Department of Medicine
Renal Division

December 8, 2019

F32 Awards Review Committee
National Heart, Lung, and Blood Institute
National Institutes of Health

Dear Committee Members,

I am writing to enthusiastically offer my support of Dr. Anish Shah in his submission for an F32 award from the NIH/NHLBI. Not only is he an excellent candidate for this award, but he has created a training plan that is an excellent approach to achieving his goals to succeed as an independent clinical researcher in the field of neurocardiology.

My work in human physiology research is focused on the regulation of the sympathetic nervous system in patients at high cardiovascular risk, particularly those with chronic kidney disease, hypertension, smokers, and stress disorders such as post-traumatic stress disorder (PTSD). We currently are studying the exercise pressor reflex, functional sympatholysis, alpha-1 adrenergic sensitivity, sympathetic sympathetic and hemodynamic reactivity during mental stress, arterial baroreflex function, and heart rate variability.

My own work and research interest lend themselves to the breadth and depth of Anish's training. I have worked with his mentors and advisors, including Dr. Amit Shah and Dr. Marc Thames, and we all believe that further formal training will be high yield to his training. I will support Anish by two explicit mechanisms. First, he will pursue directed reading under my guidance. We will review important trials, methods, and literature in the field. We will formally meet quarterly to assess his progress and identify new learning goals and milestones. Second, he will attend our weekly lab meetings, where we routinely have research-in-progress presentations, reviews of methodology, and discussions on interpretation of findings. He will benefit directly by learning of the laboratory-based methods that we use in assessing the autonomic nervous system, as well as understanding the strengths and weaknesses of each technique. This is particularly relevant to Anish as his focus is on using ECG analysis to assess autonomic function, and understanding the complexity in ANS will be critical for both hypothesis-generation and data interpretation. The additional benefit of supporting Anish formally is the opportunity for informal collaboration and the development of novel ideas and approaches for potential future projects.

I look forward to incorporating Anish's enthusiasm and energy into our lab. He has already developed relationships within our group, and expect with dedicated training time, teaching, and guidance, he will flourish. I have no hesitations in supporting Anish and enthusiastically recommend him for the F32 award. I am available for any questions that may arise.

Sincerely,

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