Dinesh Edem, MD (Endocrinology & Obesity Medicine)

Curriculum Vitae / Resume

ELITE ENDOMET

DOCTORS Building

500 S. University Ave., Suite 317, Little Rock, AR - 72205

Phone: 844-363-6638 / Fax: 888-707-2525

www.EliteEndoMet.com

PROFESSIONAL WORK HISTORY

Founder and Director, Elite EndoMet [Little Rock, AR] **[Elite Diabetes, Endocrine and Metabolic Weight Loss Clinic]**	**11/2026 – Current**
CHI St. Vincent, Little Rock Diagnostic Clinic, Endocrinologist + Obesity Specialist [Little Rock, Arkansas]	06/2024 - 10/2026
UAMS Medical Center [Little Rock, AR] - Assistant Professor, Endocrinology	12/2021 - 06/2024
Indiana University Health - Arnett [Lafayette, Indiana] - Endocrinology Physician	07/2017 - 12/2021
Mahajan Nursing Home [Pen, India]- Junior Medical Resident Doctor	06/2009 - 04/2012

APPOINTMENTS

Medical Director, St. Vincent Comprehensive Medical Weight Management Center Endocrinologist, St Vincent LRDC Endocrinology [Catholic Health Initiatives - St Vincent LRDC, Little Rock, AR]	06/2024 - 10/2026
Medical Director, Medical Weight Management Program University of Arkansas for Medical Sciences	12/2021 - 06/2024
Assistant Professor of Endocrinology, Diabetes and Metabolism University of Arkansas for Medical Sciences	12/2021 - 06/2024
Adjunct Clinical Assistant Professor of Medicine and Endocrinology Indiana University School of Medicine	07/2017 - 12/2021

EDUCATION & TRAINING

ENDOCRINOLOGY FELLOWSHIP University of Pittsburgh Medical Center, Pittsburgh, PA- 15213	07/2015 - 06/2017
INTERNAL MEDICINE RESIDENCY Johns Hopkins University/Sinai Hospital of Baltimore, Baltimore, MD – 21215	6/2012 - 06/2015
MEDICAL SCHOOL: Bachelor of Medicine and Bachelor of Surgery (MBBS/MD) Topiwala National Medical College, Mumbai, Maharashtra, India - 400008	03/2003 - 02/2009

BOARD CERTIFICATIONS

SPECIALTY CERTIFICATION:

American Board of Obesity Medicine	2021 - Present
American Board of Internal Medicine – Endocrinology Certification	2017 - Present
American Board of Internal Medicine – Internal Medicine Certification	2015 - Present

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LICENSURE

Arkansas Medical Board	2021 - Present
INDIANA Medical Licensing Board	2017 - Present
US Drug Enforcement Administration	2012 - Present
Educational Commission for Foreign Medical Graduates [ECFMG]	2010 - Present

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MEMBERSHIPS in PROFESSIONAL & SCIENTIFIC SOCIETIES

Sigma Xi Fellow	2023 - Present
Fellow of the Endocrine Alliance Academy [FEAA]	2023 - Present
The Obesity Society	2022 - Present
Obesity Medicine Association	2020 - Present
American Association of Clinical Endocrinologists	2015 - Present
American Medical Association	2014 - Present
Endocrine Society	2013 - Present
American College of Physicians	2012 - Present

HONORS & AWARDS

1. **J.R.D. Tata Scholarship** for excellent academic performance in Medical school — 2004 & 2005
2. **'Best poster' award** at Johns Hopkins University/Sinai Hospital Resident Research Day — 2014
3. **'Top Doc in Endocrinology' -** Little Rock Soiree Magazine Award — 2023
4. **'Rising Star'** - Clinical Excellence Faculty Award, UAMS — 2024
5. **'Early Career Physician' Award** - American College of Physicians [ACP] Arkansas Chapter — 2024

INVITED LECTURES / GRAND ROUNDS

1. **Obesity 101, [**Anderson County Medical Society, South Carolina**]** — 09/2021
2. **Obesity 101, [**American Endocrinologists of Indian Origin in the United States, Michigan] — 11/2021
3. **Internists Guide to Obesity Medicine** [Medicine Grand Rounds, UAMS, AR] — 03/2022
4. **Managing Diabesity - Current concepts** [2022 Diabetes Update Symposium, UAMS] — 03/2022

5. **Obesity and Diabetes Research workshop** [Arkansas INBRE, UAMS] 05/2022
6. **Obesity Management in the Older Adult** [Geriatric Grand Rounds, UAMS] 09/2022
7. **Obesity Management Essentials** [Grand Rounds, Family Medicine Residency, UAMS Pine Bluff] 10/2022
8. **Diabesity, Lifestyle and Medications** [Family Medicine Update symposium, UAMS] 10/2022
9. **Obesity Management Essentials for the Endocrinologist**[Endo Grand Rounds, UTSW, Dallas, TX] 10/2022
10. **Obesity and Type 2 Diabetes** [Learn on Demand, UAMS] 11/2022
11. **Obesity Management for the Internist** [Internal Medicine Noon conference, UAMS] 11/2022
12. **Comprehensive Management of Obesity** [Arkansas Academy of Nutrition and Dietetics Conf, AR] 04/2023
13. **Diabesity 101** [Arkansas Department of Health, Little Rock, Arkansas] 08/2023
14. **Obesity Management Essentials for the Internist** [Arkansas ACP Chapter Annual meet, AR] 09/2023
15. **Overview of Obesity Management in the era of GLP-1/GIP agonists** [Anesthesia GR - UAMS] 09/2023
16. **Male Hypogonadism** [UAMS Pine Bluff Family Residency, Pine Bluff, AR] 10/2023
17. **GLP-1/GIP agonists in the realm of Obesity and Type 2 Diabetes** [UAMS Diabetes Update 2023] 11/2023
18. **Update on Obesity Management for the Internist** [Internal Medicine Noon conference, UAMS] 12/2023
19. **Comprehensive Management of Obesity** [Endocrine Grand Rounds, SUNY, Syracuse, NY] 01/2024
20. **Obesity, Addiction, and Mental Health** [Arkansas Medical Society Annual Meeting 2024, AR] 05/2024
21. **Comprehensive Management of Weight in a New Era** [ADEEF CHI Endo/Diabetes Symposium] 09/2024
22. **Comprehensive Management of Obesity in Older Adults** [UAMS Geriatric Medicine Highlights] 09/2024
23. **Comprehensive Management of Obesity** [Endocrine Grand Rounds, SUNY, Syracuse, NY] 02/2025
24. **Lead Moderator, Obesity Panel Discussion** [Arkansas Medical Society, 2025] 05/2025
25. **South Asian Diabesity** [AAPI Community Talk, Arkansas] 06/2025
26. **Advances in Obesity Management in 2025** [Arkansas Diabetes/Endocrine Educational Foundation] 09/2025
27. **Diabesity: A South Asian perspective** [AAPI-AR CME talk] 10/2025
28. **Updates in Obesity Management:2026** [Arkansas Medical Society, 2026] 04/2026
29. **Current Obesity Management:101** [Arkansas Psychiatric Society, 2026] 05/2026

PEER REVIEWER / EDITORIAL BOARD

1. **Obesity Pillars** [Associate Editor of the Official Journal of **Obesity Medicine Association**] 04/2022 - Current
2. **International Journal of Endocrinology** 09/2022
3. **Peer J** 10/2022
4. **Cureus Journal of Medical Sciences** 11/2022
5. **ACP Annual Conference Abstracts** 12/2022 - Current
6. **Diabetology** 01/2023
7. **International Journal of Environmental Research and Public Health** 02/2023
8. **Diabetes Research and Clinical Practice** 03/2023
9. **American Journal of Medical Case Reports** 03/2023
10. **American Journal of Clinical Medicine Research** 03/2023
11. **Endocrines** 04/2023
12. **Obesities** 04/2023
13. **Journal of Clinical & Translational Endocrinology** 05/2023
14. **Medicine: Case Reports and Study Protocols** 05/2024
15. **Endocrine Society Abstracts** 01/2023 - Current
16. **OMA CME presentation reviews** 02/2024 - Current

COMMITTEES

1. **Arkansas American College of Physicians[ArACP]**
   - **a.** IM Educational Committee 01/2023 - 12/2024
   - **b.** Council Member **05/2023 - Current**
2. **Obesity Medicine Association**
   - **a.** Bariatric Medical/Surgical Committee 02/2023 - 12/2024
   - **b.** CME Committee **02/2024 - Current**
3. **UAMS Culinary Medicine Research Committee** 10/2022 - 06/2024
4. **UAMS Endocrinology Fellowship Program Evaluation Committee** 06/2023 - 06/2024

MEDIA

1. **Diabetes, Obesity and its complications** – KARK TV, Little Rock, AR 07/2022
2. **UAMS Health Talk Podcast** [Medical Weight Management Clinic, UAMS] 08/2022
3. **Preventing and Treating weight-related complications** – KARK, Arkansas Democrat-Gazette 09/2022
4. **Nutrition tips for long-term health in New Year** – KATV, Channel 7, Little Rock, AR 01/2023
5. **Diabetes and Endocrinology Care** – KARK, Little Rock 01/2023
6. **Arkansas bill aims to provide healthier food options for people** – KNWA, Fayetteville, AR 03/2023
7. **Are Brazil Nuts really that good for you?** – [health.com online journal] 03/2023
8. **Millions of people enter later life carrying an extra 10 to 15 pounds. Should they lose weight?** CNN Health, KFF Health News 07/2023
9. **What Seniors should know about Ozempic and new weight loss Drugs** – Washington Post 07/2023
10. **A New Way to Lose: The Pros and Cons of the New Prescription Weight-Loss Drugs** 09/2023
    About You Magazine Arkansas
11. **Arkansas' dip in national obesity rankings not a clear sign of improvement** - Ark Dem Gazette 10/2023
12. **A look at the latest in weight-loss medications -** City and Town Magazine, Arkansas 04/2024

VOLUNTEER ACTIVITY

1. **Polio Mop-up Activity** (International Pulse Polio Immunization, Mumbai, India) 02/2008
2. **School Health Camp** (as part of Mumbai Municipal Corporation, India) 11/2008
3. **'Walk with a doc'** [Little Rock, AR] 07/2022
   Walk and talk for 1 hour with community participants about Diabetes, obesity and complications
4. **'Health and Wellness EXPO'** [Preventing and treating weight-related complications, Little Rock] 09/2022

BIBLIOGRAPHY

PUBLICATIONS

1. **Edem, D,** McCarthy, P, Ng, JM, Stefanovic-Racic, M, & Korytkowski, M. T. **(2018).** *Insulin Pump Therapy: Patient Practices and Glycemic Outcomes*. Journal of Diabetes Science and Technology, 12(6), 1250–1251.
2. McElfish PA, Riklon S, Purvis RS, Long CR, Felix HC, Hudson JS, Alik D, Henske J, **Edem D**, O'Connor G, Boyers J, Rowland B, Selig JP. *Study Protocol for Family Model Diabetes Self-Management Education with*

Marshallese Participants in Faith-Based Organizations. Contemporary Clinical Trials Communications, December 2022

3. Raj R, Mishra R, Elshimy G, **Edem D,** Majety P, Zapata I, Kannan L, Correa R. *Adverse Events related to Tirzepatide: A systematic Review and Meta-analysis.* Journal of Endocrine Society, January 2023

4. Andersen JA, Purvis RS, Scott AJ, Henske J, **Edem D**, Selig JP, Hudson J, Ioanna Bing W, Niedenthal J, Otuafi H, Riklon S, Anzures E, George A, Alik D, McElfish PA. *Lessons Learned from the Pilot Family Model of Diabetes Self-Management Intervention in the Republic of the Marshall Islands*. Contemporary Clinical Trials. 2023

5. Majety P, **Edem D,** Lozada F, Hamdy O. *Pharmacologic approaches to prevention of Type 2 Diabetes Mellitus.* Frontiers in Endocrinology. February 2023

6. Antony MA, Chowdhury A, **Edem D,** Raj R, Nain P, Joglekar M, Verma V, Kant R. *Gut Microbiome Supplementation as Therapy for Metabolic Syndrome*. World Journal of Diabetes, October 2023

7. Menon L, **Edem D**. *A case of giant prolactinoma and pituitary hemorrhage with the late recovery of pituitary function*. Sage Open Medical Case Reports, August 2023

8. Maradana J, **Edem D,** Menon L, Abraham S, Velamala P, Trivedi N. *Mixed Corticomedullary Tumor of the Adrenal Gland: A Case Report and Literature Review*. Medicina, August 2023

9. Tamhane S, Menon L P, **Edem D,** Sharma P, Maradana J. *Ectopic Adrenocorticotropic Hormone Producing Metastatic Gastrinoma: A Case Report and Literature Review.* Cureus. September 2023.

10. Bogulski CA, Andersen JA, Eswaran S, Willis DE, **Edem D**, Mcelfish P. *Factors associated with online patient portal utilization experience in an Arkansas Phone survey.* Telemedicine and E-Health. October 2023

11. Naqvi S, Henske J, Syed S, Kasireddy A, Alshami S, **Edem D**. *Insulin Autoimmune Syndrome: A Rare Diagnosis with Unique Features.* Journal of the Endocrine Society. October 2023

12. Andersen JA, Rowland B, Gloster E, Felix HC, Riklon S, Jenkins D, Bing WI, Mendoza Kabua P, Hudson JS, **Edem D**, Niedenthal J, Mcelfish PA. *Assessment of Diabetes Self-care behaviors and Knowledge among Marshallese Adults with Type 2 Diabetes in the Republic of the Marshall Islands. Primary Care Diabetes.* November 2023.

13. Menon L, **Edem D.** *New-onset primary adrenal insufficiency in pregnancy associated with a unilateral adrenal infarction: A case report.* Endocrinology, Diabetes and Metabolism Case Reports. November 2023

14. Menon L, Naqvi S, Mehrotra N, Maradana J, **Edem D**. *Recurrent Graves' disease following near-total thyroidectomy- A case report and literature review.* Cureus January 2024.

15. **Edem D,** Maradana J, Majety P, Antony MA, Menon L. *Persistent Insulin Autoimmune Syndrome in a Caucasian Male in the Absence of Triggers.* Cureus. April 2024

16. Andersen JA, Bogulski CA, Eswaran S, Willis DE, Acharya M, Li J, Marciniak B, **Edem D,** Selig JP, Mcelfish PA. *Associations between Socio-demographic factors and Interest in Remote Patient Monitoring among Arkansas residents*. Journal of Telemedicine and e-Health. August 2024

Google Scholar Citation Count: 383

ORAL ABSTRACTS

1. **Edem, D.,** Krug, E., Bhandari, S. *Recognition and management of osteoporosis in patients presenting with acute fragility fractures.* Oral Research presentation at Maryland ACP 2015.

ABSTRACTS & POSTER PRESENTATIONS

1. McElfish PA, Andersen JA, Purvis RS, Scott AJ, Henske J, **Edem D,** Selig JP, Hudson J, Ioanna Bing W, Niedenthal J, Otuafi H, Riklon S, Anzures E, George A, Alik D. (Oral presentation- accepted). *Lessons Learned from the Pilot Family Model of Diabetes Self-Management Intervention in the Republic of the Marshall Islands.* 49th Annual Conference of the Transcultural Nursing Society, October 2023. Charleston, SC.

2. Naqvi S, Henske J, Syed S, Kasireddy A, Alshami S, **Edem D**. *Insulin Autoimmune Syndrome: A Rare Diagnosis with Unique Features.* Poster SAT 173. Presented at ENDOCRINE Society June 2023.

3. Ferguson J, Al Fares H, **Edem D.** *QI project to improve confidence among residents in managing inpatient hyperglycemia*. Presented at UAMS Internal Medicine Annual Research Symposium

4. **Edem D.,** Grimes M., Codario R., Rao, RH. *Accurate Assessment of Hypoglycemia Risk with U500 Insulin in Markedly Insulin Resistant Diabetes (MIRD) from Direct Meter Downloads via Home Telehealth (HT).* Poster 405-P, San Diego ADA 77th Scientific sessions.

5. **Edem D.,** Stefanovic M., McCarthy P., Korytkowski M. *Glycemic Excursions and bolus frequency with Insulin Pump therapy*. Poster 1041-P, San Diego ADA 77th Scientific sessions.

6. **Edem D.,** Levitt H., Challinor S. *Symptomatic hypophosphatemia secondary to elevated FGF-23 from parenteral ferric Carboxymaltose treatment for iron deficiency anemia*. Poster SAT-314. Orlando Endocrine Society, 2017.

7. **Edem, D.,** Krug, E. *Difficult to control hypothyroidism despite good compliance*. (Abstract Number THR-001) Endocrine Society 2015.

8. **Edem, D.,** Krug, E., Bhandari, S. *Recognition and management of osteoporosis in patients presenting with acute fragility fractures.* (Abstract Number FRI-253) Endocrine Society 2015.

9. Bhandari, S., **Edem, D.,** Krug, E. *Natural history of untreated insulinoma over a course of 7 years.* (Abstract Number THR-316) Endocrine Society 2015.

10. **Edem, D.,** Gosain, R., Gill, A., Krug, E. *A Case of Intractable Recurrent Vomiting in a Young Patient with Type 1 Diabetes. An Unusual Presentation of Graves' disease.* (Abstract Number MON-0542) ENDO 2014.

11. **Edem, D.,** Krug, E., Gill, A., Milojevic, I. *Size of Cortisol-Secreting Adrenal Adenoma, Clinical Symptoms and severity of Hypercortisolism: Case Study of Two Patients*. (Abstract Number SUN-0788) ENDO 2014 and Maryland ACP 2014.

12. **Edem, D.,** Iyer, P., Krug, E. *Ectopic Cushing's syndrome presenting as Refractory Hypokalemia.* (Abstract Number SUN-45) ENDO 2013 and Maryland ACP 2013.

13. Milojevic, I., **Edem, D.,** Miljkovic, M., Sharma, D. *Sacral osteomyelitis caused by klebsiella pneumoniae carbapenemase producing klebsiella pneumoniae*. Maryland ACP 2013

14. Parikh, R., **Edem, D.,** Bush, C. *Community associated Methicillin Resistant Staphylococcus Aureus (CA-MRSA) causing severe necrotizing Pneumonia with loculated empyema in an Adult.* Maryland ACP 2013

PROFESSIONAL TEACHING ACTIVITIES

- **University of Arkansas for Medical Sciences**
    1. Teaching the APRNs, Medical students, residents and fellows in the **Endocrine Outpatient Clinics**
    2. Teaching the APRNs, Medical students, residents and fellows on **Inpatient Endocrine rotations**
    3. Teaching **Obesity Medicine** to Medical students, residents, fellows, and APRNs in the obesity clinic.

PRESENTATIONS & CONFERENCES

- **University of Arkansas for Medical Sciences**
    1. Introduction to Obesity Medicine 08/2023
    2. PCOS 05/2023
    3. Obesity Management 08/2022
    4. Lipid Disorders 05/2022

- **Indiana University School of Medicine**
    1. Lectures to 2nd yr IUSM students:
        Pituitary Adenoma, Adrenal Insufficiency 2/2020
        Pituitary Apoplexy, Diabetes Melliuts-2 Update, Diabetes Drugs 2/2019
        Diabetes Mellitus-2 Update, Thyroid Nodules, Hypothyroidism 2/2018
    2. Resident Lectures: Hypothyroidism: A review 5/2018
    3. Teaching Family Medicine Residents during rotations at IU Health Arnett Clinic

- **University of Pittsburgh Medical Center Endocrinology Fellowship**
    1. Patient Care Conference
        Molecular Markers in aggressive thyroid cancers 11/2015
        Interesting Diabetes Cases 4/2016
        Hypophosphatemia 11/2016
        Osteonecrosis of the jaw 2/2017
    2. Board Review
        ADA Diabetes standards of care guidelines - Review 3/2016
        Radiology of Adrenal Glands 4/2016
        Thyroid autoimmunity 12/2016
        Review of Testosterone Guidelines 3/2017
    3. Diabetes Journal Club
        DKA and related events in the Canagliflozin T2DM clinical program 9/2015
        Incretin Based drugs and risk of Pancreatic Cancer 3/2016
    4. Bone Club
        Type 2 Diabetes and the skeleton: New insights in the sweet Bone. 4/2016
        Hypoparathyroidism 8/2016

- **Johns Hopkins University/Sinai Hospital of Baltimore IM residency**
    1. Interesting Case Conferences
        Acute Liver Failure 1/2013
        Meningitis 4/2013
        Delirium 1/2014
        SIADH: Implications and Treatment. 5/2014

GERD 3/2015

2. Journal Club
   25-yr follow-up for Breast Cancer incidence and mortality: Canadian National Breast cancer screening Study: Randomized Screening Trial. 3/2014

3. Endocrine Conference
   Hyponatremia: A review 9/2013
   Hypercalcemia: A review 9/2014

4. Resident Research Day
   Size of Cortisol-Secreting Adrenal Adenoma, Clinical Symptoms and severity of Hypercortisolism: Case Study of Two Patients. 4/2014
   Recognition and management of osteoporosis in patients presenting with acute fragility fractures. 4/2015

EXTRACURRICULAR ACTIVITIES

SPORTS:

Intercollegiate Table Tennis/Ping Pong Champion 2005 & 2008
Intercollegiate Soccer and Cricket champion 2005 & 2006