

Caroline M. Apovian, MD

Caroline Apovian, MD, FACP, FACN, is Professor of Medicine and Associate Professor of Pediatrics in the Section of Endocrinology, Diabetes, and Nutrition at Boston University School of Medicine. She is also the Director of the Center for Nutrition and Weight Management and Director of the Nutrition Support Service at Boston Medical Center. Dr. Apovian is a nationally and internationally recognized authority on nutrition and has been in the field of obesity and nutrition since 1990. Her current research interests are in weight loss and its effects on endothelial cell function, adipose cell metabolism and inflammation, research in the bariatric surgery population, and novel pharmacotherapeutic antiobesity agents. She has become an expert in the technique for subcutaneous adipose tissue biopsies and has been performing these biopsies on research subjects for over 7 years.

Dr. Apovian was a recipient of the 2000 and 2001 Physician Nutrition Specialist Award given by the American Society of Clinical Nutrition for her work on developing and providing nutrition education to medical students and physicians in training at Boston University School of Medicine. She has published over 100 articles, chapters, and reviews on the topics of obesity, nutrition, and the relationship between adipose tissue and risk of developing cardiovascular disease. In addition, she has written a popular book for patients called "The ALLI Diet Plan". She has also recently received both an R21 and R01 from the National Institutes of Health.