

Curriculum Vitae

Nidhi Gupta, M.D.

OFFICE ADDRESS: KAP Pediatric Endocrinology
400 Sugartree Ln, Suite 520
Franklin, TN 37064

OFFICE PHONE NO.: 615-857-5110

CURRENT POSITION:

Founder and CEO

- KAP Pediatric Endocrinology: www.kapendocrine.com
- Phreedom (Ungrip Devices. Grip Life): www.reconnect.expert
- INSPINAR (Inspirational Seminar): A biweekly podcast, <https://reconnect.expert/inspinar>

400 Sugartree Ln, Suite 520
Franklin, TN 37064

EDUCATION

- 07/2002-02/2008 MBBS, Bachelor of Medicine and Bachelor of Surgery
Maulana Azad Medical College (MAMC), University of Delhi, New Delhi, India
- 03/2007-07/2007 Clinical rotations at Brigham & Women's Hospital, Boston, Children's Hospital, Boston, Texas Children's Hospital, Houston and Yale-New Haven Hospital, New Haven (4 weeks each)
- 03/2008-03/2009 Research Scholar
Diabetes Foundation, New Delhi, India
- 04/2009-04/2010 Research Fellowship
Division of Endocrinology, Diabetes and Nutrition
Mayo Clinic, Rochester, MN
- 09/2010-08/2013 Residency in General Pediatrics
Children's Hospital of Michigan, Detroit, MI
- 07/2014-08/2017 Fellowship in Pediatric Endocrinology
Mayo Clinic, Rochester, MN
- 09/2015-07/2017 Diploma, Clinical and Translational Science
Mayo Clinic, Rochester, MN

ACADEMIC APPOINTMENTS

- 09/2013-06/2014 Pediatric Hospitalist
Gundersen Health System, La Crosse, WI
- 03/2015 - Assistant Professor of Pediatrics

08/2017 Mayo Clinic College of Medicine, Rochester, MN

8/1/2018 – Assistant Professor of Pediatrics
02/25/2022 Department of Pediatrics
Ian M. Burr Division of Pediatric Endocrinology and Diabetes
Monroe Carell Jr. Children's Hospital at Vanderbilt
Nashville, TN

PROFESSIONAL ORGANIZATIONS

09/2014 – Pediatric Endocrinology Society, Member
Present

07/2014 – Endocrinology Society, Member
Present

05/2016 – Maulana Azad Medical College Alumni Association of North America (MAMCOAANA),
Present Member

09/2019 – American Association of Physicians of Indian Origin (AAPI), Member
Present

01/2022 – American Association of Clinical Endocrinology, Member
Present

PROFESSIONAL ACTIVITIES

01/2018 – PES Website and Social Media Committee, Member
Present (Involved with revising and updating the PES website, besides other responsibilities)

01/2018 – PES Social Media Team, Member
Present (Responsible for reviving and managing presence of PES on the social media)

01/2018 – PES Education Committee, Member
Present (Responsible for translating patient education materials in Hindi and propagating it via social media and PES website, besides other responsibilities)

01/2018 – PES Diabetes Special Interest Group (SIG), Member
Present

09/2018 – Director, Cystic Fibrosis Endocrinology and Diabetes Clinic
02/2022 Department of Pediatrics
Ian M. Burr Division of Pediatric Endocrinology and Diabetes
Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, TN

07/2019 – Maulana Azad Medical College Alumni Association of North America (MAMCOAANA),
Present Executive Committee Member

09/2020 – Chair, PES Adrenal Special Interest Group (SIG)
Present

- 10/2020-02/2022 Successful implementation of Clinic-to-Clinic telemedicine endocrine and diabetes clinic at Vanderbilt Children's Hospital, Clarksville, TN location
- 07/2021 – 02/2022 Collaborator, Multidisciplinary Adrenoleukodystrophy Clinic, Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, TN
- 06/2022 ReCONNECT Atlanta (3 Hour Workshop): Created and led the workshop to raise awareness about Life Technology Balance, Atlanta, GA
- 09/2022 ReCONNECT Nashville (3 Hour Workshop): Created and led the workshop to raise awareness about Life Technology Balance, Nashville, TN

HONORS AND AWARDS

- 2000 National Talent Search Examination (NTSE) scholarship by the National Council for Educational Research and Training (NCERT), India for entire period of formal education
- 2002 99th percentile in All India Medical School Entrance examination among 200,000 students
- 2007 Nominated for Lt. Governor's Rolling Trophy for best all-rounder in medical school
- 2007 Nominated for Col. Vidya Rattan Sehgal M.D. Award for all-round performance in final year medical school, sports & extra-curricular activities
- 2008 Graduated top 5% of the class in medical school
- 2012 Nominated for Neonatology Clinical Excellence Award for PL 2-3 in pediatric residency
- 2013 Winner, Annual Sheldon Brenner Resident Research Competition
- 2016 Mayo Clinic Quality Fellow: Silver Level Certification
- 2016 Young Investigator Award (first place) at the 25th Annual Scientific and Clinical Congress of American Association of Clinical Endocrinologists (AACE), Orlando, Florida
- 2017 Outstanding Abstract Award at the 99th Annual Meeting of the Endocrine Society, Orlando, Florida
- 2017 Pediatric Endocrinology Society Travel Award at the 10th International Meeting of Pediatric Endocrinology Society, Washington DC
- 2020 Pediatric Endocrinology Society 2020 Volunteer of the Year Award, Communications/Website/Social Media Committee (2020): Identified by peers as being a super volunteer

SCIENTIFIC REVIEWER

Journals

Pediatrics in Review

- 09/2021
- Pediatric Endocrine Society Patient Education Handouts:
Hindi Translation of 10 educational handouts

B. Diabetes Teaching for Patients

- 07/2014 – 08/2017 Hypoglycemia, physical activity, sick day, ongoing diabetes management, acute and chronic complications
Mayo Clinic, Rochester, MN

C. Teaching Skills Workshop

- 01/2015 Master Class: Teaching Skills Workshop
Mayo Clinic, Rochester, MN

D. Education of Residents

- 08/2014 Presentation: General Pediatrics Board review: Section on Endocrinology
Mayo Clinic, Rochester, MN
- 08/2016 – 08/2017 Pediatric Endocrinology Bimonthly Quiz for Pediatric Residents
Mayo Clinic, Rochester, MN
- 03/2017 Presentation: Pediatric Endocrinology Emergencies
Mayo Clinic, Rochester, MN
- 12/2018 Presentation: General Pediatrics Board review: Section on Endocrinology
Vanderbilt Children's Hospital, Nashville, TN
- 03/2021 Presentation at Resident Noon Conference, Department of Pediatrics, Vanderbilt University Medical Center, Nashville, TN
Topic: Approach to a Child with Short Stature

E. Education of Fellows

- 06/2014 Presentation: HbA1c goals in T1DM: 2014 Position Statement of ADA
- 09/2014 Presentation: Thyrotoxicosis
- 12/2014 Presentation: Approach to a child with short stature
- 01/2015 Presentation: Could it be all about "brown fat"?
- 07/2015 Presentation: Neonatal Diabetes
- 09/2015 Presentation: Subclinical hypothyroidism: To treat or to not treat?
- 10/2015 Presentation: Adrenocortical tumors
- 11/2015 Presentation: Aromatase inhibitors in growth
- 01/2016 Presentation: Lipodystrophy

06/2016 Presentation: Endocrine emergencies

07/2016 Presentation: Screening for complications in T1DM

09/2016 Presentation: IgG4-related hypophysitis

10/2016 Presentation: Growth attenuation therapy

11/2016 Presentation: Waist circumference Quality Improvement project: An Update

12/2016 Presentation: Dietary guidelines for Americans 2015-2010

02/2017 Presentation: Gut: An atypical endocrine organ

06/2017 Presentation: Diabetes Technology: Past, Present and Future (Part I and Part II)

MENTEES

02/2019 – 04/2019 Kyle Gavulic, Undergraduate student, Vanderbilt University, Nashville, TN
Pediatric Endocrinology clinical rotation

01/2020 - 02/2020 Garima Chopra, Visiting medical student, Vanderbilt University Medical Center, Nashville, TN
Pediatric Endocrinology clinical rotation
Matched for residency at St. Louis University, MO

10/2020 - 02/2022 Aarushi Rohila, Undergraduate student, Vanderbilt University, Nashville, TN
Pediatric Endocrinology clinical rotation

09/2022 – Present Aditi Jindal, High School Senior, Ravenwood High School, Nashville, TN
Observership in KAP Pediatric Endocrinology clinic

RESEARCH GRANTS AWARDED

07/2012-07/2013

- Co-Investigator: Assessment of knowledge of children and their parents regarding their endocrine diagnosis: Impact of educational intervention

Children's Research Center of Michigan (CRCM) small grant program (\$10,000), Detroit, MI

PRESENTATIONS

International

04/2010 **Gupta N**, Goel K, Kumar P, Pandey RM, Vikram NK, Wasir JS, Misra A. Predictive Equations for Estimation of Body Composition in healthy Asian Indians, with DEXA and MRI as Standard Methods. Poster presentation at the Arteriosclerosis, Thrombosis and Vascular Biology Annual Conference, Chicago. Arterioscler Thromb Vasc Biol June 2007; 27:e112 (abstract P431)

- 10/2010 **Gupta N**, Mundi MS, Koutsari C, Kemp B, Jensen MD. Regional Free Fatty Acid Uptake Assessed By Positron Emission Tomography in Humans: Pilot and Feasibility Studies. Oral presentation at The Obesity Society's 2010 Annual Scientific Meeting, San Deigo, CA
- 05/2016 **Gupta N**, Asi N, Farah W, Almasri J, Barrionuevo P, Alsawas M, Wang Z, Ahmed A, Nolasco G, Elmusharaf M, Murad H. Clinical manifestations and management of non-HIV related lipodystrophy. Poster presentation at The American Association of Clinical Endocrinologists' 25th Annual Meeting, Orlando, FL
- 04/2017 **Gupta N**, Rivera M, Novotny P, Rodriguez V, Bancos I, Lteif A. Adrenocortical carcinoma in children: A clinico-pathologic analysis of 41 patients at Mayo Clinic from 1950-2016. Oral Presentation at the 99th Annual Meeting of the Endocrine Society, Orlando, FL
- 09/2017 **Gupta N**, Tebben PJ. Short stature without hypertrichosis cubiti: Atypical phenotype of Wiedemann-Steiner syndrome with a novel nonsense KMT2A (MLL) mutation. Poster Presentation at the 10th International Meeting of the Pediatric Endocrine Society, Washington DC
- 09/2017 **Gupta N**, Lteif A, Creo A, Iqbal A, Schwenk WF, Pittcock S, Tebben PJ, Hansen J, Heyrman M, Spee R, Scanlan-Hanson L, Kumar S. Improved frequency of waist circumference measurement and utilization of waist-to-height ratio in cardiometabolic risk counselling among children: A Quality Improvement Initiative. Poster Presentation at the 10th International Meeting of the Pediatric Endocrine Society, Washington DC
- 09/2017 **Gupta N**, Rivera M, Novotny P, Rodriguez V, Bancos I, Lteif A. Adrenocortical carcinoma in children: A clinico-pathologic analysis of 41 patients at Mayo Clinic from 1950-2016. Poster Presentation at the 10th International Meeting of the Pediatric Endocrine Society, Washington DC
- 03/2018 Wadams HD, **Gupta N**, Tebben PJ. Onset of Pituitary Hormone Deficiencies in Optic Nerve Hypoplasia: A Temporal Trend Analysis of 33 Children at Mayo Clinic. Poster Presentation at the 100th Annual Meeting of the Endocrine Society, Chicago, IL
- 10/2018 **Gupta N**, Gregory SW, Deyle DR, Tebben PJ. Three Patient Kindred with a Novel Phenotype of Osteogenesis Imperfecta Type IV due to a COL1A1 Variant. Poster Presentation at the 2018 Annual Meeting of the American Society for Bone and Mineral Research (ASBMR), Montreal, Canada
- 07/2019 **Gupta N**. Is it Normal? Pediatric Endocrinology Potpourri. CME Presentation at Maulana Azad Medical College Alumni Association of North America (MAMCOAANA) 35th Annual Convention, Chicago, IL
- 04/2022 **Gupta N**. Wireless Mobile Device Addiction and Well-being: A Review of Literature and Recommendations from the Phreedom Initiative. Poster Presentation at the 2022 Annual Meeting of the Pediatric Endocrine Society (held virtually).
- 05/2022 **Gupta N**. Wireless Mobile Device Addiction and Obesity: Understanding the Neuroscience, Implications and Interventions. E-Poster Presentation at the 2022 Annual Meeting of the American Association of Clinical Endocrinology, San Diego, CA

- 06/2022 **Gupta N.** Wireless Mobile Device Overuse and Obesity: Understanding the Neuroscience, Implications and Interventions. Rapid Fire and Poster Presentation at the 2022 Annual Meeting of the Endocrine Society, Atlanta, GA
- 06/2022 **Gupta N.** Wireless Mobile Device Overuse and Obesity: Understanding the Neuroscience, Implications and Interventions. Oral Presentation at the Endo Obesity News Conference at the 2022 Annual Meeting of the Endocrine Society, Atlanta, GA
https://youtu.be/L5067wxP_9I

National

- 10/2009 **Gupta N,** Goel K, Shah P, Misra A, Rastogi K, Pandey RM, Vikram NK. Improvement in Health-Related Knowledge and Behavior of Asian Indian School Children After Intensive Educative Intervention – A Comparative Analysis with Parents and Teachers. Accepted for oral presentation. American Academy of Pediatrics National Conference and Exhibition. Published online at:
<http://aap.confex.com/aap/2009/webprogram/Paper6640.html>
- 03/2010 **Gupta N,** Mundi MS, Nielsen S, Basu R, Jensen MD. Splanchnic extraction of insulin is different in men and women. Poster presentation. Joint AHA Conference - 50th Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity, and Metabolism, San Francisco, CA
- 10/2015 **Gupta N,** Zidan M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development and validation of a targeted Pediatric Endocrine Knowledge Assessment Questionnaire (PEKAQ): Impact of PEKAQ intervention study. Oral Presentation at American Academy of Pediatrics National Conference and Exhibition, Washington, DC. Pediatrics Feb 2016, 137 (Supplement 3) 57A

Regional

- 09/2015 **Gupta N,** Zidan M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development, validation and impact of a targeted Pediatric Endocrine Knowledge Assessment Questionnaire. Poster presentation at the Delivery Science Summit, Rochester, MN
- 03/2017 **Gupta N,** Lteif A, Creo A, Iqbal A, Schwenk WF, Pittock S, Tebben PJ, Hansen J, Heyrman M, Spee R, Scanlan-Hanson L, Kumar S. Improved frequency of waist circumference measurement and utilization of waist-to-height ratio in cardiometabolic risk counselling among children: A Quality Improvement Initiative. Poster presentation at the 2017 Mayo Clinic Quality Conference, Rochester, MN

Local

- 05/2017 Department of Pediatrics Grand Rounds, Mayo Clinic, Rochester, MN
Presentation: When Rare is Not so Rare: 1. Lipodystrophy 2. Adrenocortical Carcinoma
- 08/2017 Invited speaker, Division of Pediatric Endocrinology, Yale University School of Medicine, New Haven, CT
My Journey in Medicine: A scenic route

- 08/2017 Invited speaker, Division of Pediatric Endocrinology, Duke University, Durham, NC
My Journey in Medicine: A scenic route
- 10/2017 Invited speaker, Division of Pediatric Endocrinology, University of Louisville, Kentucky
My Journey in Medicine: A scenic route.
- 12/2017 Invited speaker, Ian M. Burr Division of Pediatric Endocrinology and Diabetes
Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, TN
My Journey in Medicine: A scenic route.
- 04/2019 Endocrine Grand Rounds, Division of Diabetes, Endocrinology and Metabolism,
Department of Medicine, Vanderbilt University Medical Center, Nashville, TN
Presentation: Adrenocortical Tumors: A Clinical Spectrum in Children and Adults
- 02/2020 Division Conference, Division of Pediatric Endocrinology and Diabetes, Vanderbilt
University Medical Center, Nashville, TN
Presentation: Endocrine Care in Cystic Fibrosis: Era of Highly Effective Modulator
Therapy
- 03/2021 Resident Noon Conference, Department of Pediatrics, Vanderbilt University Medical
Center, Nashville, TN
Presentation: Approach to a Child with Short Stature
- 02/2022 Endocrine Grand Rounds, Division of Diabetes, Endocrinology and Metabolism,
Department of Medicine, Vanderbilt University Medical Center, Nashville, TN
Presentation: Why should an Endocrinologist (adult/peds) care about screentime (their
own/that of their patients)?

SPEAKING ENGAGEMENTS

- 11/2021 Wellbeing – feeling addicted to your phone. Guest speaker at the Podcast hosted by The
British Medical Journal. November 15, 2022.
<https://tinyurl.com/WellbeingThe-BMJNidhi-Gupta>
- 01/2022 What Kind of Relationship Do You Have with Your Wireless Mobile Devices? Guest
speaker at the Podcast, The Daily Huddle.
<https://fb.watch/axK1mhv3On/>
- 06/2022 ReCONNECT Atlanta (3 Hour Workshop): Conceptualized and led the workshop to raise
awareness about Life Technology Balance, Atlanta, GA
https://youtu.be/r_VwmslDdew
<https://youtu.be/baQJVZle3uA>
- 06/2022 What is Addictive and Sucks your Productivity all day? Guest speaker at the Podcast,
The Daily Huddle.
<https://youtu.be/ZFIMfWj8V5Q>
- 09/2022 Weapons of Mass Distraction. Guest speaker at the Podcast hosted by Switch4Good.
<https://youtu.be/AWIEcQRlc2w>
- 09/2022 ReCONNECT Nashville (3 Hour Workshop): Conceptualized and led the workshop to
raise awareness about Life Technology Balance, Nashville, TN

<https://youtu.be/MnnJI1zY59Y>

- 09/2022 Weapons of Mass Distraction: The Dumbing and Disconnecting Effects of Smartphones. Guest speaker at the Podcast How It's Done: A Podcast for Curious Marketers
<https://Inns.co/9fieFboZaMI>
- 09/2022 Feeling Addicted to Your Phone? Discover the Magic of Life-Technology Balance. Grand-rounds presentation at Department of Pediatrics, University of Texas, San Antonio
- 11/2022 Wireless Mobile Device Addiction and Diabetes: Discover the Magic of Life-Technology Balance. Presenter and panelist at the Dorothy Marie Kinnard Foundation (DMKF)'s 2022 *Lunch and Learn: Let's talk about Diabetes* event, Nashville, TN

UPCOMING SPEAKING ENGAGEMENTS

- 01/2023 Tiger Salon: A Parent Education Initiative at the Ensworth School, Nashville, TN
- 04/2023 TEDx Tullahoma

PUBLICATIONS

Full length, peer-reviewed, original articles

1. Goel K, **Gupta N**, Misra A, Poddar P, Pandey RM, Vikram NK, Wasir JS. Predictive Equations for Body Fat and Abdominal Fat with DXA and MRI as Reference in Asian Indians. **Obesity (Silver Spring)**. 2008 Feb; 16(2):451-6. PMID: 18239658
2. Misra A, Alappan NK, Vikram NK, Goel K, **Gupta N**, Mittal K, Bhatt S, Luthra K. Effect of supervised progressive resistance-exercise training protocol on insulin sensitivity, glycemia, lipids, and body composition in Asian Indians with type 2 diabetes. **Diabetes Care**. 2008 Jul; 31(7):1282-7. PMID: 18316394
3. Chadha DS, **Gupta N**, Goel K, Pandey RM, Kondal D, Ganjoo RK, Misra A. Impact of Obesity on the Left Ventricular Functions and Morphology of Healthy Asian Indians. **Metab Syndr Relat Disord**. 2009 April; 7(2):151-8. PMID: 19284312
4. Vikram NK, Pandey RM, Misra A, Goel K, **Gupta N**. Factor analysis of the metabolic syndrome components in urban Asian Indian adolescents. **Asia Pac J Clin Nutr**. 2009; June 18(2):293-300. PMID: 19713191
5. Narang R, Chadha DS, Goel K, Mishra S, Bajaj N, Sharma S, **Gupta N**, Bahl VK. Screening coronary angiography prior to surgery in rheumatic valvular heart disease – a study of 2188 patients. **Journal of Heart Valve Disease**. 2009 July; 18(4):455-462. PMID: 19852152.
6. Goel K, Misra A, Vikram NK, Poddar P, Wasir JS, **Gupta N**. Subcutaneous abdominal adipose tissue is associated with the metabolic syndrome in Asian Indians independent of intra-abdominal and total body fat. **Heart**. 2010; Apr; 96(8):579-83. PMID: 20357386

7. **Gupta N**, Shah P, Goel K, Misra A, Rastogi K, Vikram NK, Kumari V, Pandey RM, Kondal D, Wasir JS, Bhardwaj S, Gulati S. Imbalanced dietary profile, anthropometry and lipids in urban Asian Indian adolescents and young adults. **J Am Coll Nutr.** 2010 Apr; 29(2):81-91. PMID: 20679142
8. **Gupta N**, Shah P, Misra A, et al. Improvement in nutrition-related knowledge and behavior of urban Asian Indian school children: findings from MARG intervention study. **Br J Nutr.** 2010 Aug;104(3):427-36. PMID: 20370939
9. Gupta DK, Shah P, Misra A, Bharadwaj S, Gulati S, **Gupta N**, Sharma R, Pandey RM, Goel K. Secular trends in prevalence of overweight and obesity from 2006 to 2009 in urban Asian Indian adolescents aged 14-17 years. **PLoS ONE.** 2011 Feb 23; 6(2):e17221. PMID: 21383840
10. Misra A, Shah P, Goel K, **Gupta N**, et al. High Burden of Obesity and Abdominal Obesity in urban Indian School children: A Multi-centric study of 38296 children. **Ann Nutr Metab.** 2011 Jul 14; 58(3):203-211. PMID: 21757894
11. **Gupta N**, Goel K, Shah P, Misra A. Childhood obesity in developing countries: Epidemiology, Determinants and Prevention. **Endocr Rev.** 2012 Feb; 33(1):48-70. PMID: 22240243
12. Jensen MD, Nielsen S, **Gupta N**, Basu R, Rizza RA. Insulin clearance is different in men and women. **Metabolism.** 2012 Apr; 61(4):525-30. PMID: 22000585
13. **Gupta N**, Jensen MD. Clinical effects of high fat meals and weight gain due to high-fat feeding. **International Journal of Obesity Supplements.** 2012 Dec;2(Suppl 2):S51-5. PMID 27152154
14. **Gupta N**, Shah P, Nayyar S, Misra A. Childhood Obesity and the Metabolic Syndrome in Developing Countries. **Indian J Pediatrics.** 2013 Mar;80 Suppl 1:S28-37. PMID 23334584
15. Gulati S, Misra A, Colles SL, Kondal D, **Gupta N**, Goel K, Bansal S, Misra M, Madkaikar V, Bharadwaj S. Dietary intakes and familial correlates of overweight/obesity: a four cities study in India. **Ann Nutr Metab.** 2013 May 62(4):279-90. PMID 23689065
16. **Gupta N**, Daoud M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development of Pediatric Endocrine Knowledge Assessment Questionnaire (PEKAQ): Impact of PEKAQ intervention study. **J Clin Res Pediatr Endocrinol.** 2016 Dec 1;8(4):411-418. PMID: 27353948
17. **Gupta N**, Asi N, Farah W, Almasri J, Moreno Barrionuevo P, Alsawas M, Wang Z, Haymond MW, Brown RJ, Murad MH. Clinical manifestations and management of non-HIV related lipodystrophy in children: a systematic review. **J Clin Endocrinol Metab.** 2017 Feb 1;102(2):363-374. PMID: 27967300
18. **Gupta N**, Rivera M, Novotny P, Rodriguez V, Bancos I, Lteif A. Adrenocortical carcinoma in children: A clinicopathological analysis of 41 patients at the Mayo Clinic from 1950-2017. **Horm Res Paediatr.** 2018;90(1):8-18. PMID: 29804118

19. **Gupta N**, Lteif A, Creo A, Iqbal A, Pittock S, Tebben PJ, Hansen J, Heyrman M, Spee R, Scanlan-Hanson L, Kumar S. Improved utilization of waist-to-height ratio in cardiometabolic risk counseling in children: Application of DMAIC strategy. **J Eval Clin Pract** 2019 Apr;25(2):300-305. PMID: 30378218
20. **Gupta N**, Wadams HD, Novotny P, Tebben PJ. Onset of Pituitary Hormone Deficiencies in Optic Nerve Hypoplasia: A Temporal Trend Analysis of 32 Children at Mayo Clinic. **J of Pediatr Endocrinol Metab**. 2020 Jan 28;33(1):139-145. PMID: 31811804
21. **Gupta N**, Gregory SW, Deyle DR, Tebben PJ. Three Patient Kindred with a Novel Phenotype of Osteogenesis Imperfecta Type IV due to a *COL1A1* Variant. **J Clin Res Pediatr Endocrinol**. 2021 Jun 2;13(2):218-224. doi: 10.4274/jcrpe.galenos.2020. PMID: 32519829
22. Huang J, Sarma A, **Gupta N**, Little S, Pruthi S. Noncontrast MRI Protocol for Selected Pediatric Pituitary Endocrinopathies: A Procedure with High Diagnostic Yield and Potential to Reduce Anesthesia and Gadolinium-Based Contrast Exposure. **Am J Neuroradiol**. 2021 Sep 2. doi: 10.3174/ajnr.A7228. PMID: 34475192
23. Shenoy R, Newbern D, Cooke D, Chia D, Panagiotakopoulos L, DiVall S, Torres-Santiago L, **Gupta N**. The Structured Oral Examination: A Method to Enhance Formative Feedback to Pediatric Subspecialty Fellow Physicians. **Academic Pediatrics**. 2022 Jan 6; doi: 10.1016/j.acap.2021.12.032. PMID 34999252
24. **Gupta N**. Pitfalls in the Use of Mobile Wireless Devices in Healthcare: Distraction, Errors, Procrastination, and Burnout. **American Journal of Medicine Open**. 2022 February. <https://doi.org/10.1016/j.ajmo.2022.100010>
25. **Gupta N**. Real-World Strategies to Achieve Life-Technology Balance in Children and Their Parents: A Review and Recommendations. **Journal of Applied Sciences and Clinical Practice**. 2022 November. *Accepted*.

Published book chapter

1. **Gupta N**, Goel K, Misra A. Childhood obesity in developing countries: facets of abnormal growth. V.R. Preedy (Ed.). **Handbook of Growth and Growth Monitoring in Health and Disease**. London, United Kingdom: Springer, 2012: 1491-1524

Scientific reports

1. Rajjo T, Mohammed K, Alsawas M, Ahmed A, Farah W, Asi N, **Gupta N**, Al Nofal A, Almasri J, Murad H. Quality of Evidence Supporting Interventions to Treat Pediatric Obesity: A Systematic Review. Report for Pediatric Endocrinology Society. July 2015
2. **Gupta N**, Asi N, Farah W, Almasri J, Barrionuevo P, Alsawas M, Wang Z, Ahmed A, Nolasco G, Elmusharaf M, Murad H. Clinical manifestations and management of non-HIV related lipodystrophy in children: a systematic review. Report for Pediatric Endocrinology Society. Nov 2015
3. Wadams H, Lteif A, **Gupta N**, et al. Central Diabetes Insipidus Diagnosis and

Management Guidelines. Nov 2015

Visual diagnosis

1. Alwan R, **Gupta N**, Karnati S, Sood B. Congenital Pseudoarthrosis of the Tibia: Visual Diagnosis. NeoReviews. 2012 July 1; 13 (7): e455

Letters

1. Goel K, **Gupta N**, Misra A, Poddar P, Pandey RM, Vikram NK, Wasir JS. Response to "predictive equations for body fat in Asian Indians". **Obesity (Silver Spring)**. 2009 May; 17(5):936-7. doi:10.1038/oby.2009.41

Media coverage

- 12/2016 Symptoms, management of lipodystrophy vary in pediatric patients. News Report. December 22, 2016. <https://www.healio.com/news/endocrinology/20161221/symptoms-management-of-lipodystrophy-vary-in-pediatric-patients>
- 04/2017 Age at symptom onset tied to survival in adrenocortical carcinoma. News Report. April 03, 2017. <https://www.healio.com/news/endocrinology/20170403/age-at-symptom-onset-tied-to-survival-in-adrenocortical-carcinoma>
- 01/2022 Excessive screen time impacting health of children in many ways. News Report in Vanderbilt University Medical Center Reporter. Jan 12, 2022. <https://news.vumc.org/2022/01/12/excessive-screen-time-impacting-health-of-children-in-many-ways/>
- 06/2022 Excessive mobile device use linked to higher BMI, other adverse health outcomes. News Report. June 12, 2022. <https://www.healio.com/news/endocrinology/20220612/excessive-mobile-device-use-linked-to-higher-bmi-other-adverse-health-outcomes>
- 06/2022 Mobile devices 'addictive by design': Obesity is one of many health effects. News Report. June 30, 2022. <https://www.mdedge.com/endocrinology/article/255924/obesity/mobile-devices-addictive-design-obesity-one-many-health-effects>
- 07/2022 Ungrip Smartphones, Grip Life: A Case for Moderating Device Use. News Report. July 12, 2022. <https://www.medscape.com/viewarticle/976328>
- 07/2022 Total Health: Dr Nidhi Gupta of Phreedom On How We Can Optimize Our Mental, Physical, Emotional, & Spiritual Wellbeing. Interview published in Authority Magazine. July 27, 2022. <https://medium.com/authority-magazine/total-health-dr-nidhi-gupta-of-phreedom-on-how-we-can-optimize-our-mental-physical-emotional-717a506e874>
- 08/2022 ReConnect Nashville and its importance for the audience. Interview with RJ Shalini on Shuddh Desi Radio. <https://youtu.be/mmtk004Yv-8>
- 09/2022 The pros and cons of digital technology. Interview with RJ Andy on Shuddh Desi Radio. <https://youtu.be/7u1JqUuh4VY>

