

John Peter Armato, MD

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EDUCATION

BS Biology, BA Psychology– UNIVERSITY OF SOUTHERN CALIFORNIA

Medical Degree- UNIVERSITY OF SOUTHERN CALIFORNIA

Medical Internship- Huntington Memorial Medical Center, Pasadena, CA

Medical Residency- Huntington Memorial Medical Center/LAC–USC Medical Center

ASSOCIATIONS

American Diabetes Association

American Association of Clinical Endocrinologists

BOARD CERTIFICATION

Diplomat American Board of Internal Medicine

PROFESSIONAL EXPERIENCE

Providence Medical Associates/Little Company of Mary Medical Center, Torrance, CA

Private practice Internal Medicine, Redondo Beach, CA

Co-Founder: RobustForLife: Cardiometabolic Decision Support

Co-Director: Cardiometabolic Medical Center, Providence, Little Company of Mary Medical Center, Torrance, CA

Medical Executive Committee, Providence, Little Company of Mary Medical Center, Torrance, CA

LEADERSHIP

Chairman of the Board, Providence, Little Company of Mary Medical Center, Torrance, CA,

Chairman of the Board, Providence Partners for Health

Vice Chairman of the Board, Providence, Little Company of Mary Medical Center, Torrance, CA,

Chief of Medical Staff, Providence, Little Company of Mary Medical Center, Torrance, CA

Vice Chief of Medical Staff, Providence, Little Company of Mary Medical Center, Torrance, CA,

Medical Staff Secretary/Treasurer, Providence, Little Company of Mary Medical Center, Torrance, CA

Chairman, Medical Education, Providence, Little Company of Mary Medical Center, Torrance, CA

Medical Director, Beach Cities Health District, Redondo Beach, CA

Founder/Director, Quality Care Pharmaceuticals

Board of Trustees, South Bay Medical Center, Redondo Beach, CA

Board of Directors, South Bay Independent Physicians, Redondo Beach, CA

Publications:

Armato J, DeFronzo RA, Abdul-Ghani M, Ruby R. Pre-Prediabetes: Insulin Resistance is Associated with Cardiometabolic Risk in Non-obese Patients (STOP DIABETES). **J Clin Endocrinol Metab**. 2024 Aug 7:dgae540. doi: 10.1210/clinem/dgae540. Epub ahead of print. PMID: 39109850.

Armato J, DeFronzo RA, Chiu ST, Rider D, Ruby R. Are angiotensin-converting enzyme inhibitors/angiotensin receptor blockers associated with reduced severe acute respiratory syndrome coronavirus 2 infections and improved outcomes, and does race matter? **Diabetes, obesity & metabolism**, 2022;1-4. doi:10.1111/dom.14835.

Armato J, DeFronzo RA, Abdul-Ghani M, Ruby R. Successful treatment of prediabetes in clinical practice using physiological assessment (STOP DIABETES), **Lancet Diabetes & Endocrinology**, Vol 6, Issue 10, 2018 Oct:781-789.

Armato J, Ruby RJ, Reaven G, Plasma triglyceride determination can identify increased risk of statin-induced type 2 diabetes: A hypothesis, **Atherosclerosis** 239 (2015) 401-404.

Armato J, Ruby RJ, Reaven G, Triglyceride/High Density Lipoprotein Cholesterol Concentration Ratio Identifies Accentuated Cardio-Metabolic Risk, **Endocrine Practice** 2015 May;21(5):495-500.

Ruby RJ, Armato JP, Pyke C, Peters AL. GLP-1 provoked severe hypoglycemia in an individual with type 2 diabetes and a benign insulinoma **Diabetes Care** 2014 Aug;37(8):e177-8.

Armato J, DeFronzo RA, Abdul-Ghani M, Ruby R. Successful treatment of prediabetes in clinical practice: targeting insulin resistance and β -cell dysfunction. **Endocrine Practice**. 2012 May-Jun; 18(3): 342-50.

Abstracts:

Armato J, DeFronzo RA, Abdul-Ghani M, Ruby R. Physiologic Response to Oral Glucose Tolerance Testing Identifies Progressors and Non-Progressors to Type 2 Diabetes in Clinical Practice (STOP DIABETES), Abstracts 16th Annual World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease, **Endocrine Practice**, Jan 2019, Vol. 25, No.1, 29A.