

Mary Margaret Flynn, PhD, RD, LDN

PERSONAL INFORMATION

Business address: The Miriam Hospital
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EDUCATION

University of Rhode Island, Kingston, Rhode Island. Nutrition. BS 1978
University of Maryland, College Park, Maryland. Nutrition. MS 1984
University of Rhode Island, Kingston, Rhode Island. Nutrition. PhD 1994

POSTGRADUATE HONORS AND AWARDS

Dean's Teaching Excellence Award 2005
Bank of America Local Hero Award for Volunteer Work at Food Pantries 2007
Rhode Island Dietetic Association – 24 Carat Award 2010 for Raising the Bar on Nutrition

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

Dietitian 1984
Nutritionist 1994

ACADEMIC APPOINTMENTS

Assistant Professor of Medicine, Research, Brown University, 3-96 to 4-10
Assistant Professor of Medicine, Clinical, Brown University, 5-10 to 6-12
Associate Professor of Medicine, Clinical, Brown University, 7-12 to present

HOSPITAL APPOINTMENTS

Men's Health Center Outpatient Dietitian, 2009 to present
Comprehensive Cancer Center Outpatient Dietitian, 2007 to present
Lifespan Outpatient Dietitian, 2001 to present
Supervisor and Chief Research Dietitian, The Miriam Hospital, 1984 to present

OTHER APPOINTMENTS

American Cancer Society Medical Advisory Network Member, 6/10
RI Foundation Grant Review 2007
Board member, Rhode Island Community Food Bank, 12/05 to present
Secretary 2009 to present
Nutritionist, Cranston Community Action Agency, 3/80-8/81
Food Specialist, Rhode Island Seafood Council, 7/79-3/80
Outreach Worker, South County Community Action, 5/79-7/79
Peace Corps Volunteer, Ecuador, South America 7/78-3/79

HOSPITAL COMMITTEES

Cancer Control Committee, 2009 to present

UNIVERSITY COMMITTEES

Nutrition Theme Committee, Brown University 1999 (Chair, 2004 to present)

MEMBERSHIP IN SOCIETIES

The American Dietetic Association, 1984

PUBLICATIONS

1. Thompson, P.D., Cullinane, E.M., Sady, S.P., **Flynn, M.M.**, Bernier, D.N., Kantor, M.A., Saritelli, A.L., Herbert, P.N.: Modest changes in high-density lipoprotein concentration and metabolism with prolonged exercise training. *Circulation* 1988. 78:25
2. Niaura, R., Herbert, P.N., Saritelli, A.L., Goldstein, M.G., **Flynn, M.M.**, Follick, M.J., Gorkin, L., and Ahern, D.K. Lipid and lipoprotein responses to episodic occupational and academic stress. *Arch. Intern. Med.* 1991.151:2172
3. Thompson, P.D., Cullinane, E.M., Sady, S.P., **Flynn, M.M.**, Chenevert, C.B., Herbert, P.N. High Density Lipoprotein Metabolism in Endurance Athletes and Sedentary Men. *Circulation* 1991. 84:140.
4. Thompson PD, Yurgalevitch SM, **Flynn MM**, et al. Effect of prolonged exercise training without weight loss on high- density lipoprotein metabolism in overweight men. *Metabolism.* 1997.46:217-23.
5. Zmuda, J.M., Yurgalevitch, S.M., **Flynn, M.M.**, Bausserman, L.L., Saratelli, A., Spannaus-Martin, D.J., Herbert, P.N., Thompson, P.D. Exercise training has little effect on HDL levels and metabolism in men with initially low HDL cholesterol. *Atherosclerosis* 1998. 137:215-21.
6. Dong, K.L., Bausserman, L.L, **Flynn, M.M.**, Dickinson, B.P., Flanigan, T.P., Milano, M.D., Tashima, K.T., Carpenter, C.C.J. Changes in body habitus and serum lipid abnormalities in HIV-Positive women on highly active antiretroviral therapy (HAART). *JAIDS* 1999. 21:1107.
7. Vigilante, K.C., **Flynn, M.M.**, Affleck, P.A., Stunkel, J.C., Merriman, N.A., Flanigan, T.P., Rich, J.D., Primary Care, Peer Counseling, and Discharge Planning Reduce Recidivism of Incarcerated Women. *J Women's Health* 1999. 8:409-15.
8. **Flynn, M.M.**, Zmuda, J.M., Milosavljevic, D. Caldwell, M.J., Herbert, P.N. Lipoprotein response to a National Cholesterol Education Program Step II diet with and without energy restriction. *Metabolism* 1999. 48: 822-6.
9. Vigilante, K., **Flynn, M.M.** From Atkins to Zone: The truth about high-fat, high-protein diets for weight loss. *Medicine and Health, Rhode Island* 2000. 83: 337-338
10. Mahajan, A. P., Tashima, K. T., Bausserman, L.L. **Flynn, M. M.**, Carpenter, C.C. J. Plateau in body habitus changes and serum lipid abnormalities in HIV-Positive Women on

Highly Active Antiretroviral Therapy: a 3.5 – year study. JAIDS 2001. 28:332-335.

11. **Flynn, M. M.**, Sciamanna, C.N., Vigilante, K.V. Inadequate physician knowledge of the effects of diet on blood lipids and lipoproteins. Nutrition Journal 2003. 2:19.
12. **Flynn, M. M.**, Reinert, S. E. Comparing an olive oil enriched diet to a standard lower fat diet for weight loss in breast cancer survivors: a pilot study. J Women's Health 2010; 19:1-7.
13. **Flynn, M. M.** , Schiff, A. Food insecurity is decreased by adopting a plant-based, olive oil diet. J Hunger & Environ Nutrition 2011; 6: 506-512.

OTHER PEER-REVIEWED PUBLICATIONS

1. Vigilante, K. C. and **Flynn, M.M.** The traditional Mediterranean Diet: The scientific basis for its health benefits. International Journal of Integrative Medicine, 2001. 3:32-36.

BOOKS AND BOOK CHAPTERS

1. **Flynn, M.M.** and Herbert, P.N. Effect of Lowering Dietary Fat on Health Status, Handbook of Low-Calorie Foods (A.M. Altshul, ed.) Marcel Dekker. 1993

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **Flynn, M.M.** Eating Well with HIV. A Curriculum for Operation Frontline. Share Our Strength 1996
2. Vigilante, K.V. and **Flynn, M.M.**. Low-fat Lies. Lifeline Press, 1999.
3. **Flynn, M.M.** and Barr, N.V. A Pink Ribbon Diet: A revolutionary new weight loss plan to lower your breast cancer risk. DaCapo Press, 2010.

ABSTRACTS

1. Thompson, P.D., Cullinane, E.M., Kantor, M.A., Sady, S.P.S., Burgess, M., **Flynn, M.M.**, Domagala, E., Bernier, D., Herbert, P.N.: Alterations in HDL metabolism after short-term exercise training. Clin. Res. 1985. 33: 232A.
2. Romm, P.A., **Flynn, M.M.**, Sady, S.P., Herbert, P.N. Response of hyperlipidemic patients to a fish-vegetarian diet is related to the baseline lipoprotein profile. J. Amer. Coll. Nutr 1987.6:437.
3. Herbert, P.N., **Flynn, M.M.**, Nugent, A.M., Peloquin, S.E., Pucci, M.J., Chenevert, C.B., Thompson P.D., and Sady, S.P. Caffeine does not affect lipoprotein metabolism. Clin.Res.1987.35:578A.
4. Herbert, P.N., **Flynn, M.M.**, Nugent, A.M., Peloquin, S.E., Pucci, M.J., Chenevert, C.B., Thompson, P.D., Sady, S.P. Efficacy of the American Heart Association Diets in Men with Coronary Heart Disease. Circulation 1987. 76:IV-292.

5. **Flynn, M.M.**, Sady, S.P., and Herbert, P.N. Rapid Identification of Responders to Lipid Lowering Diets in Clinical Practice. *Circulation* 1988. 76:II-74.
6. Terry, R.B., **Flynn, M.M.**, Yurgalevitch, S., Bausserman, L.B., Younkin, B., Terry, R.B., Herbert, P.N. Weight loss is not required to increase HDL-c with exercise training. *Circulation* 1992. 18:I-590.
7. Yurgalevitch, S., Terry, R.B., **Flynn, M.M.**, Bausserman, L. Zmuda, J.M., Herbert, P.N., Thompson, P.D. Exercise is equally effective in increasing HDL-c in men with high or low initial HDL-c. *Med. Sci. Sports Exerc.* 1992. 25 (suppl) 1068.
8. Dong, K.L., **Flynn, M.M.**, Dickinson, B.P., Rich, J.D., Tashima, K. Flanigan, T.P., Carpenter, C.C.J. Changes in body habitus in HIV(+) women after initiation of protease inhibitor therapy. International AIDS Conference Presentation. Geneva, Switzerland. 1998.
9. Vigilante K, **Flynn M.** Inadequate physician knowledge of the effect of diet on blood lipids. *Circulation.* 1998. 98:3075.
10. **Flynn, M.** A Mediterranean diet may improve weight loss and weight loss maintenance. *The FASEB Journal* 2002. 16(4):301.4
11. **Flynn, M. M.** Comparison of weight loss with a National Cancer Institute diet and a plant-based olive oil diet in overweight women with invasive breast cancer. *Journal of Clinical Oncology.* 2007. 25 (18S):1532
12. **Flynn, MM**, Schiff, AR. A six week cooking program using a plant-based, olive oil diet improves the diet quality and food purchased by food pantry clients. *JADA* 2010; 110: (9) suppl:A-12.
13. **Flynn, MM**, Schiff, AR. Raising the Bar on Nutrition: a program to improve diet quality and food purchasing for food pantry clients. *JADA* 2010; 110: (9) suppl:A-91.
14. **Flynn, MM**, Mega A. Treating recurrent prostate cancer with a plant-based, olive oil diet. *JADA* 2010; 110: (9) suppl:A-12.

SCHOLARLY WORK PUBLISHED IN OTHER MEDIA

1. Guest Editor, *Absolute Advantage. The Workplace Wellness Magazine.* WELCOA. 2004. Vol. 3, Number 9
2. Common Sense Cooking. RI Community Food Bank. 2007.
<http://www.rifoodbank.org/matriarch/MultiPiecePage.asp> Q PageID E 90 A PageName E CommonSenseLandingPage

INVITED PRESENTATIONS

1. Presenter, Weight loss diets and the truth behind fad diets. South County Hospital Physicians, CME Program. January 25, 2002. Wakefield, RI.

2. Presenter, Weight loss and metabolic improvement with a Mediterranean diet in patients with heart disease. National Cardiovascular Health Conference, Washington, DC. April 2002.
3. Presenter, *A Mediterranean diet may improve weight loss and weight maintenance*. Experimental Biology. April 21, 2002. New Orleans, LA.
4. Presenter, *Health benefits of a Mediterranean diet and use for weight loss*. Clinical Laboratory Science Society of Central New England Annual Meeting. May 8, 2002. Providence, RI.
5. Presenter, *Beyond Calcium – Lifestyle risk factors for osteoporosis*. Lifespan Wellness Conference. March 29, 2003.
6. Presenter, *Health benefits of wine*. Brown University Staff Development Day. August 8, 2003
7. Presenter, *Osteoporosis. Beyond Calcium*. Rhode Island Blood Bankers Society. September 18, 2003. Providence, RI.
8. Presenter, *Diet for a Healthy Heart*. Mended Heart Society Meeting, December 2, 2003. Providence, RI.
9. Presenter, *Diet and Heart Disease*. Retired Navy Veterans. Southeast New England Meeting, March 16, 2004. Newport, RI.
10. Presenter, *Colorful Choices*. March Nutrition Month, Lifespan Hospitals, March 2004.
11. Presenter, *Weight loss with a Mediterranean diet*. Wellness Campaign kick-off. St Joseph's and Fatima Hospitals, RI. March 30 and 31, 2004.
12. Invited Lunch Speaker, *The health benefit of a Mediterranean diet*. Clinical Laboratory Science Society of Central New England, Annual Meeting. May 5, 2004. Providence, RI.
13. Presenter, *Beyond calcium – how lifestyle affects osteoporosis*. Clinical Laboratory Science Society of Central New England, Annual Meeting. May 5, 2004. Providence, RI.
14. Presenter, *Dieting Dilemmas – Atkins v South Beach v The Mediterranean diet*. Brown University Staff Development Day. June 15, 2004
15. Invited faculty member, Alumni College in Italy, Orvieto. Brown Alumni Travel Program. *Health Benefits of the Foods of Italy; The Health Benefits of Olive Oil; and The Health Benefits of Red Wine*. October 25 to 11.3.04.

16. Luncheon speaker, Clinical Laboratory Science Society of Central New England. *Health benefits of a Mediterranean diet*. May 12, 2005. Providence, RI.
17. Invited Speaker, *The Mediterranean diet – a model for health and weight management*. Women and Cardiovascular Disease, Newport RI. June 18, 2005
18. Invited faculty member, Alumni College in Italy, Pienza. Brown Alumni Travel Program. *Diet and Chronic Diseases; Health Benefits of the Foods of Italy; and Health Benefits of Olive Oil*.
19. Invited Speaker, *Olive Oil: A healthy lifestyle- naturally*. Brown University Parent's Weekend. October 15, 2005
20. Invited Speaker, Dr Elise M. Coletta Annual Lecture. *The Mediterranean diet: a model for healthy and weight management*. Rhode Island Medical Women's Association. October 27, 2005. Providence, RI
21. Oncology Grand Rounds, Lifespan. *Weight loss and breast cancer*. March 9, 2006.
22. Invited Speaker, The World Congress Leadership Summit on: Implementation and Cost Benefit of Work Place Weight Management Strategies. *Case Study: going Mediterranean with weight loss at the company cafeteria*. June 1, 2006. Chicago, IL.
23. Invited faculty member, Alumni College in Italy. Brown Alumni Travel Program. *Diet and Chronic Diseases; Health Benefits of the Foods of Italy; and Health Benefits of Olive Oil*.
24. Invited faculty member, Alumni College in Greece, Athens and Poros. Brown Alumni Travel Program. *The Mediterranean diet; Health Benefits of Wine; and Health Benefits of Olive Oil*.
25. Invited Speaker for Florida Dietetic Annual Convention July 2009. *Diet and Breast Cancer*. Naples, FL
26. Keynote Speaker Lifespan Women's Wellness Workshop. September 26, 2009
27. Invited Speaker for Florida Dietetic Annual Symposium. July 19, 2011. *The Health Benefits of Red Wine*. Weston, FL.
28. Keynote Speaker South County Hospital Women's Wellness Day. October 29, 2011.

GRANTS

1. Comparing a plant based olive oil diet to a conventional diet in women diagnosed with invasive breast cancer after the age of 50 for improvement in biomarkers and weight loss. Susan G. Komen Breast Cancer Foundation, \$248 772, 5.1.04 to 4.30.08, PI: Mary M.

Flynn, PhD, RD, LDN

2. Comparison of a Mediterranean diet with a conventional diet for metabolic improvement in patients with type 2 diabetes. Lifespan Development Grant, \$19 400, 7.1.01 to 12.31.03, PI: Mary M. Flynn, PhD, RD, LDN
3. Comparison of a Mediterranean diet with a NCEP Step II diet for weight loss and metabolic improvement. Rhode Island Foundation, \$10, 000, 1.1.01 to 11.1.02, PI: Mary M. Flynn, PhD, RD, LDN

UNIVERSITY TEACHING ROLES

Brown Undergraduate Students

Principles of Nutrition, BI003, 1998 to present

I developed the curriculum for a basic nutrition course that is for a general science elective for undergraduates at Brown University. The course material covers basic nutrition, plus I include practical information so the students will learn how to eat a healthy diet. I also added sections at the end of the semester on Weight Management; Sports Nutrition; Phytonutrients and health; Diet and Chronic Diseases. These sections are designed to give the students the materials needed to improve their future health through diet and weight management. I annually revise the lectures so that the material includes the current literature.

Lecture 3 hours weekly for 14 weeks to 100 undergraduate students

42 hours/year+ 28 hours/year curriculum preparation = 70 hours/year.

Principles of Nutrition, BI003 section, 2005

I developed the curriculum for a section for students in Principles of Nutrition that wanted the course to count for concentration credit. This course follows the syllabus for nutrition course with additional readings for each topic; students were also responsible for a topic paper.

Diet and Chronic Disease, BI86, 2002 to present

I developed the curriculum for this course at the request of the Biomed department. Students were requesting additional courses in nutrition. This course is a seminar course that involves weekly readings that are discussed in class. Students have to complete BI 3 to take this course. I present to the students the current literature on the relationship of diet to body weight, type 2 diabetes, heart disease and lipid disorders, cancer, in general, breast and prostate cancer and osteoporosis. The material for this course is constantly revised before and during the semester as I include the most current literature.

Lecture 3 hours weekly lecture for 14 weeks to 20 undergraduate students

42 hours/year + 56 hours/year curriculum preparation = 98 hours/year

Nutrition for Fitness and Physical Activity, 2011

I developed the curriculum for this course at the request of the Biomed department. I was asked to add another nutrition course; I felt there was a need for a nutrition course that was not specifically medically based. The Nutrition for Fitness course is designed for under-

graduates who are both science and non-science majors. It is particularly useful for student athletes. The course covers the role of nutrition in physical activity for both the athlete and the older person in need of lifestyle improvement. The course is purposely practical with the student assignments are to train someone for a marathon and provide a program for a middle-aged, out of shape individual; both assignments involve diet and physical activity prescriptions. There is also a course paper.

Lecture 2.5 hours weekly for 14 weeks to 20 undergraduate students
35 hours/year+42 hours preparation = 77 hours/ year.

Advising, 1998 to present

I have served as primary advisor for 25 senior honors program undergraduates since 1998. This has required a minimum of 70 hours/year if 1 student per semester and additional time if I have more students. My role is to help the student define their thesis, learn to do research, including a literature review and to present their results in either a presentation or poster-form.

Brown Medical Students

Affinity Group Leader, Preventive Medicine, 9/96 to 5/00 for 6 medical students

Nutritional Pathophysiology Group Leader, Bio-Med 351, 12/93 to 2010. I was the nutrition group leader with a physician for the 5 sessions per year of medical student small groups that are part of the nutritional pathophysiology section. My role was to assist the students in learning the nutrition piece to case studies.

Fall: SFM Section: Popular Diet lecture: 2006 to present. I co-teach this lecture with another dietitian and a physician. My talk involves learning to identify a fad diet, what diets are currently available and what has the research shown for efficacy of various weight loss diets. This lecture is annually revised, based on recent publications.

Present 1.5 hours lecture to medical students
1.5 hours/year+1 hour preparation = 2.5 hours/ year

Spring: IMS Section: Nutrient Processing lecture ; 2008 to present.

I was asked to develop this lecture by the physician who oversees this section. The lecture covers the metabolic and nutrition implications for eating various foods that contain the major nutrients, vitamins and minerals. The goal is to teach the medical students that what you eat has health implications and what foods would best improve their and their patients health.

Present 1 hour lecture to medical students
1 hour/year+2 hours preparation = 3 hours/ year.