarly project: “Effect of Inpatient Diabetes Management Service on Hypoglycemia Rate of hospitalized patients” Principal investigator: Mihail Zilbermint, M.D.</p>
2020-present	<p>Role: Principal Investigator (2% percent effort) Research Clinical Protocol: “Interventions in inpatient glycemic control” Principal investigator: Andrew Demidowich, M.D.</p>
Educational Intramural Funding	None
Clinical Intramural Funding	None
System Innovation or Quality Improvement Intramural Funding	None

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)

CLINICAL ACTIVITIES

Clinical Focus

I am focused on inpatient diabetes management and inpatient endocrinology. In 2019, I was selected as a member of the Academy of Clinical Excellence (ACE) at Johns Hopkins Community Physicians. This Academy parallels efforts of the prestigious Miller-Coulson Academy. As with the Miller Coulson Academy, membership requires a peer nomination and rigorous review process of a personal portfolio by internal and external reviewers. Since this selection, I contributed to the academy’s goal of promoting and highlighting clinical excellence at JHCP for the benefit of the community that we serve.

Certification

2008-present	Educational Commission for Foreign Medical Graduates Certificate, #07276009
--------------	---

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

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, 5 days per year
2013-present	Johns Hopkins Community Physicians at Suburban Hospital, Bethesda, MD. Role: Endocrine Hospitalist Role: Hospitalist Attending
2014-2015	Endocrinology, Diabetes and Metabolism clinic at Suburban MobileMed, Bethesda, MD Role: Junior attending, 1 day per month

Clinical Productivity

FY 2017	Adj. target RVU: 3522 Achieved: 4934 Variance +40.01%
FY 2018	Adj. target RVU: 3635 Achieved: 3876 Variance +6.63%
FY 2019	Adj. target RVU: 2473 Achieved: 2988 Variance +20.82%
FY 2020	Adj. target RVU: 2800 Achieved: 4984 Variance +43.82%

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 and partnered with the transitional guide nurses and Community Health & Wellness to grow the program. This initiative helped reduce readmissions, length-of-stay and save the hospital over \$953 thousand from January 2016 through June 2017. This program was regionally recognized and expanded to Howard County General Hospital. As Director of Endocrinology, Diabetes and Metabolism at JHCP, I oversee the clinical efforts of the endocrine groups at Suburban Hospital and HCGH, which together comprise four full-time and fourteen part-time providers. These groups have a history of sustained clinical excellence. Both programs have been recognized for their excellence with JHM Clinical Excellence Awards.

In 2018, I was named Division Chief of Endocrinology, and in 2020, I was selected as a Chair of the Department of Medicine at Suburban Hospital.

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-present	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 Inpatient Endocrine and Diabetes Management Service, Howard County General Hospital, Columbia, MD

Clinical Demonstration Activities to external audience, on or off campus

2018	Clinical demonstration of Inpatient Endocrine and Diabetes Management Service (IDMS) to Howard County General Hospital. 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 passionate educator and I spend considerable time teaching. I precept at the endocrinology fellow's clinic at the Johns Hopkins Outpatient Center and Johns Hopkins Comprehensive Diabetes Center. Additionally, I enjoy teaching allied health professionals. I precepted the endocrinology and diabetes rotation of 18 nurse practitioners at the Johns Hopkins School of Nursing, and assisted in training 10 PGY1 pharmacy residents at Suburban Hospital and more than 20 hospitalists at HCGH and Suburban.

I am recognizing that diabetes is a rapidly developing field with new technologies and anti-diabetes medications being approved by the FDA almost monthly. I established the first Diabetes Symposium for primary care providers at Suburban Hospital in 2016. This has since become a biannual event involving community endocrinologists and faculty from JH SOM, NIH and Kaiser Permanente as speakers. More than 300 primary care providers, endocrinologists, advance practice providers and nurse practitioners have participated in these symposia.

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

02/19/16 Hospitalist providers, Suburban Hospital, Bethesda, MD
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, 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 HCGH, Columbia, MD. 5 attended.

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

01/29/20	Suburban Hospital, Bethesda, MD. 8 attended 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)
<i>National</i>	None
<i>International</i>	None

Clinical instruction

<i>JHMI/Regional</i>	
12/07/15-present	Clinical instructor, Endocrinology Fellows' clinic, Johns Hopkins Outpatient 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
<i>National</i>	None
<i>International</i>	None

CME instruction

<i>JHMI/Regional</i>	
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

02/14/20 Suburban Hospital, Bethesda, MD (20 attended).
 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 Samantha Mandel, formerly undergraduate student at New York University, New York.
 Role: Research preceptor
 Shared publications: OR11.
 2019-present Waqas Haque, Mphil, MPH, Medical Student and Graduate Student
 Johns Hopkins School of Public Health
 Role: Research preceptor
 Shared publications: CR2, OR20, RA6
 2020-present Carter Shelton, BS, Graduate Student
 Johns Hopkins Carey Business School
 Role: Research preceptor
 Shared publications: Perspective 3, OR21
 2020-present Urooj Najmi, BS, MD Incoming IM Resident
 American International School of Medicine–Guyana
 Role: Research preceptor
 Shared publications: OR20

Post-doctoral Advisees /Mentees

2013-2021 Aaron Hodes, M.D., currently radiology resident, Department of Radiology, Jacobi Medical Center, Bronx, NY
 Role: Research preceptor
 Award: 2nd place at the Drexel School of Medicine Research Competition
 Shared publications: OR5, OR8, RA4, BC3.
 2014 Alexandra Gkouroganni, M.D., Ph.D., pediatric endocrinology fellow, St. Sophia Children’s Hospital, Athens, Greece
 Role: research preceptor
 Award: 2015 Health Disparities Community Forum oral presentation
 Shared publications: OR5, OR9.
 2014-2015 Maria Batsis, M.D. Pediatric Resident, formerly at *Eunice Kennedy Shriver* National Institute of Child Health and Human Development, National Institutes of Health
 Role: research preceptor
 Shared publications: OR5
 2014-2015 Yael Nobel, M.D., Internal Medicine resident

2016-present	Columbia University Role: Research preceptor Shared publications: OR 7 <u>Inna Sverdlova, MD</u> , Internal Medicine resident Brookland Hospital Role: Mentor
2019-present	<u>Aleksandr Petrovsky</u> , General surgeon Ochapovsky Regional Clinical Hospital # 1, Scientific Research Institute, Krasnodar, Russia Role: Research mentor

Thesis committees

2019	<u>Mahsa Motevalli, CRNP, DNP</u> , Endocrinology Nurse Practitioner Role: Research Mentor Shared publication: OR20, OR21
------	---

Educational Program Building / Leadership

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

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 focus is on clinical excellence, my research in the genetics of adrenal tumors, health disparities research and quality improvement has received national recognition. My discovery journey took off during my fellowship at the National Institutes of Health under the mentorship of Constantine A. Stratakis, MD and Maya Lodish, MD. During my time at the Section on Endocrinology and Genetics, NICHD, NIH, I developed a particular interest in rare genetic diseases. My research team was able to identify novel mutations in the *ARMC5* gene as a cause of macronodular adrenal hyperplasia and Cushing syndrome.

I became the lead Associate Investigator of the clinical trial studying adrenal tumors, focusing on primary aldosteronism and continued this extramural work while at the JHM. My investigative work led to the discovery that germline *ARMC5* variants are associated with primary aldosteronism and my work was recognized with a Cardiovascular Endocrinology Award in 2017.

Most recently, I transitioned my skills in research and analytics into quality improvement work, systems innovation, and program building.

Research Program Building / Leadership

2015-present	Special volunteer, Section on Endocrinology and Genetics, Eunice <i>Kennedy Shriver</i> National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, MD. <ul style="list-style-type: none"> 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 an Inpatient Diabetes Management Service (IDMS) at Suburban Hospital, Bethesda, MD and expanded the initiative to Howard County General Hospital, Columbia, MD. The IDMS is a special diabetes clinical consultation services designed to promote better glycemic control and reduce hypoglycemia and glucose-related safety challenges in hospitalized patients.

System Innovation and Quality Improvement efforts within JHMI:

2015-present	Co-lead, Diabetes Clinical Community, Armstrong Institute for Patient Safety and Quality/Johns Hopkins Medicine
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	Insulin infusion protocol design and implementation, Suburban Hospital, Bethesda, MD
2016-present	Member, Nutrition committee, Suburban Hospital, Bethesda, MD
2017-present	Member, Diabetes Prevention Subcommittee, Diabetes Clinical Community, Armstrong Institute for Patient Safety and Quality/Johns Hopkins Medicine
2019-present	Member, Design Mortality Review Committee, Johns Hopkins Health System, Bethesda, MD <ul style="list-style-type: none"> • Member of a multi-disciplinary JHM team to design a process that would allow 100 % review of every death
2019-present	Member, Research Review Committee, Suburban Hospital, Bethesda, MD
2021-present	Core Co-Director, Diabetes Self-Management Training Program, Baltimore, MD

System Innovation and Quality Improvement efforts outside of JHMI:

<i>Regional</i>	None
<i>National</i>	
2020-2023	Member, Quality Improvement Subcommittee, The Endocrine Society, Chevy Chase, MD <ul style="list-style-type: none"> • 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.

International
2021-present

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

System Innovation and Quality Improvement Program Building/Leadership:

08/01/16-present

Perusing the Joint Commission’s Certificate of Distinction for Inpatient Diabetes Care

01/25/17-01/26/17

Prescription for the Healthcare Lean Workshop

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, 2020-present

Member, Medical Executive Committee, Suburban Hospital, Bethesda, MD

2018-present

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

Editorial Activities

Editorial Board appointments

2016-present

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-present

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

2020-present

Guest Editor, *Journal of Diabetes Science and Technology*

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

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

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 participate in yearly advisory meetings

Professional Societies

2010-present Member, The Endocrine Society
 2020-2023 Member, Quality Improvement subcommittee

2010-2012 Member, The American College of Physicians

2010-present Member, European Society of Endocrinology

2012-present Member, American Association of Clinical Endocrinologists
 2019-2020 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 centers

2020-present, 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-present, Co-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

2012-2015 Member, American Thyroid Association

2014-present Member, American Diabetes Association

2015-present Member, Association for Clinical and Translational Science

2015-present Member, International Society of Hypertension

2019-2020 Member, Academy of Physicians in Clinical Research

2019-present Member, Society for Hospital Medicine

Conference Organizer

JHMI/Regional

2014-2015 *Eunice Kennedy Shriver* 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

National

2020-present 2021 American Association of Clinical Endocrinologists Annual Meeting

- 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

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

National

None

International

None

Consultantships

2017 Endocrinology expert in legal case, Pierre Labranche and Edna Steward -vs-
 Énergie Éolienne des Moulins S.E.C. et als
 2019-present Guidepoint
 2020-present G.L.G.

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 93rd Endocrine Society meeting in
 Boston, MA
 • Award for clinical accomplishment
 2011 Second place at the St. Agnes Hospital’s Research Competition
 • Award for clinical accomplishment
 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 16th International Congress of
 Endocrinology – The Endocrine Society’s 96th Annual Meeting
 • 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
 • Award for clinical accomplishment
 2015 Type 1 Diabetes Travel Award, The Endocrine Society’s 97th Annual Meeting
 2015 Endocrine Society Outstanding Abstract Award, The Endocrine Society’s 97th
 Annual Meeting
 • Award for clinical accomplishment
 2015 Clinical Abstract Award in Cardiovascular Endocrinology, The Endocrine Society’s
 97th Annual Meeting
 • Award for clinical accomplishment
 2017 Johns Hopkins Medicine Innovations in Clinical Care award for Inpatient Diabetes
 Management Service at Suburban Hospital
 • 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 100th Annual Meeting
 • 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
 - 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 Endocrinologists
- 2020 Fellow, American College of Endocrinology
 - This fellowship honors excellent clinical leaders in the endocrine field and involves a robust nomination and selection process.

Invited Talks

JHMI/Regional

- 02/09/16 Speaker, “Sweet.Heart.Diabetes”, Rotary Club Bethesda Chevy Chase, Chevy Chase, MD
- 04/22/16 Speaker, “Career round table”, the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development annual fellows retreat, Washington, DC
- 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
- 09/24/19 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Endocrinology Grand Rounds at the Washington Hospital Center, Washington, DC
- 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
- 12/10/19 Speaker, “The Endocrine Hospitalist: enhancing the quality of diabetes care”, Department of Medicine Grand Rounds Conference at the Howard University Hospital, Washington, DC
- 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
01/24/20	Speaker, “Adrenal incidentaloma”, Medical Grand Rounds at the Veteran Affairs Hospital, Washington, DC (60 attended)
03/10/20	Speaker, “Adrenal incidentaloma”, Department of Medicine Grand Rounds Conference at the Howard University Hospital, Washington, DC
04/01/20	Speaker, “ <i>ARMC5</i> 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)
<i>National</i>	
03/15/15	Speaker, “Primary Aldosteronism and <i>ARMC5</i> Variants”, The Endocrine Society Annual Meeting 2015, San Diego, CA
03/16/15	Speaker, “Primary Aldosteronism and <i>ARMC5</i> Variants”, Health Disparities Symposium 2015, San Diego, CA
03/15/18	Speaker, “ <i>ARMC5</i> Variants And Risk Of Hypertension In African-Americans: Minority Health-GRID Study”, International Aldosterone Conference 2018, Chicago, IL
03/17/18	Speaker, “ <i>ARMC5</i> 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
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
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

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 Endocrinologists annual meeting, (Virtual due to COVID-19)

05/28/21 Moderator, “No Dinner for You! Or was Mom Right? Or Intermittent Fasting

07/20/21 Troughs and Myths”, American Association of Clinical Endocrinologists annual meeting, Las Vegas, NV (Virtual due to COVID-19)
 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)

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)

Visiting Professorships

None

OTHER PROFESSIONAL ACCOMPLISHMENTS

Oral/Podium Presentations

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.
 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, Gkourogianni A, Scherthaner-Reiter MH, Batsis M, Sinaii N, Quezado MM, Merino M, Hodes A, 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 Samantha R. Mandel, Nestoras Nicolas Mathioudakis, Sherita Hill Golden, **Mihail Zilbermint**. Inpatient Diabetes Management Service, Length of Stay and Readmissions at a Community Hospital. 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 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-present Suburban Hospital Foundation
2021-present Sibley Memorial Hospital Foundation