

CURRICULUM VITAE

RICHARD HELLMAN, M.D., F.A.C.P., F.A.C.E.

PRIVATE PRACTICE:

April 16, 1993 to Present: Private Practice of Diabetes Mellitus and Endocrinology, 2750 Clay Edwards Drive, Suite 210, North Kansas City, Missouri, 64116

October 1, 1986 to April 15, 1993: Private Practice of Diabetes Mellitus and Endocrinology at 2940 Baltimore, Suite 400, Kansas City, Missouri, 64108

October 1, 1981 to September 30, 1986: Private Practice of Diabetes Mellitus and Endocrinology, 6700 Troost, Kansas City, Missouri, 64131

MEDICAL DIRECTOR, DIABETES PROGRAMS:

July 1, 1994 to January 1, 1997: Medical Director of the diabetes program of Trinity Lutheran Hospital, Kansas City, Missouri, 64108

October 1, 1986 to July 1, 1994: Medical Director of The Diabetes Treatment Center, located in Trinity Lutheran Hospital, Kansas City, Missouri, 64108

October 1, 1981 to September 30, 1986: Medical Director, Midwest Diabetes Care Center of Baptist Medical Center, 6700 Troost, Kansas City, Missouri 64131.

PERSONAL DATA:

Telephone:

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PROFESSIONAL QUALIFICATIONS:

Fellowship
**(Endocrinology
and Metabolism)**

University of Kansas Medical Center
Kansas City, Kansas

Residency:
(Internal Medicine)

University of Kansas Medical Center
Kansas City, Kansas

Internship:
(Straight Medicine)

University of Kansas Medical Center
Kansas City, Kansas

Medical School:

Chicago Medical School
Chicago, Illinois

POSTGRADUATE EDUCATION:

“The Physician’s Management Education Program”
University of Missouri-Kansas City, Henry W. Bloch School of Business & Public Administration
September 26, 1997 - December 6, 1997 (certificate awarded)

STATE MEDICAL LICENSES:

Missouri	MD R4520	January 1972 to present
Kansas	04-14786	June 1971 to present

BOARD CERTIFICATIONS:

Certified by National Board of Medical Examiners

Certified in Internal Medicine by the American Board of Internal Medicine, June 1972

Certified in Endocrinology and Metabolism by the American Board of Internal Medicine,
October 1973

Certified in Thyroid Ultrasound, American College of Endocrinology, June 2003

PROFESSIONAL RECOGNITION:

Membership in the American Thyroid Association, October 1997

Fellowship in the American College of Endocrinology, April 1995

Fellowship in the American College of Physicians, April 1977

OTHER HONORS:

Selected for Marquis *Who’s Who in the World*, 20th Edition, 2003

“Volunteer Service Award” for those who have demonstrated a lifetime commitment to providing medical care for patients who otherwise could not afford or obtain medical care; Metropolitan Medical Society of Greater Kansas City; October 17, 2002

Selected for *Marquis Who’s Who in America*, 56th Edition, January 2002

FACULTY APPOINTMENTS:

University of Missouri-Kansas City School of Medicine:

November 1, 1998 - Present	Clinical Professor of Medicine
October 1, 1981 - April 30, 1995	Clinical Associate Professor of Medicine
September 1, 1975 - September 30, 1981	Associate Professor of Medicine and Docent
January 8, 1973 - August 31, 1975	Assistant Professor of Medicine

COLLEGE:

New York University (University College of Arts and Sciences)
Degree Awarded: B.A. (Mathematics), Member of Mathematics Honors Program
New York State Science Scholarship
Honor Dean's List

MILITARY SERVICE:

U.S. Air Force Honorable Discharge

INTERNATIONAL COMMITTEES AND BOARDS:

2003 - Present Member, International Committee for Insulin Resistance Syndrome (IRS)

NATIONAL COMMITTEES AND BOARDS:

American Association of Clinical Endocrinologists:

2004 – Present Treasurer, Board of Directors
2003 - 2004 Secretary, Board of Directors
2003 - Present Member, Executive Committee
2003 - Present Chair, Task Force on Patient Safety
2003 - Present Member, Finance Committee
2003 - Present Member, Organization and Planning Committee
2002 - Present Member, In-Patient Diabetes Consensus Conference Committee
2002 - Present Member, Public & Media Relations Committee
2002 - Present Member, Rapid Response Team
2002 - Present Member, Diabetes Quality Improvement Project (DQIP) of Centers for Medicare and Medicaid Services (CMS)
2000 - 2003 Chair, Legislative and Regulatory Committee
2000 - Present Member, Diabetes Disease Management Task Force
1999 - Present Member, Board of Directors
1998 - Present Member, Task Force on Revision of American Association of Clinical Endocrinologists (AACE) Guidelines on Diabetes Mellitus
2002 - 2003 Member, Electronic Medical Record Task Force
2002 - 2003 Member, Insulin Resistance Syndrome Guidelines Task Force Committee
2000 - 2002 Chair, Task Force for the Re-certification Program for the American Board of Internal Medicine (ABIM)
2000 - 2001 Member, Organization & Planning Committee

2000 - 2001	Member, Bylaws Committee
2000 - 2001	Member, Managed Care & Third Party Relations Committee
2000 - 2001	Member, Endocrine Training Support Committee
2000 - 2001	Chair, Continuing Medical Education (CME) Committee
2000 - 2001	Co-Chair, Annual Scientific Program Committee
1999 - 2000	Member, Legislative and Regulatory Committee
1998 - 2000	Member, Continuing Medical Education (CME) Committee
1998 - 2000	Member, Legislative Subcommittee, Socio-Economic and Government Activities Legislative Committee
1996 - 1998	Member, Third Party Committee, Socio-Economic and Government Activities Legislative Committee

American College of Endocrinology

2001 - 2002	Member-at-Large, Board of Trustees
2002 - 2003	Member, Task Force on Certification for American College of Endocrinology
2004 – Present	Secretary-Treasurer
2004 – Present	Member, Program Committee, Endocrine University

American Medical Association:

2001 - Present	Appointed as AMA representative to the Advisory Committee on Disease-Specific Care Certification of the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
1999 - 2000	Member, Performance Measurement Coordinating Council (PMCC) Clinical Logic Work Group, a collaborative venture between American Medical Association (AMA), Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the National Committee for Quality Assurance (NCQA)

AMA Physician Consortium for Performance Improvement:

2002 - Present	Co-chair, Work Group on Implementation, Physician Consortium for Performance Improvement
2001 - Present	Co-chair, Work Group on Depression, Physician Consortium for Performance Improvement
2000 - Present	Member, Physician Consortium for Performance Improvement

AMA Performance Measures Advisory Committee of the AMA's American Medical Accreditation Program:

1999 - 2002	Member, Prenatal Care Work Group
1999 - 2000	Member, Risk Stratification Work Group
1998 - 2000	Member, Performance Measures Advisory Committee
1998 - 2000	Member, Diabetes Work Group

Other Committees:

2002 - 2004	Primary Consultant to the Center for Innovation of the National Board of Medical Examiners pilot project to evaluate educational programs for Diabetes and other chronic illnesses
2002 - Present	Member, National Diabetes Quality Improvement Alliance Technical Expert Panel
1992 - 1994	Member, National Governmental Relations Committee of the American Diabetes Association
1991 - 1994	Member, Clinical Initiatives Committee of The Endocrine Society
1991 - 1994	Member, Clinical Initiatives Subcommittee on Clinical Practice Guidelines of the Endocrine Society

EDITORIAL APPOINTMENTS AND BOARDS:

2004 - Present	Section Editor, Endocrinology Literature Review, <i>Internal Medicine World Report</i>
2002 - Present	Manuscript Reviewer, <i>Diabetes Care</i>
2001 - Present	Manuscript Reviewer, <i>Endocrine Practice</i>
1999 - Present	Manuscript reviewer, <i>Journal of Diabetes and its Complications</i>
1999 - 2002	Section Editor, Endocrinology Literature Review, <i>Internal Medicine World Report</i>
1999 - 2002	Member, Editorial Board of <i>Clinical Diabetes</i>
1999 - 2000	Associate Editor, <i>Endocrine Practice</i>

STATE AND METROPOLITAN COMMITTEES:

Kansas City, Missouri

2001 - Present	Member, Kansas City, Missouri Health Commission
2001 - Present	Member, Mayor's Minority Health Improvement Task Force

Metropolitan Medical Society of Greater Kansas City:

1998 - Present	Member of Informatics Committee
1995 - 2002	Member of the State Governmental Relations Committee
1997 - 2001	Member of the Board of Directors 2001 Immediate Past President 2000 President 1999 President-Elect 1997 – 1998 Secretary
1994 - 2001	Member of the President's Committee
1995 - 2000	Chairman of the National Governmental Relations Committee
1994 - 1995	Chairman of the Federal Health Care Reform Committee
1993 - 1994	Chairman of the Federal Health Care Reform Task Force
1993 - 1997	Member of the Physician/Patient Relations Committee
1994 - 1995	Member of the State Health Care Reform Committee
1993 - 1994	Member of the State Health Care Reform Task Force

Missouri State Medical Association:

2000 - Present	Member, Continuing Medical Education (CME) Committee
1998 - Present	Member, Commission on Continuing Education and Health Manpower

Missouri Patient Care Review Foundation:

1999 - Present	Member, Missouri Institute of Quality Health Care
1999 - Present	Member, Diabetes Work Group, Missouri Institute of Quality Health Care

American Diabetes Association:

1992 - 1994	Member of the Board of Directors, Missouri Affiliate of American Diabetes Association
1990 - 1994	Member of the Professional Education Committee of Missouri Affiliate of American Diabetes Association
1990 - 1994	Member of the Patient Education Committee of Missouri Affiliate of American Diabetes Association
1986 - 1994	Member of the Board of Directors, Kansas City, Missouri Chapter of American Diabetes Association
1986 - 1989	President of the Kansas City, Missouri Chapter of American Diabetes Association
1986 - 1989	Chairman of the Patient Education Committee of the Kansas City, Missouri Chapter of American Diabetes Association

1986 - 1988	Member of the Long Range Planning Committee of Missouri Affiliate American Diabetes Association
1985 - 1986	Chairman of the Liaison Committee of the Missouri Affiliate American Diabetes Association
1984 - 1986	Member of the Committee on Mergers, Missouri Affiliate of American Diabetes Association
1984 - 1986	Vice-President of the Heart of America, Affiliate of American Diabetes Association
1983 - 1984	Secretary of the Heart of America, Affiliate of American Diabetes Association
1982 - 1984	Chairman of the Long Range Planning Committee, Heart of America, Affiliate of American Diabetes Association
1982 - 1984	Chairman of the Public Education Committee, Heart of America, Affiliate of American Diabetes Association

PROFESSIONAL ORGANIZATIONS:

American Association of Clinical Endocrinologists
American College of Endocrinology
American College of Physicians
American Diabetes Association
American Medical Association
American Thyroid Association
Johnson County Medical Society
The Endocrine Society
Kansas Medical Society
Metropolitan Medical Society of Greater Kansas City
Missouri State Medical Society
National Patient Safety Foundation
Academy for Health Services Research and Health Policy

MEDICAL FOUNDATION:

Heart of America Diabetes Research Foundation:

Founder and Medical Director, Heart of America Diabetes Research Foundation

My staff and I direct the research of the Foundation, which is a not-for-profit Foundation and has a 501(c) (3) exemption status from the IRS.

The Missions of the Foundation are:

1. To design and carry out research projects focused on improving measurable diabetes outcomes.
2. To participate in research projects which provide technological advances to the care of people with diabetes.
3. To develop and carry out educational programs which provide the practicing physicians in our region with new knowledge, skills, and techniques in diabetes care.

CURRENT RESEARCH OF FOUNDATION:

Hellman R, McConville D, Rosen H, Hellman J: A phase III multi-center U.S. trial on the efficacy of inhaled insulin (Pfizer). 2003-Present

Hellman R, Hellman J, Kmetik K, et al: "The Usefulness of Electronic Medical Records to Enhance Adherence to Validated Performance Measures," (AMA-funded project). Abstract submitted. 2001-Present

Hellman R, et al: "A Principal Investigator in the Phase II and Phase III Trials of MiniMed-Medtronic Implantable Insulin Pump", a multicenter international trial. 1990 - Present

Hellman R, et al: Health Outcomes research on the effect of intensive therapy for Diabetes Mellitus on both Type I and Type II diabetes. This is a 14-year study of the outcomes of 209 patients followed for a medium duration of more than 11 years. First phase of study completed. Published in *Diabetes Care*, March 1997

PAST RESEARCH:

Hellman R, Kilo C, Guthrie R, Hiar CE, et al: "An Immunologic Method for the Measurement of Hemoglobin A1C." A multicenter field trial of a new instrument designed by Miles Laboratory, 1990-1991. Published in *Diabetes Care*, November 1992

Novo-Nordisk, Collaborative Multicenter Study on Disposable Insulin Pens, 1992

Roerig Division, Pfizer Pharmaceutical Company, collaborative multicenter study: "The Quality of Life," study involving Glipizide, 1988-1989

Hunter J, Hamers E, O'Connel K, Hellman R: "Coping with Stress of Following a Diabetic Regimen." 1984-1985

Hellman R, VerDught A, et al: "Role of Phosphate in Acid-Base Balance in Diabetic Ketoacidosis." 1980-1981

Hellman R, Sowers J: "The Effect of Short-Term Corticosteroid Administration on L-Dopa Stimulated Growth Hormone Release and Aldosterone Production." 1979-1980

Hellman R, Kelly K, Mason W: "Studies on the Pharmacokinetics of Propranolol in Thyrotoxicosis." 1975-1978

ON-LINE SCIENTIFIC PUBLICATIONS:

Hellman R: "Strategies to Reduce Medical Errors in the Management of Diabetes." Editorial Review for Harrison's Online. Editorial related to Chapter 333: Diabetes Mellitus; www.harrisonsonline.com edl3379; pages 1-8; October 9, 2002

SCIENTIFIC PUBLICATIONS:

Hellman, R: "A Systems Approach to Reducing Errors in Insulin Therapy in the Inpatient Setting." *Endocrine Practice*, Vol 10 (supp 2), March/April 2004, pp 100 - 108

Hellman R: "The Insulin Resistance Syndrome and Type 2 Diabetes." *Endocrine Practice*, Vol 9 (supp 2), September/October 2003, pp 73-77

Hellman R, et al: Consensus Panel Participant, Presenter, and Statement Writing Committee Member. American College of Endocrinology Consensus Statement on Guidelines for the Insulin Resistance Syndrome, based on Consensus Development Conference, Washington, DC, August 25-26, 2002, *Endocrine Practice*, Vol 9 (supp 1), May/June 2003

Hellman R, et al: Consensus Panel Participant, Presenter, and Statement Writing Committee Member. American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control, based on Consensus Development Conference, Washington, DC, August 20-21, 2001, *Endocrine Practice*, Vol 8 (supp 1), January/February 2002, pp 5-11

Hellman R : "Screening and Diagnostic Testing for Diabetes and Related Conditions." *Endocrine Practice*, Vol 8 (supp 1), January/ February 2002, pp 21-24

Hellman R: "Improving Patient Safety in Diabetes Care: The Importance of Reducing Medical Errors." *Clinical Diabetes*, Vol 19 No. 4, Fall 2001, pp 190-192

Hellman R, Hellman J, Rosen H: "Provider Error is an Important Cause of Poor Outcomes in Diabetes Care." Abstract accepted and Poster presentation at the President's Poster Session of the *59th Annual Meetings and Scientific Sessions of the American Diabetes Association*, San Diego, California, June 1999. Abstract printed in *Diabetes* Vol 48, (supp 1), pp A67, abs 0285, May 1999

Hellman R: "A New Approach in Intensive Therapy for Type 2 Diabetes." *Practical Diabetology*, December 1998, vol 17, no 4, pp 21-26

Hellman R, Hellman J, Rosen H: " Effectiveness and Safety of Intensive Therapy in Diabetes." *Cardiology Review*, April 1998, vol 15, no 4, pp 30-33

Hellman R, Regan J, Rosen H: "Effect of Intensive Treatment of Diabetes on the Risk of Death or Renal Failure in NIDDM and IDDM." *Diabetes Care*, March 1997, vol 20, (no. 3), pp 258-264

Hellman R, Regan J, Rosen H: "Reducing Mortality in IDDM and NIDDM with a Comprehensive Diabetes Program." Abstract published and Poster presentation as part of the *56th Annual Meetings and Scientific Sessions of the American Diabetes Association*, San Francisco, California, *Diabetes*, vol 45, (supp 2), p 199A, abs 734, June 1996

"Long-Term Intensive Insulin Therapy in NIDDM is Not Associated With Increased Cardiac Mortality;" Abstract published and presented as part of the 10th International Congress of Endocrinology, Program and Abstracts, San Francisco, California, vol 1, pp 50, OR4-7, June 1996

Guthrie R, Hellman R, Kilo C, Hiar C, et al: "A Multisite Physicians' Office Laboratory Evaluation of an Immulogic Method for the Measurement of Hemoglobin A1C." Manuscript published in *Diabetes Care*, November 1992, vol 15, (no. 11), pp 1494-1498

Guthrie R, Hellman R, Kilo C, Crowley L, Hiar C, Parker D: "An Approach to the Clinical Evaluation of a New Hemoglobin A1C Immunoassay Method in Physicians' Office Laboratories." Abstract published and presented as part of Spring Meeting of *Association of Clinical Scientists*, Salt Lake City, Utah, May 8, 1991

Hunter J, Hamers E, O'Connell K, Hellman R: "Coping With Stress of Following a Diabetic Regimen." *Diabetes*, vol 34 (supp 1), p 42A, abs 168, June 1985

Hellman R: "The Evaluation and Management of Hyperthyroid Crisis." *Critical Care Quarterly*, vol 3 (no. 2), pp 77-82, September 1980

Hellman R, Kelly K, Mason W: "Propranolol for Thyroid Storm." *New England Journal of Medicine*, vol 287 (no. 12), pp 671-2, September 22, 1977

ARTICLES OF MEDICAL INTEREST PUBLISHED:

"Male Sexual Dysfunction," *Endocrine Nurses Society Newsletter*, Volume 13, Number 3, December, 2003

"Strategies to Reduce Medical Errors in the Management of Diabetes," Editorial review for Harrison's Online; republished in "*The First Messenger*", a publication of the American Association of Clinical Endocrinologists, May / June 2003, pp7-10

"Medical Errors – Are You and Your Diabetes Safe?" *Diabetes Interview*, March 2003

"The Age of Bioinformatics," *Ingram's* (Kansas City's Business Magazine), May 2001

"Images," *Metropolitan Medical Society*, December 2000

"Medicine – an Unbalanced System," *Metropolitan Medical Society*, November 2000

"The Price of Cooperation," *Metropolitan Medical Society*, October 2000

"The Changing Face of American Medicine," *Metropolitan Medical Society*, September 2000

Editor, "Special Edition Diabetes & Heart Disease," *Internal Medicine World Report*, September 2000

"Missouri Medicine and Bill Clinton: A Close Encounter," *Metropolitan Medical Society*, July/August 2000

"The Crushing Burden of Excessive Insurance Practice Expenses," *Metropolitan Medical Society*, June 2000

"Patient Safety and the Electronic Medical Record," *Metropolitan Medical Society*, May 2000; reprinted in "*The First Messenger*", a publication of the American Association of Clinical Endocrinologists, April / May 2001, pp9

"Racial Injustice and Patient Care," *Metropolitan Medical Society*, March/April 2000; reprinted in "*The First Messenger*", a publication of the American Association of Clinical Endocrinologists, December / January 2001, pp11

"Medical Necessity: The Struggle for Patients' Rights," *Metropolitan Medical Society*, February 2000; reprinted in "*The First Messenger*", a publication of the American Association of Clinical Endocrinologists, September 2000, pp5

"Science and Art," *Metropolitan Medical Society*, January 2000; reprinted in "*The First Messenger*", a publication of the American Association of Clinical Endocrinologists, November 2000, pp5

"The UKPDS: Good News for People with Type 2 Diabetes," *Voice of the Diabetic*, vol 14, no 1, Winter Edition, 1999, pp16

"A Comprehensive Approach to Intensive Management of Type 2 Diabetes," *Type 2 Diabetes Digest*, May 1999

"Intensive Diabetes Care Program Found Safe and Effective," (report of Scientific Presentation from the 7th Annual Clinical Congress of the American Association of Clinical Endocrinologists) *Type 2 Diabetes Digest*, July 1998

"A Little Music," *Metropolitan Medical Society*, August 1994; reprinted in *The First Messenger* of American Association of Clinical Endocrinologists, February / March 2001, pp12

"Reflections on Visiting Washington (Health Care Reform)," *Metropolitan Medical Society*, April 1994

"Invited Editorial on Health Care Reform," *The Endocrinologist*, November 1993.

"The Implantable Insulin Pump," *American Diabetes Association*, affiliate quarterly newsletter, Fall Edition 1990.

"Who Will Pay for Quality Diabetes Care? An Unsolved Problem," *American Diabetes Association* bi-monthly newsletter, June-July 1985

"Find the Five Million," *Exchange* (Kansas City Affiliate of the American Diabetes Association bi-monthly newsletter), November - December 1984

"Diabetes and Pregnancy," *Greater Kansas City Medical Bulletin*, vol 79 (no. 3), pp 21, March 1984

"Pre-Pregnancy Counseling for Diabetic Women," *Exchange* (Kansas City Affiliate of the American Diabetes Association bi-monthly newsletter), January - February 1984

"Type II Diabetes," *Kansas City Star*, November 1, 1983 (Editorial)

"Carbohydrate Absorption," *Exchange* (Kansas City Affiliate of the American Diabetes Association bi-monthly newsletter) September - October 1983*

"Recent Advances in Diabetes Research," *Greater Kansas City Medical Bulletin*, vol 77 (no. 11), November 1982, p 11

MEDICALLY RELATED VOLUNTEER SERVICE:

Missouri Diabetes Control Program:

A statewide program funded by the Center for Disease Control (CDC), 1981-1986

1985 - 1986	Chairman of the Task Force on Pooled Risk Insurance
1982 - 1986	Chairman of the Advisory Board
1981 - 1986	Representative of the Metropolitan Medical Society of Greater Kansas City to the Program
1981 - 1982	Member of the Task Force on Patient Care
1981 - 1982	Member of the Task Force on Health Care Resources

Trinity Lutheran Hospital:

1994 - 1995	Member of the Investigational Review Board
1990 - 1996	Member of the Medical Education Committee
1989 - 1997	Member of the Peer Review on Medicine Committee
1989 - 1994	Member of the Bylaws Committee
1989 - 1991	Member of the Peer Review Committee

- 1988 - 1990 Member of the Board of Directors, Strategic Planning Committee
- 1986 - 1987 Member of the Utilization Review Committee

Other:

- 1995 - 1998 Member of the Advisory Board, Renaissance Healthcare Partners
- 1995 - 1998 Representative from Metropolitan Medical Society to City-Wide Task Force on improving public health, sponsored by KCAHA and MOHACKA
- 1995 - 1998 Member of the Pharmacy and Therapeutics Committee, St. Joseph Health Center
- 1995 -1998 Member of the Nutritional Support Subcommittee, North Kansas City Hospital
- 1984 - 1986 Member of the Utilization Review Committee, Baptist Medical Center
- 1983 - 1986 Member of the Education Committee, Baptist Medical Center
- 1981 - 1985 Member of the Planning Committee for Kansas City Roundtable of Endocrinology
- 1975 - 1980 Member of the Board of Directors, Prime Health (Health Maintenance Organization)
- 1975 - 1980 Member of the Health Care Delivery Committee, Prime Health
- 1972 - 1981 Member of the Medical Advisory Committee, Volunteer Physician, Westport Free Health Clinic

PUBLIC INTERVIEWS:

"Effort to Standardize Physician Performance Hits High Gear," *Performance Improvement Advisor*, July 2004, pp. 82 – 83, interviewed and quoted

"Are generic thyroid medicines appropriate?" Fox 4 News, July 8, 2004, interviewed by Meryl Lin McKean

"Angry doctors' advice to lawyers: Heal thyself," *Kansas City Star*, June 16, 2004; interviewed by Julius Karash: article written by Don Babwin, Associated Press

"State Lines," an article on diabetes education and community health, *Pitch Magazine*, May 27, 2004; interviewed by Kendrick Blackwood

Interviewed by *Health Magazine* in 2004; quotes appeared in *Young For Life*, published by Oxmoor House, 2004

"By Physicians, For Physicians: Electronic clinical performance measures enhance patient care," American Medical Association online, *News from the AMA Feature Story*, May 12, 2004; interviewed by Leslie Goldman

"This town's looking a little paunchier," *Kansas City Star*, January 28th, 2004; interviewed by Tanyanika Samuels

"Paper Chase," *Kansas City Star*, January 27th, 2004; interviewed by Julius Karash

"Healthfully, KC could do better at living well," *Kansas City Star*, January 17, 2004; interviewed by Lindsay Hanson

"Blood Sugar Monitoring in Hospitals," Fox News (Channel 4); December 22, 2003; interviewed by Meryl Lin McKean

"Data Mining: Using Information To Your Advantage," *American Medical News*, December 8, 2003; interviewed by Tyler Chin

"Patient Advocacy," *Diabetes Talk Radio*; August 26, 2003; interviewed by Bill Henry

"Medical Errors in Diabetes Treatment," *Diabetes Talk Radio*; May 20, 2003; interviewed by Bill Henry

"Patient Advocacy," *Diabetes Talk Radio*; May 13, 2003; interviewed by Bill Henry

"Thiamine Derivative May Halt Diabetic Complications," *Health On the Net*, February 17, 2003; interviewed by Nancy Deutsch, HealthScoutNews Reporter

"The impact of the proposal of Health Midwest sale to HCA on the community," *Kansas City Week in Review*, KCPT-Channel 19, Aired November 22 and 24th, 2002; interviewed by Nick Haines

"Questions abound as hearing looms on proposed sale of Health Midwest," *Kansas City Star*, November 18, 2002; interviewed by Julius Karash

"Rival interests jockey for access to proceeds from Health Midwest sale," *Kansas City Star*, November 12, 2002; interviewed by Julius Karash

"Health Midwest announces plans to sell to HCA Inc.," *Kansas City Star*, October 17, 2002; interviewed by Julius Karash

"Changes in health care led to the rise of hospitalists," *Kansas City Star*, October 14, 2002; interviewed by Julius Karash

"Physicians turn to lipo when diabetics don't diet," *American Medical News*, September 16, 2002; interviewed by Victoria Stagg Elliott

"Amazing Breakthroughs," *Ladies Home Journal*, September 2002; interviewed by Rachelle Vander Schaaf

Interviewed by *Ingram's Magazine* as part of the Life Sciences meeting in Kansas City, Missouri; article published June 2002

"Pharmacy Cost," *Kansas City Star*, March 2002; interviewed by Julius Karash

"Electronical Medical Records: Mastering the Maze," *American Medical News*, December 24-31, 2001; interviewed by Tyler Chin

"The Road Less Traveled Suits Him," *KU Med*, Vol 51 No. 4, pp 36-37, 2001; interviewed and profiled by Raymond Jones

"The ABC's of Diabetes," WDAF-Channel 4 News, November 9, 2001; interviewed by Marilyn McCane

"Scientists Strive To Spare Diabetics From The Needle," *American Medical News*, September 17, 2001; interviewed by Victoria Stagg Elliott

"Physicians Consortium Stresses New Performance Measurements," *American Medical News*, June 4, 2001; interviewed by Damon Adams

"Endocrinologists Urged to Keep Electronic Records on Diabetics," *Reuters Health Information*, May 7, 2001; interviewed by Martha Kerr

Healthcare Business Magazine, March 2001; interviewed by Sarah Sellis

The Business Journal, December 29, 2000 - January 4, 2001; interviewed and profiled by Staff Writer, Anna Jaffe

Major contributor to cover article on diabetes, *Newsweek*, September 4, 2000; interviewed by editor, Claudia Kalb

"Patient Rights Legislation," a press conference with Congressman Dennis Moore, Overland Park, Kansas, August 31, 2000

"Doctors: Area Groups Resist Terms of Blue Cross Contracts," *Kansas City Star*, November 24, 1999; interviewed by Julius Karash

"Implantable Insulin Pump," *Kansas City Star*, October 14, 1999; interviewed by Alan Bavley

"Healthcare Reform and Patient Rights," Missouri Chamber of Commerce Annual Legislative Session Panel Discussion, October 14, 1999

"Patient Rights," *Kansas City Star*, October 11, 1999; interviewed by Julius Karash and Paul Wenske

"Alcohol and Diabetes," Fox News (Channel 4); interviewed by Meryl Lin McKean

"Provider Errors Important Cause of Poor Outcomes in Diabetes Care," *Internal Medicine News*, September 1, 1999; interviewed by Doug Brunk

"Implantable Insulin Pump," ABC (Channel 9) August 10, 1999; interviewed by Kelly Eckerman

"Spotlight on Diabetes Management," Public Broadcast Stations, broadcast in August 1999

"Patient Rights Legislation," NBC (Channel 41) July 18, 1999; panel discussion with Elizabeth Alex

"A Comprehensive Approach to Intensive Management of Type 2 Diabetes," *Diabetes Digest*, May 1999; interviewed by Karen Rosenberg

"Shareholders Get HealthNet Plan," *Kansas City Star*, April 14, 1999; interviewed by Julius A. Karash

"In Focus," KPRS/KPRT FM/AM Radio interview with Jeannie Henry on April 5, 1998

"In Focus," KPRS/KPRT FM/AM Radio interview with Jeannie Henry on November 2, 1998

"New Healthnet Deal Causes Concern Among Physicians," *Kansas City Business Journal*, Vol 16:50, August 28-September 3, 1998; interviewed by Angie Dashbach

"Doctors Fret About Privacy With National Database Plan," *Kansas City Business Journal*, August 7-13, 1998; interviewed by Angie Dashbach

"Impatient Patients," *Kansas City Star*, August 4, 1998; interviewed by Julius A. Karash

"New Advances in Diabetes," American Cablevision (cable TV), Kansas City, Missouri, July 15, 1998; interviewed by Jeannie Henry, Missouri Division of Mental Health

Report on Dr. Hellman's data at American Association of Clinical Endocrinologists national press conference, HBO studio, New York, New York, June 9, 1998

"Diabetes Progress," *The Kansas City Star*, June 10, 1998; interviewed by Alan Bravely

"Diabetes," Channel 4 interview with Meryl Lin McKean, June 11, 1998

Channel 4 interview with Meryl Lin McKean, March 23, 1998

"Health Care Plans are Seen Entering Rocky New Phase," *The New York Times*, November 22, 1997; interviewed by Peter T. Kilborn, National Correspondent for the New York Times

"Stress and the Endocrine System," Channel 9 interview with Kelly Eckerman, November 9, 1997

"Your Health," KFEZ Radio interview with Lorell Laboube, August 30, 1997

"In Focus," KPRS/KPRT AM/FM Radio interview with Jeannie Henry, September 1, 1997

"Intensive Treatment Almost Halves Deaths in People with Diabetes," *Colwood House Medical Publications (UK) Ltd.*, June 1997

"Close Watch on Diabetics Saves Lives," *The Age*, Melbourne, Australia, May 27, 1997, A3

"Saving Lives with Better Care in Diabetes," Australian Broadcasting Corporation, (National Public Radio) Melbourne, Australia; interviewed by Jon Faine, May 27, 1997

"Saving Lives," *Ingram's Magazine*, May 1997, pg. 59-65

Channel 5 Interview with Anne Peterson, March 26, 1997

"Diabetes," (Public Radio) KCUR FM interview on Walt Bodine Show, March 6, 1997

"Lives of Many Diabetics Can be Saved, Doctor Says," *Kansas City Star*, February 21, 1997

"Health Reform," (Public Radio) KCUR FM interview on Walt Bodine Show, January 23, 1997

"New Standards in Diabetes Care," KFEZ News Radio, Kansas City, Kansas, February 28, 1996

"Health Talk – Health Care Reform," KMBZ Radio, Kansas City, Missouri, June 11, 1997

LECTURES – INTERNATIONAL & NATIONAL CONFERENCES

"Insulin Resistance Syndrome." International Endocrine Nurses Symposium at the 12th Annual International Congress of Endocrinology, Lisbon, Portugal, September 1, 2004.

"Post-Prandial Hyperglycemia." American Association of Clinical Endocrinologists (AACE) Annual Meeting (Satellite Symposium), Boston, Massachusetts, April 30, 2004.

"Practice Management Issues in Endocrinology." Endocrinology University of the American College of Endocrinology (ACE), Rochester, Minnesota, March 23, 2004.

"Insulin Resistance Syndrome and Type 2 Diabetes: Dual Clinical Strategies." 1st Annual Scientific Summit Meeting of the Institute for Insulin Resistance Studies (IIRS). Toward a Defining Moment: Insulin Resistance Syndrome, Nassau, Bahamas, February 1, 2004.

"Strategies for Error Reductions in Insulin Therapy." American College of Endocrinology (ACE) Consensus Development Conference on Inpatient Diabetes and Metabolic Control, Washington, DC, December 15, 2003.

"Meet the Professor Session on Diabetes and Insulin Resistance." 1st Annual World Congress on the Insulin Resistance Syndrome, Los Angeles, CA, November 21, 2003.

Session on scientific abstracts: Chose abstracts for poster and oral sessions, moderated oral presentations. 1st Annual World Congress on the Insulin Resistance Syndrome, Los Angeles, CA, November 22, 2003.

"Using Electronic Medical Records to Improve Adherence to Standardized Physician Performance Measures." Centers for Medicare & Medicaid Services Committee for Quality Improvement, Baltimore, Maryland, June 23, 2003.

"The Insulin Resistance Syndrome and Type 2 Diabetes: Threshold for Making Diagnosis of Diabetes." ACE/AACE Insulin Resistance Syndrome Consensus, Washington, DC, August 26, 2002

"Establishing Physician Office Quality Reporting Capabilities Using an Electronic Quality Medical Record System." Poster Presentation at Academy for Health Services Research and Health Policy – 2002 Annual Research Meeting, Washington, DC, June 24, 2002

"New Strategies for Reducing Medical Errors in Intensive Diabetes Management." Endocrine Nurses Symposium of the Endocrine Society Annual Meeting, San Francisco, CA, June 21, 2002

"Diabetes Pearls." Moderator and commentator at American Association Clinical Endocrinologist Annual Meeting, Chicago, Illinois, May 1-5, 2002

Report on research project regarding Electronic Medical Records Data Collection on Adult Diabetes Measures. AMA Physician Consortium for Performance Improvement, Chicago, Illinois, March 22, 2002

"Usefulness of the Electronic Medical Record in Improving Adherence to Physician Performance Measures." American Medical Association 2002 National Leadership Conference; San Francisco, California, March 11, 2002

"Uncovering Type 2 Diabetes in the Cardiovascular Patient". CardioAlliance Faculty Update Meeting – "The Metabolic Syndrome in the 21st Century: Exploring the Link between Type 2 Diabetes and Cardiovascular Disease." Orlando, Florida, February 8-10, 2002

"Promoting Patient Safety in Diabetes: Strategies for Error Reduction. American Association of Clinical Endocrinologists." Tenth Annual Meeting and Clinical Congress, San Antonio, Texas, May 2-6, 2001

"Private Sector Advocacy: Metropolitan Medical Society versus Blue Cross of Kansas City." AMA's 2000 National Leadership Development Conference, Miami Beach, Florida, March 25-28, 2000

"Achievable Diabetes Outcomes: Lessons from the UKPDS and Other Diabetes Studies." 5th Annual Diabetes Symposium of Kaiser Permanente, Long Beach, California, November 17-18, 1999

Hellman R, Hellman J, Rosen H: "Provider Error is an Important Cause of Poor Outcomes in Diabetes Care." Abstract accepted and Poster presentation at the President's Poster Session of the 59th Annual Meetings and Scientific Sessions of the American Diabetes Association, San Diego, California, *Diabetes*, June 1999

"Negotiating Managed Care Contracts." 46th Annual Advanced Postgraduate Course of the American Diabetes Association, Orlando, Florida, January 1999

"Effect of Intensive Treatment in Diabetes on the Risk of Death or Renal Failure in NIDDM or IDDM." Endocrine Nurses Society Eighth Annual Symposium, New Orleans, Louisiana, June 26, 1998

"Outcomes in Diabetes Management." General Session of Seventh Annual Meeting and Clinical Congress of the American Association of Clinical Endocrinologists, Orlando, Florida, May 2, 1998

"Beyond Process Measures to Hard Outcomes in Diabetes Care: Reducing Mortality and Renal Failure." Diabetes Outcomes Symposium, The Zitter Group, San Francisco, California, July 22, 1997

"Reducing Mortality and Morbidity in Type I and Type II Diabetes with Intensive Treatment." Symposium on Diabetes Outcomes, American Diabetes Association's 57th Scientific Session, Boston, Massachusetts, June 22, 1997

"The Physician's Role in Education." Monash University, Melbourne, Australia, May 16, 1997

"Team Approach to Reduce Morbidity and Mortality in Diabetes Practice." Monash University, Melbourne, Australia, May 26, 1997

"Long-Term Intensive Insulin Therapy in NIDDM is Not Associated With Increased Cardiac Mortality". 10th International Congress of Endocrinology, San Francisco, California, June 12, 1996

"Reducing Mortality in IDDM and NIDDM With a Comprehensive Diabetes Program." Poster Presentation, American Diabetes Association 56th Scientific Session, San Francisco, California, June 10, 1996

"Health Reform 1994." National Meeting of the Diabetes Treatment Center of America, Tucson, Arizona, November 19, 1994

"Health Care Reform." Panel Discussion, Annual Meeting of DTCA, St. Petersburg, Florida, November 1992

"Physicians Advocacy Efforts for Endocrinologists." Annual Meeting of Diabetes Treatment Centers of America, Phoenix, Arizona, November 22, 1991

"Workshop on Initiating Insulin Pump Therapy: A MiniMed Symposium for Endocrinologists." Phoenix, Arizona, November 19-20, 1991

"Clinical Aspects of the Implantable Insulin Pump." Scientific Session of the Annual Meeting of the Diabetes Treatment Centers of America, Palm Beach, Florida, May 9, 1991

"The CLIA Regulations and Endocrine Clinical Laboratories." Annual Meeting of the Diabetes Treatment Centers of America, Palm Beach, Florida, May 9, 1991

"Great Debates in Diabetes". Diabetes Association National Conference, Dallas, Texas, January 19, 1989

Hellman R, Flavin K: "Assessment in Teaching." Symposium of Council on Education of American Diabetes Association, ADA Post Graduate Conference, Dallas, Texas, January 19, 1989

"National Issues in Diabetes" . Moderator, 8th Annual Diabetes Control Program Conference, Center for Disease Control, Atlanta, Georgia, May 21, 1985

"A Statewide Pre-Pregnancy Program." Presentation, Seventh Annual National Diabetes Control Conference of the Center of Disease Control (CDC), Chicago, Illinois, April 25, 1984

"The Physician and Clinical Pharmacist: Working as a Team in the Clinical and Educational Setting." Annual Southern Meeting of the American Society of Hospital Pharmacists, Knoxville, Tennessee, April 1974

LECTURES – LOCAL & REGIONAL CONFERENCES {1996 – Present}:

"The Medical Liability Crisis and Patient Safety - The National Perspective." Conference on Missouri's Medical Liability Crisis. Educational Symposium, Metropolitan Medical Society of Greater Kansas City, Hyatt Regency Crown Center Hotel, Kansas City, Missouri, July 15, 2004.

"A Report on Politics, the Law, and Clinical Practice, Parts I and II." Continuing Medical Education, Menorah Medical Center, Overland Park, Kansas, May 25, 2004, and June 22, 2004.

"Insulin Resistance Syndrome." Grand Rounds, University of Missouri-Kansas City School of Medicine, Kansas City, Missouri, May 2, 2003

"How Early Do We Start? New Strategies for Insulin Resistance Syndrome (Metabolic Syndrome) and Pre-Diabetes." 11th Annual Program, "The Challenge of Diabetes," Kansas City, Missouri, September 21, 2002

"Socio-Economic Cost Containment & Health Care Issues." Annual Residents Educator Day, University of Missouri-Kansas City, September 19, 2002

"New Standards for Diabetes Care." Internal Medicine and Family Practice Resident Education Day; The University of Health Sciences; Kansas City, Missouri, April 12, 2002

"Sleuthing Strategies for Primary Care Physicians: Reducing Errors in Diabetes Care." Kansas Medical Education Foundation and Stormont-Vail HealthCare, Diabetes Update CME Conference; Topeka, Kansas, January 18, 2002

"New Standards for Diabetes Care." Kansas Medical Education Foundation and Stormont-Vail HealthCare, Diabetes Update CME Conference, Topeka, Kansas, January 18, 2002

"Improving Patient Safety in Diabetes." 10th Annual Program, "The Challenge of Diabetes," Kansas City, Missouri, September 22, 2001

"Managed Care & Medicare." Annual Residents Educator Day, University of Missouri-Kansas City, November 29, 2000

"Improving Diabetes Outcome." Upstate New York Chapter of the American Association of Clinical Endocrinologists, October 13-14, 2000

"Improving Patient Safety in Diabetes." 9th Annual Program, "The Challenge of Diabetes," Kansas City, Missouri, September 16, 2000

"The Effect of Intensive Treatment on Type 1 and Type 2 Diabetes." Emory University School of Medicine, Atlanta, Georgia, January 21, 1998

"Improving Outcomes in Diabetes Mellitus." Endocrine Club, Washington, District of Columbia, November 23, 1998

"Intensive Therapy Program for Diabetes Management." Luncheon Conference at Saint Joseph Health Care Center of Carondelet Health, Kansas City, Missouri, November 12, 1998

"Improving Outcomes in Diabetes Mellitus." Medical Grand Rounds at Scott and White Clinic of Texas A & M University Health Science Center College of Medicine, Temple, Texas, October 9, 1998

"Intensive Management of Diabetes." Menorah Medical Center, Overland Park, Kansas, October 6, 1998

"Hirsutism and Polycystic Ovarian Disease." Diabetes/Endocrine Update & Diabetes in the 90's of the Cape Girardeau County Area Medical Society, Cape Girardeau, Missouri, September 19, 1998

"New Strategies in Reducing Cardiovascular Mortality in Diabetes Including the Role of the New ADA Guidelines for Diagnosis and Therapy" . 7th Annual Program: The Challenge of Diabetes, Heart of America Diabetes Research Foundation, Kansas City, Missouri, September 12, 1998

"Diabetes: Update on New Drugs & Management." Lee's Summit Hospital, Lee's Summit, Missouri, March 24, 1998

"The Path to Scientific Research – A Personal Journey." The Distinguished Lecture Series of the University Of Health Sciences College of Osteopathic Medicine, Kansas City, Missouri, March 6, 1998

"Reducing Mortality and Morbidity in Diabetes." St. Agnes Medical Center, Fresno, California, November 22, 1997

"Standards of Care and Screening Procedures in Diabetes." American Heart Association, Kansas City, Missouri, June 9, 1997

"Preventing Type II Diabetes." Kansas City Southwest Clinical Society, Current Clinical Topics in Medicine, Copper Mountain, Colorado, March 16-20, 1997

"Heart Disease and Diabetes." Kansas City Southwest Clinical Society, Current Clinical Topics in Medicine, Copper Mountain, Colorado, March 16-20, 1997

"New Therapeutic Agents in Diabetes." Kansas City Southwest Clinical Society, Current Clinical Topics in Medicine, Copper Mountain, Colorado, March 16-20, 1997

"Health Outcomes Research – Reducing Mortality and Morbidity in Diabetes." 5th Annual Program: The Challenge of Diabetes, Heart of America Diabetes Research Foundation, Kansas City, Missouri

America Diabetes Research Foundation, Kansas City, Missouri, September 7, 1997

"Reducing Mortality in Diabetes." South Illinois School of Medicine, Annual Family Practice Update, Effingham, Illinois, November 16, 1996

"Changes in Medicare and Medicaid – Impact on Physicians, Patients, and Hospitals" . Grand Rounds, University of Missouri-Kansas City School of Medicine, Kansas City, Missouri, February 9, 1996

REGULARLY SCHEDULED PRESENTATIONS AND COURSES:

Weekly lectures on Improved Patient Safety Measures to Hellman & Rosen Endocrine Associates, PC clinical staff, September 2002 to present

Weekly lectures on Diabetes and Endocrinology at Hellman & Rosen Endocrine Associates, PC clinical staff, September 2002 to present

NATIONAL SCIENTIFIC MEETINGS:

Academy for Health Services Research and Health Policy: Washington, DC; June 23-25, 2002

American Association of Clinical Endocrinologists: Thirteenth Annual Meeting and Clinical Congress, Boston, Massachusetts, April 28 – May 2, 2004; Twelfth Annual Meeting and Clinical Congress, San Diego, California, May 12-17, 2003; Eleventh Annual Meeting and Clinical Congress, Chicago, Illinois, May 1-5, 2002; Tenth Annual Meeting and Clinical Congress, San Antonio, Texas, May 2 - May 6, 2001; Ninth Annual Meeting and Clinical Congress, Atlanta, Georgia, May 3 -May 7, 2000; Eighth Annual Meeting and Clinical Congress, San Diego, California, April 28 - May 2, 1999; Seventh Annual Meeting and Clinical Congress, Orlando, Florida, April 28 - May 3, 1998; Fourth Annual Meeting & Clinical Congress, Chicago, Illinois, April 1995

American College of Physicians' Annual Scientific Sessions: Kansas City, Missouri, April 1981; San Francisco, California, April 1979; Dallas, Texas, April 1977; San Francisco, California, April 1975.

American Diabetes Association, Scientific Session: New Orleans, Louisiana, June 13-16, 2003; San Francisco, California, June 14-18, 2002; San Antonio, Texas, June 9-12, 2000; San Diego, California, June 19-22, 1999; Chicago, Illinois, 1998; Boston, Massachusetts, 1997; San Francisco, California, 1996; New Orleans, Louisiana, 1994; Las Vegas, Nevada, 1993; San Antonio, Texas, 1992; Washington, DC, 1991; Atlanta, Georgia, 1990; Detroit, Michigan, 1989; New Orleans, Louisiana, 1988; Indianapolis, Indiana, 1987; Anaheim, California, 1986; Baltimore, Maryland, 1985; Las Vegas, Nevada, 1984; San Antonio, Texas, 1983; San Francisco, California, 1982; Cincinnati, Ohio, 1981; Los Angeles, California, 1980; Los Angeles, California, 1979; Boston, Massachusetts, 1978; St. Louis, Missouri, 1977; San Francisco, California, 1976; New York, New York, 1975; Atlanta, Georgia, 1974

American Diabetes Association Postgraduate Course, San Diego, California, 1999

American Thyroid Association: 70th Annual Meeting, Colorado Springs, Colorado, October 1997

Center for Disease Control, National Diabetes Control Program: Atlanta, Georgia, 1985; Chicago, Illinois, 1984; Cincinnati, Ohio, 1983

Endocrine Society Scientific Session: San Francisco, California, 2002; Toronto, Canada, 2000; San Diego, California, 1999; New Orleans, Louisiana, 1998; Minneapolis, Minnesota, 1997; San Francisco, California, 1996; Chicago, Illinois, 1995; Anaheim, California, 1994; Washington D.C., 1993; San Antonio, Texas, 1992; Atlanta, Georgia, 1990; Detroit, Michigan, 1989; New Orleans, Louisiana, 1988; San Antonio, Texas, 1983; San Francisco, California, 1982; Cincinnati, Ohio, 1981; Washington D.C., 1980; Anaheim, California, 1979; Miami Beach, Florida, 1978; Chicago, Illinois, 1977; San Francisco, California, 1976; New York, New York, 1975; Atlanta, Georgia, 1974; Anaheim, California, 1973