



Dr. Mark Houston Curriculum Vitae

HYPERTENSION INSTITUTE ([HTTPS://HYPERTENSIONINSTITUTE.COM](https://hypertensioninstitute.com)) > DR. MARK HOUSTON CURRICULUM VITAE

Curriculum Vitae

Mark C. Houston

M.D., M.S., MSc, ABAARM, FAARM, FACP, FAHA, FASH, FACN, FAARM, DABC

January, 2019

Place of Birth:

Jackson, Tennessee

Citizenship

United States

Education

B.A. Degree – Chemistry

Suma Cum Laude

Phi Beta Kappa

Rhodes College

Memphis, Tennessee

M.D. Degree– Highest Honors

Alpha Omega Alpha (AOA)

Vanderbilt University Medical School

Nashville, Tennessee

M.S. Degree in Human Nutrition– October 2003 (Phi Kappa Phi)

University of Bridgeport

Bridgeport, Connecticut

MS Degree in Metabolic Medicine and Human

Nutrition – May 2013

University of South Florida, Tampa

BOARD CERTIFICATIONS

1. National Board of Medical Examiners – Completed Parts I-III
2. American Board of Internal Medicine (ABIM) – Diplomat/Certification 1975
3. American Society of Hypertension (ASH) Specialist in Clinical Hypertension (FASH) (1999)
4. American Academy of Anti-Aging Medicine ABAARM – (Board Certification 2003)
5. Masters of Science in Human Nutrition, MS, University of Bridgeport, Connecticut (2003)

6. Masters of Science in Metabolic Medicine, MSc University of South Florida, Tampa, (2013)
7. Certification by AMET: American Aesthetic Medical Educators Training (2010)
8. American Board of Cardiology (ABC) Certification in Hypertensive Cardiovascular Disease (DABC) (2017)

SPECIAL HONORS

1. One of the Top Cardiovascular Physicians in the US by the Consumer's Research Council of America. November 2018
2. Top 100 physicians in US. American Health Council September 2017
3. Top 50 Functional and Integrative Medical Doctors in the USA. August 2017
4. USA Today: Most Influential Doctors in the USA: Selected as Top Physician in both Hypertension and Hyperlipidemia. 2008 and 2009
5. America's Top Physicians 2008, 2009, 2010, 2011, 2012, 2013, 2014 in Hypertension Consumer's Research Council of America
6. America's Best Physicians in Cardiovascular Medicine 2018 by the National Consumer Advisory Board
7. William Hillman Award for Excellence in Teaching: Vanderbilt Medical School 1977-78
8. Harold Harper Award: ACAM 2002
9. Denham Harmon MD, PhD Award: ACAM 2010
10. Integrative Medicine Award for Excellence in Teaching July 2010: IFIM
11. Outstanding Contributions in Education and Business Leadership A4M and MMI December 2017
12. Patients Choice Award 2010 Consumer Reports: USA Edition
13. Fellow of the American Society of Hypertension (FASH) May 2011. NYC Annual ASH meeting
14. Fellow of American College of Nutrition (FACN) 2012.

15. Fellow of the American College of Anti-Aging and Regenerative Medicine
FAARM 2013
16. Consultant and honorary lectureship for Cardiovascular Academy Clinic in
Stockholm Sweden and Functional Medicine Health Care System in Sweden.
2013-2014
17. Consultant and honorary lectureship for REDOX in Taipei, Taiwan, July 2015
18. Honorary lectureship. CV symposium. A4M Dubai. November 2015.

Business Address

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WEBSITE: [hypertensioninstitute.com](http://www.hypertensioninstitute.com) (http://www.hypertensioninstitute.com)

PRESENT ACADEMIC APPOINTMENTS, FACULTY APPOINTMENTS AND DIRECTORSHIPS

1. Associate Clinical Professor of Medicine, Vanderbilt University School of
Medicine [1990-2012]
2. Clinical Instructor in the Department of Physical Therapy and Health Care

Sciences at George Washington University [2014-present]

3. Adjunct Professor in Metabolic Medicine at the University of South Florida Medical School
4. Director of the Hypertension Institute and Vascular Biology of Nashville [1990-present]. The Hypertension Institute is one of twenty recognized Cardiovascular Centers of Excellence designated by Consortium of Southeastern Hypertension Control (COSEHC)
5. Medical Director, Clinical Research, Hypertension Institute [1995-present]
6. Section Chief, Division of Nutrition, Hypertension Institute [2003-present]
7. Director, CME, Hypertension Institute [2003-present]
8. Director of Life Extension Institute, Saint Thomas Medical Group, Saint Thomas Hospital [1998-present]
9. Chief Medical Officer of Ageless Solutions Clinics, US
10. Staff Physician, Saint Thomas Medical Group, Saint Thomas Hospital [1990-present]
11. Staff Physician, Vascular Institute, Saint Thomas Hospital [1990-present]
12. Faculty Member, Anti-Aging and Functional Medicine Fellowships, (A4M) University of South Florida (USF) [2005-present] and previously at Wayne State Medical School, Detroit, MI.
13. Faculty, American Society of Hypertension, (ASH), Accredited Hypertension Sales Representative Program (AHSRP) [2010-present]
14. Director Advanced Integrative and Metabolic Cardiovascular Certification Module 16: A4M and University of South Florida Faculty [2011-present]
15. Advisory Council for MVP Holdings and Destination Medical Centers [2011]
16. Board of Directors American College for Advancement in Medicine (ACAM) [2012-present]
17. Founding member and director of the International Society of Integrative Metabolic and Functional Cardiovascular Medicine (ISIMFC) founded in 2012
18. Chief Medical Consultant for Primal MD and Ageback, Dubai, UAE [2015-present]

19. Chief Medical Consultant and Director of Scientific Affairs, Bioceuticals Research, Australia [2015-present]
20. Chief Medical Consultant and Scientific Advisory Board for Vibrant America Labs [2015-present]
21. Key opinion leader and faculty for Personalized Lifestyle Medicine Institute (PLMI)
22. Medical Advisory Board for Metagenics [2017-present]

PROFESSIONAL APPOINTMENTS AND RESPONSIBILITIES

1. Intern in Medicine, University of California Hospitals, San Francisco, California
2. Resident in Medicine, University of California Hospitals, San Francisco, California
3. Hugh J. Morgan, Chief Resident in Medicine, Vanderbilt University School of Medicine
4. Assistant Professor of Medicine, Vanderbilt University School of Medicine
5. Associate Professor of Medicine, Vanderbilt University School of Medicine
6. Co-Director, Medical Intensive Care Unit, Vanderbilt University Hospital
7. Medical Director, Cooperative Care Center, Vanderbilt University Hospital
8. Co-Director, Department of Medicine Resident Report, Vanderbilt University Hospital
9. Member, Division of General Internal Medicine, Vanderbilt University School of Medicine
10. Member, Primary Care Center, Vanderbilt University School of Medicine
11. Attending Physician, Department of Medicine, Vanderbilt University Hospital
12. Medical Attending in Vanderbilt Emergency Room
13. Staff Physician, Parkview Hospital, Nashville, Tennessee

14. Director, Vanderbilt Medical Center Executive Physical Program and Health Promotion Center
15. Chief, Clinical Section, Division of General Internal Medicine, Vanderbilt University School of Medicine
16. Staff Physician, St. Thomas West Hospital, Nashville, Tennessee
17. Director, Hypertension Institute and Vascular Biology, St. Thomas West Hospital
18. Director, Life Extension Institute, St. Thomas West Hospital
19. Staff Physician, Vascular Institute, St. Thomas West Hospital
20. Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine
21. Adjunct faculty, USF, Tampa. Metabolic Medicine and FAARM

FELLOWSHIPS

- Fellow, American College of Physicians (FACP)
- Fellow, National Council on High Blood Pressure Research)
- Fellow, International Society for Hypertension in Blacks (FISHIB)
- Fellow, American Heart Association (FAHA)

Fellow, Council on Nutrition, Physical Activity and Metabolism (AHA)

- Fellow, American Society of Hypertension (FASH)
- Fellow American College of Nutrition (FACN)
- Fellow A4M FAARM

ACTIVITIES, HONORS AND AWARDS

- Jackson High School, Jackson, Tennessee
 1. Valedictorian
- Southwestern at Memphis (Rhodes College)
 1. Graduated Summa Cum Laude
 2. Phi Beta Kappa
 3. Who's Who in American Colleges and Universities
 4. Nominated to finals for Tennessee Selection Rhodes Scholar
 5. President of Honor Council
 6. Junior Honor's Program – Independent Research in Chemistry on Aging, under Dr. Harold Lyons
 7. Omicron Delta Kappa
- Vanderbilt University Medical School and Medical Center
 1. Alpha Omega Alpha
 2. J. William Hillman Award for Excellent in Teaching – Selected as best teacher by 3rd and 4th year medical students : Vanderbilt University Hospital
 3. Henry J. Kaiser Family Foundation Faculty Fellowship Semifinalist
 4. Fellow of the American College of Physicians (FACP)
- St. Thomas West Hospital
 1. The 2002 Harold Harper Lecture Award Role of Vascular Biology, Nutrition and Nutraceuticals in Prevention and Treatment of Hypertension,À American College for Advancement in Medicine
 2. (ACAM) Fall Conference, November 9 Phoenix, Arizona (2002)
Jackson Purchase Cardiovascular Society Distinguished Lecturer
Management of Resistant Hypertension,À 2004 Winter Vascular Symposium January 17 Paducah, Kentucky (2004)
 3. Stroke and Heart Attack Prevention Centers: Medical Director for Hypertension (2006)

4. Denham Harmon MD, PhD Award by the American College for Advancement in Medicine (ACAM) San Diego, Ca Annual Meeting April 24, 2010
 5. Integrative Medicine Award for Excellence in Teaching and Clinical Medicine: IFIM Las Vegas, NV, July 2010
- University of Bridgeport, Connecticut
 1. Honor Society of Phi Kappa Phi (2003)
 - America's Top Physicians in Hypertension 2008, 2009, 2010, 2011 by the Consumers Research Council of America
 - USA Today Most Influential Doctors in USA in both Hypertension and Hyperlipidemia: in 2009 and in two consecutive votes in May and November, 2009
 - America's Top Physicians in Cardiology 2018 by the Consumers Research Council of America
 - One of top two physicians in the state of Tennessee in Anti-Aging Medicine in two books: Breakthrough and Knockout by Suzanne Sommers
 - Patient's Choice Award in 2010 in USA Consumer Reports
 - He is one of the founding members and director of the International Society of Integrative Metabolic and Functional Cardiovascular Medicine (ISIMFC) founded in 2012

EDITORIAL BOARDS, EDITORIAL CONSULTANT OR REVIEWER

1. Medical Editor for *The Board Examination Review & Study Guide, 2009 Edition* of the American Academy of Anti-Aging Medicine (A4M) (2009-present)
2. Editor-in-Chief for *Journal of the American Nutraceutical Association* (JANA) (2001-present)
3. Protocols: *Strategies from Experts in Cardiology* (1990-present) (Editorial Board and Consultant)

4. Editorial Board for Protocols: *Strategies from Experts in Cardiology* (1990-present)
5. *The Journal of the American Nutraceutical Association* (2000-present) (Editorial Board)
6. *Chest* (Reviewer)
7. *Archives of Internal Medicine* (Reviewer)
8. *American Medical Reports* Emergency Medicine Section (Reviewer)
9. *American Heart Journal* (Reviewer)
10. *Southern Medical Journal* (Reviewer)
11. *Medical Letter* (Reviewer)
12. *American Journal of Medicine* (Reviewer)
13. *Hypertension* (Reviewer)
14. *Annals of Internal Medicine* (Reviewer)
15. *New England Journal of Medicine* (Reviewer)
16. *American Journal of Hypertension, Ltd.* (Reviewer)
17. *Human Hypertension* (Reviewer)
18. *Journal of the American Medical Association* (JAMA) (Reviewer)
19. *Therapeutic Advances in Cardiovascular Disease* (Editorial Board)
20. *American Journal of Hypertension* (Reviewer)
21. *Journal of Clinical Hypertension* (Reviewer)
22. *Annals of Nutritional Disorders and Therapy* (Editorial Board)
23. *Metabolic Syndrome and Drug Therapy* (Editorial Board)
24. *Journal of Food and Nutrition* (Editorial Board)
25. *Journal of Food and Nutritional Disorders* (Editorial Board)

ADVISORY BOARDS

1. Health Trac Hypertension Advisory Board (1990-present); Stanford, California "Heart and Circulation" Journal (1990)
2. Protocols: Strategies from Experts in Cardiology (Editorial Advisory Board)

(1990-present)

3. National Bureau for Information on Coronary Heart Disease Risk; Connecticut
4. Doxazosin Investigators and Consultants Educational Exchanger; New York, New York
5. Vascular Biology and Hypertension Consultants RDR; Boston, Massachusetts
6. The Consortium for Southeastern Hypertension Control (COSEHC) (External Medical Advisory Board) (2001-present) and Board of Directors (2002-present)
7. Chair, American Nutraceutical Association (ANA) (Advisory Council)
8. Member, American Heart Association Council on Arteriosclerosis, Thrombosis, and Vascular Biology
9. Board of Trust and Executive Board Consortium of Southeastern Hypertension Control (COSEHC)
10. Vascular Biology and Hypertension Consultants (RDR)
11. Doxazosin Investigators and Consultant Exchange (DICE)
12. National Bureau for Information on CHD
13. Helios Health Hypertension Expert
14. Kronos Clinical Age Management
15. Vascular Biology Working Group
16. Chair, Medical Advisory Board American Nutraceutical Association (ANA)
17. Vascular Institute St. Thomas West Hospital
18. American Society of Hypertension Committee on Membership (ASH) (2002-present)
19. The Consortium for Southeastern Hypertension Control CME Committee (COSEHC) (2002-present)
20. Medical Liaison to Institute of Medicine (IOM) for the National Institutes of Health and Agency for Healthcare Research and Quality for Complementary and Alternative Medicine (ANA Representative), 2003

21. Chair, COSEHC Annual Cardiovascular Symposium (2002)
22. Co-Chair, COSEHC Cardiovascular and Hypertension Guidelines (2004)
23. Global Cardiovascular Risk Registry Steering Committee, COSEHC (2006)
24. Medical Advisory Board for Optimal Health, San Diego, CA 2010
25. Medical Advisory Board for Rancho Mirage , CA, ICI. 2010
26. Board of Directors for Jennifer O'Neill Ministries 2010
27. Medical Advisory Board for Health Intelligence: Solal Technologies 2010 to date
28. South Africa Scientific Advisory Board for Optimal Health and Prevention Research Foundation, San Diego, CA 2010
29. Medical Advisory Board for MVP Holdings and Destination Medical Centres. Chief Medical Officer for Destination Medical Centres and MVP Holdings
30. American Society of Hypertension ASH Steering Committee for Clinical Hypertension Review Course 2011.
31. Director of the Advanced Integrative Metabolic and Functional Cardiovascular Course for FAARM and A4M with the University of South Florida Medical School.

SOCIETIES

1. Elected Member of the Executive Council, American Society of Hypertension (ASH)
2. Fellow, American Heart Association (FAHA)
3. Consortium of Southeastern Hypertension Control (COSEHC) (2000-present)
4. American Society of Hypertension (ASH) Specialist in Clinical Hypertension (1999)
5. Fellow – National Council on High Blood Pressure (1996-present)
6. American Heart Association National Chapter (AHA)
7. Member of AHA Council on Atherosclerosis, Thrombosis and Vascular Biology

8. American Heart Association Middle Tennessee Chapter (AHA)
9. American Thoracic Society Member (ATS)
10. Nashville Academy of Medicine (NAM) and Davidson County Medical Society (DCMS)
11. Tennessee Medical Association (TMA)
12. Society for Research and Education in Primary Care Internal Medicine (SREPCIM)
13. American Society of Internal Medicine (ASIM)
14. Tennessee Society of Internal Medicine (TSIM)
15. Fellow, American College of Physician (FACP) (Elected 1984)
16. American Medical Association (AMA)
17. Nashville Society of Internal Medicine (NSIM)
18. Society of Critical Care Medicine (SCCM)
19. Southern Medical Society (SMS)
20. American Federation of Clinical Research (AFCR)
21. Secretary, Tennessee Chapter, American College of Physicians (1987-1990)
22. American Society of Hypertension (ASH)
23. The International Society of Hypertension (ISH)
24. The Intra-American Society of Hypertension (IASH)
25. Alternate Delegate to TMA House of Delegates 1994 of Nashville Academy of Medicine (NAM)
26. Delegate to TMA of NAM, 1995, 1996 and 1997
27. Government Affairs Committee, Nashville Academy of Medicine
28. Member of the AHA Council on Arteriosclerosis, Thrombosis and Vascular Biology
29. International Society of Hypertension in Blacks (ISHIB)
30. Southeastern Lipid Association (SELA)
31. Vascular Biology Working Group (VBWG)

MEDICAL LICENSURE

- California
- Tennessee

VANDERBILT HOSPITAL COMMITTEES

1. Internship Selection Committee
2. Deputy Chairman, Pharmacy and Therapeutics Committee
3. Chairman, Utilization Review Committee
4. Medical Intensive Care Committee
5. Vanderbilt University Medical Records Committee
6. Chairman and Coordinator Vanderbilt University Ambulatory Care
7. Administration Committee (General Medicine)
8. Chairman, Medical Records Committee
9. Vanderbilt Ambulatory Services Committee
10. ICD-9 Coding Committee

VANDERBILT MEDICAL SCHOOL COMMITTEES

1. Vanderbilt Medical School Student Admission Committee Interviewer
2. Medical Housestaff Evaluation Committee
3. Vanderbilt Medical Student Special Programs Committee
4. Promotions Committee for Vanderbilt Medical Students (Years 1-4)
5. Faculty Advisor to VMS Students (Years 1-4)
6. Continuing Education Committee
7. Vanderbilt Medical School Faculty Planning Retreat – Academic Affairs and Educational Programs Conference
8. Co-Director, Continuing Medical Education Committee

9. Chairman, Faculty-Staff Philanthropic Campaign, Vanderbilt Medical Center
10. Member, Ad Hoc Committee on Education and Philanthropy, Vanderbilt University Medical Center
11. Member, Executive Committee, Vanderbilt Professional Practice Program (VPPP)
12. Vice-Chairman, ICD-9 Coding Committee

ST. THOMAS HOSPITAL COMMITTEES

1. National Heart Attack Risk Study Advisory Committee
2. Continuing Medical Education Committee
3. Institutional Review Board
4. Education and Research Strategic Planning Work Group
5. Utilization Review Committee
6. Vascular Institute Committee and Review Board

TEACHING RESPONSIBILITIES - VANDERBILT UNIVERSITY MEDICAL CENTER

1. Co-Director, Medical Intensive Care Unit, VUH including:
 1. Informal morning rounds
 2. Attending Physician in Medical ICU
 3. Core Curriculum Course for Medical ICU
2. Attending Physician Preceptor Medical Ward Teams, VUH (Blue Teams)
(2 months/year)
3. Attending Physician Preceptor for 3rd and 4th year medical students
rotating on medicine at VUH
(2 months/year)

4. Attending Physician Preceptor and Tutor for 4th year medical students I
Medicine Clerkship in General Medicine elective Vanderbilt Medical Clinic
(daily)
5. Attending Faculty Preceptor, Medical Consult Service, VUH (2 months/year)
6. Instructor for informal lectures with Vanderbilt housestaff and medical
students
7. Morning Ward Rounds informal bedside teaching with medical housestaff
and students (daily)
8. Instructor in Clinical Practice Management Course
9. Instructor in Critical Care and Emergency Medicine Series)
10. Preceptor: Internal Medicine Residents General Medicine Clinic (Weekly,
Monday a.m. 4 hours)
11. General Internal Medicine Core Curriculum, VMS 4, 1-2 hours/month
12. Attending, Medical Consult Service, 2 months/year)

TEACHING RESPONSIBILITIES SAINT THOMAS HOSPITAL

1. Attending Physician Green Teaching Service (1-2 months/year) VMS 3, VMS
4 and Vanderbilt Housestaff
2. Physical Diagnosis Tutor (4 months/year) for VMS 2 (have participated as
Physical Diagnosis Tutor for 2nd year medical students consecutively)
3. Faculty Advisor to Vanderbilt Medical Students
4. Lecturer POD Service Attending Red Resident Critical Care Medicine.
Lecture Series (Fridays)
5. Tutorial Outpatient Medicine 3rd and 4th year Vanderbilt Medical Students
6. Medical Monthly Education Program (MMEP) United Negro College Fund
Fisk University Vanderbilt Premedical Summer Institute: Faculty Preceptor
7. Primary Care Medicine (PCM) Clerkship, Faculty Preceptor

INTERNET MEDICINE

1. Medical Director for the Wellness Channel of REZOOM Internet Site 2007
2. Chief Medical Editor for PRESENT CARDIOVASCULAR INTERNET CME TRAINING for physicians worldwide 2008
3. SHARECARE: 2011

CLINICAL STUDIES

1. Evaluation of Antihypertensive Therapy. (Clonidine vs Propranolol) On Glucose Tolerance in the Hypertensive Patient with Diabetes Mellitus. Vanderbilt University Medical Center (1980-1983). (Completed). (B.I.L. Grant) Published in part in Cardiology Clinics 14:117-135, February, 1986.
2. Evaluation of Atrovent in Chronic Obstructive Pulmonary Disease. Vanderbilt University Medical Center (1980-1983) (Completed). (B.I.L. Grant).
3. Evaluation of CL 115, 347 (Prostaglandin E). An Oral and Transdermal Prostaglandin Antihypertensive as Monotherapy in Combination with Hydrochlorothiazide in Mild to Moderate Hypertensive Patients, Vanderbilt University Medical Center (1984). (Completed). (Lederle Grant). (No publication. Drug withdrawn from clinical trails). Co-investigators: Dr. John Nadeau and Dr. Alastair Wood in Clinical Pharmacology SCOR.
4. Evaluation of Antihypertensive Therapy (Clonidine and Atenolol) on Serum Lipids, Apoproteins and HDL Subfractions and Glucose in Mild Essential Hypertension. Vanderbilt University Medical Center (1984-1990), (Completed). (B.I.L. Grant). Co-investigators: Dr. John Nadeau, Dr. Taylor Hays, Dr. Larry Swift, Dr. Charles Bradley, Clinical Pharmacology, SCOR and Department of Pathology. (Abstract Published in American Federation of Clinical Research, January, 1987.) Manuscript published in American Heart Journal, 1990; 120:172-179.
5. Evaluation of Clonidine and Yohimbine on Plasma Volume, Sodium

Excretion and Clinical Symptoms in Mitral Valve Prolapse Autonomic Dysfunction and Normals. Vanderbilt University Medical Center. (Completed). (No publication anticipated). Co-investigators: Dr. David Robertson and Dr. Jack Onrot, Clinical Pharmacology.

6. Retrospective Analysis of Medical Consult Service. Vanderbilt Hospital (1982-1984). (Completed). Published in Southern Medical Journal 80:176-180, December 1987. Co-investigators: Dr. Taylor Hays, Dr. Frank Gluck and Dr. David Ratcliff.
7. Evaluation of Regression of Left Ventricular Hypertrophy in Mild to Moderate Hypertension with Various Antihypertensive Agents. Clinical Study with the Division of General Internal Medicine, Division of Cardiology, SCOR in Hypertension and Critical Care Unit, Vanderbilt Medical Center. (Completed). (American Heart Association Grant). Co-investigators: Dr. Marvin Kronenberg, Dr. John Nadeau and Dr. Ben Byrd, Clinical Pharmacology, SCOR and Cardiology.
8. Comparison of Mild, Moderate and Severe Hypertensive Patients in Cooperative Care Center Versus University Hospital Patients: Effects of an Education Program on Patient Compliance and Blood Pressure Control. (Completed). Co-investigators: Beth Pulliam, R.N. and Kathy Gibson, R.N. (Abstract published: National Council on High Blood Pressure, 1989).
9. The Effects of Topical Minoxidil in Untreated Mild Hypertensive Patient. Vanderbilt University Medical Center. (Completed). (Upjohn Grant). (Multicenter study to be published). Co-investigator: Dr. John Nadeau, Clinical Pharmacology and SCOR.
10. Pharmacokinetics of Bepridil in Patient with Ischemic Heart Disease: Comparison of Single Versus Multiple Dose Kinetics. (Completed). (Drug withdrawn from clinical trials). (No publication anticipated). Co-investigator: Dr. Ray Woosley.
11. Effect of Guanabenz on Natriuretic Hormone and Atrial Natriuretic Factor in Patients with Essential Hypertension. (Completed). (Wyeth Grant).

12. Comparative Effects of Nifedipine, Atenolol and Placebo on Serum Lipids, Lipoproteins, Lipid Subfractions and Glucose in Mild Hypertensive Patients. (Pfizer Grant). Co-investigator: Dr. Mike Lichtenstein. (Abstract published in ASH Meetings, AFCR and International College of Angiology 1990). Completed May 1992.
13. Clinical Evaluation of Clonidine, Hydrochloride and Catapres-TTS in Smoking Cessation (1987). (B.I.L. Grant). (Completed). Co-investigators: Dr. Craig Heim and Dr. Mike Lichtenstein, Division of General Internal Medicine.
14. Effect on Glucose Tolerance with Hydrochlorothiazide or Angiotensin Converting Enzyme Inhibitor Monotherapy Captopril and Mechanism of Antidiabetic Effect in Hypertensive Patients with Diabetes Mellitus (1986). Co-investigator: Dr. Taylor Hays. (Squibb Grant). (Completed).
15. Open Evaluation of the Efficacy and Safety of Wytensin (Guanabenz) Administered Orally in the Treatment of Hypertensive Type II Diabetic Outpatients. (Wyeth Pharmaceuticals Grant). (Completed).
16. An Evaluation of Efficacy of Wytensin (Guanabenz) when Added to Non-Excellent Responders to Dyazide with Mild to Moderate Hypertension. (Wyeth Pharmaceuticals Grant). (Completed).
17. Comparative Effects of Captopril, Thiazide Diuretics, and Placebo on Serum Lipids, Lipoproteins, Lipid Subfractions, Glucose, Potassium and Quality of Life in Mild to Moderate Hypertensive Patients. (Squibb Grant). (Completed).
18. Comparative Study of Clarithromycin and Penicillin VK in the Treatment of Patients with Streptococcal Pharyngitis. (Abbott Labs Grant). Co-investigator: Dr. Mark Jacokes. (Completed).
19. Effect of Catapres-TTS in Alcohol Withdrawal and Chronic Abstinence. (B.I.L. Grant 1988). Principal Investigator: Dr. Peter Martin. Co-investigators: Dr. Mark Houston and Dr. Anderson Spickard. (Completed).
20. Dose Response Evaluation of Diltiazem in Patients with Hypertensive Urgency. (Marion Labs Grant). (Completed 1990).
21. A Multicenter, Double-Blind, Randomized, Placebo-Controlled, Parallel

- Clinical Study to Determine the Dose-Response Relationship to Diltiazem Extended Release (ER) in Patients with Mild to Moderate Hypertension. Merck, Sharp and Dohme Research Laboratories 1989.
22. Catapres-TTS and Procardia XL in the Treatment of Mild Hypertension. (B.I.L. Grant, 1990). (Completed).
 23. Quinapril Monotherapy Clinical Trial in Mild to Moderate Hypertension.
 24. Double-Blind, Placebo-Controlled, Dose Titration Study of the Safety and Efficacy of Dilacor XR in Elderly Patients with Mild to Moderate Hypertension. Rhone-Boulenc Rorer Grant 1992.
 25. Insomnia Treatment Study Comparing Triazolam and Temazepam. Upjohn Grant 1992.
 26. A Multicenter, Randomized, Double-Blind, Placebo-Controlled Study to Determine the Effect of Nonsteroidal Anti-Inflammatory Drugs (NSAID's) on Blood Pressure in Patients with Mild to Moderate Hypertension Controlled by Verelan. Wyeth Ayerst Grant 1992.
 27. HOT Study. Hypertension Optimal Treatment International Study. Astra Merck. (Completed).
 28. A Multicenter, Prospective, Randomized, Controlled, Double-Blind Study Examining the Effects of Substituting Norvasc for Procardia XL in the Treatment of Essential Hypertension. Pfizer. (Completed).
 29. ALLHAT Study (NHLIB). Antihypertensive and Lipid Lowering Treatment to Prevent Heart Attack Trial. University of Texas. (Completed 2003).
 30. Double-Blind, Randomized, Multicenter Trial Comparing Once-Daily Verelan Versus Norvasc in Women with Mild to Moderate Essential Hypertension. Lederle Laboratories, Wyeth Ayerst Laboratories. (Completed 1997).
 31. A Triple-Blind Parallel Study to Investigate the Effect of Losartan Versus Atenolol on the Reduction of Morbidity and Mortality in Hypertensive Patients with Left Ventricular Hypertrophy. Merck & Company, Inc. (Completed 1998).
 32. RESOLVD. Randomized Evaluation of Strategies for Left Ventricular

- Dysfunction. Pilot Study. A Two Staged Randomized Trial of Candesartan, Enalapril, and Metoprolol in Patients with Congestive Heart Failure. Canadian Cardiovascular Council. (Completed 1998).
33. TARKA. Trandolapril in Hypertension: Effectiveness When Added to Verapamil SR. Knoll Pharmaceutical Company. (Completed 1998).
 34. A-TIME Study. Accupril Titration Interval Management Evaluation. Parke-Davis. (Completed 1997).
 35. A Comparison of the Safety and the Efficacy of Mibefradil and Amiodipine in Hypertensive, Non-Diabetic Patients and Hypertensive, Non-Insulin Dependent Diabetic Patients. Roche Pharmaceuticals. (Completed 1998).
 36. A 54-Week Open Label Assessment of the Safety and Efficacy Profile of Atorvastatin as Compared to Simvastatin when Used to Optimally Control Patients with Mixed Dyslipidemia. Parke-Davis. (Completed 1996).
 37. A Randomized, Double-Blind, Placebo-Controlled, Multi-Center Study Measuring the Effects of CI-991 on Non-insulin Dependent Diabetes Mellitus (NIDDM) Patients Requiring Insulin. Parke-Davis. (Completed 1997).
 38. A Randomized, Double-Blind, Parallel Trial Comparing Lotrel 5/10 mg. Once Daily, Lotrel 5/20 mg. Once Daily, Nifedipine GITS 30 mg. Once Daily, and Nifedipine GITS 60 mg. Once Daily in Patients Age 18-80 Years with Essential Hypertension Inadequately Controlled with Nifedipine ITS 30 mg. Once Daily Followed by a Single-Blind Extension of Lotrel 5/20 mg. Once Daily. CIBA. (Completed 1997).
 39. CONVINCE. Clinical Protocol for Controlled Onset Verapamil Investigation of Cardiovascular Endpoints. Searle & Company. (Completed 2002).
 40. TROPHY. A Randomized, Double-Blind, Placebo-Controlled, Multi-Center, Long-Term Trial of Preventing Hypertension Using Candesartan Cilexetil 16 mg in Patients with High Normal Blood Pressure. Astra Pharmaceuticals, L.P. (Completed August 2005).
 41. INVEST. International Verapamil-SR Trandolapril Study. Knoll. (Completed January 2003).

42. A Randomized, Double-Blind, Active-Controlled Study of the Antihypertensive Response to Omapatrilat in Subjects Uncontrolled on ACE-Inhibitor Therapy. Bristol-Myers Squibb. (Completed May 2001).
43. BELLES. Beyond Endorsed Lipid Lowering with EBT Scanning. Pfizer. (Completed 2001).
44. Evaluation of Coronary Heart Disease Regression by EBT in Patients Treated with Concentrated Fruit and Vegetable Extracts. National Safety Associates. (Completed 2004).
45. OCTAVE. Omapatrilat Cardiovascular Treatment Assessment Versus Enalapril. Bristol-Myers Squibb. (Completed July 2001).
46. AVALON. A Multi-Center, Randomized, Double-Blind, Placebo-Controlled and Open-Label Evaluation of the Safety and Efficacy of Dual Therapy with Atorvastatin Plus Amlodipine when Compared to Either Therapy Alone in the Treatment of Patients with Simultaneous Hyperlipidemia and Hypertension. Pfizer. (Completed January 2003).
47. STARS. A Multi-Center, Open-Label, 12-Week Study to Evaluate the Glycemic Control Achieved in StarLix 120 mg in Subjects with Type 2 Diabetes Mellitus in a Practice-Based Setting. Novartis. (Closed).
48. PRESERVE. A Multi-Center, Randomized, Double-Blind, Active Controlled Trial to Compare the Efficacy and Safety of 104 Weeks of StarLix (Nateglinide) Plus Metformin vs. Glyburide Plus Metformin in Drug Na $\sqrt{\text{Øve}}$ Subjects with Type 2 Diabetes Mellitus who have Inadequate Glycemic Control with Diet and Exercise. Novartis. (Completed April 2004).
49. Hypertension Formula Study. A 40 Subject, Placebo-Controlled Trial to Compare the Efficacy of Vasatrol vs. Placebo. (Completed 2002).
50. Hypertension Natural Treatment Vasatrol II Study. A 12 Subject Trial. (Completed December 2002).
51. CCOX 189A2332. An International, Multi-Center, Stratified, Randomized, Double-Blind, Double-Dummy, Parallel-Group, 52-Week Gastrointestinal Clinical Safety Study to Demonstrate that COX 189 (400 mg od) Reduces the

Risk to Develop Complicated Ulcers as Compared to NSAID's (Naproxen 500 mg bid and Ibuprofen 800 mg tid) in Osteoarthritis Patients. Novartis. (Completed March 2004).

52. A Double-Blind, Multi-Center, Randomized, Placebo-Controlled, Parallel Group Study of the Efficacy and Safety of Nebivolol Added to Existing Antihypertensive Treatment in Patients with Mild to Moderate Hypertension. Bertek Pharmaceuticals, Inc. (Completed August 2003).
53. EASE. A Multi-Center, Double-Blind, Randomized, Placebo-Controlled, Parallel Group, 6-Week Study to Evaluate the Efficacy and Safety of Ezetimibe 10 mg/day when Added to Ongoing Therapy with a Statin Versus Statin Therapy Alone in Patients with Hypercholesterolemia who have not Reached National Cholesterol Education Program (NCEP) Adult Treatment Panel (ATP) III LDL-Cholesterol Level. Merck & Co., Inc. (Completed November 2003).
54. ADHERE. A Multi-Center, Randomized, Double-Blind, Double-Dummy Study Evaluating the Safety and Efficacy of the Addition of Amlodipine to Quinapril or Losartan in the Treatment of Diabetic Hypertensive Subjects. Pfizer Pharmaceuticals Inc. (Closed November 2003).
55. Aliskiren. A Multi-Center, Randomized, Double-Blind, Placebo-Controlled, Parallel Group Comparing Aliskiren 150 mg, 300 mg, and 600 mg to Placebo and Irbesartan 150 mg in Patients with Mild to Moderate Essential Hypertension. Novartis Pharmaceuticals Corp. (Completed December 2003).
56. A Randomized, Double-Blind, Double-Dummy, Placebo-Controlled, Forced Titration, Comparison of Micardis HCTZ (Telmisartan 80 mg/HCTZ 25 mg) Versus Diovan HCTZ (Valsartan 160 mg/HCTZ 25 mg) Using Seated Trough Cuff Blood Pressure in Patients with Stage 1 and Stage 2 Hypertension. Boehringer Ingelheim Pharmaceuticals. (Completed April 2004).
57. A Randomized, Double-Blind, Multi-Center, Placebo-Controlled, Parallel Group Study to Evaluate the Efficacy and Safety of Valsartan (320 mg) and HCTZ (12.5 and 25 mg) Combined and Alone, Valsartan 160 mg and

Valsartan 160 mg/HCTZ 12.5 mg in Hypertensive Patients. Novartis.
(Completed May 2005).

58. ACCOMPLISH. A Prospective, Multi-National, Multi-Center, Double-Blind, Randomized, Active-Controlled Trial to Compare the Effects of Lotrel to Benazapril and HCTZ Combined on the Reduction of Cardiovascular Morbidity and Mortality in Patients with High Risk Hypertension. Novartis.
(Completed)
59. A Multi-Center, Randomized, Double-Blind Study to Compare the Effects of 24-Weeks Treatment with LAF237 (50 mg QD, 50 mg BID or 100 mg QD) to Placebo in Drug Na₂VO₃ Patients with Type 2 Diabetes. Novartis.
(Completed July 2006)
60. A Multi-Center, Double-Blind, Randomized, Parallel-Group Study to Compare the Effect of 24-Weeks Treatment with LAF237 (50 mg QD or BID) to Placebo as Add-On Therapy in Patients with Type 2 Diabetes Inadequately Controlled with Metformin Monotherapy. Novartis.
(Completed May 2006)
61. A Multi-Center, Double-Blind, Randomized, Parallel-Group Study to Compare the Effect of 24-Weeks Treatment with LAF237 (50 mg QD or BID) to Placebo as Add-On Therapy in Patients with Type 2 Diabetes Inadequately Controlled with Thiazolidinedione Monotherapy. Novartis.
(Completed August 2006)
62. Oral Ribose in the Treatment of Statin-Induced Myalgias 30 Patient Study. Bioenergy, Inc. (Completed November 2004)
63. Oral Ribose in the Treatment of Statin-Induced Myalgias 50 Patient Study. Bioenergy, Inc. (Completed December 2005)
64. Evaluation of a Tocotrienol Complex on Serum Lipids in Human Subjects. Designs for Health. (Completed May 2006)
65. A Double-Blind, Randomized, Placebo-Controlled Factorial Study to Evaluate the Efficacy and Safety of TAK-475 and Simvastatin Alone and in Combination in Subjects with Hypercholesterolemia. Takeda. (Completed

April 2007)

66. A Double-Blind, Randomized Study to Evaluate the Efficacy and Safety of TAK-475 or Placebo When Co-Administered with Fenofibrate in Subjects with Combined Hyperlipidemia. Takeda. (Completed March 2007)
67. Plasma Renin Activity as a Physiologic Marker for the Selection of Appropriate Anti-Hypertensive Drug Therapy in Patients Unsuccessfully Treated on Multiple Drugs: The Laragh Method. Cardiovascular Center at the New York Presbyterian Hospital Cornell Medical Center and Weill Medical Center. (Closed October 2006)
68. AGELESS. A 36-Week, Randomized, Double-Blind, Parallel Group, Multi-Center, Active-Controlled, Optimal Titration Study Comparing an Aliskiren-Based Regimen to a Lisinopril-Based Regimen in Patients ≥ 65 Years Old with Systolic Essential Hypertension. Novartis. (Completed)
69. LIPIDSIRT Study: 2 month evaluation of 40 patients with dyslipidemia. Biotics . Completed 2012
70. Insomnia Study: One month evaluation of 40 patients with chronic insomnia with a nutritional supplement Completed 2012
71. Hypertension Study: Evaluation of CardioSirt BP in Hypertension patients: Biotics Research Completed and published 2012
72. Acute response to NEO 40 in hypertensive patients :Evaluation of BP and ENDOPAT Neogenesis Published JCH 2014
73. Evaluation of Pea Protein Powder on BP in Hypertensive patients: DFH 2013
74. Evaluation of Protandim on Endothelial function in normal subjects 2014
75. Poetry study of the Elderly for CYP 450 Drug metabolism and interactions 2014
76. Lipocardia study for treatment of dyslipidemia Thorne Research 2014-2015
77. Cardiopressin Clinical Trial on Hypertension Thorne Research 2015-17
78. RADAR PGX genotype study for CYP Drug Metabolism and Interactions 2016-17
79. Evaluation of NEO 40 in patients with elevated ADMA and SDMA and effects

on endothelial dysfunction, augmentation index, HRV, inflammation and oxidative stress parameters. 2017 Neogenis Research Corp.

COURSE DIRECTORSHIPS

1. Section Director, Medical Intensive Care Course, TSIM and Tennessee Region ACP.
2. Program Director of Symposium on "The Treatment of the Complicated Patient with Hypertension". University of Tennessee and Vanderbilt Medical Center.
3. Director, Core Curriculum Course, Medical Intensive Care Unit. Vanderbilt Hospital.
4. Program Director, Symposium, on Hypertension, Shock and Respiratory Disease. Family Practice Center. University of Tennessee. Jackson, Tennessee.
5. Invited Panelist for International Symposium on Hypertension held in Geneva, Switzerland
6. Director of the American College of Physicians Scientific Program for Associates. Vanderbilt Hospital. Nashville, Tennessee.
7. Guest Expert American College of Physicians Annual Session State of Tennessee Fall Retreat.
8. Invited Panelist on "The Cardiovascular System in the Elderly". International Symposium held in Montreaux, Switzerland.
9. Invited Lecturer Australia National Symposium, , held in Sidney, Melbourne, Adelaide, Brisbane, and Perth.
10. International Symposium on Nifedipine GITS and Hypertension Therapy. Cannes, France.
11. International Symposium on Clonidine TTS and Hypertension. Indonesia.
12. International Society of Hypertension (ISH) Satellite Symposium on Nifedipine GITS. Madrid, Spain.

13. Modern Concepts in Hypertensive Therapy, Co-Chairman. Tampa, Florida.
14. International Lecture Tour. Oslo, Norway and Medical Universities in Norway.
15. Hypertension Institute, St. Thomas West Hospital Annual Hypertension and CV Symposium.
16. Hypertension Optimal Therapy (HOT) Study Clinical Investigator Meeting. Brussels, Belgium.
17. Ultimate Healing: Prayer, Faith, Religion and Medicine: 8 Hour Symposium. Lake Junaluska, North Carolina.
18. Ultimate Healing: Prayer, Faith, Medicine and Religion. Director and Speaker. Vanderbilt University Medical Center.
19. Role of Prayer, Faith, Medicine and Healing. Lake Junaluska, North Carolina
20. Course Director, Public Health Life Extension Lecture Series. St. Thomas West Hospital.
21. Chair, Annual Scientific Session of COSEHC (Consortium of Southeastern Hypertension Control). Savannah, Georgia and Nashville, Tn.
22. Director A4M Module 2 Cardiovascular Medicine
23. Director IFIM Integrative Cardiovascular Medicine Modules
24. Director A4M Advanced Cardiovascular Medicine Certification and Modules
25. Cardiovascular Medicine Module 5: IFM- Institute for Functional Medicine
26. Stockholm ,Sweden CV Functional Medicine Symposium with Health Care Ministry and Allied Health Professionals
27. Invited lecture and Keynote Australian Symposium Sydney

PUBLICATIONS AND ORIGINAL ARTICLES

1. Growdon W, Bratton T, Houston MC. *Brain Glucose Metabolism in the Intact Mouse. American Journal of Physiology* 221:1738-1745, 1971.
2. Porter LL, Houston MC, Kadir S. *Mycotic Aneurysms of the Hepatic Artery:*

- Treatment with Arterial Embolization. American Journal of Medicine* 67:697-701, 1979.
3. Houston MC. *Clonidine Withdrawal – Fact or Fiction? Western Journal of Medicine* 131:449-450, 1979.
 4. Houston MC. *The Diagnosis and Treatment of Shock. Southern Medical Journal* 73:477-484, 1980.
 5. Houston MC. *Clonidine Hydrochloride. Annals of Internal Medicine* 92:718, 1980.
 6. Houston MC, Porter LL, Jenkins DE, Flexner JM. *Acute Immune Hemolytic Anemia in Adults after Cytomegalovirus Infection. Southern Medical Journal* 73:1270-1274, 1980.
 7. Houston MC, McChesney JA, Chatterjee K. *Pericardial Effusion Associated with Minoxidil Therapy. Archives of Internal Medicine* 141:69-71, 1981.
 8. Houston MC. *Clonidine Hydrochloride: Review of Pharmacologic and Clinical Aspects. Progress in Cardiovascular Disease.* 23:337-350, 1981.
 9. Hines S, Houston MC, Robertson D. *The Clinical Spectrum of Autonomic Dysfunction. American Journal of Medicine* 70:1091-1096, 1981.
 10. Houston MC. *Pleural Effusion: Diagnostic Value of Measurements of PO₂, PCO₂ and pH. Southern Medical Journal* 74:585-589, 1981.
 11. Garratty G, Houston MC, Petz LD, Webb M. *Acute Immune Intravascular Hemolysis Due to Hydrochlorothiazide. American Journal of Clinical Pathology* 76:73-78, 1981.
 12. Houston MC. *Abrupt Cessation of Treatment in Hypertension: Consideration of the Clinical Features, Mechanisms, Prevention and Management of the Discontinuation Syndrome. American Heart Journal* 102:415-430, 1981.
 13. Houston MC. *Abrupt Discontinuation of Antihypertensive Therapy. Southern Medical Journal* 74:1112-1123, 1981.
 14. Houston MC. *Clonidine Hydrochloride. Southern Medical Journal* 75:713-721, 1982.
 15. Houston MC. *Evaluation of Risk in Abrupt Discontinuation of Antihypertensive*

Medications in Research Subjects. IRB A Review of Human Subjects Research 6:9-11, January/February, 1984.

16. Houston MC, Thompson WL, Robertson D. Shock: *Diagnosis and Management. Archives of Internal Medicine* 144:1433-1439, 1984.
17. Houston MC. *Oral Clonidine Loading in Hypertensive Emergencies. Hospital Formulary* 20:236, February 1985.
18. Houston MC. *Examining Dietary Sodium as Cause and Therapy in Hypertension. Consultant* pp. 235-245 May 1985.
19. Houston MC, Parker MM. *What We Don't Know About Septic Shock Inhibits Specific Management. Emergency Medicine Reports* 6:97-104, Winter/Spring 1985.
20. Houston MC. *Thiazides and Thiazide-Like Diuretics in Hypertension. Annals of Internal Medicine* 103:303, August 1985.
21. Houston MC. *Oral Clonidine Loading in the Treatment of Hypertensive Urgencies and Emergencies: A Review. Cardiovascular Reviews and Reports* 6:1249-1252, November 1985.
22. Houston MC. *Special Considerations in the Management of Septic Shock in the Elderly. Geriatric Medicine Today* 5:65-77, January 1986.
23. Houston MC. *Sodium and Hypertension: A Review. Archives of Internal Medicine* 146:179-185, January 1986.
24. Houston MC. *Hypertensive Emergencies and Urgencies: Pathophysiology and Clinical Aspects. American Heart Journal* 111:205-210, January 1986.
25. Murray J, Houston MC. *Multiple Calcified Intracranial Metastases from Breast Carcinoma with a Therapeutic Response to Tamoxifen. Southern Medical Journal* 79:253-254, February 1986.
26. Houston MC. *Adverse Effects of Antihypertensive Drug Therapy on Glucose Intolerance. Cardiology Clinics* 4:117-135, February 1986.
27. Houston MC. *Treatment of Hypertensive Emergencies and Urgencies with Oral Clonidine Loading and Titration: A Review. Archives of Internal Medicine* 146:586-589, March 1986.

28. Houston MC, Marion JM, Curry WA. *Necrotizing Arteries Associated with Blastomycosis. Southern Medical Journal* 79:519-520, April 1986.
29. Houston MC. *Treatment of Hypertensive Emergencies and Urgencies with Nifedipine. American Heart Journal* 111:963-969, May 1986.
30. Houston MC. *Hypertensive Urgencies and Emergencies: Pathophysiology, Clinical Aspects and Treatment. Critical Care: State of the Art (Society of Critical Care Medicine Yearbook 1986) Vol. 7, pp. 151-246, 1986.*
31. Houston MC. *Antihypertensive Therapy, Serum Lipids, Coronary Heart Disease Risk and Hypertension: Balancing the Risks and Benefits of Treatment. Western Journal of Medicine* 145:219-221, August 1986.
32. Houston MC, Johnston PE. *Essential Hypertension: New Insights and Controversies in Treatment with Diuretics. Southern Medical Journal* 79:984-990, August 1986.
33. Houston MC. *Treatment of Hypertensive Emergencies and Urgencies with Oral Clonidine Loading and Titration: A Review. In: Rogers DE, DesPrez RM, Cline MJ, et al. Eds. 1987 The Year Book of Medicine. Chicago: Year Book Medical Publishers, Inc., 1987:698-700.*
34. Houston MC.. *Treatment of Severe Hypertension and Hypertensive Crisis with Nifedipine. Western Journal of Medicine* 146:701-704, June 1987.
35. Ferguson RK, Houston MC, Jackson RE, Liebson PR. *Hypertensive Emergency. Patient Care* pp. 124-139, August 15, 1987.
36. Houston MC. *Pleural Fluid Ph: Diagnostic, Therapeutic, and Prognostic Value. American Journal of Surgery* 154:333-337, September 1987.
37. Houston MC, Ratcliff D, Hays T, Gluck FW. *Preoperative Medical Consultation and Evaluation of Surgical Risks. Southern Medical Journal* 80:1385-1397, November 1987.
38. Houston MC. *An Antihypertensive Role for Nifedipine. Emergency Medicine* 19:176-180, December 1987.
39. Houston MC. *The Comparative Effects of Clonidine, Hydrochloride and Nifedipine in the Treatment of Hypertensive Crises. American Heart Journal*

115:152-159, January 1988.

40. Houston MC. *The Effects of Antihypertensive Drugs on Glucose Intolerance in Hypertensive Non-Diabetics and Diabetics. American Heart Journal* 115:640-656, March 1988.
41. Houston MC. *Treatment of Hypertensive Urgencies and Emergencies: Comparisons of Nifedipine and Clonidine. Medical Rounds* 1:148-155, April 1988.
42. Houston MC, Hodge R. *Beta-Adrenergic Blocker Withdrawal Syndromes in Hypertension and Other Cardiovascular Diseases. American Heart Journal* 116:515-523, August 1988.
43. Houston MC. *Pre-Operative Medical Consultation and Evaluation of the Surgical Patient. Medical Rounds* 1 (s):208-224, November 1988.
44. Houston MC. *Approaches to the Treatment of Hypertension in Diabetic Patients. Cardiovascular Reviews and Reports* 9 (11):30-35, November 1988.
45. Feinsilver SH, Houston MC, Sahn SA. *Recognizing and Managing Pleural Effusions. Patient Care* 22 (19):30-54, November 1988.
46. Houston MC. *Coronary Heart Disease Risk Factors and Serum Lipids: An Evaluation of the Risks and Benefits of Various Antihypertensive Drug Therapies. Accepted for Publication: Journal American Academy Physician Assistants,* December 1988.
47. Houston MC. *New Insights and Approaches to the Treatment of Essential Hypertension: Selection of Therapy Based on Coronary Heart Disease Risk Factor Analysis, Hemodynamic Profiles, Quality of Life and Subsets of Hypertension. American Heart Journal* 117 (4):911-951, April 1989.
48. Houston MC. *Sequence of Abrupt Withdrawal of Antihypertensive Therapy. (Accepted for publication in International Proceedings Journal, June 1989.) International Medical NEWS Group.*
49. Houston MC. *Antihypertensive Drugs and Effects of Abrupt Cessation. Highlights* June 1989.
50. Houston MC. *How Dietary Sodium Can Be Effective in Treating Hypertension.*

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51. Houston MC. *Pathophysiology, Clinical Aspects, Diagnosis and Treatment of Hypertensive Crises. Progress in Cardiovascular Diseases* 32 (2):99-148, September 1989.
52. Houston MC. *Treatment of Hypertension in Diabetes Mellitus. American Heart Journal* 118 (4):819-829, October 1989.
53. Houston MC. *Abrupt Cessation of Treatment in Hypertension. Cardiovascular Review and Reports* December 1989.
54. Houston MC. *Selection of Antihypertensive Therapy. American Heart Journal* 119 (6):1446-1447, 1990.
55. Houston MC. *Pathophysiology of Shock. Critical Care Nursing Clinics of North America* Vol 2, No. 2:143-149, June 1990.
56. Houston MC, Burger C, Hays JT, Nadeau J, et al. *The Effects of Clonidine Hydrochloride Versus Atenolol Monotherapy on Serum Lipids, Lipid Subfractions and Apolipoproteins in Mild Hypertension. American Heart Journal* 120:172-179, July 1990.
57. Houston MC. *Nonsteroidal Anti-Inflammatory Drugs and Antihypertensives. American Journal of Medicine* 90 (Suppl 5A):42S-47S, 1991.
58. Houston MC. *Evaluating Risks and Benefits of Drug Therapies for Mild Hypertension. Journal of American Academy of Physician* 4:55-62, 1991.
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60. Houston MC. *Hypertension Strategies for Therapeutic Intervention and Prevention of End Organ Damage Primary Care: Clinics in Office Practice. Hypertension* 8 (No. 3):713-753, September 1991.
61. Houston MC, Olafsson L, Burger MC, Lichtenstein MJ. *Effects of Nifedipine GITS and Atenolol Monotherapy on Serum Lipids, Blood Pressure, Heart Rate and Weight in Mild to Moderate Hypertension. Angiology.* 42 (No. 9):681-690, September 1991.
62. Houston MC. *Hypertension Strategies for Therapeutic Intervention and*

- Prevention of End-Organ Damage. Primary Care* 18:713-753, 1991.
63. Houston MC. *Exercise and Hypertension: Maximizing the Benefits in Patients Receiving Drug Therapy. Postgraduate Medicine* 92 (6):139-153, 1992.
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 65. Houston MC. *Impact of Antihypertensive Drug Therapy on Serum Lipids. Choices in Cardiology* 5 (Suppl 2):10-12, 1992.
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 69. Houston MC. *Coexistent Hypertension and Diabetes: Therapeutic Recommendation. Primary Cardiology* 18 (2):80-91, February 1992.
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 71. Houston MC. *Hypertension Strategies for Therapeutic Intervention and Prevention of End Organ Damage. Hospital Rounds* June 1992.
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 73. Houston MC. *The Management of Hypertension and Associated Risk Factors for the Prevention of Long Term Cardiac Complications. Journal of Cardiovascular Pharmacology* Raven Press. 21 (Suppl):S2-S13, 1993.
 74. Houston MC. *Hypertension and Coronary Heart Disease Risk Factor Management. Clinical Autonomic Research* 3:357-361, December 1993.
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126:918-923, 1993.

76. Houston MC. *Practical Guidelines to Reduce End Organ Damage in Hypertension Treatment. Today in Medicine* pp. 15-17, July-August, 1993.
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85. Houston MC. *ALPHA1-Blocker Combination Therapy for Hypertension. Patient Care* 104 (3):167-187, 1998.
86. Houston MC, Strupp JA. *Prevention and Treatment of Cancer: Is the Cure in the*

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 91. Houston MC. *Hypertension: A Complementary Approach*. *Natural Pharmacy* 6 (5):1, 18-20, 2002.
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 99. Houston MC. *The Metabolic Syndrome*. *Saint Thomas Journal* 3:13-17, 2005.
 100. Houston MC. *Meta-Analysis, Metaphysics and Mythology*. *Scientific and Clinical Perspective on the Controversies Regarding Vitamin E for the Prevention and*

Treatment of Disease in Humans (Editorial). JANA 8 (1):4-7, 2005.

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