

CURRICULUM VITAE

ERIC CHARLES WESTMAN, M.D. M.H.S.

PERSONAL DATA

Date of Birth: April 20, 1960
Place of Birth: Ann Arbor, Michigan
Address: Home: 102 Caitlin Court
Chapel Hill, North Carolina 27516
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EDUCATION

	<u>Degree</u>	<u>Dates</u>
Duke University, Durham, NC	M.H.S. in Biometry	1994
University of Wisconsin Medical School, Madison, WI	M.D.	1982-86
Stanford University, Stanford, CA	A.B. History with Honors	1978-82

POSTGRADUATE TRAINING

Fellowship: General Medicine, Duke University	1990-92
Chief Residency: Medicine, University of Kentucky	1989-90
Residency: Medicine, University of Kentucky Medical Center, Lexington, Kentucky	1986-89

ACADEMIC APPOINTMENTS

Director, Lifestyle Medicine Clinic Duke University Health System	2006-
Associate Professor of Medicine with Tenure Department of Medicine, Duke University	2005-
Duke Clinical Research Training Program Faculty	1995-
Medical Director, Duke Center for Nicotine and Smoking Cessation Research	1992-
Director, Smoking Research Laboratory, Duke University and Durham VAMC	1997-2006
Associate Professor of Medicine, Department of Medicine, Duke University	2001-2005
Research Associate, Durham VAMC Health Services Research and Development	1990-2000
Assistant Professor in Medicine, Department of Medicine, Duke University	1995-2001
Associate in Medicine, Department of Medicine, Duke University	1992-1995

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Two

CLINICAL EXPERIENCE

Lifestyle Medicine Clinic, Durham NC	2006-
Duke Diet and Fitness Center Physician, Durham NC	2001-2003
Ambulatory Care Staff Physician, Durham VAMC	1990-2000

LOCAL POSITIONS HELD

Course Director, Fourth Year Medical Student Elective in Obesity Management	2004-
Co-director, Durham VA Stop Smoking Clinic	1998-2000
Director, Occupational Health, Durham VAMC	1992-6
Resident Ambulatory Care Coordinator, University of Kentucky	1989-90

HONORS

Fellow, NAASO: The Obesity Society	2000-
Fellow, Governor's Institute on Alcohol and Substance Abuse	1992-1996
Society of General Internal Medicine Associate Member Award for Outstanding Scientific Presentation	1992
Internal Medicine Resident Teaching Award	1989

BOARD CERTIFICATION

American Board of Internal Medicine	1989
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SOCIETY MEMBERSHIPS

American Society of Bariatric Physicians	2005-
NAASO: The Obesity Society	2000-
Society for Research on Nicotine and Tobacco	1995-
Society of General Internal Medicine	1989-

NATIONAL COMMITTEES

Vice-President, American Society of Bariatric Physicians	2007-
Liaison Committee, American Society of Bariatric Physicians	2006-
Publications Committee, American Society of Bariatric Physicians	2006-
Data Safety Monitoring Board, NIH TREAT Study	2004-
Planning Committee, American Society of Bariatric Physicians Annual Meeting	2006-
Planning Committee, Annual Meeting, Nutrition and Metabolism Society	2004-
Veterans Affairs National Smoke-Free Advisory Group	1998-2000
National Lung Health Education Program Executive Committee	1998-2000
Program Chair, SGIM Southern Regional Meeting	1996

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Three

LOCAL COMMITTEES

Duke University Health System Institutional Review Board Member	2002-2005
Duke Primary Care Research Consortium Steering Committee	1997-2000
NC Medical Society Tobacco Control Committee	1997-2000
Chair, Safety Management Subcommittee, Durham VAMC	1995-1996
Chair, Occupational Health Subcommittee, Durham VAMC	1993-1995
Human Subjects Subcommittee, Durham VAMC	1992-1993

EDITORIAL POSITIONS

Editorial Board, Nutrition & Metabolism	2004-
Associate Editor, Forum, Newsletter of the Society of General Internal Medicine	1996-1999

REVIEWER-Study Sections

VA Merit Review-Clinical Trials Program Study Section Member, National Institutes of Health
Ad Hoc Reviewer, Medical Research Council, Tobacco-Related Disease Research Program,
University of California (1997-2000, 2002), VA Merit Review Program

REVIEWER-Journals

Am J Clin Nutrition, Pediatric Diabetes, Am J Cardiology, Journal of Clinical Investigation,
Nutrition & Metabolism, Archives of Pediatrics and Adolescent Medicine, Obesity, International
Journal of Cardiology, JAMA, American Heart Journal, Annals of Internal Medicine, Medical
Care, J Gen Intern Med, J Clin Psychopharm, Am J Public Health, American College of
Physicians Journal Club, American Journal of Health Promotion, American Journal of Managed
Care, Nicotine and Tobacco Research, Exp Clin Psychopharmacology, Addictive Behaviors

PUBLICATIONS

Peer Reviewed Publications

1. WESTMAN EC, Levin ED, Rose JE. The nicotine patch in smoking cessation: a randomized trial with telephone counseling. Arch Intern Med 1993;153:1917-1923.
2. WESTMAN EC, Simel DL. Smokeless tobacco use in an outpatient veteran population. South Med J 1993;86:912-913.
3. Holleman DR, WESTMAN EC, McCrory DC, Simel DL. The effect of sleeved arms on oscillometric blood pressure measurements. J Gen Intern Med 1993;8:325-326.
4. Caudill TS, WESTMAN EC, Holleman DR, Rich EC. Resident recognition of open-angle glaucoma: effects of an educational intervention. J Gen Intern Med 1993;8:515-516.
5. Lane JD, WESTMAN EC, Ripka GV, Wu J, Chiang CC, Rose JE. Pharmacokinetics of a transdermal nicotine patch compared to nicotine gum. Drug Development and Industrial Pharmacy 1993;19(16),1999-2010.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Four

6. Levin ED, WESTMAN EC, Stein RM, Carnahan E, Sanchez M, Herman S, Behm FM, Rose JE. Nicotine skin patch treatment increases abstinence, decreases withdrawal symptoms and attenuates rewarding effects of smoking. *J Clin Psychopharm* 1994;14:41-49.
7. Rose JE, Behm FM, WESTMAN EC, Levin ED, Stein RM, Ripka GV. Mecamylamine combined with nicotine skin patch facilitates smoking cessation. *Clin Pharmacol Ther* 1994;56:86-99.
8. Rose JE, Behm FM, WESTMAN EC, Levin ED, Stein RM, Lane JD, Ripka GV. Combined effects of nicotine and mecamylamine in attenuating smoking reward. *Exp Clin Psychopharm* 1994;2:328-344.
9. WESTMAN EC, Duffy MB, Simel DL. Should physicians screen for oral disease? A physical examination study of the oral cavity. *J Gen Intern Med* 1994;9:558-562.
10. WESTMAN EC, Levin ED, Rose JE. Nicotine as a therapeutic drug. *North Carolina Med J* 1995;56:2-5.
11. WESTMAN EC. Does smokeless tobacco cause hypertension? A review of the literature. *South Med J* 1995;88:716-720.
12. WESTMAN EC, Behm FM, Rose JE. Airway sensory replacement combined with nicotine replacement for smoking cessation: A randomized, placebo controlled trial using a citric acid inhaler. *Chest* 1995;107:1358-64.
13. WESTMAN EC, Matchar DB, Samsa GP, Mulrow CD, Waugh RA, Feussner JR. Accuracy and reliability of physicians for apical S3 gallop detection. *J Gen Intern Med* 1995;10:455-457.
14. Rose JE, Levin ED, Behm FM, WESTMAN EC, Stein RM, Lane JD, Ripka GV. Combined administration of agonist-antagonist as a method of regulating receptor activation. *Ann NY Acad of Sci* 1995;757:218-21.
15. WESTMAN EC, Behm FM, Rose JE. Dissociating the nicotine and airway sensory effects of smoking. *Pharm Biochem Behav* 1996;53:309-315.
16. Joseph AM, Norman S, Ferry L, Prochazka A, WESTMAN EC, Steele B, Sherman S, Cleveland M, Antonuccio D, Hartman N, McGovern P. Safety of transdermal nicotine therapy in patients with cardiac disease: a randomized controlled trial. *N Engl J Med* 1996;335:1792-8.
17. WESTMAN EC, Behm FM, Rose JE. Airway sensory replacement as a treatment for smoking cessation. *Drug Dev Res* 1996;38:257-262.
18. Rose JE, WESTMAN EC, Behm FM. Nicotine/mecamylamine combination treatment for smoking cessation. *Drug Dev Res* 1996;38:243-256.
19. WESTMAN EC. Should managed care organizations pay for nicotine replacement therapy? *Am J Managed Care* 1997;3:335-337.
20. WESTMAN EC, Behm FM, Simel DL, Rose JE. Smoking behavior on the first day of a quit attempt predicts long-term abstinence. *Arch Intern Med* 1997;157:335-340.
21. WESTMAN EC, Tomlin KF. Helping patients take control of their medical records: A case study of a personal health organizer. *North Carolina Med J* 1998;59:251-254.
22. Rose JE, Behm FM, WESTMAN EC. Nicotine/mecamylamine treatment for smoking cessation: The role of pre-cessation therapy. *Exp Clin Psychopharm* 1998;6:331-343.
23. WESTMAN EC, Tomlin KF. Filling the prescription for a Patient Bill of Rights with a personal health organizer. *Am J Health Behavior* 1999;23:128-133.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Five

24. Brauer LH, Behm FM, WESTMAN EC, Patel P, Rose JE. Naltrexone blockade of nicotine effects in cigarette smokers. *Psychopharm* 1999;143:339-346.
25. Gray RN, McCrory DC, Eberlein K, WESTMAN EC, Hasselblad V. Parenteral drug treatments for acute migraine headache. Technical review 2.5. Rockville MD: Agency for Health Care Policy and Research. National Center for Health Services Research. February 1999.
26. Gray RN, McCrory DC, Eberlein K, WESTMAN EC, Hasselblad V. Self-administered drug treatments for acute migraine headache. Technical review 2.4. Rockville MD: Agency for Health Care Policy and Research. National Center for Health Services Research. February 1999.
27. WESTMAN EC. A review of very low carbohydrate diets for weight loss. *Journal Clinical Outcomes Management* 1999;6:36-40.
28. WESTMAN EC, Westman JC. You're my father, not my patient. *Wis Med J* 1999;98:12-14.
29. Rose JE, Behm FM, WESTMAN EC, Coleman RE. Arterial nicotine kinetics during cigarette smoking and intravenous nicotine administration: Implications for addiction. *Drug Alcohol Dependence* 1999;56:99-107.
30. WESTMAN EC. Factors influencing morning report case presentations. *South Med J* 1999;92:775-777.
31. Rose JE, WESTMAN EC, Behm FM, Johnson MP, Goldberg JS. Blockade of smoking satisfaction using the peripheral nicotinic antagonist trimethaphan. *Pharmacol Biochem Behav* 1999;62:165-72.
32. WESTMAN EC, Tomlin KF, Shipley RH. Integrating transdermal nicotine therapy into nicotine fading treatments: Effects on salivary cotinine levels. *Psych Addict Behav* 1999;13:279-283.
33. WESTMAN EC, Tomlin KF, Rose JE. The combination of nicotine inhaler and nicotine patch for smoking cessation. *Am J Health Behavior* 2000;24:114-119.
34. Rose JE, Behm FM, WESTMAN EC, Johnson M. Dissociating nicotine and non-nicotine components of cigarette smoking. *Pharmacol Biochem Behav* 2000;67:71-81.
35. Roth MT, WESTMAN EC. Use of bupropion SR in a pharmacist-managed outpatient smoking-cessation program. *Pharmacotherapy* 2001;21:636-641.
36. Rose JE, Behm FM, WESTMAN EC. Acute effects of nicotine and mecamylamine on tobacco withdrawal symptoms, cigarette reward and ad lib smoking. *Pharm Biochem Behav* 2001;68:187-197.
37. Brauer LB, Behm FM, Lane JD, WESTMAN EC, Perkins C, Rose JE. Individual differences in smoking reward from de-nicotinized cigarettes. *Nicotine & Tobacco Research* 2001;3:101-109.
38. WESTMAN EC, Tomlin KF, Perkins CE, Rose JE. Oral nicotine solution for smoking cessation: A pilot tolerability study. *Nicotine and Tobacco Research* 2001;3:391-6.
39. Yancy WS, Provenzale D, WESTMAN EC. Improvement of gastroesophageal reflux disease after initiation of a low-carbohydrate diet: five brief case reports. *Alternative Therapies* 2001;7:116-120.
40. Roth MT, WESTMAN EC. Asthma exacerbation after administration of nicotine nasal spray for smoking cessation. *Pharmacotherapy* 2002;22:779-82.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Six

41. WESTMAN EC, Yancy WS, Edman JS, Tomlin KF, Perkins CE. Effect of 6-month adherence to a very low carbohydrate diet program. *Am J Med* 2002;113:30-36.
42. Yancy WS Jr, Olsen MK, WESTMAN EC, Bosworth HB, Edelman DE. Relationship between obesity and health-related quality of life in men. *Obes Res* 2002 10: 1057-1064.
43. Volek JS, WESTMAN EC. Very-low-carbohydrate diets revisited. *Cleveland Clinic J Med* 2002;69:849-862.
44. Yancy WS, WESTMAN EC, French PA, Califf RM. Diets and clinical coronary events. The truth is out there. *Circulation* 2003;107:10-16.
45. Rose JE, Behm FM, WESTMAN EC, Mathew RJ, London ED, Hawk TC, Turkington TG, Coleman RE. PET studies of the influences of nicotine on neural systems in cigarette smokers. *Am J Psychiatry* 2003;160:323-33.
46. Green A, Yancy WS Jr, Braxton L, WESTMAN EC. Residential smoking therapy. *J Gen Int Med* 2003;18:275-280.
47. WESTMAN EC, Mavropoulos J, Yancy WS Jr, Volek JS. A review of low-carbohydrate ketogenic diets. *Curr Atheroscler Rep* 2003;5:46-483.
48. Rose JE, Behm FM, WESTMAN EC, Bates JE. Mecamylamine acutely increases human intravenous nicotine self-administration. *Pharmacol Biochem Behav* 2003;76:307-313.
49. Rose JE, Behm FM, WESTMAN EC, Bates JE, Salley A. Pharmacologic and sensorimotor components of satiation in cigarette smoking. *Pharmacol Biochem Behav* 2003;76:243-50.
50. Hickey JT, Hickey L, Yancy WS Jr., Hepburn J, WESTMAN EC. Clinical use of a carbohydrate-restricted diet to treat the dyslipidemia of the metabolic syndrome. *Metabolic Syndrome and Related Disorders* 2003;1:227-232.
51. Vernon MC, Mavropoulos J, Transue M, Yancy WS Jr., WESTMAN EC. Clinical experience of a carbohydrate-restricted diet: Effect on diabetes mellitus. *Metabolic Syndrome and Related Disorders* 2003;1:233-238.
52. Yancy WS Jr., Vernon MC, WESTMAN EC. A pilot trial of a low-carbohydrate ketogenic diet in patients with Type 2 diabetes. *Metabolic Syndrome and Related Disorders* 2003;1:239-244.
53. O'Neill DF, WESTMAN EC, Bernstein RK. The effects of a low-carbohydrate regimen on glycemic control and serum lipids in diabetes mellitus. *Metabolic Syndrome and Related Disorders* 2003;1:291-298.
54. McClernon J, WESTMAN EC, Rose JE. The effects of controlled deep breathing on smoking withdrawal symptoms in dependent smokers. *Addict Behaviors* 2004;29:765-772.
55. Yancy WS JR, Olsen MK, Guyton JR, Bakst RP, WESTMAN EC. A randomized, controlled trial of a low-carbohydrate, ketogenic diet versus a low-fat diet for obesity and hyperlipidemia. *Ann Intern Med* 2004;140:769-777.
56. Husain AM, Yancy Jr. WS, Carwile ST, Miller PP, WESTMAN EC. Diet therapy for narcolepsy. *Neurology* 2004;62:2300-2302.
57. Kolotkin RL, WESTMAN EC, Ostbye T, Crosby RD, Eisenson HJ, Binks M. Does binge eating disorder impact weight-related quality of life? *Obes Res* 2004;12:999-1005.
58. McBride CM, Baucom DH, Peterson BL, Pollak KI, Palmer C, WESTMAN E, Lyna P. Prenatal and postpartum smoking abstinence. A Partner-assisted approach. *Am J Prev Med* 2004;27:232-238.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Seven

59. Boan J, Kolotkin RL, WESTMAN EC, McMahon RL, Grant JP. Binge eating, quality of life and physical activity improve after Roux-en-Y gastric bypass for morbid obesity. *Obes Surg* 2004;14:341-8.
60. Roth MT, Andrus MR, WESTMAN EC. Outcomes from an outpatient smoking-cessation clinic. *Pharmacotherapy* 2005;25:279-88.
61. WESTMAN EC, Yancy Jr. WS, Haub MD, Volek JS. Insulin resistance from a low-carbohydrate, high fat diet perspective. *Metabolic Syndrome and Related Disorders* 2005;3:14-18.
62. Yancy Jr. WS, Foy M, Vernon MC, WESTMAN EC. A low-carbohydrate ketogenic diet to treat Type 2 Diabetes. *Nutrition & Metabolism* 2005;2:34.
63. Mavropoulos J, Yancy Jr. WS, Hepburn J, WESTMAN EC. The effects of a low-carbohydrate, ketogenic diet on the polycystic ovary syndrome: A pilot study. *Nutrition & Metabolism* 2005;2:35.
64. Rose JE, Behm FM, WESTMAN EC, Kukovich P. Precessation treatment with nicotine skin patch facilitates smoking cessation. *Nicotine & Tobacco Research* 2006;8:89-101.
65. WESTMAN EC, Yancy Jr. WS, Humphreys M. Dietary treatment of diabetes mellitus in the Pre-Insulin Era (1914-1922). *Perspectives in Biology and Medicine* 2006;49:77-83.
66. WESTMAN EC, Yancy Jr. WS, Olsen MK, Dudley T, Guyton JR. Effect of a low-carbohydrate, ketogenic diet program compared to a low-fat diet on fasting lipoprotein subclasses. *Int J Cardiol* 2006;110:212-216.
67. Austin GL, Thiny MT, WESTMAN EC, Yancy Jr. WS, Shaheen NJ. A very low carbohydrate diet improves gastroesophageal reflux and its symptoms: A pilot study. *Dig Dis Sci* 2006;51:1307-1312.
68. Feinman RD, Vernon MC, WESTMAN EC. Low carbohydrate diets in family practice: what can we learn from an internet-based support group. *Nutr J* 2006;5:26.
69. McClernon FJ, Hiott F, WESTMAN EC, Rose JE, Levin ED. Transdermal nicotine attenuates depression symptoms in nonsmokers: A double-blind, placebo-controlled trial. *Psychopharmacology* 2006;189(1):125-33.
70. Tendler D, Lin S, Yancy WS Jr., Mavropoulos J, Silvestre P, Rockey DC, WESTMAN EC. The effect of a low-carbohydrate, ketogenic diet on nonalcoholic fatty liver disease: a pilot study. *Dig Dis Sci* 2007;52(2):589-93.
71. McClernon FJ, Yancy WS Jr., Eberstein JA, Atkins RC, WESTMAN EC. The effects of a low-carbohydrate ketogenic diet and a low-fat diet on mood, hunger, and other self-reported symptoms. *Obesity* 2007;15(1):182-7.
72. Yancy WS Jr., Olsen MK, Dudley T, WESTMAN EC. Acid-base analysis of individuals following two weight loss diets. *Eur J Clin Nutr*, February 14, 2007.
73. McClernon FJ, WESTMAN EC, Rose, JE, Lutz AM. The effects of foods, beverages, and other factors on cigarette palatability. *Nicotine Tob Res* 2007;9:505-510.
74. WESTMAN EC, Feinman RD, Mavropoulos JC, Vernon MC, Volek JS, Wortman JA, Yancy Jr. WS, Phinney SD. Low-carbohydrate nutrition and metabolism. *Am J Clin Nutr* 2007;86:276-84.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Eight

75. Lecheminant JD, Gibson CA, Sullivan DK, Hall S, Washburn R, Vernon MC, Curry C, Stewart E, WESTMAN EC, Donnelly JE. Comparison of a low carbohydrate and low fat diet for weight maintenance in overweight or obese adults enrolled in a clinical weight management program. *Nutr J* 2007;6:36.
76. Westman EC, Vernon MC. Has carbohydrate-restriction been forgotten as a treatment for diabetes mellitus? A perspective on the ACCORD study design. *Nutr Metab* 2008;9;5:10.
77. Accurso A, Bernstein RK, Dahlqvist A, Draznin B, Feinman RD, Fine EJ, Glead A, Jacobs DB, Larson G, Lustig RH, Manninen AH, McFarlane SI, Morrison K, Nielsen JV, Ravnskov U, Roth KS, Silvestre R, Sowers JR, Sundberg R, Volek JS, Westman EC, Wood RJ, Wortman J, Vernon MC. Dietary carbohydrate restriction in type 2 diabetes mellitus and metabolic syndrome: time for a critical appraisal. *Nutr Metab* 2008;8:5:9.
78. Paddon-Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga M. Protein, weight management, and satiety. *Am J Clin Nutr* 2008;87:1558S-1561S.

Other Publications

1. WESTMAN EC. Optimizing nicotine replacement therapy: Role of the primary caregiver. *Federal Practitioner* 1996;13:11-16 (supplement).
2. WESTMAN EC. Meta-analysis: Nicotine replacement therapy is effective for reducing smoking. *ACP Journal Club* 1996;Nov-Dec:70.
3. WESTMAN EC. Non-smokers whose spouses smoke have an increased risk of lung cancer. *Evidence Based Medicine* 1998.
4. WESTMAN EC. Review: Self-help interventions alone minimally increase smoking cessation. *ACP Journal Club* 1999;130:41, and *Evidence Based Mental Health* 1999;2:144.
5. WESTMAN EC. Review: Nicotine replacement treatments achieve smoking abstinence at 6-12 months. *Evidence Based Mental Health* 2001;4:21.
6. Educational Manual Contributor: Tobacco Control for the Health Care Provider: Education, Advocacy and Awareness Within Your Practice. North Carolina Medical Society, 1998.

Book Chapters

1. WESTMAN EC, Rose, JE. Nicotine replacement therapies and beyond. In *Nicotine in Psychiatry: Psychopathology and Emerging Therapeutics*. Piasecki M, Newhouse PA, eds. Washington D.C.: American Psychiatric Press, 2000.
2. Haist SA, Robbins JB, Gomella LG, eds. *Internal Medicine On Call*. Norwalk, CT: Appleton & Lange, 1997. Chapters on pedal edema, thrombophlebitis.

Letters

1. WESTMAN EC, Guthrie GP Jr. Licorice, tobacco chewing and hypertension. *N Eng J Med* 1990;322:850.
2. Beauchamp C, WESTMAN EC, Govert JA. Treatment of acute myocardial infarction. *N Eng J Med* 1993;329:430.
3. WESTMAN EC, Rose JE. Do heavy smokers need a higher replacement dose of nicotine to quit? *JAMA* 1996;275:1882-1883.
4. WESTMAN EC. Is dietary carbohydrate essential for human nutrition? *Am J Clin Nutr* 2002;951-2.

ERIC CHARLES WESTMAN, M.D. M.H.S.

Page Nine

Letters (cont.)

5. WESTMAN EC, Volek JS. Postprandial triglycerides in response to high fat: role of dietary carbohydrate. *Eur J Clin Invest* 2004;34:74.
6. WESTMAN EC, Yancy Jr. WS, Vernon MC. Is a low-carb, low-fat diet optimal? *Arch Intern Med* 2005;165:1071-1072.
7. Kalvass JC, Phinney SD, Vernon MC, Rosedale R, WESTMAN EC. Comment: Decreased warfarin effect after initiation of high-protein, low-carbohydrate diets. *Ann Pharmacother* 2005;39(7-8):137-2.
8. WESTMAN EC, Volek JS, Feinman RD. Carbohydrate restriction is effective in improving atherogenic dyslipidemia even in the absence of weight loss. *Am J Clin Nutr* 2006;84:1549. 2006;84(6):1549.