

# The University of Texas Southwestern Medical Center



## Center for Human Nutrition Director Honored with Distinguished Chair



More than 100 Fellows have trained in the Center for Human Nutrition through the years. Many came from around the world to honor Dr. Scott Grundy recently. Pictured with Dr. Grundy (back row, center) are (back row, from left) Drs. Jennifer Lambert, Magdalene Szuszkiewicz-Garcia, Zahid Ahmad, Jonathan Cohen, Abhimanyu Garg, Kathy Jacob, Justin Trombold, and Margo Denke; and (front row, from left) Drs. Yasuyo Wada, Nilo Cater, Ada Cuevas, Jaime Almandoz, and Meena Shah.

Dr. Scott M. Grundy has treated individual patients and has affected public policy. He has worked alongside up-and-coming fellows and has chaired committees of national import. He has made seminal discoveries in the laboratory and has published more than 450 papers of original research.

“How many people do you know who have changed the lives of millions of people?” asked Will Montgomery, chairman of the Friends of the Center for Human Nutrition. “Scott Grundy is that person.”

After 32 years at the helm, Dr. Grundy recently stepped down as the director of the Center for Human Nutrition, which is located at The University of Texas Southwestern Medical Center. He also resigned as the Distinguished Chair in Human Nutrition, but remains a professor of clinical nutrition and will continue his research on dietary influences on health, particularly cholesterol and lipoprotein metabolism. The emphasis of his work is the metabolic syndrome, which can lead to heart attack, stroke, and diabetes. Researchers have come from across the globe to train with Dr. Grundy--nearly 125 fellows and faculty members since the Center was established.

Friends and colleagues from around the world recently gathered to honor Dr. Grundy for his decades of leadership.

Nearly 160 individuals surprised him with gifts totaling \$2 million to establish the Scott Grundy Director's Chair. The position will always be held by the Director of the Center and will recognize in perpetuity the impact Dr. Grundy has had on the field of nutrition science and the medical conditions affected by it.

“I can't tell you how much this means to me,” Dr. Grundy said. “Nothing has given me greater pleasure in my life than being the Director of the Center for Human Nutrition. The Center has played a significant role in early testing of statins, and now more than 50 million people take statins. We found that monounsaturated fat lowers cholesterol and that stearic acid, which is found in beef and chocolate, is a safe fat. Our investigators have helped shape public policy by creating standards of treatment for patients with high cholesterol and recommendations about healthy and unhealthy fats.”

Dr. Scott Grundy has changed the lives of millions of people.

An internationally recognized authority in his field, Dr. Grundy is on the editorial board of several prestigious medical journals. He was awarded an honorary doctorate in medicine by the University of Helsinki, Finland, in 1990. He was inducted into the National Academy of Sciences' Institute of Medicine in 1995. In 1997, Dr. Grundy received the Bristol-Myers Squibb Distinguished Achievement in Nutrition Research Award. Dr. Grundy has chaired the National Cholesterol Education Program (Adult Treatment Panels II and III), which sets guidelines for physicians on cholesterol control for the American public. He is past President of the International Atherosclerosis Society.

In 2009, Dr. Grundy was honored at the Third International Congress on Prediabetes and the Metabolic Syndrome for his outstanding contributions to understanding the metabolic basis of cardiovascular disease. He received the American Heart Association's highest recognition, the Gold Heart Award, for his distinguished volunteer service. Most recently, the AHA honored him by creating the Scott Grundy Fellowship Award for Excellence in Metabolism Research in his honor.

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Dr. Jonathan Cohen, Professor of Internal Medicine in the Eugene McDermott Center for Human Growth and Development and a former Fellow, said the singular trait that captures Dr. Grundy is wisdom. “He has offered me sage advice at each juncture of my career.”

Dr. Abhimanyu Garg, Chief of Nutrition and Metabolic Diseases and also a former Fellow, said he has been “privileged that Dr. Grundy protected my time so I could do research. His dedication to science and his work is unparalleled.”

Dr. Grundy is also Chief of the Section of Diabetes and Metabolic Diseases at the Dallas Veterans Affairs Medical Center and Medical Director of UT Southwestern’s National Institutes of Health-funded Clinical and Translational Research Center.

For more than a quarter-century, investigators at the Center for Human Nutrition at UT Southwestern Medical Center have made key discoveries that have expanded our understanding of the role nutrition plays in the prevention and treatment of chronic conditions such as heart disease, hypertension, diabetes and cancer.

The Center, led by Dr. Scott Grundy, conducted some of the first tests on the effectiveness of statin medications to lower cholesterol levels. It popularized lifestyle choices like the Mediterranean diet that emphasize cooking with olive oil, fresh fruits and vegetables.

Center investigators have been at the forefront of public policy. Dr. Grundy twice chaired the National Cholesterol Education Program Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults, which helped set guidelines for physicians on measuring and treating low-density lipoproteins, the primary cause of atherosclerosis.

For more information see: [www.utsouthwestern.edu](http://www.utsouthwestern.edu)

## Accomplishments of the Center for Human Nutrition

**1981** – With a \$1 million gift from an anonymous Dallas family, the Center for Human Nutrition opens its doors, headed by UC San Diego recruit Dr. Scott Grundy.

**1983** – Drs. Grundy, David Bilheimer, Michael Brown, and Joseph Goldstein report that statins increase LDL receptors in humans, thus beginning investigation in humans with this new drug.

**1984** – Researchers discover the safety of monounsaturated oils, which leads to the popularization of olive oil in cooking and the proliferation of the Mediterranean diet.

**1987** – Drs. Margo Denke, Andrea Bonanomi, and Grundy find that stearic acid, found in beef fat and cocoa butter, does not raise LDL cholesterol.

**1991** – Dr. Grundy and colleagues call upon food manufacturers to identify the components of packaged foods, in particular trans-unsaturated fats.

**1995** – Center researchers study the “metabolic syndrome” and find that abdominal obesity, hypertension, and insulin resistance can increase risk of heart disease.

**1998** – Dr. Jonathan Cohen finds genetic mutations that influence cholesterol levels, including one that affects levels of HDL.

**2002** – Dr. Abhimanyu Garg’s research showing the benefits of a high-monounsaturated fat diet for type 2 diabetes is instrumental in leading to changes in national diabetes guidelines.

**2003** – Drs. Grundy and Gloria Vega discover that low doses of niacin are effective for treating lipid abnormalities in diabetics.

**2009** – Dr. Deborah Clegg finds that palmitic acid – a saturated fatty acid found in butter, cheese, milk, and beef – reduces the ability of leptin and insulin to regulate weight.