

**Harvard Medical School  
CURRICULUM VITAE**

**Date Prepared:** April 22<sup>nd</sup>, 2019

**Name:** Stephen P. Juraschek, MD, PhD

**Office Address:** Beth Israel Deaconess Medical Center  
Division of General Medicine and Primary Care  
Section for Research  
330 Brookline Avenue, CO-1309, 2<sup>nd</sup> Floor  
Boston, MA 02215

**Home Address:** 290 Central Street  
Auburndale, MA 02466

**Work Phone:** 617-754-1416

**Work Fax:** 617-754-1440

**Work Email:** [sjurasch@bidmc.harvard.edu](mailto:sjurasch@bidmc.harvard.edu)

**Place of Birth:** Newton, MA

**Education:**

2005	BA	Mathematics	Boston College
2013	MD	Medicine	Johns Hopkins University School of Medicine Baltimore, MD
2013	PhD	Epidemiology	Johns Hopkins Bloomberg, School of Public Health Baltimore, MD

**Postdoctoral Training:**

2013-2015	Intern and Resident	Medicine	Johns Hopkins Hospital
2015-2017	Clinical and Research Fellow	General Internal Medicine	Johns Hopkins University School of Medicine

**Faculty Academic Appointments:**

2017-2018	Instructor	Medicine	Harvard Medical School
12/2018-	Assistant Professor	Medicine	Harvard Medical School
7/2017-	Adjunct Assistant Professor (no voting)	Medicine	Johns Hopkins University School of Medicine

**Appointments at Hospitals/Affiliated Institutions:**

2015-2017	Contract Physician	Medicine (admitting privileges)	Johns Hopkins Hospital
9/2017-	Active Staff	Medicine/General Medicine	Beth Israel Deaconess Medical Center

**Other Professional Positions:**

7/2017-	Research Faculty	General Medicine, Section for Research	Beth Israel Deaconess Medical Center
9/2017-	Research Associate	Epidemiology	Johns Hopkins Bloomberg School of Public Health

**Committee Service:**

**National:**

2017	Member, NHLBI Blood Pressure Working Group, <i>participant in deliberations/discussions on recommendations for BP assessment in clinical practice/ contributor to professional statement/pending publication</i>	National Institutes of Health (NIH), National Heart, Blood and Lung Institute (NHLBI)
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**Professional Societies:**

2012-	American Heart Association	Member
2012-2015	American College of Physicians	Member
2015-2017	Society of General Internal Medicine	Member

**Grant Review Activities:**

2017	National Institute for Health Research	Newcastle University, Biomedical Research Centre, United Kingdom Grant Reviewer
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**Editorial Activities:**

**Ad hoc Reviewer:**

2011-2015	Circulation
2012	Journal of American Society of Nephrology
2013; 2016	American Journal of Epidemiology
2014	Atherosclerosis
2014	BMC Nephrology
2014	Nephrology, Dialysis, Transplant
2014-2017	Diabetes Care
2015	Diabetes
2015-2019	Reviewer, ARIC Study Publications Committee
2016	Journal of Rheumatology
2016	Scientific Reports
2016	American Journal of Medicine
2016, 2018	Arthritis & Rheumatology
2017-2019	Arthritis Care and Research
2017	BMJ Open
2017	American Journal of Clinical Nutrition
2017-2018	Journal of Human Hypertension

2018-2019	British Journal of Nutrition
2018	Journal of the American College of Cardiology
2018	JAMA Internal Medicine
2018	Clinical Trials
2018-2019	Annals of Internal Medicine
2018	Hypertension
2019	Internet Interventions

### Honors and Prizes:

2003	Freshman Chemistry Achievement Award Boston College	
2004	Sophomore of the College Award in Mathematics Boston College	
2005	Pi Mu Epsilon Mathematics Honor Society Boston College	
2008	Albert Schweitzer Fellowship Johns Hopkins University School of Medicine	
2008	Nathans College Service Award Johns Hopkins University School of Medicine	
2009	SOURCE (Student Outreach Center) Community Service Award, Johns Hopkins University School of Medicine	
2010	Research and Education Foundation Abbott Medical/Graduate Student Achievement Award American College of Rheumatology	Research abstract on vitamin C and uric acid
2010	Best of AHA Specialty Conferences American Heart Association	Abstract on folic acid and homocysteine
2013	David E. Rogers Award for professionalism, medical ethics, and community leadership Johns Hopkins University School of Medicine	
2014	Diane Becker Research Award for Excellence in Clinical Epidemiology and Prevention Johns Hopkins University, Division of General Internal Medicine	
2015	Jeremiah and Rose Stamler Research Award for New Investigators American Heart Association	Abstract on glycemic index and kidney function
2015	Osler Housestaff Research Award, Osler Medical Residency Training Program	Abstract on cardiorespiratory fitness and hypertension
2015	Best of AHA Specialty Conferences American Heart Association	Abstract on glycemic index and kidney function
2016	Finalist, Clinical Research Award, Department of Medicine, Johns Hopkins University	Abstract on orthostatic hypotension and falls
2016	Best of AHA Specialty Conferences American Heart Association	Abstract on glycemic index and markers of glycemia
2017	Fatemeh Vahabzadeh Award for Cross Collaborative Research, General Internal Medicine Fellowship Program Johns Hopkins University School of Medicine	
2017	Young Investigator Award Finalist, American Heart Association	Research on sodium and the DASH diet

## REPORT OF FUNDED AND UNFUNDED PROJECTS

### Funding Information:

Past: None

Current:

- 2015-2019 *Federal Loan Repayment Program*  
NIH/NIA  
Principal Investigator (\$96,000)  
This study examines the relationship between vitamin D supplementation, orthostatic hypotension, and risk of falling in older adults.
- 2017-2019 *Rheumatology Research Foundation Innovative Research Award*  
Rheumatology Research Foundation (\$400,000)  
Co-Investigator (PI: Choi)  
This is a clinical trial of the DASH diet for uric acid reduction in patients with gout. We will also be examining effects of diet on cardiovascular risk factors.
- 2017-2022 *Improved Characterization of Postural Blood Pressure Change in Older Adults*  
NIH/NHLBI, K23HL135273  
Principal Investigator (\$991,067)  
This study examines orthostatic hypotension measurements, its association with falls, and the impact of vitamin D on orthostatic hypotension. It will also examine the association between timing of orthostatic hypotension and position of the assessment with falls.
- 2018-2020 *The Effects of the DASH Diet and Sodium Reduction on Subclinical Cardiac Damage*  
NIH/NHLBI, R21HL144876  
Principal Investigator (\$131,250)  
This study will determine the effects of the DASH diet, a healthful diet, as well as sodium intake, on subclinical cardiac injury and strain.
- 2019-2020 *The Effects of A Reduced Sodium Meal Plan on Blood Pressure in Older Adults: A Pilot Study*  
ISAC, Hebrew Senior Life  
Co-Investigator (\$50,000)  
This study will determine the effects of a reduced sodium meal plan on blood pressure in older adults.

### Projects Submitted for Funding:

- 2019-2021 *The Effects of DASH Grocery Delivery on Blood Pressure in Urban Food Deserts: A Pilot Study*  
American Heart Association Innovative Project Award, under review  
Principal Investigator (anticipate \$200,000)

## REPORT OF LOCAL TEACHING AND TRAINING

**Formal Teaching of Residents, Clinical Fellows and Research Fellows:**

2017-	Summer Program in Clinical Effectiveness Clinical and research fellows	Harvard TH Chan School of Public Health Two 2-hour sessions per year
2017-	Research with Large Databases Clinical and research fellows	Harvard TH Chan School of Public Health Two hours per year
2018	Internal Medicine Research Elective	Beth Israel Deaconess Medical Center One 2 hour small group session

**Clinical Supervisory and Training Responsibilities:**

2018-	Healthcare Associates Clinic	Internal Medicine Residents 0.5 hours a month
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**Laboratory and Other Research Supervisory and Training Responsibilities:**

2017-	CVD Epidemiology T32 Training Program	Harvard TH Chan School of Public Health 2 hours a month
2017-	T32 Fellowship in General Medicine and Primary Care	Harvard Medical School, 1 hour a week
2018	MPH in Epidemiology Practicum Mentor	3 hours a month at the Harvard TH Chan School of Public Health

**Other Mentored Trainees and Faculty:**

2016-2017	<u>Olive Tang</u> , Student, Johns Hopkins University Career stage: MD, PhD candidate (Johns Hopkins University) Mentoring role: student research advisor Accomplishments: first publication (citation #48), first author manuscript, IRB proposal submission
2016-2017	<u>Ramzi Dudum, MD, MPH</u> , Intern, Johns Hopkins Hospital Career stage: intern in internal medicine Mentoring role: student research advisor Accomplishments: conference abstract, submitted first manuscript (under review)
2016-2017	<u>Gigi Liu, MD, MS</u> , Instructor of Medicine, Johns Hopkins University Career stage: general medicine instructor (Johns Hopkins University) Mentoring role: advisor Accomplishments: conference abstract, submitted first manuscript (under review)
2017-2018	<u>Allison Peng</u> , Student, Johns Hopkins University Career stage: MD candidate (Johns Hopkins University) Mentoring role: student research advisor Accomplishments: first draft of what will be her first, first-authored, publication
2017-	<u>Micah Eades, MD</u> , Research Fellow in Medicine Harvard Medical School / Research Fellow, Division of General Medicine, Beth Israel Deaconess Medical Center Career stage: research fellow Mentoring role: advisor

- 2018- Accomplishments: conference abstract, submitted first manuscript (under review)  
Charlotte Blease, PhD, Fulbright and Marie Curie Research Fellow, Division of General  
 Medicine, Beth Israel Deaconess Medical Center  
 Career stage: post-doctoral fellow  
 Mentoring role: advisor
- 2018- Accomplishments: survey development for primary data project  
Elsie Fenny, MD, MPH candidate of the Harvard TH Chan School of Public Health  
 Career stage: post-doctoral student  
 Mentoring role: practicum mentor  
 Accomplishments: practicum development, manuscript preparation

### Formal Teaching of Peers (CME):

*Those presentations below sponsored by outside entities are so noted and the sponsors are identified*

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|-----------|--|--|
| 2016-2017 | Introduction to Clinical Research (CME course) <ul style="list-style-type: none"> <li>• Study Design I: Ecological Studies, Case Reports, Case Series, Cross-Sectional Studies</li> <li>• Study Design II: Case-Control Studies</li> <li>• Study Design III: Prospective Studies</li> <li>• Practical Considerations in Study Design: Recruitment</li> </ul> | 4 presentations<br>Johns Hopkins Aramaco<br>Dhahran, Saudi Arabia                |
| 2018      | ACCEL Conversations in Cardiology: Dietary Trends in the U.S. During the past 20 years   | 10-minute podcast for CME credit sponsored by the American College of Cardiology |

### Local Invited Presentations:

*Those presentations below sponsored by outside entities are so noted and the sponsors are identified*

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|------------|--|
| 2010       | Bosniak Lesions / Grand Rounds<br>James Buchanan Brady Urological Institute, Johns Hopkins Hospital  |
| 2011       | Demystifying NHANES: Data for the Underfunded / Grand Rounds<br>The Welch Center for Prevention, Epidemiology and Clinical Research<br>Johns Hopkins University    |
| 2013       | An Incremental Approach to Estimating Gout Prevalence / Rheumatology Rounds<br>Department of Medicine, Johns Hopkins University                                    |
| 2013, 2015 | Demystifying NHANES: The Free Prospective Cohort / Grand Rounds<br>The Welch Center for Prevention, Epidemiology and Clinical Research<br>Johns Hopkins University |
| 2015       | Novel Online Recruitment Strategies / CATALiST Seminar<br>Institute for Clinical and Translational Research (ICTR), Johns Hopkins University                       |
| 2016       | Use of Social Media for Recruitment / Recruitment Luncheon<br>School of Nursing, Johns Hopkins University  |
| 2016       | Novel Research Recruitment Strategies / Breakout Session, Research Participant Recruitment & Retention Conference 2016, Johns Hopkins University                   |

2018 Clinical Approach to Orthostatic Hypotension / Grand Rounds  
Division of General Medicine, Beth Israel Deaconess Medical Center

## REPORT OF REGIONAL, NATIONAL AND INTERNATIONAL INVITED TEACHING AND PRESENTATIONS

*Those presentations below sponsored by outside entities are so noted and the sponsors are identified*

### Regional:

2016 Gout Risk Factors and Novel Dietary Interventions / Grand Rounds  
Virginia Hospital Center in Arlington, VA

### National:

2017 Novel Research Recruitment Strategies / Webinar Presentation  
Trial Innovation Network, Vanderbilt University Medical Center  
<https://trialinnovationnetwork.org/webinar-archive/?key-element=1680>  
Nashville, TN

2017 Blood Pressure Assessment in Adults in Clinical Practice and in  
Clinic-Based Research: Orthostatic Hypotension  
Presented as part of the NHLBI Working Group, National Institutes of Health (NIH)  
Bethesda, MD

2018 American Heart Association Epidemiology/Lifestyle Conference, Plenary Moderator  
New Orleans, LA

2018 Diet, Gout, and the DiGo Clinical Trial / Welch Center Grand Rounds  
Johns Hopkins University, Baltimore, MD

2018 Dietary Patterns in the US during the past 20 Years  
American Heart Association Scientific Sessions, Invited Speaker  
Chicago, IL

## REPORT OF CLINICAL ACTIVITIES AND INNOVATIONS

### Current Licensure and Certification:

2015-2018 Medical License, State of Maryland  
2017- Medical License, Commonwealth of Massachusetts  
2017- Diplomate, American Board of Internal Medicine

### Practice Activities:

2015-2017	Contract Hospitalist	Hospital Medicine/Oncology Johns Hopkins Hospital	600 hours per year
2016-2017	Medicine Consult Attending	Johns Hopkins Hospital	4 weeks per year

2017-	Primary Care Physician	Healthcare Associates, outpatient Beth Israel Deaconess Medical Center	Two 4-hour clinical sessions per week
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### Clinical Innovations:

2015-2017	<u>Patient Safety Engineering Collaboration, Johns Hopkins Hospital</u> Immersion experience for graduate students of engineering. Students were paired with clinical units throughout Johns Hopkins Hospital to address patient safety concerns. This course continues today as an ongoing collaboration between the school of engineering and Johns Hopkins Hospital.
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## REPORT OF EDUCATION OF PATIENTS AND SERVICE TO THE COMMUNITY

*Those presentations below sponsored by outside entities are so noted and the sponsors are identified*

For the below listed articles, I was either interviewed or submitted written commentary on the article topic.

### Educational Material for Patients and the Lay Community:

2011	Reuters Health for Medical Professionals	Interview on vitamin C and uric acid
2012	Senior Voice of America Radio Show	Segment on vitamin C and blood pressure
2012	Bottom Line's <i>Daily Health News</i>	Interview on vitamin C and blood pressure
2013	<i>Renal &amp; Urology News</i>	Interview on gout and kidney disease
2015	<i>New Yorker</i>	Interview on nursing shortages
2016	<i>Medscape Medical News</i>	Interview on glycemic index and uric acid
2016	<i>MedPage Today</i>	Interview on the DASH diet and uric acid
2016	<i>Nutrition Insight</i>	Interview on the DASH diet and uric acid
2016	MedicalResearch.com	Interview on the DASH diet and uric acid
2016	<i>Renal &amp; Urology News</i>	Interview on the DASH diet and uric acid
2016	<i>Medscape</i>	Interview on the DASH diet and uric acid
2016	<i>Univadis France</i>	Interview on the DASH diet and uric acid
2016	Bottom Line	Interview on the DASH diet and uric acid
2016	<i>Reuters Health</i>	Interview on the DASH diet and uric acid
2016	Rheumatology Daily Briefing (Cleveland Clinic)	Interview on the DASH diet and uric acid
2016	American Heart Association Daily Headlines	Interview on the DASH diet and uric acid
2016	<i>Heartwire</i> (Medscape)	Interview on orthostatic hypotension & falls
2017	<i>Men's Health</i>	Interview on carbohydrates & renal function
2017	Tufts Health & Nutrition Letter	Interview on the DASH diet and uric acid
2017	<i>Reuters</i>	Interview on orthostatic hypotension
2017	Time Magazine	Interview on orthostatic hypotension
2017	MSN	Interview on orthostatic hypotension
2017	MedPage	Interview on orthostatic hypotension
2017	Newsweek	Interview on DASH diet, sodium reduction
2017	Washington Post	Interview on DASH diet, sodium reduction
2017	MSN	Interview on DASH diet, sodium reduction
2017	MedPage	Interview on DASH diet, sodium reduction
2017	TCTMD	Interview on DASH diet, sodium reduction
2018	Time Magazine	Interview on health effects of Thanksgiving
2018	Time Magazine	Interview on how to eat a healthy diet
2019	Runner's World Magazine	Interview on sodium and exercise
2019	Harvard Men's Health Watch	Interview on caffeine and health



**REPORT OF SCHOLARSHIP****Peer-Reviewed Scholarship in Print or Other Media:**Research Investigations:

1. Lin VW, Lee A, **Juraschek S**, Jones D. California regional registered nurse workforce report card. *Nurs Econ* 2006 Nov-Dec;24(6):290-297, 279. PMID: 17266005.
2. Lin VW, **Juraschek SP**, Xu L, Jones D, Turek J. California regional registered nurse workforce forecast. *Nurs Econ* 2008 Mar-Apr;26(2):85-105, 121. PMID: 18524374.
3. Miller ER 3rd, **Juraschek SP**, Appel LJ, Madala M, Anderson CA, Bleys J, Guallar E. The effect of n-3 long-chain polyunsaturated fatty acid supplementation on urine protein excretion and kidney function: meta-analysis of clinical trials. *Am J Clin Nutr* 2009 Jun;89(6):1937-1945. PMID: 19403630.
4. Miller ER 3rd, **Juraschek S**, Pastor-Barriuso R, Bazzano LA, Appel LJ, Guallar E. Meta-analysis of folic acid supplementation trials on risk of cardiovascular disease and risk interaction with baseline homocysteine levels. *Am J Cardiol* 2010 Aug 15;106(4):517-527. PMID: 20691310.
5. Zimbelman JL, **Juraschek SP**, Zhang X, Lin VW. Physical therapy workforce in the United States: forecasting nationwide shortages. *PM&R* 2010 Nov;2(11):1021-1029. PMID: 21093838.
6. **Juraschek SP**, Miller ER 3rd, Gelber AC. Effect of oral vitamin C supplementation on serum uric acid: a meta-analysis of randomized controlled trials. *Arthritis Care Res (Hoboken)* 2011 Sep;63(9):1295-306. PMID: 21671418.
7. **Juraschek SP**, Zhang X, Ranganathan VK, Lin VW. United States registered nurse workforce report card and shortage forecast. *Am J Med Qual* 2012 May; 27(3):241-249. PMID: 22102163.
8. Dasenbrock HH, **Juraschek SP**, Schultz LR, Witham TF, Sciubba DM, Wolinsky JP, Gokaslan ZL, Bydon A. The efficacy of minimally invasive discectomy compared with open discectomy: a meta-analysis of prospective randomized controlled trials. *J Neurosurg: Spine* 2012 May; 16(5):452-462. PMID: 22404142.
9. **Juraschek SP**, Coresh J, Inker LA, Rynders GP, Eckfeldt JH, Selvin E. The effects of freeze-thaw on  $\beta$ -trace protein and  $\beta$ 2-microglobulin assays after long-term sample storage. *Clin Biochem* 2012 Jun; 45(9):694-6. PMID: 22425605.
10. **Juraschek SP**, Guallar E, Appel LJ, Miller ER 3<sup>rd</sup>. Effects of vitamin C supplementation on blood pressure: a meta-analysis of randomized controlled trials. *Am J Clin Nutr* 2012 May;95(5):1079-1088. PMID: 22492364.
11. **Juraschek SP**, Steffes MW, Miller ER 3rd, Selvin E. Alternative markers of hyperglycemia and risk of diabetes. *Diabetes Care* 2012 Nov;35(11):2265-2270. PMID: 22875225.

12. **Juraschek SP**, Miller ER 3<sup>rd</sup>, Gelber AC. Body mass index, obesity, and prevalent gout in the United States in 1988-1994 and 2007-2010. *Arthritis Care Res (Hoboken)*. 2013;65:127-132. PMID: 22778033.
13. Rubin J, Nambi V, Chambless LE, Steffes MW, **Juraschek SP**, Coresh J, Sharrett AR, Selvin E. Hyperglycemia and arterial stiffness: the Atherosclerosis Risk in the Communities study. *Atherosclerosis* 2012 Nov;225(1):246-251.
14. Bower JK, Lazo M, **Juraschek SP**, Selvin E. Within-person variability in high-sensitivity C-reactive protein. *Arch Intern Med* 2012 Sep 3:1-2. PMID: 22945505.
15. **Juraschek SP**, Steffes MW, Selvin E. Associations of alternative markers of glycemia with hemoglobin a1c and fasting glucose. *Clin Chem* 2012 Nov;58(12):1648-1655. PMID: 23019309.
16. Selvin E, **Juraschek SP**, Eckfeldt J, Levey AS, Inker LA, Coresh J. Calibration of Cystatin C in the National Health and Nutrition Examination Surveys (NHANES). *Am J Kidney Dis* 2013 Feb;61(2):353-354.
17. **Juraschek SP**, Appel LJ, Anderson CA, Miller ER 3<sup>rd</sup>. Effect of a high-protein diet on kidney function in healthy adults: results from the OmniHeart trial. *Am J Kidney Dis* 2013 Apr;61(4):547-554. PMID: 23219108.
18. Miller ER 3<sup>rd</sup>, **Juraschek SP**, Anderson CA, Guallar E, Henoch-Ryugo K, Charleston J, Turban S, Bennett MR, Appel LJ. The effects of n-3 long-chain polyunsaturated fatty acid supplementation on biomarkers of kidney injury in adults with diabetes: results of the GO-FISH trial. *Diabetes Care* 2013 Jun;36(6):1462-1469. PMID: 23275364.
19. **Juraschek SP**, Kovell LC, Miller ER 3<sup>rd</sup>, Gelber AC. Association of kidney disease with prevalent gout in the United States in 1988-1994 and 2007-2010. *Semin Arthritis Rheum* 2013 Jun;42(6):551-561. PMID: 23312548.
20. Selvin E, **Juraschek SP**, Eckfeldt J, Levey AS, Inker LA, Coresh J. Within-person variability in kidney measures. *Am J Kidney Dis* 2013 May;61(5):716-722. PMID: 23337799.
21. **Juraschek SP**, Coresh J, Inker LA, Levey AS, Köttgen A, Foster MC, Astor BC, Eckfeldt JH, Selvin E. Comparison of serum concentrations of  $\beta$ -trace protein,  $\beta$ 2-microglobulin, cystatin C, and creatinine in the U.S. population. *Clin J Am Soc Nephrol* 2013 Apr;8(4):584-592. PMID: 23335043.
22. **Juraschek SP**, Shantha GPS, Chu AY, Miller ER 3<sup>rd</sup>, Guallar E, Hoogeveen RC, Ballantyne CM, Brancati FL, Schmidt MI, Pankow JS, Young JH. Lactate and risk of incident diabetes in a case-cohort of the Atherosclerosis Risk in Communities (ARIC) Study. *PLoS One* 2013;8(1):e55113. PMID: 23383072.
23. **Juraschek SP**, Kovell LC, Miller ER, Gelber AC. Dose-response association of uncontrolled blood pressure and cardiovascular disease risk factors with hyperuricemia and gout. *PLoS One* 2013 Feb;8(2):e56546. PMID: 2346080.
24. Foster MC, Inker LA, Levey AS, Selvin E, Eckfeldt J, **Juraschek SP**, Coresh J; CKD Biomarkers Consortium. Novel filtration markers as predictors of all-cause and cardiovascular mortality in U.S. adults. *Am J Kidney Dis* 2013 Jul;62(1):42-51. PMID: 23518194.

25. Grams ME, **Juraschek SP**, Selvin E, Foster MC, Inker LA, Eckfeldt JH, Levey AS, Coresh J. Trends in the prevalence of reduced GFR in the United States: a comparison of creatinine- and cystatin C-based estimates. *Am J Kidney Dis* 2013 Aug;62(2):253-260. PMID: 23619125.
26. **Juraschek SP**, Selvin E, Miller ER, Brancati FL, Young JH. Plasma lactate and diabetes risk in 8045 participants of the Atherosclerosis Risk in Communities Study. *Ann Epidemiol* 2013 Dec;23(12):791-796.e4. PMID: 24176820.
27. **Juraschek SP**, McAdams-Demarco M, Miller ER, Gelber AC, Maynard JW, Pankow JS, Young JH, Coresh J, Selvin E. Temporal relationship between uric acid concentration and risk of diabetes in a community-based study population. *Am J Epidemiol* 2014 May;179(6):684-691. PMID: 24418684.
28. **Juraschek SP**, Tunstall-Pedoe H, Woodward M. Serum uric acid and the risk of mortality during 23 years follow-up in the Scottish Heart Health Extended Cohort study. *Atherosclerosis* 2014 Apr;233(2):623-629. PMID: 24534458.
29. Poon A, **Juraschek SP**, Ballantyne CM, Steffes MW, Selvin E. Comparative associations of diabetes risk factors with five measures of hyperglycemia. *BMJ Open Diabetes Research & Care* 2014 Apr 8;2(1):e000002. eCollection 2014. PMID: 25452853.
30. Aladin AI, Whelton SP, Al-Mallah M, Blaha MJ, Keteyian SJ, **Juraschek SP**, Kuzniecky JR, Bawner CA, Michos ER. Relation of resting heart rate to risk for all-cause mortality by gender after considering exercise capacity (the Henry Ford Exercise Testing [FIT] project). *Am J Cardiol* 2014 Dec ;114(11):1701-1706. PMID: 25439450.
31. **Juraschek SP**, Blaha MJ, Whelton SP, Blumenthal R, Jones SR, Keteyian SJ, Schairer J, Bawner 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 Dec ;3(6). PMID: 25520327.
32. **Juraschek SP**, Bower JK, Selvin E, Subash Shantha GP, Hoogeveen RC, Ballantyne CM, Young JH. Plasma lactate and incident hypertension in the Atherosclerosis Risk in Communities Study. *Am J Hypertens* 2015 Feb;28(2):216-224. PMID: 24994607.
33. **Juraschek SP**, Kovell LC, Miller ER, III, Gelber AC. Gout, urate lowering therapy and uric acid levels among adults in the United States. *Arthritis Care Res (Hoboken)* 2015 Mar;67(4):588-592. PMID: 25201123
34. **Juraschek SP**, Blaha MJ, Blumenthal RS, Bawner C, Qureshi W, Keteyian SJ, Schairer J, Al-Mallah MH. Cardiorespiratory fitness and incident diabetes: The FIT (Henry Ford Exercise Testing) project. *Diabetes Care* 2015 Jun;38(6):1075-1081. PMID: 25765356.
35. Qureshi WT, Alirhayim Z, Blaha MJ, **Juraschek SP**, Keteyian SJ, Bawner CA, Al-Mallah MH. Cardiorespiratory fitness and risk of incident atrial fibrillation: results from the Henry Ford Exercise Testing (FIT) project. *Circulation* 2015 Apr;131(21):1827-1834. PMID: 25904645.
36. Kovell LC, **Juraschek SP**, Russell SD. Stage A heart failure is not adequately recognized in U.S. adults: analysis of the National Health and Nutrition Examination surveys, 2007-2010. *PLoS One* 2015 Jul 14;10(7):e0132228. PMID: 26171960.
37. **Juraschek SP**, Moliterno AR, Checkley W, Miller ER 3rd. The gamma gap and all-cause mortality. *PLoS One* 2015 Dec 2;10(12):e0143494. PMID: 26629820.

38. **Juraschek SP**, McAdams-Demarco M, Gelber AC, Sacks FM, Appel LJ, White KJ, Miller ER 3rd. Effects of lowering glycemic index of dietary carbohydrate on plasma uric acid levels: the OmniCarb Randomized Clinical trial. *Arthritis & Rheumatology* 2016 Apr;68:1281-1289. PMID: 26636424.
39. Al-Mallah MH\*, **Juraschek SP\***, Whelton S, Dardari ZA, Ehrman JK, Michos ED, Blumenthal RS, Nasir K, Qureshi WT, Brawner CA, Keteyian SJ, Blaha MJ. Sex differences in cardiorespiratory fitness and all-cause mortality: the Henry Ford Exercise Testing (FIT) project. *Mayo Clin Proc* 2016 Jun;91(6):755-762. PMID: 27161032.
40. Kim J, Al-Mallah M, **Juraschek SP**, Brawner C, Keteyian SJ, Nasir K, Dardari ZA, Blumenthal RS, Blaha MJ. The association of clinical indication for exercise stress testing with all-cause mortality: the FIT project. *Arch Med Sci* 2016 Apr 1;12(2):303-309. PMID: 27186173.
41. **Juraschek SP**, Gelber AC, Choi HK, Appel LJ, Miller ER 3rd. Effects of the dietary approaches to stop hypertension (DASH) diet and sodium intake on serum uric acid. *Arthritis Rheumatol* 2016 Nov;68:3002-3009. PMID: 27523583.
42. **Juraschek SP**, Chang AR, Appel LJ, Anderson CA, Crews DC, Thomas L, Charleston J, Miller ER 3rd. Effect of glycemic index and carbohydrate intake on kidney function in healthy adults. *BMC Nephrol* 2016 Jul 8;17(1):70. PMID: 27391484.
43. **Juraschek SP**, Miller ER 3rd, Selvin E, Carey VJ, Appel LJ, Christenson RH, Sacks FM. Effect of type and amount of dietary carbohydrate on biomarkers of glucose homeostasis and C reactive protein in overweight or obese adults: results from the OmniCarb trial. *BMJ Open Diabetes Res Care* 2016 Nov 14;4(1):e000276. PMID: 27933186.
44. **Juraschek SP**, Choi HK, Tang O\*\*, Appel LJ, Miller ER 3rd. Opposing effects of sodium intake on uric acid and blood pressure and their causal implication. *J Am Soc Hypertens* 2016 Dec;10(12):939-946.e2. PMID: 27938853.
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\* = shared first author

\*\* = mentees

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1. **Juraschek SP**. Nontraditional glycemic markers, lactate, and dietary carbohydrates: An epidemiologic investigation; 2013.

**Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:**

1. R Dudum\*\*, **SP Juraschek**, LJ Appel. Abstract P127: Dose-dependent effects of comprehensive lifestyle changes on blood lipid levels: results from the PREMIER trial. *Circulation* 135 (Suppl 1), AP127-AP127. AHA Epidemiology Lifestyle Meeting, Portland, Oregon, March 2017.

\*\* = mentee

**NARRATIVE REPORT**

My major research content areas focus on cardiovascular disease risk factors and gout. With regards to cardiovascular disease risk factors I have been awarded a K23 grant to study orthostatic hypotension in older adults at risk for falling. Along these lines, I have recently published two papers on orthostatic hypotension and falls. One recently published in *JAMA Internal Medicine* demonstrates that blood pressure assessment within 1 minute (as opposed to 3 minutes advocated by guidelines) is more informative for long-term outcomes. This has potential to alter current guidelines and clinical practice for the assessment of orthostatic hypotension. In addition, I have joined the SPRINT trial orthostatic hypotension working group, which represents a national group of collaborators. I played a primary role in analyzing their data and have had the opportunity to lead several papers on the effects of hypertension treatment and orthostatic hypotension. Furthermore, I was invited by the National Institutes of Health to present about orthostatic hypotension in relation to blood pressure management during a working group session on blood pressure measurement and assessment. My expertise in orthostatic hypotension continues to receive national attention. Investigators at two distinct institutions have asked for my input on their research protocols and collaboration on ongoing orthostatic



hypotension and falls research. I am also leading a project with UT Southwestern, studying the impact of antihypertensive medication choice on falls and orthostatic hypotension in the ALLHAT trial.

Beyond blood pressure, I have also led over 10 manuscripts on uric acid and gout. I am especially known for studying the effects of diet on uric acid levels. This work has led to a collaboration between Johns Hopkins University, Massachusetts General Hospital, and BIDMC. We have secured a foundation grant to perform a small trial examining the effects of the DASH diet on uric acid levels in adults with a diagnosis of gout. We are actively recruiting and have randomized over 50% of our study population. I will be the lead author on our manuscript and the data from our novel intervention, involving Amazon Fresh to deliver a DASH diet, will directly contribute to subsequent grant proposals.

Recently, I have received attention from the lay press for our work on the DASH diet, sodium restriction, and blood pressure. We demonstrated that blood pressure reduction from a healthy diet can be achieved within 2 weeks of starting the diet. We also showed that sodium reduction continues to lower blood pressure over a 4-week period without signs of plateau. Furthermore, the combined effects of both interventions reduced blood pressure to a magnitude comparable to pharmacologic therapy. This has important ramifications for the role of healthy lifestyle in preventing cardiovascular disease. Building upon this work, I was recently awarded an R21 pilot grant (9/2018) to examine the impact of diet and sodium reduction on novel markers of subclinical cardiac damage. This award will lay the foundation for a subsequent R01. I am also a co-investigator on a recent grant to study reduced sodium meal plans in a congregate senior living facility of Hebrew Senior Life.

I have also recently received recognition for my work on online and novel recruitment strategies for clinical trials. We have recently had an article accepted by *Clinical Trials* on using Facebook advertisements for recruitment into clinical trials with several more under development. Given the importance of recruitment in clinical research, I have been asked to lead local and national workshops/webinars to introduce recruitment strategies to researchers throughout the country. I have developed this topic through an active study of recruitment through the Epic platform with two additional manuscripts in preparation. This recruitment expertise has afforded us an unprecedented yield in our current gout trial and will represent an important skill for subsequent trials.

In addition to research I contribute to the education and career development of trainees at Harvard Medical School on a regular basis. This is an important part of my motivation and values as a clinician investigator. I participate in journal discussions, provide input on research in progress, and review trainee presentations (oral and abstracts) for national conferences. Moreover, I meet 1-on-1 regularly with trainees to discuss their research, analysis questions, and manuscript development. I also precept residents through my clinical practice at Healthcare Associates (a clinical affiliate of BIDMC), where I see my own patients as a primary care provider, 1.5 half-day sessions a week. This summer I participated in the Clinical Effectiveness course at the Harvard TH Chan School of Public Health as a small group leader. In addition, I have also committed to a year-long, mentoring program and have been paired with an MPH student who is a physician from Ghana. We are working together on a project on sodium intake in the NHANES. I have reviewed multiple drafts of her research proposal thus far, assisted with data acquisition, and established a contact at the CDC to facilitate access to restricted 24-hour urine sodium data. I am confident these past and ongoing efforts will facilitate a successful practicum experience and further enhance the likelihood of her achieving one of her career goals, i.e. a first-authored, peer reviewed publication.