

## CURRICULUM VITAE

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

Endowed Professor of Cardiovascular Prevention  
Division of Cardiology  
Associate Director, Vermont Center on Behavior and Health  
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:

|                |  |   |
|----------------|--|---|
| <b>OFFICE:</b> | Cardiology Unit/McClure 1<br>University of Vermont Medical Center<br>University of Vermont<br>Burlington, VT 05401<br>(802) 656-3734 | Cardiac Rehab Program<br>62 Tilley Dr.<br>S. Burlington, VT 05403<br>(802) 847-4514 |
|----------------|--|---|

**HOME:** 497 S. Willard St  
Burlington, VT 05401

### EDUCATION:

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

### POSTGRADUATE TRAINING:

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

**ACADEMIC APPOINTMENTS:**

7/96 Professor of Medicine  
1/94 - 1/95 Interim Director, Clinical Research Center  
(RR209), University of Vermont  
7/93 - 12/93,1/95-2015 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 1<sup>st</sup> 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 Philip Ades MD Endowed Professor of Cardiovascular Prevention, U  
Vermont  
2021 Distinguished Mentor Award. University of Vermont Dept of Medicine.

**JOURNAL SERVICE:**

|                                   |  |
|-----------------------------------|--|
| Editor-in-Chief<br>2004-2007      | Journal of Cardiopulmonary Rehabilitation and Prevention   |
| Consulting Editor<br>2007-present |  |
| Co-Editor<br>2001-2003            |  |
| Associate Editor:<br>1994-2000    |  |
| Associate Editor<br>1997- 2015    | Coronary Artery Disease  |
| Editorial Boards:                 | Circulation. 2004- 2016  |
|                                   | American Journal of Geriatric Cardiology 1995-2010   |
| Medical Advisor:                  | Eating Well Magazine   |
| Reviewer:                         | New England Journal of Medicine<br>Annals of Internal Medicine<br>Circulation<br>Journal of American College of Cardiology<br>Journal of Cardiopulmonary Rehabilitation  |
| Abstract Reviewer:                | American College of Cardiology 1986-1988,1996, 1997,2001-05,<br>Hypertension, Exercise Testing and Rehabilitation<br>1994 - present<br>American Heart Association, Exercise Testing and Rehabilitation<br>1997- present<br>AACVPR 1990-present |

#### **PROFESSIONAL MEMBERSHIPS:**

|                |  |
|----------------|--|
| 1984 - Present | Vermont Affiliate, <u>American Heart Association</u>   |
| 1985 -90       | <u>American Federation for Clinical Research,</u><br>Eastern Section   |
| 1985 -Present  | <u>Fellow of the American College of Cardiology</u><br>(F.A.C.C.)  |
| 1994-          | <u>Fellow, American Association of Cardiovascular and Pulmonary</u><br><u>Rehabilitation (FAACVPR) , (1993-95 Outcomes Committee, 1998</u><br>President.2004- Research committee). |
| 1989 - 2005    | <u>Council on Geriatric Cardiology,</u> Publications Committee, (90-96)<br>Board of Directors (1996-2000)  |
| 1984-present   | <u>American Heart Association</u>  |

#### **UNIVERSITY COMMITTEES:**

|               |  |
|---------------|--|
| 1992 - 93, 96 | Chairperson, Department of Medicine Promotions and<br>Tenure Committee |
|---------------|--|

|                |  |
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| 1992 - 95      | Human Subjects Committee                     |
| 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<br>1991 - 02 | <u>Cardiovascular Research Training Grant.</u> P.I.: MM Le Winter, M.D., P. Ades 5% effort.<br>7/1/91 - 6/30/2006. NHLBI HL07647<br>\$ 91,000   |
| 1992 - 97              | <u>Co-Principal Investigator, NIH, R01 AG09531-01A2.</u><br>Mechanism of muscle wasting in aging man. (20% effort).<br>PI: Sree Nair, M.D., Ph.D.   |
| 1993 -present          | <u>Associate Director, Clinical Research Center, NIH, MO1 RR00109</u> 25% effort, 25% salary.   |
| 1994 - 95              | <u>Interim Director, Clinical Research Center, NIH, 50%</u><br>effort, 50% salary.  |
| 1998-2002              | <u>RO1 Research Grant, NIA : 1R01AG15114-01, Principal Investigator</u><br>"Resistance Training for Older Women with Coronary Disability"<br>25% Time/Salary  |
| <u>2002-2008</u>       | Research Grant, NHLBI 9 RO1-HL72851-04A, Principal Investigator,<br>"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<br>"Improving Functioning in PAD" . P. Ades Co- Investigator 7.5%<br>Time/Salary 9/2002-9/2007   |
| 2006-2010              | 1-R01 NHLBI Muscle Metabolism in Chronic Heart Failure. M Toth PI,<br>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.
- 2018-2023 Vermont Center for Behavior and Health. Principal Investigator Steven Higgins PhD. (P. Ades MD, Assoc. Director, Co P.I.: 20% time)  
P20GM103644-02  
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.
- 2018-2023 Improving Participation in Cardiac Rehabilitation among Lower-Socioeconomic Status Patients: Efficacy of Early Case Management and Financial Incentives. R61HL143305  
Philip A Ades MD, Co-Investigator. 20% time  
Diann Gaalema PhD. PI, NHLBI

## **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.  
 -June 2017, NHLBI Mentored Patient Oriented Research Review Committee, Ad hoc reviewer.

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 | CIBA-GEIGY Corp. - Effect of beta-blockade on submaximal endurance capacity in mild hypertension.<br>\$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**

| <b>Mentee</b>     | <b>Time Period</b> | <b>Position</b>        | <b>Publications (First Author/Total with Mentor)</b> | <b>Current Position</b>               |
|-------------------|--------------------|------------------------|--|---------------------------------------|
| 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     | 1992-1993          | Medical Student        | 1/2  | Assoc Prof Medicine,                  |

|                      |              |   |          |   |
|----------------------|--------------|---|----------|---|
| MPH *                |              |   |          | 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*. | 2000-2005    | Post Doctoral NIH Research Fellow   | 10+ /20+ | Professor Medicine U Vermont                            |
| Martin Brochu PhD.*  | 1999-2001    | Post Doctoral NIH Research Fellow   | 5+/8+    | Professor Agregé 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 Recipient of NIH R33/R65 grant NHLBI R33R61 | 3+/4+    | Assistant Research Professor, U Vermont                 |
| Susan Lakoski MD*    | 2013-2015    | Junior Faculty NIH COBRE Project Director   | 2/6      | Assistant Professor, Medicine, MD Anderson, Houston     |
| Kim Dittus MD, PhD*  | 2013-present | Junior Faculty NIH COBRE Project Director   | 2/2      | Assistant Professor, Medicine, U Vermont                |
| Quinn Pack MD        | 2016-present | Assistant Professor U Mass. K23 Award   | 3/3      | Assistant Professor U Mass.                             |
| Sheau-Yan Ho         | 2014-2017    | Doctoral candidate Psychology   |          | Instructor in Psychology, Columbia University, NY.      |
| Sherrie Khadanga MD* | 2015-2019    | Fellow in Cardiology  | 4/4      | Assistant Professor Medicine, Cardiology, U             |

\* = 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 2000:

- 2/00 Manila, Philippines. 8<sup>th</sup> 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, Europrevent 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.
  - 2016 Dartmouth-Hitchcock Medical Center, Cardiovascular Rounds: Cardiac Rehabilitation : Present and Future.
  - 2020 University of Pittsburgh Medical Center. Medical Grand Rounds. Cardiac Rehabilitation: Individualizing and expanding care
  - 2022 University of Vermont Medical Grand Rounds. Research Opportunities in the Department of Medicine. Panel Discussion.
  - 2022 York Hospital, York, Pennsylvania. Cardiology Grand Rounds. Cardiac Rehabilitation: Individualizing Care and Expanding Care.

## 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 VO<sub>2</sub> 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.

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