

CURRICULUM VITAE
KAREN ELIZABETH ASPRY, M.D. M.S., FACC, FNLA

CONTACT INFORMATION

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EDUCATION

1974 – 1978 Boston University, and University of Massachusetts at Amherst
Degree: B.S., Human Nutrition, 1978

1979 - 1982 University of California-Berkeley
Degree: M.S., Nutritional Sciences, 1981

1986 - 1990 University of California-Davis School of Medicine
Degree: M.D., 1990

POST-GRADUATE TRAINING

1990 - 1991 Intern, Internal Medicine (Categorical)
University of California-Davis Medical Center, Sacramento, CA

1991 - 1993 Resident, Internal Medicine
University of California-Davis Medical Center, Sacramento, CA

1995 - 1998 Fellow, Cardiovascular Medicine
University of California-Davis Medical Center, Sacramento, CA

2005 AHA Sponsored Lipid Disorders Mini-Fellowship Course
Gladstone Institute, University of California San Francisco

HONORS AND AWARDS

1974-76 *Dean's List*, Boston University

1978 *Omicron Nu* Honor Society, University of Massachusetts-Amherst

1978 Graduation *Cum Laude*, University of Massachusetts-Amherst

1990 Award for Excellence in Preventive Cardiology, U.C. Davis School of Medicine

1997 Dean's Medical Scholar, University of California-Davis School of Medicine

1999 Fellow, American College of Cardiology

2009 Award for Teaching Recognition, Brown Medical School

2014 Certificate of Appreciation, Health Centric Advisors, Cardiac Communities Coalition

2015 Fellow, National Lipid Association

2018 Fellow, American Heart Association

2018 Northeast Lipid Association of the NLA - President's Service Award

2019 National Lipid Association – President’s Service Award

PROFESSIONAL LICENSES AND CERTIFICATIONS

Licensure

1991 - California G073007
2005 - Rhode Island 11831
2006 - Massachusetts 227293 (inactive)

Certifications

1991 American Board of Medical Examiners
1993, 2003 American Board of Internal Medicine
1995 Fluoroscopy Operator, State of California
1999, 2009 American Board of Internal Medicine, Cardiovascular Disease
2007 Certification Board of Nuclear Cardiology
2008, 2017 American Board of Clinical Lipidology
2017 National Board of Echocardiography-Testamur

ACADEMIC APPOINTMENTS

1993 - 95 Assistant Clinical Professor of Medicine (Pre-Fellowship Appointment)
Departments of Internal Medicine and Emergency Medicine
University of California Davis School of Medicine, Sacramento, CA

2006 - Assistant Clinical Professor of Medicine (Clinical Educator Track)
Department of Medicine, Division of Cardiovascular Medicine
Brown University—Alpert Medical School, Providence, RI

2019 - **[PENDING]** Associate Professor of Medicine, Clinical Educator
Department of Medicine, Division of Cardiovascular Medicine
Brown University—Alpert Medical School, Providence, RI

HOSPITAL AND CLINICAL APPOINTMENTS

1993 - 1995 Staff Physician, Chest Pain ER Service, and Women’s Cardiovascular Clinic,
University of California Davis Medical Center, Sacramento, CA

1998 - 2005 Cardiologist, Kaiser Permanente Medical Center—Vallejo and San Francisco, CA
and East Bay Cardiovascular Surgery Program, Summit Medical Center, Oakland, CA

2001 - 05 Senior Partner, The Permanente Medical Group, Northern California

2001 - 05 Physician Champion, Multi-Fit Cardiac Rehab Program, Kaiser Permanente/No. California

2003 - 05 Physician Champion, Cholesterol Management Program, Kaiser Permanente/No. California

2005 - 2009 Staff Cardiologist, Memorial Hospital of Rhode Island, Pawtucket, RI

2006 - Cardiologist, Miriam Hospital and Rhode Island Hospital, Providence, RI

2007 - 09 Director, Cardiovascular Risk Reduction Clinic, Memorial Hospital of RI

2007 - 09 Acting Chief, Division of Cardiovascular Medicine, Memorial Hospital of RI

2009 - Cardiologist, Kent Hospital and Women and Infants Hospital, Providence, RI

2013 - Director, Lipid and Prevention Program, Lifespan Cardiovascular Institute, Providence RI

2014 - Associate Director, Center for Cardiac Fitness-Miriam Hospital, Providence RI

2018 - Associate Director, Ornish Cardiac Rehabilitation Program-Miriam Hospital, East Greenwich RI

OTHER APPOINTMENTS

Manuscript Reviewer Activities

2007 - *Clinical Cardiology*
2014 - *Journal of Clinical Lipidology*
2016- *Applied Clinical Informatics*

Editorial Activities

12/2014 Contributing Editor, National Lipid Association, *Annual Summary of Clinical Lipidology 2015*, *Journal of Clinical Lipidology*, Vol 8, Issue 6, Supplement, Nov-Dec 2014, Pages S1-S36

8/2015 Contributing Editor, National Lipid Association, *Annual Summary of Clinical Lipidology 2016*, *Journal of Clinical Lipidology*, Vol 10, Issue 1, Supplement, Jan-Feb 2016, Pages S1-S43

10/2015 Faculty Editor, National Lipid Association, Complex Lipid Management Self Assessment Program: "Diagnosis and Treatment of Hypertriglyceridemia" available at www.lipid.org

[2019] Contributor, *Cardiovascular Disease in Women: Focus on Lipid Management*, in *Therapeutic Lipidology*, 2nd Ed. Michael H Davidson, Peter P. Toth, and Kevin C. Maki, Ed. Springer Press.

Professional Memberships, Committees, Councils and Boards

2000 - **American College of Cardiology**
RI ACC Chapter Activities:
Executive Council Member; Symposium lecturer
National Activities:
Member, ACC Nutrition-Lifestyle Workgroup, Prevention Council
Co-Chair (Starting 2019), ACC Nutrition Workgroup, Prevention Council
Member, ACC Dyslipidemia Workgroup, Prevention Council
Member, ACC Cardiac Rehabilitation Workgroup, Prevention Council

2009 - **National Lipid Association**
National Activities:
Co-Chair - Practice Development Committee
Contributing Editor - CME/SAP; *Annual Summary of Clinical Lipidology*
Contributor - Health IT Workshop, Lipid Spin publications, Triglyceride Management Survey
Co-Developer - Patient Diet Education Tools; Core Competencies in Lipidology Framework
Lecturer - Annual and Regional Sessions, Health IT Workshop
Member - Nominations Committee
Chair, 2018 Cholesterol Guideline Dissemination
Local Northeast Board (NELA) Activities:
Secretary - Northeast Lipid Association (NELA) Chapter - 2017-18
Treasurer – Northeast Lipid Association (NELA) Chapter – 2018-19
President-Elect– Northeast Lipid Association (NELA) Chapter – 2019-20

2013 - **American Heart Association**
Member, AHA and Southern New England Chapter
Board Member 2014-2016, Board President 2016-18
Local Chapter Activities:
Advocacy - RI Tobacco Tax, School CPR, Workplace Wellness, Sugary Beverage Tax

Outreach - Workplace Lectures, Radio Interviews, Cholesterol Screening, Fundraising, Life's Simple 7 For Kids School Education Proposal 2018; Cholesterol Guideline Mailing 2019
National Activities:
Member, Nutrition Committee, Council on Lifestyle and Cardiometabolic Health
Chair, Writing Committee on Nutrition Competencies for Medical Education and Training

2019 **American Association of Cardiovascular and Pulmonary Rehabilitation**, Member

HOSPITAL COMMITTEES AND ADMINISTRATIVE ACTIVITIES

1993 – 95 **University of California Davis Medical Center Committee**
Member, Women's Cardiovascular Health Program Task Force

2001 – 05 **Kaiser Permanente Northern California Administrative Activities**
Physician Champion, Cholesterol Management Program
Physician Champion, Multi-Fit Cardiac Rehabilitation Program
- Oversight of local care managers (nurses, pharmacists) and participation in regional peer group and performance improvement activities related to cholesterol control and cardiac rehabilitation programs for Kaiser Permanente-Northern California
Member, Preventing Heart Attacks and Strokes Everyday (PHASE) Task Force
- Participation in design and implementation of a region-wide CV risk registry, including provider-level quality reporting and continuous QI processes
Physician Coordinator, e-Consult Project, 2004
- Organizer of content for local cardiology eConsult pages within regional EHR (Epic)
Co-organizer, Northern California Region Videoconference, 2004
- Co-organizer and presenter of live professional regional video-conference on dietary interventions to reduce cardiovascular risk

2005– 09 **Memorial Hospital of Rhode Island – Acting Chief and Related Administrative Activities**
General Administrative/Operational Activities
- Re-establishment of small academic cardiology practice, including outpatient and inpatient consultative services, billing activities, general cardiology clinic, and CV risk reduction clinic
- Development and implementation of Chest Pain Unit protocol with order set and staffing plan
- Oversight of division policies-procedures, strategic planning, PR-marketing, outreach
Hospital Committee Activities
- Member, Morbidity and Mortality Committee, 2008-09
- Co-Chair, Cardiac Catheterization Lab Conversion Project Committee, 2007-08
- Member, IRB/Human Subjects in Research Committee, 2006-09
- Member, Performance Improvement Committee, 2006-09
- Member, Outcomes Management Committee, 2005-2009

2014 - **Lifespan Hospitals and/or Lifespan Cardiovascular Institute Committees**
Member, Formulary Management Online Forum
Member, Employee Wellness Development Committee
Member, CVI Electrophysiology Director Search Committee (1-2 years)
Interviewer, Cardiovascular Fellowship Program (1 year) 2006 – 09

UNIVERSITY COMMITTEES

2007 - 2014 Alpert Medical School of Brown University, Department of Medicine
Member, Committee on Clinical Appointments and Promotions

OTHER COMMITTEES

2009 - 2013 Chair, Healthcare Systems Workgroup, Heart Disease & Stroke Prevention Committee
State of Rhode Island, Department of Health

PROFESSIONAL ORGANIZATION MEMBERSHIPS

1999 - Member, American College of Cardiology
2006 - Lifetime Member, National Lipid Association
2006 - Member, ACC-Women In Cardiology Section
2006 - Member, American Heart Association
2019 - Member, American Association of Cardiovascular and Pulmonary Rehabilitation

ORIGINAL PEER-REVIEWED PUBLICATIONS

1. Tolbert, ME, White, AC, **Aspry, KE**, Cutts, J and Fain, JN. Stimulation by vasopressin and alpha-catecholamines of phosphatidyl-inositol formation by rat liver parenchymal cells. *Journal of Biological Chemistry* 1980; 255(5):138-44.
2. **Aspry, KE** and Bjeldanes, LF. Effects of dietary broccoli and butylated hydroxyanisole on liver-mediated metabolism of benzopyrene. *Food & Chem Toxicology* 1983; 21(2):133-42.
3. **Aspry, KE**, Holcroft, JW, and Amsterdam, EA. Physician recognition of hypercholesterolemia in patients undergoing peripheral and carotid artery revascularization. *Amer Jour Prev Med* 1995;11(5):337-41.
4. Levisman, JM, **Aspry, KE** and Amsterdam, EA. Improving the positive predictive accuracy of exercise testing in women for coronary artery disease. *Amer Jour Cardiol* 2012;110:1619-22
5. **Aspry, KE**, Dunsiger, S, Breault, C, Stabile, L, DeAngelis, J, Wu, WC. Effect of case-management with goal-setting on diet scores and weight loss in cardiac rehabilitation patients. *Jour of Cardiopulm Rehab Prev* 2018 Aug 27 doi:10.1097/HCR.0000000000000348. [Epub ahead of print] PubMed PMID: 30142129.

OTHER PEER-REVIEWED PUBLICATIONS

1. Welborn, JL, O'Donnell, R, Hsieh, T, Eatherton, J, **Aspry, K**. Vincristine for thrombocytopenic purpura. *Lancet* 1991;337(8749):1106-7.
2. **Aspry, KE** and Campbell, J. Progress Report: EMR-Based Cholesterol Management. *Journal of Clinical Lipidology* 2009; 3(1):4-10.
3. Cohen, JD, **Aspry, KE**, Brown, AS, Foody, JM, Furman, R, Jacobson, TA, Karalis, DG, Kris-Etherton, PM, LaForge, R, O'Toole, M, Scott, RD, Underberg, JA, Valuck, TB, Willard, KE, Ziajka, PE and Ito, MK. Use of health information technology to improve statin adherence and low-density lipoprotein cholesterol goal attainment in high-risk patients: Proceedings from a workshop. *Journal of Clinical Lipidology* 2013;7(6):573-609.
4. **Aspry, KE**, Furman, R, Karalis, DG, Jacobson, TA, Zhang, AM, Liptak, GS and Cohen, JD. Effect of health information technology interventions on lipid management in clinical practice. A systematic review of randomized controlled trials. *Journal of Clinical Lipidology* 2013; 7(6):546-60.

5. Brown, WV, Brown, AS, **Aspry, KE**, Ito, MK. JCL Roundtable: Health information technology in the management of lipoprotein disorders. *Journal of Clinical Lipidology* 2014;8(2):137-47.
6. **Aspry, KE**. Turner Syndrome: An Overlooked Gender-Specific Cardiovascular Risk Factor, In *The LipidSpin*, a Publication of the National Lipid Association, 2015;13(2):28-31.
7. **Aspry, KE**, Wu, W and Salmoirago-Blotcher, E. Cardiac rehabilitation in patients with established atherosclerotic vascular disease: New directions in the era of value-based healthcare. *Current Atherosclerosis Reports* 2016;18(2):1-8.
8. Crawford, A and **Aspry, KE**. Teaching Doctors-In-Training About Nutrition: Where Are We Going in 2016? *Rhode Island Medical Journal* 2016;99 (3):23-25.
at <http://www.rimed.org/rimedicaljournal/2016/03/2016-03-23-intmed-crawford.pdf>
9. Aberg, J, **Aspry, K**, Longenecker, C and Myerson M. JCL Roundtable: Managing Lipid Disorders in Patients with HIV. *J Clin Lipidology* 2017 (Jan-Feb) 11(1) <http://dx.doi.org/10.1016/j.jacl.2016.12.003>
10. Devries S, Agatston A, Aggarwal M, **Aspry KE**, Esselstyn CB, Kris-Etherton, P, Miller M, O'Keefe JH, Ros E, Rzeszut AK, White BA, Williams KA, Freeman AM. A Deficiency of Nutrition Education and Practice in Cardiology. *Amer Jour of Med* 2017.
<http://www.sciencedirect.com/science/article/pii/S0002934317305272>
11. **Aspry KE**, Van Horn, L, Carson, J, Wylie-Rosett, J, Kushner, RK, Lichtenstein, AH, Devries S, Freeman, AM, Crawford, A, Kris-Etherton, K. AHA Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health. AHA Science Advisory - Medical Nutrition Education, Training and Competencies to Advance Guideline-Based Diet Counseling by Physicians. *Circulation* April 2018
<http://circ.ahajournals.org/content/circulationaha/early/2018/04/27/CIR.0000000000000563.full.pdf?download=true>
12. Freeman AM, Morris, PB **Aspry, KE**, Gordon, NF, Barnard, ND, Esselstyn, CB, Ros, E, Devries, S, O'Keefe, J, Miller, M, Ornish, D, Williams, KA Batts, T, Ostfeld, RJ, Litwin, S, Aggarwal, M, Werner, A, Allen, K, White, B, Kris-Etherton, P. A clinician's guide for trending nutrition controversies- Part II. *J Am Coll Cardiol* 2018;72:553–68.
13. Johnston, E, Mathews, T, **Aspry, KE**, Aggarwal, M, Gianos, E. Strategies to close gaps in nutrition education through continuing medical education. *Current Atherosclerosis Reports* 2019;21:13.

MANUSCRIPTS IN PREPARATION OR SUBMITTED

1. Lipoprotein Targets-Roundtable Discussion [In press, *Journal of Clinical Lipidology*]
2. Enhancing the Value of PCSK9 Monoclonal Antibodies in Selected Patient Groups (Submitted to *Journal of Clinical Lipidology*)
3. Dental Disease and Cardiovascular Health [Submitted to *JACC*]
4. Beyond Pharmacotherapy: Lifestyle Interventions for Secondary Prevention [Submitted to *JAMACardiology*]
5. Diet and Erectile Dysfunction
6. Dietary Protein and Cardiovascular Health

ABSTRACTS

1. **Aspry, KE** and Amsterdam, EA. Exercise electrocardiography in women: Improved positive predictive accuracy by consideration of age and exercise response. [Abstract] *JACC* 1996; 27(2):26A.
2. **Aspry, KE**, T. Paglieroni, R. Gosselin, C. T. Kappagoda, and T. Wun. Effects of post-menopausal hormone replacement therapy on ex-vivo platelet activation and aggregation. [Abstract] *Journal of Investigative Medicine* 1999 Vol. 47, No. 2, p. 45A.
3. **Aspry, KE** and Campbell, J. Simple programming of the GE-Centricity EMR facilitates disease management of hyperlipidemia. [Abstract] *Journal of Clinical Lipidology*, Vol. 2, No.3. May/June 2008.
4. Crawford, A, Dunsiger, S, Breault, C, Stabile, L, Wu, H and **Aspry, K**. Weight loss goal-setting improves cardioprotective diet scores in overweight cardiac rehabilitation patients [Abstract] Brown University Department of Medicine, 2015 Research Symposium, June 2015.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

1. Feb 2015 ACC.org Web Content | Clinical Topics Section | Prevention Article Review
“The Current and Potential Capacity for Cardiac Rehabilitation in the U.S.,”
Reviewed by: Karen E. Aspry, MD, MS, FACC - American College of Cardiology, Prevention Section, available at http://www.acc.org/latest-in-cardiology/articles/2015/02/06/08/05/the-current-and-potential-capacity-for-cardiac-rehab-in-the-us?w_nav=TI
2. Feb 2015 ACC.org Web Content | Clinical Topics Section | Prevention Article Review
“The Utility of a smartphone app to enhance the learning and behavior goals of traditional cardiac rehabilitation,” Reviewed by: Karen E. Aspry, MD, MS, FACC - American College of Cardiology, Prevention Section, available at: http://www.acc.org/latest-in-cardiology/articles/2015/02/06/08/13/utility-and-efficacy-of-a-smartphone-app-to-enhance-the-learning-and-behavior-goals-of-traditional-cardiac-rehab?w_nav=TI
3. Jan 2016 ACC.org Web Content | Clinical Topics Section | Prevention Case and Quiz
“Diet Change to Reduce Residual Risk After Myocardial Infarction” **Karen E. Aspry, MD, MS, FACC; Penny M. Kris-Etherton, Ph.D**, Available at: http://www.acc.org/educationand-meetings/patient-case-quizzes/diet-change-to-reduce-residual-risk-after-myocardial-infarction?w_nav=TI
4. Jan 2016 ACC.org Web Content | Clinical Topics Section | Prevention Expert Opinion Article
“Translating the ACC/AHA Lifestyle Management Guideline Into Practice: Advice For Cardiologists From Experts in Nutrition, Behavioral Medicine and Cardiology” **Jennifer Claudia Fleming, NP, AACC; Karen E. Aspry, MD, MS, FACC; Ken Resnicow, PHD; Penny M. Kris-Etherton, Ph.D**. Available at: http://www.acc.org/latest-in-cardiology/articles/2015/12/31/10/12/translating-the-acc-aha-lifestyle-management-guideline-into-practice?w_nav=Tab

INVITED PRESENTATIONS—NATIONAL

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| May 2011 | National Lipid Association, Annual Scientific Session, New York City,
Lipid Clinic Operations Workshop Presenter: “Closing the Quality Gap in Lipid Treatment and Prevention: Applying Disease Management and the Chronic Care Model” |
| July 2013 | National Lipid Association, Workshop on Health IT and LDL Goal Attainment, |

Amelia Island, FL “Health IT Tools for Improving Lipid Medication Adherence and LDL Goal Attainment in Clinical Practice: A Systematic Review”

- Sept 2013 National Lipid Association, Fall Clinical Update Meeting, Baltimore MD: “Collaborative Care To Improve LDL-Goal Attainment in Practice: Implications for Population Management”
- May 2016 National Lipid Association, Annual Scientific Session, New Orleans, LA. Breakout Session: “HIV and Dyslipidemia: Reducing Residual ASCVD Risk in HIV”
- May 2016 Journal of Clinical Lipidology Roundtable Discussion, New Orleans, LA. “Managing Lipid Disorders in Patients with HIV”
- Feb 2017 National Lipid Association, Spring Clinical Lipid Update Meeting, Phoenix, AZ. “Treatment of Dyslipidemia to Reduce Cardiovascular Risk in HIV”
- Mar 2018 American College of Cardiology Annual Sessions, Orlando, FL. Panelist and Participant: “Eat This, Not That: Reducing Cardiovascular Risk through Food and Nutrition: Diet Education Tools and Strategies in 2018”
- Sept 2018 National Lipid Association, Fall Clinical Lipid Update Meeting, Nashville, TN. “Targeting LDL: Is it Absolute LDL, % LDL Reduction, Both or Neither?”
- Nov 2018 American Heart Association Annual Scientific Sessions, Chicago, IL “Building a Multi-disciplinary Clinic and Care Model to Improve Detection and Treatment of Familial Hypercholesterolemia”
- Nov 2018 American Heart Association Annual Scientific Sessions, Chicago, IL “Developing Competency-Based Medical Nutrition Education and Training to Advance ASCVD Prevention by Physicians: Leveraging Curricular Reforms, Population Health Goals and NHLBI Partnership
- March 2019 American College of Cardiology, Annual Scientific Session, New Orleans, LA. “Using m-Health Technology to Improve Utilization of Cardiac Rehabilitation.”

INVITED PRESENTATIONS—REGIONAL AND LOCAL

- Oct 1994 U.C. Davis Medical Center, Division of Cardiovascular Medicine, Clinical Research Conference: Sacramento, CA “Predictive Accuracy of Exercise ECG in Women: Effect of Age and Exercise Response”
- Feb 1995 U.C. Davis Medical Center, Center for Medical/Nursing Education, Women’s Health Update, Sacramento, CA “Coronary Heart Disease Risk Factors in Women”
- Feb 1996 Sutter-Roseville Hospital, Cardiac Care Seminar, Auburn, CA: “Coronary Heart Disease in Women: Influence of Risk Factors”
- Jan 1999 American Federation for Medical Research, Western Regional Conference, Carmel, CA: “Effects of Hormone Replacement Therapy on Ex-Vivo Platelet Activation & Aggregation”
- June 2001 Kaiser Permanente Medical Center, Medical Grand Rounds, Vallejo CA

“Coronary Heart Disease in Women: Review and Update”

- April 2002 Kaiser Permanente Medical Center, Medical Grand Rounds, Vallejo CA
“Current Management of Hyperlipidemia: Implementation of the NCEP-ATP III Guidelines”
- April 2003 University of California Davis Medical Center, Division of Cardiovascular Medicine,
Cardiology for the Primary Care Physician Annual Conference: “Update on Coronary
Heart Disease in Women: More Similarities Than Differences”
- Feb 2004 University of California Davis Medical Center, Division of Cardiovascular Medicine,
Clinical Conference: “Update on Coronary Heart Disease in Women:
Optimizing Recognition & Treatment in 2004”
- May 2004 Kaiser Permanente Medical Center, Medicine Grand Rounds, Vallejo CA
“Cholesterol Management in 2004 - Identifying and Treating the High Risk Patient to New Targets”
- June 2004 Kaiser Permanente Medical Center, Department of Obstetrics & Gynecology Clinical
Conference, Vallejo CA “Cardiovascular Disease Prevention in Women, including New Guidelines”
- Oct 2004 Kaiser Permanente Northern/Southern California, Live Videoconference Series, Oakland CA
Co-organizer and Panel Discussant: “Dietary Approaches to Cardiovascular Risk Reduction”
- Oct 2004 Kaiser Permanente Medical Center, Hospital Based Physicians’ Conference, Vallejo CA
“Update on Coronary Heart Disease in Women: Improving Outcomes in 2004”
- Mar 2005 University of California Davis Medical Center, Division of Cardiovascular Medicine,
Cardiology for the Primary Care Physician Annual Conference, Sacramento, CA
“Improving Coronary Heart Disease Outcomes in Women in 2005”
- Mar 2005 RI Hospital, Division of Cardiovascular Medicine, Cardiology Grand Rounds, Providence RI
“Lipid Management in the High Risk Patient in 2005: Update on Intensive LDL Lowering
and Emerging Therapies for HDL Raising”
- Nov 2005 Memorial Hospital of Rhode Island, Internal Medicine Grand Rounds, Pawtucket RI
“Lipid Management Update 2005: Finding the High Risk Patient and Treating to New Targets”
- Feb 2006 Rhode Island Hospital and The Miriam Hospital, Department of Medicine Grand
Rounds, Providence RI “Lipid Management in 2006: A Bench to Bedside Update for
Clinicians”
- Sept 2006 American College of Cardiology-Rhode Island Chapter - 5th Annual Cardiology for the Primary
Care Provider Symposium, Providence RI “Are There Gender-Specific CHD Risk Factors?”
- Nov 2006 Memorial Hospital of RI, Department of Family Medicine Grand Rounds, Pawtucket RI
“Coronary Heart Disease in Women: 2006 Update”
- Sept 2008 American College of Cardiology-Rhode Island Chapter - 7th Annual Cardiology for the Primary
Care Provider Symposium, Providence RI “Using Combination Niacin-Statins Therapy To
Reduce Residual CHD Risk: What is the Evidence?”

- May 2009 Memorial Hospital of RI, Department of Family Medicine Grand Rounds, Pawtucket RI
“Update on Coronary Heart Disease in Women: Where Are We in 2009?”
- June 2009 National Lipid Association-Northeast Lipid Association Conference, Boston, MA,
Workshop Presenter: “Complex Lipid Management in HIV Disease”
- Sept 2009 American College of Cardiology-Rhode Island Chapter - 8th Annual Cardiology for the Primary
Care Provider Symposium, Providence RI “Primary Prevention of Coronary Disease: A Close-
Up View of JUPITER and the Role of hsCRP as a Therapeutic Target”
- Sept 2010 American College of Cardiology-Rhode Island Chapter - 9th Annual Cardiology for the Primary
Care Provider Symposium, Providence RI “Update on Diabetic Dyslipidemia: Who Should Be
Treated With Combination Statin-Fibrate Therapy after ACCORD?”
- Sept 2011 American College of Cardiology-Rhode Island Chapter—10th Annual Cardiology for the
Primary Care Provider Symposium, Providence RI “Cardiovascular Disease Prevention in
Women: A Paradigm Shift in Risk Assessment from the 2011 Guideline Update”
- Sept 2011 Memorial Hospital of Rhode Island, Pawtucket RI—3rd Annual Stroke Conference:
“Statins and Stroke Prevention: What is the Evidence?”
- Sept 2012 American College of Cardiology-Rhode Island Chapter—11th Annual Cardiology for the
Primary Care Provider Symposium, Providence RI: “Statins for Cardiovascular Disease
Prevention in Women: Review of the Evidence”
- Oct 2013 American College of Cardiology-Rhode Island Chapter—12th Annual Cardiology for the
Primary Care Provider Symposium, Providence RI “On the Cusp of a New Lipid
Treatment Guideline and How It May Change Cardiovascular Risk Reduction In Practice”
- Feb 2014 Newport Hospital, Medicine Grand Rounds, Newport, RI. “Update on Cholesterol
Management and Cardiovascular Risk Assessment: Review of the 2013 ACC/AHA
Guideline”
- Feb 2014 Health Centric Advisors, Cardiac Communities Coalition Webinar, Providence RI
“Update on Cholesterol Management and Cardiovascular Risk Assessment: Review of
the New ACC/AHA Cholesterol Treatment Guideline”
- April 2014 Rhode Island Hospital, Medicine Grand Rounds Panel Discussant, Providence RI –
“Update on Cholesterol Management: Review of the ACC/AHA Cholesterol Treatment
Guideline”
- Oct 2015 Women’s Health Council of RI, Brown University Office of CME, Providence RI.
“Medical Therapies for Optimizing Cardiovascular Health in Women: Improving Individual
and Population Outcomes”
- May 2018 American College of Cardiology-Rhode Island Chapter—Cardiology by the Cardiovascular
Team Symposia, “Update on the Treatment of Lipoprotein Disorders to Reduce ASCVD Risk”

RESEARCH AND GRANTS

- 1981-82 National Research Service Award AM07291-03 0011
Role: Graduate student – Master’s Program
Focus: Basic science research focused on the effects of dietary components on hepatic cytochrome P450 metabolism
- 1997-1998 Dean’s Medical Scholar Research Grant, U.C. Davis School of Medicine
Role: Co-PI
Focus: Clinical research focused on the effects of post-menopausal hormone replacement therapy on ex-vivo platelet activation and aggregation
- 2014-15 Factors associated with enrollment/non-enrollment in cardiac rehabilitation and relationship to outcomes
PI: Hank Wu, MD Role: Co-investigator
Project #1: Predictors of improvement in diet quality during cardiac rehabilitation
- 2016 A Double-Blind, Placebo-Controlled Phase 3 Study of Volanesorsen (an APO-C3 inhibitor) Administered to Patients with Severe Hypertriglyceridemia (COMPASS)
Sponsor: IONIS Role: Site PI Status: Closed
- 2017 A Randomized Double-blind Placebo-Controlled Dose Ranging Phase 2 Study
ISIS 681257 – A novel Apo(a) Inhibitor - in Individuals with Hyper-Lipoprotein(a) and Established CVD
Sponsor: AKCEA/IONIS Role: Site PI Status: Closed
- 2017 Getting to an Improved Understanding of LDL-C and Dyslipidemia Management (GOULD):
A Registry of High Cardiovascular Risk Subjects in the U.S.
Sponsor: AMGEN Role: Site PI Status: Closed, Ongoing
- 2018 A randomized Double-blind Placebo-controlled Dose-ranging Phase 2 study of
ISIS 678354 (an Apo-CIII inhibitor) Administered Subcutaneously to Patients with
Hypertriglyceridemia and Established Cardiovascular Disease
Sponsor: AKCEA/IONIS Role: Site PI Status: Active
- 2018 A randomized Double-blind Placebo-Controlled study to Assess the Effects of Bempedoic Acid
On the Occurrence of Major Cardiovascular Events in Patients with or at High Risk For
Cardiovascular Disease who are Statin Intolerant
Sponsor: ESPERION Role: Site PI Status: IRB Approved, Active

TEACHING ACTIVITIES

2005 - 2013	Brown Medicine - MHRI Resident Teaching	
	Teaching Administrative Activities	2005 - 2009
	- Co-organizer of Cardiology Noon Conference Series, Joint VAMC/MHRI Cardiology Elective, and Cardiology Morning Report	
	- Co-writer of CCU and CPU resident teaching policies	
	- Co-developer of CCU Problem-Based Learning Tutorials	
	Faculty Leader, Board Review Session	2006 - 2008
	Faculty Preceptor, OSCE Cardiac Physical Diagnosis Exam	2006 - 2007
	Attending, CCU (1 to 3 months yearly)	2006 - 2009
	Attending, Chest Pain Unit (1 hour per week)	2007 - 2009
	Attending, Cardiology Elective (1 month)	2008 - 2009
	Faculty Lecturer, Medicine Noon Conference Series	
	- Lipid Management: Focus on LDL-C Lowering	2005
	- Epidemiology & Prevention of Coronary Heart Disease	2006, 2008, 2010, 2012, 2013
	- EKG Signal Generation, Lead Systems & Interpretation	2006
	- Valvular Heart Disease: Diagnosis and Management	2007, 2008, 2009, 2011
	- CHD Prevention: Lipid Disorders	2009
	- Ischemic Heart Disease in Women	2011, 2013
2006 –	Brown Alpert Medical School Teaching Activities	
	Faculty Lecturer, MS II Cardiovascular Pathophysiology Course	2006-11, 2016-2018
	Faculty Lecturer, Pre-Clinical Elective – Diet + Health	2018
	Faculty Moderator, MSII CV Pathophysiology Group Sessions	2006-08, 2011, 2015, 2018
	Faculty Leader, IM Clerkship (MHRI), Problem-Based Learning	2006
	Faculty Preceptor, Internal Medicine Clerkship (MHRI)	2008
	Faculty Mentor, MS I Doctoring Program	2014, 2015
2009 –	Brown Medicine - Fellowship Teaching	
	Attending, Cardiology Consult Service, RIH (4-6 weeks yearly)	2009 - Present
	Attending Preceptor, CV Fellows Clinic (0-2 sessions/month)	2009 - Present
	Faculty Lecturer, CV Fellows Lecture Series (1-2 lectures yearly)	2010 - Present
	Attending Preceptor, CV Fellows Journal Club (1-3x/year)	2012 - Present
	Attending, CCU and Consult Service, TMH (2-4 weeks yearly)	2016 - Present
	Attending, CV Lipid Clinic (0-4 x/month), Endocrinology Fellows	2017 – Present
2009 –	Brown Medicine – RIH Resident Teaching	
	Attending, ICCU (3-4 weeks yearly)	2009 - 2012
	Attending, Cardiology Consult Service (4-6 weeks yearly)	2009 – Present
	Preceptor, 2nd Site Clinic, Lifespan CVI Cardiology Clinics	2013, 2015-18
	--- Allison Crawford MD	
	--- Jason Leventhal MD	
	Lecturer, Noon Conference, Epidemiology & Prevention of CAD	2014
	Preceptor, Lipid/Prevention Clinic, Resident Cardiology Elective	2015, 2018-19

OUTREACH, VOLUNTEER AND MEDIA ACTIVITIES

- 1985 - 86 Veterans Affairs Medical Center, Martinez, CA. Volunteer Research Associate
- Nov 2003 American Association of University Women, Kaiser Permanente Medical Center: "Coronary Heart Disease in Women: Recognizing Symptoms and Reducing Risk"
- Feb 2005 "Improving CHD Outcomes in Women: Misperceptions giving way to awareness," In *Vital Lines*, a Kaiser Permanente regional newsletter
- 2007-09 Memorial Hospital of RI, Community Outreach Seminar, Organizer and Lecturer, "How to Prevent a Heart Attack—Reducing Your Risk Through Diet, Lifestyle, Symptom Recognition and Screening"
- Feb 2011 R.I. Latino Public Radio "Nuestra Salud" Talk Show Guest, Topic: "Heart Disease Prevention"
- Feb 2011 Lifespan Cardiac Rehabilitation Program, Family Night Lecturer, "Diet Changes to Reduce Coronary Heart Disease Risk"
- June 2012 Providence Journal / Commentary "Statin benefits for women at risk," Karen E. Aspry
- Jan 2013 Lifespan Employee Health and Wellness Series: "Reducing Coronary Heart Disease Risk From Abnormal Blood Cholesterol—What Do We Know in 2013?"
- Feb 2013 AHA and Cumulus Media Radio Interview, Topic: "Heart Disease in Women"
- June 2013 Lifespan Cardiac Rehabilitation Program, Family Night Lecturer, "Reducing Heart Disease Risk from Abnormal Cholesterol"
- Nov 2013 Lifespan web content, "Understanding the new cholesterol treatment guideline," Available at: <http://www.cardiac.lifespan.org/Newsroom/News.aspx?NewsId=63974>
- Feb 2014 Providence Journal / Commentary, "Combat heart disease with shared decisions about statins," Karen E. Aspry and Charles B Eaton
- Feb 2014 AHA-Sponsored Guest Lecturer/Go Red For Women, CVS IT Contractor, Woonsocket RI: "Cardiovascular Disease in Women: Recognizing Symptoms and Reducing Risk"
- Feb 2014 WJAR Channel 10 'Health Check' Segment - Topic: "Familial Hypercholesterolemia"
- Sept 2014 Joint AHA, NLA and Lifespan CVI Cholesterol Screening and Outreach, Woonsocket, RI
- Feb 2015 Media interviews (WPRO talk radio, ABC-6 TV): US dietary guideline cholesterol changes
- Feb 2015 Lifespan web content, "Lowering your risk of cardiovascular disease," at: <http://www.cardiac.lifespan.org/services/cardiac-fitness/lowering-your-risk-of-cardiovascular-disease.html>

- Sept 2015 AHA-Sponsored Lecture, Amgen Employee Wellness Program, "Reducing Heart Disease and Stroke Risk with Life's Simple 7"
- Nov 2015 Lifespan Sponsored Presentation to Donors, CVI Cardiovascular Disease Prevention Programs
- Feb 2016 Lifespan Employee Health and Wellness Series, "Improving Heart Health: The Science Behind the American Heart Association's Life's Simple 7"
- Feb 2016 AHA-Sponsored Lecture, Hasbro Employee Wellness Program, "Improving Heart Health: The Science Behind the American Heart Association's Life's Simple 7"
- Feb 2018 AHA-Sponsored Radio Interview (Country Radio 98.1): Go Red for Women Awareness
- Feb 2018 Living - A Lifespan Blog "What is Cholesterol? 4 Things to Know About Your Numbers" by Karen Aspry, MD (CVI)
<https://www.lifespan.org/news-events/lifespan-blog/what-cholesterol-4-things-know-about-yournumbers>
- Mar 2018 WJAR Channel 10 'Health Check' Segment - Topic: "Intensive Cardiac Rehabilitation"
- Dec 2018 WJAR Channel 10 'Health Check' Segment - Topic: "New 2018 Cholesterol Guidelines"