

RHODA H. COBIN, MD, FACE

ACADEMIC APPOINTMENTS

The Mount Sinai School of Medicine
1974-Clinical Instructor
1976-Senior Clinical Instructor
1979-Assistant Clinical Professor
1991-present-Associate Clinical Professor
2002- Clinical Professor

HOSPITAL APPOINTMENTS

Mount Sinai Medical Center,
7/74- Clinical Assistant
7/76- Senior Clinical Assistant
1/79- Assistant Attending
7/91- Present Associate Attending
Co-chief, Thyroid/Endocrine Clinic
Barnert Memorial Hospital, Paterson, NJ,
1974-present Attending Physician
The Valley Hospital, Ridgewood, NJ,
1974-present Attending Physician
Chief, Endocrinology Section
1975-1992 St. Joseph's Hospital, Paterson, NJ
Attending Physician
Hackensack University Medical Center, Hackensack, NJ
1998-present Attending Physician

EDUCATION

Mount Holyoke College, BA 1965
State University of New York, Downstate Medical Center
1965-1967 (ND)
University of Puerto Rico, School of Medicine, 1969, M.D., cum laude

POSTDOCTORAL TRAINING

Beth Israel Medical Center, New York
Medical Internship, 1969-1970
Internal Medicine Residency, 1970-1972
Mount Sinai Hospital, New York
Fellowship in Endocrinology, 1972-1974

CERTIFICATION

National Board of Medical Examiners, 1970
American Board of Internal Medicine, 1972
American Board of Internal Medicine, Endocrinology and Metabolism.1975

LICENSURE

New York State, 1970
New Jersey, 1974

HONORS AND AWARDS

Alpha Omega Alpha, 1969
Mount Sinai Endocrinologist of the Year, 1990
Fellow, American College of Endocrinology, 1993
Best Doctors in New York/New Jersey, 2000(New York Magazine)
Selected as a Top Doctor in 2001 by Castle Connolly

OTHER PROFESSIONAL APPOINTMENTS

American Association of Clinical Endocrinologists
Secretary, 1997-1998
Treasurer, 1998-1999
Vice-President, 1999-2000
President Elect, 2000-2001
President, 2001-2002
Immediate Past President-2002-2203

Chancellor- American College of Endocrinology-2002-2003

OTHER RESPONSIBILITIES

Reviewer, Journal of Clinical Endocrinology and Metabolism
Reviewer, Endocrine Practice
Reviewer, Thyroid

Co-Chair, AACE Thyroid Cancer Guidelines 2001 (publication) published in
Endocrine Practice.

INSTITUTIONAL SERVICE

Co-chief, Thyroid/Endocrine Clinic, 1995-present
 Search Committee, Chair, Ob-Gyn, 1985
 Admissions Committee, 1984-present
 Endocrine Division Clinical Care Committee, 1983-present
 Committee, Endocrine Clinical Practice Guidelines

Appointments and Promotions Committee-2002-present

AACE COMMITTEE AND MISCELLANEOUS ACTIVITIES

COMMITTEES

Socioeconomic-Government Affairs Committee

Wrote Endocrine Vignettes for CPT-HCFA manual

Coding Committee

Member to present

Chair 1996-1998

Wrote Coding Corner for First Messenger 1996-1998

Participated in preparation and submission of new CPT and ICD-9 codes

Clinical Symposia Committee

Professional and Public Relations Committee-Chair

Finance Committee

Audit Committee

Committee on Women's Health

Clinical Research Committee

Steering Committee for AACECare, AACE's Diabetes Disease Specific National IPA

Faculty member, AACE Annual meetings, San Antonio, April, '01 and Chicago, April '02

AMA ACTIVITIES

Chair, Guidelines and Measures Work Group of the Physicians Consortium for
 For Performance Improvement, American Medical Association, 2001-
 present

Representative to PMCC (Performance Measures Coordinating Council,
 a joint Venture of AMA, NCQA, and HCFA)

Participated in Diabetes Clinical Logic Work Group-AMA

Representative for AACE as Subspecialty Advisor to AMA RUC
(Relative Value Update Committee)

Member- National Diabetes Quality Alliance (an Alliance of Public-Private- Government and Professional Societies with Mission of Enhancing Quality Diabetes Care by promulgating uniform performance measures for quality improvement and professional/system accountability).

Faculty Participant in AACE Leadership Development Conference, November 2001
Participant in AACE Consensus Conference on Diabetes Management, August 2002
Writing Committee on Consensus Document, published in Endocrine Practice,
Dec. 01

AACE Insulin Resistance Consensus Conference, August 2002- member of Steering Committee and Writing Committee for Position Paper

Panel Member on Joint Task Force to develop evidence based consensus on management of subclinical thyroid disease: AACE-Endocrine Society-American Thyroid Association

Lecture on “Trends in Diabetes Testing and Management””LabMed 2002 Symposium “Alliance of Northeast Section of American Academy of Clinical Chemistry, Oct. 25, 2002

Lectures on Medullary Carcinoma and on Subclinical Thyroid Diseases were to have been presented at Turkish Endocrine Society/AACE joint meeting in Sept. 01. Talks were prepared and conference cancelled because of 9/11 attacks.

AACE/American Thyroid Association, Expert Panel on Nuclear Preparedness-distribution of Potassium Iodide in event of Nuclear Reactor Accident/Attack. Report in Progress. Meeting with selected members of Congressional committees, March 19, 2002

ACP/ASIM MKSAP Endocrine Section writer and exam question preparation, '02 in progress.

Advisor to Committee on Diabetes in Asian Indian Americans for Association of American Physicians of Indian Origin (AAPI)

Member of several AACE Committees including Socioeconomic, Legislative and Regulatory Committee. Reproductive Committee, Coding Committee, Public and Media Relations Committee.

TRAINING RECORD

The Division of Endocrinology trains four fellows per year. Over the past 26 years, I have been involved with the training of at least 100 fellows, both as an Attending on service rounds and as co-chief of the Thyroid/Endocrine Clinic.

TEACHING ACTIVITIES**MOUNT SINAI:**

Endocrine/Thyroid Clinic-4-5 hours/week

Co-chief, 1997-present

Endocrine Teaching Rounds-4-5 hours/week, 1-2 months/year

Medical Students second year course in Endocrinology

Lectures yearly

Small group seminars 12 hours/year

Co-director-1985-1997

Endocrine didactic sections for fellows

10 hrs/year

Co-director, 1989-present

Endocrine/Thyroid Clinic conference director

1988-present: weekly

Regular presentations 2-3/year, recently:

Hyperreactiono Luteinalis, 1998

Diabetes Outcomes, Endocrine Quality Assessment, 1999

Estrogen Replacement Therapy and Menopause 2000

Hypothalamic Amenorrhea and Osteoporosis March 2001

Gonadal Dysgenesis May 2003

Diabetes Journal Club presentations

Gestational Diabetes, 1998

Diabetes Outcomes Research and Quality Assessment.1999

2nd year Students Course, lecture on Endocrine Hypertension and Adrenal Disorders, Multiple Endocrine Neoplasia and Small Group Leader.

Yearly lectures to Endocrine Fellows in Summer Lecture Series on Pituitary Tumors and Hyperprolactinemia

St. Joseph's Hospital Paterson NJ(I'm not sure if they are CME accred)

Yearly lectures to housestaff on (1) Diabetic ketoacidosis and (2)

Diabetic complications- 1991-1999

Clinic Conference Presentation on Hypothalamic Amenorrhea, June 2001

Fellows lecture on Prolactinoma and other Pituitary Tumors, Aug 2001, 2002

Clinic Conference Presentation on Subclinical Thyroid Diseases, March 2002

AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS: CME

Program Co-Chair, AACE-Mount Sinai "Consultants' Course", 1994, 1996,1998, 2000, 2001,2003

Lecture, Thyroid Hormone and Bone, 1994

Chair, AACE National Annual Meeting, 1995

Thyroid Ultrasonography Certification Course,

Co-director, lecturer and proctor

Chair, Pituitary section of ASAP (AACE self assessment program, CME Accredited)

Wrote questions for self-assessment examination and supervised others

Organized and edited material for syllabus

Chair for Pituitary Section for new original syllabus material for year

2000 publication; wrote section on Prolactinomas for Original Syllabus and 2002-2003 update

OTHER CME

Multidisciplinary Course on the Contemporary management of Head and Neck Tumors, March 2-10, Mount Sinai, Lecture on Medullary Carcinoma of the Thyroid

GRANT SUPPORT- NOT APPLICABLE

PUBLICATIONS

Original Peer Reviewed Articles:

- 1) Fahri, F., Dikman, S., Lawson, W., Cobin, R.H., Zak, R., Paragangliomatosis Associated with Multiple Endocrine Adenoma, 1976, Arch. Path. Lab. Med., 100:495-498.
- 2) Sohval, A., Churg, J., Cobin, R.H., Katz, N., Gabrilove, J.L., Histopathology and Ultrastructure of Ovarian Hilus Cell Tumor-Report of Two Cases, 1979, Gynecologic Oncology, 7:79-101.
- 3) Segal, R.L., Cobin, R.H., Futterweit, W., Fiedler, R., Thyroid Nodules in the Irradiate Patient-An Indication for Total Thyroidectomy, 1985, J. Surg. Oncology, 28:126-130.
- 4) Cobin, R.H., Futterweit, W., Fiedler, R., Adrenocorticotrophic Hormone Testing in Idiopathic Hirsutism and Polycystic Ovarian Disease: A Test of Limited Usefulness, 1985, Fertility and Sterility, 44:224-226.
- 5) Davies, T.F., Cobin, R.H., Thyroid Disease in Pregnancy and the Postpartum Period, 1985, Mount Sinai Journal of Medicine, 52(1):59-77.
- 6) Stagnero-Green, A., Roman, S., Cobin, R.H., El-Hazary, E., Alvarez-Marfany, M., Davies, T.F., Detection of at-risk pregnancy by means of highly sensitive assays for thyroid autoantibodies, 1990, J. Am. Med. Assoc. 264(11):1422-5.
- 7) Stagnero-Green A., Roman, S., Cobin, R.H., El-Hazary, E., Wallenstein, S. A., Prospective Study of Lymphocyte Initiated Immunosuppression in Normal Pregnancy: A "Triple Hit Theory" For the Development of Postpartum Thyroid Dysfunction, Journal of Clinical Endocrinology and Metabolism, 1992, 74(3):645-653.
- 8) Sirota, D.K., Cobin, R.H., Futterweit, W., Segal, R.L., Jacobs, D.R., Merker, E., Lithium Associated Hyperthyroidism: A Report of Nine Cases, 1992, Mount Sinai Journal of Medicine, 59(1): 79-81.

- 9) Cobin, R.H., Thyroid Hormone Excess and Osteoporosis-A Clinical Review, 1995, Endocrine Practice, 1(6): 404-409.
- 10) Garcia, M., Baskin, H.J., Feld, S., Cobin, R.H., Davidson, E.T., Dickey, R.A., Janick, J.J., Price, W.F., Rodbard, H.W. AACE Treatment Guidelines for Hyperthyroidism and Hypothyroidism, 1995, 1(1): 56-61.
- 11) Feld, S., Garcia, M., Baskin, H.J., Cobin, R.H., Gharib, H., Hay, I.D., Kaplan, M.M., Mazzaferri, E.L., AACE Clinical Practice Guidelines for the Diagnosis and Management of Thyroid Nodules, 1996, Endocrine Practice, 2(1);78-84.
- 12) Mechanick, J.I., Sacks, H.S., Cobin, R.H., Hypothalamic-Pituitary Axis Dysfunction in Critically-Ill Patients with a Low Free Thyroxine Index, 1997, Journal of Endocrine Investigation, 20:462-470.
- 13) Hay, I.D., Feld, S., Garcia, M., Baskin, H.J., Bergman, D., Burman, K., Cobin, R.H., Daniels, G.H., AACE Clinical Practice Guidelines for the Management of Thyroid Carcinoma, 1997, Endocrine Practice, 3(1):60-71.
- 14) Cobin, R.H., Bledsoe, M.B., Futterweit, W., Goldzieher, J.W., Goodman, N. F., Petak, S.M., Smith, K.D., Steinberger, E., AACE Medical Guidelines for Clinical Practice for Management of Menopause, 1999, Endocrine Practice, 5(6):355-366.
- 15) Gharib, H., Cobin, R.H., Dickey, R.A., Subclinical Hypothyroidism During Pregnancy, Position Statement from the American Association of Clinical Endocrinologists, 1999, Endocrine Practice, 5(6):367-368.
- 16) Rodbard, H.W., Gharib, H., Garcia, M, Baskin, H.J., Feld, S., Cobin, R.H., Subclinical Hyperthyroidism: Position Statement from the American Association of Clinical Endocrinologists, 1999, Endocrine Practice, 5(4),220-221.
- 17) Feld, S., Hellman, R., Dickey, R.A., Jellinger, P.S., Rodbard, H.W., Cobin, R.H., Bell, D.H., Ganda, O., Davidson, E.T., Seibel, J.A., AACE Medical Guidelines for the Management of Diabetes Mellitus, The AACE System of Intensive Diabetes Self-management-2000 Update, 2000, Endocrine Practice, 6(1): 43-84.
- 18) Cobin, R.H., Thyroid Carcinoma and Graves Disease, 2000, Endocrine Practice, 6(3):264-267.
- 19) Greene, L.W., Cobin, R.H., Toward optimal health: the experts discuss thyroid disease. 2000, J. Womens Health based Med, May, 9(4):345-50.
- 20) Cobin, R.H., Gharib, H., AACE Clinical Guidelines for the Management of

Thyroid Carcinoma, 2000, in press (May-June 2001 issue)

21) Cobin RH, Davidson JA, Ganda OP, Garber AJ, Hellman R, Jellinger PS, Levetan CS, Palumbo PJ, Rodbard, HW. ACE/AAES Medical/Surgical Guidelines for Clinical Practice: Management of Thyroid Carcinoma. Endocrine Practice, May/June 2001, Vol. 7, No. 3, 202-220.

22) Cobin RH, Davidson JA, Ganda OP, et al, (Consensus Statement Writing Committee). American College of Endocrinology consensus statement on guidelines for glycemic conytrol. Endocr Pract. Jan/Feb 2002; 8 (Suppl): 5-11.

23) AACE Guidelines for the Management of Hyper and Hypothyroidism, 2002 Endocrine Practice

24) Consensus Statement on Diabetes Management

25) Consensus Statement on Insulin Resistance Syndrome

26) The Case of the Elusive Androgen, 2002, Endocrine Practice

Books:

1) Davies, T.F., Cobin, R.H., Thyroid Function and Dysfunction in Pregnancy, in Medical Complications of Pregnancy, Nathan Kase, ed., 1985, New York, Williams and Wilkins.

2) Davies, T.F., Cobin, R.H., Thyroid Function and Dysfunction in Pregnancy, in Medical Complications of Pregnancy, Nathan Kase, ed., 1990, New York, Williams and Wilkins.

3) Cobin R. H., and Sirota, D.K., editors, Malignant Tumors of the Thyroid-Clinical Concepts and Controversies, 1992, New York, Springer-Verlag.

4) Cobin R.H., Medullary Carcinoma, chapter in Malignant Tumors of the Thyroid, Clinical Concepts and Controversies, Cobin, R.H.,Sirota, D.K.,ed. New York, 1992, Springer-Verlag.

5) Davies T.F., Cobin, R.H., Thyroid Disease in Pregnancy and the Postpartum Period, in Cherry and Merkatz's Complications of Pregnancy, Fifth Edition, W.R. Cohen, ed., Philadelphia, Lippincott Williams and Wilkins, 2000

Invited Articles:

1) Cobin, R.H., Management of Subclinical Hyperthyroidism, in "Practice Makes Perfect" in The Thyroid, Vol. 10 #8, 721-723. August, 2000.

- 2) Cobin, RH, Subspecialist Care Improves Diabetes Outcomes, Diabetes Care, 2002. 25(9): 1654-6.
- 3) Cobin RH, Rodbard HW, Quality of Care in Patients with Diabetes, Ann Int Med, 2002. 137(1):70-2p., with expanded text in Annals on Line

Non-Peer-Reviewed Publications:

- 1) Cobin, R.H., Bimonthly Column “The Coding Corner”, in The First Messenger, AACE’s Newsletter, 1997-1999.
- 2) Cobin, R.H., The Endocrinologist Delivers Cost Effective Diabetes Care (review of Diabetes Outcomes Literature) Special Feature Article in the First Messenger, 1997
- 3) Lemeveski, M., Martin, L., Cobin, R.H., Counseling Patients with Diabetes, 1999, Podiatry Today, 12:16-27.
- 4) Trotto, N., Hypothyroidism, Hyperthyroidism, and Hyperparathyroidism, (provided material and recognized as consultant for article), 1999, Patient Care, 33:186-206.

MISCELLANEOUS ENDOCRINE EDUCATION-RELATED ACTIVITIES:

- AACE Representative to the Association of Program Directors in Endocrinology and Metabolism(APDEM), Co-coordinator of APDEM Revision of Endocrinology Fellowship Content and Requirement Update, 2000
- AACE Representative to the Association of Subspecialty Professors
- AACE Representative to the American Medical Association Physician Assessment Program, Subspecialty Advisory Committee (AMAP-SAC)
- Member of AMAP, Subspecialty Advisory Committee on Diabetes, which produced “Adult Diabetes Physician Performance Measurement Set”, 1999
- Co-Chair, Workgroup on Guidelines and Measures of the Physicians Consortium for Performance Improvement, AMA.
- Participant in “Endocrine University” AACE weeklong course for Endocrine Fellows in Training Mayo Clinic, April ‘02

INVITED LECTURES/PRESENTATIONS

CME ACCREDITED:

- Diabetes conference presentations 1997
- Microvascular complications in Young Children with Type 1 diabetes 1998
- Pathophysiology of Glucose intolerance in Gestational Diabetes 1999 Diabetes outcomes analyses
- Beth Israel Hospital NYC(CME accredited)

Invited talks 1992 Thyroid cancer
 Invited talk 1993 Medullary Cancer and MEN 2 Syndrome 1996 Thyroid Cancer
 Thyroid Foundation of America (non CME) spoke various years
 Thyroid disease in women
 Thyroid disease in pregnancy
 Thyroid Cancer
 Thyroid Disease and Bone
 Invited talks in community (non CME) Northern NJ
 Osteoporosis-Hadassah-1996
 Reproductive Problems- community seminar sponsored by Mt Holyoke Club of
 Northern NJ-1995
 Valley Hospital Talks on Diabetes. 1995-1998(for Community audience)
 The Endocrinologist Delivers Cost-Effective Diabetes Care
 Zitter Diabetes Outcomes Meeting, 1997
 Thyroid Disease in Menopausal Women, one hour lecture,
 American Medical Women's Association National Meeting, 1998
 The Endocrinologist is the Diabetes Disease Specialist, presentation
 American Diabetes Association Annual Meeting, 1998
 Yearly presentation of Endocrine Topics at Valley Hospital Grand Rounds (CME
 Accredited), most recently: Thyroid Hormone in Pregnancy
 Boston University School of Medicine Endocrine Day (CME accredited) on
 Socioeconomic and Practice Issues in Endocrinology, May 1999.
 Update on Thyroid Cancer, North Shore University Hospital at Glen Cove, April,
 2001
 Lectures on Thyroid Cancer at California State Chapter Meeting, Los Angeles,
 Oct 2001, and at Tristate Chapter meeting (New Orleans) Dec 2001 (one
 hour lecture)
 Presentations(1) Subclinical Thyroid Disease and (2) Multiple Endocrine
 Neoplasia at the Joint Meeting of the Turkish Endocrine Society/AACE,
 Istanbul, Turkey, October, 2001
 Endocrine Grand Rounds presentation: once yearly, most recently:
 "The Case of the Elusive Androgen", April 1999—submitted for
 publication, Endocrine Practice, 2001

 Ridgewood High School, Ridgewood NJ, November, 2002, Management of
 Diabetes in Children and Adolescents

ENDOCRINE GRAND ROUNDS MOUNT SINAI

1991 Medullary Carcinoma and MEN 2 Syndrome 1992 Thyroid Cancer Update
 1993 An Unusual Case of Cushing's Disease with Bilateral Adrenal Adenomata
 1994 Update on Evaluation and Management of Cushing's Disease
 1995 Hyperaldosteronism
 1996 Sick Euthyroid Syndrome
 1997 Prolactinoma

- 1998-9 I don't remember topics
 2000 The Case of the Elusive Androgen
 2002 Presentation on Medullary Carcinoma and Multiple Endocrine Neoplasia at
 “Interdisciplinary Head and Neck Course”

NON-CME LECTURES AND SPEAKING ENGAGEMENTS

- Thyroid Disease in Women for Thyroid Foundation of America, 1995
 Thyroid Cancer, for Thyroid Foundation of America, 1997
 Thyroid Disease and Osteoporosis, Thyroid Foundation of America Annual Meeting, 1998
 Fox National News Network, Thyroid Disease in Women, 1999
 Women’s Health Resource Day, April 8, 2000
 (Sponsored by HealthCare Institute of New Jersey and Senator Robert Toricelli)
 Speaker on Diabetes and Thyroid Disease

MEDIA RESOURCE EDUCATIONAL MATERIALS

As chairman of the Professional and Public Relations Committee of AACE from 1996-2000, I have supervised the publication of several press releases regarding endocrine topics. Hyperthyroidism, The Thyroid Nodule, Thyroid Carcinoma, Hypothyroidism, Hashimoto’s Thyroiditis, and Radioiodine Therapy. This committee also serves as a resource to the media (broadcast, print, and internet) and I frequently give interviews on endocrine-related topics. The committee has produced, as a committee effort, brochures for lay people on Endocrine topics.

Press conference/Satellite Media Tour, (20 + cities) and appearance on CBS AM Show explaining the new consensus guidelines (2001)

AACE Thyroid Awareness Month, Press Conference, Satellite Media Tour, and multiple media interviews explaining the genetic basis of thyroid disease and promoting awareness for people with family history of thyroid disease.

R.H. Cobin, MD, FACE

ADDENDUM

MISCELLANEOUS SCHOLARLY ACTIVITY

Member of “International Consortium for the Genetics of Autoimmune Thyroid Disease, which has led to the publication of numerous articles (no authorship)

Including,

Tomer, Y., Barbesin, G., Keddache, M., et. Al., Mapping of a Major Susceptibility Locus for Grave’s Disease (GD-1) to chromosome 14q31, 1997, J. Clin Endo. Metab.,82:1645-1648.

Barbesino, G., Tomer, Y., Conception, E., Linkage Analysis of Candidate Genes in Autoimmune Thyroid Disease: 1. Selected Immunoregulatory Genes, 1998, J. Clin Endo Metab., 83:1580-1584.

CURRENT RESEARCH INTERESTS

1) Organization and Chair of a multi-center group which will study the appropriate management of subclinical hyperthyroidism. This study will be the first larger, multi-center, randomized prospective study of patients with this disorder. It will prospectively evaluate (1) progression to overt disease, (2)bone densitometry and fracture rate, (3) cardiovascular function, including left ventricular function and arrhythmias. The study is currently in the phase of organization and solicitation of funding.

2) Study of Autoimmune Thyroid Dysfunction in Pregnancy in a Subset of Patients with Gestational Diabetes Mellitus, currently pending submission of protocol to Mount Sinai IRB (with Dr. Alex Stagnero-Green).

DIABETES OUTCOMES AND QUALITY ASSESSMENT ACTIVITIES FOR AACE

Met with Sheldon Greenfield, Chair of DQIP

Met with Barbara Fleming, HCFA

Assisted in writing commentary for AACE regarding appropriate standards of Care for patients with diabetes, in response to DQIP