
BIOGRAPHICAL SKETCH

NAME Adam Gilden Tsai	POSITION TITLE Assistant Professor of Medicine
eRA COMMONS USER NAME gildentsai	Division of General Internal Medicine University of Colorado Denver

EDUCATION/TRAINING	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Middlebury College, Middlebury, VT	BA	1990-1994	Biology/Psychology
University of Pennsylvania, Philadelphia, PA	MD	1994-1999	Medicine
University of Pennsylvania, Philadelphia, PA	Internship	1999-2000	Internal Medicine
University of Pennsylvania, Philadelphia, PA	Residency	2000-2002	Internal Medicine
University of Pennsylvania, Philadelphia, PA	MSCE	2002-2004	Clinical Epidemiology

A. Personal Statement**B. Positions and Honors**Employment

2002-2008	Physician, Philadelphia Veterans Affairs Medical Center, Philadelphia, PA
2004-05	Physician, Mercy Hospital of Philadelphia, Philadelphia, PA
2004-06	Instructor of Medicine in Psychiatry and Associate Medical Director, Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA
2006-08	Instructor of Medicine, Division of General Internal Medicine, and Medical Director, Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA
2008-	Assistant Professor of Medicine, University of Colorado Denver, Denver, CO
2008-	Physician, Westside Clinic, Denver Health Medical Center, Denver, CO

Awards and Honors

1991	Charles A. Dana Scholar, Middlebury College
2002-2012	Diplomate, American Board of Internal Medicine
2007	Best Junior Faculty Research Project, Society of General Internal Medicine, mid-Atlantic meeting
2009-2011	Clinical Faculty Scholars Program, University of Colorado Denver
2010	Fellow, American College of Physicians
2010	Faculty Recipient, Colorado Clinical and Translational Sciences Institute Community Immersion Program

Professional Memberships

American College of Physicians, 2001-
Society of General Internal Medicine, 2002-
The Obesity Society, 2005-
National Physicians Alliance, 2006-

Peer Review

- NIH Special Emphasis Panel on Obesity and Diabetes: January 25, 2011
- Department of Veterans Affairs, Obesity Merit Review, 2006
- Journal of Nutrition Education and Behavior, Editorial Board, 2011-2013
- Ad Hoc Reviewer (selected journals): 1) Annals of Internal Medicine (top 10% reviewer, 2008-2009); 2) Archives of Internal Medicine; 3) American Journal of Medicine; 4) Journal of General Internal Medicine; 5) American Journal of Cardiology; 6) International Journal of Obesity; 7) Obesity; 8) Obesity Reviews; 9) Health Affairs; 10) American Journal of Preventive Medicine; 11) Health Affairs; 12) Journal of Women's Health; 13) Journal of the American Dietetic Association; 14) Biomed Central Research Notes; 15) Quality of Life Research

Service

- American Medical Association: Medical Education Workgroup on Obesity Prevention, 2010-present
- American College of Physicians: Colorado Young Physicians Section Steering Committee, 2009-present
- Society of General Internal Medicine
 - Health Policy Committee, Research Subcommittee, 2007-present

- Mountain West Region Treasurer-Secretary, 2009-2010
- Mountain West Meeting Chair, 2010-2011
- Look AHEAD (Action for Health in Diabetes) Study: Economic Evaluation Committee, 2008-present
- The Obesity Society (TOS)
 - Advocacy Task Force, 2007-present
 - Public Affairs Committee, 2009-present
- Colorado Medical Society: Patient-Centered Medical Home Steering Committee, 2009-present
- University of Colorado Hospital: Quality Improvement Committee, 2008-present
- LiveWell Colorado Ad Hoc Evaluation Committee, 2010-present
- Denver Healthy Food Access Stakeholder Workgroup, 2010-2011
- CREATE Health Scholars Mentor, 2010-present
- University of Colorado Foundations of Doctoring, 2011-

C. Publications

Peer-Reviewed Publications

Tsai AG, Mansukani S, Cucchiara A, Schaffer M. Availability of nutrition services for Medicaid recipients in the northeastern United States: lack of uniformity and the positive effect of managed care. American Journal of Managed Care. 2003;9:817-821. PMID: 14712758

Tsai AG, Kinosian B. The association between profit levels and quality of care in California nursing homes. Medical Care. 2003;41:1315-1317. PMID: 14668663

Tsai AG, Wadden TA. Systematic review: an evaluation of major commercial weight loss programs in the United States. Annals of Internal Medicine. 2005;142:56-66. PMID: 15630109

Tsai AG, Wadden TA, Womble LG, Byrne KJ. Commercial and self-help programs for weight control. Psychiatric Clinics of North America. 2005;28:171-192. PMID: 15733618

Kolasinski SL, Garfinkel M, **Tsai AG**, Matz W, Van Dyke A, Schumacher R. Iyengar Yoga for treating symptoms of osteoarthritis of the knees: a pilot study. Journal of Alternative and Complementary Medicine. 2005;11:689-693. PMID: 16131293

Tsai AG, Glick HA, Shera D, Stern L, Samaha FF. Cost-effectiveness of a low-carbohydrate diet and a standard diet in severe obesity. Obesity Research. 2005;13:1834-1840. PMID: 16286532

Tsai AG, Christie J, Gaughan CA, Palma W, Margolis M. Change in forced expiratory time and spirometric performance during a single pulmonary function testing session. Respiratory Care. 2006;51:246-251. PMID: 16533413

Wadden TA, **Tsai AG**. Bariatric surgery: crossing a body mass index threshold. Annals of Internal Medicine. 2006;144:689-691. PMID: 16670139

Tsai AG, Asch DA, Wadden TA. Insurance coverage for obesity treatment. Journal of the American Dietetic Association. 2006;106:1651-1655. PMID: 17000198

Tsai AG, Wadden TA. The evolution of very-low-calorie diets: an update and meta-analysis. Obesity. 2006;14:1283-1293. PMID: 16988070

Tsai AG, Fabricatore AN. Obesity: psychological and behavioral considerations. American Family Physician. 2006;74:867-868. PMID: 16970030

Lee BY, **Tsai AG**, Turner BJ. Medical Student, Medicine Resident, and Attending Physician Knowledge of the Medicare Prescription Drug Modernization and Improvement Act of 2003. Teaching and Learning in Medicine. 2007;19:91-4. PMID: 17564534

Sarwer DB, Allison KC, Fabricatore AN, Faith MS, **Tsai AG**, Wadden TA. Childhood obesity and cosmetic surgery. Plastic and Reconstructive Surgery. 2007;119:1106-7. PMID: 17312523.

Tsai AG, Wadden TA, Sarwer DB, Berkowitz RI, Womble L, Hesson L, Phelan S, Rothman R. Metabolic syndrome and health-related quality of life in obese individuals seeking weight reduction. Obesity. 2008;16:59-63. PMID: 18223613

Tsai AG, Wadden TA, Pillitteri J, Sembower M, Gerlach K, Kyle TK. Disparities by ethnicity and socioeconomic status in use of weight loss treatments. Journal of the National Medical Association. 2009;101:62-70. PMID: 19245074

Tsai AG, Wadden TA. Treatment of obesity in primary care practice in the United States: a systematic review. Journal of General Internal Medicine. 2009; 24:1073-1079. PMID: 19562419

Christian JG, **Tsai AG**, Bessesen DH. Interpreting weight losses from lifestyle modification trials: using categorical data. International Journal of Obesity. 2010;34: 207-209. PMCID: PMC2897147

Tsai AG, Wadden TA, Rogers MA, Day SC, Moore RH, Islam BJ. A Primary Care Intervention for Weight Loss: Results of a Randomized Controlled Pilot Intervention. Obesity. 2010;18(8):1614-1618. PMID: 20019680

Tsai AG, Williamson DW, Glick HA. Direct medical cost of overweight and obesity in the USA: a quantitative systematic review. Obesity Reviews. 2010 Jan 6. [Epub ahead of print] PMCID: PMC2891924

Tsai AG, Mitchell NS. Can we talk about your weight for a few minutes, Mr. Jones? Role of the PCP in obesity management. Virtual Mentor. 2010; 12(4):299-304. PMC Journal - In Process.

Tsai AG. Randomised controlled trial: Liraglutide for weight loss: more research is needed. Evidence Based Medicine. 2010;15(2):46-47. PMID: 20436119

Mitchell NS, Dickinson LM, Kempe A, **Tsai AG**. Determining the Effectiveness of Take Off Pounds Sensibly (TOPS), a Nationally Available Nonprofit Weight Loss Program. Obesity. 2010 Sep 23. [Epub ahead of print] PMID: 20864948

Vetter ML, Wadden TA, Lavenberg J, Moore RH, Volger S, Perez JL, Sarwer DB, **Tsai AG**. Health-related quality of life: relation to metabolic syndrome, obesity, depression, and co-morbid illnesses. International Journal of Obesity. 2010 Nov 2. [Epub ahead of print]. PMID: 21042326

Tsai AG. A quality-adjusted life year of prevention: the cost-effectiveness of nutrition counseling. Journal of the American Dietetic Association. 2011;111(1):53-5. PMID: 21185965.

Kumanyika S, Fassbender J, Phipps E, Tan-Torres S, Localio R, Morales K, Sarwer D, Harralson T, Allison K, Wesby L, Kessler R, **Tsai AG**, Wadden TA. Design, recruitment and start up of a primary care weight loss trial targeting African American and Hispanic adults. Contemporary Clinical Trials. 2011; 32(2):215-224.

Abstracts and Letters

Guerra C, Datto C, Kim K, **Tsai AG**. The SF-12 quality of life instrument in patients with retinal diseases [Letter]. Ophthalmology. 2004;111:608. PMID: 15019351

Tsai AG, Wadden TA. Surgery Decreases Long-term Mortality, Morbidity, and Health Care Use in Morbidly Obese Patients [Letter]. Annals of Surgery. 2005;242:290. PMID: 16041221

Tsai AG. Cost-effectiveness of herpes zoster vaccine [Letter]. JW Neurology. 2006;8:94-5.

Foster GD, Borradaile KE, Shantz KL, Vander Veur S, Oliver T, Virus A, Szapary P, Rader D, **Tsai AG**. The effects of an almond-enriched, hypocaloric diet on overweight and obese persons: a randomized controlled trial [Abstract]. Obesity. 2009;17:S140.

Tsai AG. Tesofensine and weight loss [Letter]. The Lancet. 2009; 2009;373:719. PMID: 19249625

Tsai AG, Ogden LG, Abbo EA. How Much Time Do Primary Care Providers Spend Treating Overweight and Obesity? Estimates from the National Ambulatory Medical Care Survey. Obesity; 2009;17:S229.

Fabricatore AN, **Tsai AG**, Wadden TA, Higginbotham A, Anderson A, Foreyt J, Hill JO, Jeffery R, Gluck M, Lipkin E, Reeves R, Van Dorsten B. Self-monitoring during the screening period as a predictor of outcomes in Look AHEAD. Obesity; 2010; 18(S2):108.

Non Peer-Reviewed Publications

Tsai AG, Albert D, Kolasinski SL. Physical examination of the joints for the general internist. Resident and Staff Physician. 2003;49:34-39.

Tsai AG, Wadden TA. Major commercial and self-help weight loss programs in the United States. Nutrition in Clinical Care. 2005;8:132-140.

Wadden TA, **Tsai AG**. Weight management in primary care: can we talk? Obesity Management. 2005;1:9-14.

Tsai AG, Wadden TA, Berkowitz RI. Pharmacotherapy for overweight adolescents. Obesity Management. 2006;2:98-102.

Tsai AG, Wadden TA. Commercial and organized self-help programs for weight management. In: Latner JD, and Wilson GT, eds. Self-Help Approaches for Obesity and Eating Disorders. New York, NY: Guilford Press; 2007:179-204.

Finkelstein EA, **Tsai AG**. The expert weighs in. Obesity Management. 2009;5:150-153.

Tsai AG, Sarwer DB. Obesity and erectile dysfunction. Obesity Management. 2009;5:183-185.

Derbas J, Vetter M, Volger S, Khan Z, Panigrahi E, **Tsai AG**, Sarwer DB, Wadden TA. Improving weight management in primary care practice: a possible role for auxiliary health professionals collaborating with primary care physicians. Obesity and Weight Management. 2009;5:210-215.

Tsai AG, Carvajal R, Wadden TA, Egnor R. Obesity. In: DiTomaso RA, Golden BA, Morris H, eds. Handbook of Cognitive Behavioral Approaches in Primary Care. New York, NY: Springer Publishing; 2010.

D. Research Support

Current Research Support

10SDG2610292 PI: Adam Gilden Tsai, MD 1/1/2010 – 12/31/2013

American Heart Association

This study will test, in a randomized controlled trial, the effectiveness of two methods for weight loss maintenance. All participants will receive intensive treatment for 6 months and will then be assigned to: 1) meal replacements; or 2) meal replacements + continued in-person weight loss counseling. Counseling will be provided by trained laypersons.

Role: Principal Investigator

5P30DK048520-14S1 PI: James Hill, PhD 01/01/1997 - 07/31/2010

NIH

Colorado Clinical Nutrition Research Unit (CNRU)

The goal of this study is to test, in a randomized trial, the comparative effectiveness of two weight loss interventions, one a widely available commercial program (Weight Watchers), the other based in a clinical setting at Denver Health.

Role: Faculty Grantee

Past Research Support

GSK PI: Adam Tsai, MD 12/01/08 – 6/30/2009

GlaxoSmithKline

Obesity-Attributable Time Burden in Primary Care Practice

This grant will analyze the National Ambulatory Care Medical Survey to estimate the time burden to primary care providers of treating the obesity-attributable component of weight-related conditions such as diabetes and hypertension.

5-K12-HD043459-04 PI: Ellen Freeman, PhD 02/01/06 – 07/01/08

NIH

A Primary Care Intervention for Weight Management

The goal of this project is to conduct a pilot randomized trial of brief counseling visits for weight loss at two primary care sites in the University of Pennsylvania Health System.

Role: Faculty Grantee

U01-HL087072 PI: Thomas Wadden, PhD 9/30/06-6/30/11

NIH

Practice-Based Opportunities for Weight Reduction (POWER) Trial at Penn

The goal of this project is to assess the effectiveness of weight loss counseling conducted by primary care physicians and medical assistants, with or without the addition of meal replacements and weight loss medication. The study will take place in 6 primary care practices affiliated with the University of Pennsylvania Health System.

Role: Co-Investigator. **Salary support 2006 through 2008. Consulting 2009-2010 for \$3000. Co-I again 2010-2011 for \$10,000 minus indirects and benefits.**

RFA 04-07-15 PI: Shiriki Kumanyika, PhD 6/1/06-5/31/10

Pennsylvania Department of Health
Think Health! Study

This application supports a trial of weight management services delivered through primary care practices serving high proportions of African Americans and Latinos, and related training activities in partnership with the Cheyney University of Pennsylvania.

Role: Co-Investigator (Acting Principal Investigator, 9/1/2007-3/1/2008)

IDOM PI: Adam Tsai, MD 7/1/2006 – 7/1/2007

Institute for Diabetes, Obesity, and Metabolism, University of Pennsylvania
A Primary Care Intervention for Weight Management

This grant provided supplementary support for the pilot randomized trial of brief counseling visits for weight loss in at two primary care sites in the University of Pennsylvania Health System.

Role: Principal Investigator

UO1-DK57135-03 PI: Thomas Wadden, PhD 09/30/99 – 07/31/06

NIH
Study of Outcomes of Weight Loss (SHOW); renamed “Look AHEAD: Action for Health in Diabetes”
The goal of this study is to demonstrate the health benefits of sustained weight loss in obese type 2 diabetics; and to compare short- and long-term changes in weight associated with a comprehensive behavioral weight loss program to the same program combined with weight loss medication.

Role: Co-Investigator

1-R01-AT01103 PI: Gary Foster, PhD 03/01/02-02/28/07

NIH
The Safety and Efficacy of Low and High Carbohydrate Diets.
The major goal of this project is to evaluate, in a randomized controlled trial the safety and efficacy of the low-carbohydrate Atkins diet compared to a USDA-recommended low-calorie, low-fat diet.

Role: Co-Investigator

2-T32-HP-010026 PI: Sankey Williams, MD 1/1/98-1/1/03

NIH
National Research Service Award (NRSA) Institutional Training Grants for Primary Care Research
The purpose of this grant is to train primary care clinicians in clinical epidemiology and health services research. Fellows at the University of Pennsylvania take classes toward a Masters Degree in Clinical Epidemiology (MSCE).

Role: Fellow

Merck PI: Henry Glick, PhD 1/1/2008 – 6/30/2008

Merck
A quantitative systematic review of the economic costs of obesity
The goal of this project is to conduct a systematic review of the literature on cost of obesity studies from the United States and to summarize the direct medical costs of overweight and obesity.

Role: Co-Investigator

Merck 015-02 PI: Thomas Wadden, PhD 8/14/03 – 2/28/08

Merck
A 2-Year Study to Assess the Efficacy, Safety and Tolerability of L-000899055 in Obese Patients
The goal of this study is to test, in a two-year randomized trial, the safety and efficacy of the investigational drug L-000899055 as compared to a placebo. L-000899055 is an antagonist of the endogenous cannabinoid receptor CB-1.

Role: Co-Investigator

Pfizer A5351025 PI: Thomas Wadden, PhD 12/4/06 - 11/5/09

Pfizer

A 2-Year Study to Evaluate the Efficacy and Safety of CP-945,598 in the Treatment of Obese Subjects

The goal of this study is to test, in a two-year randomized trial, the safety and efficacy of the investigational drug CP-945,598 as compared to a placebo. CP-945,598 is an antagonist of the endogenous cannabinoid receptor CB-1.

Role: Co-Investigator

Orexigen NB-302 PI: Thomas Wadden, PhD 2/6/07 - 1/31/09

Orexigen

A Multicenter Randomized Trial Comparing the Safety and Efficacy of Naltrexone Sustained Release (SR)/Bupropion Sustained Release (SR) and Placebo in Subjects with Obesity

The goal of this study is to test, in a 1-year randomized trial, the safety and efficacy of Naltrexone SR/Bupropion SR in the treatment of obesity. All participants also receive intensive behavior modification. Naltrexone is an antagonist of the mu opioid receptor, and Bupropion is an anti-depressant (dopamine-norepinephine reuptake inhibitor) that is also approved as a treatment for smoking cessation.

Role: Co-Investigator