

**Marcia L. Stefanick, Ph.D., F.A.H.A.**

**Professor of Medicine (Research)**  
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**I. Biographical Information**

**A. Identifying Data:**

Citizenship: U.S. Citizen

Marital Status: married (to Robert Horowitz, M.D.)

**B. Academic History:**

1969-1970 Rotary International **Exchange Student to West Germany**

1974 **B.A. Biology** (*cum laude*), University of Pennsylvania, Philadelphia, PA

1982 **PhD. Physiology**, Stanford University, Stanford, CA

1983-1986 **Fellowship in Cardiovascular Disease Prevention**, (PHS-NRSA, T32),  
Stanford Center for Research in Disease Prevention,  
Department of Medicine, Stanford University, Stanford, CA

**C. Employment History:**

1970-1974 **Work Study Program, University of Pennsylvania**

German translator: School of Education; Annenberg School of  
Communications Research Assistant, School of Veterinary Medicine

1974-1975 **Research Assistant**, Oregon Regional Primate Research Center  
Beaverton, Oregon (J.A. Resko Laboratory)

1975-1976 **Research Assistant**, Dept. of Physiology, Stanford University  
(J.M. Davidson Laboratory)

1984-2003 **Research Director, SCRDP Biochemistry Laboratory**  
(CDC-NHLBI-standardized lipoprotein laboratory)

07/01/1986- **Research Associate**, Dept of Medicine, Stanford University  
12/31/1987 Stanford Center for Research in Disease Prevention (SCRDP)

01/01/1988- **Senior Research Scientist** Dept of Medicine, Stanford University  
08/31/1997 Stanford Center for Research in Disease Prevention (SCRDP)

09/01/1997- **Associate Professor of Medicine (Research)**, Stanford Center for  
11/30/2003 Research in Disease Prevention, Stanford University Medicine School

09/01/1997 **Associate Professor of Gynecology & Obstetrics**, *by courtesy*, SUMS  
11/30/2003

12/01/2003 **Professor of Medicine (Research)**, Stanford Prevention Research Center,  
11/30/2009 **Professor of Obstetrics & Gynecology**, *by courtesy*, **Stanford University**

**D. Research Projects and Funding:**

**Current**

- 1994-present **Principal Investigator**  
Stanford Clinical Center for the Clinical Trial and Observational Study of the Women's Health Initiative (WHI), 1994-2005; *continued as the* Stanford Field Center for the WHI Extension Study, 2005-2010.  
**Supplemental funding to serve as Chair of WHI Steering & Executive Committees (1998-2005); Chair of WHI Extension Study Executive Committee (2005-present), National Heart, Lung, & Blood Institute**
- 2001-present **Principal Investigator**  
Study of Osteoporotic Fractures in Men (Mr OS)  
*National Institute of Arthritis and Musculoskeletal Disease (NIAMS)*
- 2003-present **Principal Investigator**  
Outcomes of Sleep Disorders in Older Men (Mr OS Sleep Study)  
*National Heart, Lung, & Blood Institute*
- 2005-present **Principal Investigator (MrOS Ancillary Study, Stanford MrOS site)**  
Epidemiology and Genetics of Hip Osteoarthritis in Elderly Men  
*NIAMS (via subcontract with UC Davis: PI=Nancy Lane)*
- 2006--present **Program Leader (Cancer Prevention and Control, Population Sciences)**  
Stanford Cancer Center, *National Cancer Institute (PI=Beverly Mitchell)*
- 2008-present **Principal Investigator (Stanford WHIMS-MRI site)**  
WHI Memory Study (WHIMS) Magnetic Resonance Imaging-2 (WHIMS MRI2) Study  
*NHLBI [via subcontract with Wake Forest University; PI=Sally Shumaker]*
- 2008-present **Co-Investigator**  
Case Management & Environmental Support to Sustain Weight Loss & Reduce CHD Risk *NHLBI [PI=Randall Stafford. M.D., Ph.D.]*

**Past**

- 1988-1992 **Associate Investigator and Project Director**  
Stanford Weight Control Project -II (SWCP-II), *NHLBI [P.I., Peter D. Wood, D. Sc.]*
- 1987- 1994 **Co-Principal Investigator**  
Postmenopausal Estrogen-Progestin Interventions (PEPI) Trial,  
*NHLBI [P.I., Peter D. Wood, D. Sc.]*
- 1992-1996 **Co-Principal Investigator and Project Director**  
Hygienic Treatment of Low HDL in Older Women and Men (Diet and Exercise for Elevated Risk, DEER, Trial) *NHLBI [PI= Peter D. Wood, D. Sc.]*
- 1993 -1998 **Co-Principal Investigator**  
Heart and Estrogen Replacement Study (HERS)*Wyeth-Ayerst [P.I. – William L. Haskell, Ph.D.]*
- 1994-1998 **Principal Investigator**  
Postmenopausal Estrogen-Progestin Interventions (PEPI) Trial Continuation; *NHLBI (1994-97)*
- 1994-1998 **Principal Investigator**  
Postmenopausal Estrogen-Progestin Interventions (PEPI) Safety

- Follow-Up Study; *NHLBI* (1994-97)
- 1996-2008 **Principal Investigator**  
 Women's Health Initiative Memory Study (WHIMS)  
*National Heart, Lung, & Blood Institute (via subcontract with Wake Forest University)*
- 1996- 2008 **Principal Investigator**  
 Women's Healthy Eating and Living (WHEL) Study,  
*National Cancer Institute (via subcontract with UCSD; PI=John Pierce)*
- 1999 -2007 **Principal Investigator**  
 Women's Health Initiative Study of Cognitive Aging (WHISCA)  
*National Institute of Aging (via subcontract with Wake Forest University)*
- 2002-2006 **Co-Investigator,**  
 Benefits & Risks of Popular Weight Loss Diets, NIH  
 [P.I., Christopher Gardner, Ph.D.]
- 2002-2008 **Project Director,** Building Interdisciplinary Research Careers in Women's  
 Health (BIRCWH), *NIH Office of Research on Women's Health (ORWH)*  
 [P.I., Linda Guidice, Ph.D, M.D., 2002-05; Jonathan Berek, M.D.,2006-08]
- 2003-2008 **Co-Investigator,**  
 Combining Exercise and Diet in Older Women, NIA  
 [P.I., Abby C. King, Ph.D.]
- 2004-2006 **Principal Investigator**  
 WHIMS- Magnetic Resonance Imaging Study  
*NHLBI (via subcontract with Wake Forest University; PI= Sally Shumaker)*

**E. Public and Professional Activities**

Stanford University

- 1991-1995 Member, Stanford University School of Medicine Panel for Use of Human  
 Subjects in Research (IRB)
- 1999 - present Member, Stanford University School of Medicine Committee on Admissions
- 2005 - present Program Leader, Cancer Prevention and Control, Stanford Comprehensive  
 Cancer Center
- 2005 - present Co-Director, Women's Cardiovascular Disease Strategic Planning Group,  
 and Member, Steering Committee, Stanford Cardiovascular Institute
- 2006-2007 Senator (representing Medical School), Stanford University Faculty Senate
- 2006 - present Department of Medicine, Appointments and Promotions Committee
- 2007 - present Stanford University Committee on Research
- 2007 - present Associate Director, Stanford's Women's Health Program (Ob/Gyn)
- Past Faculty Search Committees: Ob/Gyn; Medicine: SPRC, Endocrinology
- Current Faculty Search Committees: MCL position in Psychiatry (Chair); Psychiatry  
 Chair (member)

National, International

- 1993 -1996 Member, American Heart Association Student Research Committee

- 1995 -1999 Member, Data and Safety Monitoring Board, NIH/NIA R01-Ag13069 "Femoral Osteoporosis in Elderly Women" (PI= Susan L. Greenspan, M.D.)
- 1996 –1998 National Chair, Women’s Health Initiative Principal Investigator group  
Member, WHI Steering Committee and Scientific Council
- 1998 – present Chair of Steering and Executive Committees, Women’s Health Initiative  
-- *includes serving as WHI Liaison to NHLBI Director*
- 2001 – 2005 AHA Western States Affiliate Review Consortium – Chair/Co-Chair, Peer Review Committee 2A (Behavioral Science, Epidemiology & Prevention, Cardiovascular Regulation, Radiology & Imaging)
- 2003 - 2007 Chair, Data and Safety Monitoring Board, NHLBI R18-HL73326 "Treatment of Obesity in Underserved Rural Settings-TOURS"  
(PI= Michael G. Perri, Ph.D., University of Florida)
- 2004 - present Member, Data and Safety Monitoring Board, NHLBI U01 - "Preventing Overweight Using Novel Dietary Strategies (POUNDS LOST)"  
(PI= Frank Sacks, MD, Harvard; Co-PI=George Bray MD, Pennington Biomedical Research Center)
- 2006 Chair, Prevention and Lifestyle Subcommittee of CAD Working Group for NHLBI: Strategic Plan Level 1
- 2006 - 2007 Member, NIH Special Emphasis Panel to review Cardiovascular Sciences  
Member, NIH Special Emphasis Panel (SEP) for Scientific Review of Specialized Centers of Interdisciplinary Research (SCOR) On Sex and Gender Factors Affecting Women's Health
- 2006 - present Member, AHA ATVB Leadership Committee
- 2007 - present External Advisory Committee, Oregon Clinical and Translational Research Institute (OCTRI), (NIH CTSA). (PI, Eric Orwoll, Oregon Health Sciences University)
- 2009 - present External Advisory Board (Chair), Ohio State University CTSA (NIH CTSA). (PI, Rebecca Jackson)

Referee, Scientific Journals:

Journal of American Medical Association  
New England Journal of Medicine  
Arteriosclerosis, Thrombosis, and Vascular Biology  
Archives of Internal Medicine  
Metabolism  
Journal of Clinical Nutrition  
American Journal of Epidemiology  
International Journal of Obesity  
Medicine and Science in Sports and Exercise  
Journal Clinical Endocrinology and Metabolism  
Physiology & Behavior  
Journal Clinical Oncology

**F. Honors, Fellowships, Memberships in Scientific Organizations**

Fellow of American Heart Association (AHA)  
Fellow of AHA Council of Arteriosclerosis, Thrombosis and Vascular Biology (ATVB)  
American College of Sports Medicine (ASCM)

Sigma Xi (Scientific Research Society)  
Phi Delta Kappa (International German Honor Society)

## II. Bibliographic Information

**Doctoral Thesis (Physiology):** June 1982, Stanford University

**Title:** Spontaneous Seminal Emission in the Rat and its Relationship to Penile Reflexes and Copulatory Behavior (*PhD Advisor: Julian M. Davidson, PhD*)

### **Peer-reviewed Scientific Publications (Journal Articles):**

1. Davidson J, **Stefanick M**, Sachs B, Smith E. Role of androgen in sexual reflexes of the male rat. *Physiol and Behav* 1978; 21: 141-146.
2. Clark J, Smith E, **Stefanick M**, Arneric S, Long J, Davidson J. Effects of a novel dopamine-receptor agonist, RDS-127, (2-N, N-di-n-propyl-amino-4, 7-dimethoxyindane) on hormone levels and sexual behavior in the male rat. *Physiol and Behav* 1982; 29: 1-6.
3. **Stefanick M**, Smith E, Clark J, Davidson J. Effects of a potent dopamine-receptor agonist, RDS-127, on penile reflexes and seminal emission in intact and spinally transected rats. *Physiol and Behav* 1982; 29: 973-978.
4. **Stefanick M**, Smith E, Davidson J. Penile reflexes in intact rats following anesthetization of the penis and ejaculation. *Physiol and Behav* 1983; 31: 62-65.
5. Clark J, **Stefanick M**, Smith E, Davidson J. Further studies on alterations in male rat copulatory behavior induced by the dopamine-receptor agonist RDS-127. *Pharm Biochem & Behav* 1983; 19: 781-786.
6. **Stefanick M**. The circadian patterns of spontaneous seminal emission, sexual activity and penile reflexes in the rat. *Physiol and Behav* 1983; 31: 737-743.
7. Phelps G, Brown M, Chen J, Dunn M, Lloyd E, **Stefanick M**, Davidson J, Perkash I. Sexual experience and plasma testosterone levels in male veterans following spinal cord injury. *Arch Physical Med & Rehab* 1983; 64: 47-52.
8. **Stefanick M**, Smith E, Szumowski D, Davidson J. Reproductive Physiology and Behavior in the Male Rat Following Acute and Chronic Peripheral adrenergic depletion by guanethidine. *Pharm Biochem & Behav* 1985; 23: 55-63.
9. **Stefanick M**, Davidson J. Genital responses in noncopulators and rats with lesions in the hypothalamic MPOA or midthoracic spinal cord. *Physiol and Behav* 1987; 41: 439-444.
10. **Stefanick M**, Williams P, Terry R, Vranizan K, Krauss R, Wood P. Relationships of estradiol, testosterone, and sex hormone binding globulin to lipoproteins, apolipoproteins and HDL subfractions in men. *J Clin Endocrinol Metab* 1987; 64: 723-729.
11. **Stefanick M**, Frey-Hewitt B, Hoover C, Terry R, Wood P. Effect of active weight loss achieved by dieting versus exercise on postheparin hepatic and lipoprotein lipase activity. *Ann. N.Y. Acad. Sci* 1987; 499: 338-39.
12. Wood P, **Stefanick M**, Dreon D, Frey-Hewitt B, Garay S, Williams P, Superko H, Fortmann S, Albers J, Vranizan K, Ellsworth N, Terry R, Haskell W. Changes in plasma lipids and lipoproteins during weight loss by dieting versus exercise in overweight men. *N Engl J Med* 1988; 319: 1173-1179.

13. Terry R, Wood P, Haskell W, **Stefanick M**, Krauss R. Regional adiposity patterns in relation to lipids, lipoprotein cholesterol and lipoprotein mass subfractions. *J Clin Endocrinol Metab*, 1989; 68: 191-199.
14. Laws A, **Stefanick M**, Reaven G. Insulin resistance and hypertriglyceridemia in nondiabetic relatives of patients with noninsulin-dependent diabetes mellitus. *J Clin Endocrinol Metab* 1989; 69: 343-347.
15. Terry R, **Stefanick M**, Haskell W, Wood P. Contributions of regional adipose tissue depots to plasma lipoprotein concentrations in overweight men and women: possible protective effects of thigh fat. *Metabolism* 1991; 40: 733-740.
16. Wood P, **Stefanick M**, Williams P, and Haskell W. The effects on plasma lipoproteins of a prudent weight-reducing diet, with or without exercise, in overweight men and women. *N Engl J Med* 1991; 325: 461-466.
17. Smith E, **Stefanick M**, Clark J, Davidson J. Hormones and sexual behavior in relationship to aging in male rats. *Hormones and Behavior* 1992; 26: 110-135.
18. Williams P, Krauss R, Vranizan K, **Stefanick M**, Wood P, Lingren F. Associations of lipoproteins and apolipoproteins with gradient gel electrophoresis estimates of high density lipoprotein subfractions in men and women. *Arterioscler Thromb* 1992; 12: 332-340.
19. Williams P, Krauss R, **Stefanick M**, Vranizan K, Wood P. Effects of a low-fat diet, calorie restriction and running on lipoprotein subfraction concentrations in moderately overweight men. *Metabolism* 1994; 43: 655-663.
20. Schrott H, Legault C, **Stefanick M**, Miller V, LaRosa J, Wood P, Lippel K. Lipids in postmenopausal women: baseline findings of the postmenopausal estrogen/progestin interventions trial. *J Women's Health* 1994; 3: 155-164.
21. Williams P, **Stefanick M**, Vranizan K, Wood P. The effects of weight loss by exercise or by dieting on plasma high-density lipoprotein (HDL) levels in men with low, intermediate, and normal-to-high HDL at baseline. *Metabolism* 1994; 43: 917-924.
22. The Writing Group for the PEPI Trial (**Member of Writing Group**). Effects of estrogen or estrogen/progestin regimens on heart disease risk factors in postmenopausal women: the Postmenopausal Estrogen/Progestin Interventions (PEPI) Trial. *JAMA* 1995; 273:199-208.
23. King A, Haskell W, Young D, Oka R, **Stefanick M**. Long-term effects of varying intensities and formats of physical activity on participation rates, fitness and lipoproteins in men and women aged 50 to 65 years. *Circulation* 1995; 91: 2596-2605.
24. Espeland M, Bush T, Mebane-Sims I, **Stefanick M**, Johnson S, Sherwin R, Waclawiw M. The Postmenopausal Estrogen/Progestin Interventions Trial: Rationale, design, and conduct of the PEPI Trial. *Controlled Clinical Trials* 1995; 16: 3S-19S.
25. Wood P, Kessler G, Lippel K, **Stefanick M**, Wasilauskas C, Wells H. The Postmenopausal Estrogen/Progestin Interventions Trial: Physical and laboratory measurements in the PEPI Trial. *Controlled Clinical Trials* 1995; 16: 36S-53S.
26. **Stefanick M**, Legault C, Tracy R, Howard G, Kessler C, Lucas D, Bush T. Distribution and correlates of plasma fibrinogen in middle-aged women: initial findings of the Postmenopausal Estrogen/Progestin Interventions (PEPI) Trial. *Arterioscler Thromb Vasc Biol* 1995; 15: 2085-2093.

27. Espeland M, **Stefanick M**, Kritz-Silverstein G, Fineberg S, Waclawiw M, James M, Greendale G. Effect of postmenopausal hormone therapy on body weight and waist and hip girths. Postmenopausal Estrogen-Progestin Interventions Study Investigators. *J Clin Endocrinol Metab* 1997; 82: 1549-1556.
28. **Stefanick M**, Mackey S, Sheehan M, Ellsworth N, Haskell W, Wood P. Effects of diet and exercise in men and postmenopausal women with low levels of HDL-Cholesterol and high levels of LDL-Cholesterol. *New Engl J Med* 1998; 339: 12-20. [Abstracted in ACP Journal Club 1999 (Jan-Feb); 130:16-17]
29. Kiernan M, King AC, Kraemer HC, **Stefanick ML**, Killen JD. Characteristics of Successful and Unsuccessful dieters: an application of signal detection methodology. *Ann Behav Med* 1998; 20: 1-6.
30. Wilcox S, **Stefanick ML**. Knowledge and Perceived Risk of Major Diseases in Middle-aged and Older Women. *Health Psychology* 1999; 18: 346-353.
31. Legault C, **Stefanick ML**, Miller VT, Marcovina SM, Schrott HG. Effect of Hormone Replacement Therapy on the Validity of the Friedewald Equation in Postmenopausal Women: The Postmenopausal Estrogen/Progestins Interventions (PEPI) Trial. *J Clin Epidemiol* 1999; 52: 1187-1195.
32. Cushman M, Legault C, Barrett-Connor E, **Stefanick ML**, Kessler C, Judd HL, Sakkinen PA, Tracy RP. Effect of Postmenopausal Hormones on Inflammation-sensitive Proteins: the Postmenopausal Estrogen-progestin Interventions (PEPI) Study. *Circulation* 1999; 100: 717-722.
33. Rock CL, Flatt SW, Newman V, Caan BJ, Haan MN, **Stefanick ML**, Faerber S, Pierce JP. Factors associated with weight gain in women after diagnosis of breast cancer. Women's Healthy Eating and Living Study Group. *J Am Dietetic Assoc* 1999; 99: 1212-1219.
34. Bittner V, Simon JA, Fong J, Blumenthal RS, Newby K, **Stefanick ML**. Correlates of High HDL Cholesterol Among Women with Coronary Heart Disease. *American Heart J* 2000; 139: 288-296.
35. Rock CL, Thomson C, Caan BJ, Flatt SW, Newman V, Ritenbaugh C, Marshall JR, Hollenbach KA,, **Stefanick ML**, Pierce JP. Reduction in fat intake is not associated with weight loss in most women after breast cancer diagnosis: Evidence from a randomized controlled trial. *Cancer* 2001; 91: 25-34.
36. Manson J, Lewis C, Kotchen J, Allen C, Johnson K, **Stefanick ML**, Foreyt J, Klesges B, Tinker L, Noonan E, Perri M, Hall D. Ethnic, socioeconomic, and lifestyle correlates of obesity in U.S. women: the Women's Health Initiative. *Clin J Women's Health* 2001; 1: 225-234.
37. Kiernan M, King AC, **Stefanick ML**, Killen JD. Men gain additional psychological benefits by adding exercise to a weight-loss program. *Obesity Research* 2001; 9: 770-777.
38. Kemnitz JW, Sapolsky R, Altmann J, Muruthi P, Mott GE, **Stefanick ML**. Effects of food availability on serum insulin and lipid concentrations in free-ranging baboons. *Am J Primatology* 2002; 57(1):13-19.
39. Young DR, King AC, Sheehan M, **Stefanick ML**. Stage of motivational readiness: predictive ability for exercise behavior. *Am J Health Behav* 2002; 26: 331-341.
40. Writing Group for the Women's Health Initiative (Rossouw JR, Anderson GL, Prentice RL, LaCroix AZ, Kooperberg C, **Stefanick ML**, Jackson RD, Beresford SA, Howard BV,

Johnson KC, Kotchen JM, Ockene J) Risks and benefits of estrogen plus progestin in health postmenopausal women: principal results from the Women's Health Initiative randomized controlled trial. *JAMA* 2002; 288: 321-333.

41. Manson JE, Greenland P, LaCroix AZ, **Stefanick ML**, Mouton CP, Oberman A, Perri MG, Sheps DS, Pettinger MB, Siscovick DS. Walking compared with vigorous exercise for the prevention of cardiovascular events in women. *N Engl J Med* 2002; 347: 716-25.
42. Morimoto LM, White E, Chen Z, Chlebowski RT, Hays J, Kuller L, Lopez AM, Manson J, Margolis K, Muti PC, **Stefanick ML**, McTiernan A. Obesity, body size, and risk of postmenopausal breast cancer: the Women's Health Initiative. *Cancer Causes & Control* 2002; 13:741-751.
43. Hsai J, Rodabough R, Rosal MC, Cochrane B, Howard BV, Snetselaar L, Frishman WH, **Stefanick ML**. Compliance with National Cholesterol Education Program dietary and lifestyle guidelines among older women with self-reported hypercholesterolemia: the Women's Health Initiative. *Am J Med* 2002; 113: 384-392.
44. Pierce JP, Faerber S, Wright FA, Rock CL, Newman V, Flatt SW, Kealey S, Jones VE, Caan BJ, Gold EB, Haan M, Hollenback KA, Jones L, Marshall JR, Ritenbaugh C, **Stefanick ML**, Thomson C, Wasserman L, Natarajan L, Gilpin EA. A randomized trial of the effect of a plant-based dietary pattern on additional breast cancer events and survival: the Women's Healthy Eating and Living (WHEL) Study. *Controlled Clinical Trials* 2002; 23:728-756.
45. Barnabei VM, Grady D, Stovall DW, Cauley JA, Lin F, Stuenkel CA, **Stefanick ML**, Pickar JH. Menopausal symptoms in older women and the effects of treatment with hormone therapy. *Obstet Gynecol* 2002; 100: 1209-18.
46. Rapp SR, Espeland MA, Shumaker SA, Henderson VW, Brunner RL, Manson JE, Gass M, **Stefanick ML**, Hays J, Johnson KC, Coker LH, Dailey M, Lane DS, Bowen D. Effect of estrogen with progestin on global cognitive function in postmenopausal women: results from the Women's Health Initiative Memory Study (WHIMS). *JAMA* 2003; 289: 2663-2672.
47. Chlebowski RT, Hendrix S, Langer R, **Stefanick ML**, Gass M, Lane D, Rodabough R, Gilligan MA, Cyr MG, Thomson C, Khandekar J, Petrovich H, McTiernan A. Influence of estrogen plus progestin on breast cancer and mammography in healthy postmenopausal women: the Women's Health Initiative Randomized Trial. *JAMA* 2003; 289: 3243-3253.
48. Cauley, JA, Robbins J, Chen Z, Cummings SR, Jackson R, LaCroix AZ, LeBoff M, Lewis CE, McGowan J, Neuner J, Pettinger M, **Stefanick ML**, Wactawski-Wende J, Watts N. The Effects of estrogen plus progestin on the risk of fracture and bone mineral density: the Women's Health Initiative Clinical Trial. *JAMA* 2003; 290: 1729-1738.
49. **Stefanick ML**, Cochrane BB, Hsai J, Barad D, Johnson SJ, Cochrane B, and Liu J. The Women's Health Initiative postmenopausal Hormone Trials: Overview and Baseline Characteristics of Participants. *Annals of Epidemiology* 2003; 13 (9), Suppl I, S78-86.
50. Hersh AL, **Stefanick ML**, Stafford RS. National use of post-menopausal hormone therapy: annual trends and response to recent evidence, 1995-2003. *JAMA* 2004; 291: 47-53.
51. Pierce JP, Newman VA, Flatt SW, Faerber S, Rock CL, Natarajan L, Caan BJ, Gold EB, Hollenback KA, Wasserman L, Jones L, Ritenbaugh C, **Stefanick ML**, Thomson CA, Kealey S. Telephone counseling intervention increases intakes of micronutrient- and phytochemical-rich vegetables, fruit, and fiber in breast cancer survivors. *J Nutr* 2004; 134: 452-458.

52. Rock CL, Flatt SW, Thomson CA, **Stefanick ML**, Newman VA, Jones L, Natarajan L, Pierce JP, Chang RJ, Witztum JL. Plasma triacylglycerol and HDL concentrations confirm self-reported changes in carbohydrate and fat intakes in women in a diet intervention trial. *J Nutr* 2004; 134: 342-347.
53. The Women's Health Initiative Steering Committee.\* Effects of conjugated equine estrogens in postmenopausal women with hysterectomy: the Women's Health Initiative randomized controlled trial. *JAMA* 2004; 291:1701-1712.  
*\*Stefanick ML is Chair of the WHI Steering Committee. Authors, as listed (alphabetically, except for Limacher) at the end of paper: Anderson GA, Limacher M, Assaf AR, Bassford T, Beresford SAA, Black HR, Bonds D, Brunner RL, Brzyski R, Caan B, Chlebowski R, Curb D, Gass M, Hays J, Heiss G, Hendrix SL, Howard BV, Hsia J, Hubbell FA, Jackson RD, Johnson KC, Judd H, Kotchen JM, Kuller L, LaCroix AZ, Lane DS, Langer RD, Lasser NL Lewis CE, Manson JE, Margolis K, Ockene J, O'Sullivan MJ, Phillips L, Prentice R, Ritenbaugh C, Robbins J, Rossouw JE, Sarto GE, **Stefanick ML**, Van Horn L, Vitolins MZ, Wactawski-Wende J, Wallace RB, Wassertheil-Smoller S.*
54. Rock CL, Flatt SW, Thomson CA, **Stefanick ML**, Newman VA, Jones L, Natarajan L, Ritenbaugh C, Hollenbach KA, Pierce JP, Chang RJ. Effects of a high-fiber, low-fat diet intervention on serum concentrations of reproductive steroid hormones in women with a history of breast cancer. *J Clin Oncology* 2004; 22: 2379-2387.
55. Shumaker, SA, Legault C, Kuller L, Rapp SR, Thal L, Lane DS, Fillit H, **Stefanick ML**, Hendrix S, Langer R, Lewis CE, Masaki K, Coker L. Conjugated equine estrogens and incidence of probable dementia and mild cognitive impairment in postmenopausal women: Women's Health Initiative Memory Study. *JAMA* 2004; 291: 2947-2958.
56. Chlebowski R T, Pettinger M, **Stefanick ML**, Howard BV, Mossavar-Rahmani Y, McTeirnan A. Insulin, physical activity, and caloric intake in postmenopausal women: breast cancer implications. *J Clin Oncol* 2004; 22: 4507-4513.
57. Natarajan L, Rock CL, Major JM, Thomson CA, Caan BJ, Flatt SW, Chilton JA, Hollenback KA, Newman VA, Faerber S, Ritenbaugh CK, Gold E, **Stefanick ML**, Jones LA, Marshall JR, Pierce JP. On the importance of using multiple methods of dietary assessment. *Epidemiology* 2004; 15: 738-745.
58. Espeland MA, Gu L, Masaki KH, Langer RD, Coker LH, **Stefanick ML**, Ockene J, Rapp SF. Association between reported alcohol intake and changes in cognition: results from the Women's Health Initiative Memory Study (WHIMS). *Am J Epidemiol* 2005; 161: 228-238.
59. Howard BV, Kuller L, Langer R, Allen C, Assaf A, Cochrane B, Larson J, Lasser N, Manson J, Rainford M, VanHorn L, **Stefanick ML**, Trevisan M. Risk of cardiovascular disease by hysterectomy status, with and without oophorectomy: the Women's Health Initiative Observational Study. *Circulation* 2005: 111: 1462-1470.
60. Ensrud KE, Fullman RL, Barrett-Connor E., Cauley JA, **Stefanick ML**, Fink H, Lewis C, Orwoll E, Voluntary Weight Reduction in Older Men Increases Hip Bone Loss: The Osteoporotic Fractures in Men Study. *J Clin Endocr Metabol* 2005; 90: 1998-2004.
61. Prentice R, Langer R, **Stefanick ML**, Howard B, Pettinger M, Anderson G, Barad D, Curb D, Kotchen J, Kuller L, Limacher M, Wactawski-Wende J. Combined postmenopausal hormone therapy and cardiovascular disease: toward resolving the discrepancy between observational studies and the Women's Health Initiative clinical trial. *Amer J Epidemiology* 2005: 162: 1-11.
62. Chen Z, Bassford T, Green SB, Cauley JA, Jackson RD, LaCroix AZ, Leboff M, **Stefanick ML**, Margolis KL. Postmenopausal hormone therapy and body composition--a substudy

of the estrogen plus progestin trial of the Women's Health Initiative. *Am J Clin Nutr* 2005; 82: 651-656.

63. Orwoll E, Babich-Blank J, Barrett-Connor E, Cauley JA, Cummings S, Ensrud KE, Lewis C, Cawthon PM, Marcus R, Marshall L, McGowan J, Phipps K, Sherman S, **Stefanick ML**, Stone K. Design and baseline characteristics of the osteoporotic fractures in men (MrOS) study – a large observational study of the determinants of fracture in older men. *Contemporary Clinical Trials* 2005: 569-585.
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### **Special Contributions and Letters to the Editor of Peer-Reviewed Journals**

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### **Published Abstracts from Presentations at major Scientific Meetings (Selected)**

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33. Perez MV, Wang PJ, Cochrane B, Curb JD, Klein L, Larson J, Manson J, Martin LW, Robinson J, Wassertheil-Smoller S, **Stefanick ML**. Effects of Postmenopausal Hormone Therapy on Atrial Fibrillation: The Women's Health Initiative Randomized Controlled Trials. *Circulation* 2009, *in press*.

**Invited Speaker (Selected from over 200 Invitations to Scientific/Medical Professional Meetings):**

- January 1992** NHLBI Conference on Cardiovascular Health and Disease in Women, Bethesda, MD. *Obesity, Fat Distribution, and Exercise in Women*
- May 1992** International Consensus Symposium on Physical Activity, Fitness and Health, Toronto, Canada. *Exercise and Lipid Transport and Metabolism*
- July 1992** American Heart Association Conference on Cardiovascular Response to Exercise, Chicago, Illinois. *Modification of Cardiovascular Risk by Exercise: Exercise, Lipoproteins and Cardiovascular Disease*
- December 1995** NIH Consensus Conference on Physical Activity and Cardiovascular Health Bethesda, MD. *Physical Activity and Lipid Metabolism*
- February 1998** Cardiovascular Health: Coming Together for the 21<sup>st</sup> Century, San Francisco, CA. (NHLBI, CORE, CDPC, UCSF):
- *Relationship of Physical Activity to Other Cardiovascular Risk Factors*
  - *Counseling Women at the Menopause*
- May 1998** American Heart Association Conference on Obesity: Impact on Cardiovascular Disease, Amelia Island Plantation, Florida. *Physical Activity in the Management of Obesity*
- February 1999** American College of Sports Medicine Consensus Conference on Physical Activity in the Prevention and Treatment of Obesity and its Co-morbidities; Toronto, Canada *Physical Activity in the Prevention and Treatment of Lipoprotein Disorders Associated with Obesity*
- September 1999** Scientific Council of National Heart, Lung, and Blood Institute, Bethesda, MD; presentation of *The Women's Health Initiative: Overview and Scientific Objectives*
- October 1999** National Academy of Sciences, Institute of Medicine, Washington, D.C.
- *Workshop on Weight Management in the Military (Committee on Military Nutrition)*
  - *Planning Group on Hormone Replacement Therapy Issues*
- May 2000** First International Conference on Women, Heart Disease, and Stroke, Victoria, British Columbia, Canada. *The Women's Health Initiative*
- Oct 2002** DHHS-NIH Scientific Workshop: Menopausal Hormone Therapy, Bethesda, MD *The Women's Health Initiative: Background, Rationale and Balance of Risks and Benefits*
- 2002-2008** Annual Graylyn Conferences on Women's (Cardiovascular or) Cognitive Health, Wake Forest University's Center of Excellence in Women's Health, *Panel Participant or, Moderator*
- May 2003** International Consensus Conference on Menopause: State of the Art toward Consensus, Athens, Greece.
- *Estrogen plus Progestin does not prevent cardiovascular disease: the WHI*
  - *Lifestyle interventions for reducing heart disease, breast and colon cancer*
- April 2004** International Consensus Conference on Menopause, Florence, Italy *The WHI Conjugated Equine Estrogen Only Trial: Primary Results*

**March 2005** NIH State-of-the-Science Conference on Menopause, Bethesda, MD. *Estrogens and Progestins: Background/History, Trends in Use, and FDA Guidelines and Approved Regimens (Routes of Administration, Formulations, Doses).*

**September 2005** International Endocrinology Society Meeting, Gothenberg, Sweden  
*The Women's Health Initiative Hormone Trials: Primary Results*

**February-March, 2006** WHI Conference: The Legacy to Future Generations, NIH, Bethesda, MD  
- Conference Organizer and Master of Ceremonies; *Hormone Trials Overview*

**April 2008** V FORUM on Women, Health and Gender, Spain Ministry of Health, Madrid, Spain  
*Menopausal Hormone Therapy and the Women's Health Initiative Hormone Trials*

**April 2009** European Congress of Endocrinology Annual Meeting, Istanbul, Turkey  
*Meet-the-Experts: Menopausal Hormone Therapy in 2009: after the Women's Health Initiative Hormone Trials*

**September 2009** NIH Office of Research on Women's Health: Moving into the Future-New Dimensions and Strategies for Women's Health Research, Providence, Rhode Island  
*Chairing Workshop on Middle Years/Menopausal Transition*

**Stanford University, Teaching** (primary faculty listed; \*title of lectures)

**Co-Director, Women's Health Application**, Medical School Scholarly Concentration Program, Stanford University School of Medicine. 2006-present

**Human Biology 126 (148) Promoting Health Over the Life Course: Multi-disciplinary Perspectives, Course Director** (Co-Director: Wes Alles, Ph.D.) 2004-present (Fall Qtr.)

**Human Biology 140 (Med 240, Ob/Gyn 240) Sex Differences in Human Physiology and Disease, Course Director.** 2008-present (Winter Qtr.)

**Human Biology 125 (Ob/Gyn 256) Current Topics and Controversies in Women's Health, Course Director** (Co-Director: Mary Jacobson, M.D.) 2008-present (Spring Qtr.)

**Program Director, Building Interdisciplinary Research Careers in Women's Health,** (PI, 2002-06: Linda Guidice; PI, 2006-08: Jonathan Berek) 2002-2008

**Human Biology 159 and 97Q, Sports Medicine, Guest Lecturer** (Gordon Matheson; Dan Garza), 1995-present Special Issues for Women and Exercise

**Health Research & Policy 236, Epidemiology Research, Guest Lecturer** (Course Director, Victor Henderson)  
2006-present - Why Clinical Trials trump Observational Studies for Determining Public Health Recommendations

**Health Research & Policy 251, Clinical Trials, Guest Lecturer** (Course Director, Mark Hlatky (2000-2005); Victor Henderson and Phil Lavori) 2006-present

- Design and Conduct of Clinical Trials: Recruitment and Retention
- Special Issues of Large Multi-center Clinical Trials

**Human Biology 129S: Global Public Health, Guest Lecturer** (Course Director, Anne Firth Murray), 2009, Chronic Disease across the Lifespan, International Health

**Athletics 74, Introduction to Nutrition and Exercise** (Clyde Wilson)  
2003-06 \*Diet and Exercise for Obesity and Disease Prevention; Amenorrhea

**Health Research & Policy 266, Cardiovascular Disease Prevention** (Abby King)

1984-2001 \* Plasma Cholesterol and Lipoproteins  
1988-1997 \* Obesity  
1991-1997 \* Clinical Trials in CHD Prevention  
1991-2001 \* Women and Heart Disease

**Human Biology 120, Human Nutrition** (Gail Butterfield)

1994-1998 \* Lipoproteins, Cholesterol and Disease

**Health Education, School of Education** (Carl Thoreson)

1984-2000 \* Designing Exercise Programs

**Physiology 200, Cardiovascular Physiology** (SUSM Physiology Department)

1992-1997 \* Exercise and Cardiovascular Physiology

**Medicine 221, Personal Health, Co-Director** (with John Farquhar)

1987-88 \* Diet, Weight Management and Lipoproteins

**Biosciences 212, General Physiology** (Robert Sapolsky)

1987-89 \* Cardiovascular Physiology: The Heart; The Arterial System; The Venous and Pulmonary Systems

**Human Biology 111/Biosciences 112, Human Physiology** (H. Craig Heller)

1987-90 \* Cardiovascular Physiology; Control of Movement, Skeletal Muscle Physiology; Exercise Physiology