



Christos S. Mantzoros, MD, DSc, PhD *h.c. mult.*

Christos S. Mantzoros, MD, DSc, PhD *h.c. mult.* is a Professor of Medicine at Harvard Medical School and adj. Professor at the Boston University School of Medicine.

He has also served as a Professor of Environmental Health at the Harvard School of Public Health.

He currently serves as the Chief of Endocrinology, Diabetes and Metabolism at the Boston VA Healthcare System, where he created a leading academic division true to its tripartite mission and as the Director of Human Nutrition which he had created at Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School.

He has performed groundbreaking research in several areas of nutrition and metabolism. As some indices of his success to date, Dr. Mantzoros has published approximately 1000 scientific papers i.e. 747 publications under his name in Medline in addition to more than 216 publications under the collaborative Look Ahead Research Group and more than 303 chapters and reviews or editorials. His corpus has received more than 159,000 citations with an H-index of 152 and an i10 index of 597 (Google Scholar). Dr. Mantzoros has published as an editor two books (one on “Diabetes and Obesity” and one on “Nutrition and Metabolism” with more than two editions each).

He has developed clinical programs and has presented at national and international meetings, has received enormous recognition in the field and currently edits the journal *Metabolism* (2022 2-year impact factor 9.8; 4-year Cite Score 20.5, top 3% of Endocrinology and Metabolism journals, in contrast to 2-year impact factor of 2 and lowest 20% when Dr. Mantzoros was appointed editor in chief). He is on the editorial board of several scientific journals.

An outstanding clinician and prolific clinical investigator, Dr. Mantzoros has mentored a large number of people who have gone on to successful careers in academia. Dr. Mantzoros has mentored medical students as the Fellow of the Canon Society of Harvard Medical School, Master’s level students enrolled in the Scholars in Clinical Science Program at Harvard Medical School, Fellows as the BIDMC Endocrinology Associate Fellowship Program Director, Faculty members as the Chief of Endocrinology at the Boston VA Healthcare System and has been a successful mentor with an active network of over 180 former/current mentees who trained in his Laboratory. Among the latter are 15 full Professors, numerous Associate and Assistant Professors, several Executives at pharmaceutical companies, three corporate CEOs, one Chief Scientific Officer and two Chief Medical Officers. He has also received several competitive NIH awards for mentoring and has received recognition with awards from BIDMC and Harvard Medical School as well as various professional and academic societies nationally and internationally.

He has applied for approximately 20 patents and has received several while others are still pending, has co-founded successful companies and has served as a board member, an advisor, or head of the scientific advisory boards of non-profit foundations as well as government and state agencies or commissions as well as for-profit private businesses and non-profit entities.

Based on his many seminal contributions to the respective scientific fields, Dr. Mantzoros has been ranked as number 1 in the world in leptin and/or adipokine research, number 2 in adiponectin research, and in the top 0.1% of experts on obesity and NASH on ExpertScape, which objectively ranks scientists and

institutions by expertise in more than 27,000 biomedical topics. He is also among the highest 1% of cited investigators in terms of citations and H index.

For his research discoveries and public health service, Dr. Mantzoros has received four honorary PhDs, several universities worldwide have awarded Dr. Mantzoros honorary professorships and visiting professorships and the International Hellenic University has named their Clinical Nutrition laboratories after his name.

He has or is supervising PhD thesis work in several nations worldwide (USA, Sweden, Germany, Greece, etc.) and is actively collaborating with many research groups worldwide. He has served as Associate Fellowship Program Director at BIDMC and later as Endocrinology, Diabetes and Metabolism Fellowship Program Founding and Site Director at the Boston VA Healthcare System. He has taught courses at the undergraduate level, at the Medical School and at the postgraduate level and has directed and organized or co-organized several CME courses. He has also designed and/or organized training programs for medical trainees, pharmacy students and nursing students at the Boston VA Healthcare System.

Dr. Mantzoros has been elected a member of ASCI and a Fellow of the American College of Physicians and the American Association of Clinical Endocrinology. He has been given several awards including but not limited to: the Frontiers in Science Award by the American Association of Clinical Endocrinology, the Novartis Award in Diabetes and Metabolic Diseases by the American Diabetes Association, the Lilly Award by the North American Association for the Study of Obesity/the Obesity Society, the Mead Johnson Award by the American Society for Nutrition, the HypoCCS award in Paris, France, the Wilhelm Friedrich Bessel Award by the Humboldt Foundation of Germany, the Outstanding Investigator Award by the American Federation of Medical Research, the Hygeia award by the New England Hellenic Medical and Dental Association, the Berson Award Lecture by the American Physiological Society (FASEB) and several named Award Lectures worldwide, amongst many others. He has also received the BIDMC and Harvard Medical School award for Excellence in Mentoring.

Most recently, he has received several prestigious awards for his lifetime achievements: the 2017 Obesity Society TOPS Award, the 2018 Endocrine Society Outstanding Clinical Investigator Award, the 2018 European Society of Endocrinology Geoffrey Harris Prize, and the 2018 American Society of Nutrition's Robert H. Herman Award, the 2020 American Society of Nutrition's E. V. McCollum Award, the 2020 Gerald Reaven Distinguished Leader in Insulin Resistance Award by the World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease, and the 2021 Greek College of Internal Medicine Hippocrates award and the Korean Society of Nutrition Award co-administered with the American Society for Nutrition, as life achievement awards.

Dr. Mantzoros leads two active laboratories where he performs basic and translational research and has been continuously funded by the NIH since 1996. He has received many grants (more than 75) from the NIH, Dept. of Defence, Foundations, Industry etc. over his 26 years of service after fellowship, resulting in \$26.5M in direct costs and more than \$40 million in direct and indirect costs for his own projects and an estimated more than another \$50 million for collaborative projects. Beyond his VA salary, for the past three decades, his and his team's academic salaries and his work have almost exclusively been supported by external funding. The academic institutions involved invested less than 1% of the overhead they received for equipment purchases for his Teams' salaries and fringe benefits or Laboratory or other expenses, and no other institutional contributions have been made towards any salaries of any team members, faculty or trainees, or towards any research, teaching and education, infrastructure or any other expenses.

Full list of published papers: <https://pubmed.ncbi.nlm.nih.gov/?term=mantzoros+c>