

# Karol E. Watson, M.D., Ph.D., F.A.C.C., F.A.H.A.

Division of Cardiology  
650 Charles E Young Drive South  
A2-237 CHS MC: 167917  
Los Angeles, CA 90095-1679  
page: (310) 825-6301; FAX: (310) 206-9133; cell: (310) 625-7257

Married, four children

|           |  |
|-----------|--|
| 1980-1984 | Stanford University; Bachelor of Arts and Sciences,<br>History and Biology   |
| 1984-1989 | Harvard Medical School, MD, <i>magna cum laude</i>   |
| 1990-1992 | Resident in Internal Medicine (Clinical Investigator Pathway of the<br>American Board of Internal Medicine)<br>David Geffen School of Medicine at UCLA |
| 1992-1998 | Fellow in Cardiovascular Diseases<br>David Geffen School of Medicine at UCLA / Division of Cardiology  |
| 1995-1998 | UCLA STAR (Specialty Training and Academic Research) program Ph.D.<br>candidate in Physiology / Cardiovascular fellow                                  |
| 1997-1998 | Chief Fellow in Cardiology<br>David Geffen School of Medicine at UCLA  |
| 1999      | Ph.D. in Physiology<br>University of California at Los Angeles   |

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| current | California #G072736                                 |
| current | DEA #BW2954205                                      |
| current | Radiography and Fluoroscopy Supervisors certificate |

Diplomate in Cardiovascular Diseases, valid through 2024

### PROFESSIONAL CERTIFICATIONS:

- Current Fellow, American College of Cardiology
- Current Fellow, American Heart Association
- Current Diplomate, American Board of Clinical Lipidology
- Current Specialist in Hypertension, American Society of Hypertension
- Current Fellow, American Society of Preventive Cardiology

### ACADEMIC APPOINTMENTS:

- 2022-present Member, UCLA Graduate Program in Bioscience, Medical Informatics GPB Home Area
- 2013 – present Professor of Medicine / Cardiology David Geffen School of Medicine at UCLA
- 2007 – 2013 Associate Professor of Medicine / Cardiology Geffen School of Medicine at UCLA
- 2004- 2006 Acting Chief, Division of Clinical Epidemiology and Preventive Medicine
- 1999-2007 Assistant Professor of Medicine / Cardiology Geffen School of Medicine at UCLA

### CLINICAL APPOINTMENTS:

- 2013-present Director, UCLA Barbara Streisand Women's Heart Health Program
- 2013-present Director, UCLA Women's Cardiovascular Center
- 2006-2018 Director, UCLA Research Center at Alhambra
- 2000-present Co-Director, UCLA Program in Preventive Cardiology (Cholesterol, Hypertension, and Atherosclerosis Management Program – CHAMP)

### UCLA EXECUTIVE EXPERIENCE:

- 2013 – present Director, UCLA Women's Cardiovascular Center
- 2011 – present Director, UCLA Cardiology Fellowship Program
- 2008 – present Co-director, UCLA Program in Preventive Cardiology

### HONORS/AWARDS

- 2023 ACC **Bernadine Healy Leadership award** for contributions to women's CV health.
- 2023 John Mazziotta Endowed Chair in Medicine at UCLA

- 2023 Dan May Distinguished Lectureship Vanderbilt University Department of Medicine
- 2022 Mentee, Kosuke Inoue, selected as finalists for AHA EPI Early Career Investigators Award
- 2022 Dodger Healthcare Appreciation Day honoree
- 2022 Sergio Rabinovich Distinguished Lecture Southern Illinois University Medical School
- 2022 Luminary honoree, Cardiometabolic Health Conference, Newport Beach, CA
- 2019 Distinguished Leadership Award presented by Shaquille O’Neal at the ABC Spirit of the Heart Awards
- 2019 USC Division of Cardiovascular Medicine Visiting Professor, Julian Haywood Professorship
- 2019 Della Reichert Distinguished Visiting Professor University of Tennessee Health Science
- 2018 Inducted into Association of University Cardiologists
- 2018 Writing group co-chairperson, AHA Scientific Statement on Heart Disease and breast cancer
- 2017 “Cardiologist of the Year”- awarded by the California chapter of the ACC
- 2017 Co-author “Best Environmental Epidemiology Paper published in 2016” Presented by the International Society for Environmental Epidemiology
- 2017 Appointed Inaugural holder, UCLA John Mazziotta, M.D., Ph.D. Term Chair in Medicine
- 2017 Keynote speaker, Geffen School of Medicine “White Coat ceremony
- 2017-present Castle Connolly Top Doctors Designation
- 2017 Writing group member, AHA Scientific Statement on Heart Disease in South Asians
- 2016 Dr. Gerald Gau CVD Prevention Award – Mayo Clinic Rochester, MN
- 2016 Writing group member, AHA Scientific Statement on Breast Cancer and Cardiovascular disease
- 2015 Writing group member, AHA Scientific Statement on Myocardial Infarction in women
- 2011 Black Healthcare Magazine 25 of the Most Influential African American physicians
- 2010 Ebony magazine Power 100 designation
- 2010 Women’s Day magazine Red Dress Award, presented NYC February 2010
- 2009-present Southern California Super Doctors designation

- 2008 Invited Guest to White House reception for 5th Anniversary of the Heart Truth Campaign, hosted by President and Mrs. George W. Bush
- 2008 America's Top Physicians award Black Enterprise magazine
- 2007 Los Angeles 2007 Super Doctors, Tu Ciudad magazine
- 2006 Nanette Wenger National Healthcare Award, Womenheart
- 2002 Walter M. Booker award, Association of Black Cardiologists Association
- 2001 America's Top Physicians award Black Enterprise magazine
- 1999 Merck/UNCF Postdoctoral Fellowship Award
- 1998 Robert Wood Johnson Minority Medical Faculty Development Award
- 1997 AHA Travel Award; International Symposium on Atherosclerosis
- 1997 Sam Nassi Scholar, Division of Cardiology, UCLA Medical Center
- 1995 Nominee, UCLA Fellow Teaching Award
- 1995 American College of Cardiology/Merck Research Grant
- 1994 Finalist, Young Investigator's Competition of the International Symposium on Atherosclerosis
- 1994 1st Prize, Cardiologist-in-Training Research Forum; ABC Annual Scientific Session
- 1994 American College of Cardiology/Bristol-Myers Squibb Affiliate Travel Award
- 1993 1st Prize, Laverna Titus Young Investigator's Forum; AHA Greater Los Angeles Affiliate
- 1989 Henry J. Kaiser Family Foundation National Merit Award
- 1988 1st Prize, Basic Science Division, Upjohn/Student National Medical Association Research Forum
- 1988 Commonwealth Fund National Research Fellowship
- 1987 Surdna Foundation Student Research Fellowship
- 1984 Community Service Award, Stanford University Black Community Services Center
- 1982 Cap and Gown Women's Honor Society; Stanford University

**NATIONAL CLINICAL LEADERSHIP EXPERIENCE:**

- 2021 ACC Cardiac Cath Lab Accreditation v2.1 Essential Component Work Group
- 2016 – 2019 Member, ACC Task Force on Expert Consensus Pathways
- 2008 – 2013 Writing group member, 2013 ACC/AHA Cholesterol Guidelines

#### **NATIONAL REGULATORY EXPERIENCE:**

- 2010-2015 Member, FDA Clinical Chemistry and Clinical Toxicology Devices Panel
- 2016, 2018 Ad hoc chairperson, FDA Clinical Chemistry and Toxicology Devices Panel

#### **NATIONAL PROFESSIONAL LEADERSHIP EXPERIENCE:**

- 2022 – present University of Michigan Frankel Cardiovascular Center National Advisory Board member
- 2022 Abstract Captain ACC 2023 Prevention and Health Promotion: Special populations - Flatboard Posters
- 2022-present Member at large, American Society of Preventive Cardiology (ASPC) Board of Directors
- 2021 Member, ACC Cardiac Cath Lab Accreditation Committee
- 2020 -present Co-chair, ACC Young Scholars Program
- 2019-present Co-chair, ACC disparities workgroup
- 2019 – 2022 Steering Committee, ACC Clinical Trials Research program
- 2017 – present At large member, California chapter of the ACC
- 2014 – present Member, Scientific Advisory Council, WomenHeart
- 2012 – present Board Member, Familial Hypercholesterolemia Scientific Advisory Board
- 2010-2012 Vice President, Association of Black Cardiologists
- 2009-2010 Member, ACC Credo health disparities Advisory Group
- 2009-2013 Member, ACC-AHA Cholesterol Guideline Writing Committee
- 2008-2013 Co-author, 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol
- 2008-2014 Chairperson, Scientific Advisory Council, WomenHeart
- 2008-2012 Board member, Pacific Lipid Association
- 2003-2008 Founding board member, National Lipid Association

2003-2008 Steering committee, Internal Medicine Section - National Medical Association  
2003-2005 Cardiology Consultant, NHBLI "The Heart Truth" campaign  
2002-2007 Board Member, AHA Western States Affiliate  
2002-present Scientific Advisory Board member, WomenHeart  
2001-2005 Advisory Council, California Heart Disease & Stroke Prevention Program  
2000-2007 Coordinating Committee member, National Cholesterol Education Program (NCEP)  
1995-1997 National Secretary, Association of Black Cardiologists  
1988-1989 National Secretary, Student National Medical Association  
1987-1988 Regional Director, Student National Medical Association  
1983-1984 Student Body President, Associated Students of Stanford University

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2014-2019 Selection committee Geffen Medical Student Scholarships  
2013 – present Member, UCLA Department of Medicine Morbidity and Mortality committee  
2012 – 2017 Member, UCLA Medical Committee on Appointments and Promotions  
2011-2016 Member, UCLA Institutional Review Board  
2006-2007 PRIME Medical Education Development Committee  
2004-present UCLA Department of Medicine Executive Committee  
2001-2005 UCLA K30 Program admissions committee  
2000-2005 MSTP Selection committee  
1999-2004 Advisory Board, UCLA Center of Excellence for Minority Medical Education

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2012 Medical Expert, Fox 11 News Los Angeles  
2010 Medical Expert, Fox News LA "Make One Change" series  
2009 Medical Expert, NBC Extra Life Changer's series

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| 2008 | Co-author, “Heart of the Matter                                  |
| 2007 | Featured guest physician, PBS series The Mysterious Human Heart” |
| 2005 | Co-host, TLC series Guardian Angels, MD                          |

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***Current service***

|                           |   |
|---------------------------|---|
| <b>Co-Editor-in-Chief</b> | <b>New England Journal of Medicine Journal Watch Cardiology</b> |
| <b>Associate Editor</b>   | <b>Circulation</b>  |
| <b>Associate Editor</b>   | <b>JACC Asia</b>  |
| <b>Associate Editor</b>   | <b>American Journal of Preventive Cardiology</b>                |
| <b>Guest Editor</b>       | <b>Journal of the American College of Cardiology</b>            |
| <b>Section Editor</b>     | <b>Current Cardiovascular Risk Reports</b>                      |

***Completed service***

|                  |  |
|------------------|--|
| Associate Editor | Journal Watch Cardiology                         |
| Editorial Board  | Reviews in Cardiovascular Medicine               |
| Associate Editor | Circulation, Quality and Cardiovascular Outcomes |
| Editorial Board  | Metabolic Syndrome and Related Disorders         |
| Editorial Board  | Future Lipidology                                |
| Associate Editor | Diabetes   |
| Editor           | Association of Black Cardiologists Newsletter    |
| Editorial Board  | Digest of Urban Cardiology                       |
| Editorial Board  | Ethnicity and Disease                            |
| Editorial Board  | Journal of the National Medical Association      |

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| 2021 – present | Executive Committee member VA Impact trial CSP #2002     |
| 2019-2022      | Data Safety and Monitoring Board, Urovant 901-3005 study |

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|--------------|---|
| 2019-2021    | Data Safety and Monitoring Board, PRECISE trial   |
| 2018-2021    | Data Safety and Monitoring Board, Malincrodt Telmipressin study   |
| 2016—present | Executive Committee, CSP 2002 VA Cooperative Studies Program  |
| 2014 – 2022  | Member, Outcomes Committee Diabetes Prevention Program Outcomes Study – NIDDK   |
| 2014—current | Planning Committee, CSP 2002 VA Cooperative Studies Program 2014-   |
| 2015         | Protocol Review Committee, CHAP Trial NHLBI   |
| 2010-2012    | Chair, Data Safety and Monitoring Board, Libby gel Clinical Trial – BioSante  |
| 2008-2015    | Data Safety and Monitoring Board, Vascular SCOR trials – NIH/NHLBI  |
| 2007-2012    | Data Safety and Monitoring Board, Aim High Trial – NIH/NHLBI  |
| 2003-2010    | Steering Committee, CAPABLE multicenter clinical trial – sponsor: Pfizer  |
| 2003-2006    | United States Steering Committee member, Reduction in Atherothrombosis for Continued Health (REACH) Registry  |
| 2002-2010    | Steering Committee, African American Rosuvastatin Investigation of Efficacy and Safety (ARIES) multicenter clinical trial – sponsor: Astra Zeneca pharmaceuticals |

#### **MAJOR CONFERENCE CHAIRMANSHIPS/ORGANIZING COMMITTEES**

|                |   |
|----------------|---|
| 2018 – present | Planning Committee, Annual Scientific Sessions of the ACC                                   |
| 2013-2015      | Planning Committee, ATVB Annual Scientific Sessions   |
| 2006-2008      | Planning Committee, Annual Scientific Sessions of the ACC                                   |
| 2004           | Chairperson, Womenheart 1st Annual Conference for Women Living with Heart Disease; CA       |
| 2004           | Co-Chair, ABC 16th Annual Scientific Sessions: Cardiology in the New Millenium; Chicago, IL |
| 2002           | Chair, Sankyo Pharma Regional Summit for Cardiovascular Care in Women. Dana Point, CA       |
| 2002           | Chair, Plenary Session II. Atherosclerosis: A New Paradigm. ISHIB                           |

#### **UCLA TEACHING ACTIVITIES**

|              |  |
|--------------|--|
| 2017-present | lecturer 1st year medical student Block 2 curriculum |
| 2010-present | lecturer 2nd year medical student Block 9 curriculum |



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| 2003-2005    | Director and Developer, UCLA COE Health Disparities Research Course 2002-               |
| 2003         | lecturer, UCLA Short Term Training Program seminar series                               |
| 2000-Present | Lecturer, "Cardiovascular Epidemiology" (Epidemiology 240) UCLA School of Public Health |
| 1999-2004    | Instructor, "Advanced Clinical Fundamentals-Cardiovascular", UCLA 1996-                 |
| 1998         | Course Director, UCLA MSTP "Re-entry" Course  |
| 1996-1998    | Coordinator, MSTP Preceptorship program   |

### COMMUNITY SERVICE

|              |   |
|--------------|---|
| 2003-present | Jack and Jill of America, Los Angeles chapter [organization dedicated to African American families; [Corresponding Secretary 2005-2007] |
| 1997-present | Links, Inc., Orange County chapter [not-for-profit organization of more than 10000 women of color]                                      |

### GRANT SUPPORT

#### NIH funding (as of 10-31 23)

**NHLBI: 28 projects \$13,939,118**

**NIDDK: 20 projects \$7,235,042**

**NIGMS: 5 projects \$13,752,294**

**NHGRI: 2 projects \$2,288,655**

**Total NIH funding: 55 projects**

**Total NIH funding \$41,416,429 (sub project funding – 19 projects \$15,980,495)**

### ACTIVE EXTRAMURAL FUNDING

U54GM114833 (Watson Co-PI) 09/29/15 - 04/30/18 2.00 calendar Project

Number: 75N92020F00005

Project synopsis: The goals of the Multi-Ethnic Study of Atherosclerosis (MESA) are to study the progression of subclinical to clinical CVD; and 3) identify new risk factors or interactions among factors that inform disease pathophysiology

NIH/NHLBI \*Primary Place of Performance: Regents of the University of California, Los Angeles Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 12/2019 - 12/2024 Total

Award Amount: \$3,835,632

Project Number: GG010919 (R01 HL077612)

Project Synopsis: Pulmonary Microvascular Perfusion in the Multi-Ethnic Study of Atherosclerosis The major goal of this project is to understand the interrelationship between chronic obstructive pulmonary disease and atherosclerosis.

Primary site: Columbia University/NIH/NHLBI

UCLA site: Regents of the University of California, Los Angeles UCLA

Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 08/2015 - 06/2021 (no cost extension currently) Total Award Amount: \$277,402

Project Number: R01AG058969

Project Synopsis: Subclinical Vascular Contributions to Alzheimer's Disease: The Multi-Ethnic Study of Atherosclerosis (MESA) Multisite Study of AD The 'MESA-AD study' will use nearly two decades of subclinical measures of early cardiovascular disease from MESA and relate them to evidence of AD pathology in brain to determine if they explain racial/ethnic disparities in AD risk.

Primary site: Wake Forest University/NIH

UCLA site: Regents of the University of California, Los Angeles UCLA

Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 08/2018 - 06/2023 Total Award Amount: \$2,189,336

Project Number: WFUHS 11448 (R01 HL127028)

Project Synopsis: The major goal of this project is to determine the prevalence of early HF; elucidate the pathogenesis of early HF (predominantly HFpEF); and to delineate the key antecedent risk factor combinations associated with the transition from Stage B to Stage C HF among 3,500 older adults attending the year-15 examination of the MultiEthnic Study of Atherosclerosis (MESA).

Primary Site: Wake Forest University/NIH

UCLA site: Regents of the University of California, Los Angeles Project UCLA

Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 03/2016 - 06/2021 (no cost extension currently) Award Amount: \$245,741

Project Number: R01HL093081

Project Synopsis: Combined Cardiopulmonary Failure in COPD: SPIROMICS HF The major goals of this project are to understand the relationship between lung dysfunction and LV diastolic dysfunction Primary site: Columbia University/NIH

UCLA site: Regents of the University of California, Los Angeles UCLA

Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 09/2019 - 06/2022 Total Award Amount: \$336,432

Project Number: 1OT2HL156812-01

Project Synopsis: The Collaborative Cohort of Cohorts for COVID-19 Research (C4R) Study includes participants who are currently enrolled in 14 long-term cohort studies conducted at 37 academic medical centers across the country. This cohort can be used to answer many pressing research questions ranging from the impact of Covid 19 to risks for atherosclerotic cardiovascular disease.

Primary site: Columbia University/NIH

UCLA site: Regents of the University of California, Los Angeles UCLA

Principal Investigator: Karol Watson

Project/Proposal Start and End Date (MM/YYYY): 09/2020 - 09/2022 Total Award Amount: \$146,549

Project Number: 2U01DK048443-28

Project Synopsis: Limited Competition for the Continuation of the Diabetes Prevention Program Outcomes Study (DPPOS) – Clinical Center The goal of this project is to continue follow-up of the DPPOS cohort to examine the effectiveness of early metformin treatment on the development of cardiovascular disease and cancer.

Source of Support: NIH/NIDDK

Primary Place of Performance: Regents of the University of California, Los Angeles Project/Proposal Start and End Date (MM/YYYY): 03/2021 - 01/2022 (no cost extension currently) Total Award Amount: \$359,710

### Completed Grant Support

U54GM114833 (Watson Co-PI) 09/29/15 - 04/30/18 2.00 calendar NIH/NIGMS \$75,000 (Watson)

A Community Effort to Translate Protein Data to Knowledge: An Integrated Platform

The major goal of this project is to build computational tools applicable to crowdsourcing, text-mining, electronic medical records, and multi-dimensional data integration. This award supports an international consortium effort of six institutions.

UWSC8540 (Watson) 08/15/15 - 08/14/21 1.20 calendar NIH/NHLBI – Subcontract w/ University of Washington \$482,220

Multi-Ethnic Study of Atherosclerosis (MESA) - Task Order 01: Study Planning & Infrastructure

The goal of this project is to maximize use of data and samples amassed in MESA over a 15-year period to address new questions about the development of clinical CVD.

13487 (Watson) 01/01/16 - 04/30/18 0.60 calendar

NIH/NHLBI – Subcontract w/ University of Washington \$262,551

Multi-Ethnic Study of Atherosclerosis (MESA) - Task Order 02: Cohort Exam 6

The major goals of this project are to evaluate methods of assessment of subclinical atherosclerotic cardiovascular disease and their utility as predictors of events.

U01 DK048443 (Watson) 04/01/16 - 01/31/21 0.24 calendar

NIH/NIDDK \$224,106

Diabetes Prevention Program Outcomes Study (DPPOS) Phase 3 – Research Project

The goal of this project is to continue follow-up of the DPPOS cohort to examine the effectiveness of early metformin treatment on the development of cardiovascular disease and cancer.

UWSC8535 (R01 HL127659) (Watson) 08/01/15 - 06/30/19 0.60 calendar NIH/NHLBI \$91,300

Atrial fibrillation burden, vascular disease of the brain and cardiac MRI in MESA (aka MESA AF Study) The major goal of this project is to investigate the pathogenesis of atherosclerosis in four racial/ethnic groups by providing accurate measurement of early cardiovascular disease and its progression.

WFUHS 11448 (R01 HL127028) (Watson) 03/01/16 - 06/30/18 0.60 calendar

NIH/NHLBI – Subgrant with Wake Forest University \$108,263

Transitioning from Risk Factors to Early HF: Prevalence, Pathogenesis, and Phenomics

The major goal of this project is to determine the prevalence of early HF; elucidate the pathogenesis of early HF (predominantly HFpEF); and to delineate the key antecedent risk factor combinations associated with the transition from Stage B to Stage C HF among 3,500 older adults attending the year-15 examination of the Multi-Ethnic Study of Atherosclerosis (MESA).

GG010909 (R01 HL077612) (Watson) 07/01/16 - 06/30/18 0.60 calendar

NIH/NHLBI – Subaward with Columbia University \$74,004

Pulmonary Microvascular Perfusion in the Multi-Ethnic Study of Atherosclerosis

The major goal of this project is to understand the interrelationship between chronic obstructive pulmonary disease and atherosclerosis.

20145216 (Watson) 07/01/14 - 6/30/19 0.12 calendar

The Familial Hypercholesterolemia (FH) Foundation/Duke University \$909,09

The Familial Hypercholesterolemia Foundation CASCADE-FH Registry

The major goal of this study is to collect and maintain clinical information about patients with FH which will be used to track trends in therapy, events and outcomes in individuals diagnosed with FH to further our knowledge and understanding of the disease and improve the care, quality of life and survival of those with FH.

GG0110462 (Watson) 07/01/16 - 03/31/18 0.60 calendar

NIH/NHLBI – Sub award w/ Columbia University \$67,431

Chronic Obstructive Pulmonary Disease in Non-Smokers

The goal of this project is to test aims related to understanding emphysema and COPD in never/light smokers.

206423 (Watson) 08/15/16 - 05/31/19 0.12 calendar NIH/NHLBI –

Sub award w/ Loyola University Chicago \$18,650

Urinary KNOWledge study (U-KNOW)

The goal of this project is to provide data that will facilitate a dialogue between clinicians and patients regarding the impact of UUI on health, especially hypertension management, and to examine novel potential UUI risk factors for development of future clinical trials.

RD 83830001 (Watson) 09/01/17 - 08/31/20 0.60 calendar EPA -

Sub award w/ University of Washington \$58,836

The Multi-Ethnic Study of Atherosclerosis and Air Pollution (MESA Air): Next Stage

This study proposes to extend the air pollutant characterization using innovative monitoring and modeling approaches, and wed this to the Exam 6 planning, to gain unprecedented insight into the potential role of air pollutants in development of cardiovascular disease, with a focus on Heart Failure with preserved Ejection Fraction and on Atrial Fibrillation.

R-01-HL-071051 (PI - Watson) NIH/NIDDK

MESA Family Study

08/01/2003 – 07/31/2010; The major goals of this project were to study the genetic determinants of insulin resistance and visceral adiposity

US EPA/ Univ of Washington, 432797 (MESA Air) 08/01/07 -

07/31/10

The major goals of this project were to understand the contribution of air pollution to cardiovascular disease.

NIH/NHLBI, Sub award No. 2 (Acct# 5-36361) w/Columbia University

MESA- COPD 04/01/09 -

03/31/14

The major goal of this study was to understand the interrelationship between chronic obstructive pulmonary disease and atherosclerosis

NIH/NHLBI, Subaward with University of Minnesota MESA

Arterial Elasticity

12/01/09 - 11/30/13

The major goal of this study was to determine the relationship between arterial elasticity and the development of atherosclerosis

NIH/ NHLBI, Subaward No. 4 (Acct# 5-38786) w/ Columbia University MESA

Lung II

05/01/10 - 04/30/14

The major goal of this study was to understand the interrelationship between pulmonary disease and atherosclerosis

NIH/NHLBI, Subaward with Case Western Reserve University R01 HL098433 MESA

Sleep

05/01/10 - 04/30/15

The major goal of this study was to understand the role of sleep disorders in the development of atherosclerosis

NIH/ NHLBI,

MESA Stress Subaward with Columbia University 07/01/10 -

06/30/14

The major goal of this study was to understand the role of stress hormones in atherosclerosis development

04084807 (PI - Hanh) The Lupus Research Institute, Inc 05/01/2004

– 04/30/2007.

The goals of this study were to understand the role of pro-inflammatory High Density Lipoproteins (piHDL) as a Biomarker or Risk for Atherosclerosis in Systemic Lupus Erythematosus

HL-077612 (PI - Barr) NIH/NHLBI

MESA Lung - Columbia 08/01/2004–

07/31/2005

The goal of this study was to understand the role of lung disease in atherosclerosis.

NIH K01 –HL70440

7/1/02-6/30-07

The major goal of this study was to understand the role of Oxidized Phospholipids in the process of Angiogenesis”

5 K12 HD001400 (Alan DeCherney - PI) Interdisciplinary Women’s Health Research (IWHR) Scholar 2001-2003

The major goal of this study was to understand the role of estrogen in oxidized phospholipid induced angiogenesis”

UNCF/Merck Science Initiative Grant

1999-2001

The goal of this study was to understand the effects of Anti-angiogenesis strategies on development of Atherosclerosis”

RWJ Minority Faculty Development Supplemental Grant

1999-2001

The goal of this study was to understand the if Anti-angiogenesis strategies could be developed in in vitro models of atherosclerosis:

Howard Hughes Medical Institute Grant

1998-2000)

The goal of this study was to understand to role of vascular calcification in atherosclerosis

Robert Wood Johnson (RWJ) Minority Faculty Development Grant 1997-2001

The goal of this study was to understand the role of Matrix Gla Protein in Vascular Calcification” Role: Principal Investigator;

American College of Cardiology/Merck Research Grant (1993)  
“Osteoregulatory Factors and Vascular Calcification”

Role: Principal Investigator,

Commonwealth Fund National Research Fellowship (1988)

“Onset of Angiogenesis in progression from Hyperplasia to Neoplasia” Role: medical student grant

## PUBLICATIONS

**Citations: 51,378 (as of 11-1-23); index 63 (as of 11-1-23)**

1. Omar Chehab, Mahsima Shabani, Vinothra Varadarajan, Collin O Wu, **Karol E Watson**, Joseph Yeboah, Wendy S. Post, Bharath Ambale-Venkatesh, David A Bluemke, Erin Michos, Joao A C Lima . Endogenous Sex Hormone Levels and Myocardial Fibrosis in Men and Postmenopausal Women JACC Adv. 2023. May; 2(3):100320 doi: 10.1016/j.jacadv.2023.100320. Epub 2023 May 10.
2. Rishi K Wadhera, **Karol E Watson**, Mercedes R Carnethon. Advancing Cardiovascular Health Equity in the United States: Now That We Know, Where Do We Go Next? Circulation 2023 Jul 18;148(3):197-198. doi: 10.1161/CIRCULATIONAHA.123.065971. Epub 2023 Jul 17.
3. Elsa D Angelini, Jie Yang, Pallavi P Balte, Eric A Hoffman, Ani W Manichaikul, Yifei Sun, Wei Shen, John H M Austin, Norrina B Allen, Eugene R Bleecker, Russell Bowler, Michael H Cho, Christopher S Cooper, David Couper, Mark T Dransfield, Christine Kim Garcia, MeiLan K Han, Nadia N Hansel, Emlyn Hughes, David R Jacobs, Silva Kasela, Joel Daniel Kaufman, John Shinn Kim 4 26 , Tuuli Lappalainen 23 , Joao Lima 20 , Daniel Malinsky 7 , Fernando J Martinez, Elizabeth C Oelsner, Victor E Ortega, Robert Paine, Wendy Post, Tess D Pottinger, Martin R Prince, Stephen S Rich, Edwin K Silverman, Benjamin M Smith, Andrew J Swift, **Karol E Watson**, Prescott G Woodruff, Andrew F Laine, R Graham Barr. Pulmonary emphysema subtypes defined by unsupervised machine learning on CT scans.Thorax. 2023. PMID: 37268414
4. Motahareh Vameghestahbanati, Coralynn Sack, Artur Wysoczanski, Eric A Hoffman, Elsa Angelini, Norrina B Allen, Alain G Bertoni, Junfeng Guo, David R Jacobs, Joel D Kaufman, Andrew Laine, Ching-Long Lin, Daniel Malinsky, Erin D Michos, Elizabeth C Oelsner, Steven J Shea, **Karol E Watson**, Andrea Benedetti, R Graham Barr, Benjamin M Smith. Association of dysanapsis with mortality among older adults. Eur Respir J. 2023. PMID: 37263750 No abstract available.
5. César Caraballo, Daisy S Massey 3, Chima D Ndumele 4, Trent Haywood 5, Shayaan Kaleem 6, Terris King, Yuntian Liu, Yuan Lu, Marcella Nunez-Smith, Herman A Taylor, **Karol E Watson**, Jeph Herrin, Clyde W

Yancy, Jeremy Samuel Faust, Harlan M Krumholz. Excess Mortality and Years of Potential Life Lost Among the Black Population in the US, 1999-2020.

6. Brandt EJ, Tobb K, Cambron JC, Ferdinand K, Douglass P, Nguyen PK, Vijayaraghavan K, Islam S, Thamman R, Rahman S, Pendyal A, Sareen N, Yong C, Palaniappan L, Ibebuogu U, Tran A, Bacong AM, Lundberg G, **Watson K**. Assessing and Addressing Social Determinants of Cardiovascular Health: JACC State-of-the-Art Review. *J Am Coll Cardiol*. 2023 Apr 11;81(14):1368-1385.
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- 202. Watson, KE.** New Clinical Considerations in the Detection and Management of Dyslipidemia. *The ABC Digest of Urban Cardiology* Nov/Dec 2001. 8(6) 11-20.
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## Chapters

- 1. Karol E. Watson**, Yuanlin Guo, Sheila Sahni. Secondary Prevention of Coronary Artery Disease in Braunwald's Heart Disease. In press 2016

2. **Karol E. Watson**, MD, PhD, Gregg C. Fonarow, MD, Keith C. Ferdinand, MD. Coronary Heart Disease and Cardiovascular Medicine In Ethnic Minorities. In press, In "Textbook of Cardiovascular Medicine" vol 9, no. 1. 2006. ed. Eric J. Topol
3. **Watson KE**. Preventive Cardiology for Women. In Preventive Cardiology, ed. Wong N. McGraw Hill Companies, Inc. New York, NY. 2004.
4. Ingwall J, Fubunmi R, Taubert K, and **Watson K**. Mentoring women and underrepresented minorities. In American Heart Association Mentoring Handbook. Published by the American Heart Association; Dallas, Tx. 2003
5. LV Doering, SJ Bennett, L Hackward, SA Blackburn, **KE Watson**. Risk Factor Modification in Heart Failure. In Improving Outcomes in Heart Failure: An Interdisciplinary Approach, eds. Moser DK, and Riegel B. Aspen Publishers Inc., New York, NY. 2000.
6. LL Demer, K Bostrom, M Balica, **KE Watson**. The enigma of vascular calcification in osteoporotic women. In Hormonal, Metabolic, and Cellular Influences on Cardiovascular Disease in Women. Forte TM, editor. Armonk, NY: Futura Publishing Company, Inc. pp 133-151, 1997.
7. LL Demer, K Bostrom, **KE Watson**, WP Stanford. Osteoprogenitor cells and mechanism of plaque calcification. In Atherosclerosis X. F.P. Woodford, J. Davignon and A.Sniderman, editors. Excerpta Medica, International Congress Series 1066, pp. 66-69, 1995

## Editorials

1. Kalra GL, **Watson KE**. Health Consequences of Segregation and Disenfranchisement. J Am Heart Assoc. 2022 Feb;11(3):e024772. doi: 10.1161/JAHA.121.024772
2. Diaz CL, **Watson KE**. Racial/ethnic health disparities in cardiovascular disease during the COVID- 19 pandemic: revisiting a long-lasting problem. Cardiovasc Res. 2021 Nov 8:cvab318. doi: 10.1093/cvr/cvab318. Online ahead of print. PMID: 34747455 No abstract available.
3. **Watson KE**, Fonarow GC. Closing the Remaining Evidence Gap: Randomized Controlled Trial Data to Support Statin Therapy for Low-Density Lipoprotein  $\geq 190$  mg/dL. Circulation. 2017 Nov 14;136(20):1892-1894. PMID: 29133529
4. **Watson KE**, Wiesner P. Slippery Slope of Triglycerides: They Are Associated With Risk, But in the Statin Era, Does Targeting Them Confer Benefit? Circ Cardiovasc Qual Outcomes. 2016 Mar;9(2):97-9. doi: 10.1161/CIRCOUTCOMES.116.002675. Epub 2016 Mar 8.
5. Cefalu WT, **Watson K**. Intensive glycemic control and cardiovascular disease observations from the ACCORD study: now what can a clinician possibly think? Diabetes. 2008 May;57(5):1163-5
6. Fonarow GC, **Watson KE**. High-density lipoprotein cholesterol as a therapeutic target to reduce cardiovascular events. Am Heart J. 2004 Jun;147(6):939-41.

## DURABLE MEDICAL EDUCATION MATERIALS

1. Presenter, Dialogues in Heart Failure Durable CME Audiotape. September 2000
2. Co-author, Association of Black Cardiologists position paper on the Clinical Implications of ALLHAT for

African Americans 2003

3. Co-author, Hypertension Self Assessment Module for the American Board of Family Practice 2003
4. Advisory Board member, Hearthealthywomen.org website 2004
5. Study Guide Author, Hypertension Self Assessment Module Study Guide: A supplement to Family Practice Recertification. April 2004 vol. 26, no. 4
6. Supplement editor: Cardiovascular Disease in African Americans. Reviews in Cardiovascular Medicine. 2004;5 Suppl
7. Panelist, "Cholesterol reduction: How low should we go?" George Washington University satellite broadcast June 2004
8. Panelist, "Women's Agenda Targeting Cholesterol and Heart Disease." Live web conference sponsored by Columbia University on Medscape for WebMD 2004
- 9.

## **SELECTED INVITED LECTURES AND PRESENTATIONS**

### **INTERNATIONAL CONFERENCES**

- |                |   |
|----------------|---|
| November 2023  | Invited speaker, Moderator – Late Breaking Science session "Future of Lipid Lowering Therapy – Novel Mechanisms and Approaches – Philadelphia, PA |
| September 2023 | Invited speaker, OMI Salzburg Seminar on Cardiovascular Prevention  |
| March 20223    | Invited speaker, ACC Annual Sessions Prevention Track   |
| November 2022  | Invited speaker, XII Felipe Kumamoto Institute Annual Meeting – "Prevention of ASCVD in women" - virtual  |
| October 2021   | Invited Speaker, "Primary and Secondary prevention in women". 18th International Symposium on Atherosclerosis - Kyoto Japan                       |
| September 2021 | Invited Speaker, Qianjiang International Conference of Cardiology (QICC). "Plaque stabilization with lipid management" Qianjiang, China           |
| January 2019   | Invited Speaker, Heart Institute of the Caribbean, Kingston, Jamaica  |
| January 2018   | Invited Speaker, International Stroke Symposium, Los Angeles, CA  |
| December 2017  | Invited speaker Asia Pacific Cardiology Conference – Shanghai, China  |
| September 2017 | Chairperson Joint symposium of the ACC-Saudi Heart Association. Jeddah, Saudi Arabia  |
| May 2015       | Invited speaker. Second Affiliated Hospital Zhejiang University School of Medicine "US  |

Lipid guidelines” Hangzhou, China

- June 2001 Invited speaker “NCEP-ATP III” KE Watson. Plenary Session of the Latin American Society of Cardiology Annual Meeting. Panama City, Panama.
- August 1999 Invited speaker "Cellular and Molecular Mechanisms of Arterial Calcification" KE Watson. European Society of Cardiology/American College of Cardiology joint symposium Barcelona, Spain.
- October 1997 Oral abstract. “A Subpopulation of Vascular Cells Supports Hematopoiesis and expresses stem cell factor” - International Symposium on Atherosclerosis. Paris, France

### **NATIONAL CONFERENCES**

- October 2023 Invited Speaker, TCT annual conference “Beyond the PCI – applying new LDL-C lowering agents”
- October 2023 Invited speaker, UCSF Fresno Cardiology for the Practitioner Conference
- October 2023 Keynote Speaker CA ACC Women in Cardiology Career Development event “The fierce urgency of now: creating a diverse cardiovascular workforce”
- June 2023 Invited panelist, ADA Annual Sessions. Current Controversies in the Primary Prevention of Diabetes Macrovascular Complications
- May 2023 Commencement speaker, UCLA STAR program
- November 2022 Invited Speaker, “Late Breaking Clinic Trials” – session I – discussant, Pemafibrate American Heart Association Annual Scientific Sessions
- June 2022 Invited Speaker, American College of Cardiology Clinical Trials Research Program “Assembling a representative research team”
- November 2021 Keynote address, Washington state chapter of the American College of Cardiology annual symposium “Disparities in Cardiology”
- October 2021 Cardiology Grand rounds CPMC “Disparities in Cardiovascular disease”
- June 2019 Invited Speaker, Internal Medicine Grand Rounds University of Tennessee “Diabetes Prevention”
- March 2018 Invited Speaker, Cardiovascular Research Technologies Conference (CRT), Washington, DC. “Dyslipidemia Management in At-risk Populations”
- March 2018 Discussant, ACC Late breaking Clinical Trials. New Orleans, LA
- March 2018 Invited Speaker, multiple sessions. ACC Scientific Sessions Orlando, FL
- November 2017 Discussant, AHA Late breaking Clinical Trials. Chicago, IL

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| November 2017  | Invited Speaker, multiple sessions. AHA Scientific Sessions Chicago, IL  |
| September 2017 | Invited Speaker, Heart Failure Society of America annual meeting, Dallas, TX. "Myocardial Biology – What Makes Women Different?"   |
| September 2017 | Invited Speaker ACC national journal club webinar "The FOURIER Trial" September  |
| May 2017       | Invited Speaker, Familial Hypercholesterolemia Symposium, Miami, FL "Familial Hypercholesterolemia in Women"   |
| April 2017     | Invited Speaker ACC national journal club webinar "The CANTOS Trial"   |
| March 2017     | Discussant, ACC Late breaking Clinical Trials. Washington, DC  |
| March 2016     | Invited Speaker, ACC "Hypertension management: "Lipid Management in special populations" ACC Scientific Sessions San Diego, CA   |
| November 2015  | Invited Speaker, AHA "Controversies in prevention: Hypertension, Aspirin, Cholesterol" AHA Scientific Sessions Orlando, FL   |
| March 2015     | Invited Speaker, ACC "Hypertension management: What we know and what we don't" ACC Scientific Sessions San Diego, CA   |
| March 2015     | Invited Speaker, "CT screening for lung cancer: What the cardiologists want you to know" Thoracic Society Annual Sessions San Diego, CA  |
| May 2014       | Invited Participant Point:Counterpoint American Association of Clinical Endocrinologists Annual Meeting "CAD Risk - Advanced Lipid Testing vs. Conventional Markers" Las Vegas, NV |
| March 2014     | Invited Speaker, ACC Special Symposium entitled Targeting Different Pathways in Acute Coronary Syndromes" ACC Scientific Sessions Washington, DC                                   |
| March 2014     | Invited Speaker, Symposium "Pharmacologic Management of Dyslipidemia in Special Populations ACC Scientific Sessions Washington, DC   |
| March 2014     | Invited Guest "The Cardiology Show" at the ACC Scientific Sessions 2014 Heart.org May  |
| 2014           | Moderator ATVB Session "Clinical Lipidology: Diagnosis and Therapeutics" Arteriosclerosis, Thrombosis, and Vascular Biology 2014 Scientific Sessions. Toronto, Canada              |
| November 2013  | Invited Presenter – "Are There Racial/Ethnic Considerations for Statins in Primary Prevention. American Heart Association Annual Scientific Sessions Dallas, TX                    |
| November 2012  | Invited moderator, AHA session "New Strategies in Cardiovascular Risk Assessment and Prevention" AHA. Los Angeles, CA  |
| November 2012  | Invited speaker "The Multi-ethnic Study of Atherosclerosis" in the Cardiovascular  |

Symposium Novel Insights from the NHLBI's Multiethnic Cohort Studies. American Heart Association Los Angeles, CA

- March 2012 Co-Chair, ACC Special Session: Late-Breaking Clinical Trials IV. ACC Annual Sessions. Chicago, Illinois.
- March 2012 Invited Speaker, Joint Symposium of the Association of Black Cardiologists and the ACC. Ethnic and Racial Disparities in Cardiovascular Disease – A Call to Action. ACC Annual Sessions. Chicago, Illinois.
- March 2012 Panelist, ACC Symposium. Pharmacologic Considerations with Antiarrhythmic Drugs/Dyslipidemia and Residual Risk: When and How Do You Add to Statin Therapy? ACC Annual Sessions. Chicago, Illinois.
- Jan 2010 Invited speaker. “Translation of lipid evidence into National Guidelines.” Plenary Session ACRT/SCTS Annual Meeting Washington, DC
- 2008 - present various topics in Preventive Cardiology Primed, various U.S. cities
- March 2008 “Lipids and Atherosclerosis” American College of Cardiology Annual Scientific Sessions. Chicago, IL
- October 2007 Plenary Symposium : “Cardiovascular Health in Women” North American Menopause Society (NAMS). Dallas, TX.
- March 2006 “Ethnic Differences in the Metabolic Syndrome” The Endocrine Society Annual Scientific Sessions. Boston, MA .
- July 2004 “Ending Gender Disparities in Cardiovascular Disease” 1st Annual Womenheart Conference for Women with Heart Disease. Los Angeles, CA.
- October 1995 “Thoughts on the mechanism by which calcification develops in atherosclerotic plaques.” International Symposium on Electron Beam Tomography. Scottsdale, AZ

#### GRAND ROUNDS AND REGIONAL CONFERENCES

- January 2018 Induction lecture, Association of University Cardiologists, “Air Pollution and CVD” Carmel, CA
- January 2018 California Pacific Medical Center Grand Rounds “New Insights into Heart Disease in Women
- December 2017 Heart Failure University “Prevention of Heart Failure” Los Angeles, CA
- September 2017 American Association of Clinical Endocrinologists (AACE) California chapter annual meeting. “Diabetes medications and cardiovascular outcomes.” Marina del Rey, CA
- September 2017 American College of Physicians (ACP) Southern California chapter annual meeting.

“Update in Cardiology.” Marina del Rey, CA

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| September 2017 | Kaiser Permanente Cardiovascular Symposium. “Cardiovascular Prevention Guidelines” Las Vegas, NV      |
| June 2017      | Napa Valley Cardiology Conference. “Takotsubo Cardiomyopathy” Napa, CA                                |
| April 2017     | Medicine Grand Rounds University of Colorado, “Heart Disease in Women” Denver, CO                     |
| February 2017  | University of Arizona, Grand Rounds “Heart Disease in Women” Tucson, AZ                               |
| December 2016  | Heart Failure University “Prevention of Heart Failure” Los Angeles, CA                                |
| October 2016   | Medicine Grand Rounds Virginia Commonwealth University “Heart Disease in Women” Richmond, VA          |
| March 2016     | Cardiology Grand Rounds Northwestern Hospital “A New Approach to Prevention” Chicago, IL              |
| January 2016   | Medicine Grand Rounds Mayo Clinic, “ACC-AHA Lipid Guidelines” Rochester, MN                           |
| January 2016   | Dr. Gerald Gau CVD Prevention Lecture Mayo Clinic, “Disparities in Cardiovascular Care” Rochester, MN |