



## Curriculum Vitae

### Mark P. Christiansen, MD

#### Business Address:

Diablo Clinical Research, Inc.  
2255 Ygnacio Valley Road, Suite M  
Walnut Creek, CA 94598  
Phone: 925-930-7267 Fax: 925-930-7392  
E-mail: mchristiansen@diabloclinical.com

#### Education:

- 1988-1990 Fellowship, Diabetes, Endocrinology and Metabolism, University of California, San Francisco
- 1985-1988 Internship and Residency, Internal Medicine, University Hospitals, Cleveland, Ohio
- 1985 Doctor of Medicine, Case Western Reserve University, Cleveland, Ohio
- 1982-1983 Pathology Fellowship, University Hospitals, Cleveland, Ohio
- 1980 Stanford University, BS, Biological Sciences, California

#### Licensure:

Medical License State of California #G62892 5/23/1988  
National Board of Medical Examiners, 1989  
American Board of Internal Medicine, 1988  
American Board of Diabetes, Endocrinology, and Metabolism, 1991-2001  
Certified Clinical Densitometrist, 2004

#### Training:

ICH-GCP Guidelines  
Standard Operating Procedures for Diablo Clinical Research, Inc  
Informed Consent Training  
Human Subject Assurance Training

#### Work Experience:

2007-present Investigator, Diablo Clinical Research, Walnut Creek, California

2002-present Private Practice, Pleasanton, California  
1994-2002 Assistant Clinical Physician, San Francisco General Hospital  
1990-1994 Contra Costa Endocrine Associates, Walnut Creek, California

**Clinical Research Experience:**

Sub-Investigator for 84 studies which include:

Diabetes Type 1 and 2, Neuropathy, Anxiety, Depression, Hypercholesterolemia, Hypertension, Metabolic Syndrome, Dyslipidemia, Fibromyalgia, Osteoporosis, Osteopenia, Women's Health, Irritable Bowel Syndrome, Erectile Dysfunction, Chronic Pain, Obesity, Osteoarthritis, Gout.

**Memberships/Awards/Appointments:**

Alpha Omega Alpha, Case Western Reserve University, 1985  
Max Miller Award in Medicine, Case Western Reserve University, 1985

**Publications:**

**Abstracts**

Christiansen, MP, P. Linfoot, S. Turner, and M. Hellerstein. 1995. Energy Restriction and NIDDM: Effects upon hepatic glucose output, *Diabetes* 45 A.

Christiansen, MP, P. Linfoot, R. Neese, S. Turner, and M. Hellerstein. 1996. Effects of energy restriction on lipolysis, free fatty acid fluxes, gluconeogenesis, and glycogenolysis in NIDDM. *Diabetes*. 45: 321A.

Christiansen, MP, P. Linfoot, R. Neese, and M. Hellerstein. 1997. Metformin: Effects upon postabsorptive intrahepatic carbohydrate fluxes. *Diabetes*. 46: 244A.

Hellerstein, M., R. Neese, P. Linfoot, M. Christiansen, and S. Turner. 1995. Contribution from gluconeogenesis to fasting blood glucose measured by mass isotopomer distribution analysis in normal humans. *Diabetes*. 45.

Hellerstein, M., R. Neese, P. Linfoot, M. Christiansen, and A. Letscher. 1996. Detailed characterization in fasting humans of intrahepatic fluxes through gluconeogenesis and glycogen. *Diabetes*. 45:36A.

Christiansen, M.P., B. Hoh, C. Ho, A. Strawford. 2001. Effects of insulin upon endogenous glucose production in HIV seropositive individuals with lipodystrophy on highly active antiretroviral therapy. *Diabetes*. 50:suppl 2 A 512.

## Articles

Don, B., A. Sebastian, M. Cheitlin, M. Christiansen, and M. Schambelan. 1990. Pseudohyperkalemia caused by fist clenching during phlebotomy. *N. Engl J Med.* 322: 1290-1292.

Hellerstein, M., M. Christiansen, S. Kaempfer, and C. Kletke. 1991. Measurement of *de novo* hepatic lipogenesis in humans using stable isotopes. *J Clin Invest.* 87: 1841-1852.

Kaempfer, S., M. Blackham, M. Christiansen, K. Wu, and M. Hellerstein. 1991. Fraction of hepatic cytosolic acetyl-CoA derived from glucose *in vivo*: Relation to PDH phosphorylation state. *Am J Physiology.* 260:E865-875.

Hellerstein, M., C. Grunfeld, K. Wu, M. Christiansen. 1993. Increased *de novo* hepatic lipogenesis in human immunodeficiency infection. *J Clin Endocrinol Metab.* 76: 559-565.

Hellerstein, M., R. Neese, P. Linfoot, M. Christiansen, S. Turner, and A. Letscher. 1997. Hepatic gluconeogenic fluxes and glycogen turnover during fasting in humans: A stable isotope study. *J Clin Invest.* 100: 1305-19.

Siler, S.Q., R.A. Neese, M.P. Christiansen, and M.K. Hellerstein. 1998. The inhibition of gluconeogenesis following alcohol in humans. *Am J Physiol.* 275: E897-907.

Christiansen, M., M. Hellerstein. 1998. Effects of metformin on hepatic glucose metabolism. *Curr Opin Endo Diab.* 5:252-255.

Strawford, A., T. Barbieri, R. Neese, M. Van Loan, M. Christiansen, R. Hoh, G. Sathayan, R. Skowronski, J. King, and M. Hellerstein. 1999. Effects of nandrolone deconoate therapy in borderline hypogonadal men with HIV-associated weight loss. *Journal of Acquired Immune Deficiency and Human Retrovirology.* 20: 137-146.

Parks, E., R.M. Krauss, M. P. Christiansen, R. Neese, and M. Hellerstein. 1999. Effects of a low-fat diet on sources of fatty acids for VLDL triglyceride production. *J Clin Invest.* 104:1087-1096.

Strawford, A., T. Barbieri, M. Van Loan, E. Parks, D. Catlin, N. Barton, R. Neese, M. Christiansen, J. King, and M. Hellerstein. 1999. Effects of resistance exercise combined with supraphysiologic androgen therapy including an anabolic steroid, oxandrolone, on lean tissue accrual and muscle strength in eugonadal men with HIV-related weight loss. *JAMA* 281: 1282-1290.

Davis, A., M. Christiansen, S. Klein, M. Hellerstein, R. Ostlund. 2000. Effects of *d*-chiro-inositol on glucose metabolism in insulin resistant subjects. *Diabetes Care*. 23: 1000-1005.

Wang, W., A. Bassinger, R. Neese, M. Christiansen, M. Hellerstein. 2000. Effects of nicotinic acid on free fatty acid kinetics and pathways of glucose metabolism in humans. *Am J Physiol Endocrinol Metab*. 279:E50-59.

Christiansen, M., P. Linfoot, R. Neese, M. Hellerstein. 2000. Effects of caloric restriction upon endogenous glucose production and substrate utilization in DM2. *Diabetes*. 49: 1691-1699.

Wang, W, A. Basinger, B.Shane, S. Myong., M. Christiansen, M. Hellerstein. 2001. Effect of nicotinic acid administration on hepatic very low density lipoprotein-triglyceride production. *Am J Physiol Endocrinol Metab*. 280:E540-547.



Signature

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Date



**The Medical Board of California**  
1426 Howe Avenue, Suite 54  
Sacramento, California 95825-3236



***PHYSICIAN AND SURGEON***

CERTIFICATE NO    G62892    EXPIRATION    09/30/2009

**MARK PEDER CHRISTIANSEN**  
5725 W LAS POSITAS BLVD STE 210  
PLEASANTON CA 94588

ORIGINAL  
ISSUANCE DATE

05/23/1988

RECEIPT NO

18100261