

Lisa M. Neff, MD

Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes & Metabolism
2003 - 2006



Education

Dr. Neff earned her B.S. in German and Biology from Tufts University in 1994, her M.D. from the University of Illinois at Chicago in 1999, and her M.S. in Clinical and Translational Research from the Rockefeller University in 2010. Dr. Neff completed a residency in Internal Medicine at the University of Illinois at Chicago in 2002 and a dual fellowship in Endocrinology, Diabetes and Metabolism, as a Friedman Fellow, and Clinical Nutrition at Tufts Medical Center in 2006. In 2009, Dr. Neff completed the Clinical Scholar Program at the Rockefeller University. Dr. Neff is a Diplomat of the American Board of Internal Medicine and Subspecialty Board in Endocrinology and Metabolism. She is also certified by the American Board of Physician Nutrition Specialists.

Former and Current Position(s) and Academic Interests

In 2009, Dr. Neff was appointed to the faculty of Northwestern University's Feinberg School of Medicine as an Assistant Professor in the Division of Endocrinology, in the Clinician Scientist track. She is also a faculty member at the Northwestern Comprehensive Center on Obesity (<http://www.ncco.northwestern.edu>).

The focus of Dr. Neff's clinical work is the management of obesity and type 2 diabetes in adults. Dr. Neff is also the Medical Co-Director of the *Healthy For You, Healthy For Two* Program, a foundation-supported program that is designed to help overweight and obese pregnant women avoid excessive gestational weight gain by modifying diet and physical activity. It is believed that excessive weight gain during pregnancy puts both mother and baby at risk of obesity and metabolic disorders later in life, so this program offers a unique opportunity to improve the health of both current and future generations.

Dr. Neff has recently begun work on a new study investigating the role of body temperature and brown adipose tissue in metabolic adaptation to weight loss in obesity. It is hoped that an increased understanding of this metabolic adaptation may lead to novel treatment approaches for obesity in the

future. In addition, Dr. Neff is a Co-Investigator for a new NIH-supported randomized controlled trial of an intensive lifestyle intervention for the prevention of excessive gestational weight gain in overweight and obese pregnant women. The study will be conducted at Northwestern. Other ongoing research projects include a metabolic feeding study investigating the effects of three different dietary patterns, including the DASH diet, on metabolic syndrome parameters, in the absence of weight change. This study is being conducted at the Rockefeller University by a research team under Dr. Neff's direction.

For many years, Dr. Neff has been actively involved in educating medical students, physicians, allied health professionals, and the general public, particularly in the fields of nutrition and obesity. She is a lecturer for the Northwestern medical student nutrition course, and she teaches and mentors students, residents, and fellows in her clinic and during research rotations. She also spoke about diet composition and weight loss at the 2010 annual meeting of the Obesity Society in San Diego.

Dr. Neff is a member of the Clinical Committee of the Obesity Society as well as a member of the Subcommittees for Professional Nutrition Education and Awards of the American Society of Nutrition. She is also a Contributing Editor for *Nutrition Reviews*, a monthly peer-reviewed publication edited at Tufts University.

From 2004-2006 and again from 2008-present, Dr. Neff has been a participant of the competitive National Institutes of Health Clinical Research Loan Repayment Program.

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