

## **Alan Sinaiko, M.D.**

### Bio

Dr. Sinaiko is Professor in the Department of Pediatrics, University of Minnesota Medical School with a clinical and applied research interest in cardiovascular (CV) risk factors in children and their longitudinal relation to the development of adult CV disease. He has conducted numerous antihypertensive drug trials in children, been Principal Investigator (NIH funded) of a study on the relation of sodium and potassium to BP, and had a leadership role in two NIH funded studies of BP within a collaboration of three major health care organizations. He has been a member of the last three NHLBI sponsored Task Forces on Blood Pressure in Children and Adolescents.

Since 1995 Dr. Sinaiko has been conducting cross-sectional and longitudinal studies of CV risk factors in children, funded by NIH. These studies, including the only data from repeated measures of insulin resistance in childhood using the hyperinsulinemic euglycemic insulin clamp, have developed initial, and some of the only, data on: 1) the natural history of CV risk factors and insulin resistance in males and females during the transition from adolescence to young adulthood; 2) cross-sectional and longitudinal studies not only on the traditional CV risk factors, but also insulin resistance and adipose related factors in childhood; 3) blood pressure relations between parents and offspring; 4) singular studies on the relation between blood pressure and insulin resistance and their interrelation with obesity.

At the present time Dr. Sinaiko is Chair of the Executive Committee conducting a NIH funded study in a collaboration of seven world-wide cohorts (total N=40,000) that were recruited in childhood and are now adults. Preliminary analyses from this study show the adverse natural history of obesity and significant relation between CV risk factors in childhood and adult CV disease.