##### CURRICULUM VITAE

May 12, 2020

**NAME:** Mona A. H. Eissa

**PRESENT TITLE**: Professor of Pediatrics

The University of Texas Medical School at Houston

**ADDRESS:** 6431 Fannin Street, MSB 3.146

Houston, TX 77030

**CITIZENSHIP:** USA-Egypt

**UNDERGRADUATE**

**EDUCATION**: **B.N.S.** Cairo Faculty of Science- Cairo University – Egypt

June 1976

**GRADUATE**

**EDUCATION**: **M.B., B.Ch**. Cairo Faculty of Medicine – Cairo, Egypt

November 1981

**M.P.H**. UTHealth, School of Public Health – Houston, TX

August 1987

**Ph.D**. Epidemiology. UTHealth, School of Public Health- Houston, TX, May 1995

**POSTGRADUATE**

**TRAINING:** Internship Training- Transitional - Cairo University Hospitals

Cairo, Egypt April 1982 – March 1983

Pediatric Residency Training Program

The University of Texas Medical School at Houston

Houston, TX July 1991– August 1994

Adolescent Medicine Fellowship Training Program-

The University of Texas Medical School at Houston

Houston, TX July 2003– June 2007

**ACADEMIC**

**APPOINTMENTS**: Assistant Professor of Pediatrics

The University of Texas Medical School at Houston

Department of Pediatrics - Division of Adolescent Medicine

June 1995 – August 2004

Medical director, UT Pediatric and Adolescent Weight Management Program July 2000 - present

Associate Professor of Pediatrics

The University of Texas Medical School at Houston

Department of Pediatrics - Division of Adolescent Medicine

August 2004 – August 2011

Professor of Pediatrics

The University of Texas Medical School at Houston

Department of Pediatrics - Division of Adolescent Medicine

September 2011 - present

Director, Adolescent Medicine Fellowship Program

The University of Texas Medical School at Houston

May 2011 – present

Chief, Adolescent Medicine Division – The University of Texas Medical School at Houston - Department of Pediatrics

September 2011 – present

Visitor Professor- The American University of Beirut Medical

School, Lebanon – Department of Pediatrics.

June, 2017 - present

**HOSPITAL**

**APPOINTMENTS:** Attending physician

Memorial Hermann Hospital – Texas Medical Center 1995 – present

Attending physician

Lyndon B. Johnson General Hospital 1995 – present

Medical Director of UT Pediatric Obesity program

2000 - present

Attending physician at Health Bridge Hospital 2005 – 2013

Attending physician at Shriners Hospital

2008 – 2017

Consultant physician at Harris County Psychiatric Center

2008 – present

**LICENSURE**: State of Utah, 1994 (inactive)

State of Texas, 1995

**CERTIFICATION:** E.C.F.M.G. 1982

FLEX- State of Utah 1993

American Board of Pediatrics 1997

(Re-certification in 2004, 2012)

Specialist in Clinical Hypertension

(American Society of Hypertension) 1999

American Board of Pediatrics- Sub-board of

Adolescent Medicine 2008

American Board of Obesity Medicine 2014

**PROFESSIONAL ORGANIZATIONS:**

**LOCAL:** Harris County Medical Society 1995 – 1999

**REGIONAL:** Texas Pediatric Society 2000 – 2012

**NATIONAL:** American Society of Hypertension 1998 – 2002

American Academy of Pediatrics 1998 – present

Ambulatory Pediatric Association 2003 – 2007

Society of Adolescent Medicine 2004 – present

The Obesity Society 2010 – present

**INTERNATIONAL:** International Network for Epidemiology in Policy 2015 – present

Arab Society of Pediatric Clinical Nutrition 2018 - 2020

**HONORS AND AWARDS**:

Certificate of Appreciation for Instruction in the Introduction to Clinical

Medicine Course, UT Medical School at Houston 1998 – 1999

Dean’s Teaching Excellence Award, UT Medical School at Houston 1998 – 2000, 2002 – 2004,

2006 – 2007,

2013 - 2014

Certificate of Appreciation for participation as a Judge in 2009 American

Medical Association Resident and Fellow section Joint Research Symposium 2009

Nominee, The President Award for Mentoring Women, UTHealth 2009

**SERVICE ON INTERNATIONAL GRANT REVIEW PANELS, STUDY SECTIONS, COMMITTEES:**

Epidemiologist- North America Society of Pediatric Gastroenterology –

Committee on Guidelines of Obesity Management in Pediatric Patients 2005 – 2008

Member, King Saud University Obesity Chair International Advisory Board

Saudi Arabia 2009 – present

Abstract reviewer and co-moderator, Southern Society for Pediatric Research

Annual Meeting 2003 – 2006

Texas Pediatric Society- Task Force On Obesity 2003 – 2010

Texas Pediatric Society- Committee of Adolescent Medicine 2004 – 2013

Reviewer- International Journal of Obesity & Diabetes Care 2005 – present

Reviewer- American Journal of Hypertension 2006 – present

Reviewer – American Academy of Pediatrics- Epidemiology section:

The endocrinology pediatric obesity guideline 2006

Abstract reviewer- Pediatric Academic Society / Society of Pediatric

Research Annual Meetings 2007 - present

Reviewer – American Academy of Pediatrics –Epidemiology section:

US Preventive Services Task Force. Screening and intervention for obesity –

Recommendation statement 2009

Reviewer – American Academy of Pediatrics –

Epidemiology section: Nutrition and physical activity chapter in

Caring for Adolescent- AAP publication 2009

Judge- American Medical Association medical student section

and resident And fellow section joint research symposium 2009

Reviewer – American Academy of Pediatrics-Epidemiology

section: Red Book 2012 Section1- Active and Passive Immunization –

Children in Residential Institutions November 2010

Reviewer – Pediatrics 2011 - present

American Academy of Pediatrics-

Reviewer – American Academy of Pediatrics-Epidemiology

section: Red Book 2015 Chapter 51: Active and Passive Immunization –

Children in Residential Institutions & Chapter 171: Pelvic

Inflammatory Disease October 2013

Moderator, Obesity session- American Society for Nutrition

Middle East Congress 3rd Annual Meeting. Dubai, UAE, February 2014

American Academy of Pediatrics- Section of Epidemiology,

Public Health, and Evidence (SOEPHE) Executive Committee,

Member 2013 – 2016,

2016 - 2019

Chairman, Nomination Committee, AAP

Public Health, and Evidence Executive Committee (SOEPHE). 2014 -2019

AAP – SOEPHE Primary representative at the International

Network for epidemiology in Policy (INEP) 2015- 2019

AAP-SOEPHE Executive Committee Treasurer 2015 - 2019

Reviewer: AAP statement on” Safe Sleep and Skin-to Skin Care in

the Neonatal Period for Healthy term newborns” October 2015

Reviewer: AAP – Bright Future 2016 November 2015

Member, The University of Texas (UTHealth) Committee for the

Protection of Human Subjects 2005 – 2016

Research Mentor, 1st year medical student summer research program

and other independent research 2004 - present

Member, Research Advisory Committee – Master of Science in

Clinical Research Program –junior faculty 2005 – 2011

Interviewer, UTH Medical School Admission 2008 – present

Member, Research Advisory Committee – Master of Science in

Clinical Research Program – Pediatric Subspecialty Fellow 2009 – 2013

Reviewer: AAP – Red Book 2017 June, 2016

Reviewer: AAP - f2nd edition of *Bioethics Resident Curriculum* authored

by the Section on Bioethics – Chapter 4 January, 2017

Reviewer: AAP - The Guidelines for Adolescent Depression in

Primary Care (GLAD-PC) Steering Group March, 2017

Subject Matter Expert: Patient-Centered Outcomes Research Translation

Center (PCOR-CT)-Comparative Effectiveness of

Clinical-Community Childhood Obesity Interventions

(ID-OH-1304-6739; Taveras, Elsie) April, 2017

Subject Matter Expert: Patient-Centered Outcomes Research Translation

Center (PCOR-CT) - Comparative Effectiveness of Adolescent

Lipid Screening and Treatment Strategies (Leslie, Laurel) April, 2017

Reviewer: AAP - Recommendations for Prevention and Control

of Influenza in Children, 2017-18 July, 2017

Reviewer: The Obesity Society Meeting 2017 – Abstract reviewer August, 2017

Facilitator: Abstracts Session - Pediatric Academic Society / Society

of Pediatric Research Annual Meetings – Toronto, Canada 2018, 2019

Reviewer: AAP – Policy Statement on Caring for American Indian

and Alaska Native children and youth May, 2019

Reviewer: AAP – Red Book 2021 June, 2019

**SERVICE ON UT-HMS AFFILIATED HOSPITAL COMMITTEES:**

Member, HCHD Weight Management Initiative Steering Committee 2006 – 2008

Member, HCHD Weight Management Steering Committee 2008 – present

Member, Southeast Texas Regional Healthcare Planning Workgroup

Initiative- Texas Healthcare Transformation& Quality Improvement

Program - Waiver 1115 2012

**SERVICE TO THE UNIVERSITY OF TEXAS-HOUSTON MEDICAL SCHOOL-**

**DEPARTMENT OF PEDIATRICS:**

Interviewer, Pediatric Residency Program Admission 1999 – present

Member, Department of Pediatrics Clinical Committee 2002 – 2005

Research Mentor, Pediatric Gastroentrology & Hepatology fellows 2007 – 2013

Faculty Mentor, UT Pediatrics Resident 2010 – 2017

Moderator, The 5th Annual Pediatric Fellows Research Symposium May, 2016

Reviewer, Annual Pediatric Fellows Research Symposium abstracts 2015 – present

**SERVICE TO THE COMMUNITY**:

Member, Aldine Independent School District Health Services Advisory Board

2002 –present

Member, St Luke’s Episcopal Health Charities Child Health and

Obesity Initiative 2002 – 2003

Public education: Local TV and newspapers interviews to speak on

Childhood obesity 2003 – present

Member, PTA of Hunters Creek Elementary School 2004 – 2007

Health day- YMCA March 2005

Volunteer, Science classes for 5th grade students and Book fairs at Hunters

Creek Elementary School 2006 – 2007

Medical director, Espiritu de Salud Mobile Van (health care for homeless youth) 2008

Member, PTA of Spring Branch Middle School 2007 – 2010

Member, PTA of Memorial High School 2008 – 2014

Member, Healthy kids, healthy schools- HISD Health Initiative 2009 – 2012

Discover Fitness Foundation – Member, board of directors 2012 - 2014

Volunteer, Baker-Ripley Health Fair June 16, 2015

Conducted interview on LBJ Pediatric Weight Management

Program on the Univision Spanish TV Channel October 1, 2015

Volunteer, Liberty High School Health Fair November, 2015

Mentor, Fort Bend ISD Global Studies – Capstone program 2016 - 2017

Volunteer - Excellence Academy (Middle School) Health Fair June 2017

Radio Interview: Obesity in early childhood – NYU – Doctor Radio March, 2018

Volunteer- Sharpstown High School Health Day April, 2018

**CURRENT TEACHING RESPONSIBILITIES AND TEACHING RELATED ACTIVITIES:**

Teaching/Clinical Attending, Department of Pediatrics Inpatient Service, 3 month/year

(residents and students) 1995 – present

Teaching/Clinical Attending, Department of Pediatrics Adolescent Medicine Program,

12 months/year (residents and students) 1995 – present

Examiner, Clinical Assessment Examinations given to 4th y medical students 1997 – 2000

Examiner, OSCE for 1st year medical students 1999 – 2000

Facilitator, Introduction to Clinical Medicine (for 2nd y medical students) 2002 – 2004

Mentor, UT MS1 Summer Research Program 2003 - present

Mentor, UTMS students: “Nutrition Mission” project

(Sponsored by American Medical Association) 2007 – 2011

Mentor, 3rd yr. medical student – Obesity and appendectomy

outcome in children 2009 – 2010

Examiner, OSCE – for Pediatric residents 2006 – present

Mentor, Adolescent Medicine Junior faculty member 2008 – present

Research mentor, Pediatric Residents PL3 2009 – present

Mentor, Adolescent Medicine Fellow: Web based

clinical cases – UTMB. Teen obesity 2011

Research mentor, College Students’ Summer Research Program 2013 – 2017

Problem Based Learning Course – UTMS1 2017 - Present

Mentor, Albert Schweitzer Fellowship Awardee MS3

(Brandilyn Monene) 2020-

Research mentor, PhD candidate- UTH-SPH 2020-

Research mentor MS4 – Brina Bui (How natural disasters affect youth

Incarceration) 2020-

**CURRENT CONTRACT SUPPORT**:

Harris County Juvenile Detention Center, main and satellite clinics $220,000/yr

**PAST RESEARCH SUPPORT:**

double-blind, multicenter, placebo-controlled, dose escalation safety and efficacy study of Ziac (bisoprolol fumarate//hydrocholothiazide) in patients, 8 through 17 years of age, with hypertension. Supported by Proctor & Gamble Pharmaceutical Inc and Wyeth Ayerst lab (center Principal Investigator) (1998-2000) $35,500.

An open-label, single dose, randomized crossover study to determine the pharmacokinetics of Ziac (bisoproiol fumarate/hydrochlorothiazide) and Zebta (bisoprolol fumarate) in patients, 6 through 15 years of age, with hypertension. Supported by Proctor & Gamble Pharmaceutical Inc and Wyeth Ayerst lab (Center Principal Investigator) (1999-2000) $34,300.

A double-blind, randomized dose response study of Enalapril in children and adolescents with hypertension. Supported by Merk & Co. (Co-Investigator) (1999) $5,000/pt.

Blood pressure and obesity screening in HISD middle and high school students – Supported by A&M Prairie View College of Nursing (Co- Investigator) (2000-2001).

A multi-center, double-blind, randomized dose-response study of Losartan in children with hypertension. Supported by Merck Pharmaceuticals (Center Principal Investigator (2000-2002) $3,500/pt.

A double-blind, randomized dose response study of Amlodipine in children and adolescents with hypertension. Supported by Pfizer Pharmaceuticals (Co-Investigator) (2000-2002) $ 100,000.

Dose ranging, safety and tolerability trial of Felodipine ER in pediatric patients; A multicenter, double-blind, placebo-controlled, randomized parallel group trial with an optional open-label extension. Supported by Astra Pharmaceuticals (Co-Investigator) (2000-2002) $5,000/pt.

Early detection of obesity and its complications: hypertension and type 2 diabetes mellitus in ethnic minority middle and high school students. Supported by Texas Higher Education Coordination Board-Minority Health Research and Education Grant Program. (Principal Investigator) (2001 – 2003) $111,000.

A multi-center, double-blind, randomized, placebo-controlled study of Xenical (Orlistat) in obese adolescents ages 12-16 year. Supported By Roche Pharmaceuticals (Co-Investigator) (2001-2003) $11,000/pt.

Aldine - UT partnership to prevent obesity in youth. National Institutes of Health- Grant Number: 1 R21 NR009288-01A1 (Co Investigator) (2005 – 2008) $150,000/year.

Genetic determinants of body fat and distribution during adolescence. National Institutes of Health- R01DK073618 (Co Investigator) (2007 – 2013) $ 256,690.

Azithromycin Efficacy in Treatment of Chlamydia trachomatis. Gen-Probe (PI) (May, 2012- April, 2013) $8800

A Metronidazole efficacy in treatment of *trichomonas vaginalis*infection. (Co PI). Hologic Inc. (May 2015 – May 2017) $21,900

**PUBLICATIONS:**

1. **Abstracts**
2. Eissa M, Labarthe D R, Downs T. Change of blood pressure during the first year of life. Am J Hypertens. 11 (4): II, 1998.
3. Eissa M, Labarthe D R, Downs T. Cardiovascular Diseases Risk Factors During The First Year of Life. Pediatric Research **43**, 91 (1998)
4. Eissa M, Poffenbarger T, Smolensky M., and Portman R. Comparison of multiple definitions of circadian time periods to analyze ambulatory blood pressure monitoring (ABPM) data. Am J Hypertens. 11 (4): II, 1998.
5. Eissa M, Poffenbarger T, Sorof J, Smolensky M, Portman R. The use of actigraphy compared to patient diary information for circadian time period definitions to analyze ambulatory blood pressure monitoring (ABPM) data. Chronobiology International. 16, suppl 1: 31, 1999.
6. Portman R, Eissa M, Poffenbarger T, Sorof J. Altered circadian blood pressure patterns in children after renal transplantation (TX). Chronobiology International. 16, suppl 1: 87, 1999.
7. Cunningham R J, Urbina E M, Hogg R J, Sorof J M and Eissa M A. representing the Ziac Pediatric Hypertension Study Group, Cleveland Clinic. A double- blind, placebo -controlled, dose escalation safety and efficacy study of Ziac in patients, ages 6-17 years, with hypertension. Am J Hypertens. 13 (4): II 38A – 39A, 2000.
8. Sorof J M, Urbina, E M, Hogg, R J, Cunningham, R J, Eissa M A. Screening failure rates in the study of anti-hypertensive medication in children: results from the Ziac pediatric hypertension study. Am J Hypertens. 13 (4): II 67A, 2000.
9. Eissa M, Sorof J, Portman R. The prevalence of obesity and its association with elevated blood pressure and acanthosis nigricans in African American and Hispanic adolescents ages 12-18 years. Pediatric Research. 49 (4): II 465A, 2001.
10. Eissa M, Sorof J, Bernard L, Portman R. The association between obesity and blood pressure in African American and Hispanic children. Am J Hypertens. 14 (2): II 201A, 2001.
11. Sorof J, Eissa M, Portman R. Hypertension prevalence and relationship of body mass index to blood pressure in ethnic minority children. Am J Hypertens. 14 (2) II 14A, 2001.
12. Sorof J, Eissa M, Lai D, Franco, K, Portman, R. Use of task force criteria to interpret pediatric ambulatory blood pressure may result in over-diagnosis of hypertension. Am J Hypertens. 14 (2): II 235A, 2001.
13. Sorof J, Eissa M, Franco K, Portman R. Probability of white coat hypertension in children is determined by the severity of clinical hypertension. Am J Hypertens. 14 (2): II 234A, 2001.
14. Eissa M, Brosnan C, Meininger J, UpChurch S: The association between central obesity with elevated blood pressure and acanthosis nigricans in African American and Hispanic adolescents. Pediatric Research. 53(4) II 210A, 2003.
15. Eissa M, Brosnan C, Meininger J, UpChurch S. The prevalence of obesity complications among urban African American and Hispanic adolescents ages 12-19 years. Pediatric Research. 53(4) II: 465A, 2003.
16. Eissa M, Brosnan C, UpChurch, S. Insulin resistance in ethnic minority obese adolescents, 12 – 19 years: prevalence and risk factors. Circulation. 109(6):82, 2004.
17. Risser JMH, Risser WL, Eissa MA, Cromwell PF, Barratt MS. Self-assessment of circumcision status by adolescents. Int J STD AIDS. 15(Suppl 1): 37, 2004.
18. Eissa M, Brosnan C, UpChurch S. Waist circumference: A predictor of cardiovascular risk factor in ethnic minority obese adolescents. Pediatric Research. 57, (4): II: 461A, 2005.
19. Eissa M, Brosnan C, UpChurch S, Meininger J. The association between waist to height ratio, waist circumference and body mass index with insulin resistance and elevated blood pressure in ethnic minority school adolescents. Pediatric research. 59 (4): 450A, 2006.
20. Dai S, Eissa M, Harrist RB, Labarthe DR. Difference in Associations of BMI and Its Fat-Free and Fat Components with Blood Lipids and Blood Pressure in Children and Adolescents: Project Heart Beat!. Am J Epidemiol. 163 (11), suppl: 10, 2006.
21. Eissa M, Brosnan C, UPChurch S, Meininger J. Waist circumference and waist to height ratio: Predictors of metabolic syndrome in ethnic minority obese adolescents. Obesity 17(Suppl 2):148, 2009.
22. Eissa M, Pruss E, DebRoy A. Obesity and its association with the incidence of gallstone pancreatitis. Obesity Society Annual Scientific Meeting. Obesity - Abstract Book: 78, 2013.
23. Beyda, R, Balogun, T, Trojan, N, Eissa, M. “Medical Homes for Detained Youth.” Oral platform presentation for the Society for Adolescent Health and Medicine annual conference. Journal of Adolescent Health 2/2015; 54(2):S16.
24. Nandolia, S, Hashmi S, Eissa M. The association between milk intake and metabolic syndrome in children with obesity. E-PAS 2015, 4050-146.
25. Teck J, Beyda R, Eissa M, Benjamins L. Immunizations within the context of Juvenile Detention. Presentation for the Society for Adolescent Health and Medicine annual conference 2016. Journal of Adolescent Health 2/2016; 58(2):S20.

**B. Refereed Original Articles in Journals**

1) Labarthe D. R., Eissa M. Risk factors in childhood and adolescence; detection and possible intervention. Hipertension y Arteriosclerosis. 1: 53-60, 1989.

2) Labarthe D. R., Muller W. H. and Eissa M. Blood pressure and obesity in childhood and adolescence:

Epidemiology aspects. Ann Epidemiol. 1:337- 345, 1991.

3) Eissa M, Yetman R, Poffenbarger T, Portman R. Comparison of arbitrary definitions of circadian time periods with those determined by wrist actigraphy in analysis of ABPM data. J Human Hypertens. 13:449-453, 1999.

4) Eissa M, Poffenbarger, T, Portman R. The use of actigraphy and patient diary information for circadian time period definitions to analyze ambulatory blood pressure monitoring (ABPM) data. Blood Pressure Monitoring. 6(1): 21-25, 2001.

5) Sorof JM, Urbina EM, Cunningham RJ, Eissa M, et al. Screening for eligibility in the study of antihypertensive medication in children: experience from the Ziac Pediatric Hypertention Study. Am J Hyperten. 14(8): 783-787, 2001.

6) Eissa, M: Overview of pediatric obesity: Key points in evaluation and therapy. Consultant for Pediatricians. 2(7): 293-296, 2003.

7) Eissa M, Cromwell P. Diagnosis and management of pelvic inflammatory disease in adolescents. J Pediatr Health Care. 17(3):145-7, 2003.

8) Eissa, M, Gunner K: Practice Guidelines: Diagnosis and management of obesity in children and adolescents. J Pediatr Health Care. 18(1):35-8, 2004.

9) Risser JMH, Risser WL, Eissa, MA, Cromwell PF, Barratt, MS, Bortot, AT. Self-assessment of circumcision status by adolescents. Am J Epidemiol. 159(11):1095-1097, 2004.

10) Brosnan C, Eissa M, UpChurch S. Screening for Obesity, Diabetes and Hypertension in School-Aged Children: Student Nurses Participate in Public Health Research and Practice. J Public Health Nurs. 22(3):260-266, 2005.

11) [Gunner KB, Atkinson PM, Nichols J, Eissa MA.](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16010266&query_hl=2) Health promotion strategies to encourage physical activity in infants, toddlers, and preschoolers. J Pediatr Health Care. 19(4):253-8, 2005.

12) Benjamin L, Feldmann J, Cromwell P, Eissa M, Risser W. Body art among minority high school athletes: Prevalence, interest and satisfaction; parental knowledge and consent. J Adolesc Health. 39(6):933-935, 2006.

13) Eissa M, Meininger J, Nguyen T, Chan W. The relationship of ambulatory blood pressure to physical activity in triethnic obese and nonobese adolescents. Am J Hypertens. 20(2):140-147, 2007.

14) Brosnan C, Meininger J, UpChurch S, Eissa M. The cost of screening adolescents for overweight and hypertension using a community partnership model. Journal of Public Health Nursing. 25(3): 235 – 243, 2008.

15) Eissa M, Dai S, Mihalopoulos N, Day R, Harrist R, Labarthe D. Trajectories of Fat Mass Index, Fat Free Mass Index and Waist Circumference in Children: Project HeartBeat! Am J Prev Med 37(1S): S34-S40, 2009.

16) Eissa M, Wen E, Mihalopoulos N, Grunbaum J, Labarthe D. Evaluation of AAP Guidelines for Cholesterol Screening in Youth: Project HeartBeat! Am J Prev Med 37(1S): S71-S78, 2009.

17) Labarthe D, Dai S, Mueller W,Fulton J, Harrist R, Shah S, Wen E, Eissa M. Distinctions among systolic fourth- and fifth phase diastolic blood pressure from age 8-18 in association with demographic and anthropometric variables: Project HeartBeat! Am J Prev Med 37(1S): S86-S97, 2009.

18) Meininger J, Brosnan C, Eissa M, Nguyen T, UpChurch S. Overweight and central adiposity in school-age children and links with hypertension. Journal of Pediatric Nursing 25(2): 119-125, 2010.

19) Dai S, Eissa M, Fullton J, Steffen L, Labarthe D. Associations of BMI and Its Fat-Free and Fat Components with Blood Lipids in Children: Project HeartBeat! Clinical Lipidology, 6(2): 235 – 244, 2011.

20) Feldmann, JM, Eissa,MA. Female adolescent athletes' awareness of the connection between menstrual status and bone health. Journal of Pediatric and Adolescent Gynecology 24(5):311-314, 2011.

21) Patel CB, Strommen JJ, Elliott AM, Muallem G, Eissa MA. Nutrition Mission: Feasibility of a Health Promotion and Education Intervention in a Houston, TX Elementary School. Texas Medicine. 108(4): 55 - 58, 2012

22) Hallman DM, Friedel VC, Eissa MA, Boerwinkle E, Huber JC Jr, Harrist RB, Srinivasan SR, Chen W, Dai S, Labarthe DR, Berenson GS. [The association of variants in the FTO gene with longitudinal body mass index profiles in non-Hispanic white children and adolescents.](http://www.ncbi.nlm.nih.gov/pubmed/21986706) Int J Obes. 36(1): 61-68, 2012

23) Meininger JC, Gallaher MR, Eissa MA, Nguyen TQ, Chan W. Ambulatory Blood Pressure and Sleep Duration in a School-Based, Ethnically Diverse Sample of Adolescents. Am J Hyperten. 27(7):948-55, 2014

24) Beyda R, Benjamins M, Swartz L, Symanski E, Risser W, Eissa M. Azithromycin efficacy in the treatment of chlamydia trachomatis among detained youth. Sexually Transmitted Diseases. 41(10):592-4, 2014

25) Eissa M, Mihalopoulos N, Dai S; Labarthe D. Changes in Fasting Lipids during Puberty. The Journal of Pediatrics. 170:199–205, 2016

26) Pham Y, Greenfield S, Johns S, Eissa, M. The Prevalence of Pancreatic Steatosis at a Pediatric Tertiary Care Center. Southern Medical Journal. 109(3): 196-8, 2016

27) Choe C, Degaffe G, Ellsworth M, Eissa M. A strange case of appendicitis: a case report. Consultant for Pediatricians. 15(6): 325-26, 2016

28) Eissa M, Hearne K, Saavedra N. A comparison of children's menu items at full and quick service restaurants. Southern Medical Journal. 111(4): 192 – 197, 2018

29) Yafi, M, Hashmi, S, Nandiola, S, Eissa, M. Milk intake and serum insulin levels in obese children and adolescents. Obesity Facts 11 (suppl 1) 200, 2018

30) ) Pillai A, Yafi M, Rubio N, Hashmi S, Eissa M. The Association of Obesity with Pancreatitis in Children. Obesity Facts 11 (suppl 1) 207, 2018

31) Grubb L, Beyda R, Eissa M, Benjamins L. Contraception Quality Improvement Initiative with Detained Young Women: Counseling, Initiation, and Utilization. J Pediatr Adolesc Gynecol 31: 405 – 410, 2018

32) Mahmoud S, Yafi M, Eissa M: Obesity and Autism in children. Obesity facts 12 (suppl 1)106, 2019 Doi:10.1159/000489691

33) Pham D, Silver S, Haq S, Hashmi S, and Eissa M. Obesity and Severe Obesity in Children with Autism Spectrum Disorder: Prevalence and Risk Factor. Southern Medical Journal – 113 (4): 168-175, 2020 DOI 10.14423/SMJ.0000000000001068

#### C. Invited Articles (Reviews, Editorials, etc.) in Journals

1) Labarthe D, Eissa M and Varas C. Childhood precursors of high blood pressure and elevated cholesterol. Ann Rev Pub Health. 12:519 – 541, 1991.

2) Risser WL, Bortot AT, Benjamins LJ, Feldmann JM, Barratt MS, Eissa MA, Risser JMH: The epidemiology of sexually transmitted infections in adolescents. Seminars in Pediatric Infectious Disease.

16:160-167, 2005.

#### D. Chapters

Labarthe DR, Eissa M, and Varas C. Atherosclerosis risk factors in childhood and adolescence. Blood pressure, cholesterol and cigarette smoking. Attencion Primaria (Doyma Editions) 1991.

**E. Others**

Eissa M. Relationship between blood pressure and skin fold thickness in children. M.P.H. Thesis: UT-HSC School of Public Health at Houston, August, 1987.

Eissa M. Cardiovascular disease risk factors during the first year of life. PhD Dissertation: UT-HSC School of Public Health at Houston, May 1995.

**PRESENTATIONS AND INVITED LECTURES\***

1) Eissa M., Poffenbarger T., Smolensky M., Portman R. Comparison of multiple definitions of circadian time periods to analyze ambulatory blood pressure monitoring (ABPM) data. Presentation at the American Society of Hypertension Annual Meeting May 1998.

2) Eissa M, Labarthe D, Downs T. Change in blood pressure during the first year of life. Presentation at the American Society of Hypertension Annual Meeting May 1998.

3) Portman R, Yetman R, Eissa M, Poffenbarger T, Smolensky M. Comparison of arbitrary definitions of circadian time periods with those determined by wrist actigraphy in the analysis of ambulatory blood pressure monitoring data. Presentation in the 6th Annual Symposium of Hypertension at the Community, Geneva, Switzerland, 1998.

4) Eissa M, Poffenbarger T, Sorof J, Smolensky M, Portman R. The use of actigraphy compared to patient diary information for circadian time period definitions to analyze ambulatory blood pressure monitoring (ABPM) data. Joint Meeting of the Eighth International Conference of Chronopharmacology and Chronotherapeutics and the American Association for Medical Chronobiology and Chronotherapeutics. August 1999.

5) Portman R, Eissa, M Poffenbarger T, Sorof J. Altered circadian blood pressure patterns in children after renal transplantation (TX). Joint Meeting of the Eighth International Conference of Chronopharmacology and Chronotherapeutics and the American Association for Medical Chronobiology and Chronotherapeutics. August 1999.

6) Eissa M, Downs T, Labarthe D. Cardiovascular diseases risk factors during the first year of life. Texas Pediatric Society Annual Meeting, September 1999.

7) Domalanta D, Barratt M S, Eissa M A, Cromwell P F and Risser W L. Profile of newly pregnant adolescents. Southern Society of Pediatric Research Annual Meeting, February 2000.

8) Eissa M, Brosnan P, Argao E, Portman R. Obesity in children and adolescents. UT Pediatrics

Grand Rounds. May 2000**. \***

9) Cunningham R J, Urbina E M, Hogg R J, Sorof J M and Eissa M A. A double-blinded, placebo-controlled, dose escalation safety, and efficacy study of Ziac in patients, Ages 6-17 years, with hypertension. American Society of Hypertension Annual Meeting, May 2000.

10) Sorof J M, Urbina E M, Hogg R J, Moxeymims M, and Eissa, M A. Screening failure rates in the study of antihypertensive medication in children: results from the Ziac Pediatric Hypertension Study. American Society of Hypertension Annual Meeting, May 2000.

11) Eissa M, Sorof J, Portman R. The prevalence of obesity and its association with elevated blood pressure and acanthosis nigricans in African American and Hispanic adolescents ages 12-18 years. Society of Pediatric Research Annual Meeting, April 2001.

12) Eissa M, Sorof J, Bernard L, Portman R. The association between obesity and blood pressure in African American and Hispanic children. American Society of Hypertension Annual Meeting May 2001.

13) Sorof J, Eissa M, Portman R. Hypertension prevalence and relationship of body mass index to blood pressure in ethnic minority children. American Society of Hypertension Annual Meeting May 2001.

14) Sorof J, Eissa M, Lai D, Franco K, Portman R. Use of task force criteria to interpret pediatric ambulatory blood pressure may result in overdiagnosis of hypertension. American Society of Hypertension Annual Meeting May 2001.

15) Sorof J, Eissa M, Franco K, Portman R. Probability of white coat hypertension in children is determined by the severity of clinical hypertension. American Society of Hypertension Annual Meeting May 2001.

16) Eissa M. Childhood obesity; evaluation and management. UT Family Practice Grand Rounds May 2001.\*

17) Eissa M. The obesity epidemic in youth. State of the Art Lecture - Southern Society of Pediatric Research. February 2002. **\***

18) Eissa M. The childhood obesity epidemic in Houston, Texas. The Texas Department of Health Region 6/5 South- Children’s non-profit networking group semiannual meeting. December 2002.\*

19) Eissa M. Obesity and its complications in children and adolescents. Lectures for senior nursing students - UT Nursing School. February, 2002 & February 2003\*

20) Eissa M, Brosnan C, Meininger J, UpChurch S. The association between central obesity with elevated blood pressure and acanthosis nigricans in African American and Hispanic adolescents. Society of Pediatric Research Annual meeting, May 2003.

21) Eissa M. Obesity in children and adolescents. The 4th Annual Texas Health Steps Outreach Program Meeting- Houston. August 2003.\*

22) Eissa M. Obesity in Youth. State of the Art Lecture – Southern Society of Pediatric Research. February 2004.\*

23) Eissa M, Brosnan, C, UpChurch, S. Insulin resistance in ethnic minority obese adolescents, 12 – 19 years: prevalence and risk factors. 44th Annual Conference on Cardiovascular Disease Epidemiology and Prevention -American Heart Association. March 2004.

24) Risser J, Risser W, Eissa MA, Cromwell P, Barratt M. Self-assessment of circumcision status by adolescents. Poster presentation at the BASHH/ASTDA Spring Meeting, Bath, England, May 2004.

25) Eissa M. Evaluation of Obesity in children. UT Pediatric Psych Ground Rounds. September 2004.\*

26) Eissa M. Prevention of obesity in school age children. Head start health services advisory committee annual meeting. October 2004.\*

27) Eissa M, Wilson E. Management of obesity in adolescents: pharmacological and surgical options. UT Pediatric Grand Rounds Lecture. April 2005.

28) Eissa M, Brosnan C, UpChurch S. Waist circumference: A predictor of cardiovascular risk factor in ethnic minority obese adolescents. Pediatric Academic Societies’ Annual Meeting. May 2005.

29) Lee D, Rodriguez, P, Eissa MA: Exceptional outcome following dilantin hypersensitivity syndrome with liver involvement. American Academy of Pediatrics National Conference & Exhibition. October 2006.

30) Eissa M:Pediatricand adolescent obesity management: Community resources. SemiannualFort Bend Independent School District Health Services Advisory board meeting- Sugarland, Texas – April 2007.\*

31) Eissa M, Lee D, Pacheco S: Case Presentation- UT Pediatric Grand Rounds Lecture, February 2008.\*

32) Meininger J, Brosnan C, UpChurch S, Eissa M. School-based screening for overweight, central adiposity and hypertension: Evidence of a growing epidemic. Theta Tau International, 19th International Research Congress, Globalization of Research Through Technology, Singapore, July 7 – 11, 2008.

33) Patel C, Strommen J, Elliott A, Muallem G, Eissa M. Nutrition Mission: Feasibility of a Health Promotion and Education Intervention in a Houston, TX Elementary School. 1ST Texas Annual Obesity Research Conference – Houston, Texas April 2009.

34) Brown D, Risser W, Barratt M, Eissa M. Case presentation – UT Pediatric Grand Rounds Lecture, September 2009.\*

35) Eissa M, Brosnan C, UpChurch S, Meininger J. Waist circumference and waist to height ratio: Predictors of metabolic syndrome in ethnic minority obese adolescents. North America Society of Obesity annual meeting. October 2009.

36) Eissa M: Metabolic syndrome. Fifth Annual Pediatric Cardiology Symposium for the Primary Care Physician, October 30, 2009.\*

37) Gomez R, Ciuros R, Eissa M: Prevalence of hepatitis c in incarcerated youth. North America Society of Pediatric Gastroenterology, Nutrition and Hepatology Annual meeting. November 2009.

38) Pham Y, Gomez R, Eissa M, Ciuros R: The relationship between serum vitamin E and liver functions in children with non-alcoholic steatohepatitis. North America Society of Pediatric Gastroenterology, Nutrition, and Hepatology Annual meeting. November 2009.

39) Feldmann J, Eissa M, Risser W. Knowledge and attitude of young female runners on amenorrhea and osteopenia. Society of Adolescent Medicine Annual Meeting. April 2010.

40) Eissa M, Mihalopoulos N, Dai S, Labarthe D. Changes of blood lipid levels during puberty. Project HeartBeat! The American Psychosomatic Society annual meeting. March 9-12, 2011.\*

41) Eissa M. Childhood obesity: Early prevention during pregnancy. 1st International Obesity Congress –University of King Saud- Riyadh, Saudi Arabia. March 15-17, 2011.\*

42) Eissa M. Interpreting the new American Academy of Pediatrics cholesterol guidelines. 61st Annual Pediatric Review and Update. University of Texas Medical Branch – Galveston, Texas. June 15-16, 2012.\*

43) Meininger J, Eissa, M. **Sleep Duration and Ambulatory Blood Pressure in Adolescents.12th International Congress of Behavioral Medicine. Budapest, Hungary. August 29 -September 1, 2012.**

**44) Eissa M, Meininger J, Nguyen, T.** Sedentary activity pattern in obese and nonobese adolescents and its association with sleep duration in a triethnic population. Obesity Society Annual Scientific Meeting. San Antonio, Texas, September 20-24, 2012.

45) Eissa M, Meininger J, Nguyen T. The association between neutral mood state with obesity in a tri-ethnic adolescent population**:** American Society for Nutrition Middle East Congress 2nd Annual Meeting. Dubai, UAE, February 23 -25, 2013.

46) Grubb L, Benjamins L, Beyda R, Eissa M. Quality Improvement: Contraception management in incarcerated adolescent females: Harris County Juvenile Justice Center, Houston, TX. The Society for Adolescent Health and Medicine Annual Meeting. Atlanta, GA, March 12-16, 2013.

47) Beyda R, Benjamins M, Swartz L, Symanski E, Risser W, Eissa M. Assessing efficacy of azithromycin in treatment of chlamydia trachomatis. North American Society for Pediatric and Adolescent Gynecology Annual Meeting. San Diego, CA, July 2-5, 2013.

48) Eissa M, Pruss E, DebRoy A. Obesity and its association with the incidence of gallstone pancreatitis. Obesity Society Annual Scientific Meeting. Atlanta, Georgia, November 13 – 16, 2013

49) Eissa, M, PhamY, Ciros R: Effect of changed serum alpha-tocopherol levels on liver transaminase in children with fatty liver treated with oral vitamin E. The American Society for Nutrition Middle East Congress 3rd Annual Meeting. Dubai, UAE, February 19 - 21, 2014

50) Beyda R, Grubb L, Benjamins L, Eissa M. Emergency contraception for detained adolescent women. The Society Adolescent Health and Medicine (SAHM) Annual Meeting- Austin, Texas, March 23, 2014.

51) Beyda R, Balogun, T, Trojan, N, Eissa, M. Medical Homes for Detained Youth. Oral presentation. The Society for Adolescent Health and Medicine (SAHM) Annual Conference. February16, 2015.

52) Nandolia, S, Hashmi, S, Eissa, M. Milk Intake and its Association with Metabolic Syndrome in Obese Children and Adolescents. The Pediatric Academic Society Annual Meeting, San Diego, Cal, April 25 - 28, 2015.

53) Eissa M. Evaluation and management of obesity in children on psychotropic medication. UT Department of Psychiatry Grand Rounds lecture. May 2015.\*

54) Choe C, Degaffe G, MD; Ellsworth M, Eissa M. A strange Case of appendicitis. Texas Pediatric Society Annual meeting, Houston, Texas, October, 2015.

55) Pham Y, Eissa M. The Prevalence of Pancreatic Steatosis at a Pediatric Tertiary Care Center. The Obesity Society Annual Meeting. Los Angeles, California, November 2-7, 2015.

56) Eissa, M. The adolescent medicine well-care visit. The 7th Annual Pediatrics Update Symposium- The American University of Beirut, Lebanon, February 26-27, 2016.\*

57) Eissa, M. Menstrual disorders in adolescents. The 7th Annual Pediatrics Update Symposium- The American University of Beirut, Lebanon, February 26-27, 2016.\*

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| 58) Hearne K, Gunner K, Eissa M. Characteristics of the Patient Population of a Tertiary Care Pediatric Weight Management Clinic. The Obesity Society Annual Meeting. New Orleans, Louisiana, November 1 - 4, 2016.  59) Saavedra N, Hearne K, Eissa M. Is there a difference in the nutrition content of the children’s menu items at fast food and full service restaurants? The Obesity Society Annual Meeting. New Orleans, Louisiana, November 1 - 4, 2016.  60) Hearne, K MPH, RD, LD, Gunner RN, MS, CPMP, Berger-Perez N LPC, LMFT, Eissa A MD, MPH, PhD. Improving Outcomes in a Tertiary Care Pediatric Weight Management Clinic: A Quality Improvement Project. The Obesity Society Annual Meeting. Washington, D.C., October, 2017.  61) Eissa MA: Cardiovascular risk factors screening guidelines in children and adolescents. The American University of Beirut – Department of Pediatrics – Grand Rounds Lecture. Beirut, Lebanon, February 7, 2018.\*  62) Eissa MA: Polycystic Ovary Disease in Adolescents. The American University of Beirut – Department of Pediatrics. Beirut, Lebanon, February 8, 2018.\*  63) Eissa MA: Adolescent Medicine – Beyond Pediatrics. The University of Cairo – Department of Pediatrics. Cairo, Egypt, February 14, 2018.\*  64) Beyda R, Benjamins L, Eissa M.Trichomonas vaginalis testing and treatment in juvenile detention. The Society for Adolescent Health and Medicine (SAHM) Annual Conference. March 7, 2018.  65) Haq S, Silver S, Pham D, Hashmi S, Eissa MA: Obesity and its associated risk factors in children with autism spectrum disorder. The Pediatric Academic Society Annual Meeting, Toronto, Canada, May 4-7, 2018.  66) Pillai A, Yafi M, Rubio N, Hashmi S, Eissa MA: The Association of Obesity with Pancreatitis in Children. 25th European Congress on Obesity (ECO), Vienna, Austria, May 23 – 26, 2018.  67) Yafi M, Hashmi S, Nandolia S, Eissa MA: Milk Intake and Serum Insulin Levels in Obese Children and Adolescents. 25th European Congress on Obesity (ECO), Vienna, Austria, May 23 – 26, 2018  68) Eissa, MA: Obesity: is it a life style or a disease? The 3rd Arab Society of Pediatric Clinical Nutrition Congress, Cairo, Egypt, October 3-6, 2018\*  69) Eissa, MA: Obesity management: diet and beyond. The 3rd Arab Society of Pediatric Clinical Nutrition Congress, Cairo, Egypt, October 3-6, 2018\*  70) Silver S, Pham D, Haq S, Hashmi S, Eissa MA. Severe Obesity in Children With Autism Spectrum Disorder. The Obesity Society Annual Meeting. Nashville, TN, November, 2018  71) Mahmoud S, Yafi M, Eissa M. Obesity and Autism in children. 26th European Congress on Obesity – Glasgow, Scotland. April, 2019  72) Beyda, RM, Davidson, A, Oshin, E, Benjamins, LJ, Eissa, MA. The Flipped Classroom in Adolescent Medicine. Advances in Teaching and Learning, Houston, TX. June 2019  73) Eissa M: Blood pressure and lipids screening guidelines in children and adolescents. UTH McGovern Medical School – Department of Family Medicine Grand Round Lecture. June 19, 2019\*  74) Yafi M, Mahmoud S, Eissa M.Pediatric obesity, Non-alcoholic Fatty Liver Disease (NAFLD) and Blood Lipids. **Accepted for** 27th European and International Congress on Obesity – Dublin, Ireland. May, 2020 MEETING IS CANCELED DUE TO COVID PANDEMIC  75) Yafi M, Mahmoud S, Eissa M. Non-alcoholic fatty liver disease (NAFLD) and blood lipids in ethnic minority obese children. – Accepted for 6th World Congress of Pediatric Gastroenterology, Hepatology and Nutrition – Copenhagen, Denmark. June, 2020 –MEETING IS CANCELED DUE TO COVID PANDEMIC |
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