

CURRICULUM VITAE

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

PERSONAL DATA

Date of Birth: April 20, 1960
Place of Birth: Ann Arbor, Michigan
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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

Associate Professor of Medicine Department of Medicine, Duke University	2001-
Director, Smoking Research Laboratory Duke University and Durham VAMC	1997-
Medical Director, Nicotine Research Laboratory Duke University and Durham VAMC	1992-
Research Associate Durham VAMC Health Services Research and Development	1990-
Assistant Professor in Medicine Department of Medicine, Duke University	1995-2001
Associate in Medicine Department of Medicine, Duke University	1992-5

Eric Westman
12/15/08

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CLINICAL EXPERIENCE

Duke Diet and Fitness Center Physician, Durham NC	2001-2004
Ambulatory Care Staff Physician, Durham VAMC	1990-2000

POSITIONS HELD

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, Governor's Institute on Alcohol and Substance Abuse	1992-6
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

Society of General Internal Medicine	1989-
Society for Research on Nicotine and Tobacco	1995-
North American Association for the Study of Obesity	2000-

NATIONAL COMMITTEES

Co-chair, Kingsbrook Conference on Nutritional and Metabolic Aspects of Low Carbohydrate Diets	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

COMMITTEES

Duke University Health System Institutional Review Board Member	2002-
Duke Primary Care Research Consortium Steering Committee	1997-
NC Medical Society Tobacco Control Committee	1997-2000
Chair, Safety Management Subcommittee, Durham VAMC	1995-6

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COMMITTEES (continued)

Chair, Occupational Health Subcommittee, Durham VAMC 1993-5
Human Subjects Subcommittee, Durham VAMC 1992-3

EDITORIAL POSITIONS

Editorial Board, Nutrition & Metabolism 2004-
Associate Editor, Forum, Newsletter of the Society of General
Internal Medicine 1996-9

REVIEWER

VA Merit Review-Clinical Trials Program, National Institutes of Health, Medical Research Council, Tobacco-Related Disease Research Program, University of California (1997-2000, 2002), VA Merit Review Program, JAMA, 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, Experimental and Clinical 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, Westman 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.
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, Antonnucio 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.
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 and 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.
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. McClemon 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.
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.

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.

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. Is dietary carbohydrate essential for human nutrition? Am J Clin Nutr 2002;95:1-2.
2. WESTMAN EC, Rose JE. Do heavy smokers need a higher replacement dose of nicotine to quit? JAMA 1996;275:1882-1883.
3. Beauchamp C, WESTMAN EC, Govert JA. Treatment of acute myocardial infarction. N Eng J Med 1993;329:430.
4. WESTMAN EC, Guthrie GP Jr. Licorice, tobacco chewing and hypertension. N Eng J Med 1990;322:850.

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4/5/05

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