

CURRICULUM VITAE

NAME: Philip A. Ades, M.D., F.A.C.C.

Professor of Medicine
Division of Cardiology
University of Vermont College of Medicine

DATE OF BIRTH: April 2, 1951

PLACE OF BIRTH: New York City

MARITAL STATUS: Married (Deborah Rubin)

CHILDREN:

Rebecca	03/17/84
James	06/29/85
Anika	06/01/92

ADDRESS:

OFFICE:	Cardiology Unit/McClure 1	Cardiac Rehab Program
	University of Vermont Medical Center	62 Tilley Dr.
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EDUCATION:

1967	Secondary	Stuyvesant High School, New York, NY
1971	University:	University of Maryland, College Park, MD, B.S. Zoology
1972	Graduate	University of Illinois, Champaign-Urbana Exercise Physiology
1978	Medical:	University of Maryland School of Medicine, Baltimore, Md., M.D.

POSTGRADUATE TRAINING:

1978-	Internship:	Internal Medicine, Royal Victoria Hospital, McGill University, Montreal P.Q.
1981	Residency:	Internal Medicine, Royal Victoria Hospital, McGill University, Montreal P.Q.
1981- 1984	Fellowship:	Cardiology, University of Colorado Health Sciences Center

ACADEMIC APPOINTMENTS:

7/96 Professor of Medicine
1/94 - 1/95 Interim Director, Clinical Research Center
(RR209), University of Vermont
7/93 - 12/93, 1/95 to present Associate Director, Clinical Research Center
7/90 - 6/96 Associate Professor of Medicine (with tenure)
1/84 - present Director of Cardiac Rehabilitation and Preventive Cardiology
1/84 - present Attending in Medicine, Medical Center Hospital
of Vermont, Burlington, VT

LICENSURE: Vermont # 7010
New York (inactive)
Colorado (inactive)

BOARD CERTIFICATION:

1979 Diplomate, National Board of Medical Examiners
1981 Diplomate, American Board of Internal Medicine
1983 American Board, Cardiovascular Disease

HONORS and AWARDS:

1978 Alpha Omega Alpha, National Medical Honorary,
University of Maryland Medical School
1987-90 Governor, State of Vermont, American College of Cardiology
1988-93 Clinical Investigator Award, NIH, Aging Institute:
Exercise Conditioning in Older Coronary Patients
1996 Deans Recognition Award for Medical Student Teaching
1996 President, American Association of Cardiovascular and Pulmonary
Rehabilitation (AACVPR)
2001 Recipient of the 1st Annual Michael Pollack Award for Excellence in
Research in Cardiopulmonary Rehabilitation, AACVPR, Minneapolis, MN.
2005-07 Chair, American Heart Association Committee on Exercise, Rehabilitation
and Prevention
2005-present "Best Doctors in America".
2006 AACVPR, Award of Excellence. Charleston, W. Virginia
2009 James Beard Award: Healthy Cookbook Category (Nominated) Lincoln
Center, NY, NY.
2010 Master of AACVPR (MAACVPR) (charter group)
2011 Co-Chair AHA Statement on Exercise Testing and Exercise Training
2013 AACVPR Presidential Recognition Award, 28th Annual Meeting in
Nashville, TN, October 3-5, 2013.
2014 Distinguished Investigator: Cardiovascular Research Institute of Vermont
2015 University of Vermont "University Scholar".
2015 University of Vermont Medical Group. "Senior Researcher of the Year".
2016 Endowed Professor of Cardiovascular Prevention, U Vermont

JOURNAL SERVICE:

Editor-in-Chief Journal of Cardiopulmonary Rehabilitation and Prevention
2004-2007

1993 - Present	Clinical Research Center: Advisory Committee
1996, 2000	Faculty Standards Committee, Medical College
Prior	Medical School Admissions Committee 2 years

RESEARCH AWARDS:

National Institutes of Health

1988 - 93	<u>Clinical Investigator Award, NIA.</u> Magnitude and mechanism of exercise conditioning response in elderly coronary patients K-8 AG00426-01. \$376,800
1989 - 94	<u>Preventive Cardiology Academic Award.</u> Clinical Application Branch, National Heart, Lung and Blood Institute. Priority score 171 (20.3%),(awarded but declined due to competing time commitment). \$406,626
1988 - 92 1991 - 02	<u>Cardiovascular Research Training Grant.</u> P.I.: MM Le Winter, M.D., P. Ades 5% effort. 7/1/91 - 6/30/2006. NHLBI HL07647 \$ 91,000
1992 - 97	<u>Co-Principal Investigator,</u> NIH, R01 AG09531-01A2. Mechanism of muscle wasting in aging man. (20% effort). PI: Sree Nair, M.D., Ph.D.
1993 -present	<u>Associate Director, Clinical Research Center,</u> NIH, MO1 RR00109 25% effort, 25% salary.
1994 - 95	<u>Interim Director, Clinical Research Center,</u> NIH, 50% effort, 50% salary.
1998-2002	<u>RO1 Research Grant, NIA : 1RO1AG15114-01,</u> Principal Investigator "Resistance Training for Older Women with Coronary Disability" 25% Time/Salary
<u>2002-2008</u>	Research Grant, NHLBI 9 RO1-HL72851-04A, Principal Investigator, "Treatment of Obesity in Coronary Heart Disease" 25%Time/Salary
<u>2003-2007</u>	<u>1 R01 HL73351-01A1</u> M. McDermott MD P.I. Northwestern University "Improving Functioning in PAD" . P. Ades Co- Investigator 7.5% Time/Salary 9/2002-9/2007
2006-2010	1-R01 NHLBI Muscle Metabolism in Chronic Heart Failure. M Toth PI, Co-Investigator 25%
2010-2014	R01 AG 033547 (M Toth) Muscle disuse and contractile dysfunction in the elderly NIA Co-Investigator 5% \$358,263

- Major goal is to define the effects of chronic disuse on skeletal muscle contractile function in elderly individuals at the single muscle fiber level.
- 2010 -2011 High-Caloric Expenditure Exercise in Cardiac Rehabilitation of Overweight Patients
Principal Investigator: Philip A Ades MD
Agency: The Schwendler Award for Cardiovascular Clinical Research
Period: 6/1/10 - 5/31/11 PI: 10% time
The goal of this award is to provide biometry support and salary support to finalize obesity-related manuscript preparation and to provide support for the preparation of a multi-center RO-1 application to the NHLBI.
- 2013-2018 Vermont Center for Behavior and Health. Principal Investigator Steven Higgins PhD. (P. Ades MD, Assoc. Director, Co P.I.: 20% time)
P20GM103644-01A1
Agency: NIH: The National Institute of General Medical Sciences
The goal of this award is to establish a Center for Biomedical Research Excellence (COBRE) in Behavior and Health at the University of Vermont (UVM). The proposed center will investigate relationships between personal behaviors and risk for chronic disease and premature death.
- 2013-2018 Tobacco Centers of Regulatory Science award P50DA036114 from the National Institute on Drug Abuse and U.S. Food and Drug Administration, Steven Higgins PhD. P.I., Philip Ades MD Investigator 5% time.
The goal of this award is to study effects of lowering nicotine content of cigarettes in several disadvantaged populations.

NATIONAL INSTITUTE OF HEALTH: REVIEW PANELS

- NHLBI Study Section: 1992 (Clinical Trials)
- AHCPR, NIH Clinical Guideline Panel for Cardiac Rehabilitation (1993-95)
- 1996-2001: External Advisory Committee, University of Maryland, Claude D. Pepper Older Americans Independence Center.
- Nov 2002, National Institute on Aging Program Project Review. New Orleans. Jazwinski PI
- July 2003, NIA Program Project Grant Review: Exercise to Prevent Disability. Bethesda, Md. Pahor PI
- June 2004-2010 , NIA Study Section on Clinical Aging. Permanent Member.

Private Industry

1982	Sandoz Inc. - Effect of beta-blockade and intrinsic sympathomimetic activity on exercise performance.	\$ 9,000
1983	Sandoz Inc. - Effect of beta-blockade and intrinsic sympathomimetic activity on conditioning response.	\$35,000
1984	CIBA-GEIGY Corp. - Effect of selective (metoprolol) vs. non-selective beta-blockade on conditioning in hypertensives.	\$52,000

1984	Sandoz Inc. - Multicenter outpatient evaluation of the safety and efficacy of PN 200-110 in the treatment of refractory congestive heart failure.	
1986 - 1987	Uphohn Co. - Nicorandil in exertional angina pectoris.	\$12,000
1988 - 1993	Pfizer Co. - Nifedipine GITS in essential hypertension.	\$15,000
1990 - 1992	CIGA-GEIGY Corp. - Effect of beta-blockade on submaximal endurance capacity in mild hypertension. \$28,000	
1994 -96	Cardiac Datacorp-Cardiocare - Home cardiac rehabilitation with transtelephonic monitoring.	\$25,000

Doctoral and Post-Doctoral Mentoring Table: Philip A Ades MD

Mentee	Time Period	Position	Publications (First Author/Total with Mentor)	Current Position
Peter Gunther MD	1985-1986	Chief Medical Resident	0/4	Clinical Professor Medicine U Vermont
Peter Gray MD PhD	1988-1990	Cardiology Fellow	0/4	Private Practice Cardiology
Donna Polk MD MPH *	1992-1993	Medical Student	1/2	Assoc Prof Medicine, Cardiology Brigham and Womens
Andrew Gardner PhD*	1991-1993	Post Doctoral Research Fellow	4/6+	Professor Medicine U Oklahoma
Robert Carhart MD	1996-1997	Cardiology Fellow (SUNY Upstate)	2/4	Assoc Prof Medicine SUNY Upstate
Michael J Toth PhD*.	2000-2002	Post Doctoral NIH Research Fellow	10+ /20+	Associate Prof Medicine U Vermont
Martin Brochu PhD.*	1999-2001	Post Doctoral NIH Research Fellow	5+/8+	Professor Agregre Geriatrics, U Sherbrooke
Atul Aggarwal MD	2001-2002	Cardiology Fellow	2/3	Private Practice Cardiology
Jose Suaya MD PhD	2007-2009	Post-Doctoral Fellow Brandeis Univ.	2/3	Epidemiologist Smith-Glaxo
Marie Audelin MD MPH	2007-2008	Post-Doctoral Fellow	3/4	Assistant Professor Cardiology

				University Laval, Quebec
Mark Miller PhD. *	2010-2012	Post-Doctoral Fellow. NIH K Award	2/7	Assistant Professor Physiology U Mass, Amherst
Diann Gaalema PhD*	2013- present	Junior Faculty NIH COBRE Project Director	3/4	Assistant Research Professor, U Vermont
Susan Lakoski MD*	2013-2015	Junior Faculty NIH COBRE Project Director	1/5	Assistant Professor, Medicine, MD Anderson, Houston
Kim Dittus MD,PhD*	2013- present	Junior Faculty NIH COBRE Project Director	1/1	Assistant Professor, Medicine, U Vermont
Quinn Pack MD	2016- present	Assistant Professor U Mass. K23 Award	1/1	Assistant Professor U Mass.
Sheau-Yan Ho	2014- present	Doctoral candidate Psychology		Doctoral candidate U Vermont

* = Current NIH or Equivalent Research Funding

GENERAL AREAS OF RESEARCH INTEREST:

Cardiac Rehabilitation
 Exercise Testing
 Geriatric Cardiology
 Beta-Adrenergic Blockade and Exercise Response
 Hypertension
 Hyperlipidemia Management
 Treatment of Obesity

SELECTED INVITED LECTURES SINCE Since 2000:

- 2/00 Manila, Philippines. 8th World Congress of Cardiac Rehabilitation
 1. Cost-Effectiveness of Cardiac Rehabilitation. 2. Cardiac Rehabilitation in the Elderly
 3. Lipid Lowering in the Cardiac Rehabilitation Setting.
- 9/00 Tampa, Florida. AACVPR National Meeting
 1. Obesity in CAD Patients
 2. Resistance Training in Older Coronary Patients
- 11/00 New Orleans. American Heart Association
 1. Treatment of Obesity in Cardiac Rehabilitation
 2. Resistance training on physical function in older women with CAD
- 12/00 Dartmouth-Mary Hitchcock Medical Center, Hanover New Hampshire. Cardiology Grand
 Rounds. Cardiac Rehabilitation as Risk Reduction Center.
- 4/01 Henry Ford Hospital, Detroit. Visiting Professor. Cardiology Grand Rounds: Rehabilitation
 of Older Coronary Patients.
- 4/01 Maine Cardiac Rehabilitation Society, National Meeting, Portland Maine. Rehabilitation of

- Older Coronary Patients, Cardiac Rehabilitation as Secondary Prevention Center.
- 12/01 Bethesda Conference: Preventive Cardiology: Can we do Better? Writing Chair on section on:” Preventive Cardiology: Where, When and How? Proceeding in J.A.C.C. 2002
- 4/02 Atlanta,GA. American College of Cardiology. 1. Cardiac Rehab as Prevention Center, 2. Preventive Cardiology, Bethesda Conference. “How can we do better?”
- 9/02 University of Maryland Medical School, Baltimore, MD.Cardiology Grand Rounds. Obesity and CHD
- 10/03 Boston University Medical Center. Treatment of Obesity in Coronary Patients.
- 3/04 New Orleans, La. Treatment of Obesity in CAD patients. American College of Cardiology
- 5/04 Dublin, Ireland. Exercise Prescription in Diverse Populations in Cardiac Rehabilitation. Role of Exercise in Prevention. World Congress of Cardiac Rehabilitation.
- 11/04 AACVPR National Meeting, Long Beach CA. Pre-Meeting Workshop: Starting a weight loss program in the Cardiac Rehab setting. (180 participant programs).
- 11/04 New Orleans, La. Overcoming Barriers to Exercise in CHD. American Heart Association
- 4/05 Leuven, Belgium. Lifestyle approaches to treating obesity in coronary patients
- 5/05 Cleveland Clinic Heart Center Grand Rounds, Visiting Professor: Obesity in Coronary Patients: Lifestyle Approaches
- 10/05 Keynote Presentation, AACVPR National Meeting, Milwaukee, WI. The Future of Cardiac Rehabilitation.
- 11/05 Dallas,TX. American Heart Association. Secondary Prevention: Report from the U.S.
- 5/06 Athens, Greece, Europevent Meeting. Benefits of low intensity exercise in coronary patients
- 7/06 Japanese National Cardiac Rehabilitation Meeting. Keynote Presentation. Future Directions of Research in Cardiac Rehabilitation.
- 9/06 Charleston, W. Va. Award of Excellence Lecture, AACVPR National Meeting
- 10/06 Boston, MA Cardiology Grand Rounds, Brigham and Womens Hospital
- 9/07 Salt Lake City. AACVPR National Meeting: Cardiac Disability in the Elderly
- 11/07 Orlando, FL. American Heart Association. 1. Physical Activity in Patients with CHD. 2. Mew Medicare Guidelines for Cardiac Rehabilitation. #. 3. High caloric energy expenditure for overweight patients in Cardiac Rehabilitation: A New Paradigm
- 5/08 Indianapolis, IN. American College of Sports Medicine: Treatment of Obesity in Cardiac Rehabilitation.
- 6/08 Washington D.C. Summit on Geriatric Cardiology. Disability and Exercise in Older coronary patients.
- 7/08 Toronto, Canada. Canadian Cardiology Meetings: Acute Coronary Syndromes: Secondary Prevention and Rehabilitation Post ACS
- 9/08 Indianapolis, IN. AACVPR National Meeting. Cardiac Rehabilitation Programming for the Elderly.
- 4/09 Korean Cardiac rehabilitation Association. Seoul, Korea. Cardiac Rehabilitation: Past, Present and Future. Role of the Medical Director in Cardiac Rehabilitation.
- 5/09 Boston University Medical Center. Visiting Professor. Obesity in Cardiac Rehabilitation
- 7/09 Tokyo, Japan. Japan Cardiac Rehabilitation Association. Cardiac Rehabilitation in the USA. Cardiac Rehabilitation as Secondary Prevention Center. Determinants of Exercise Training in Cardiac Rehabilitation
- 12/09 Joao Pessoa, Brazil. Brazilian Exercise and Cardiac Rehabilitation Society. New Approaches to Exercise in Cardiac Rehabilitation. The Treatment of Obesity in Patients with Coronary Heart disease.
- 10/10 Milwaukee. AACVPR National Meeting: Featured Speaker: Future research needs in cardiac rehabilitation.
- 7/11 NYState Cardiac rehab Annual meeting:”role of Resistance Training in CR.
- 9/11 Anaheim, CA. AACVPR National Meeting: Featured Speaker: Physical activity and coronary risk, Untangling the risk of Obesity

10/11 Hartford Hospital: Visiting Professor: Obesity and Weight Loss in Cardiac Rehabilitation
1/14 Mayo Clinic: Gau Lectureship on Preventive Cardiology “Obesity and Coronary Artery Disease”
1/14 Mayo Clinic, Medical Grand Rounds: The Future of Cardiac Rehabilitation.
1/15 Visiting Professor, University of Colorado Health Sciences Center.
5/15 EuroPrevent Meeting, Lisbon Portugal. Cardiac rehabilitation in low socioeconomic-status individuals.

PUBLICATIONS:

1. Vanderhoeft P, Derks C, deFranquen P, **Ades P**. Myocardial and cerebral oxygenation in apneic dogs during venoarterial bypass; partitioned carotid-femoral artery return. Artificial Lungs for Acute Respiratory Failure, Zapol and Qvist, 1976.
2. **Ades PA**, Sweat (fluid loss and replacement in marathon running). Runner Canada, September 1979.
3. **Ades PA**, Brammell HL, Greenberg JH, Horwitz LD. Effect of beta-blockade and intrinsic sympathomimetic activity on exercise performance. American Journal of Cardiology 54(10):1337-1341, 1984.
4. **Ades PA**, Meacham CP, Handy MA, Nedde WS, Hanson JS. The Cardiac Rehabilitation Program at the University of Vermont. Journal of Cardiopulmonary Rehabilitation. 1986.
5. **Ades PA**, Gunther PGS, Tonino RP, Hanson JS. Exercise conditioning in the elderly coronary patient. Journal of the American Geriatric Society 34:121-124, 1987.
6. **Ades, PA**. Cardiac effect of beta-blockade with intrinsic sympatho-mimetic activity during submaximal exercise. British Journal of Clinical Pharmacology 24 (Suppl 1) :29S-33S, 1987.
7. **Ades, PA**, Thomas JD, Hanson JS, Shapiro SM, LaMountain J. Effect of metoprolol on the submaximal stress test performed early after acute myocardial infarction. American Journal of Cardiology 60:963-966, 1987.
8. **Ades, PA**, Peck SL, Levine A, Horwitz LD. Evaluation of acute chest pain in the alcohol-intoxicated patient. Cardiovascular Reviews and Reports 8:37, 1987.
9. Hossack, KF, Eldridge JE, **Ades PA**, Giansiracusa RF. Computer analysis of oxygen consumption and minute ventilation for the detection of lactate threshold. Cardiology 75:123-132, 1988.
10. Blood SM, **Ades PA**. Effects of beta-adrenergic blockade on exercise conditioning in coronary patients: A review. Journal of Cardiopulmonary Rehabilitation 8:141-144, 1988.
11. **Ades PA**, Beta-blockade and the post-infarction stress test. Cardio 9:123-126, 1988.
12. **Ades PA**, Gunther PGS, Meacham CP, Handy MA, LeWinter MM. Hypertension, exercise and beta-adrenergic blockade. Annals of Internal Medicine 109:629-634, 1988.
13. **Ades PA**, Wolfel EE, Brammell HL, Fee C, Hiatt W, Horwitz LD. The effect of beta-blockade with intrinsic sympathomimetic activity on exercise hemodynamics. European Journal of Clinical Pharmacology 36:5-10, 1989.
14. Fillyaw M, **Ades PA**. Endurance exercise training in Friedreichs Ataxia. Arch Phys Med Rehab 70:786-789, 1989.
15. **Ades PA**. Assessment and modification of cardiopulmonary fitness in older persons. In: Reducing Frailty and Falls in Older Persons, Weindruch R, Hadley EV, Orv MG (eds). Charles C. Thomas, Springfield, IL pps 186-196, 1991.

16. **Ades PA**, Weiss RM, Grunvald MH, Hanson JS. Usefulness of myocardial ischemia as predictor of training effect in cardiac rehabilitation after acute myocardial infarction or coronary artery bypass grafting. American Journal of Cardiology 63:1032-1036, 1989.
17. **Ades PA**, Gunther PGS. Exercise and beta-blockers in hypertension. Cardiology Board Review. January 1990.
18. **Ades PA**, Grunvald MH. Cardiopulmonary exercise testing before and after conditioning in older coronary patients. American Heart Journal 120:585-589, 1990.
19. **Ades PA**, Gunther PGS, Meyer WL, Gibson TC, Maddalena J, Orfeo T. Cardiac and skeletal muscle adaptations to training in systemic hypertension and effect of beta-blockade (metoprolol or propranolol). American Journal of Cardiology 66:591-596, 1990.
20. Krakoff LR, Bravo EL, Tuck ML, Friedman CP, Abraham P, **Ades PA** et al. Nifedipine gastrointestinal therapeutic system in the treatment of hypertension. Results of a Multicenter Trial. American Journal of Hypertension 3:3185-3255, 1990.
21. **Ades PA**, Exercise conditioning in older coronary patients. Internal Medicine World Report 6:17, 1991.
22. **Ades PA**, Exercise training in older coronary patients. Cardiovascular Reviews and Reports 12:14-15, 1992.
23. **Ades PA**, Huang D, Weaver SO. Cardiac Rehabilitation decreases costs and rehospitalizations American Heart Journal 123:916-921, 1992.
24. **Ades PA**, Waldmann ML, McCann W, Weaver SO. Predictors of cardiac rehabilitation participation in older coronary patients. Archives of Internal Medicine 152:1033-1035, 1992.
25. **Ades PA**, Waldmann, ML, Polk DM, Coflesky JT. Referral patterns and exercise response in the rehabilitation of female coronary patients age 62 years and older. American Journal of Cardiology 69:1422-1425, 1992.
26. Poehlman ET, Gardner AW, **Ades PA**, Katzman-Rooks SM, Montgomery SM, Atlas OK, Ballor DL, Tyzbir RS. Resting energy metabolism and cardiovascular risk in resistance trained and aerobically trained males. Metabolism 41:1351-1360, 1992.
27. Buckley LM, **Ades PA**, Progressive aortic valve inflammation occurring despite apparent remission of relapsing polychondritis. Arthritis and Rheumatism 35:812-814, 1992.
28. **Ades PA**, Cardiovascular screening of athletes: Decreasing the chance of sudden cardiac death. Physician and Sports Medicine 20:75-89, 1992.
29. Vom Eigen P, **Ades PA**, Diagnostic exercise testing in older patients, Cardiovascular Reviews and Reports 13:11-13, 1992.
30. **Ades PA**, Decreased medical costs after cardiac rehabilitation. A case for universal reimbursement (editorial). Journal of Cardiopulmonary Rehabilitation 13:75-77, 1993.
31. Gardner AW, **Ades PA**, Reliability of cardiopulmonary exercise measures and their response to

- endurance training in older coronary patients. Journal of Cardiopulmonary Rehabilitation 13:188-193, 1993.
32. Poehlman ET, Goran MI, Gardner AW, **Ades PA**, Arciero PJ, KatzmanRooks SM, Montgomery SM, Toth MH, Sutherland PT. Determinants of the decline in resting metabolic rate in aging females. American Journal of Physiology 264:E450-E454, 1993.
 33. Arciero PJ, Goran MI, Gardner AW, **Ades PA**, Tyzbir RS, Poehlman ET. Determinants of resting energy metabolism in older males. Metabolism 42:950-957, 1993.
 34. **Ades PA**, Waldmann ML, Poehlman ET, Gray P, Horton E, Horton ES, LeWinter ML. Exercise conditioning in older coronary patients: Submaximal lactate response and endurance capacity. Circulation 88:572-576, 1993.
 35. Arciero PJ, Goran MI, Gardner AW, **Ades PA**, Tyzbir RS, Poehlman ET. A practical equation to predict resting metabolic rate in older females. Journal American Geriatric Society 41:389-395, 1993
 36. Higgins JC, **Ades PA**, Cardiac rehabilitation: Clinical benefits and referral patterns. Internal Medicine 14:10-16, 1993.
 37. Toth MJ, Goran MI, **Ades PA**, Howard DB, Poehlman ET. An examination of data normalization procedures for expressing peak VO₂ data. Journal of Applied Physiology 75(5):2288-2292, 1993.
 38. Winget J, Capeless MA, **Ades PA**. Sudden death in Athletes. Sports Medicine, 1994;18:375-383.
 39. **Ades PA**, Waldmann ML, Gillespie C. A controlled trial of exercise training in older coronary patients. Journal of Gerontology: Medical Sciences, 1995;50:M7-M11.
 40. **Ades PA**, LeWinter MM. Muscular and cardiac adaptations to exercise training in older coronary patients assessed by muscle biopsy and cardiac scintigraphy. International Journal of Sports Cardiology 1994;3:95-99.
 41. Schriefer JH, **Ades PA**. Secondary prevention in older coronary patients. Cardiovascular Reviews and Reports. 1994;14:55-66.
 42. Toth MJ, Gardner AW, **Ades PA**, Poehlman ET. Contribution of body composition and leisure time physical activity to the age-related decline in peak oxygen consumption in men and women. Journal of Applied Physiology, 1994, 77(2):647-652.
 43. **Ades, PA**, Coronary Disability in the Elderly. Cardiovascular Reviews and Reports 1994;15:32-36.
 44. Pashkow P, **Ades PA**, Emery CF, Southard D, Houston-Miller N, Outcomes in Cardiac and Pulmonary Rehabilitation. J. Cardiopulmonary Rehabilitation, 1995;15:394-405.
 46. Ballor DL, Harvey-Berino J, **Ades PA**. A healthy lifestyle is the treatment of choice for obesity in coronary patients. J Cardiopulm Rehabil. 1995,15;14-18.
 47. Poehlman ET, Toth MJ, Bunyard LB, Gardner AW, Donaldson KE, Colman E, Fonong T, **Ades**

- PA.** Physiologic predictors of increasing total and central adiposity in aging men and women. Archives Int Med; 1995;155:2443-2448.
48. Ballor DL, Harvey-Berino J, **Ades PA**, Cryan J, Calles-Escandon J. Contrasting effects of resistance and aerobic training on body composition and metabolism after diet-induced weight loss. Metabolism.1996;45:179-183.
 49. Ballor DL, Harvey-Berino J, **Ades PA**, Cryan J, Calles-Escandon J. Decrease in fat oxidation following meal in weight-reduced individuals: a possible mechanism for weight recidivism. Metabolism; 1996;45:174-178.
 50. **Ades PA**, Ballor DL, Ashikage T, Utton JL, Nair KS. Weight training improves walking endurance in the healthy elderly. Annals of Internal Medicine:124:568-572, 1996
 51. **Ades PA**, Waldmann ML, Meyer W, Brown KA, Poehlman ET, Pendlebury W, Leslie K, Lew R, LeWinter MM. Skeletal muscle and cardiovascular adaptations to exercise conditioning in older coronary patients. Circulation 1996;94:323-330.
 52. Wenger NK, Froelicher ES, Smith LK, **Ades PA** et al. Cardiac Rehabilitation. Clinical Practice Guideline No.17. Rockville MD: US Dept of Health and Human Services, Public Health Service, Agency for Health Care Policy and Research and the National Heart, Lung and Blood Institute. AHCPR Publication No.96-0672. October 1995
 53. Calles-Escandon J, Ballor DL, Harvey-Berino J, **Ades PA**, Tracy RP, Sobel BE. Amelioration of the inhibition of fibrinolysis in obese elderly subjects by moderate caloric restriction. Am J Clin Nutr 1996;64:7-11.
 54. Poehlman ET, Toth M, Gardner AW, Calles-Escandon J, **Ades PA**. Gender differences in resting metabolic rate and norepinephrine kinetics in older individuals. European Journal of Clinical Investigation 1997;27:23-28.
 55. Fonong T, Toth MJ, **Ades PA**, Katzell LI, Calles-Escandon J, Poehlman ET. Relationship between physical activity and HDL-cholesterol in healthy older men and women: A cross sectional and exercise intervention study. Atherosclerosis 127:177-183,1996.
 56. **Ades PA**, Poehlman ET. The effect of exercise training on lipids in the elderly. American Journal of Geriatric Cardiology 1996;5:27-31.
 58. Rooyackers OE, Adey DB, **Ades PA**, Nair KS. Effect of age on in vivo synthesis rates of mitochondrial protein in human skeletal muscle. 1997 Proc Nat Acad Sci. 93:15364-15369
 59. Ross SJ, Poehlman ET, Johnson RK, **Ades PA**. Body composition predicts risk factors in older female coronary patients. Journal of Cardiopulmonary Rehabilitation, 1997;17:419-427.
 60. **Ades PA**, Pashkow F, Nestor J. Cost-Effectiveness of Cardiac Rehabilitation after Myocardial Infarction. Journal of Cardiopulmonary Rehabilitation, 1997;17:222-231.
 61. Obisan TO, Toth MJ, **Ades PA**, Poehlman ET. Central markers of body fat distribution are important predictors of plasma lipids in elderly men and women. Experimental Gerontology, 1997;6:643-651.
 62. Franklin, BF, Fletcher GF, Gordon NF, Noakes T, **Ades PA**, Balady GJ, Levine BD.

Cardiovascular evaluation of the Athlete. Sports Medicine, 1997;24:97-119.

63. Balagopal P, Rooyackers OE, Adey DB, **Ades PA**, Nair KS. Effects of aging on *In-Vivo* synthesis of skeletal muscle myosin heavy chain and sarcoplasmic protein in humans. American Journal of Physiology, 1997;293:E790-E800.
64. Fragnoli-Munn K, Savage PD, **Ades PA**. Combined resistive-aerobic training in older coronary patients early after myocardial infarction. Journal of Cardiopulmonary Rehabilitation, 1998; 18:416-420.
65. Carpenter W, **Ades PA**, Poehlman ET. Total Daily Energy Expenditure in Free-Living Older African-Americans and Caucasians. American Journal of Physiology 1998;274:E96-E101.
66. Carhart RL Jr., **Ades PA**. Gender Differences in Cardiac Rehabilitation. Cardiovascular Clinics, 1998;16:37-43.
67. **Ades PA**. Cardiac rehabilitation in older coronary patients. Journal of the American Geriatric Society, 1999;47:98-105.
68. Starling RD, **Ades PA**, Poehlman ET. Physical activity, protein intake and appendicular skeletal muscle mass in older men. American Journal of Clinical Nutrition, 1999, 70:91-96.
69. Starling RD, Matthews DE, **Ades PA**, Poehlman,ET. Assessment of physical activity in older individuals: a doubly labeled water study. Journal of Applied Physiology, 1999;86:2090-2096
70. **Ades PA**, Savage PD, Poehlman ET, Brochu M, Fragnoli-Munn K, Carhart Jr. RL. Lipid lowering in the cardiac rehabilitation setting, Journal of Cardiopulmonary Rehabilitation, 1999;19:255-260.
71. **Ades PA**, Maloney AE, Savage P, Carhart Jr. RL. Determinants of physical function in coronary patients: Response to cardiac rehabilitation. Archives of Internal Medicine, 1999;159:2357-2360
72. **Ades PA**, Coello CE. Effects of exercise and cardiac rehabilitation on cardiovascular outcomes. Med Clinics of North America,. 2000 Jan;84(1):251-65,
73. King, PA, Savage PD, **Ades PA**. Home resistance training in an elderly woman with coronary heart disease. Journal of Cardiopulmonary Rehabilitation 2000 20;126-129.
74. Dvorak R, DeNino WF, **Ades PA**, Poehlman ET. Phenotypic characteristics associated with insulin resistance in metabolically obese but normal weight young women. Diabetes 1999 48: 2210-2214.
75. Brochu M, Starling R, **Ades PA**, Poehlman ET. Are Aerobically Fit Older Individuals More Physically Active in Their Free-Living Time? A Doubly-labeled Water Approach, J Clin Endocrinol Metab 84: 3872-3876, 1999.
76. **Ades PA**. The Elderly in Cardiac Rehabilitation. Am J Geriatr Cardiol. 1999 8;61-62
77. Brochu M., Poehlman ET, **Ades PA**. Obesity, body fat distribution and coronary artery disease. Journal of Cardiopulmonary Rehabilitation 20;96-108, 2000.

78. Sheifer SH, Gersh BJ, Yanez D, **Ades PA**, Burke GL, Manolio TA. Prognosis after unrecognized Myocardial Infarction in the elderly. J Am Coll Cardiol.;35:119-126,2000.
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