

MICHAEL J. BLAHA, M.D., M.P.H

Curriculum Vitae (updated 11/3/2015)

DEMOGRAPHIC INFORMATION

Current Position

Assistant Professor, Cardiology and Epidemiology

Johns Hopkins University SOM

Ciccarone Center for the Prevention of Heart Disease
Director of Clinical Research

Work Contact

E-mail mblaha1@jhmi.edu
(b) (6)

Phone (b) (6)
(pager) 410-434-1825
(office) 443-287-4960

Fax 410-614-9190

Education and Training

Undergraduate

1997-2001 B.S., Preprofessional Studies **University of Notre Dame**
▪ Valedictorian Nominee (College of Science)
▪ Hoffman Scholarship, Baldinger Award

1999 Biosphere 2 Program **Columbia University**
▪ Most Outstanding Research Award

Doctoral/Graduate

2001-2006 Doctor of Medicine **Vanderbilt University**
▪ AOA president
▪ Oscar Crawford Award, Rudolph Kampmeier Prize

2004-2006 Masters of Public Health **Vanderbilt University**

Postdoctoral

2006-2009 Osler Medical House Staff Training Program **Johns Hopkins Hospital**

2009-2012 Cardiology Fellowship **Johns Hopkins Hospital**

RESEARCH ACTIVITIES

** *Google Scholar Public Profile:* <http://scholar.google.com/citations?user=-y4L66AAAAAJ>

Peer Reviewed Original Science and Review Publications

- 1) Brissova M, **Blaha M**, Spear C, Nicholson W, Radhika A, Shiota M, Charron MJ, Wright CV, Powers AC. Reduced PDX-1 Expression Impairs Islet Response to Insulin Resistance and Worsens Glucose Homeostasis. *American Journal of Physiology Endocrinology & Metabolism*. 2005; 288(4): E707-14.
- 2) **Blaha M**, Kusz K, Drake W, Elasy T. Hypertension Prevalence, Awareness, Treatment, and Control in North Nashville. *Tennessee Medicine*. 2006; 99(4): 35-37.
- 3) **Blaha MJ**, Elasy TA. Adherence to Insulin and the Risk of Glucose Deterioration. *Diabetes Care*. 2006; 29(8):1982-3.
- 4) **Blaha MJ**, Elasy TA. Clinical Definitions of the Metabolic Syndrome: Why the Confusion? *Clinical Diabetes*. 2006; 24: 125-131.
- 5) **Blaha MJ**, Gebretsadik T, Shintani A, Elasy TA. Waist circumference, not the metabolic syndrome, predicts glucose deterioration in type 2 diabetes. *Obesity*. 2008;16(4):869-74.
- 6) **Blaha MJ**, Bansal S, Rouf R, Golden SH, Blumenthal RS, Defilippis AP. A practical "ABCDE" approach to the metabolic syndrome. *Mayo Clin Proc*. 2008;83(8):932-41.
- 7) **Blaha MJ**, Blumenthal RS, Brinton EA, Jacobson TA; The National Lipid Association Taskforce on Non-HDL Cholesterol. The Importance of Non-HDL Reporting in Lipid Management. *Journal of Clinical Lipidology*. 2008;2:267-273
- 8) Orakzai SH, Nasir K, **Blaha M**, Blumenthal RS, Raggi P. Non-HDL cholesterol is strongly associated with coronary artery calcification in asymptomatic individuals. *Atherosclerosis*. 2009;202(1):289-95.
- 9) Sharma K, **Blaha MJ**, Blumenthal RS, Musunuru K. Clinical and research applications of carotid intima-media thickness. *Am J Cardiol*. 2009;103(9):1316-20.
- 10) **Blaha M**, Budoff MJ, Shaw LJ, Khosa F, Rumberger JA, Berman D, Callister T, Raggi P, Blumenthal RS, Nasir K. Absence of coronary artery calcification and all-cause mortality. *JACC Cardiovasc Imaging*. 2009;2(6):692-700.
- 11) **Blaha MJ**, Budoff MJ, Rivera JJ, Katz R, O'Leary DH, Polak JF, Takasu J, Blumenthal RS, Nasir K. Relationship of carotid distensibility and thoracic aorta calcification: multi-ethnic study of atherosclerosis. *Hypertension*. 2009;54(6):1408-15.
- 12) **Blaha MJ**, Nasir K, Rivera JJ, Choi EK, Chang SA, Yoon YE, Chun EJ, Choi SI, Agatston A, Blumenthal RS, Chang HJ. Gender differences in coronary plaque composition by coronary computed tomography angiography. *Coron Artery Dis*. 2009;20(8):506-12.
- 13) Brooks GC, **Blaha MJ**, Blumenthal RS. Relation of C-reactive protein to abdominal adiposity. *Am J Cardiol*. 2010;106(1):56-61.
- 14) **Blaha MJ**, Budoff MJ, Rivera JJ, Santos RD, Shaw LJ, Raggi P, Berman D, Rumberger JA, Blumenthal RS, Nasir K. Relation of Aortic Valve Calcium Detected by Cardiac Computed Tomography to All-Cause Mortality. *Am J Cardiol*. 2010;106:1787-91.

- 15) McEvoy JW, **Blaha M**, DeFilippis A, Budoff M, Nasir K, Blumenthal RS, Jones SR. Coronary Artery Calcium Progression – An Important Clinical Measurement? *J Am Coll Cardiol*. 2010;56:1613-22.
- 16) Silverman MG, **Blaha MJ**, Blumenthal RS. Adjunctive Lipid Lowering Therapy in the Era of Surrogate Endpoints. *Cardiol Rev*. 2011;19:17-22.
- 17) **Blaha MJ**, DeFilippis AP, Rivera JJ, Budoff MJ, Blankstein R, Agatston A, Szklo M, Lakoski SG, Bertoni AG, Kronmal RA, Blumenthal RS, Nasir K. The relationship between insulin resistance and incidence and progression of coronary artery calcification: the Multi-Ethnic Study of Atherosclerosis (MESA). *Diabetes Care*. 2011;34:749-51.
- 18) **Blaha MJ**, Blumenthal RS, Budoff MJ, Nasir K. Understanding the utility of zero coronary calcium as a prognostic test: a Bayesian approach. *Circ Cardiovasc Qual Outcomes*. 2011;4:253-6.
- 19) Rubin J, Chang HJ, Nasir K, Blumenthal RS, **Blaha MJ**, Choi EK, Chang SA, Yoon YE, Chun EJ, Choi SI, Agatston AS, Rivera JJ. Association between high-sensitivity C-reactive protein and coronary plaque subtypes assessed by 64-slice coronary computed tomography angiography in an asymptomatic population. *Circ Cardiovasc Imaging*. 2011;4:201-9.
- 20) **Blaha MJ**, Rivera JJ, Budoff MJ, Blankstein R, Agatston A, O'Leary DH, Cushman M, Lakoski S, Criqui MH, Szklo M, Blumenthal RS, Nasir K. Association between obesity, high-sensitivity C-reactive protein ≥ 2 mg/L, and subclinical atherosclerosis: implications of JUPITER from the Multi-Ethnic Study of Atherosclerosis. *Arterioscler Thromb Vasc Biol*. 2011;31:1430-8.
- 21) McEvoy JW, **Blaha MJ**, Nasir K, Yoon YE, Choi EK, Cho IS, Chun EJ, Choi SI, Rivera JJ, Blumenthal RS, Chang HJ. Impact of coronary computed tomographic angiography results on patient and physician behavior in a low-risk population. *Arch Intern Med*. 2011;171:1260-8.
- 22) Tison GH, **Blaha MJ**, Budoff MJ, Katz R, Rivera JJ, Bertoni AG, Wong ND, Blumenthal RS, Szklo M, Eng J, Tracy R, Nasir K. The relationship of insulin resistance and extracoronary calcification in the multi-ethnic study of atherosclerosis. *Atherosclerosis*. 2011;218:507-10.
- 23) **Blaha MJ**, Budoff MJ, DeFilippis AP, Blankstein R, Rivera JJ, Agatston A, O'Leary DH, Lima J, Blumenthal RS, Nasir K. Associations between C-reactive protein, coronary artery calcium, and cardiovascular events: implications for the JUPITER population from MESA, a population-based cohort study. *Lancet*. 2011;378:684-92.
- 24) Minder CM, **Blaha MJ**, Tam LM, Muñoz D, Michos ED, Kaul S, Blumenthal RS. Making the case for selective use of statins in the primary prevention setting. *Arch Intern Med*. 2011;171:1593-4.
- 25) DeFilippis AP, **Blaha MJ**, Ndumele CE, Budoff MJ, Lloyd-Jones DM, McClelland RL, Lakoski SG, Cushman M, Wong ND, Blumenthal RS, Lima J, Nasir K. The association of Framingham and Reynolds risk scores with incidence and progression of coronary artery calcification in MESA (Multi-Ethnic Study of Atherosclerosis). *J Am Coll Cardiol*. 2011;58(20):2076-83.
- 26) Tota-Maharaj R, **Blaha MJ**, Rivera JJ, Henry TS, Choi EK, Chang SA, Yoon YE, Chun EJ, Choi SI, Blumenthal RS, Chang HJ, Nasir K. Differences in coronary plaque composition with aging measured by coronary computed tomography angiography. *Int J Cardiol*. 2012;158:240-5.
- 27) Rubin J, **Blaha MJ**, Budoff MJ, Rivera JJ, Shaw LJ, Blankstein R, Mallah MA, Carr JJ, Jones DL, Blumenthal RS, Nasir K. The relationship between resting heart rate and incidence and progression of coronary artery calcification: The multi-ethnic study of atherosclerosis (MESA). *Atherosclerosis*. 2012;220:194-200.

- 28) Ahmed HM, **Blaha MJ**, Nasir K, Rivera JJ, Blumenthal RS. Effects of Physical Activity on Cardiovascular Disease. *Am J Cardiol.* 2012;109:288-95.
- 29) Silverman MG, **Blaha MJ**, Budoff MJ, Rivera JJ, Raggi P, Shaw LJ, Berman D, Callister T, Rumberger JA, Rana JS, Blumenthal RS, Nasir K. Potential Implications of Coronary Artery Calcium Testing for Guiding Aspirin Use Among Asymptomatic Individuals With Diabetes Mellitus. *Diabetes Care.* 2012;35:624-6.
- 30) Minder CM, **Blaha MJ**, Horne A, Michos ED, Kaul S, Blumenthal RS. Evidence-based Use of Statins for Primary Prevention of Cardiovascular Disease. *Am J Med.* 2012;125:440-6.
- 31) Martin SS, Metkus TS, Horne A, **Blaha MJ**, Hasan R, Campbell CY, Yousuf O, Joshi P, Kaul S, Miller M, Michos ED, Jones SR, Gluckman TJ, Cannon CP, Sperling LS, Blumenthal RS. Waiting for the National Cholesterol Education Program Adult Treatment Panel IV Guidelines, and in the Meantime, Some Challenges and Recommendations. *Am J Cardiol.* 2012 Jul 15;110(2):307-13.
- 32) Michos ED, Sibley CT, Baer JT, **Blaha MJ**, Blumenthal RS. Niacin and Statin Combination Therapy for Atherosclerosis Regression and Prevention of Cardiovascular Disease Events: Reconciling the AIM-HIGH (Atherothrombosis Intervention in Metabolic Syndrome With Low HDL/High Triglycerides: Impact on Global Health Outcomes) Trial With Previous Surrogate Endpoint Trials. *J Am Coll Cardiol.* 2012;59:2058-64.
- 33) **Blaha MJ**, Nasir K, Blumenthal RS. Statin therapy for healthy men identified as "increased risk". *JAMA.* 2012;307:1489-90.
- 34) Joshi PH, Chaudhari S, **Blaha MJ**, Jones SR, Martin SS, Post WS, Cannon CP, Fonarow GC, Wong ND, Amsterdam E, Hirshfeld JW, Blumenthal RS. A Point-by-Point Response to Recent Arguments Against the Use of Statins in Primary Prevention: This Statement is Endorsed by the American Society for Preventive Cardiology. *Clin Cardiol.* 2012;35:404-9.
- 35) Whelton SP, Nasir K, **Blaha MJ**, Gransar H, Metkus TS, Coresh J, Berman DS, Blumenthal RS. Coronary artery calcium and primary prevention risk assessment: what is the evidence?: an updated meta-analysis on patient and physician behavior. *Circ Cardiovasc Qual Outcomes.* 2012;5:601-7.
- 36) Tota-Maharaj R, **Blaha MJ**, McEvoy JW, Blumenthal RS, Muse ED, Budoff MJ, Shaw LJ, Berman DS, Rana JS, Rumberger J, Callister T, Rivera J, Agatston A, Nasir K. Coronary artery calcium for the prediction of mortality in young adults <45 years old and elderly adults >75 years old. *Eur Heart J.* 2012;33:2955-62.
- 37) Keenan T, **Blaha MJ**, Nasir K, Silverman MG, Tota-Maharaj R, Carvalho JA, Conceição RD, Blumenthal RS, Santos RD. Relation of Uric Acid to Serum Levels of High-Sensitivity C-Reactive Protein, Triglycerides, and High-Density Lipoprotein Cholesterol and to Hepatic Steatosis. *Am J Cardiol.* 2012;110:1787-92.
- 38) McEvoy JW, **Blaha MJ**, Rivera JJ, Budoff MJ, Khan AN, Shaw LJ, Berman DS, Raggi P, Min JK, Rumberger JA, Callister TQ, Blumenthal RS, Nasir K. Mortality rates in smokers and nonsmokers in the presence or absence of coronary artery calcification. *JACC Cardiovasc Imaging.* 2012;5:1037-45.
- 39) Graham G, **Blaha MJ**, Budoff MJ, Rivera JJ, Agatston A, Raggi P, Shaw LJ, Berman D, Rana JS, Callister T, Rumberger JA, Min J, Blumenthal RS, Nasir K. Impact of coronary artery calcification on all-cause mortality in individuals with and without hypertension. *Atherosclerosis.* 2012;225:432-7.

- 40) Ton VK, Martin SS, Blumenthal RS, **Blaha MJ**. Comparing the New European Cardiovascular Disease Prevention Guideline With Prior American Heart Association Guidelines: An Editorial Review. *Clin Cardiol*. 2013;36:E1-6.
- 41) Vranian MN, Keenan T, **Blaha MJ**, Silverman MG, Michos ED, Minder CM, Blumenthal RS, Nasir K, Meneghelo RS, Santos RD. Impact of Fitness Versus Obesity on Routinely Measured Cardiometabolic Risk in Young, Healthy Adults. *Am J Cardiol*. 2013;111:991-5.
- 42) DeFilippis AP, **Blaha MJ**, Martin SS, Reed RM, Jones SR, Nasir K, Blumenthal RS, Budoff MJ. Nonalcoholic fatty liver disease and serum lipoproteins: the Multi-Ethnic Study of Atherosclerosis. *Atherosclerosis*. 2013;227:429-36.
- 43) Martin SS, **Blaha MJ**, Elshazly MB, Brinton EA, Toth PP, McEvoy JW, Joshi PH, Kulkarni KR, Mize PD, Kwiterovich PO, Defilippis AP, Blumenthal RS, Jones SR. Friedewald Estimated versus Directly Measured Low-Density Lipoprotein Cholesterol and Treatment Implications. *J Am Coll Cardiol*. 2013;62:732-9.
- 44) Pandey AK, Pandey S, **Blaha MJ**, Agatston A, Feldman T, Ozner M, Santos RD, Budoff MJ, Blumenthal RS, Nasir K. Family history of coronary heart disease and markers of subclinical cardiovascular disease: Where do we stand? *Atherosclerosis*. 2013;228:285-94.
- 45) Hsu S, Ton VK, Dominique Ashen M, Martin SS, Gluckman TJ, Kohli P, Sisson SD, Blumenthal RS, **Blaha MJ**. A Clinician's Guide to the ABCs of Cardiovascular Disease Prevention: The Johns Hopkins Ciccarone Center for the Prevention of Heart Disease and American College of Cardiology Cardiosource Approach to the Million Hearts Initiative. *Clin Cardiol*. 2013;36:383-93.
- 46) Ahmed HM, **Blaha MJ**, Nasir K, Jones SR, Rivera JJ, Agatston A, Blankstein R, Wong ND, Lakoski S, Budoff MJ, Burke GL, Sibley CT, Ouyang P, Blumenthal RS. Low-Risk Lifestyle, Coronary Calcium, Cardiovascular Events, and Mortality: Results From MESA. *Am J Epidemiol*. 2013;178:12-21.
- 47) Tam LM, Kim J, Blumenthal RS, Nasir K, Al-Mallah MH, **Blaha MJ**. Absolute Coronary Artery Calcium Score is the Best Predictor of Non-Calcified Plaque Involvement in Patients with Low Calcium Scores (1-100). *Atherosclerosis*. 2013;230:76-9.
- 48) Whelton SP, Lima JA, Blankstein R, Al-Mallah H, Bluemke DA, Hundley WG, O'Leary D, Polak JF, Blumenthal RS, Nasir K, **Blaha MJ**. Association of resting heart rate with carotid and aortic arterial distensibility: Multi-Ethnic Study of Atherosclerosis (MESA). *Hypertension*. 2013;62:477-84.
- 49) Maroules CD, **Blaha MJ**, El-Haddad MA, Ferencik M, Cury RC. Establishing a successful coronary CT angiography program in the emergency department: Official writing of the Fellow and Resident Leaders of the Society of Cardiovascular Computed Tomography (FiRST). *J Cardiovasc Comput Tomogr*. 2013;7:150-6.
- 50) Ahmed HM, Sishazly MB, Martin SS, **Blaha MJ**, Kulkarni KR, Jones SR. Ratio of Dense to Buoyant LDL Subclass is Associated with LDL Density Phenotype (VLDL-5). *The Open Chemical and Biomedical Methods Journal*. 2013;6:1-5.
- 51) Makadia SS, **Blaha MJ**, Keenan T, Ndumele C, Jones SR, Defilippis A, Martin SS, Kohli P, Conceicao RD, Carvalho JA, Nasir K, Blumenthal RS, Santos R. Hepatic Steatosis is Associated with Atherogenic Dyslipidemia Independent of Obesity, Metabolic Syndrome, Systemic Inflammation, and Physical Activity. *American Journal of Cardiology*. 2013;112:1599-604.

- 52) Yousuf O, Mohanty BD, Martin SS, Joshi PH, **Blaha MJ**, Nasir K, Blumenthal RS, Budoff MJ. High-sensitivity C-reactive protein and cardiovascular disease: a resolute belief or an elusive link? *J Am Coll Cardiol*. 2013;62:397-408.
- 53) Elshazly MB, Martin SS, **Blaha MJ**, Joshi PH, Toth PP, McEvoy JW, Al-Hijji MA, Kulkarni KR, Kwiterovich PO, Blumenthal RS, Jones SR. Non-HDL Cholesterol, Guideline Targets, and Population Percentiles for Secondary Prevention in a Clinical Sample of 1.3 Million Adults The Very Large Database of Lipids (VLDL-2 Study). *J Am Coll Cardiol*. 2013;62:1960-5.
- 54) Martin SS, **Blaha MJ**, Elshazly MB, Toth PP, Kwiterovich PO, Blumenthal RS, Jones SR. Comparison of a novel method vs the Friedewald equation for estimating low-density lipoprotein cholesterol levels from the standard lipid profile. *JAMA*. 2013;310(19):2061-8.
- 55) Oni ET, Agatston AS, **Blaha MJ**, Fialkow J, Cury R, Sposito A, Erbel R, Blankstein R, Feldman T, Al-Mallah MH, Santos RD, Budoff MJ, Nasir K. A systematic review: Burden and severity of subclinical cardiovascular disease among those with nonalcoholic fatty liver: Should we care? *Atherosclerosis*. 2013; 230(2):258-67.
- 56) Swiger KJ, Manalac RJ, Blumenthal RS, **Blaha MJ**, Martin SS. Statins and Cognition: A Systematic Review and Meta-analysis of Short- and Long-term Cognitive Effects. *Mayo Clin Proc*. 2013;88:1213-21.
- 57) Quaglia LA, Freitas WM, Soares AA, Santos RD, Nadruz W Jr, **Blaha M**, Coelho OR, Blumenthal R, Agatston A, Nasir K, Sposito AC. C-reactive protein is independently associated with coronary atherosclerosis burden among octogenarians. *Aging Clin Exp Res*. 2014; 26(1): 19-23.
- 58) Aneni E, Roberson LL, Shaharyar S, **Blaha MJ**, Agatston AA, Blumenthal RS, Meneghelo RS, Conceição RD, Nasir K, Santos RD. Delayed Heart Rate Recovery is Strongly Associated With Early and Late-Stage Prehypertension During Exercise Stress Testing. *Am J Hypertens*. 2014;27:514-21.
- 59) Martin SS, **Blaha MJ**, Blankstein R, Agatston A, Rivera JJ, Virani SS, Ouyang P, Jones SR, Blumenthal RS, Budoff MJ, Nasir K. Dyslipidemia, coronary artery calcium, and incident atherosclerotic cardiovascular disease: implications for statin therapy from the multi-ethnic study of atherosclerosis. *Circulation*. 2014;129(1):77-86.
- 60) Bittencourt MS, **Blaha MJ**, Blankstein R, Budoff M, Vargas JD, Blumenthal RS, Agatston AS, Nasir K. Polypill Therapy, Subclinical Atherosclerosis, and Cardiovascular Events-Implications for the Use of Preventive Pharmacotherapy: MESA (Multi-Ethnic Study of Atherosclerosis). *J Am Coll Cardiol*. 2014;63(5):434-43.
- 61) Oni ET, Sinha P, Karim A, Martin SS, **Blaha MJ**, Agatston AS, Blumenthal RS, Meneghelo RS, Conceição RD, Santos RD, Nasir K. Statin use is not associated with presence of and severity of nonalcoholic Fatty liver disease. *Arch Med Res*. 2014;45(1):52-7.
- 62) Minder CM, Shaya GE, Michos ED, Keenan TE, Blumenthal RS, Nasir K, Carvalho JA, Conceição RD, Santos RD, **Blaha MJ**. Relation between self-reported physical activity level, fitness, and cardiometabolic risk. *Am J Cardiol*. 2014;113(4):637-43.
- 63) Silverman MG, **Blaha MJ**, Krumholz HM, Budoff MJ, Blankstein R, Sibley CT, Agatston A, Blumenthal RS, Nasir K. Impact of coronary artery calcium on coronary heart disease events in individuals at the extremes of traditional risk factor burden: the Multi-Ethnic Study of Atherosclerosis. *Eur Heart J*. 2014; 35(33): 2232-41.

- 64) Whelton SP, Narla V, **Blaaha MJ**, Nasir K, Blumenthal RS, Jenny NS, Al-Mallah MH, Michos ED. Association Between Resting Heart Rate and Inflammatory Biomarkers (High-Sensitivity C-Reactive Protein, Interleukin-6, and Fibrinogen) (from the Multi-Ethnic Study of Atherosclerosis). *Am J Cardiol*. 2014;113:644-9.
- 65) Roberson LL, Aneni EC, Maziak W, Agatston A, Feldman T, Rouseff M, Tran T, **Blaaha MJ**, Santos RD, Sposito A, Al-Mallah MH, Blankstein R, Budoff MJ, Nasir K. Beyond BMI: The "Metabolically healthy obese" phenotype & its association with clinical/subclinical cardiovascular disease and all-cause mortality – a systematic review. *BMC Public Health*. 2014 Jan 8;14:14.
- 66) Shaharyar S, Warraich H, McEvoy JW, Oni E, Ali SS, Karim A, Jamal O, **Blaaha MJ**, Blumenthal RS, Fialkow J, Cury R, Budoff MJ, Agatston AA, Nasir K. Subclinical cardiovascular disease in plaque psoriasis: Association or causal link? *Atherosclerosis*. 2014;232(1):72-8.
- 67) Aneni EC, Roberson LL, Maziak W, Agatston AS, Feldman T, Rouseff M, Tran TH, Blumenthal RS, **Blaaha MJ**, Blankstein R, Al-Mallah MH, Budoff MJ, Nasir K. A systematic review of internet-based worksite wellness approaches for cardiovascular disease risk management: outcomes, challenges & opportunities. *PLoS One*. 2014;9(1):e83594.
- 68) **Blaaha MJ***/Pandey AK*, Sharma K, Rivera J, Budoff MJ, Blankstein R, Al-Mallah M, Wong ND, Shaw L, Carr J, O'Leary D, Lima JA, Szklo M, Blumenthal RS, Nasir K. Family history of coronary heart disease and the incidence and progression of coronary artery calcification: Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2014;232(2):369-76.
- 69) Hulten E, Bittencourt MS, Ghoshhajra B, O'Leary D, Christman MP, **Blaaha MJ**, Truong Q, Nelson K, Montana P, Steigner M, Rybicki F, Hainer J, Brady TJ, Hoffmann U, Di Carli MF, Nasir K, Abbara S, Blankstein R. Incremental prognostic value of coronary artery calcium score versus CT angiography among symptomatic patients without known coronary artery disease. *Atherosclerosis*. 2014;233:190-5.
- 70) McEvoy JW, Diamond GA, Detrano RC, Kaul S, **Blaaha MJ**, Blumenthal RS, Jones SR. Risk and the physics of clinical prediction. *Am J Cardiol*. 2014;113:1429-35.
- 71) **Blaaha MJ***/Patel J*, McEvoy JW, Qadir S, Tota-Maharaj R, Shaw LJ, Rumberger JA, Callister TQ, Berman DS, Min JK, Raggi P, Agatston AA, Blumenthal RS, Budoff MJ, Nasir K. All-cause mortality in asymptomatic persons with extensive Agatston scores above 1000. *J Cardiovasc Comput Tomogr*. 2014;8:26-32.
- 72) Tota-Maharaj R, **Blaaha MJ**, Zeb I, Katz R, Blankstein R, Blumenthal RS, Budoff MJ, Nasir K. Ethnic and sex differences in fatty liver on cardiac computed tomography: the multi-ethnic study of atherosclerosis. *Mayo Clin Proc*. 2014;89:493-503.
- 73) Kim J, McEvoy JW, Nasir K, Budoff MJ, Arad Y, Blumenthal RS, **Blaaha MJ**. Critical review of high-sensitivity C-reactive protein and coronary artery calcium for the guidance of statin allocation: head-to-head comparison of the JUPITER and St. Francis Heart Trials. *Circ Cardiovasc Qual Outcomes*. 2014;7:315-22.
- 74) Kanaya AM, Kandula NR, Ewing SK, Herrington D, Liu K, **Blaaha MJ**, Srivastava S, Dave SS, Budoff MJ. Comparing coronary artery calcium among U.S. South Asians with four racial/ethnic groups: the MASALA and MESA studies. *Atherosclerosis*. 2014;234:102-7.
- 75) **Blaaha MJ**, Silverman M, Budoff MJ. Is there a role for coronary artery calcium scoring for management of asymptomatic patients at risk for coronary artery disease?: Clinical risk scores are not sufficient to define primary prevention treatment strategies among asymptomatic patients. *Circ Cardiovasc Imaging*. 2014 Mar;7:398-408.

- 76) Ali SS, Oni ET, Warraich HJ, **Blaha MJ**, Blumenthal RS, Karim A, Shaharyar S, Jamal O, Fialkow J, Cury R, Budoff MJ, Agatston AS, Nasir K. Systematic review on noninvasive assessment of subclinical cardiovascular disease in obstructive sleep apnea: new kid on the block! *Sleep Med Rev.* 2014; 18(5): 379-91.
- 77) Martin SS, Abd TT, Jones SR, Michos ED, Blumenthal RS, **Blaha MJ**. 2013 American Cholesterol Treatment Guideline: What Was Done Well and What Could Be Done Better. *J Am Coll Cardiol.* 2014; 63(24): 2674-8.
- 78) Kanaya AM, Herrington D, Vittinghoff E, Ewing SK, Liu K, **Blaha MJ**, Dave SS, Qureshi F, Kandula NR. Understanding the High Prevalence of Diabetes in U.S. South Asians Compared With Four Racial/Ethnic Groups: The MASALA and MESA Studies. *Diabetes Care.* 2014;37:1621-8.
- 79) Swiger KJ, Martin SS, **Blaha MJ**, Toth PP, Nasir K, Michos ED, Gerstenblith G, Blumenthal RS, Jones SR. Narrowing sex differences in lipoprotein cholesterol subclasses following mid-life: the very large database of lipids (VLDL-10B). *J Am Heart Assoc.* 2014;3(2):e000851.
- 80) Miedema MD, Duprez DA, Misialek JR, **Blaha MJ**, Nasir K, Silverman MG, Blankstein R, Budoff MJ, Greenland P, Folsom AR. Use of coronary artery calcium testing to guide aspirin utilization for primary prevention: estimates from the multi-ethnic study of atherosclerosis. *Circ Cardiovasc Qual Outcomes.* 2014;7:453-60.
- 81) Amin NP, Martin SS, **Blaha MJ**, Nasir K, Blumenthal RS, Michos ED. Headed in the Right Direction But at Risk for Miscalculation: A Critical Appraisal of the 2013 ACC/AHA Risk Assessment Guidelines. *J Am Coll Cardiol.* 2014; 63(25 Pt A): 2789-94.
- 82) Silverman MG, Harkness JR, Blankstein R, Budoff MJ, Agatston AS, Carr JJ, Lima JA, Blumenthal RS, Nasir K, **Blaha MJ**. Baseline subclinical atherosclerosis burden and distribution are associated with frequency and mode of future coronary revascularization: multi-ethnic study of atherosclerosis. *JACC Cardiovasc Imaging.* 2014;7:476-86.
- 83) De Paula RCS, Aneni EC, Costa APR, Figueiredo VN, Moura FA, Freitas WM, Quaglia LA, Santos SN, Soares AA, Nadruz W, **Blaha MJ**, Blumenthal R, Agatston A, Nasir K, Sposito AC. Low zinc levels is associated with increased inflammatory activity but not with atherosclerosis, arteriosclerosis or endothelial dysfunction among the very elderly. *BBA Clinical.* 2014; 2: 1-6.
- 84) **Blaha MJ**, Dardari ZA, Blumenthal RS, Martin SS, Nasir K, Al-Mallah MH. The new “intermediate risk” group: A comparative analysis of the new 2013 ACC/AHA risk assessment guidelines versus prior guidelines in men. *Atherosclerosis.* 2014; 237(1): 1-4.
- 85) Kohli P, Whelton SP, Hsu S, Yancy CW, Stone NJ, Chrispin J, Gilotra NA, Houston B, Ashen MD, Martin SS, Joshi PH, McEvoy JW, Gluckman TJ, Michos ED, **Blaha MJ**, Blumenthal RS. Clinician’s guide to the updated ABCs of cardiovascular disease prevention. *JAHA.* 2014; 3(5): e001098.
- 86) Cohen R, Budoff M, McClelland RL, Sillau S, Burke G, **Blaha MJ**, Szklo M, Uretsky S, Rozanski A, Shea S. Significance of a positive family history for coronary heart disease in patients with a zero coronary artery calcium score (from the Multi-Ethnic Study of Atherosclerosis). *Am J Cardiology.* 2014; 114(8): 1210-1214.
- 87) Swiger KJ, Manalac RJ, **Blaha MJ**, Blumenthal RS, Martin SS. Statins, mood, sleep, and physical function: a systematic review. *Eur J Clin Pharmacol.* 2014;70:1413-22.

- 88) Jamal O, Aneni EC, Shaharyar S, Ali SS, Parris D, McEvoy JW, Veledar E, **Blaha MJ**, Blumenthal RS, Agatston AS, Conceicao RD, Feldman T, Carvalho JA, Santos RD, Nasir K. Cigarette smoking worsens systemic inflammation in persons with metabolic syndrome. *Diabetology & Metabolic Syndrome*. 2014; 6(1): 79.
- 89) Kanaya AM, Herrington D, Vittinghoff E, Ewing SK, Liu K, **Blaha MJ**, Dave SS, Qureshi F, Kandula NR. Understanding the high prevalence of diabetes in US South Asians compared with four racial/ethnic groups: The MASALA and MESA Studies. *Diabetes Care*. 2014; 37(6): 1621-1628.
- 90) McEvoy JW, Diamond GA, Detrano RC, Kaul S, **Blaha MJ**, Blumenthal RS, Jones SR. Risk and physics of clinical prediction. *Am J Cardiol*. 2014; 113(8): 1429-1435.
- 91) Tota-Maharaj R, **Blaha MJ**, Blankstein R, Silverman MG, Eng J, Shaw LJ, Blumenthal RS, Budoff MJ, Nasir K. Association of coronary artery calcium and coronary heart disease events in young and elderly participants in the multi-ethnic study of atherosclerosis: a secondary analysis of a prospective, population-based cohort. *Mayo Clin Proc*. 2014;89:1350-9.
- 92) Freitas WM, Quaglia LA, Santos SN, de Paula RC, Santos RD, **Blaha M**, Rivera JJ, Cury R, Blumenthal R, Nadruz-Junior W, Agatston A, Figueiredo VN, Nasir K, Sposito AC; The Brazilian Study on Healthy Aging. Low HDL cholesterol but not high LDL cholesterol is independently associated with subclinical coronary atherosclerosis in healthy octogenarians. *Aging Clin Exp Res*. 2015;27:61-7.
- 93) Joshi PH, Toth PP, Lirette ST, Griswold ME, Massaro JM, Martin SS, **Blaha MJ**, Kulkarni KR, Khokhar AA, Correa A, D'Agustino RB, Jones SR. Association of high-density lipoprotein subclasses and incident coronary heart disease: The Jackson Heart And Framingham Offspring Cohort Studies. *Eur J of Preventive Cardiol*. 2014 July 25 [Epub ahead of print]
- 94) Martin SS, Khokhar AA, May HT, Kulkarni KR, **Blaha MJ**, Joshi PH, Toth PP, Muhlestein JB, Anderson JL, Knight S, Li Y, Spertus JA, Jones SR. HDL cholesterol subclasses, myocardial infarction, and mortality in secondary prevention: the lipoprotein investigators collaborative. *Eur Heart Journal*. 2015;36:22-30.
- 95) Miedema MD, Lopez FL, **Blaha MJ**, Virani SS, Coresh J, Ballantyne CM, Folsom AR. Eligibility for Statin Therapy According to New Cholesterol Guidelines and Prevalent Use of Medication to Lower Lipid Levels in an Older US Cohort: The Atherosclerosis Risk in Communities Study Cohort. *JAMA Intern Med*. 2015;175:138-40.
- 96) Juraschek SP, **Blaha MJ**, Whelton SP, Blumenthal RS, Jones SR, Keteyian SJ, Schairer J, Brawner CA, Al-Mallah MH. Physical Fitness and Hypertension in a Population at Risk for Cardiovascular Disease: The Henry Ford Exercise Testing (FIT) Project. *J Am Heart Assoc*. 2014;3:e001268.
- 97) Tota-Maharaj R, Al-Mallah MH, Nasir K, Qureshi WT, Blumenthal RS, **Blaha MJ**. Improving the Relationship between Coronary Artery Calcium Score and Coronary Plaque Burden: Addition of Regional Measures of Coronary Artery Calcium Distribution. *Atherosclerosis*. 2014; 238(1): 126-31.
- 98) Malik R, Aneni EC, Roberson L, Ogunmoroti O, Ali SS, Shaharyar S, Younus A, Jamal O, Aziz MA, Martin SS, **Blaha MJ**, Feldman T, Agatston AS, Veledar E, Nasir K. Measuring Coronary Artery Calcification: Is Serum Vitamin D Relevant? *Atherosclerosis*. 2014; 237(2): 734-8.
- 99) Roberson L, Shaharyar S, Aneni E, Freitas W, **Blaha M**, Agatston A, Blumenthal R, Santos RD, Feiz H, Nasir K, Sposito A. The prevalence of the metabolically healthy obese phenotype in an aging population and its association with subclinical cardiovascular disease: The Brazilian study on healthy aging. *Diabetol Metab Syndr*. 2014;6:121.

- 100) Gibson AO, **Blaha MJ**, Arnan MK, Sacco RL, Szklo M, Herrington DM, Yeboah J. Coronary Artery Calcium and Incident Cerebrovascular Events in an Asymptomatic Cohort: The MESA Study. *JACC Cardiovasc Imaging*. 2014; 7(11): 1108-15.
- 101) Oni ET, Kalathiya R, Aneni EC, Martin SS, **Blaha MJ**, Feldman T, Agatston AS, Blumenthal RS, Conceicao RD, Carvalho JA, Santos RD, Nasir K. Relation of Physical Activity to Prevalence of Nonalcoholic Fatty Liver Disease Independent of Cardiometabolic Risk. *Am J Cardiol*. 2015; 115(1): 34-9.
- 102) Hung RK, Al-Mallah MH, McEvoy JW, Whelton SP, Blumenthal RS, Nasir K, Schairer JR, Bawner C, Alam M, Keteyian SJ, **Blaha MJ**. Prognostic Value of Exercise Capacity in Patients with Coronary Artery Disease: The FIT (Henry Ford Exercise Testing) Project. *Mayo Clin Proc*. 2014; 89(12): 1644-54.
- 103) Aladin AI, Whelton SP, Al-Mallah MH, **Blaha MJ**, Keteyian SJ, Juraschek SP, Rubin J, Bawner CA, Michos ED. Relation of Resting Heart Rate to Risk for All-Cause Mortality by Gender After Considering Exercise Capacity (The FIT Project). *Am J Cardiol*. 2014; 114(11): 1701-6.
- 104) McEvoy JW, Nasir K, DeFilippis AP, Lima JA, Bluemke DA, Hundley WG, Barr RG, Budoff MJ, Szklo M, Navas-Acien A, Polak JF, Blumenthal RS, Post WS, **Blaha MJ**. Relationship of cigarette smoking with inflammation and subclinical vascular disease: The MESA. *Arterioscler Thromb Vasc Biol*. 2015. 35(4): 1002-10.
- 105) Ahmed HM, Al-Mallah MH, McEvoy JW, Nasir K, Blumenthal RS, Jones SR, Bawner CA, Keteyian SJ, **Blaha MJ**. Maximal exercise testing variables and 10-year survival: Fitness risk score from the FIT Project. *Mayo Clin Proc*. 2015;90(3): 346-55.
- 106) Alluri K, Joshi PH, Henry TS, Blumenthal RS, Nasir K, **Blaha MJ**. Scoring of coronary artery calcium scans: History, assumptions, current limitations, and future directions. *Atherosclerosis*. 2015; 239(1): 109-117.
- 107) Tota-Maharaj R, Joshi PH, Budoff MJ, Whelton S, Zeb I, Rumberger J, Al-Mallah M, Blumenthal RS, Nasir K, **Blaha MJ**. Usefulness of regional distribution of coronary artery calcium to improve the prediction of all-cause mortality. *Am J Cardiol*. 2015;115:1229-34.
- 108) Yeboah J, Sillau S, Delaney JC, **Blaha MJ**, Michos ED, Young R, Qureshi WT, McClelland R, Burke GL, Psaty BM, Herrington DM. Implications of the new American College of Cardiology/American Heart Association cholesterol guidelines for primary atherosclerotic cardiovascular disease event prediction in a multi ethnic cohort: MESA. *Am Heart J*. 2015; 169(3): 387-395.
- 109) Aneni EC, Oni ET, Martin SS, **Blaha MJ**, Agatston AS, Feldman T, Veledar E, Conceicao RD, Carvalho JA, Santos RD, Nasir K. Blood pressure is associated with the presence and severity of nonalcoholic fatty liver disease across the spectrum of cardiometabolic risk. *J Hypertens*. 2015;33:1207-14.
- 110) DeFilippis AP, Young R, Carrubba CJ, McEvoy JW, Budoff MJ, Blumenthal RS, Kronmal RA, McClelland RL, Nasir K, **Blaha MJ**. An analysis of calibration and discrimination among multiple cardiovascular risk scores in a modern multiethnic cohort. *Ann Intern Med*. 2015; 162(4): 266-75.
- 111) Al-Rifai M, Silverman MG, Nasir K, Budoff MJ, Blankstein R, Szklo M, Katz R, Blumenthal RS, **Blaha MJ**. The association of nonalcoholic fatty liver disease, obesity, and metabolic syndrome, with systemic inflammation and subclinical atherosclerosis: The MESA. *Atherosclerosis*. 2015. 239(2): 629-33.
- 112) Feldman DI, Al-Mallah MH, Keteyian SJ, Bawner CA, Feldman T, Blumenthal RS, **Blaha MJ**. No evidence of an upper threshold for mortality benefit at high levels of cardiorespiratory fitness. *J Am Coll Cardiol*. 2015; 65(6): 629-30.

- 113) Hamirani YS, Katz R, Nasir K, Zeb I, **Blaha MJ**, Blumenthal RS, Kronmal RN, Budoff MJ. Association between inflammatory markers and liver fat: The MESA. *J Clin Exp Cardiol*. 2014; 5. Pii: 1000344
- 114) Gepner AD, Young R, Delaney JA, Tattersall MC, **Blaha MJ**, Post WS, Gottesman RF, Kronmal R, Budoff MJ, Burke GL, Folsom AR, Liu K, Kaufman J, Stein JH. Comparison of coronary artery calcium presence, carotid plaque presence, and carotid intima-media thickness for cardiovascular disease prediction in the multi-ethnic study of atherosclerosis. *Circ Cardiovasc Imaging*. 2015; 8(1). Pii: e002262
- 115) Muse ED, Feldman DI, **Blaha MJ**, Dardari ZA, Blumenthal RS, Budoff MJ, Nasir K, Criqui MH, Cushman M, McClelland RL, Allison MA. The association of resistin with cardiovascular disease in the MESA. *Atherosclerosis*. 2014; 239(1): 101-108.
- 116) Martin SS, **Blaha MJ**, Muse ED, Qasim AN, Reilly MP, Blumenthal RS, Nasir K, Criqui MH, McClelland RL, Hughes-Austin JM, Allison MA. Leptin and incident cardiovascular disease: the Multi-ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2014; 239(1): 67-72.
- 117) McEvoy JW, **Blaha MJ**, DeFilippis AP, Lima JA, Bluemke DA, Hundley WG, Min JK, Shaw LJ, Lloyd-Jones DM, Barr RG, Budoff MJ, Nasir K. Cigarette smoking and cardiovascular events: Role of inflammation and subclinical atherosclerosis: The MESA. *Arterioscler Thromb Vasc Biol*. 2015. 35(3): 700-9.
- 118) Juraschek SP, **Blaha MJ**, Blumenthal RS, Brawner C, Qureshi W, Keteyian SJ, Schairer J, Al-Mallah MH. Cardiorespiratory fitness and incident diabetes: The FIT Project. *Diabetes Care*. 2015;38:1075-81.
- 119) Roberts ET, Horne A, Martin SS, **Blaha MJ**, Blankstein R, Budoff MJ, Sibley C, Polak JF, Frick KD, Blumenthal RS, Nasir K. Cost-effectiveness of coronary artery calcium testing for coronary heart and cardiovascular disease risk prediction to guide statin allocation: The Multi-Ethnic Study of Atherosclerosis. *PLoS One*. 2015; 10(3): e0116377.
- 120) Nakanishi R, Li D, **Blaha MJ**, Whelton SP, Matsumoto S, Alani A, Rezaeian P, Blumenthal RS, Budoff MJ. The relationship between coronary artery calcium score and the long-term mortality among patients with minimal or absent coronary artery risk factors. *Int J Cardiol*. 2015; 185: 275-81.
- 121) Shaharyar S, Roberson LL, Jamal O, Younus A, **Blaha MJ**, Ali SS, Zide K, Agatston AA, Blumenthal RS, Conceicao RD, Santos RD, Nasir K. Obesity and metabolic phenotypes (metabolically healthy and unhealthy variants) are significantly associated with prevalence of elevated C-reactive protein and hepatic steatosis in a large healthy Brazilian population. *J Obes*. 2015; 2015: 178526.
- 122) Martin SS, Sperling LS, **Blaha MJ**, Wilson PW, Gluckman TJ, Blumenthal RS, Stone NJ. Clinician-patient risk discussion for atherosclerotic cardiovascular disease prevention: Importance to implementation of the 2013 ACC/AHA Guidelines. *J Am Coll Cardiol*. 2015; 65(13): 1361-68.
- 123) Qureshi WT, Alirhayim Z, **Blaha MJ**, Juraschek SP, Keteyian SJ, Brawner CA, Al-Mallah MH. Cardiorespiratory Fitness and Risk of Incident Atrial Fibrillation: Results From the Henry Ford Exercise Testing (FIT) Project. *Circulation*. 2015;131:1827-34.
- 124) O'Neal WT, Qureshi WT, **Blaha MJ**, Keteyian SJ, Brawner CA, Al-Mallah MH. Systolic Blood Pressure Response During Exercise Stress Testing: The Henry Ford Exercise Testing (FIT) Project. *J Am Heart Assoc*. 2015;4(5).
- 125) Modolo R, Figueiredo VN, Moura FA, Almeida B, Quinaglia E Silva JC, Jr WN, Lemos PA, Coelho OR, **Blaha MJ**, Sposito AC; Brasilia Heart Study Group. Coronary artery calcification score is an independent

predictor of the no-reflow phenomenon after reperfusion therapy in acute myocardial infarction. *Coron Artery Dis.* 2015;26:562-6.

- 126) Tison GH, Guo M, **Blaha MJ**, McClelland RL, Allison MA, Szklo M, Wong ND, Blumenthal RS, Budoff MJ, Nasir K. Multisite extracoronary calcification indicates increased risk of coronary heart disease and all-cause mortality: The Multi-Ethnic Study of Atherosclerosis. *J Cardiovasc Comput Tomogr.* 2015;9:406-14.
- 127) Patel J, Al Rifai M, **Blaha MJ**, Budoff MJ, Post WS, Polak JF, Bluemke DA, Scheuner MT, Kronmal RA, Blumenthal RS, Nasir K, McEvoy JW. Coronary Artery Calcium Improves Risk Assessment in Adults With a Family History of Premature Coronary Heart Disease: Results From Multiethnic Study of Atherosclerosis. *Circ Cardiovasc Imaging.* 2015;8:e003186.
- 128) Tison GH, **Blaha MJ**, Nasir K, Blumenthal RS, Szklo M, Ding J, Budoff MJ. Relation of Anthropometric Obesity and Computed Tomography Measured Nonalcoholic Fatty Liver Disease (from the Multiethnic Study of Atherosclerosis). *Am J Cardiol.* 2015;116:541-6.
- 129) Sahebkar A, Kotani K, Serban C, Ursoniu S, Mikhailidis DP, Jones SR, Ray KK, **Blaha MJ**, Rysz J, Toth PP, Muntner P, Lip GY, Banach M; Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC) Group. Statin therapy reduces plasma endothelin-1 concentrations: A meta-analysis of 15 randomized controlled trials. *Atherosclerosis.* 2015;241:433-42.
- 130) Alluri K, McEvoy JW, Dardari ZA, Jones SR, Nasir K, Blankstein R, Rivera JJ, Agatston AA, Kaufman JD, Budoff MJ, Blumenthal RS, **Blaha MJ**. Distribution and burden of newly detected coronary artery calcium: Results from the Multi-Ethnic Study of Atherosclerosis. *J Cardiovasc Comput Tomogr.* 2015;9:337-344.e1
- 131) Al Rifai M, McEvoy JW, Nasir K, Rumberger J, Feldman D, Budoff MJ, **Blaha MJ**. Traditional cardiovascular disease risk factors associated with one-year all-cause mortality among those with coronary artery calcium scores ≥ 400 . *Atherosclerosis.* 2015;241:495-7.
- 132) Aladin AI, Al Rifai M, Rasool SH, Keteyian SJ, Bawner CA, Michos ED, **Blaha MJ**, Al-Mallah MH, McEvoy JW. The Association of Resting Heart Rate and Incident Hypertension: The Henry Ford Hospital Exercise Testing (FIT) Project. *Am J Hypertens.* 2015 Jun 25. [Epub ahead of print].
- 133) Qureshi WT, Keteyian SJ, Bawner CA, Dardari Z, **Blaha MJ**, Al-Mallah MH. Impact of statin use on cardiorespiratory fitness in multi-racial men and women: The Henry Ford Exercise Testing (FIT) Project. *Int J Cardiol.* 2015;197:76-7.
- 134) Shaw LJ, Giambrone AE, **Blaha MJ**, Knapper JT, Berman DS, Bellam N, Quyyumi A, Budoff MJ, Callister TQ, Min JK. Long-Term Prognosis After Coronary Artery Calcification Testing in Asymptomatic Patients: A Cohort Study. *Ann Intern Med.* 2015;163:14-21
- 135) Miedema MD, Lopez FL, **Blaha MJ**, Virani SS, Coresh J, Ballantyne CM, Folsom AR. Implications of the Eighth Joint National Committee Guidelines for the Management of High Blood Pressure for Aging Adults: Atherosclerosis Risk in Communities Study. *Hypertension.* 2015;66:474-80.
- 136) Kotani K, Sahebkar A, Serban C, Andrica F, Toth PP, Jones SR, Kostner K, **Blaha MJ**, Martin S, Rysz J, Glasser S, Ray KK, Watts GF, Mikhailidis DP, Banach M; Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC) Group. Tibolone decreases Lipoprotein(a) levels in postmenopausal women: A systematic review and meta-analysis of 12 studies with 1009 patients. *Atherosclerosis.* 2015;242:87-96.

- 137) Swiger KJ, Martin SS, Tang F, **Blaha MJ**, Blumenthal RS, Alexander KP, Arnold SV, Spertus JA. Cognitive and Physical Function by Statin Exposure in Elderly Individuals Following Acute Myocardial Infarction. *Clin Cardiol*. 2015;38:455-61.
- 138) Yeboah J, Polonsky TS, Young R, McClelland RL, Delaney JC, Dawood F, **Blaha MJ**, Miedema MD, Sibley CT, Carr JJ, Burke GL, Goff DC Jr, Psaty BM, Greenland P, Herrington DM. Utility of Nontraditional Risk Markers in Individuals Ineligible for Statin Therapy According to the 2013 American College of Cardiology/American Heart Association Cholesterol Guidelines. *Circulation*. 2015;132:916-22.
- 139) Quispe R, Al-Hijji M, Swiger KJ, Martin SS, Elshazly MB, **Blaha MJ**, Joshi PH, Blumenthal RS, Sniderman AD, Toth PP, Jones SR. Lipid phenotypes at the extremes of high-density lipoprotein cholesterol: The very large database of lipids-9. *J Clin Lipidol*. 2015;9:511-8.e1-5.
- 140) Quispe R, Manalac RJ, Faridi KF, **Blaha MJ**, Toth PP, Kulkarni KR, Nasir K, Virani SS, Banach M, Blumenthal RS, Martin SS, Jones SR. Relationship of the triglyceride to high-density lipoprotein cholesterol (TG/HDL-C) ratio to the remainder of the lipid profile: The Very Large Database of Lipids-4 (VLDL-4) study. *Atherosclerosis*. 2015;242:243-50.
- 141) Gassett AJ, Sheppard L, McClelland RL, Olives C, Kronmal R, **Blaha MJ**, Budoff M, Kaufman JD. Risk Factors for Long-Term Coronary Artery Calcium Progression in the Multi-Ethnic Study of Atherosclerosis. *J Am Heart Assoc*. 2015;4:e001726.
- 142) Cainzos-Achirica M, Desai CS, Wang L, **Blaha MJ**, Lopez-Jimenez F, Kopecky SL, Blumenthal RS, Martin SS. Pathways Forward in Cardiovascular Disease Prevention One and a Half Years After Publication of the 2013 ACC/AHA Cardiovascular Disease Prevention Guidelines. *Mayo Clin Proc*. 2015;90:1262-71.
- 143) Hung RK, Al-Mallah MH, Qadi MA, Shaya GE, Blumenthal RS, Nasir K, Brawner CA, Keteyian SJ, **Blaha MJ**. Cardiorespiratory fitness attenuates risk for major adverse cardiac events in hyperlipidemic men and women independent of statin therapy: The Henry Ford Exercise Testing Project. *Am Heart J*. 2015;170:390-9.
- 144) Aneni EC, Oni ET, Osondu CU, Martin SS, Blaha MJ, Veledar E, Agatston AS, Feldman T, Carvalho JA, Conceição RD, Santos RD, Nasir K. Obesity Modifies the Effect of Fitness on Heart Rate Indices during Exercise Stress Testing in Asymptomatic Individuals. *Cardiology*. 2015;132:242-248. [Epub ahead of print]
- 145) Miller PE, Martin SS, Toth PP, Santos RD, Blaha MJ, Nasir K, Virani SS, Post WS, Blumenthal RS, Jones SR. Screening and advanced lipid phenotyping in familial hypercholesterolemia: The Very Large Database of Lipids Study-17 (VLDL-17). *J Clin Lipidol*. 2015;9:676-83.
- 146) McClelland RL, Jorgensen NW, Budoff M, **Blaha MJ**, Post WS, Kronmal RA, Bild DE, Shea S, Liu K, Watson KE, Folsom AR, Khera A, Ayers C, Mahabadi AA, Lehmann N, Jöckel KH, Moebus S, Carr JJ, Erbel R, Burke GL. 10-Year Coronary Heart Disease Risk Prediction Using Coronary Artery Calcium and Traditional Risk Factors: Derivation in the MESA (Multi-Ethnic Study of Atherosclerosis) With Validation in the HNR (Heinz Nixdorf Recall) Study and the DHS (Dallas Heart Study). *J Am Coll Cardiol*. 2015;66:1643-53.
- 147) Nasir K, Bittencourt MS, **Blaha MJ**, Blankstein R, Agatston AS, Rivera JJ, Miedema MD, Sibley CT, Shaw LJ, Blumenthal RS, Budoff MJ, Krumholz HM. Implications of Coronary Artery Calcium Testing Among Statin Candidates According to American College of Cardiology/American Heart Association Cholesterol Management Guidelines: MESA (Multi-Ethnic Study of Atherosclerosis). *J Am Coll Cardiol*. 2015 Oct 13;66(15):1657-68.

- 148) Martin SS, Faridi KF, Joshi PH, **Blaha MJ**, Kulkarni KR, Khokhar AA, Maddox TM, Havranek EP, Toth PP, Tang F, Spertus JA, Jones SR. Remnant Lipoprotein Cholesterol and Mortality After Acute Myocardial Infarction: Further Evidence for a Hypercholesterolemia Paradox From the TRIUMPH Registry. *Clin Cardiol*. 2015 Oct 13. [Epub ahead of print]
- 149) Shah NP, Cainzos-Achirica M, Feldman DI, Blumenthal RS, Nasir K, Miner MM, Billups KL, **Blaha MJ**. Cardiovascular Disease Prevention in Men with Vascular Erectile Dysfunction - The View of the Preventive Cardiologist. *Am J Med*. 2015 Oct 15. [Epub ahead of print]

Guideline/Committee Manuscripts

- 1) Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, **Blaha MJ**, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Judd SE, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Mackey RH, Magid DJ, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Mussolino ME, Neumar RW, Nichol G, Pandey DK, Paynter NP, Reeves MJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Executive summary: heart disease and stroke statistics--2014 update: a report from the american heart association. *Circulation*. 2014;129(3):399-410.
- 2) Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, **Blaha MJ**, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Judd SE, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Mackey RH, Magid DJ, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Mussolino ME, Neumar RW, Nichol G, Pandey DK, Paynter NP, Reeves MJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics--2014 update: a report from the american heart association. *Circulation*. 2014;129:e28-e292.
- 3) Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, **Blaha MJ**, Cushman M, de Ferranti S, Despres J, Fullerton HJ, Howard VJ, Huffman MD, Judd SE, Kissela BM, Lackland DT, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Wiley JZ, Woo D, Yeh RW, Turner RB. Heart Disease and Stroke Statistics – 2015 Update: A Report from the American Heart Association. *Circulation*. 2015;131:e29-322.

Cohort Design Papers

- 1) Martin SS, **Blaha MJ**, Toth PP, Joshi PH, McEvoy JW, Ahmed HM, Elshazly MB, Swiger KJ, Michos ED, Kwiterovich PO, Kulkarni KR, Chimera J, Cannon CP, Blumenthal RS, Jones SR. Very Large Database of Lipids: Rationale and Design. *Clin Cardiol*. 2013;36:641-8.
- 2) Al-Mallah MH, Keteyian SJ, Brawner CA, Whelton S, **Blaha MJ**. Rationale and design of the Henry Ford Exercise Testing Project (The FIT Project). *Clinical Cardiology*. 2014; 37(8): 456-461.

Peer Reviewed Invited Review Papers

- 1) Thompson JB, **Blaha M**, Resar JR, Blumenthal RS, Desai MY. Strategies to reverse atherosclerosis: an imaging perspective. *Curr Treat Options Cardiovasc Med*. 2008;10(4):283-93.

- 2) Narla V, **Blaha MJ**, Blumenthal RS, Michos ED. The JUPITER and AURORA clinical trials for rosuvastatin in special primary prevention populations: perspectives, outcomes, and consequences. *Vasc Health Risk Manag.* 2009;5:1033-42.
- 3) Tota-Maharaj R, Blumenthal RS, **Blaha MJ**. Update on Obstructive Sleep Apnea and Its Associated Metabolic Abnormalities: Insulin Resistance, Metabolic Syndrome, and Type 2 Diabetes Mellitus. *Curr Cardio Risk Rep.* 2010;4(2):165-173.
- 4) Tota-Maharaj R, Defilippis AP, Blumenthal RS, **Blaha MJ**. A practical approach to the metabolic syndrome: review of current concepts and management. *Curr Opin Cardiol.* 2010;22(5):502-12.
- 5) DeFilippis AP, **Blaha MJ**, Jacobson T. Omega-3's for Cardiovascular Disease Prevention. *Current Treatment Options in Cardiovascular Medicine.* 2010; 12:365-80.
- 6) Long SB, **Blaha MJ**, Blumenthal RS, Michos ED. Clinical utility of rosuvastatin and other statins for cardiovascular risk reduction among the elderly. *Clin Interv Aging.* 2011;6:27-35.
- 7) McEvoy JW, **Blaha MJ**, Nasir K, Blumenthal RS, Jones SR. Potential Use of Coronary Artery Calcium Progression to Guide the Management of Patients at Risk for Coronary Artery Disease Events. *Curr Treat Options Cardiovasc Med.* 2012; 14(1): 69-80.
- 8) Tota-Maharaj R, McEvoy JW, **Blaha MJ**, Silverman MG, Nasir K, Blumenthal RS. Utility of coronary artery calcium scoring in the evaluation of patients with chest pain. *Crit Pathw Cardiol.* 2012;11:99-106.
- 9) Joshi PH, **Blaha MJ**, Blumenthal RS, Blankstein R, Nasir K. What is the role of calcium scoring in the age of coronary computed tomographic angiography? *J Nucl Cardiol.* 2012;19:1226-35.
- 10) Barth AS, Abd TT, Blumenthal RS, **Blaha MJ**. Comparative effectiveness of risk markers for cardiovascular risk assessment in intermediate-risk individuals: Coronary artery calcium vs. "the rest"? *Current Cardiovasc Imaging Reports.* 2013; 6(3): 203-210.
- 11) Abd TT, **Blaha MJ**, Blumenthal RS, Joshi PH. Cardiovascular disease risk prediction-integration into clinical practice. *Current Cardiovasc Risk Reports.* 2013; 7(5): 346-353.
- 12) Madanieh R, Hasan RK, Anusionwu OF, Blumenthal RS, **Blaha MJ**. Cardiovascular disease prevention: matching evidence-based algorithms with individualized care. *Clin Pharmacol Ther.* 2013;93:321-3.
- 13) Chrispin J, Martin SS, Hasan RK, Joshi PH, Minder CM, McEvoy JW, Kohli P, Johnson AE, Wang L, **Blaha MJ**, Blumenthal RS. Landmark Lipid-Lowering Trials in the Primary Prevention of Cardiovascular Disease. *Clin Cardiol.* 2013;36:516-23.
- 14) Minder CM, Blumenthal RS, **Blaha MJ**. Statins for primary prevention of cardiovascular disease: the benefits outweigh the risks. *Current Opinion in Cardiology.* 2013;28:554-60.
- 15) (b) (4)
- 16) **Blaha MJ**, Blumenthal RS. Risk factors: New risk-assessment guidelines-more or less personalized? *Nat Rev Cardiol.* 2014;11:136-7.
- 17) Subedi BH, Joshi PH, Jones SR, Martin SS, **Blaha MJ**, Michos ED. Current guidelines for high-density lipoprotein cholesterol in therapy and future directions. *Vasc Health Risk Manag.* 2014;10:205-16.

- 18) Carrubba CJ, **Blaha MJ**, Nasir K, DeFilippis AP. Cardiovascular disease risk assessment: A review of risk factor-based algorithms and assessments of vascular health. *Current Cardiovascular Risk Reports*. 2014; 8: 1-8.
- 19) Ankam J, Feldman DI, **Blaha MJ**, Martin SS. Improving lipid control following myocardial infarction. *Current Opinion in Cardiol*. 2014; 29: 454-466.
- 20) Feldman DI, **Blaha MJ**, Santos RD, Jones SR, Blumenthal RS, Toth PP, Sperling LS, Martin SS. Recommendations for the management of patients with familial hypercholesterolemia. *Curr Atheroscler Rep*. 2015;17:473.
- 21) Urrea B, Misra S, Plante TB, Kelli HM, Misra S, **Blaha MJ**, Martin SS. Mobile Health Initiatives to Improve Outcomes in Primary Prevention of Cardiovascular Disease. *Curr Treat Options Cardiovasc Med*. 2015 Dec;17(12):59.
- 22) Same RV, Miner MM, **Blaha MJ**, Feldman DI, Billups KL. Erectile Dysfunction: an Early Sign of Cardiovascular Disease. *Current Cardiology Reports*. 2015;9:1-8.

Editorials

- 1) Tison GH, **Blaha MJ**, Nasir K. Atherosclerosis imaging in multiple vascular beds--enough heterogeneity to improve risk prediction? *Atherosclerosis*. 2011;214:261-3.
- 2) McEvoy JW, **Blaha MJ**, Nasir K. "Metabolically benign" obesity: A wolf in sheep's clothing. *Atherosclerosis*. 2011;217:74-6.
- 3) **Blaha MJ**, Michos ED. Niacin--a case study for the role of event-driven versus surrogate endpoint trials. *Heart*. 2013;99:1631-2.
- 4) **Blaha MJ**, Martin SS. How Do Statins Work? Changing Paradigms with Implications for Statin Allocation. *J Am Coll Cardiol*. 2013;62:2392-4.
- 5) Nasir K, **Blaha MJ**. Short and lifetime cardiovascular risk estimates: Same wine, different bottles. Do we have the COURAGE to abandon risk scores? *J Nucl Cardiol*. 2014;21(1):46-9.
- 6) Martin SS, **Blaha MJ**. Genetically low triglycerides and mortality: further support for "the earlier the better"? *Clin Chem*. 2014;60:705-7.
- 7) **Blaha MJ**, Feldman DI, Nasir K. Coronary artery calcium and physical fitness - the two best predictors of long-term survival. *Atherosclerosis*. 2014;234:93-4.
- 8) **Blaha MJ**. The future of CV risk prediction: Multisite imaging to predict multiple outcomes. *JACC: Cardiovasc Imaging*. 2014; 7(10): 1054-1056.
- 9) McEvoy JW, **Blaha MJ**. Coronary artery calcium testing: Exploring the need for a randomized trial. *Circulation: Cardiovasc Imaging*. 2014; 7(4): 578-580.
- 10) Martin SS, **Blaha MJ**. Genetically low triglycerides and mortality: Further support for "the earlier the better." *Clinical Chemistry*. 2014; 60(5): 705-707.
- 11) Martin SS, Joshi PH, **Blaha MJ**. High-density lipoprotein and endothelial function in patients with myocardial infarction: Pieces in a puzzle. *Atherosclerosis*. 2014; 237(2): 838-9.

- 12) Al Rifai M, Cainzos-Achirica M, **Blaha MJ**. Establishing the Warranty of a Coronary Artery Calcium Score of Zero. *Atherosclerosis*. 2014; 238(1): 1-3.
- 13) Cainzos-Achirica M, **Blaha MJ**. Cardiovascular risk perception in women: true unawareness or risk miscalculation? *BMC Med*. 2015;13:112.
- 14) DeFilippis AP, **Blaha MJ**. Can the AHA-ACC ASCVD risk score be applied outside the United States in Korea? *Atherosclerosis*. 2015;242:560-2.

Case Reports

- 1) **Blaha MJ**, Panjrath G, Chacko M, Schulman SP. Localized Calcific Constrictive Pericarditis Masquerading as a Basal Aneurysm. *J Am Coll Cardiol*. 2011;57:e65.

Letters and Correspondence

- 1) **Blaha MJ**, Campbell CY, Horne A. The USPSTF recommendation statement on coronary heart disease risk assessment. *Ann Intern Med*. 2010;152(6):404-5.
- 2) McEvoy JW, **Blaha MJ**. Progression of coronary artery calcification: not down-and-out. *Arch Intern Med*. 2010;170(8):735-6.
- 3) **Blaha MJ**, Blumenthal RS, Nasir K. Zero coronary calcium and Bayes' theorem. *J Am Coll Cardiol*. 2010;56(7):611-2.
- 4) McEvoy JW, **Blaha MJ**, Blumenthal RS. Caveat emptor: the coronary calcium warranty. *J Am Coll Cardiol*. 2010;56(12):997.
- 5) Nasir K, **Blaha MJ**. No justification for coronary CT angiography in low- to intermediate-risk individuals with coronary artery calcium score of 0. *Radiology*. 2011;261:663-4.
- 6) McEvoy JW, **Blaha MJ**, Blumenthal RS. Rhinotillexis: a possible heuristic to reduce inappropriate noninvasive cardiac imaging? *J Am Coll Cardiol*. 2012;60:432.
- 7) Martin SS, **Blaha MJ**, Jones SR. Nonfasting lipids: there is the population and then there is the patient. *JAMA Intern Med*. 2013 May 27;173(10):935-6.
- 8) McEvoy JW, Blumenthal RS, **Blaha MJ**. Statin therapy for hyperlipidemia. *JAMA*. 2013 Sep 18;310(11):1184-5.
- 9) Whelton SP, Blaha MJ. Response to importance of pressure pulse amplification in the association of resting heart rate and arterial stiffness. *Hypertension*. 2013;62:e47.
- 10) Ahmed HM, **Blaha MJ**, Blumenthal RS. Modifiable lifestyle risks, cardiovascular disease, and all-cause mortality. *Int J Cardiol*. 2014;172:e199-200.
- 11) Hung RK, Feldman DI, **Blaha MJ**. Cardiovascular disease mortality and excessive exercise in heart attack survivors. *Mayo Clin Proc*. 2015; 90(1): 159.
- 12) DeFilippis AP, Young R, **Blaha MJ**. Calibration and Discrimination Among Multiple Cardiovascular Risk Scores in a Modern Multiethnic Cohort. *Ann Intern Med*. 2015;163:68-9.

- 13) Juraschek SP, **Blaaha MJ**, Al-Mallah MH. Response to Comment on Juraschek et al. Cardiorespiratory Fitness and Incident Diabetes: The FIT (Henry Ford Exercise Testing) Project. *Diabetes Care*. 2015;38:e194-5.

Book Chapters

- 1) **Blaaha MJ**, Blumenthal RS. Modern Interpretation of Current Lipid Guidelines. In: Januzzi J, editor. *Cardiac Biomarkers in Modern Medicine: Practical Knowledge for the Clinician*. Jones and Bartlett Publishers, Inc. 2011: Chapter 29.
- 2) **Blaaha MJ**, Gluckman T, Blumenthal RS. Chapter 1 – Preventive Cardiology: Past, Present, and Future. In: Blumenthal RS, Wong N, Foody D, editors. *Preventive Cardiology: A Companion to Braunwald's Heart Disease*. 2011: Chapter 1.
- 3) **Blaaha MJ**, Ketlogetswe KS, Ndumele CE, Gluckman TJ, Blumenthal RS. Preventive Strategies for Coronary Heart Disease. In: Fuster V, O'Rourke R, Walsh R, Poole-Wilson P, editors. *Hurst's The Heart*, 13th edition. 2011.

Books Authored

- 1) **Blaaha MJ**, Tota-Maharaj R. *Metabolic Syndrome: From Risk Factors to Treatment*. SEEd publishers, Italy. Handbook. 192 pages. May 31, 2012. ISBN-13: 978-8897419198 (Two Editions: English and Italian)
- 2) **Blaaha MJ**, Tota-Maharaj, McEvoy JW. *Understanding the Metabolic Syndrome Epidemic in India and South Asia*. MacMillan India. 189 pages. 2013. ISBN: 978-93-80780-43-6

Active IRBs

NA_00030361	Multi- Ethnic Study of Atherosclerosis (MESA)
NA_00083623	Coronary Artery Calcium (CAC) Consortium: A Study of the Long-Term Prognostic Implications of CAC Scans
NA_00084525	Henry Ford Longitudinal Study of Physical Fitness (The FIT Project)
NA_00085278	Patient and Physician Perceptions of the Use, Benefit, and Side Effects of Statin Medications
NA_00086400	mActive: Digital Activity Tracking & Smart Texting: A Blinded, Randomized mHealth Trial.
IRB00054154	Extension of the mActive Trial
IRB00060108	Risk Assessment and Management Survey (The RAMS Project): A Multi-center "Randomized" Survey of Clinician Attitudes Towards Advanced Cardiovascular Risk Assessment and Preventive Therapy
Add mActive-SMOKE	
Add MiHeart-ECIG	

Extramural sponsorship

Current

NO1-HC-95162 (Post)
NIH/NHLBI

1/1/2013 – 2018
8% effort

Total direct cost: \$575,202

Multi-Ethnic Study of Atherosclerosis (MESA). This multicenter epidemiologic population-based study evaluates the progression from subclinical atherosclerotic disease to clinical cardiovascular disease in a large multiracial group. Participants have had CT scan measures of coronary calcification, carotid ultrasound for intima media thickness, and MRI examinations.

1 P50 HL120163-01 (Bhatnagar, Hopkins PI: Blaha)
NIH/NHLBI, FDA

9/19/2013 – 2018
20% effort

Total direct cost: \$670,680

The American Heart Association Tobacco Regulation and Addiction Center (A-TRAC) is a multi-institutional center housed within AHA, and jointly funded by the NIH and the FDA (Tobacco Centers of Regulatory Science [TCORS]), that deals with the basic science, translational, epidemiologic, and policy issues surrounding the cardiovascular dangers of tobacco use in the United States.

Independent Investigator Award (Blaha/Martin)
Aetna/Aetna Foundation

4/1/2015 – 3/31/2016
20% effort

Total Direct Cost: (b) (4)

Long-Term Follow-up of the mActive Trial. The Aetna Foundation, who is interested in mobile health and wellness programs, is funding a year-long follow-up of the mActive clinical trial participants. Goals of the project will be to describe the long term sustainability and durability of an mHealth physical activity intervention.

ATRAC Pilot Grant (Blaha)
AHA/NHLBI/FDA

9/1/2015 – 6/1/2016
6% effort

Total Direct Cost: \$75,000

mActive-SMOKE. This pilot project seeks to explore the real time association between physical activity and smoking urges using modern mHealth tools, as well as to use modern communication channels to pilot simulated educational messages from the FDA about the link between physical activity and smoking.

ATRAC Pilot Grant (Blaha)
AHA/NHLBI/FDA
Role: Principal Investigator

12/1/2015 – 12/1/2016

Total Direct Cost: \$75,000

Evaluating the Cardiovascular and Pulmonary Health Effects of Electronic Cigarettes in Humans.

This study seeks to enroll a parallel pilot cohort of 30 e-cigarette users alongside the greater Miami Heart (MiHeart) Study for the purposes of studying the potential cardiovascular and pulmonary effects of e-cigarette use (MiHeart-ECIG).

R01HL125053 (Post)
NIH/NHLBI

7/1/15 – 4/30/18

Progression of Coronary Atherosclerosis in MACS

The purpose of this study is to determine the association between HIV serostatus and the progression of subclinical coronary atherosclerosis and myocardial perfusion abnormalities and dysfunction on CT scans.

L30 HL110027
NIH LRP – Loan Repayment Program

7/2011 – present

Cumulative award: \$85,000

Previous (training grants)

T32 DK007563 (Granner)
NIH/NIDDK

7/2004 – 6/2005

Title: Metabolic Syndrome and Hyperglycemic Relapse in Type 2 Diabetes

5T32 HL007227 (Kass) 7/2011 – 12/2012
NIH/NHLBI

Title: hsCRP, CAC, and Cardiovascular Disease Prediction

Sponsored Cohort Reviews

ARIC CHD Adjudication Committee (Atherosclerosis Risk in Communities)

1/1/2013 – present
5% effort

EDUCATIONAL ACTIVITIES

International Blog

- **Yahoo Health Blog. “Heart Smart Living”**
<http://health.yahoo.net/experts/heartsmartliving/bio/michael-blaha>
 - (over 2500 Facebook Likes, Over 3000 Re-tweets)
 - Twitter: @MichaelJBlaha

Meetings

- **Founder of the Johns Hopkins Ciccarone Center Research and Methods Conference**
 - Held twice monthly
 - ~20 attendees per season

Courses

- **Assistant Course Director (5% effort)**
 - Johns Hopkins CTA Practicum. Johns Hopkins Bayview Hospital.

Teaching

Institutional CME Instruction

- 1) Faculty for Johns Hopkins University Self-Assessment Program (SAP) in Non-HDL Cholesterol. Authored 20 questions and answer narratives for course materials. 2011.
- 2) “The Role of Coronary Artery Calcium in Cardiovascular Risk Prediction”, 2012 (ongoing, sessions [10/year]). Johns Hopkins CTA Practicum, Shapiro/Bush/Hees. Role: Lecturer. Johns Hopkins Bayview Hospital.
- 3) “Post-Processing Techniques in Coronary CT Angiography”, 2015 (ongoing, sessions [10/year]). Johns Hopkins CTA Practicum, Shapiro/Bush/Hees. Role: Lecturer. Johns Hopkins Bayview Hospital.
- 4) Saudi Talk

Classroom Instruction

- 1) “Risk Scores in Clinical Guidelines”, beginning 2014 (yearly lecture). Introduction to Cardiovascular Epidemiology. Role: Lecturer. Johns Hopkins Bloomberg School of Public Health.
- 2) “Lipid-Lowering Drugs”, beginning 2014 (yearly lecture). Genes to Society, Cardiovascular section. Role: Lecturer. Johns Hopkins School of Medicine.
- 3) “Coronary Artery Calcium in Clinical Practice – What You Need to Know”, beginning 2015 (yearly lecture). Cardiology Fellowship Curriculum. Johns Hopkins School of Medicine.

National Online Lecture

- 1) ATRAC lecture

Mentorship

Faculty Mentor: Cardiovascular Epidemiology Institutional Training Grant (T32HL07024, PI: (b) (6))

Faculty Mentor: Cardiovascular Epidemiology Institutional Training Grant (5T32HL007227, PI: (b))

List of mentees available on request

Educational Publications and Videos

- 1) **Blaha M.** Borderline Type 2 Diabetes: A Common Clinical Problem. MD Consult On-line. Published June 2005. www.mdconsult.com
- 2) **Blaha MJ, Defilippis A.** Metabolic Syndrome, Inflammation, and Non-HDL Cholesterol: A Simplified Approach. International Atherosclerosis Society website. Published February 2009. www.athero.org/commentaries.
- 3) **Blaha MJ, Defilippis A.** Metabolic Syndrome and Non-HDL cholesterol. Metabolic Syndrome Institute website. Published March 2009. www.metabolicsyndromeinstitute.com
- 4) **Blaha MJ, Blumenthal RS.** The ABCs of the metabolic syndrome. *Cardiology*. 2009;38(1): 20-21.
- 5) **Blaha MJ, Blumenthal RS.** What Happened at the AHA 2009 – The Johns Hopkins Perspective. Theheart.org.
- 6) **Blaha MJ, Blumenthal RS.** Fellows Corner - Episode #12: Career development: The ABCDE's of following the path that fits best with Drs Roger Blumenthal and Mike Blaha. Theheart.org.
- 7) **Blaha MJ.** Anticoagulant and Antiplatelet Agents: Update From AHA 2009. theheart.org CME: Focus On: Anticoagulation in AF and ACS
- 8) Brooks GC, **Blaha MJ, Blumenthal RS.** Preventing Heart Disease: Why Our Guidelines Need to Be Modified. *Cardiology Today*. 2010;13(1):8-9.
- 9) Tota-Maharaj R, **Blaha MJ, Blumenthal RS.** The JUPITER trial and statins in primary prevention: Unequivocal benefit, or still a debatable issue? *Cardiology Today*. 2010;13(12):8-9.
- 10) **Blaha MJ, Budoff MJ.** Fellows Corner - Episode #19: Cardiac CT imaging with Drs Matthew Budoff and Michael Blaha. theheart.org.
- 11) **Blaha MJ, Nasir K, Blumenthal RS.** Comparing strengths and limitations of hsCRP and CAC in refining CVD risk prediction. *Cardiology Today*. October 2011.
- 12) Martin SS, Blumenthal RS, **Blaha MJ.** Let's Not be So Quick to Stop Statins. *Cardiology Today*. October 2012.
- 13) **Blaha MJ.** Trials and PIs with Dr. Michael Blaha. 20 interviews with PIs from AHA Scientific Sessions 2012. theheart.org.
- 14) **Blaha MJ.** Top 10 Misconceptions About the New Prevention Guidelines. Cardiosource.com
- 15) ACC Diabetes aspirin video

ORGANIZATIONAL AND EDITORIAL ACTIVITIES

Leadership

- **Associate Editor**, Cardiometabolic Community, ACC website - Cardiosource.com
- **Associate Editor**, *Atherosclerosis (Journal)*
- **Adjunct Editor**, *JACC Cardiovascular Imaging*
- **Publications and Presentations (P&P) Committee**, Multi-Ethnic Study of Atherosclerosis (MESA)
- **Co-Chair**, Cross-Cohort Collaboration (CCC).

Journal Peer Review Activities

**Atherosclerosis*. 2009-present. (~15 per year)
**Journal of the American College of Cardiology/JACC Imaging*. 2010-present. (~5-7 per year).
**Circulation and Circulation Subspecialty Journals*. 2010-present. (~2-3 per year).
American Heart Journal. 2011-present. (~1-2 per year).
Lancet. 2011-present. (~1-2 per year).
**Journal of Cardiovascular Computed Tomography*. 2012 to present. (~3-4 per year).
**Journal of the American Medical Association/JAMA Internal Medicine*. 2012-present. (~2-3 per year).
Diabetes Care. 2012-present.
Mayo Clinic Proceedings. 2013-present.
PLoS Med/One. 2013-present. (~2-3/year).
European Journal of Preventive Cardiology. 2013-present. (~2 per year)
American Journal of Cardiology. 2013-present.
International Journal of Cardiovascular Imaging. 2013-present.
Clinical Cardiology. 2013-present.
BMC Med/Public Health. 2013-present. (~2/year).
American Journal of Medicine. 2014-present.
Journal of Clinical Lipidology. 2014-present.
Journal of Diabetes and Its Complications. 2015-present

Abstract Reviewer

American Heart Association (AHA) Scientific Sessions. 2012-present.
American College of Cardiology (ACC) Annual Meeting. 2013-present.
European Atherosclerosis Society (EAS) Annual Meeting. 2014-present.
American Diabetes Association (ASA) Annual Meeting. 2015-present.

Grant Review Study Section

Genomics & Translational Biology Epidemiology & Observational Epidemiology – Clinical Science.
2015-present

FDA Panels

Appointed Special Government Employee in 2015.

- Endocrinologic and Metabolic Drugs Advisory Committee (EMDAC)
 - On Advisory Panel for approval of the first two PCSK9 inhibitor drugs

Advisory Boards

Pfizer

- Changing Paradigms in Cholesterol Treatment. Chicago, IL. 2014

Luitpold Pharmaceuticals

- Iron Deficiency Anemia: Perspectives and Emerging Treatment Options in Cardiology. Philadelphia, PA. 2014.

Novartis

- Canakinumab/CANTOS Advisory Board. Boston, MA. 2015

Aralez

- Yosprala Aralez National Advisory Board. Chicago, IL. 2015.

ISIS/Akcea

- ApoCIII Advisory Board. Orlando, FL. 2015.

Professional Societies

American Heart Association.

- Statistics Committee, appointed member
- Fellow-In-Training and Early Career Committee, appointed member

American College of Cardiology

- ACC Cardiometabolic Alliance

Society for Cardiovascular Computed Tomography

- Secretary of FiRST Section, 2011-2013

American Society for Preventive Cardiology

Society of Atherosclerosis Imaging and Prevention (SAIP)

Society for Heart Attack Prevention and Eradication (SHAPE)

American Medical Association

European Atherosclerosis Society

CLINICAL ACTIVITIES

Certification

Maryland Board of Physicians, 8/1/2011. D72838

Board Certification

Internal Medicine, 2009

Cardiovascular Diseases, 2012

Cardiovascular Computed Tomography, 2012

Current Service Responsibilities

½ day a week: Outpatient clinic, Ciccarone Center for the Prevention of Heart Disease

1 day a week: Attending, Cardiovascular Computed Tomography

2 weeks per year: Attending, Inpatient Cardiology Service

2 weeks per year: Attending, Cardiology Consult Service

Clinical Cardiology Training Experience

COCATS Level II:

Nuclear Imaging

Echocardiography and Transesophageal Echocardiography

COCATS Level III:

Preventive Cardiology

Cardiac CT/CT Angiography/CT Perfusion

RECOGNITION

Awards, Honors

- 1) Most Outstanding Research Award. 1999.
Biopshere 2 Center, Columbia University.
- 2) Baldinger Award. 2001.
Alpha Epsilon Delta, University of Notre Dame
- 3) Hoffman Scholar. 2000, 2001.
Top pre-medical student, twice awarded. University of Notre Dame
- 4) Phi Beta Kappa. 2001
- 5) Valedictorian Candidate, College of Science. 2001
Top GPA, University of Notre Dame
- 6) Young Investigator Award and Scholarship, 2nd place. 2003.
Southern Society of Clinical Investigators (SSCI).
- 7) Chapter President, Alpha Omega Alpha. 2004-5.
Vanderbilt Medical School.
- 8) Burris R. Boshell Scholarship in Medicine. 2004, 2005.
Twice awarded \$12,000 for research achievements. Diabetes Trust Foundation
- 9) American Heart Association Scholarship in Cardiovascular Disease and Stroke. 2005
- 10) Oscar Crawford Award in Medicine. 2006.
Highest Achievement in Endocrinology Research. Vanderbilt Medical School.
- 11) Rudolph Kampmeier Prize. 2006
Most Outstanding Research in Medicine. Vanderbilt Medical School.
- 12) Top Epidemiology Abstract at Scientific Sessions. 2010.
American Heart Association.
- 13) Stanley Blumenthal Award for Outstanding Research. 2011.
Most Outstanding Research in the Division of Cardiology. John Hopkins Hospital.
- 14) Young Investigator Award, Multi-Ethnic Study of Atherosclerosis. 2011
- 15) 3rd Place, Northwestern Young Investigators Cardiovascular Forum. 2011.
- 16) ACC Fellow-in-Training (FIT) "Rising Star". Acknowledged at American College of Cardiology
ACC.12.
- 17) Best Abstract and Best Poster (top 3% in scoring). Acknowledged at American College of Cardiology
ACC.13.
- 18) Young Investigator Award, Multi-Ethnic Study of Atherosclerosis. 2013
- 19) PJ Shafer Award, PJ Shafter Cardiovascular Research Fund (\$20,000). 2013

- 20) Steven N. Blair Award for Excellence in Physical Activity Research. American Heart Association – Epidemiology. Senior author on project. 2014

Invited Talks and Panels

- 1) “The ABCDE Approach to the Metabolic Syndrome” for the Heart of New Ulm Project Grand Rounds, New Ulm, MN. 2010. 60 attendees.
- 2) “Diet, Phytosterols, and LDL Lowering” for the American College of Cardiology (ACC.12) Expert Panel Session on “LDL Management in the Difficult-to-Treat Patient”. 2012. 350 attendees.
- 3) Invited Faculty Poster Reviewer for “CT Imaging” session. American College of Cardiology (ACC.12).
- 4) “Comparing Coronary Artery Calcium with C-reactive Protein for Risk Prediction in Primary Prevention” for Maryland Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference. 2012. 90 attendees.
- 5) Faculty for “Coronary Artery Calcium” and “Emerging CT Applications” sessions at Society of Cardiovascular CT (SCCT) 2012 Annual Meeting.
- 6) “Subclinical Atherosclerosis – A New Risk Scoring Paradigm”. Grand Rounds at the Minneapolis Heart Institute. Minneapolis, MN. 2012. 75 attendees.
- 7) “Implications of Coronary Artery Calcium Scoring” for the Heart of New Ulm Project Grand Rounds, New Ulm, MD. 2012. 70 attendees.
- 8) Expert Panel on Cardiovascular Disease. Panel discussion on risk factors, treatments, and mortality from cardiovascular disease. Johns Hopkins School of Public Health. 2013.
- 9) “Qual a nova fronteira: lipids, inflamacao, Resistencia insulinica?” I Simposio Internacional Em Epidemiologia Cardiovascular. Sao Paolo, Brazil. 2013.
- 10) “Non-Contrast CT in Observational Studies”. I Simposio Internacional Em Epidemiologia Cardiovascular. Sao Paolo, Brazil. 2013.
- 11) “Statins for Everyone?” Brazilian Society of Cardiology Congress. Sao Paolo, Brazil. 2013
- 12) “Where do the Research Questions in CT Come From?” Society of Cardiovascular Computed Tomography. Montreal, Canada. 2013
- 13) “Experts Debate – Does Lipid Therapy Change in the Setting of a Normal CTA”. Society of Cardiovascular Computed Tomography. Montreal, Canada. 2013.
- 14) “CAC, CIMT, and Serum Biomarkers”. Society of Cardiovascular Computed Tomography. Montreal, Canada. 2013.
- 15) “Lipid Lowering for Everyone, No One, or Selected Patients?”. Meritus Medical Center Grand Rounds. Hagerstown, MD. 2013
- 16) “Seeing is Believing – Imaging Based Disease Detection”. American Heart Association Scientific Sessions 2013. Los Angeles, CA. 2013.
- 17) “The Importance of Coronary Artery Calcium Scoring”. Good Samaritan Hospital Grand Rounds. Baltimore, MD. 2013.
- 18) “Cardiovascular Disease: What Are the Best Surrogate Markers for Cardiac Risk Assessment in Men?” Men’s Health World Congress Annual Meeting. Arlington, VA. 2013.
- 19) “Important Lessons from the St. Francis Heart Study”. Baptist Health South Florida 12th Annual Cardiovascular Disease Prevention International Symposium. Miami, FL. 2014
- 20) “Four Simple Steps For a Healthier Life”. Johns Hopkins Cardiology Community Outreach. Towson, MD. 2014
- 21) “The New Prevention Guidelines: A Step Forward, Sideways, or Backward?”. American College of Cardiology 20 (ACC.14). Plenary Session. Washington DC. 2014
- 22) “Coronary Artery Calcium Scoring, Risk-Targeted Preventive Medicine Allocation, and the New Prevention Guidelines”. Harbor Hospital Medicine Grand Rounds. Baltimore, MD. 2014.

- 23) “New LDL-Lowering Therapies . . . and What About Those Crazy New Guidelines??”. 2014 Cardiology at Mohonk Conference (CME). New York Chapter of the American College of Cardiology, Mid Valley Cardiology, St. Peter’s Hospital. New Paltz, NY. 2014.
- 24) “The Future of Risk Prediction in Primary Prevention – an Imaging Perspective”. Union Memorial Hospital Medicine Grand Rounds. Baltimore, MD. 2014
- 25) “The New ACC/AHA Prevention Guidelines – A Step Forward, Backward, or Sideways?” Meriter Hospital Medicine Grand Rounds. Madison, WI. 2014
- 26) “Imaging-Guided Statin Allocation: Seeing Is Believing: The New Paradigm in Personalized Risk Assessment & Medication Prescribing”. Eighth Annual South Miami Heart Center Cardiovascular Comprehensive Symposium. Coral Gables, FL. 2014
- 27) “Controversies in Cardiovascular Prevention – Simple Answers to the Questions Your Patients Are Asking”. Eighth Annual South Miami Heart Center Cardiovascular Comprehensive Symposium. Coral Gables, FL. 2014
- 28) “The New ACC/AHA Prevention Guidelines – A Step Forward, Backward, or Sideways?” Walter Reed Hospital Medicine Grand Rounds. Bethesda, MD. 2014.
- 29) “Predictors of Heart Failure with Preserved Ejection Fraction” Multi-Ethnic Study of Atherosclerosis Steering Committee. Arlington, VA. 2014
- 30) “Changing Views Toward Clinical CVD Risk Prediction – Rationale, History, and the Modern Problem of Overestimation”. American Association of Insurance Medicine (AAIM) Annual Conference. Philadelphia, PA. 2014.
- 31) “New Paradigms in Predicting CVD Risk - Imaging as an Integrator of Lifetime Risk Exposure”. American Association of Insurance Medicine (AAIM) Annual Conference. Philadelphia, PA. 2014.
- 32) “What Do the New Prevention Guidelines Mean for Clinicians?” Cardiovascular Disease Management: A Case-Based Approach (CME Conference). California and Arizona Chapters of the American College of Cardiology (ACC). Phoenix, AZ. 2014.
- 33) “Early Disease Detection and Treatment for Metabolic Syndrome”. Cardiovascular Disease Management: A Case-Based Approach (CME Conference). California and Arizona Chapters of the American College of Cardiology (ACC). Phoenix, AZ. 2014.
- 34) “The New ACC/AHA Prevention Guidelines – A Step Forward, Backward, or Sideways?” Mount Sinai Beth Israel Medicine Grand Rounds. New York, NY. 2014.
- 35) “CAC as a Potential ‘Game-Changer’ in Primary Prevention”. American Heart Association Scientific Sessions 2014. Chicago, IL. 2014.
- 36) Moderator for “Cardiovascular Risk Prediction 2013: Beyond Risk Scores”. American Heart Association Scientific Sessions 2014. Chicago, IL. 2014.
- 37) “The New ACC/AHA Prevention Guidelines – A Step Forward, Backward, or Sideways?”. Reading Hospital, Reading Hospital System Medicine Grand Rounds. Reading, PA. 2014
- 38) “Early Detection and Treatment of the Metabolic Syndrome”. Union Memorial Hospital Medicine Grand Rounds. Baltimore, MD. 2014.
- 39) “Reducing Cardiovascular Risk: Taking a Closer Look at Statin Efficacy and Safety.” 2014 PriMed Regional CME Conference. Baltimore, MD. 2014
- 40) “Understanding the Use of Statins in the New ACC/AHA Prevention Guidelines”. Einstein Hospital, Einstein Healthcare Network Medicine Grand Rounds. Philadelphia, PA. 2014.
- 41) “Assessing the Accuracy of the New ACC/AHA Cardiovascular Risk Estimator”. Johns Hopkins Hospital Medicine Grand Rounds. Baltimore, MD. 2015
- 42) “The New ACC/AHA Prevention Guidelines – Strengths, Weaknesses”. 19th Annual Coastal Cardiology Conference. Peninsula Regional Medical Center. Cambridge, MD. 2015
- 43) “Erectile Dysfunction: An Early Sign of Cardiovascular Disease”. Baptist Health South Florida 13th Annual Cardiovascular Disease Prevention International Symposium. Miami, FL. 2015
- 44) “Controversies in Cardiovascular Prevention - Answers to Simple Questions Your Patients Are Asking”. Baptist Health South Florida 13th Annual Cardiovascular Disease Prevention International Symposium. Miami, FL. 2015.
- 45) Co-Chair. “A Seaside Chat With Experts: Experience You Have, Wisdom We Seek – Let’s Not Get Hyper”. American College of Cardiology (ACC.15) Scientific Sessions. San Diego, CA. 2015.

- 46) Faculty for “Young Investigator Awards Competition: Physiology, Pharmacology, and Pathology” and “Hypertension: Causes, Consequences and Care”. American College of Cardiology (ACC.15) Scientific Sessions. San Diego, CA. 2015.
- 47) “Making the Case for Routine Coronary Artery Calcium Testing”. Emory Radiology Grand Rounds. Emory University Department of Radiology. Atlanta, GA. 2015.
- 48) “Coronary Artery Calcium in Radiology and Cardiology Clinical Practice – What You Need to Know”. Emory Radiology Fellow’s Conference. Emory University Department of Radiology. Atlanta, GA. 2015.
- 49) “Individualizing Risk Assessment – Coronary Artery Calcium and the New Risk Assessment Guidelines”. 12th Annual Ponte Vedra Cardiovascular Symposium. North Florida Cardiovascular Education Foundation and Florida Chapter of the American College of Cardiology. Ponte Vedra, FL. 2015.
- 50) Maryland Cardiology Grand Rounds (4/30/2015)
- 51) Hopkins Cardiology Grand Rounds (5/6/2015)
- 52) U Penn Endocrinology Grand Rounds (5/27/2015)
- 53) Mt. Sinai Roosevelt St. Luke’s Cardiology Grand Rounds (6/3/2015)
- 54) SCCT lectures

(b) (4)