

ANISH S. SHAH, MD, MS

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PERSONAL INFORMATION

PHYSICAL ADDRESS

Office

University of Illinois Chicago
Division of Cardiology
840 S Wood St
Suite 920, M/C 715
Chicago, IL 60612

Clinic

Jesse Brown VA Medical Center
820 S. Damen Avenue
Specialty Clinic, 2nd Floor, Damen Tower
Chicago, IL 60612

CITIZENSHIP

United States of America

EDUCATION

ACADEMIC TRAINING

Bachelor of Science – Linguistics | Neuroscience 2007 – 2011
Emory University College of Arts and Sciences

Doctor of Medicine 2012 – 2016
Texas A&M University College of Medicine

Master of Science – Clinical Research 2019 – 2020
Emory University Laney Graduate School

CLINICAL TRAINING

Residency – Internal Medicine 2016 – 2019
J. Willis Hurst Internal Medicine Residency, Emory University School of Medicine

- Distinction in Teaching and Leadership

Fellowship – Cardiovascular Medicine 2020 – 2024
University of Illinois Chicago College of Medicine

- Physician-Scientist Track
- Primary Mentor: Dawood Darbar, MD

Fellowship – Clinical Cardiac Electrophysiology 2024 – 2026
University of Utah School of Medicine

SKILLS

CLINICAL SKILLS

Point-of-care ultrasonography
Arterial line placement (radial, brachial, dorsalis pedis)
Arthrocentesis (knee, ankle, shoulder)
Central line placement (internal jugular, femoral, subclavian)
Lumbar puncture
Thoracentesis
Paracentesis
Coronary angiography

Temporary/permanent pacemaker implantation
Echocardiography - 2D/3D, transthoracic and transesophageal

LANGUAGES

- English – fluent
- Gujarati – fluent
- Spanish – fluent

TECHNICAL SKILLS

R - programming language for statistical computing
PERL - high-level programming language for text processing and manipulation
C++ - low-level programming language for data processing
Vim - command line editing
Git - version control system
MATLAB - matrix-oriented mathematical programming language
Python - high-level programming language for data analysis

CERTIFICATIONS

Emergency Medical Technician Basic *National Registry of Emergency Medical Technicians* 2007 – 2010

Basic Life Support 2012 – Present
American Heart Association

Advanced Cardiovascular Life Support 2012 – Present
American Heart Association

Advanced Trauma Life Support *American College of Surgeons* 2012 – 2016

Open Water Diver 2015 – Present
Professional Association of Diving Instructors

Wilderness First Responder *National Outdoor Leadership School* 2016 – Present

Basic Keelboat 101 2017 – Present
American Sailing Association

Internal Medicine 2019 – Present
American Board of Internal Medicine

Adult Echocardiography 2023 – Present
National Board of Echocardiography

Cardiovascular Medicine 2023 – Present
American Board of Internal Medicine

APPOINTMENTS

Postdoctoral Research Fellow – Epidemiology 2019 – 2020
Emory University Rollins School of Public Health

- NIH-TL1 Scholar
- Primary Mentor: Amit J. Shah, MD, MS

Assistant Professor of Medicine 2019 – 2020
Division of Hospital Medicine, Emory University School of Medicine

- Service Lines: Hospital Medicine, Procedure Service
- Locations: Grady Memorial Hospital, Emory University Midtown Hospital

Instructor of Medicine 2020 – 2024
College of Medicine, University of Illinois Chicago

HONORS AND AWARDS

LOCAL

Delores B. Aldridge Excellence in Service to a Diverse Community Award 2009
Emory University

Speaker to His Holiness the XIV Dalai Lama 2009
Emory-Tibet Science Initiative

- Selected to represent Emory students in a meeting with the 14th Dalai Lama in MacLeod Gange, India.

Nu Rho Psi Honor Society 2009 – 2011
Emory University

College of Medicine Research Symposium 2015
Texas A&M University

- 1st Place Oral Presentation

REGIONAL

Doctor's Dilemma (Medical Jeopardy) 2017
Georgia American College of Physician Conference

NATIONAL

EMT-Basic National Competition *Health Occupation Students of America* 2007

- 1st Place

Medical Student Research Program in Diabetes 2013
National Institute of Diabetes and Digestive and Kidney Diseases

American Heart Association Scientific Sessions - Top Donors Meeting Presentation 2018

- Special invitation to discuss research with AHA leadership and top philanthropists

NIH-TL1 Postdoctoral Fellow 2019-2020
Ruth L. Kirschstein National Research Service Award

NIH-T32 Postdoctoral Fellow 2019-2020
Ruth L. Kirschstein National Research Service Award

NIH-F32 Postdoctoral Fellow 2021-2024
Ruth L. Kirschstein National Research Service Award

INTERNATIONAL

Atrial Fibrillation Genetics Consortium Fellow 2023 – 2024
Atrial Fibrillation Genetics Consortium

PROFESSIONAL ACTIVITIES

PROFESSIONAL SOCIETIES

Texas Medical Association 2012 – 2016
Student Member

American College of Physicians 2012 – Present
Member

American Medical Association 2012 – Present
Member

American Heart Association 2018 – Present
Fellow-In-Training

American College of Cardiology 2020 – Present
Fellow-In-Training

SERVICE

Ad-Hoc Reviewer:

BMJ Open Diabetes Research & Care	2019
Journal of Electroconvulsive Therapy	2020
Journal of Cardiovascular Electrophysiology	2021
BMJ Open	2021
Circulation: Arrhythmia and Electrophysiology	2023
Applied Psychophysiology and Biofeedback	2024
BMC Global and Public Health	2024

TEACHING AND MENTORING ACTIVITIES

PRECEPTORSHIP

Teaching Assistant – Cellular Biology <i>Department of Biology, Emory University College of Arts and Sciences</i>	2010
Tutor – Biology, Chemistry, Physics <i>Department of Physics, North Lake College</i>	2011 – 2012
Tutor – Histology <i>Texas A&M University College of Medicine</i>	2013
Faculty Preceptor – Physician Assistant Program <i>Didactic Experiential Learning Program, Emory University School of Medicine</i>	2017 – 2019
Teaching Attending – Point-of-Care Ultrasound Elective <i>J. Willis Hurst Internal Medicine Residency Program, Emory University School of Medicine</i>	2019 – 2020

WORKSHOPS

Session Leader – Internship Bootcamp <i>Texas A&M University College of Medicine</i>	2016
Workshop Leader – M3 Ultrasound Workshop <i>Emory University School of Medicine</i>	2018 – 2019
Workshop Leader – Physical Exam and Clinical Decision Making <i>Emory University School of Medicine</i>	2019
Workshop Leader – Point-of-Care Ultrasound Workshop <i>Southern Hospital Medicine Conference</i>	2018

CLINICAL PRESENTATIONS

Emory University:

Bite-Sized Teaching Mode: Lotions, Ointments, and Creams, Oh My!	February 28, 2018
Journal Club: Intervention for Ischemic Stroke	March 21, 2018
Bite-Sized Teaching Mode: Ironing Out Transfusions in Sickle Cell	September 26, 2018

University of Illinois Chicago:

Clinical Case Conference: Restrictive Cardiomyopathy	December 20, 2020
Journal Club: GALACTIC-HF	February 1, 2021
Cardiac Catheterization Conference: Antiplatelet Agents	November 16, 2021
Electrophysiology Conference: Typical AVNRT	December 7, 2022
Echocardiography Conference: Hypertrophic Cardiomyopathy	February 23, 2023
Clinical Case Conference: Dilated Cardiomyopathy	April 8, 2024

MENTORSHIP

Shishir Gupta 2019 – 2020
Medical Student at Department of Epidemiology, Rollins School of Public Health, Emory University

- Research mentorship

Shashank Sadhu 2022 – Present
Medical Student at College of Medicine, University of Illinois Chicago

- Mentor for James Cook Scholarship

Darren Seaney 2023 – Present
Medical Student at College of Medicine, University of Illinois Chicago

- Mentor for Craig Scholarship
- Mentor for NIDDK-T35 on Diabetes and Atrial Fibrillation

Angela Hussain 2023 – 2024
Medical Student at College of Medicine, University of Illinois Chicago

- Mentor for Urban Health Scholarship
- Mentor for James Cook Scholarship

INVITED PRESENTATIONS

LOCAL

Point-of-Care Ultrasound: Parasternal Long Axis November 16, 2017
Division of General Medicine and Geriatrics
Emory University School of Medicine

The Problem Learner: A History and Physical for Learners with Difficulties March 15, 2018
J. Willis Hurst Internal Medicine Residency Program
Emory University School of Medicine

The History of Sudden Cardiac Death: the Role of the Autonomic Nervous System
J. Willis Hurst Internal Medicine Residency Program February 18, 2019
Emory University School of Medicine

- Senior Grand Rounds

Vagolysis and Arrhythmogenesis *University of Illinois Chicago Department of Medicine* February 12, 2023

Autonomic and Structural Mechanisms in Atrial Fibrillation December 18, 2023
University of Illinois Chicago Department of Medicine

REGIONAL

“8 Minutes-to-Win-It”: Top Inpatient Teaching Sessions by Soon-To-Be-Leaders
Southern Hospital Medicine Conference October 4, 2018

NATIONAL

Circadian Autonomic Inflexibility: A Marker of Ischemic Heart Disease November 6, 2018
American Heart Association Scientific Sessions

- Top Donors Meeting Presentation

ECG Prediction of Loss-of-Function TTN Variants March 27, 2024
AFGen Consortium Fellowship Meeting

Mendelian Randomization in Practice April 24, 2024
AFGen Consortium Fellows Meeting

FUNDING

NIH-T32 Postdoctoral Scholar 2019 – 2020
Disturbances of the Neurocardiac Axis: Using Heart Rate Variability to Measure Disease in

the Brain and Heart
NHLBI Training Grant

- TL1-TR002382
- UL1-TR002378

NIH-T32 Postdoctoral Fellow

2022 – 2024

Training Program in Personalized Cardiovascular Medicine (TPIPCVM)
NHLBI Training Grant

- T32-HL139439

NIH-F32 Principal Investigator *Association of Autonomic Dysfunction with the Relationship between Depression and Coronary Disease* 2021 – 2024
NHLBI Training Grant

- F32-HL154707

PUBLICATIONS

PEER-REVIEWED PUBLICATIONS

1. **Shah, AS**, Lampert, R, Goldberg, J, Bremner, JD, Li, L, Thames, MD, Vaccarino, V, Shah, AJ (2020). Alterations in heart rate variability are associated with abnormal myocardial perfusion. *International Journal of Cardiology* 305, 99-105. doi:[10.1016/j.ijcard.2020.01.069](https://doi.org/10.1016/j.ijcard.2020.01.069)
2. **Shah, AS**, Alonso, A, Whitsel, EA, Soliman, EZ, Vaccarino, V, Shah, AJ (2021). Association of Psychosocial Factors With Short-Term Resting Heart Rate Variability: The Atherosclerosis Risk in Communities Study. *Journal of the American Heart Association* 10(5), e017172. doi:[10.1161/JAHA.120.017172](https://doi.org/10.1161/JAHA.120.017172)
3. Vaccarino, V, Almuwaqqat, Z, Kim, JH, Hammadah, M, Shah, AJ, Ko, YA, Elon, L, Sullivan, S, Shah, A, Alkhoder, A, Lima, BB, Pearce, B, Ward, L, Kutner, M, Hu, Y, Lewis, TT, Garcia, EV, Nye, J, Sheps, DS, Raggi, P, Bremner, JD, Quyyumi, AA (2021). Association of Mental Stress-Induced Myocardial Ischemia With Cardiovascular Events in Patients With Coronary Heart Disease. *JAMA* 326(18), 1818-1828. doi:[10.1001/jama.2021.17649](https://doi.org/10.1001/jama.2021.17649)
4. Moazzami, K, Cheung, B, Sullivan, S, **Shah, AS**, Almuwaqqat, Z, Alkhoder, A, Mehta, PK, Pearce, BD, Shah, AJ, Martini, A, Obideen, M, Nye, J, Bremner, JD, Vaccarino, V, Quyyumi, AA (2023). Hemodynamic Reactivity to Mental Stress in Patients With Coronary Artery Disease. *JAMA Network Open* 6(10), e2338060. doi:[10.1001/jamanetworkopen.2023.38060](https://doi.org/10.1001/jamanetworkopen.2023.38060)
5. Huang, M, Shah, AJ, Lampert, R, Bliwise, DL, Johnson, DA, Clifford, GD, Sloan, R, Goldberg, J, Ko, YA, Da Poian, G, Perez-Alday, EA, Almuwaqqat, Z, **Shah, AS**, Garcia, M, Young, A, Moazzami, K, Bremner, JD, Vaccarino, V (2024). Heart Rate Variability, Deceleration Capacity of Heart Rate, and Death: A Veteran Twins Study. *Journal of the American Heart Association* 13(7), e032740. doi:[10.1161/JAHA.123.032740](https://doi.org/10.1161/JAHA.123.032740)
6. **Shah, AS**, Ongtengco, A, Qiao, V, Chen, Y, Diaz, A, Hill, M, Bhan, A, Tofovic, DS, Darbar, D (2024). Association Between Family History and Early-Onset Atrial Flutter Across Racial and Ethnic Groups. *Journal of the American Heart Association* 13(10), e032320. doi:[10.1161/JAHA.123.032320](https://doi.org/10.1161/JAHA.123.032320)

WORKING MANUSCRIPTS

1. Shah, AJ, **Shah, AS** (2020). Cardiotoxic Effects of Diabetes Mellitus in South Asians.
2. **Shah, AS**, Vaccarino, V, Moazzami, K, Almuwaqqat, Z, Garcia, M, Ward, L, Elon, L, Ko, YA, Sun, Y, Pearce, BD, Raggi, P, Bremner, JD, Lampert, R, Quyyumi, AA, Shah, AJ (2024). Autonomic Reactivity to Mental Stress is Associated with Cardiovascular Mortality.
3. **Shah, AS**, Alonso, A, Sweis, J, Chen, Y, Griza, S, Barney, M, Diaz, A, Al-Azzam, B, Ornelas-Loredo, A, Ziccardi, MR, Darbar, FA, Shah, AJ, Benjamin, EJ, Darbar, D (2024). Association of Atrial Fibrillation Symptom Burden with Social Determinants of Health.

RESEARCH-IN-PROGRESS

1. **Shah, AS**, Poian, GD, Shah, AJ (2020). Psychological Effects on Autonomic Variability in Circadian Rhythm.
2. **Shah, AS**, Shah, AJ, Choi, SH, Benjamin, E, Darbar, D (2024). Electrical Phenotypes of Genetic Risk for Atrial Fibrillation.

MONOGRAPHS

1. **Shah, AS** (2021). 'Stress Reactivity: Disturbances of the Neurocardiac Axis'. Master's Thesis. Emory University. <https://etd.library.emory.edu/concern/etds/tx31qj818>

SOFTWARE

1. **Shah, AS** (2020). card: Cardiovascular Applications in Research Data, Version: NA. <https://cran.r-project.org/package=card>
2. **Shah, AS** (2024). rmdl: Language to Manage Many Models, Version: 0.1.0. <https://cran.r-project.org/package=rmdl>
3. **Shah, AS** (2024). EGM: Evaluating Cardiac Electrophysiology Signals, Version: 0.1.0. <https://cran.r-project.org/package=EGM>

CONFERENCE PROCEEDINGS

1. Shah, A, Lampert, R, Goldberg, J, Bremner, JD, Vaccarino, V, Shah, A (2018). Circadian Autonomic Inflexibility: A Marker of Ischemic Heart Disease. AHA Scientific Sessions 2018, 2018-11-06, NA. In: Circulation 138, A15216-A15216. doi:doi:[10.1161/circ.138.suppl_1.15216](https://doi.org/10.1161/circ.138.suppl_1.15216)
2. Shah, A, Alonso, A, Whitsel, EA, Soliman, EZ, Vaccarino, V, Shah, AJ (2020). Association of Psychosocial Factors With Heart Rate Variability: The Atherosclerosis Risk in Communities Study. AHA Scientific Sessions 2020, 2020-03-03, Chicago, IL. In: Circulation 141, AP542-AP542. doi:doi:[10.1161/circ.141.suppl_1.P542](https://doi.org/10.1161/circ.141.suppl_1.P542)
3. **Shah, AS** (2020). Autonomic Dysfunction as a Marker of Depression and Coronary Artery Disease. Translational Science 2020, 2020-06-01, Virtual. In: Journal of Clinical and Translational Science 4, 93-93. doi:doi:[10.1017/cts.2020.291](https://doi.org/10.1017/cts.2020.291)
4. Hill, MC, Chalazan, B, Tofovic, D, Chen, Y, Shah, A, Barney, M, Diaz, A, Konda, S, Darbar, D (2023). Prevalence of disease-associated cardiomyopathy gene variants in ethnic minorities with atrial fibrillation. ACC.23, 2023-03-07, New Orleans, LA. In: Journal of the American College of Cardiology 81, 21-21. doi:doi:[10.1016/S0735-1097\(23\)00465-5](https://doi.org/10.1016/S0735-1097(23)00465-5)
5. **Shah, AS**, Vaccarino, V, Ko, YA, Almuwaqqat, Z, Garcia, M, Moazzami, K, Wang, M, Levantsevych, O, young, a, Ward, L, Nye, J, Raggi, P, Sheps, DS, Lampert, RJ, Bremner, D, Sun, Y, Garcia, EV, Quyyumi, AA, Shah, AJ (2023). Mental stress-induced autonomic dysfunction is associated with cardiovascular mortality. ACC.23, 2023-03-07, New Orleans, LA. In: Journal of the American College of Cardiology 81, 1146-1146. doi:doi:[10.1016/S0735-1097\(23\)01590-5](https://doi.org/10.1016/S0735-1097(23)01590-5)
6. Wang, M, Liu, C, **Shah, AS**, Ko, YA, Sun, Y, Lampert, RJ, Garcia, M, Moazzami, K, Almuwaqqat, Z, Ward, L, Sullivan, S, Raggi, P, Bremner, D, Quyyumi, AA, Vaccarino, V, Morris, AA, Shah, AJ (2023). Heart Rate Variability During Mental Stress Predicts Heart Failure Outcomes In Patients With Stable Coronary Artery Disease. ACC.23, 2023-03-07, New Orleans, LA. In: Journal of the American College of Cardiology 81, 469. doi:doi:[10.1016/S0735-1097\(23\)00913-0](https://doi.org/10.1016/S0735-1097(23)00913-0)
7. Osei, J, Vaccarino, V, Wang, M, **Shah, AS**, Lampert, RJ, Ko, YA, Pearce, B, Kutner, M, Garcia, EV, Piccinelli, M, Raggi, P, Bremner, J, Quyyumi, AA, Sun, Y, Haddad, G, Li, L, Correia, L, Roberts, TE, Stefanos, L, Ahmed, H, Shah, AJ (2024). Stress-Induced Autonomic Dysfunction is Associated With Mental Stress-Induced Myocardial Ischemia in Patients With Coronary Artery Disease. AHA EPI|Lifestyle Scientific Sessions 2024, 2024-03-19, Chicago, IL. In: Circulation 149, AP241-AP241. doi:doi:[10.1161/circ.149.suppl_1.P241](https://doi.org/10.1161/circ.149.suppl_1.P241)