

## CURRICULUM VITAE

- 1. Name:** Thomas Dayspring M.D., F.A.C.P.
- 2. Home Address:** Pompton Lakes, New Jersey 07442
- 3. Office Address:** 516 Hamburg Turnpike  
Wayne, N.J. 07470  
973-790-8604
- 4. Education:** Rutgers University Newark College of Arts and Science  
Degree: A.B.  
Major: Zoology, Botany Minor: Chemistry  
Graduated May 29, 1968
- College of Medicine of New Jersey  
Newark, New Jersey  
Degree: M.D.  
Graduated June 3, 1972
- 5. Post Doctoral Training:** Internship: Straight Medicine  
St. Joseph's Hospital Regional Medical Center  
703 Main Street, Paterson, NJ  
July 1, 1972 - June 30, 1973
- Residency in Internal Medicine  
St. Joseph's Hospital & Medical Center  
703 Main Street, Paterson, NJ  
July 1, 1973 - June 30, 1975
- 6. Military Service:** None
- 7. Licensure:** State of New Jersey  
License # \_\_\_\_\_ June 13, 1973 till present
- 8. Certifications:** Diplomate American Board of Internal Medicine  
Date of Certification June 18, 1975
- North American Menopause Society Certified  
Menopause Practitioner Date of Certification  
December 18, 2000, recertified 2004, and 2009
- Fellow of the American College of Physicians (FACP)  
Date of Fellowship July 1, 2004

Diplomate American Board of Clinical Lipidology  
Date of Certification: December 1, 2005

Fellow of the National Lipid Association  
Date of Fellowship May 1, 2009

**9. Narcotics Certification:** New Jersey Department of Health  
CDS \_\_\_\_\_  
Is active

US Department of Justice DEA  
Registration # \_\_\_\_\_  
Is active

**10. University Appointments:** University of Medicine & Dentistry of New Jersey  
New Jersey Medical School, Newark, NJ

Clinical Instructor in Medicine  
September 15, 1978 to June 30, 2004

Clinical Assistant Professor of Medicine  
July 1, 2004 to present

**11. Hospital Appointments:**

Attending in Medicine Active Status Full A Privileges  
St. Joseph's Wayne Hospital  
220 Hamburg Turnpike  
Wayne, NJ 07470  
June 30 1975 to 11/11/2009  
Courtesy Staff Medicine Department 11/12/2009

St. Joseph's Regional Medical Center  
703 Main Street  
Paterson, NJ 07503  
Attending Staff: Medicine July 1. 1975 to Dec 31, 1998  
Courtesy Staff Internal Medicine January 1, 1999 to  
present

**12. Other Professional Positions**

None

**Visiting Appointments:**

None

**13. Awards and Honors:**

Distinguished Service Award (25 years of service)  
St. Joseph's Hospital and Medical Center  
March 3, 2000

**14. Membership on Boards:**

Passaic County Historical Society,  
Lambert Castle, Valley Road, Paterson New Jersey  
Board of Trustees 1983 - 1992  
Secretary 1984 - 1988, Vice President 1988 -  
1989, President 1989 - 1992  
Northeast Lipid Association January 29, 2005 to August  
2010  
Editorial Board Journal of Clinical Lipidology  
November 2006 - present

**15. Major Teaching Experience:**

**Lectures** > 700 CME lectures: Listings available  
Have lectured in all fifty of the United States  
National Lipid Association Annual Scientific  
Sessions: HDL Function and Biology April 2006:  
NLA Masters of Lipidology Course: Lipoprotein  
Metabolism and Genetic Disorders of Lipoproteins  
August 2006  
NLA Masters of Lipidology Course: Translational Lipid  
Biochemistry August 2008  
NLA Masters of Lipidology Course: Translational Lipid  
Biochemistry February 2009  
Japan Diabetes Society Use of ezetimibe in diabetic  
dyslipidemia May 2009

**Research Training** None

**16. Principal Clinical Service Responsibilities:**

None

**17. Major Committee Assignments:**

**International** Expert Faculty Panel on FIELD Paris, France  
December 2005  
**National** Professional Education Committee, North American  
Menopause Society 2004-2005  
Northeast Lipid Association Program Advisory Panel  
January 2005

National Lipid Association Masters of Lipidology Course  
Faculty June 2006 to present  
North American Menopause Society  
NAMS Award Committee 2007

**Medical School** None  
**Hospital** None  
**Department** None  
**Editorial Boards** InforMed Women's Health Newsletter: Medical Advisory  
Board January 2000 - December 2001  
Journal of Clinical Lipidology 2007 - present  
**Ad Hoc Reviewer** Menopause: Journal of the North American Menopause  
Society July 2001 – present  
Journal of Clinical Lipidology 2007 - present  
BioCritique CME Website May 2006 to present  
Cardiovascular Drugs and Therapy June 2010 - present

**18. Memberships:**

American College of Physicians-American Society of  
Internal Medicine  
April 1976 - present  
American Diabetes Association  
January 2001 - present  
American Medical Association  
1975 - present  
American Heart Association: Counsel on Atherosclerosis  
1998 – present  
National Osteoporosis Foundation 1998 through 2005  
North American Menopause Society  
1999 - present  
National Lipid Association October 2003 to present  
Northeast Lipid Association 2004 - present  
Passaic County & NJ State Medical Society 1973- present

**19. Major Research Interests:**

Menopausal Health, Lipidology

**20. Grant History:**

None

**21. Major Administrative Responsibilities**

None

**22. Private Practice:**

Internal Medicine , Women's Health and Lipidology  
Associated with Charles Macaluso, M.D.  
July 1, 1975 to present

Director: North Jersey Institute of Menopausal Lipidology: devoted to educational activities regarding cardiovascular and other aspects of women's health issues as well as consulting lipidology  
January 1, 2003 - present

**23. Articles:**

Dayspring T. Atherothrombosis in Women. 2001 (January)  
The Female Patient Primary Care Edition. January 2001.

Dayspring T. Prevention of a First Myocardial Infarction.  
Journal of Clinical Pharmacology. 2001;41:1-9

Dayspring T. Atherothrombosis in Women: Effects of Estrogen Receptor Modulation. Journal of the Bellevue Obstetrical and Gynecological Society. 2001;17:19-25. Spring 2001 Edition.

Dayspring T. Editorial: Seeing the Forest Through the Trees "Big Trucks, Little Trucks" Menopause. 2002;9:79-81.

Dayspring T. Coronary Heart Disease in Women: Triglycerides and Lipoprotein Biology. Journal of Gender-Specific Medicine. 2002;5:27-33.

Dayspring T. Cardiovascular Disease: A Comprehensive Primer for Clinicians. Menopause Management. 2002;11:16-25.

Dayspring T. The National Lipid Association: Annual Scientific Sessions  
Future Lipidology 2006;1:13-16

Dayspring T, Qu Wongming and Keech C. Effects of raloxifene on lipid and lipoprotein levels in postmenopausal osteoporotic women with and without hypertriglyceridemia. Metabolism Clinical and Experimental 2006;55:972-979

Dayspring T & Pokrywka G. Fibrate Therapy in Patients with Metabolic Syndrome and Diabetes Mellitus. Current Atherosclerosis Reports 2006;8:356-364

Dayspring T. High Density Lipoproteins – Emerging Knowledge  
Journal of the Cardiometabolic Syndrome 2007;2:59-62

Dayspring T & Pokrywka G. Menopausal Lipidology: Pharmacotherapeutic decisions in Menopausal Women with Cardiovascular Risk  
Future Lipidology 2007;2197-210

Dayspring T. Case Studies. The Lipid Spin 2008;6 (Issue 1):10-15

Dayspring T. Case Studies The Lipid Spin 2008;6 (issue 2):10-14

Dayspring T. Case Studies. The Lipid Spin 2008;6 (Issue 3):9-13

Dayspring T and Helmbold A. You have a new job: Monitor the Lipid profile. OBG Management 2008;20:45-53.

Dayspring T. Case Studies. The Lipid Spin 2008;6 (Issue 4):7-11

Toth, P, Dayspring T, & Pokrywka G. Drug Therapy for Hypertriglyceridemia: Fibrates and Omega-3 Fatty Acids. Current Atherosclerosis Reports 2009;11:71-79

Dayspring T. Case Studies. The Lipid Spin 2009;7 (Issue 1):7-11

Dayspring T. Editorial: Lipids, Lipoproteins, Images and Atherosclerosis. Menopause: The Journal of The North American Menopause Society; 2009;16: 632-634

Dayspring T. Case Studies The Lipid Spin 2009;7 (issue 3):7-12

Dayspring TD & Pokrywka G. The Impact of Triglycerides on Lipid and Lipoprotein Biology in Women. Gender Medicine 2010;7:1-17

Dayspring T. Lipoprotein concentration regulates LDL-P. Fats Of Life. (American Association of Clinical Chemistry Lipoprotein and Vascular Disease Division) 2010;24:6-11.

#### **24. Books:**

Dayspring T. Author of Chapter 3 on Dyslipidemia  
Fowler G. 20 Common Problems in Cardiology  
McGraw Hill 2005

Dayspring T. Phytosterolemia: Synthesis, Absorption, Trafficking and Excretion of Cholesterol and Noncholesterol Sterols. Therapeutic Lipidology (Chapter 14). Davidson MH, Toth PP, and Maki KC. Editors 2008 Humana Press Totowa, NJ

Cromwell WC, Dayspring TD, Richman M. Pocketguide: Lipid and Lipoprotein Disorders - Current Guidelines and Practical Solutions. International Guidelines Center, Baltimore MD 2009

Dayspring T, Pokrywka G. Triglycerides and Atherosclerosis. Chapter 8 Year in Lipid Disorders Volume 2 Clinical Publishing, Oxford UK May 2010

## **25. Abstracts:**

Dayspring T, Qu Y, Keech C. Raloxifene Improves LDL-C Levels in Postmenopausal Women with Osteoporosis with and without hypertriglyceridemia: The MORE Trial. International Symposium on Triglycerides, Metabolic Disorders and Cardiovascular Disease. New York, NY. July 10-13, 2003.

Dayspring T, Qu Y, Keech. C Raloxifene Improves Lipoprotein, Apolipoprotein and Fibrinogen Levels in Postmenopausal Osteoporotic Women with and without Hypertriglyceridemia: The MORE Trial. Poster Presentation (# 1047) at Annual Meeting of American College of Cardiology, New Orleans, LA. March 7, 2004

Peter H. Jones, Thomas Dayspring, Maureen T. Kelly, Carolyn M. Setze, Dawn M Carlson, Aditya Lele, Darryl J. Sleep. Effects of ABT-335 (Fenofibric Acid) in Combination With Rosuvastatin on Low-Density Lipoprotein Particle Size in Patients With Mixed Dyslipidemia. J Clin Lipidology 2008;2:219-220

## **26. Reviews:** None

## **27. CDs, Audiotapes, Radio Interviews**

Dayspring T. Understanding the influence of triglycerides on lipid and lipoproteins pathobiology [CD-ROM]. Chicago, IL: ACCESS Medical Group; 2005

Dayspring T. Treatment considerations for triglyceride-rich lipoprotein pathobiology [CD-ROM]. Chicago, IL: ACCESS Medical Group; 2005

Dayspring T, Pokrywka G and Underberg J. Cardiovascular Issues in Women [Audiotape & pamphlet CME Program] ACOG Update 2006;32:1-9

Reach MD Radio: Lipid Luminations: National Lipid Association sponsored satellite radio (Sirius) CME interview:

Cardiovascular Effects of Estrogen July 9, 2007

Menopause and Lipidology July 30, 2007

Cardiovascular Disease in Women March 10, 2008

Analysis of the INTERHEART Study September 15, 2008

## **28. CME Publications**

Complex Lipid Management Self-assessment Program Edition 6

Management of Risk for Cardiovascular Disease: Omega-3 Fatty Acids  
Co-authors: Michael Davidson, L. Michael Prisant, Neil Stone  
Published by Professional Evaluation, Inc. June 2006  
Sponsored by Rush University Medical Center and the National Lipid Association

Complex Lipid Management Self-assessment Program Edition 8  
Fibrate Therapy --- New Clinical Trial Updates  
Co-authors: Michael Davidson, Michael Miller, Robert Rosenson  
Published by Professional Evaluation, Inc. September 2006  
Sponsored by Rush University Medical Center and the National Lipid Association

Reducing residual Cardiovascular Risk in Patients with Diabetes: The Unique  
Macrovascular and Microvascular Benefits of Fenofibrate. Academy for  
Continued Healthcare Learning April 2007

Faculty: National Lipid Association Self-Assessment Program Edition 2  
August 2008

Understanding the Triglyceride/HDL Axis. Visual Issues in Medicine  
Faculty Chair: Satellite CME Program at American Diabetes Association,  
American Academy of Family Practice and American Heart Association Annual  
Meetings 2008

Managing Dyslipidemia: The Triglyceride/HDL Axis. Medscape On-line CME  
program with slides and audio November 2008  
<http://cme.medscape.com/viewarticle/582013>

Managing Mixed Dyslipidemia and residual Cardiovascular Risk: Selecting  
Optimal Therapy for High Risk Patients. Haymarket Medical Education CME  
May 2009

## **29. Reports:**

Dayspring T. Letter to editor re Estrogen and Atherothrombosis  
Editorial American Journal Cardiology 2000; 86: 482-483

Dayspring T. Statistics in Medicine. InforMed Women's Health  
Newsletter. 2000;1:1 Issue 8, 07/19/2000.

Dayspring T. Women and HDL Cholesterol InforMed Women's Health  
Newsletter. 2000;1(27):1 Issue 27, 11/22/00.

Dayspring T. Analysis of ERA Trial InforMed Women's Health  
Newsletter. 2000;1(29);1-2 Issue 29, 12/20/2000.

Dayspring T. Estrogen and Lipoprotein Size InforMed Women's Health

Newsletter. 2001;2(5);1-2. Issue 5, 3/14/2001

Dayspring T. CV Effects of Raloxifene: MORE Trial InforMed Women's Health Newsletter. 2001;2(8); 1-2. Issue 8, 4/25/2001

Dayspring T. NCEP-ATP III Guidelines. InforMed Women's Health Newsletter. 2001;2(12). Issue12, 6/22/01.

Dayspring T. Non HDL-C and Women. InforMed Women's Health Newsletter. 2001;2(16):1-2. Issue 16 8/15/01

Dayspring T. NCEP-ATP Guidelines Risk Assessment. InforMed Women's Health Newsletter. 2001;2(20);1-2. Issue 20, n10/10/2001

Dayspring T. NCEP-ATP Guidelines - Treatment. InforMed Women's Health Newsletter. 2001;2(24):1-2. Issue 24, 12/05/01

Dayspring T. Interview: OB-GYN News Vol. 39 #13 July 2004  
Triglycerides do not alter raloxifene's effects

Dayspring T: OB-GYN News Supplement: Managing Symptomatic Menopausal Women with Medical Complications CME Symposium September 2004

Dayspring T: Interview in Internal Medicine News 37 #17 September 1, 2004  
Triglycerides do not alter raloxifene's lipid effects

Dayspring T: NAMS First to Know Newsletter: Aspirin reduces risk of first stroke in women. May 10, 2005

Dayspring T; NAMS: First to Know Newsletter: Folic Acid and B Vitamins do not lower cardiovascular events July 22, 2008

Dayspring T: NAMS First to Know Newsletter: Low Dose oral or Nonoral EPT does not adversely affect CV risk in younger menopausal women. October 28, 2008

**30. Patents Held:** None