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10-22-2018

NAME

Anthony F. Firek, MS, MD

Riverside University Medical System Medical Center (RUHS) 26250 Cactus Avenue Moreno Valley, CA 92555

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POSITION TITLE

Clinical Research Scientist CECORC Attending Endocrinologist RUHS

Associate Clinical Professor University of California Riverside School of Medicine

Assistant Professor of Medicine Loma Linda University School of Medicine

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
University of Southern California, CA	B.A.	1977	Chemistry (Summa cum laude)
University of Hawaii School of Med, HI	M.S.	1984	Pharmacology
University of Hawaii School of Med, HI	M.D.	1984	
Loma Linda University Medical	Internal Medicine	1984-1987	Resident Internal
Center, Loma Linda, CA		1987-1990	Medicine
Mayo Clinic, Rochester, MN Division of Endocrinology and Metabolism, Department of Medicine	Endocrinology		Fellowship

Academic Positions

1988-1989 Mayo Foundation Research Fellow in Endocrinology, Endocrine Research Unit Division of Endocrinology and Metabolism, Mayo Clinic and Foundation, Rochester, MN



1988-1989	Instructor in Medicine, Mayo School of Medicine, Mayo Clinic and Foundation, Rochester, M
1989-1990	NIH Research Fellow in Endocrinology, Endocrine Research Unit, Mayo Clinic and Foundation Rochester, MN (NIH Training Grant
2002-2005	Director-Clinical Pharmacology Instruction, LLU School of Medicine
1990- present	Assistant Professor of Medicine, Loma Linda University School of Medicine, Loma Linda CA
2010- 2018	Director Clinical Research- Riverside County Regional Medical Center- Moreno Valley CA
2013-2018	Lead Endocrinologist- National Transgender Team Veterans Administration
2017-present	Associate Clinical Professor Medicine, UCR School of Medicine

Research Positions

2006-2008	Interim Clinical Director Musculoskeletal Disease Center, JL Pettis VAMC Loma Linda, CA
2005-2006	Director, Osteoporosis Research Group (ORC) JL Pettis VAMC
2006-2008	Medical Director, Clinical Research Group (CRG) JL Pettis VAMC
2007-present	Director, DREAM Team – Diabetes Research Education and Research, JL Pettis VAMC

Administrative Positions

2013-present	VA National Transgender Team – Lead SCAN-ECHO
2012-present	Chief Endocrinology and Diabetes, Loma Linda VA Medical Center
2011-present	Chairman, IRB, Riverside County Regional Medical Center, Moreno Valley, CA
2010-present	Group leader, Diabetes Improvement Sub Committee, VA Guidelines
2010-present	Endocrine Advisor, VA Transgender Clinic
2006-present	Member, Research and Development Committee, JL Pettis VAMC, Loma Linda CA

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2007-2010	Member, Research Committee, Loma Linda University Medical Center, Loma Linda, CA	
2000-2005	Chairman, P and T Committee, JL Pettis VAMC, Loma Linda, CA	
1998-2002	Member, Human Studies Committee, JL Pettis VAMC, Loma Linda, CA	
Educational A	Activities	
1990-present	LLUMC- Internal Medicine residency program- Providing clinical and didactic education to all levels of residents in Endocrinology and Diabetes. Supervising inpatient and outpatient evaluation of patients with Endocrine and Diabetes	
1990-present	LLU School of Medicine- Providing instruction to medical students (level 3 and 4) in didactic and case centered topics of Endocrinology and Diabetes. Supervise and mentor students in the outpatient and inpatient evaluation of patients with Endocrine conditions and diabetes.	

Thomas Hader Biomedical Program, University of California at Riverside-UCLA School of Medicine, Riverside, CA- Developing educational material and providing lectures to both first and second year medical students in Endocrine- Diabetes physiology and pathophysiology.

2004-present American College of Physicians Invited Speaker. ACP Annual Review Course on Endocrinology and Diabetes.

2008-present JL Pettis VAMC-Internal Medicine Academic Ward Attending. Supervising the inpatient evaluation and management of General Medicine Ward patients with the Internal Medicine Residents and Medical Students on a rotating basis for 4 weeks per year. 2009-2011 JL Pettis VAMC- LLU – Morning Report Mentor. Oversee the presentation and discussion of cases on a rotating basis presented in morning report by the Internal Medicine Residents

Certifications

1997-present

1988- American Board of Internal Medicine (ABIM) - Internal Medicine 1990- American Board of Internal Medicine ABIM- Endocrinology-Metabolism

Invited Lectures- 2008-2016 (Previous dates on request)

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- 1. March 12, 2008. "Incidentalomas and Strange Cases from Endocrinology." LLUMC Grand Rounds. Loma Linda, CA
- 2. April 4, 2008. "Osteoporosis- Old Bones or New Disease." Grand Rounds Balboa Naval Medical Center, San Diego CA
- 3. April 10, 2008. "Osteoporosis Update". Inland Empire Pharmacy Society, Ontario CA.
- 4. May 13, 2008. "Hypertension Update. Palm Springs Endocrine Club. Palm Springs, CA.
- 5. July, 10, 2008. "Long Term care Facility Diabetes Management Strategies". Pharmerica LTC Medical- Pharmacy Honolulu, HI.
- 6. July 10, 2008. "Advances in Diabetes Care and Outcomes. Hawaii Endocrine Club. Honolulu, HI
- 7. July 11, 2008. "Improving DM Outcome in Geriatric Patients and LTC facility Resident." Hawaii Geriatrics. Honolulu HI
- 8. August 6, 2008 "Improving Inpatient DM Care". Fountain Valley Medical Center. Fountain Valley CA.
- 9. August 28, 2008. "Healthy Hearts and Strong Pipes. Diabetes Care and the ABC's: 3rd Annual "Pathway to Heart Health" Conference. Morongo Valley, CA
- 10. February 11, 2009. " Update of Diabetes Management in LTCF" Hilo Hawaii
- 11. March 3, 2009. Grand Rounds Nellis Air Force Base, Las Vegas NV. "Osteoporosis Update
- 12. March 12, 2009. Healthy People Diabetes update. Eisenhower Medical Center, Rancho Mirage CA
- 13. March 25, 2009. Can you be Fat and Fit JL Pettis Grand Rounds? JL Pettis Memorial VAMC, Loma Linda CA
- 14. May 12, 2009. Exercise and fitness for Diabetes intervention. Riverside County Regional Medical Center Wide Grand Rounds, Moreno Valley, CA.
- 15. November 10, 2010. Endocrine Case Presentations Grand Rounds JL Pettis Memorial VAMC Loma Linda CA
- 16. November 10, 2010. Clinical Inertia and Impact on Clinical Practice Riverside County Regional Medical Center Wider Grand Rounds, Moreno Valley, CA
- 17. April 2, 2014. Diabetes V-DIGMA and Telemedicine solutions LLUMC VA Grand Rounds
- 18. June 26, 2014- Resetting our Goals for Cardiovascular Risk Reduction LLUMC Grand Rounds
- 19. July 12, 2014 Endocrine and Diabetes Board Review American College of Physicians Western region, West LA VA, CA
- 20. August 27, 2014 Revisiting the Low T Syndrome. Primary Care Grand Rounds JL Pettis VAMC, Loma Linda CA
- 21. March 4, 2015 Complex Endocrine Cases- Pheochromocytoma LLUMC Grand Rounds, Loma Linda, CA
- 22. July, 15, 2015 ACP Endocrinology Board Review, Redlands CA
- 23. September 9, 2015 Puzzling Cases in Endocrinology, LLUMC Internal Medicine Grand Rounds, Loma Linda CA
- 24. September 25, 2015 Translating What We Know About Diabetes into What We can Do. Diabetes Symposium, St. Bernardines Medical Center, San Bernardino CA

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- 25. September 28, 2015 A How to for Cross Sex Hormone Therapy for our Transgender Veterans Greater LA Veterans Medical Center, Los Angeles CA
- 26. January 19, 2016 Evaluation and Medical Treatment Guide for Transgender Veterans National VA Women's Health Education Forum

Publications

References- A.F.Firek, MS, MD

- 1. Yu MB, Guerra J, Firek A, Langridge WHR. Extracellular Vimentin Modulates Human Dendritic Cell Activation. Molecular Immunology 2018, Sep 28 (IN PRESS)
- 2. DeLeon M, Firek A et al Omega-3 polyunsaturated fatty acid supplementation ameliorates painful diabetic neuropathy symptoms and decreases elevated sphingosine levels in Mexican-Americans with type 2 diabetes. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy 2018, Sep12 (IN PRESS)
- Kaigle A, Sawan-Garcia R, Firek A. Approach to the provision of transgender health care in a veteran population. Ment Health Clin. 2018 Mar 26;7(4):176-180. doi: 10.9740/mhc.2017.07.176. eCollection 2017 Jul.
- 4. Salehi N, Firek A, Munir I. Pituitary Apoplexy Presenting as Ophthalmoplegia and Altered Level of Consciousness without Headache. Case Rep Endocrinol. 2018 May 9;2018:7124364.
- 5. Yu MB, Firek A, Langridge WHR. Predicting methotrexate resistance in rheumatoid arthritis patients. Inflammopharmacology. 2018 Jun;26(3):699-708.
- Firek AA, Perez MC, Gonda A, Lei L, Munir I, Simental AA, Carr FE, Becerra BJ, De Leon M, Khan S. Pathologic significance of a novel oncoprotein in thyroid cancer progression. Head Neck. 2017 Dec;39(12):2459-2469. Epub 2017 Oct 11.
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- Kim NS, Mbongue JC, Nicholas DA, Esebanmen GE, Unternaehrer JJ, Firek AF, Langridge WH. Chimeric Vaccine Stimulation of Human Dendritic Cell Indoleamine 2, 3-Dioxygenase Occurs via the Non-Canonical NF-κB Pathway. PLoS One. 2016 Feb 16;11(2):e0147509. doi: 10.1371/journal.pone.0147509. eCollection 2016. PubMed PMID: 26881431; PubMed Central PMCID: PMC4755608.

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- Nicholas DA, Salto LM, Boston AM, Kim NS, Larios M, Beeson WL, Firek AF, Casiano CA, Langridge WH, Cordero-MacIntyre Z, De Leon M. Identification of Anti-Long Chain Saturated Fatty Acid IgG Antibodies in Serum of Patients with Type 2 Diabetes. Mediators Inflamm. 2015;2015:196297. doi: 10.1155/2015/196297. Epub 2015 Nov 8. PubMed PMID: 26633920; PubMed Central PMCID: PMC4655071.
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- Mujumdar PP, Duerksen-Hughes PJ, Firek AF, Hessinger DA. Long-term, progressive, aerobic training increases adiponectin in middle-aged, overweight, untrained males and females. Scand J Clin Lab Invest. 2011 Apr;71(2):101-7. doi: 10.3109/00365513.2011.554995. Epub 2011 Jan 27. PubMed PMID: 21271804.
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- 35. Firek AF, Ramanathan S, Suh SM. Source of urinary cyclic AMP in response to calcitonin and parathyroid hormone in the rat. Res Commun Chem Pathol Pharmacol. 1990 Jan;67(1):147-50.
- 36. Firek AF, Cutler RE, St John Hammond PG. Reappraisal of femoral vein cannulation for temporary hemodialysis vascular access. Nephron. 1987;47(3):227-8.
- 37. Suh SM, Firek AF. The effect of hypomagnesemia with or without associated hypercalcemia on renal concentrating ability in rats. J Am Coll Nutr. 1983;2(4):355-60.
- 38. Suh SM, Firek AF. Magnesium and zinc deficiency and growth retardation in offspring of alcoholic rats. J Am Coll Nutr. 1982;1(2):193-8.
- 39. Suh SM, Firek AF, Kim DH, Ramanathan S. Urinary excretion of cyclic nucleotides and phosphate in response to parathyroid hormone and calcitonin in man. Pediatr Res. 1981 Oct;15(10):1359-62.

Abstracts

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- 2. Firek A, Laakso K, Fryer M, Heath III H. Determination of tissue sensitivity to parathyroid hormone (PTH) in skin derived fibroblasts (Fbs) from patients with familial benign hypercalcemia, in Abstracts of the Twelfth Annual Meeting of the American Society for Bone and Mineral Research, August 28-31, 1990, Atlanta, GA.
- 3. Torring O, Turner R, Carter W, Firek A, Laakso K, Evans G, Heath III H. Unexpected inhibition by human interleukin 1 a of parathyroid hormone-related peptide effects on calcium and bone metabolism in the rat, in Abstracts of the Twelfth Annual Meeting of the American Society for Bone and Mineral Research, August 28-31, 1990, Atlanta, GA.
- 4. Firek AF, Kao PC, Taylor R, Klee GG, Heath III H. Plasma intact parathyroid hormone (PTH) and parathyroid hormone related peptide (PTHrP) levels are elevated in some patients with familial benign hypercalcemia (FBH). First Joint Meeting of the Xth Internal Conferences of Calcium Regulating Hormones and the XIth annual Meeting of the American Society for Bone and Mineral Research, September 9-14, 1989, Montreal, Quebec, Canada.
- 5. Bidwell JP, Barta J, Donahue HJ, Firek AF, Fryer M, Laakso KJ, Heath III H. Cytosolic ionized calcium ([CA]i) response to parathyroid hormone (PTH) is preserved in PTH-desensitized bone cells. First Joint Meeting of the Xth International Conferences on Calcium Regulating Hormones and the XIth Annual Meeting of the American Society for Bone and Mineral Research, September 9-14, 1989, Montreal, Quebec, Canada.

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- 7. Firek AF, Ramanathan s, Suh SM. Possible mechanisms for the phosphaturia induced by parathyroid hormone and calcitonin. FED PROC 1982;41:1735.
- 8. Suh SM, Firek AF, Bryce GF. Acute effect of oral phosphate and renal phosphate transport and serum 25 in 1,25(OH)2 vitamin D level in hypophosphatemia rickets. MINERAL ELECTROLYTE METAB. 1982;6:266.
- 9. Suh SM, Firek AF. Renal concentrating ability (RCA) in magnesium depleted rats. CLINICAL RESEARCH 1980;28:132A.
- 10. Suh SM, Firek AF. Magnesium and zinc content and growth in offspring of alcoholic rats. RED RES 1980;14:588.
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- 13. Firek A, Jennings J, Tabuenca A, Caulfield M, Garberoglio C, Linkhart T. TGF-b stimulates PTHrP release from mammary cancer. 76th Annual Meeting of the Endocrine Society, Anaheim, CA, 1994.
- 14. Nelson JC, Zimmerman GJ, Firek AF, Murdoch JL, Wilcox RB. Diagnostic Thresholds and Predictive Values in the Application of TSH First Testing to a General Population. 79th Annual Meeting of The Endocrine Society, June 11-14, 1997, Minneapolis, Minnesota
- 15. Damodaran, A, Strong D, Firek, M Stivers C, Firek A. Bone marrow stromal cells increase ID- TWIST regulation in Prostate Cancer cells. Endocrine Society. Washington DC 2009.
- 16. Long-Term, Aerobic Training Increases Adiponectin Levels in Females, but not Males Poster Session Title: Exercise Responses and Training II APS-EXPERIMENTAL BIOLOGY 2010, Anaheim, CA Monday April 26, 2010
- 17. A Glargine (Lantus) Based Insulin Program Is Feasible, Effective and Safe When Used in the Long Term Care Facility (LTCF) Environment ADA 2011 San Diego CA
- 18. Is Cognitive Impairment Associated with Medication Adherence in Outpatients with Heart Failure?" 15th Annual Scientific meeting of the Heart Failure Society of America 2011 Boston MS
- Impact of Pharmacist-Managed Clinic on Glycemic Control Using Concentrated U-500 Regular Insulin, American College of Clinical Pharmacy Annual Meeting, 2011. Lee, T-Y Firek, A F Pittsburgh, PA

Current and Pending Research Studies

- CARMELINA- A multicenter, international, randomized, parallel group, double blind, placebo-controlled CAardiovascular Safety and Renal Microvascular outcomE study with LINAgliptin, 5 mg once daily in patients with type 2 diabetes mellitus at high vascular risk. Sponsor: Boehringer Ingleheim 2014-2016
- 2. LPS14347: Toujeo study Sponsor: Sanofi 2015-2018

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- 3. LANTU_C_03680-A 24-week, multicenter, international, randomized (1:1), parallelgroup, open-label, comparative study of insulin glargine versus liraglutide in insulinnaïve patients with Type 2 diabetes treated with oral agents and not adequately controlled, followed by a 24-week extension period with insulin glargine for patients not adequately controlled with Liraglutide. **Sponsor: Sanofi- 2013- 2016**
- 4. Co-Diagnosis of Benign Paroxysmal Positional Vertigo and Unilateral Vestibular Hypofunction: Ipsilateral versus Contralateral Presentation, and Referral Rate to Physical Therapy. S. San Lucas (PI) **Sponsor: VA Research Funding –LLVARE**
- 5. Lipotoxicity and Cell Dysfunction and Type 2 Diabetes. NIH Health Disparity. M.DeLeon (PI). **Sponsor: NIH 2013-2018**
- ELIXA (cardiovascular outcomes for diabetic patients Sanofi EFC1 1319), co-PI, 2011 Sponsor: Sanofi 2011-2017
- 7. Evaluating a novel Multidimensional approach to Diabetes management in the Skilled Nursing Environment- **Sponsor: VA 2012- 2014**
- 8. Development of the "IntelliNote"- A smart IT derived solution using decision support in improving patient outcome- **Sponsor: IT Greenfield Innovation Award**
- 9. Osteoblast effects of prostate cancer phenotype- Sponsor: LLVARE Seed Grant 2008-2014
- 10. Health Disparities in Hispanic Diabetic Patients- New insights in improving outcome using the "En Balance" program- Sponsor: NIH Health Disparity. Zaida Corderro-MacIntyre-(PI)
- 11. The Effects of Cognitive Impairment on Defining the Adherence Gap in Patients with Heart Failure Complicated with Diabetes- **Sponsor: VA QUERI Pilot Leann Hawkins** (PI) 2010-2013
- 12. Exercise Effects on Adiponectin Regulation- Effects of Long Term Aerobic Exercise-Sponsor: LLU Research David Hessinger (PI) 2007-2016
- 13. Evaluating the Etiology of Low Bone Density in HIV Infected Veterans Sponsor: VA-LLVARE Chitra Damodaran- (PI) 2010- 2016

Active proprietary projects

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14. Novo Nordisk 15. Novo Nordisk	3569 (Peds DMII) 4252 - DM(Tresiba)
16. Novo Nordisk	4388 (Obesity)
17. Novo Nordisk	4352 (retinopahy)- In review
18. GSK	Harmony (CV
19. GSK	outcomes) 202152 (Ulcerative Colitis)
20. GSK	200808 (Non- dialysis CKD)
21. GSK	Non-dialysis CKD without erythropoeitin exposure
22. American Heart Association	ARAMIS
23. American Heart Association	MaRISS

Completed Studies (out of 35 total)

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- A Double-Blind, Randomized, Placebo-Controlled, Multicenter, Dose-Titration Study to Assess the Safety of Twice-Daily Dose Regimens of an Oral Calcimimetic Agent (AMG 073) in Primary Hyperparathyroidism (PHPT), PI Amgen Inc Protocol No. AMG-073 990120
- A Multicenter, Open-Label Extension Study To Assess The Long-Term Safety And Efficacy Of An Oral Calcimimetic Agent (AMG 073) In Primary Hyperparathyroidism (PHPT) Amgen Inc PI Protocol No. AMG-073 20000159
- 3. Double-Blind, Randomized, Placebo-Controlled, Long-Term, Low-Dose Perchlorate Exposure Study PI Protocol 79975
- 4. A Randomized, Double-blind Study to Compare the Durability of Glucose Lowering and Preservation of Pancreatic Beta-Cell Function of Rosiglitazone Monotherapy Compared to Metformin or Glyburide/glibenclamide in Patients with Drug-Naïve, Recently Diagnosed Type 2 Diabetes Mellitus co-PI Protocol No BRL49653C-048
- An 18-Month Double-Blind, Placebo-Controlled, Phase III, Trial with a 12-Month Interim Analysis of the Effect of Recombinant Human Parathyroid Hormone (ALX1-11) on Fracture Incidence in Women with Postmenopausal Osteoporosis PI Protocol ALX1-11-93001
- An 18-Month Open Label Extension Study (OLES) of the Safety and Efficacy of Recombinant Human Parathyroid, rhPTH(1-84), ALX1-11, in Women with Postmenopausal Osteoporosis Who Participaed in Protocol ALX1-11-93001 co-PI Protocol CL1-11-002
- A multicenter, double-blind, randomized, placebo controlled study to evaluate the effect of a continuous-combined HRT preparation containing 1mg estradiol and 3mg drospirenone on blood pressure in mild hypertensive prostmenopausal women PI Protocol 305140
- A Randomized, Double-Blind, Multicenter Study Comparing the Safety and Efficacy of Two Dosing Regimens of Oral EMISPHERE[™] SNAC/Heparin with Subcutaneous Enoxaparin Sodium for the Prevention of Venous Thromboembolic Events Following Elective Total Hip Replacement Surgery PI Protocol ERP-12
- A Multicenter, Double-Blind, Randomized, Active-Controlled, Parallel Group Study of Daily Vs. Weekly Dosing Regimens of Risedronate in the Treatment of Osteoporosis in Postmenopausal Women co-PI Protocol HMR4003E/3001
- Comparison of the Effects of Teriparatide With Those of Alendronate Sodium on Lumbar Spine Bone Mineral Density in Glucocorticoid-Induced Osteoporosis co-PI Protocol B3D-US-GHBZ

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11. A Randomized, Double-Blind, Double-Dummy, Parallel-Group, Multicenter Study to Evaluate and Compare the Effects of Alendronate and Raloxifene on Bone Mineral Density in Postmenopausal Women with Osteoporosis. (EFFECT Study-Efficacy of Fosamax® vs. Evista® Comparison Trial) PI Protocol: 189-00

Current Studies