Date of preparation: May 1, 2024

**Anthony Jack Pick, MD**

**CONTACT INFORMATION**

Northwestern Lake Forest Hospital, Pavilion B, 1st Floor, 800 N Westmoreland Rd, Lake Forest, IL 60045

Email: [apick@nm.org](mailto:apick@nm.org), [apickmd@gmail.com](mailto:apickmd@gmail.com), Mobile: 773-495-8909

**EDUCATION**

MBChB = MD, University of Cape Town Faculty of Health Sciences, 1987, Cape Town, South Africa

**POSTGRADUATE TRAINING**

University of Cape Town Groote Schuur Hospital Internship 1988, Cape Town, South Africa

Research Associate, Lipidology & Diabetes, University of Miami School of Medicine 1989-1991, Miami, FL

Internal Medicine Residency, Johns Hopkins University, Bayview Medical Center, 1991-1994, Baltimore, MD

Endocrinology Fellowship, University of Chicago Pritzker School of Medicine, 1994-1997, Chicago, IL

**CERTIFICATIONS**

American Board of Internal Medicine, 1994-present

Endocrinology, Diabetes & Metabolism (ABIM), 1997-present

Certified Diabetes Education Specialist, 2007-present

American Board of Obesity Medicine, 2017-present

Certified Cardiometabolic Clinical Professional, Cardiometabolic Congress 2023-present

**PROFESSIONAL LICENSES**

IL Medical License and IL Controlled Substances License, 1997-present

Federal DEA License, 1997-present

**ACADEMIC APPOINTMENTS**

Clinical Assistant Professor of Medicine (Endocrinology), Northwestern Feinberg School of Medicine 1998-

**HOSPITAL / CLINIC APPOINTMENTS**

Endocrinologist, Northwestern Feinberg School of Medicine, 1998-present

Endocrinologist, Northwestern Medicine Lake Forest Hospital 2016-present

**HONORS AND AWARDS**

2020 Northwestern Medicine Innovation Grant: Remote Patient Monitoring

2018 Northwestern Medicine Academy of Quality Improvement (AQSI) Best Project:

Perioperative Glucose Management in Total Joint Replacement Surgery

2018 Northwestern Medicine Innovation Grant: Telemedicine

2017 Northwestern Med. Lake Forest Hospital Family Medicine Residency Distinguished Teacher of the Year

2006-2009 Northwestern University, Department of Medicine Teaching Awards

1987 Graduation with Distinction in Pre-clinical Examinations, Univ. of Cape Town

1982-1987 Yvonne Parfitt Bursaries Trust Recipient: Medical School Scholarship

1982 University of Cape Town: Full Scholarship Recipient

**INTERNAL INSTITUTIONAL SERVICE** (Committees, Councils, Task Forces)

**COMMMITTEE MEMBERSHIP**

2017-present Chair, Northwestern Medicine Lake Forest Hospital Glucose Control Committee

2019- present Co-Chair Northwestern Medicine Diabetes Quality Subcommittee

2019- present Member, Northwestern Medicine Lake Forest Hospital CME Committee

2019- present Member, Northwestern Medicine Quality Equity Work Group

2019- present Medical Advisory Committee for Lake Forest Hospital Health and Fitness Center

2021-2022 Co-Chair Endocrine Northwestern Medicine Health System Clinical Collaborative

2023-present Northwestern Medicine Perioperative Glucose Control Guideline Committee

2023-present Northwestern Medicine Obesity Medicine Working Group

**COMMUNITY SERVICE**

2016 Medical Director, Slam Dunk for Diabetes, Basketball Camp for Youth with Diabetes

**PROFESSIONAL SOCIETY MEMBERSHIPS**

American Diabetes Association

American Association of Diabetes Educators

Endocrine Society

American Association of Clinical Endocrinologists

Obesity Medicine Association

The Obesity Society

Illinois Obesity Association

National Lipid Association

American Society of Bone and Mineral Research

**EXTERNAL PROFESSIONAL LEADERSHIP AND SERVICE:**

Obesity Medicine Association Continuing Medical Education Committee Member: 2018-2019

American Diabetes Association Overcoming Inertia Committee: 2019-2020

**SCIENTIFIC AND MEDICAL ADVISORY BOARDS**

Eversense Sensionics: Implantable Continuous Glucose Monitoring Medical Advisory Board

Lilly: Obesity Medicine Advisory Board

Novo Nordisk: Type 2 Diabetes Management Advisory Board

**GRANTS AND SPONSORED AWARDS:**

Agency: Northwestern Medicine Innovation

ID#: Internal Grant

Title: “Telemedicine for Endocrinology”

Principal Investigator: Anthony Pick MD

Percent effort: 100%

Direct costs per year: NA

Total costs for project period: $50,000 Value Grant Awarded

Project period: 2018

**RESEARCH PROJECTS:**

2024: Time in Nature Impact on Prediabetes, NM Lake Forest Hospital with Terry Horton PhD, Northwestern University

Role: Clinical Supervisor

2024: Inpatient continuous glucose monitoring at lake Forest Hospital 2024 (pending)

2011: Principal Investigator, Somatuline Depot Injection for Acromegaly Study (SODA)

Quality Improvement Projects:

2023-present: Lifestyle Medicine Implementation for Northwestern Medicine North Region Endocrine Clinic

2023-present: Type 2 Diabetes Population Health, Implementation of continuous glucose monitors in primary care clinics

2018-present: Point of Care Retina Diabetes Screening examinations

2023-present: Digital Scribing

2022-present: Cardiometabolic and obesity care Northwestern Medicine Bluhm Cardiovascular Institute North region

2021-present: Fracture Prevention Service

2018-present: Endotool software automation for continuous intravenous insulin infusions

2018-present: Perioperative glucose management

**INVITED TALKS**

# PRESENTATIONS

1. International/National

“Lipid Management in Patients with Type 2 Diabetes” *15th Annual Diabetes and Metabolism Symposium of Wisconsin*. May 12th 2022

“Implementing CGM and technology Innovation-A Health System Perspective.” *Association of Diabetes Care and Education Specialists Diabetes Technology Conference*. Chicago, IL December 11th, 2021

“Cardiometabolic Clinics: How does this work?” *16th Annual* *Holiday Heart Failure Symposium* *Northwestern Medicine Bluhm Cardiovascular Institute*. December 11th 2020

“Transforming Diabetes Care Across the Continuum with Digital Health and Systems Engineering”, *Association of Diabetes Care and Education Specialists* *National Meeting,* August 2020

“Personalized Nutrition Applied to Diabetes Treatment.” *American Diabetes Association 80th Annual Scientific Sessions*, June 2020

“Digital Innovation and Systems Engineering.” *Monarch Endotool National Meeting*. Charlotte, NC. July 2019.

“Canagliflozin”. *Canada Launch- Televised Presentation*. Calgary, BC. Canada. July 2014

“Strategies for the Prevention and Treatment of Osteoporotic Fractures.” *Alliance for Better Bone Health,* Cleveland, Ohio. March 2005

1. Regional

“Weight Regain after Metabolic Surgery: Physiology and Management*.” American Society for Metabolic and Bariatric Surgeons, Illinois Chapter*. September 2022.

“Type 2 Diabetes: A Population Health Management Approach*”*, *Illinois Pharmacists Association* October 21, 2020

“GLP1 therapy.” *American Association of Diabetes Educators, Illinois Chapter*. December 2014

*“*Insulin Management in Long Term Care.” *American Society of Consultant Pharmacists: 24th Annual Midwest Regional Conference*, Oak Brook, IL. July 2012

1. Local

*“*Perioperative Glucose Management*” Northwestern Medicine Physician and Health Care Team CME Webcast* April 5th 2024

*“*Perioperative Glucose Control.**”** *Northwestern Memorial Hospital Anesthesiology Grand Rounds:* January 19th 2023

*“*Thyroid Axis Emergencies.” *Northwestern Medicine West Region Internal Medicine Residency Didactic Lecture:* August 2023

*“*Thyroid Axis Emergencies.” *Lake Forest Acute Care Lecture Series,* September 2023

“Management of Adiposopathy*.” Northwestern Medicine Huntley Obesity Medicine Support Group*. August 2023

“Endocrine Care: Clinical Innovation and Translation Science*.” Northwestern Medicine Informatics Group*. March 2023

“Implementation of intravenous insulin automation in ICU.” *Lake Forest Hospital Interdisciplinary Rounds*. February 2023

“Adrenal Axis Emergencies*.” Lake Forest Acute Care Lecture Series*, November 2022

“Obesity and the Cardiovascular System.” *Northwestern Medicine Cardiology Cardiometabolic Didactic Course*, May 24th 2022

“Endocrine Metabolic Emergencies.” *Lake Forest Hospital Acute Care Lecture Series*, July 21st 2022”

“Culinary Medicine, Nutrition and Cardiometabolic Health” *Northwestern Medicine Lake Forest Hospital* September 2019

“Obesity and Women’s Health*.” Gynecology Grand Rounds*, North Shore University Evanston Hospital, April 2019

*“*Cardiometabolic Wellness*”*. *Grand Rounds. Lake Forest Hospital* March 2019

“Healthy Aging in Women.” *Welles Memorial Lecture, Lake Forest Hospital*, October 2018

“Cardiometabolic Health.” *Cardiology Grand Rounds*, *Lake Forest Hospital.* June 2018

“Diabetes Management Update.” *Advanced Practice Provider Meeting*, Lake Forest Hospital. May 2017

“Diabetes Clinical Cases Presentation.” *Grand Rounds*, *Lake Forest Hospital*, July 2017

*“*Diabetes and Cardiovascular Outcomes.” *Grand Rounds, Lake Forest Hospital* June 2017

*“*Diabetes Management.” *Grand Rounds, Vista Health Care.*  Waukegan, IL. December 2016

“Current Diabetes Management.” *Grand Rounds, Advocate Lutheran General Hospital,* April 2015

*“*Management of Type 2 Diabetes.” *Advocate Illinois Masonic Medical Center*. January 2015

*“*Inpatient Management of Diabetes*.” Jackson Park Hospital*, Chicago. August 2010

*“*Management of Obesity.” *Munster Community Hospital,* Munster, Indiana. December 2009

*“*Management of Type 2 Diabetes.” *Mercy Medical Center*, Chicago, IL June 2009

“Insulin pump therapy: Guidelines for Successful Outcomes*.” American Association of Diabetes Educators, Consensus Summit Faculty*, Chicago, IL. September 2008

“Emerging Advances in Osteoporosis Treatment.” *Vista Health Care,* Waukegan IL May 2007

**PUBLICATIONS AND SCHOLARLY WORKS**

Journal Articles: Peer-reviewed Original Investigations:

“Increased Beta-cell Proliferation and Reduced Mass Prior to Diabetes Onset in the Non-Obese Diabetic Mouse.”Sreenan S, **Pick A.J**., Levisetti M., Baldwin A.C., Pugh W., Polonsky K.S. *Diabetes. May 1999, Vol. 48(5):989-96*

“Defective Insulin Secretion in Hepatocyte Nuclear Factor-1 Alpha Deficient Mice.” Pontoglio M., Sreenan S., Roe M., Pugh W., Ostrega D., Doyen A., **Pick A.J**., Baldwin A., Velho G., Froguel P., Levisetti M., Bonner-Weir S.,Bell G.I., Yaniv M. and Polonsky KS. *Journal of Clinical Investigation: May 98, Vol. 101, No.10,2215-22*

“Role of Apoptosis in Failure of Beta-Cell Mass Compensation for Insulin Resistance and Beta-Cell Defects in the Male Zucker Diabetic Fatty (ZDF) Rat.” **Pick A.,** Clark J., Kubstrup C., Pugh W., Bonner-Weir S. and Polonsky KS. *Diabetes: March 1998, Vol.47, 358-364*

Invited Reviews and Commentaries:

“Overcoming Therapeutic Inertia: Critical Conversations with People with Type 2 Diabetes and their Families.” **Pick A. J** and Joyce M. On the Cutting Edge. Diabetes Dietetic Practice Group. Academy of Nutrition and Dietetics. 2022. Volume 42, number 6

Case Reports, Letters, Editorials:

“Case Report: 1,25-Dihydroxy-Vitamin D Mediated Hypercalcemia in Oleogranulomatous Mastitis (Paraffinoma), Ameliorated by Glucocorticoid Administration.” El Muayed M, Costas AA, **Pick A**. *Endo. Prac. 2009 Jul 20:1-19*

Other Journal Articles:

“Telehealth to Avoid Emergency Department Visit and Hospitalization for a Person with Newly Diagnosed Type 1 Diabetes During the Coronavirus Disease 2019 Pandemic.” **A.J. Pick** and Joyce M. *Clinical Diabetes June 3, 2021*

“Management of Acute Hyperglycemia in Urgent Care**.” Anthony J. Pick, MD,** David L. Pick, MD and Lowell R. Schmeltz, MD. *Journal of Urgent Care Medicine July/August 2012, 9-18*

“Insulin pump therapy: guidelines for successful outcomes.” Scheiner G, Sobel RJ, Smith DE, **Pick AJ,** Kruger D, King J, Green K. *Diabetes Educ. 2009 Mar-Apr;35 Suppl 2:29S-41S; quiz 28S, 42S-43S.*

“Diagnostic Approach to Cushing Disease.” Gross BA, Mindea SA, **Pick AJ,** Chandler JP, Batjer HH. *Neurosurgical Focus 23 (3): E1, 2007*

“Medical Management of Cushing Disease.” Gross BA, Mindea SA, **Pick AJ**, Chandler JP, Batjer HH. *Neurosurgical Focus 23 (3): E10, 2007*

Chapters:

Endocrinology and Metabolism, Chapter 334, Diabetes Mellitus.” *Harrison’s Online: Updates***:** *1998*

Poster Abstracts / Presentations (\*denotes presenting author):

“Impact on Population Health as a Result of Clinical Administrative Inertia” Palladino-Davis AG\*, **Pick AJ.**

*American Public Health Association 2023 Annual Meeting & Expo,* Atlanta, GA, November 14, 2023.*.*

*“*Reinventing Health Education Strategies in the Postmenopausal Period after a Metabolic Syndrome Diagnosis.” *18th Annual Cardiometabolic Health Congress,* Boston, MA, November 20, 2023. Palladino-Davis AG\*, O’Brien MJ, **Pick AJ.**

“Integrating Lifestyle Medicine into Obstetrics Routine Care*.”* *18th Annual Cardiometabolic Health Congress*, Boston, MA, November 20, 2023. . Palladino-Davis AG\*, Benhammou M, O’Brien MJ, **Pick AJ.**

“Integrating Lifestyle Medicine into Obstetrics Routine Care.” *American Public Health Association 2022 Annual Meeting & Expo*, Boston, MA, November 8, 2022. Palladino-Davis AG\*, Benhammou M, O’Brien MJ, **Pick AJ**.

“Implementing computerized insulin drip management.” *Vizient American Journal of Medical Quality* Poster Presentation 2022: Daley, B.\*, **Pick. A**

“Development of Euglycemic Diabetic ketoacidosis in a Patient with Well-Controlled Type 2 Diabetes Mellitus on a Sodium-Glucose Transport 2 Inhibitor”*. Narang D\*,* ***Pick A.,*** *Zegrean A, Balu S, Tole M, Journal of the Endocrine Society, SUN-673, Volume 4, Issue Supplement 1, April-May 2020, SUN-673*

“Perioperative Glucose Control Protocol: Hp and Knee Arthroplasty.” **Pick A**. Baralli JD\* and Sandhu H.

Abstract 2020-A-4745 *ADA 81st Scientific Sessions. June 2020*,

Media:

Various journalist interviews via Northwestern Medicine for print articles regarding diabetes and endocrinology

Other Scholarly Work:

Northwestern Medicine Health System Perioperative Glucose Control Guideline 2023

Northwestern Medicine Lake Forest Hospital Policies 2016-present:

DKA, HHS, euglycemia DKA, severe hypertriglyceridemia, subcutaneous DKA, Endotool insulin infusion software automation

**MEDIA COVERAGE, SOCIAL MEDIA, AND APPEARANCES**

Facebook: Anthony Pick MD, Endocrinology, Diabetes and Metabolism

X (formerly Twitter) feed: @Ajpendo

Lake Forest Health and Fitness Center February 21st 2024: Lay Presentation on “Ozempic FAQ”

**INDUSTRY AND LEGAL CONSULTING**

Diabetes, Diabetes Technology, Obesity, Cardiometabolic Medicine and General Adult Endocrinology

**INDUSTRY SPEAKERS BUREAU**

Abbott, Boehringer Ingelheim, Dexcom, Eli Lilly, Eversense Sesnionics, Novo Nordisk, Sanofi, Xeris