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**CURRICULUM VITAE**


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**PETER A GOULDEN M.D., F.R.C.P., P.G.C.E.**
**WORK ADDRESS:**

Address: Division of Endocrinology, Diabetes, and Metabolism,  
Department of Internal Medicine, Mount Sinai Morningside, Mount Sinai Hospital System  
418-424 W. 114<sup>th</sup> ST., Floor 13, Office A6, New York City, NY 10025

Phone No. 518-362-7168

Email. [petergouldenmd@gmail.com](mailto:petergouldenmd@gmail.com)

**CITIZENSHIP:**

U.S. Citizen

**EDUCATION:**

1995 M.B.Ch.B.\* , University of Edinburgh, United Kingdom  
1999 M.R.C.P.†, Royal College of Physicians of London, United Kingdom  
2011 F.R.C.P.†, Royal College of Physicians of London, United Kingdom  
2012 P.G.C.E with merit.‡, University of Brighton, United Kingdom

**POSITIONS:**
**U.S. Academic Full-Time Appointment Internal Medicine Medical School Faculty**

11/2012 – Full-time Assistant Professor of Medicine & U.A.M.S. Diabetes Program Director,  
6/2018 Department of Medicine, Division of Endocrinology,  
The University of Arkansas for Medical Sciences, Little Rock. AR  
Also, 2/8 appointment as Staff Physician in Endocrinology,  
John L. McClellan Memorial Veterans Hospital,  
4300 West 7th Street, Little Rock, AR

7/ 2018 - Full-time Associate Professor with Tenure & Service Line Lead for Endocrinology  
6/ 2019 Director, U.A.M.S. Diabetes Program, Director, U.A.M.S. Weight Control Program.  
Department of Medicine, Division of Endocrinology,  
The University of Arkansas for Medical Sciences, 4301 West Markham Street, Little  
Rock. AR. 72005.  
Also, Staff Physician in Endocrinology, John L. McClellan Memorial VA Hospital,  
4300 West 7th Street, Little Rock, AR. 72205 Tel 501-257-1000

6/2019 Full-time Associate Professor, Mount Sinai Icahn School of Medicine  
- Date Chief, Division of Endocrinology, Diabetes and Bone Diseases, Department of  
Medicine at Mount Sinai Morningside | Mount Sinai West (10/2021 – Date)  
Associate System Chief, Division of Endocrinology, Diabetes and Bone Diseases,  
MSHS (10/2021 – Date)  
Medical Director, Division of Endocrinology, Diabetes and Bone Diseases,  
Department of Medicine at Mount Sinai Morningside | Mount Sinai West (6/2019 –  
9/2021)  
Division of Endocrinology, Diabetes & Metabolism  
Department of Medicine, Mount Sinai Morningside  
1111 Amsterdam Avenue, Babcock 10th Floor Suite 1027.  
New York, NY 10025 Tel 212-523-4000

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\*MBChB [Bachelor of Medicine & Bachelor of Surgery] Latin :[Medicinae Baccalaureus, Baccalaureus Chirurgiae]

†MRCP (Member of the Royal College of Physicians of London); FRCP (Fellow of the Royal College of Physicians of London)

‡PGCE (Postgraduate Certificate in Clinical Education with Merit); CIME (Certified Independent Medical Examiner)

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## UK Full-Time Posts

Jul 3, 2006 – Oct 31, 2012      Consultant Physician in Internal Medicine, Endocrinology & Diabetes  
Royal College Tutor; Internal Medicine Training Program Director;  
Maidstone & Tunbridge Wells NHS Trust, Kent. U.K.

## Personal Statement

My medical interests include type 1 and type 2 diabetes, obesity, and endocrinology disorders. I am particularly interested in harnessing technology's power in improving patient care and exploring the application of novel care models for large population groups. I received my medical degree from Edinburgh University in the United Kingdom in 1995. I completed my residency in Birmingham, where I sub-specialized in endocrinology, diabetes, and internal medicine, and subsequently completed my London fellowship in 2006.

I worked as an N.H.S. Consultant in Kent, U.K., from 2006-2012, where I served as Royal College Tutor and Diabetes Network Clinical Chair. I have 13 years of experience as a clinician-educator. As Diabetes Program Director 2012-2019, I led a department whose referral base extended across states. Led the recruitment of new faculty, introducing a physician assistant to assist in seeing hospital discharges more proficiently. I started transition and C.F. diabetes clinics in the department.

I commenced in post at Mount Sinai in June 2019 as Medical Director at Sinai Morningside & West in June 2019 and was appointed Division Chief in October 2021. I managed departmental metrics, doubling R.V.U. productivity during my tenure and halving no show rate. I also lead endocrine faculty credentialing and recruitment I am fully Board Certified in Endocrinology, Diabetes & Metabolism, and Internal Medicine by the American Board of Internal Medicine. I am a Fellow and International Advisor of the Royal College of Physicians of London

My role encompasses:

- Oversight of all aspects of the operations and mission of the Diabetes Center at Mount Sinai Morningside and the outpatient Endocrinology clinical practices across the service, as well as the endocrinology inpatient service across Mount Sinai Morningside & West:
- Leadership in the daily management of faculty and staff F.P.A. schedules and operations
- I am committed to pursuing the highest possible standards of clinical care, education, and governance in the services I provide at Mount Sinai.

## HONORS AND AWARDS:

9/2003-9/2005	Medical Research Council Research Fellowship
12/2007	N.H.S. Clinical Excellence Award (1 point awarded)
12/2008	N.H.S. Clinical Excellence Award (2 points awarded)
11/2010	Honorary Senior Lecturer, Kings College Hospital. London
5/2011	Fellowship of the Royal College of Physicians
12/2011	N.H.S. Clinical Excellence Award (1 point awarded)
3/2012	Merit award for Postgraduate Certificate in Education
2/2015	International Advisor to the Royal College of Physicians
8/2018	Nominated for the Southern Society for Clinical Investigation
2019-2022	Castle Connolly Top Doctor Award 2019, 2020, 2021, 2022
9/2021	Mount Sinai Cullman Family Award for Excellence in Physician Communication

## PROFESSIONAL SOCIETIES:

1999-present	Royal College of Physicians of London, UK
2003-present	The Endocrine Society
2003-present	American Diabetes Association
2012-present	American Medical Association
2013-2019	Arkansas Medical Society
2013-present	Association of American Medical Colleges (A.A.M.C.)
2014-present	American College of Physicians
2014-present	American Society of Clinical Endocrinologists
2016-present	Southern Society for Clinical Investigation

**EDITORIAL BOARD APPOINTMENTS**

1/2016- Date Journal of Obesity &amp; Chronic Diseases Editorial Board Member

2/2017- 12/2018 A.C.P. M.K.S.A.P. 18 External Peer Reviewer

**U.K. Training Posts:**

Oct 1, 1990 - Jun 23, 1995: Medical Student Training

Aug 1, 1995 - Aug 6, 1996: Internship (Junior House Officer)

Aug 7, 1996 - Jan 31, 2000: Residency (Senior House Officer)

Feb 1, 2000 - Jun 2, 2006: Fellowship (Specialist Registrar)

	<b>Training Post</b>	<b>Name of Institution</b>	<b>Specialty</b>	<b>Academic Office / Program Director(s)</b>	<b>Specific Training Starting-Ending Dates</b>
1	<b>MEDICAL SCHOOL (MEDICAL STUDENT)</b>	University of Edinburgh Medical School Edinburgh, U.K.  Medical School Elective: Washington Hospital Center Washington DC. US Beth Israel Hospital Boston MA. US	Degree of Bachelor of Medicine & Bachelor of Surgery (5 years)	M.B.Ch.B.*, Manager Academic Administrator Edinburgh Medical School	Oct 1, 1990, to Jun 23, 1995   Mar 14, 1994 – Apr 8, 1994  May 9, 1994 – Jun 25, 1994
2	<b>INTERNSHIP (HOUSE OFFICER)</b>  <b>0.5 years Internal Medicine</b>	Royal Infirmary of Edinburgh, Edinburgh, U.K.	General Surgery (6 months)  Internal Medicine (6 months)	M.B.Ch.B. Manager Academic Administrator Edinburgh Medical School	Aug 1, 1995, to Aug 6, 1996
3	<b>RESIDENCY (SENIOR HOUSE OFFICER)</b>  <b>3.5 years Internal Medicine</b>	Birmingham West Midlands Deanery, Birmingham UK  Birmingham University Hospital Birmingham, UK.  Birmingham Heartlands Hospitals, Birmingham. U.K.	Internal Medicine (3 ½ years)  Emergency Medicine  Endocrinology Infectious Diseases Respiratory Medicine Geriatric Medicine Cardiology Gastroenterology	Joint Royal College of Physicians Training Board	Aug 7, 1996 – Jan 31, 2000:   Aug 7, 1996 – Feb 4, 1997  Feb 5, 1997 – Jan 31, 2000

	Training Post	Name of Institution	Specialty	Academic Office / Program Director(s)	Specific Training Starting-Ending Dates
4	<b>FELLOWSHIP</b> (SPECIALIST REGISTRAR)  <b>Five years Endocrinology Diabetes/ Internal Medicine</b>  <b>(Four years in London Rotation)</b>	Joint Royal College of Physicians Training Board. U.K.  1. Ipswich Hospital, Ipswich 2. St Helier Hospital, Carshalton, Surrey. 3. St. Georges Hospital, London. 4. Kingston Hospital, Surrey. 5. Medical Research Council, Southampton. 6. St Georges Hospital, London. 7. Locum post St Georges Hospital.	Endocrinology Diabetes/ Internal Medicine (6 years total)	Joint Royal College of Physicians Training Board (J.R.C.P.T.B.)	Feb 1, 2000 - Jun 2, 2006  Feb 1, 2000 - Apr 10, 2001  Apr 11, 2001 - Oct 2, 2001  Oct 3, 2001 - Oct 1, 2002  Oct 2, 2002 - Sep 15, 2003  Sep 16, 2003 - Sep 15, 2005  Oct 5, 2005 - Apr 10, 2006  Apr 11, 2006 - Jun 2, 2006

**CERTIFICATIONS:**

6/2006	U.K. Board Certification (Joint Royal College of Physicians Training Board) – Endocrinology, Diabetes – Internal Medicine
6/2012	E.C.F.M.G. Certified (U.S.M.L.E. Step 1, 2CK, 2CS, 3 completed 2011-2012) (No. 08717068)
8/2016	Diplomate, A.B.I.M.: Internal Medicine (No. 386512, Exp. 12/2026)
11/2017	Diplomate, A.B.I.M.: Endocrinology, Diabetes & Metabolism (No. 386512, Exp. 12/2027)
8/2020	Certified FL Expert Witness (Cert. No. MEEW9794, Exp 8/2024)
4/2021	Certified A.B.I.M.E. Independent Medical Examiner (Cert. No.: 21-00036-VI, Exp. 04/2026)

**MEDICAL LICENSURE:**

8/1996	United Kingdom General Medical Council (No. 4210124 Registered, license inactive)
6/2006	United Kingdom Specialist Register (No. 4210124 Endocrinology & Diabetes / I.M., Active, No expiry)
12/2012-6/2019	Arkansas State Medical Board (No. E-7811 Inactive, Expired)
3/2019	New York State Medical Board (No 298193, Active, Expiry 5/2024)
6/2020	Florida Telehealth Provider Registered (No 398, Active, Expiry 5/2024)
9/2020	New Jersey State Medical Board (No 25MA10935800, Active, Expiry 06/2023)
8/2021	DEA Registration (Schedules 2, 2N, 3, 3N, 4, 5, No FG8232566, Expiry 09/2024)

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**INSTITUTIONAL COMMITTEES:**

**Mount Sinai Health System, New York City, NY**

8/2019 – Date Medical Multispecialty Clinic Working Group  
6/2019 - Date Medical Director (6/2019-9/2021) & Division Chief (10/2021-Date), Division of Endocrinology Diabetes & Metabolism  
3/2020 – Date Member, MSMW DOM Leadership Committee  
10/2020 – Date Faculty Research Advisor & Member of the 2020-2021 Mount Sinai Morningside & Mount Sinai West Internal Medicine Program Research Committee

**The University of Arkansas for Medical Sciences (U.A.M.S.), Little Rock, AR**

1/2012-6/2019 Director, U.A.M.S. Diabetes Program  
3/2013-6/2015 Diabetes Advisory Committee (D.A.C.) Member  
6/2013-6/2016 U.A.M.S. College of Medicine Appeals Board Member  
8/2013-12/2013 U.A.M.S. Obesity Symposium Committee  
8/2013-6/2019 U.A.M.S. College of Medicine Integrated Curriculum Consultant (Endocrine) Arkansas  
5/2014-6/2019 Medical Specialties Committee  
9/2014-6/2019 Endocrinology Fellowship Training Program's Clinical Competency Committee  
8/2015-6/2019 Director, U.A.M.S. Weight Loss Program  
5/2015-6/2019 Medical Director, Endocrinology Service Line, monthly meetings  
9/2016-6/2019 Faculty credentialing review lead for Endocrinology Service Line  
1/2016-6/2016 Division of Hospital Medicine Division Director Search Committee

**Maidstone & Tunbridge Wells N.H.S. Trust, United Kingdom**

7/2006-11/2012 Physicians Committee Member  
4/2007-11/2012 Kent, Surrey, Sussex School of Medicine Committee Member  
3/2008-11/2012 Thyroid Cancer M.D.T. & Thyroid \*\*\*D.O.G. Committee Member  
5/2008-11/2012 Drugs & Therapeutics Committee Member  
7/2008-11/2012 Physician Appraiser Accredited  
8/2008-11/2012 Vice President Diabetes U.K. Maidstone Branch  
5/2009-8/2011 West Kent Clinical Lead (Diabetes)  
7/2009-11/2012 Educational Supervisor (\*\*K.S.S. Q.E.S.P. accredited 2009)  
2/2010-6/2011 Faculty of Medicine Simulation Committee Member  
6/2011-11/2012 West Kent Diabetes Commissioning Group Member

**OTHER ACTIVITIES AND CONSULTING WORK**

3/2017-3/2019 Diabetes specialist advisor to Blue Cross AR.  
10/2016-6/2019 Health Ministry Committee Member, Good Counsel, Little Rock, AR.10/20  
10/2015-Date Expert witness work  
6/2015-6/2019 Underserved work. Ad hoc community work inc. Good Counsel community, 12<sup>th</sup> street clinic, and harmony clinic. Provide monthly Marshallese Diabetes Clinic in Fayetteville, AR  
7/2014-6/2019 Lead for 2014 U.A.M.S. Diabetes Update Course  
8/2014 Weight Loss Clinic Lean Evaluation, U.A.M.S.  
6/2014-6/2019 Patient & Family Centered Care Core Group Member, U.A.M.S.  
1/2013-12/2013 U.A.M.S. Leadership Institute Project: Patient & Family Centered Care, U.A.M.S.  
3/2013 Kurt Salmon Ambulatory Clinic Operational Enhancement Group, U.A.M.S.  
2/2013-Date Interviewer for medical school, residency, fellowship, and faculty programs. Role in new faculty recruitment

**GRANTS, CONTRACTS, FOUNDATION SUPPORT****PAST GRANTS**

<b>Funding Agency</b>	<b>Grant Title</b>	<b>Role</b>	<b>Total</b>	<b>Start Date</b>	<b>End Date</b>
N.I.H. / 1R01 HD41107.	Clinical Research Fellow, Developmental Origins of Adult Disease	Research Fellowship Funding	\$500,000	9/2003	9/2005
Kent Surrey & Sussex Deanery	Simulation Training	Co-I	\$75,000	1/2010	12/2010
Merck Serono	Endocrine Function Testing	PI	\$22,500	1/2010	12/2011
Womens Royal Voluntary Service	Continuous Glucose Monitoring Project	PI	\$5000	1/2011	12/2011
Sturgis Foundation	Telemedicine to Support Diabetes in the Arkansas Delta	PI	\$5,000	10/2013	09/2013
Sturgis Foundation	Pilot Test of D.S.M.E. in the Marshallese Population	PI	\$25,000	10/2014	09/2014
C.O.M., U.A.M.S.	Monogenic Diabetes Clinic Phase 1 Proposal	PI	\$15,000	01//2014	072014
P.C.O.R.I.	Diabetes Self- Management in the Marshallese in Arkansas	Co-PI	\$2,100,000	01/2015	12/2017
C.O.M., U.A.M.S.	Monogenic Diabetes Clinic Phase 2 Proposal	PI	\$26,290	01/2015	12/2015
Sturgis Foundation	C.G.M. in T2DM in cirrhosis	Co-I	\$22,000	01/2015	09/2015
Novo Nordisk	DEVOTE STUDY	Co-PI	Industry	07/2015	07/2017

**CURRENT GRANTS**

<b>Funding Agency</b>	<b>Grant Title</b>	<b>Role</b>	<b>Total</b>	<b>Start Date</b>	<b>End Date</b>
T.R.I. Award	Implementation of Family Model D.S.M.E. in an Underserved Marshallese Population in a Clinical Setting	Co-I	\$50,000	11/2017	11/2018
P.C.O.R.I.	Family Model of D.S.M.E. in the Marshallese Community	Co-PI	\$2,100,000	01/2015	1/2022
Sturgis Foundation	Establishment of D.N.A. Marker Dataset for the Study of Albuminuria in the Marshallese Population in Northwest Arkansas,	Co-I	\$25,000	01/2016	1/2019
Sturgis Foundation	Sleep in Diabetes Self-Management Education	CoI	\$46,000	1/2018	1/2019

**CLINICAL TRIALS PARTICIPATION**

Project	Role in Project	Dates	Award	Other Info
Diabetes Self-Management in the Marshallese in Arkansas	<i>Co-PI</i>	<i>2015-2019</i>	<i>\$2,100,000</i>	<i>P.C.O.R.I. grant</i>

**PUBLICATIONS****Peer-Reviewed Original Contributions: [1-19]**

1. Jones, A., Godfrey, K. M., Wood, P., Osmond, C., **Goulden, P.**, and Phillips, D. I. W. (2005). "Fetal Growth and the Adrenocortical Response to Psychological Stress." *J Clin Endo Metab*.
2. Phillips, D. I., **Goulden, P.**, Syddall, H. E., Aihie, S. A., Dennison, E. M., Martin, H., and Cooper, C. (2005). "Fetal and infant growth and glucose tolerance in the Hertfordshire Cohort Study: a study of men and women born between 1931 and 1939." *Diabetes* 54 Suppl 2: S145-S150.
3. Phillips, D. I., Jones, A., and **Goulden, P.** (2006). "Birth weight, stress, and metabolic syndrome in adult life." *Ann. N. Y. Acad. Sci* 1083: 28-36.
4. Muralidhara, K., Brock, K., **Goulden, P.**, and Kumar, J. (2007). "Deep vein thromboprophylaxis in medically ill patients: poor compliance and limitations of guidelines." *Clin Med (Lond)* 7(6): 644-645.
5. Selvaratnam, R., Srirangalingam, U., Ahmad, S., and **Goulden, P.** (2009). "Thrombolysis beyond 3 hours for acute ischaemic stroke." *Emerg. Med. J* 26(10): 756-757.
6. Selvaratnam, R., Srirangalingam, U., Mclean, E., Lang-Lazdunski, L., and **Goulden, P.** (2011). "A rare cause of acute chest pain in a young adult." *Clin. Med* 11(3): 265-267.
7. Nahas, R., Pain, T., and **Goulden, P.** (2013). "A rare cause of epigastric pain in a middle-aged man." *B.M.J. Case. Rep.*
8. **Goulden, P.**, Vengoechea J, McKelvey K (2015). "Personalized Medicine: Monogenic Diabetes." *Arkansas Medical Journal*.
9. McElfish, P. A., Bridges, M. D., Hudson, J. S., Purvis, R. S., Bursac, Z., Kohler, P. O., and **Goulden, P.** (2015). "Family Model of Diabetes Education With a Pacific Islander Community." *Diabetes Educ* 41(6): 706-715.
10. Abraham, R. R., Pollitzer, R. E., Gokden, M., and **Goulden, P.** (2016). "Spontaneous pituitary apoplexy during the second trimester of pregnancy, with sensory loss." *B.M.J. Case Rep.*
11. McElfish, P. M., R.; Woodring, D.; Purvis, R.; Maskarinec, G.; Bing, W.; Hudson, J.; Kohler, P.; **Goulden, P.** (2016). "Social Ecology and Diabetes Self-Management amongst Pacific Islanders in Arkansas." *Journal of Family Medicine and Disease Prevention* 2(1): 2:026.
12. McElfish, P. **Goulden, P.**; Bursac, Z; Hudson, J; Purvis, RS; Yeary, K.; Aitaoto, N; Kohler, P (2017). "Engagement practices that join scientific methods with community wisdom: designing a patient-centered, randomized control trial with a Pacific Islander community." *Nurs Inq* 24(2).
13. Yeary, K. H., Aitaoto, N., Sparks, K., Ritok-Lakien, M., Hudson, J. S., **Goulden, P.**, Bing, W., Riklon, S., Rubon-Chutaro, J. and McElfish, P. A. (2017). "Cultural Adaptation of Diabetes Self-Management Education for Marshallese Residing in the United States: Lessons Learned in Curriculum Development." *Prog Community Health Partnersh* 11(3): 253-261.
14. Felix, H., Rowland, B., Long, C. R., Narcisse, M. R., Piel, M., **Goulden, P.**, and McElfish, P. A. (2018). "Diabetes Self-Care Behaviors Among Marshallese Adults Living in the United States." *J Immigr Minor Health* 20(6): 1500-1507.
15. McElfish, P. A., Long, C. R., Kohler, P. O., Yeary, K. H. K., Bursac, Z., Narcisse, M. R., Felix, H. C., Rowland, B., Hudson, J. S. and **Goulden, P.** (2019). "Comparative Effectiveness and Maintenance of Diabetes Self-Management Education Interventions for Marshallese Patients With Type 2 Diabetes: A Randomized Controlled Trial." *Diabetes Care* 42(5): 849-858.
16. McElfish, P. A., Rowland, B., Riklon, S., Aitaoto, N., Sinclair, K. A., Ima, S., Kadlubar, S. A., **Goulden, P.**, Hudson, J. S., Mamis, S. and Long, C. R. (2019). "Development and Evaluation of a Blood Glucose Monitoring YouTube Video for Marshallese Patients Using a Community-Based Participatory Research Approach." *Policy Polit Nurs Pract* 20(4): 205-215.
17. Mao, Y., Ambrogini, A., Lendel, I., **Goulden, P.** (2020). "Treating Obstructive Sleep Apnea with Continuous Positive Airway Pressure May Aid Weight Loss in Patients with Obesity on a Calorie Restriction Diet." *Journal of Obesity and Chronic Diseases* 3: 42-48.
18. **Goulden, P.** (2020). The Obesity, Diabetes, and Coronavirus' Syndemic'- Asking Questions to Meet the



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COVID Challenge? J Obes Chronic Dis 4(2): 49-50.

19. Mao, Y., **Goulden P.**, Fan, S, Maraka, S. (2022). A novel MEN1 gene mutation associated with a pancreatic neuroendocrine tumor co-producing insulin and vasoactive intestinal polypeptide. Hormones (Athens),

## Chapter

1. **Goulden, P.C.**, E, Chapter 4 - Flagship initiatives to prevent and treat diabetes as a burden of western societies, in Aging : From Fundamental Biology to Societal Impact. 2022, Academic Press.

## Other Peer-Reviewed Publications

### ***PUBLISHED ABSTRACTS: [1-37]***

1. **Goulden, P.**, and A. P. Panahloo (2003). Resolving adrenal insufficiency following hemorrhage into a pituitary adenoma. Endocrine Abstracts.
2. **Goulden, P.** and M. W. Spring (2003). A Case of ACTH Secreting Benign Mediastinal Carcinoid with Hypocalcaemia. Endocrine Abstracts.
3. **Goulden, P.** and M. W. Spring (2003). Immobilization Hypercalcaemia A Diagnosis To Consider in the Bed-Bound Patient. The Endocrine Society's 85th Annual Meeting.
4. **Goulden, P.**, S. Batelaan, S. Robinson, H. Syddall, and D. I. W. Phillips (2005). Current Diet, Obesity & Glucose Tolerance In An Adult Cohort. Diabetes.
5. **Goulden, P.**, G. Bano, V. K. Ajith Kumar, S. V. Hodgson, and S. S. Nussey (2006). Pendred's syndrome with three mutations. Endocrine Abstracts.
6. **Goulden, P.**, G. Bano, V. K. Ajith Kumar, S. V. Hodgson, and S. S. Nussey (2006). Familial hyperparathyroidism with a mutation in the HRPT2 gene. Endocrine Abstracts.
7. Phillips, D. I., A. Jones, and **P. Goulden** (2006). Birth weight, stress, and the metabolic syndrome in adult life. Annals of the New York Academy of Sciences  
Ann N Y Acad Sci. 1083.
8. Fonia, A., K. Muralidhara, **P. Goulden**, D. Barnes, and J. Kumar (2007). Management of Incidental Non-functioning Pituitary macro-adenoma. 10th Clinicopathological Conference in Pituitary Disease.
9. Chaudry, R., D. Sellers, D. Barnes, J. Kumar, and **P. Goulden** (2008). Post-operative hypogonadotropic hypogonadism. Endocrine Abstracts.
10. Ewang, M., R. Chaudry, D. Barnes, **P. Goulden**, A. Turner, and J. Kumar (2008). Perioperative Prolonged Lithium-induced Nephrogenic Diabetes Insipidus. Endocrine Abstracts.
11. Leake, T., D. Barnes, C. Unter, **P. Goulden**, and J. Kumar (2008). Recurrent hypoglycemia in medium-chain acetyl dehydrogenase deficiency. Diabetes U.K.
12. Lewis, D., **P. Goulden**, J. Kumar, and D. Barnes (2008). The one-stop thyroid clinic: what's the rush? Endocrine Abstracts.
13. Lewis, D., J. Kumar, **P. Goulden**, and D. Barnes (2008). Improvements in quality of life in hypothyroid patients taking Armour Thyroid. Endocrine Abstracts.
14. Muralidhara, K., J. Kumar, D. Barnes, and **P. Goulden** (2008). A case of Gorlin-Goltz syndrome with delayed puberty. Endocrine Abstracts.
15. Parker, B., **P. Goulden**, and J. Kumar (2008). An unusual complication of hypoglycemia. Association of British Clinical Diabetologists (Spring Meeting).
16. Williams, P., Law, R., Kumar, J., **Goulden, P.** (2009). Gradual Onset Partial Hypopituitarism Following Previous Head Trauma. The Endocrine Society's 91st Annual Meeting.
17. Edirisinghe V, **G. P.**, Powrie J, Kumar J (2010). Pituitary mycosis complicating a Cushing's macroadenoma. Society for Endocrinology Regional Clinical Cases Meeting.
18. Patel, K, G. P., Carroll P, Kumar J (2010). Severe hypophysitis of unknown cause complicating thyroiditis. Society for Endocrinology Regional Clinical Cases Meeting.
19. Pink, F., J. Kumar, and **P. Goulden** (2011). Ectopic Posterior Pituitary Associated with Growth Hormone and Gonadotropin Deficiency. The Endocrine Society's 93rd Annual Meeting.

20. Postlethwaite, C., Thomas, **P. Goulden**, and J. Kumar (2013). Osteogenic malignancy and severe vitamin D deficiency. *Endocrine Abstracts*.
21. **Goulden, P.**, M. Moriarty, J. Jackson, B. Hall, Z. Bursac, and C. Lowery (2014). Effect of a Telemedicine Based Educational Intervention on Glucose Control in Type 2 Diabetes in the Arkansas Delta. U.A.M.S. College of Medicine Series Showcase of Medical Discoveries: A Focus on Telemedicine, the University of Arkansas for Medical Sciences, Little Rock, AR.
22. **Goulden, P.**, M. Moriarty, J. Jackson, B. Hall, D. Ussery, Z. Bursac, and C. Lowery (2014). Effect of a Telemedicine-based Educational Intervention on Glucose Control in Type 2 Diabetes in Arkansas. *American Diabetes Association 74th Scientific Sessions*, San Francisco, CA. the U.S.A.
23. Abraham, R., R. Pollitzer, M. Gokden, and **P. Goulden** (2015). Spontaneous Pituitary Apoplexy in the Second Trimester Associated with Sensory Loss. 24th Annual Scientific Clinical Congress. The American Association of Clinical Endocrinologists, Nashville, TN. U.S.A.
24. **Goulden, P.**, P. McElfish, J. Hudson, M. Bridges, and P. Kohler (2015). Effect of a Family-Based Educational Intervention on Glucose Control in Type 2 Diabetes in the Marshallese in Arkansas. *American Diabetes Association 75th Scientific Sessions*, Boston, MA, Diabetes.
25. Jumani, M., R. Ravilla, S. Reddy, and **P. Goulden** (2015). Pitfalls of the 48 Hour Low Dose Dexamethasone Suppression Test in Diagnosing Cushing's Disease. *The Endocrine Society's 97th Annual Meeting*, San Diego, CA.
26. Kamimoto, J. S., S; **Goulden, P** (2015). The Case of the Bound Insulin. *The A.C.P. Annual Meeting. A.C.P. Internal Medicine Meeting. American College of Physicians*, Boston, MA. U.S.A.
27. Abraham, R. **Goulden, P.** (2016). Pheochromocytoma with Brain Metastasis- Rare but Plausible. *Endocrine Society's 98th Annual Meeting and Expo*, Boston, MA. U.S.A.
28. Addepally, N. G.-S.-d.-S., M.; **Goulden, P.**; Duarte-Rojo, A. (2016). Glucose homeostasis in cirrhosis: accuracy of hemoglobin a1c and potential usefulness of continuous glucose monitoring. *The A.A.S.L.D. Liver Meeting*, Boston, MA. U.S.A.
29. Goulden, P. B., N; **Goulden, P.** (2017). Significance of an elevated V.I.P. in a patient with insulinoma. *AACE 26, the Annual Scientific & Clinical Congress*, Austin, TX.
30. Talha, M. H., R; **Goulden, P** (2017). Bilateral Primary Adrenal B-Cell Lymphoma Leading to Adrenal Insufficiency. *ENDO 2017: The 99th Annual Meeting & Expo*, Orlando, FL.
31. Yearly, K. S., P; **Goulden, P**; McElfish, **P** (2017). Cultural Adaptation of Diabetes Self-Management Education for U.S. residing Marshallese. *38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine*, San Diego, California.
32. Hudson, J. S., K.; Yearly, K.; **Goulden, P.**; McElfish, P. (2018). Improving Outcomes: Development of a Cultural Adapted Family Model of Diabetes Self-Management Education for Marshallese. *AADE Conference*, Houston, TX.
33. Mao, Y., Maraka, S., **Goulden, P.** (2019). Twenty-Year Follow-up of a Patient with a Novel MEN1 Gene Mutation. *ENDO 2019: The 101st Annual Meeting & Expo*, New Orleans, Louisiana.
34. Mao, Y. **Goulden, P.** (2019). The Impact of CPAP on Intensive Calorie Restriction Weight Loss (shortlisted for Presidential Poster Competition). *ENDO 2019: The 101st Annual Meeting & Expo*, New Orleans, Louisiana.
35. Shin, T. H. S., P; **Goulden, P** (2020). Armour Thyroid and Liothyronine Combination Potentiated Thrombosis. *Journal of the Endocrine Society*.
36. Arreaza, J. Hee Kim, G, Kim, A, Dulal, J, **Goulden, P** (2021). Calciphylaxis in Association with Hungry Bone Syndrome. A Possible Risk Factor? *Journal of the Endocrine Society*, Volume 5, Issue Supplement 1, April-May 2021, Page A186
37. Mendez, J. N., R; **Goulden, P** (2022). Management of Hyperparathyroidism Associated with Severe Hypercalcemia Presenting During Labour. *ENDO 2022 Annual Conference*.

**INVITED LECTURES/PRESENTATIONS****EXTRAMURAL LECTURES**

1. **Goulden, P.**, *Diabetes Update*, in *Invited Lecture for Military Physicians*. **2013**: Little Rock Airforce Base, Little Rock. A.R.
2. **Goulden, P.**, *Talking diabetes: A telemedicine pilot in the Arkansas Delta*, in *Invited Lecture, Diabetes Conference*. **2013**: Batesville, AR.
3. **Goulden, P.**, *Diabetes in the Marshallese in Arkansas*, in *Invited Lecture*. **2014**: Arkansas Department of Health, Little Rock, AR.
4. **Goulden, P.**, *Transforming diabetes care with telemedicine*, in *Invited Lecture, Medical Grand Rounds*. **2014**: Tufts University, Boston, MA.
5. **Goulden, P.**, *Using telemedicine to support diabetes care*, in *Course Organizer, Diabetes Update 20th Anniversary Program (Faculty Member)*. **2014**: The Crowne Plaza Hotel, Little Rock, AR.
6. **Goulden, P.**, *Acute care of the diabetes patient*, in *Invited lecture & discussion panelist*. **2015**: I.C.A.R.E. Conference (Improving critical and acute care through regional education), The Embassy Suites Convention Center, Rogers, Arkansas.
7. **Goulden, P.**, *Nutrition and Weight Status*, in *Invited Lecture to A.M.D.P.A*. **2016**: Arkansas Medical, Dental & Pharmaceutical Association 123rd Annual Scientific Session, Embassy Suites Hotel, Hot Springs, AR.
8. **Goulden, P.**, *Diabetes Update*, in *Invited Lecture for Military Physicians*. **2016**: Little Rock Airforce Base, Little Rock. AR.
9. **Goulden, P.**, *Type 2 Diabetes Update - Education in Underserved Communities*, in *Invited Lecture to Mount Sinai BI Faculty*. **2019**: Mount Sinai BI.
10. **Goulden, P.** (2021). Diabetes. Invited Lecture to New York Alumni Chapter, Kappa Alpha Psi Fraternity, NY, NY. Zoom.
11. **Goulden, P.** (2021). Flagship initiatives to prevent and treat diabetes as a burden of western societies. Invited Lecture to Center for Neuroscience and Cell Biology at the University of Coimbra, Coimbra, Portugal. Center for Neuroscience and Cell Biology at the University of Coimbra, Coimbra, Portugal.
13. **Goulden, P.** (2022). Optimizing Care in Type 2 Diabetes. Invited Lecture to Mount Sinai Hospital IM Faculty. Mount Sinai Hospital.
14. **Goulden, P.** (2022). Optimizing Care in Type 2 Diabetes. Invited Lecture to One Medical Primary Care IM Faculty. NY, NY.

**COURSES TAUGHT**

1. **Goulden, P.**, *Type 1 and type 2 diabetes*, in *Invited Lecture I.C.M.I.I. (Endocrine Module) Medical School Course & Curriculum Development*. **2014**: the University of Arkansas for Medical Sciences, Little Rock, AR.
2. **Goulden, P.**, *U.A.M.S. Diabetes Update 2014: Joint UAMS/ADH course & Pump C.G.M. & Foot Care Workshop*, at the *University of Arkansas for Medical Sciences*. **2014**.
3. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Invited Lecture I.C.M.I.I. (Endocrine Module) Medical School Course & Curriculum Development*. **2015**: Medical Student (M2) Lecture Program, the University of Arkansas for Medical Sciences.
4. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Invited Lecture I.C.M.I.I. (Endocrine Module) Medical School Course & Curriculum Development*. **2016**: Medical Student (M2) Lecture Program, the University of Arkansas for Medical Sciences.
5. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Invited Lecturer I.C.M.I.I. (Endocrine Module) Medical School Course & Curriculum Development*. **2017**: Medical student (M2) lecture program, the University of Arkansas for Medical Sciences.
6. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Invited Lecturer I.C.M.I.I. (Endocrine Module) Medical School Course & Curriculum Development*. **2018**: Medical student (M2) lecture program, the University of Arkansas for Medical Sciences.
7. **Goulden, P.**, *U.A.M.S. Diabetes Update 2018: Joint UAMS/ADH course & Pump C.G.M. & Foot Care Workshop*, at the *University of Arkansas for Medical Sciences*. **2018**.
8. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Invited Lecturer I.C.M.I.I. (Endocrine Module) Medical School Course &*

- Curriculum Development. 2019:* Medical student (M2) lecture program, the University of Arkansas for Medical Sciences.
9. **Goulden, P.**, *Male Reproductive Health* in *Internal Medicine Academic Half Day. 2020:* Mount Sinai Morningside.
  10. **Goulden, P.**, *Type 2 Diabetes - A Case-Based Approach*, in the *Mount Sinai Health System Endocrinology Teaching Series. 2020.*
  11. **Goulden, P.**, *Pituitary*, in *Invited Lecturer - Mount Sinai School of Medicine Endocrine Pathophysiology Course. 2021:* Mount Sinai School of Medicine, NY.
  12. **Goulden, P.**, *The Adrenal Mass*, in *Internal Medicine Academic Half Day. 2021:* Icahn School of Medicine at Mount Sinai (ISMMS) / Mount Sinai Morningside & West.
  13. **Goulden, P.**, *Virtual challenges in internal medicine : Diabetes*, in *Invited Lecturer - Mount Sinai School of Medicine IM Course. 2021:* Virtual challenges in internal medicine course, NY, NY.
  14. **Goulden, P.**, *Type 2 Diabetes - A Case Based Approach*, in *Mount Sinai Health System Endocrinology Teaching Series. 2021.*
  15. **Goulden, P.**, *Adrenal Disorders for Interns*, in *Internal Medicine Academic Half Day. 2021:* Icahn School of Medicine at Mount Sinai (ISMMS) / Mount Sinai Morningside & West.
  16. **Goulden, P.**, *Adrenal Disorders for Residents*, in *Internal Medicine Academic Half Day. 2021:* Icahn School of Medicine at Mount Sinai (ISMMS) / Mount Sinai Morningside & West.
  17. **Goulden, P.**, *Summer Grand Rounds : Diabetes Research Update*, in *Internal Medicine Academic Half Day. 2021:* Icahn School of Medicine at Mount Sinai (ISMMS) / Mount Sinai Morningside & West.
  18. **Goulden, P.**, *Pituitary*, in *Invited Lecturer - Mount Sinai School of Medicine Endocrine Pathophysiology Course. 2022:* Mount Sinai School of Medicine, NY.
  19. **Goulden, P.**, *Bone*, in *Invited Lecturer - Mount Sinai School of Medicine Endocrine Pathophysiology Course. 2022:* Mount Sinai School of Medicine, NY.
  20. **Goulden, P.**, *Adrenal*, in *Invited Lecturer - Mount Sinai School of Medicine Endocrine Pathophysiology Course. 2022:* Mount Sinai School of Medicine, NY.
  22. **Goulden, P.**, *Type 2 Diabetes - A Case Based Approach*, in *Mount Sinai Health System Endocrinology Teaching Series. 2022.*

### INTRAMURAL LECTURES 2012-2022

1. **Goulden, P.**, *Glucose toxicity: dietary management of metabolic syndrome and diabetes*, in *Invited Lecture: 14th Annual Geriatrics and Long-term care update. 2013:* Reynolds Institute for Aging, Little Rock, AR.
2. **Goulden, P.**, *and Diabetes: Challenging paradigms*, in *Internal Medical Grand Rounds (U.A.M.S.). 2013:* the University of Arkansas for Medical Sciences, Little Rock, AR.
3. **Goulden, P.**, *Clinical Cases in Obesity*, in *Invited Lecture, U.A.M.S. Obesity Conference. 2013:* Spine Institute, the University of Arkansas for Medical Sciences.
4. **Goulden, P.**, *Dietary management of metabolic syndrome and diabetes*, in *Invited Lecture for Family Medicine Course. 2013:* Winthrop Rockefeller Institute, Petit Jean, AR.
5. **Goulden, P.**, *Cushing's disease*, in *Medical Grand Rounds (V.A.) / Medical Pathology Conference. 2014:* Conference Theater, John L. McClellan Memorial Veterans Hospital, Little Rock AR.
6. **Goulden, P.**, *VA diabetes update: Patient-centered therapy in type 2 diabetes*, in *Invited Speaker, VA Diabetes Update Conference. 2014:* Conference Theater, John L. McClellan Memorial Veterans Hospital, Little Rock AR.
7. **Goulden, P.**, *and MNT in diabetes: Keeping it patient-centered*, in *Invited lecture, nutrition seminar series. 2014:* Department of Nutrition, the University of Arkansas for Medical Sciences.
8. **Goulden, P.**, *Three vignettes from the 2014 American Diabetes Association*, in *Speaker, Endocrinology Case Conference. 2014:* the University of Arkansas for Medical Sciences.
9. **Goulden, P.**, *Bladder paraganglioma*, in *Medical Grand Rounds (V.A.) / Medical Pathology Conference. 2014:* Conference Theater, John L. McClellan Memorial Veterans Hospital, Little Rock AR.
10. **Goulden, P.**, *Diabetes and the brain*, in *Invited lecture, nutrition seminar series. 2015:* the University of Arkansas for Medical Sciences.
11. **Goulden, P.**, *Insulinoma*, in *Medical Grand Rounds (V.A.) / Medical Pathology Conference. 2015:* Conference Theater, John L. McClellan Memorial Veterans Hospital, Little Rock AR.
12. **Goulden, P.**, *Diabetes in the vascular patient*, in *Invited Lecture. 2015:* Vascular Department, the University of

- Arkansas for Medical Sciences.
13. **Goulden, P.**, *Diabetes Update*, in *Resident Teaching Program (Endocrinology)*. **2016**: the University of Arkansas for Medical Sciences, Little Rock, AR.
  14. **Goulden, P.**, *Type 1 & type 2 diabetes*, in *Team-based learning session*. **2016**: Medical student (M2) lecture program, the University of Arkansas for Medical Sciences.
  15. **Goulden, P.**, *Medical nutrition therapy in diabetes - current evidence and guidelines*, in *Invited Lecture*: **2016**: Department of Nutrition, the University of Arkansas for Medical Sciences.
  16. **Goulden, P.**, *Diabetes Update*, in *Invited Lecture, U.A.M.S. N.W. Diabetes Lecture Series*. **2017**: N.W. Campus, the University of Arkansas for Medical Sciences.
  17. **Goulden, P.**, *Newer agents in type 2 diabetes*, in *Speaker, Endocrinology Case Conference*. **2017**: the University of Arkansas for Medical Sciences.
  18. **Goulden, P.**, *Update in Type 2 Diabetes*, in *Internal Medicine Grand Rounds*. **2017**: the University of Arkansas for Medical Sciences.
  19. **Goulden, P.**, *Diabetes Mellitus TBL*, in a *Team-based learning session*. **2017**: Medical student (M2) lecture program, the University of Arkansas for Medical Sciences.
  20. **Goulden, P.**, *Pre-diabetes*, in *Invited Lecture, U.A.M.S. N.W. Diabetes Lecture Series*. **2017**: N.W. Campus, the University of Arkansas for Medical Sciences.
  21. **Goulden, P.**, *Novel Approached to Diabetes Prevention*, in *Invited lecture, nutrition seminar series*. **2017**: Department of Nutrition, the University of Arkansas for Medical Sciences.
  22. **Goulden, P.**, *Diabetes Update*, in *Invited Lecture: Department of nutrition*, **2017**: Department of Nutrition, the University of Arkansas for Medical Sciences.
  23. **Goulden, P.**, *Advances in the Management of Type 2 Diabetes*, in *Invited Lecture: Geriatrics Grand Rounds*. **2018**: Reynolds Institute for Aging, Little Rock, AR.
  24. **Goulden, P.**, *Advances in the Management of Type 2 Diabetes*, in *Invited lecture, nutrition seminar series*. **2018**: Department of Nutrition, the University of Arkansas for Medical Sciences.
  25. **Goulden, P.**, *Dietary management of type 2 diabetes with an Arkansas dimension*, in *Invited lecture, C.D.E. staff*. **2019**: Department of Endocrinology, Mount Sinai Morningside & West.
  26. **Goulden, P.**, *Type 2 Diabetes Update – Education in Underserved Communities*, in *Endocrinology Grand Rounds*. **2019**: Division of Endocrinology, Diabetes and Bone Diseases, Endocrinology, Diabetes, and Nutrition Grand Rounds. Mount Sinai Morningside & West.
  27. **Goulden, P.**, *Dietary Management of Type 2 Diabetes*, in *Invited lecture, nutrition seminar series*. **2019**: the University of Arkansas for Medical Sciences
  28. **Goulden, P.**, *Type 2 Diabetes Update – Education in Underserved Communities*, in *Endocrinology Grand Rounds*. **2019**: Division of Endocrinology, Diabetes and Bone Diseases , Endocrinology, Diabetes and Nutrition Grand Rounds. Mount Sinai Morningside & West.
  30. **Goulden, P.**, *MSMW Clinical Programs Update*, in *Update on Clinical Programs*. **2020**.
  31. **Goulden, P.**, *Update in Type 2 Diabetes*, in *Internal Medicine Grand Rounds*. **2021**: Mount Sinai Morningside & West, NY, NY.
  32. **Goulden, P** *Five Decades of Obesity Medicine at Morningside*; in *Internal Medicine Grand Rounds*. **2022**: Mount Sinai Morningside & West, NY

