

## Curriculum Vitae July 8, 2024

Paul Sack, MD, FACE  
Chief of Endocrinology, Medstar Union Memorial Hospital  
and Medstar Good Samaritan Hospital  
Regional Medical Director for Endocrinology, Medstar North

### **Contact Information**

- 201 East University Parkway  
33<sup>rd</sup> Street Professional Building, Suite 551  
Baltimore, MD 21218
- Phone Number: 410-554-4511
- Fax Number: 410-554-6490
- Email: [Paul.A.Sack@medstar.net](mailto:Paul.A.Sack@medstar.net)

### **Education**

- Undergraduate Education
  - 1992-1996: Goshen College (Goshen, IN)
  - Major: BA in Biology
- Medical Education
  - 1996-2000: University of Maryland School of Medicine (Baltimore, MD)
  - Degree: MD

### **Postgraduate Education and Training**

- Internship
  - 2000-2001: Internal Medicine at the University of Maryland
- Residency
  - 2001-2003: Internal Medicine at the University of Maryland
- Fellowship
  - 2003-2005: Diabetes, Endocrinology, and Nutrition

### **Certifications**

- Internal Medicine
  - Certification in 2004, Number 217638
  - Recertification in 2014
- Endocrinology
  - Certification in 2005, Number 217638
  - Recertification in 2015
- Certified Clinical Densitometrist
  - Certification in April 2005 (International Society for Clinical Densitometry)
- Thyroid Ultrasound and FNA Biopsy Accreditation
  - Course completed in April 2005 (American College of Endocrinology)

### **Medical Licensures**

- Maryland

- 2003-current: D0060541

### **Employment History**

- July 1, 2005 – current: Attending Physician in the Department of Internal Medicine, Division of Endocrinology, Medstar Union Memorial Hospital.

### **Professional Membership**

- Member
  - American Diabetes Association: 2003-current
  - American Association of Clinical Endocrinologists: 2003-current
  - Endocrine Society: 2003-current
- Board Member
  - American Diabetes Association Maryland Chapter: 2015-2024

### **Honors**

- PEW Research Scholar: 1997. Summer research grant.
- PEW Research Fellow: 1998. Summer research grant.
- Fellow of the American College of Endocrinology, 2010-current

### **Administrative Service**

- Member of the Ethical Affairs Committee of the American Association of Clinical Endocrinologists: 2005-2006.
- President of the Maryland Endocrine Society, 2011
- Secretary/Treasurer of the Medical Staff, Medstar Union Memorial Hospital: October 2019 – October 2020
- Assistant Chief of the Medical Staff, Medstar Union Memorial Hospital: October 2020- July 2022
- Chief of the Medical Staff, Medstar Union Memorial Hospital: July 2022-current

### **Teaching Service**

- Instructor for Physical Diagnosis: University of Maryland, 2003-2004.
- Internal Medicine Teaching Attending: Medstar Union Memorial Hospital, 2005-2013
- Endocrinology Attending on the Inpatient Endocrinology Service, Union Memorial Hospital 2005-current
- Endocrinology Attending on the Inpatient Endocrinology Service, University of Maryland 2006-2013
- Outpatient Ambulatory Endocrinology Shadowing for IM Residents, Medstar Union Memorial Hospital 2020-current

### **Publications**

#### **Peer-reviewed journal articles**

1. Damcott CM, **Sack P**, Shuldiner AR. The genetics of obesity. *Endocrinology & Metabolism Clinics of North America*. 32(4):761-86, 2003 Dec.
2. Streeten ES, Mohamed A, Ghandi A, Orwig D, **Sack P**, Sterling R, Pellegrini VD. The Inpatient Consultation Approach to Osteoporosis Treatment in

- Patients with Fracture. Is Automatic Consultation Needed? *The Journal of Bone and Joint Surgery*. 88:1968-1974, 2006.
3. Post W, Shen H, Damcott C, Arking DE, Kao WHL, **Sack PA**, Ryan KA, Chakravarti A, Mitchell BD, Shuldiner AR. Associations between Genetic Variants in the *NOS1AP* (CAPON) Gene and Cardiac Repolarization in the Old Order Amish. *Human Heredity*. 64: 214-219, 2007.
  4. Roy-Gagnon MH. Weir MR. Sorkin JD. Ryan KA. **Sack PA**. Hines S. Bielak LF. Peyser PA. Post W. Mitchell BD. Shuldiner AR. Douglas JA. Genetic influences on blood pressure response to the cold pressor test: results from the Heredity and Phenotype Intervention Heart Study. [Journal Article. Research Support, N.I.H., Extramural. Research Support, Non-U.S. Gov't. Research Support, U.S. Gov't, Non-P.H.S.] *Journal of Hypertension*. 26(4):729-36, 2008 Apr.
  5. Mitchell BD. McArdle PF. Shen H. Rampersaud E. Pollin TI. Bielak LF. Jaquish C. Douglas JA. Roy-Gagnon MH. **Sack P**. Naglieri R. Hines S. Horenstein RB. Chang YP. Post W. Ryan KA. Brereton NH. Pakyz RE. Sorkin J. Damcott CM. O'Connell JR. Mangano C. Corretti M. Vogel R. Herzog W. Weir MR. Peyser PA. Shuldiner AR. The genetic response to short-term interventions affecting cardiovascular function: rationale and design of the Heredity and Phenotype Intervention (HAPI) Heart Study. [Journal Article. Research Support, N.I.H., Extramural. Research Support, Non-U.S. Gov't] *American Heart Journal*. 155(5):823-8, 2008 May.
  6. Evadnie Rampersaud, MSPH, PhD; Braxton D. Mitchell, PhD; Toni I. Pollin, PhD; Mao Fu, PhD; Haiqing Shen, PhD; Jeffery R. O'Connell, PhD; Julie L. Ducharme, MD; Scott Hines, MD; **Paul Sack, MD**; Rosalie Naglieri, MD; Alan R. Shuldiner, MD; Soren Snitker, MD, PhD. Physical Activity and the Association of Common *FTO* Gene Variants With Body Mass Index and Obesity. *Arch Intern Med*. 2008;168(16):1791-1797.
  7. Streeten EA. McBride D. Puffenberger E. Hoffman ME. Pollin TI. Donnelly P. **Sack P**. Morton H. Osteoporosis-pseudoglioma syndrome: description of 9 new cases and beneficial response to Bisphosphonates. *Bone*. 43(3):584-90, 2008 Sep.
  8. Shen H. Herzog W. Drolet M. Pakyz R. Newcomer S. **Sack P**. Karon H. Ryan KA. Zhao Y. Shi X. Mitchell BD. Shuldiner AR. Aspirin Resistance in healthy drug-naïve men versus women (from the Heredity and Phenotype Intervention Heart Study). *American Journal of Cardiology*. 104(4):606-12, 2009 Aug 15.
  9. Elena Forouhar and **Paul Sack**. Non-traditional therapies for diabetes: Fact or Fiction? *Journal of Community Hospital Internal Medicine Perspectives*. 2(2), 2012 July 16.
  10. Montero, AR, Dubin JS, **Sack P**, Magee MF. Future technology-enabled care for diabetes and hyperglycemia in the hospital setting. *World J Diabetes* 10(9): 473-480, 2019
  11. Magee MF, Baker KM, Fernandez S, Huang C, Mete M, Montero AR, Nassar CN, **Sack PA**, Smith KM, Youssef G, Evans SR. Redesigning Ambulatory Care Management for Uncontrolled Type 2 Diabetes: A Prospective Cohort Study of the Impact of a Boot Camp Model on Outcomes. *BMJ Open Diabetes Research and Care* 2019;7:e000731. doi: 10.1136/bmjdr-2019-000731

12. Ling Cui, Pamela Schroeder and **Paul A. Sack**. Inpatient and Outpatient Technologies to Assist in the Management of Insulin Dosing. *Clinical Diabetes* 2020 Dec; 38(5): 462-473.
13. Issac Sachmechi, Kathryn Jean Lucas, Larry D. Stonesifer, John Fitzgerald Ansley, **Paul Sack**, Francesco S. Celi, Claudia Scarsi, Gabriele Lanzi, Leonard Wartofsky, and Kenneth D. Burman. Efficacy of Levothyroxine Sodium Soft Gelatin Capsules in Thyroidectomized Patients Taking Proton Pump Inhibitors: An Open-Label Study. *Thyroid*. 33 (12): 1414-1422, 2023

### Abstracts

- Snitker S, Horenstein RB, **Sack PA**, Sorkin JD, Shuldiner AR. Physical Activity Is a Determinant of HDL-Cholesterol Independently of % Body Fat in Old Order Amish Males – Results from the HAPI Heart Study. 2004 Annual Meeting of the North American Association for the Study of Obesity.
- Douglas J.A., Van Hout C., Sorkin J., Post W., Ryan K., **Sack P.**, Naglieri R., Hines S., Steinle N., Horenstein R., Vogel R., Mitchell B.D., Shuldiner AR., Weir M.R. Blood Pressure (BP) Response to Cold Pressor Stress Test and High Salt Diet Are Independent Risk Factors for Subclinical Atherosclerosis (2006) 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention in association with the Council on Nutrition, Physical Activity, and Metabolism, Phoenix, AZ.

### Book Chapter

- Paul Sack (2012) Fragility Fracture. In J.L. Israel and A Tunkel, *Medicine, A Competency-Based Companion* (pp. 553-566). Saunders Elsevier.
- Simplifying Insulin Therapy: Transitioning from Basal-Bolus Insulin Therapy to Basal Insulin with a Glucagon-Like Peptide-1 Receptor Analog. Sevil Aliyeva, Pamela Schroeder, and Paul Sack. *Diabetes in Practice: Case Studies with Commentary*, Boris Draznin Editor. 2021 (pp. 163-166)

### Posters

- Graves' Disease Following Primary Hypothyroidism After 40 Years Celeste C. L. Quianzon, MD, **Paul Sack, MD**. Presented at 2011 AACE Annual Meeting
- Cheikh, M., Petras, E., Shomali, M., Kulkarni, R., Cheikh, I., **Sack, P.**, Schroeder, P., and J. Blumenthal. 2014. A Glucose Visualization Tool for Inpatient Diabetic Management. American Association of Clinical Endocrinologists 23<sup>rd</sup> Annual Meeting, May 2014.
- Henin, M., Cheikh, M., Cohen, I., Schroeder, P. and **Sack, P.** 2015. Does the Weight-based Calculation for Thyroid Hormone Need to be Revised? American Association of Clinical Endocrinologists 24<sup>th</sup> Annual Meeting, May 2015.
- Dongerkery, S., **Sack, P.**, and P.R.Schroeder. 2017. Methimazole-Induced Severe Hepatotoxicity. American Association of Clinical Endocrinologists 26<sup>th</sup> Annual Meeting, May 2017.

- Mifepristone Therapy Prior to Pituitary Surgery in Cushing Disease Prevented Need for Long-Term Glucocorticoid Replacement. **Paul A Sack, MD**, James Smith, PhD. Presented at the 2018 Endocrine Society Meeting
- Use of continuous subcutaneous hydrocortisone infusion through insulin pump for management of challenging case of primary adrenal insufficiency due to malabsorption and frequent hypoglycemia. Ammad Javed, MD, Aneeqa Saif, MD, Marnie Aguasvivas, MD, Pamela Schroeder, MD, PhD, **Paul Sack, MD**. Presented at the 2024 Endocrine Society Meeting

### **Major Invited Speeches**

- Update in Diabetes, Union Memorial Hospital. April 2005.
  - “Type 1 or Type 2 in the Adult Diabetic”
- Update in Diabetes, Union Memorial Hospital. April 2006.
  - “PCOS and Insulin Resistance”
- Grand Rounds, Union Memorial Hospital. August 2006
  - “Hypocalcemia”
- Grand Rounds, Harbor Hospital. January 2007
  - “Hypocalcemia”
- Update in Diabetes, Union Memorial Hospital April 2007
  - “Latent Autoimmune Diabetes of the Adult”
- 2007 Annual Maryland Academy of Family Practitioners Assembly, Annapolis, MD. June 2007
  - “Thyroid Nodules”
- Joslin Diabetes Center, Team Management of Diabetes Conference. March 2008
  - “Latent Autoimmune Diabetes of the Adult”
- Update in Diabetes, Union Memorial Hospital. April 2008
  - “Insulin Pumps”
- Update in Diabetes, Union Memorial Hospital. April 2009
  - “Continuous Glucose Monitoring”
- Maryland Academy of Family Physicians Annual Meeting, June 2009
  - “Management of Type 2 Diabetes”
- Update in Diabetes, Union Memorial Hospital. April 2010
  - “The Effects of Glucocorticoids on Glucose”
- Update in Diabetes, Union Memorial Hospital, April 2011
  - “Non-Traditional Therapies for Diabetes”
- Maryland Academy of Family Physicians 2012 Winter Regional CME Conference Assembly, February 25, 2012
  - “Diabetes Mellitus: Role of New Medications”
- Update in Diabetes, Union Memorial Hospital, April 2012
  - “Diabetic Nephropathy”
- Update in Diabetes, Union Memorial Hospital, April 2013
  - “Medical Therapy for Weight Loss”
- Update in Diabetes, Union Memorial Hospital, April 2014
  - “Is Diet Soda Bad for You: The Science of Artificial Sweeteners”
- Update In Diabetes. Union Memorial Hospital, April 2015
  - “Medical Therapy for Weight Loss”

- Update In Diabetes. Union Memorial Hospital, April 2016
  - “Preoperative Management in Diabetes”
- Thyroid Update: Medstar Harbor Hospital, May 2016
  - “Thyroid Imaging”
- Medical Grand Rounds: Medstar Union Memorial Hospital, January 2017
  - “Thyroid Imaging”
- Update In Diabetes: Medstar Union Memorial Hospital, April 2017
  - “Closed Loop Insulin Pumps”
- Thyroid Update: Medstar Harbor Hospital, September 2017
  - “Differential Diagnosis of Thyroid Mass and Indications for FNA”
- Medical Grand Rounds: Medstar Union Memorial Hospital, January 2018
  - “Beyond TSH: Challenging Thyroid Cases”
- Maryland Academy of Family Physicians 2018 Winter Regional CME Conference Assembly, February 2018
  - “Evaluation and Management of Thyroid Nodules”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2018
  - “Nontraditional Treatments for People with Diabetes”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2019
  - “Medical and Surgical Aspects of Weight Loss Surgery”
- Medical Grand Rounds: Medstar Union Memorial Hospital, December 2020
  - “Medical and Surgical Aspects of Weight Loss Surgery”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2021
  - “Beyond Basal Insulin: What to Add Next”
- American Diabetes Association 81<sup>st</sup> Scientific Sessions, June 25, 2021
  - “The Anatomy of Interdisciplinary Integration in Health Care”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2022
  - “Hypoglycemia”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2023
  - “A New Standard of Care for Type 1 Diabetes: Hybrid Closed Loop Insulin Pumps”
- Update in Diabetes: Medstar Union Memorial Hospital, April 2024
  - “Steroids and Diabetes”