


CURRICULUM VITAE

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University of Maryland School of Medicine



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Contact Information

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Education

1995-1999 B.A., History, Loyola College (*Magna cum Laude*) Baltimore, Maryland

1999-2003 M.D., University of Maryland School of Medicine Baltimore, Maryland

Post Graduate Education and Training

2003-2006 Residency, Emory University School of Medicine, J. Willis Hurst Internal Medicine Residency Program

2006-2009 Fellowship, Endocrinology, Diabetes, and Metabolism, National Institutes of Health NIDDK-NICHD Inter-Institute Endocrine Training Program

Certifications

2006 Internal Medicine

2009 Endocrinology, Diabetes, and Metabolism

Medical Licensures

2006 Maryland Board of Physicians, Active

Employment History

Academic Appointments

2010-2011 Assistant Professor of Medicine, Uniformed Services University of the Health Sciences F. Edward Herbert School of Medicine

2011-2019 Assistant Professor, Department of Medicine, UMSOM

2019-2022 Clinical Associate Professor, Department of Medicine, UMSOM

2022-present Associate Professor, Department of Medicine, UMSOM

Other Employment

2009-2011 Diabetes Branch Staff Clinician, National Institute of Digestive, Diabetes, and Kidney Diseases, National Institutes of Health

Professional Society Membership

2013-present General member, The Endocrine Society

2015-present General member, The American Diabetes Association

2015-present General member, Association of Program Directors in Endocrinology, Diabetes, Metabolism

2018-present General member, American Association of Clinical Endocrinologists

Honors And Awards

1999 Phi Beta Kappa, Loyola College

1999 Whiteford History Medal, Loyola College

2003 Gold Humanism in Medicine Honor Society, University of Maryland School of Medicine (UMSOM)

2003 *Jacob Finesinger Award for Excellence in Psychiatry*, University of Maryland School of Medicine

2016, 2018 *Faculty Teacher of the Year Award* (Endocrinology), University of Maryland Department of Internal Medicine

2018 Mentor Appreciation Award, UMSOM

2018 Keynote Address UMSOM Student Clinician Ceremony

2019 Student Marshall, UMSOM Graduation

2019-2024 *Baltimore Top Doctor*, Diabetes Care and Endocrinology

2020 Faculty Inductee, Alpha Omega Alpha Medical Honor Society

2020, 2023 *Faculty Mentor of the Year*, University of Maryland Division of Endocrinology, Diabetes, and Nutrition

2020-2022 *Faculty Clinician of the Year*, University of Maryland Division of Endocrinology, Diabetes, and Nutrition

2021 *H. Jack Baskin, MD, Endocrine Teaching Award*. American Association of Clinical Endocrinology

2021 *Distinguished Lecturer*, Digestion and Hormones. UMSOM

2021 *Teaching Commendation*, Pathophysiology and Therapeutics II. UMSOM

2021 ACGME Equity Matters DEI Leadership Community

2023 *Teaching Commendation*, Digestion and Hormones. UMSOM

2024 Chairman's Special Achievement Award, UMSOM Department of Medicine

Clinical Activities

Clinical Expertise

Board certified Endocrinologist

Clinical focus: diabetes mellitus, diabetes technology, endocrine disorders in pregnancy, gestational diabetes, women's health, and thyroid cancer.

Scope of Clinical Practice:

- 2011-present University of Maryland Center for Diabetes and Endocrinology
Continuity practice in general endocrinology and diabetes, 5 half-day sessions/week.
- 2011-present University of Maryland Medical Center
Attending Physician: Endocrinology and Diabetes Inpatient Consult service
Supervise inpatient consult team comprised of fellows, residents, and medical students for all endocrine and diabetes consults (20-25 patients/day): 4-6 weeks/year
- 2020-present University of Maryland Medical Center at Midtown
Attending Physician: Endocrinology and Diabetes Inpatient Consult service
Supervise endocrinology fellow and Midtown internal medicine resident on all inpatient consults (6-10 patients/day): 4 weeks/year
- 2021-present University of Maryland Medical Center
Attending physician: Glucose Management Team (GMT)
Supervise 3 physician assistants, 1 pharmacist, 2 diabetes educators, 1 social worker on all diabetes consults to GMT (25-35 patients/day): 4-6 weeks/year
- 2022-2024 University of Maryland St. Joseph Medical Center
Attending Physician: Endocrinology and Diabetes Inpatient Consult service
Remote supervision of a physician assistant on all inpatient consults (10-20 patients/day): 2-4 weeks/year

Development of Clinical Programs

- 2017-present **University of Maryland Endocrinology Corrections Clinic (Medical Director)**
Outpatient clinic for post-sentencing incarcerated individuals from 24 correctional facilities in the state of Maryland. In 2019, doubled monthly patient appointment capacity to improve equity in care for incarcerated individuals. Up to 50% of patients seen identify as transgender
- 2020-present **Medical Co-Director Glucose Management Team**
Implementation of Maryland Quality Innovation Program (M-QIP) to address health disparities in West Baltimore
Hired and trained 4 physician assistants, 2 pharmacist, 2 social workers, 2 diabetes educators to created Glucose Management Team, providing wrap around services to inpatient with diabetes with facilitated outpatient care
GMT provided care to 480 inpatients in 2022 (40% with Medicaid), collaborating with 31 primary hospital teams
- 2025-present **Type 1 Diabetes Mellitus and Pregnancy Clinic**
Creation of a joint OBGYN-MFM and Endocrinology clinic for individuals with type 1 DM who are pregnant to see both their high risk OB provider and endocrinologist for same day appointments and coordination of care

Administrative Service

Institutional Service

UMSOM

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| 2012-2014 | Alternate, School of Medicine Council |
| 2012-2019 | Faculty Interviewer, UMSOM Admissions Committee to medical school candidates |
| 2015-2016 | Section Head, Endocrine Unit Diseases Pathophysiology and Therapeutics II |
| 2016-2019 | Member, Curriculum Coordinating Committee, UMSOM |
| 2016-2019 | Member, Advancement Committee, UMSOM |
| 2016-2019 | Member, Year 1/Year 2 Committee, UMSOM |
| 2016-2019 | Lois Young-Thomas House Mentor |
| 2017 | Course Reviewer, MSPR 523 (Foundations of Disease) |
| 2018-2019 | Member, Curriculum Steering Committee, UMSOM |
| 2018-2024 | Faculty Advisor, Women in Medicine Student Interest Group, UMSOM |
| 2024-2025 | SOM APT Advisory Committee |

UMSOM, Department of Medicine

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| 2012-present | Member, Clinician-Educator Search Committee, Division of Endocrinology |
| 2015-2024 | Chair, Education Committee Division of Endocrinology, Diabetes, Nutrition |
| 2015-present | Endocrinology Grand Rounds Series Member |

University of Maryland Medical Center

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| 2011-2015 | Associate Program Director Endocrinology, Diabetes, and Nutrition Fellowship |
| 2011-2015 | Member, Fellows Clinical Competency Committee |
| 2011-present | Faculty Interviewer to endocrine fellowship candidates |
| 2014 | Core faculty member, CLER survey |
| 2015-2024 | Program Director Endocrinology, Diabetes, and Nutrition Fellowship (20% FTE) |
| 2015-2024 | Chair, Fellows Clinical Competency Committee |
| 2015-2019 | Member, University of Maryland Center for Diabetes and Endocrinology Unit Council |
| 2015-present | Endocrinology fellowship program core conference faculty moderator |
| 2017-present | Medical Director, UMMC Endocrinology Corrections Clinic |
| 2017-2024 | Co-chair Endocrine fellowship ambulatory curriculum committee |
| 2018-2019 | Co-chair, Self-study group for ACGME accreditation endocrinology fellowship |
| 2019-2023 | Ombudsperson, Infectious Disease Fellowship |
| 2020-2022 | Learning Environment Diversity, Inclusion, and Healthcare Disparities Subcommittee of the Graduate Medical Education Committee of UMMC |
| 2024-present | Medical Director, Center for Diabetes and Endocrinology |
| 2025 | Search Committee Member, Division Chief General Internal Medicine |

University of Maryland Medical Center at Midtown

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| 2022-present | Member, Medical Executive Committee |
| 2022-present | Designated Institutional Official (DIO) for GME, UMMC at Midtown (20% FTE) |
| 2022-present | Chair, Graduate Medical Education Committee, UMMC at Midtown |

Local and National Service

Local Service

2018 President, Maryland Endocrine Society
2019 Grant Reviewer, NORC pilot and feasibility grants

National Service

2013-present Reviewer, *Endocrine Practice* (5-10/year)
2015 *Ad Hoc* Reviewer of Abstracts for 2015 Endocrine Society Scientific Meeting
2015-2019 Reviewer, *Reviews on Recent Clinical Trials* (5/year)
2016-present Reviewer, *Journal of Endocrinology and Metabolism* (5-10/year)
2018-present Steering Committee, Diabetes in Pregnancy Study Group in North America 2019 Conference
2019 Abstract judge, Diabetes in Pregnancy Study Group in North American 2019
2019-2023 Council Member, (APDEM)
2020-2022 Co-chair, APDEM Committee on Diversity, Equity, and Inclusion
2022-2023 Secretary-Treasurer, Association of Program Directors in Endocrinology, Diabetes and Metabolism (APDEM)
2022-2023 Co-chair, APDEM Curriculum Committee
2022-2023 Chair, APDEM Finance Committee
2022-present Member, The Endocrine Society Clinical Endocrine Education Committee (CEEC)
2022 Member, Pregnancy Subcommittee American Diabetes Association Scientific Sessions Planning Committee
2022-2023 Guest Co-Editor, “Health Equity in Endocrinology” Endocrinology and Metabolism Clinics of North America
2023-2025 Member, ABIM-Endocrine Society-APDEM Writing Group on Endocrinology Board pass rates
2023-2025 Co-chair, Endocrine Educators Forum, sub-committee of CEEC

International Service

2012-2015 Grant Reviewer, Diabetes UK
2017 Grant Reviewer, Health Research Board (Ireland)

Teaching Service

Administrative Appointments

2015-2022 Course Director, EDNC 54: Endocrine clerkship, 3rd/4th year medical students
2016-2019 Course Director, MSPR 522: Pathophysiology and Therapeutics II

Medical Student Teaching

USUHS

2009-2011 Introduction to Clinical Medicine III
F. Edward Herbert School of Medicine
2, 2nd year medical students – 12.5 contacts hours/year

UMSOM

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| 2011-2012 | Introduction to Clinical Medicine II 4, 2 nd year medical students – 12.5 contacts hours/year |
| 2011-2013 | Introduction to Clinical Medicine I 4-6, 1 st year medical students – 20 contacts hours/year |
| 2011-2016 | Endocrine Function Small Group Preceptor MSPR 515 Functional Systems: 15, 1 st year medical students—2 contact hours/year |
| 2011-present | Endocrinology Small Group Preceptor MSPR 522: Pathophysiology and Therapeutics II: 15, 2 nd year medical students-10 contact hours/year |
| 2015-2016 | Section head, Endocrine Unit Diseases Pathophysiology and Therapeutics II MSPR 522 Pathophysiology and Therapeutics II: 160, 2 nd year medical students— 40 contact hours/year |
| 2015-2022 | Course director, ENDC 541: Endocrinology and Diabetes Elective |
| 2015-2022 | Internship Prep Camp: Annual lecture “Not Too Sweet: Glucose 101” 90, 4 th year medical students, 3 contact hours/year |
| 2016-2019 | Course Director, MSPR 522: Pathophysiology and Therapeutics II |
| 2016-2021 | Lecturer: MSPR 522 Pathophysiology and Therapeutics II 160, 2 nd year medical students Introduction to Endocrinology-2 contact hours/year Pancreatic Hormones and Anti-diabetic drugs-1 contact hour/year Thyroid Disorders and Thyroid Drugs-1.5 contact hour/year |
| 2017-2020 | Lecturer: MSPR 515: Functional Systems 160, 1 st year medical students Thyroid Physiology-1 contact hour/year |
| 2020 | Virtual Endocrinology Elective Director (COVID-19 Curricular Change) |
| 2021-present | Lecturer, <i>Hormones and Health</i> 160, 1 st year medical students Diabetes pharmacology (non-insulin therapy): 2 contact hours/year Diabetes pharmacology (insulin therapy): 1 contact hour/year Health disparities in diabetes: 1 contact hour/year Hypothyroidism/hyperthyroidism: 2 contact hours/year |
| 2022-present | Lecturer, <i>Lifecycle</i> 160 1 st year medical students Amenorrhea: 1 contact hour/year |

Medical Student Mentoring

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| 2011-present | Women in Medicine Mentor (2-4 hours/year) Kelly Fisher (2011-2012) Jessie Ulman (2013-2014) Sarah Lake (2018-2019) Madalyn Myers (2019-2023) Haley Hauser (2020-2024) Luisa Silva (2021-2025) |
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Hannah Frederick (2022-2023)
2016-2019 Lois Young-Thomas House Mentor (6 hours/year)
15-20 mentees/year

Resident Teaching

UMMC Internal Medicine Residency Program

2011-present Attending Physician: Endocrinology and Diabetes Inpatient Consult service
Supervise inpatient consult team comprised of fellows, residents, and medical students for all endocrine and diabetes consults (20-25 patients/day) at the University of Maryland Medical Center: 6 hours/day; 4-6 weeks/year

2012-present Ambulatory Block
Supervise internal medicine residents in outpatient endocrine/diabetes clinics 4-8, residents – 35 contact hours/year

2012-present Resident Ambulatory Outpatient Lecture Series
Pharmacologic Treatment of Hyperlipidemia. October 28, 2013
Polycystic Ovarian Syndrome. December 2, 2013, June 15, 2020; October 13, 2023)
Hypothyroidism. June 2, 2014
Medical Management of Hyperglycemia in Type 2 Diabetes Mellitus, September 16, 2016; November 18, 2019; November 16, 2020; December 1, 2023

UMMC at Midtown Internal Medicine Residency Program

2020-present Resident Noon Conference
Inpatient management of diabetes mellitus
Annual hourly lecture, 35 residents

2023-present Endocrine Elective Faculty Director
Coordinating physician for endocrinology elective at UMMC at Midtown
Supervise all interns in 2 (½ day) clinics
Oversee health equity curriculum for UMMC Midtown Internal Medicine Residents

Fellow Teaching

National Institutes of Health: NIDDK-NICHD Inter-Institute Training Program

2009-2011 Attending Physician: Diabetes Consult Service
Supervised endocrine fellow in management of all inpatient diabetes consults in the NIH Clinical Center, 1 hour/day, 12 months/year

2009-2011 Attending Physician: Endocrine Consult Service
Supervised endocrine fellow on inpatient consults in NIH Clinical Center 2 weeks/year

2009-2011 Attending Physician: General Endocrinology Clinic
Supervised 15 endocrine fellows at 3 different years of training in outpatient management of endocrine disorders, 1/2-day clinic/week, 12 months of year

2009-2011 Attending Physician: Diabetes Clinic

- Supervised 5 second year endocrine fellows in outpatient management of diabetes
1/2-day clinic/week, 12 months of year
- 2009-2011 Lecturer: Diabetes Management and Complications
Weekly 30-minute lectures to second year fellows on management of diabetes and
diabetic complications that preceded Diabetes Clinic
Twice yearly one hour lecture on medical management of type 2 diabetes to first
year endocrine fellows
- 2010-2010 Attending Physician: Mobile-Med/Suburban Outpatient Endocrine Clinic
Supervised 5 second year endocrine fellows in outpatient management of general
endocrine disorders and diabetes in indigent population in Montgomery County
1/2-day clinic/week, 2 months/year

UMSOM

- 2011-present Attending Physician: Endocrinology and Diabetes Inpatient Consult service
Supervise inpatient consult team comprised of fellows, residents, and medical
students for all endocrine and diabetes consults (20-25 patients/day) at the
University of Maryland Medical Center: 6 hours/day; 4-6 weeks/year
- 2011-present Attending Physician: Fellows Endocrine Clinic at Midtown Campus
Supervise up to 4 endocrinology fellows in outpatient management of general
endocrine disorders: 1/2-day clinic/month, 12 months of year
- 2014-present Faculty coordinator, Multidisciplinary Endocrine Monthly Conference
6 fellows, 1-2 residents, 10-15 faculty (Endocrinology, Otolaryngology, Surgery,
Radiology, Nuclear Medicine, Pathology), 1 hour/month
- 2014-present Attending Physician: Women's Endocrine Clinic
Supervise one 2nd year fellow in the assessment, diagnosis, and management of
amenorrhea/oligomenorrhea; 1/2-day clinic/weekly
- 2017-2019 Attending Physician: High risk discharge clinic
Supervise 2 fellows in outpatient follow up of recently discharge high risk
hospitalized patients; 1/2-day clinic/monthly
- 2021-present Elective director, Maternal Fetal Medicine (MFM) Fellowship, Department of
OBGYN
Provide endocrinology outpatient elective experience for a 3rd year MFM fellow
with special focus on type 1 diabetes in pregnancy, diabetes technology use in
pregnancy; 20 hours/week; 2-weeks per year

Lectures

Endocrine Fellowship

- 2015-present **Diabetes Core Lecture Series**
(Annual lecture, 6 fellows, 2 medical students)
Medical Management of Type 2 Diabetes
Gestational Diabetes Mellitus
Practical Aspects of Diabetes Care
Insulin Resistance Syndromes
- 2015-present **Endocrine Core Lecture Series**

(annual lecture, 6 fellows, 2 medical students)
Polycystic Ovarian Syndrome
Congenital Adrenal Hyperplasia
Incorporation of Social Determinants of Health into Endocrinology
Fellowships

School of Nursing

2012-2015 Diabetes and the Elderly
2011, 2014-2018 Endocrine Case Studies

Grant and Contracts

Completed Grant

7/1/2021-6/30/2023 (Co-PI, 0.1%; with Elizabeth Lamos M.D.)
“Improving Care to Incarcerated Transgender Individuals with a
Culturally Competent Educational Curriculum”
Building Trust through Diversity, Health Care Equity, and
Inclusion in Internal Medicine Training
ABIM/ABIM Foundation/ACP/AAIM/Josiah Macy Jr. Foundation
Total Costs: \$20,000

Active Contract

1/1/2020-present Co-Director, Diabetes Program, 10%)
Maryland Quality Innovation Program (M-QIP) to address health
disparities in West Baltimore
Total Contract: \$1.5 million/year

Publications

Peer-reviewed journal articles

1. **Malek R**, McCarthy-Keith D, Levens ED, Merino MJ, DeCherney AH, Weinstein LS. A gastrointestinal stromal tumor in a patient with multiple endocrine neoplasia type 2A and metastatic medullary thyroid cancer to the ovaries. Endocr Pract. 2008 Oct;14(7):898-901.
2. Skarulis MC, Celi FS, Mueller E, Zemskova M, **Malek R**, Hugendubler L, Cochran C, Solomon J, Chen C, Gorden P. Thyroid hormone induced brown adipose tissue and amelioration of diabetes in a patient with extreme insulin resistance. J Clin Endocrinol Metab. 2010 Jan;95(1):256-62.
3. **Malek R**, Chong AY, Lupsa BC, Lungu AO, Cochran EK, Soos MA, Semple RK, Balow JE, Gorden P. Treatment of type B insulin resistance: A novel approach to reduce insulin receptor auto-antibodies. J Clin Endocrinol Metab 2010; 95(8) 3641-3647.
4. Yadav H, Quijano C, Kamaraju AK, Gavrilova O, **Malek R**, Chen W, Zervas P, Zhigang D, Wright EC, Stuelten C, Sun P, Lonning S, Skarulis M, Sumner AE, Finkel T, Rane SG. Protection from obesity and diabetes by blockade of TGF- β /Smad3 signaling. Cell Metab. 2011 Jul 6;14(1):67-79.

5. Feigenbaum K, Brooks PG, Chamberlain CE, Cochran E, Adams-McLean A, **Malek R**, Harlan DM. The Clinical Center's blood glucose management service: a story in quality integrated care. Diabetes Educ. 2012 Mar-Apr;38(2):194-206.
6. Pavlatou MG, Vickers KC, Varma S, **Malek R**, Sampson M, Remaley AT, Gold PW, Skarulis MC, Kino T. Circulating cortisol-associated signature of glucocorticoid-related gene expression in subcutaneous fat of obese subjects. Obesity (Silver Spring). 2013 May;21(5):960-7.
7. Price JD, Linder G, Li WP, Zimmermann B, Rother KI, **Malek R**, Alattar M, Tarbell KV. Effects of short-term sitagliptin treatment on immune parameters in healthy individuals, a randomized placebo-controlled study. Clin Exp Immunol. 2013 Oct;174(1):120-8.
8. Manikas ED, Isaac I, Semple RK, **Malek R**, Führer D, Moeller LC. Successful treatment of type B insulin resistance with rituximab. J Clin Endocrinol Metab. 2015 May;100(5):1719-22.
9. Kant R, Loper HB, Verma V, **Malek R**, Drachenberg C, Munir K. Glycogen hepatopathy with persistent hepatomegaly in a patient with uncontrolled type 1 diabetes. J Endocrinol Metab. 2015;5(1-2):189-191.
10. **Malek R**, Davis SN. Novel Methods of Insulin Replacement: The Artificial Pancreas and Encapsulated Islets. Rev Recent Clin Trials. 2016;11(2):106-23.
11. **Malek R**, Davis SN. Tyrosine kinase inhibitors under investigation for the treatment of type II diabetes. Expert Opin Investig Drugs. 2016;25(3):287-96.
12. **Malek R**, Davis SN. Pharmacokinetics, efficacy, and safety of glyburide for treatment of gestational diabetes mellitus. Expert Opin Drug Metab Toxicol. 2016 Jun;12(6):691-9.
13. Subang ML, König M, Staats PN, Lamos EM, Munir KM, **Malek R**. Third trimester intra-placental choriocarcinoma presenting with respiratory failure and hyperthyroidism. AACE Clinical Case Rep. 2016; Oct 2 (3): e233-e236.
14. Lamos EM, **Malek R**, Davis SN. GLP-1 receptor agonists in the treatment of polycystic ovary syndrome. Expert Rev Clin Pharmacol. 2017 Apr;10(4):401-408.
15. Mesmar B, Poola-Kella S, **Malek R**. The physiology behind diabetes mellitus in patients with pheochromocytoma: a review of the literature. Endocr Pract. 2017 Aug; 23(8):999-1005.
16. Poola-Kella S, Steinman RA, Mesmar B, **Malek R**. Gestational Diabetes Mellitus: Post-partum Risk and Follow Up. Rev Recent Clin Trials. 2018 Jan 31;13(1):5-14.
17. Miller A, **Malek R**. Management of pregnancy in a patient with non-classical congenital adrenal hyperplasia. AACE Clinical Case Rep. 2018 March/April; 4 (2) 162-165.
18. Miller A, Brooks LK, Poola-Kella S, **Malek R**. Posaconazole-Induced Adrenal Insufficiency in a Case of Chronic Myelomonocytic Leukemia. Case Rep Endocrinol. 2018 Jan 16;2018:2170484.
19. Frunza-Stefan S, Whitlatch HB, Rao GG, **Malek R**. Unusual case of anti-N-methyl-D-aspartic acid-receptor (NMDA-R) encephalitis and autoimmune polyglandular syndrome (APS). BMJ Case Rep. 2018 May 2;2018:bcr2018224821.
20. Guo H, Levitt DL, **Malek R**, Munir KM, Lamos EM. Non-ANCA associated methimazole induced nephritis: case and review of the literature. J Endocrinol Metab 2018; 8(2-3): 47-51.
21. Memon R, **Malek R**, Munir KM. Doubling of Hemoglobin A1c on PCSK9 Inhibitor Therapy. Am J Med. 2019 Jan;132(1):e17-e18.
22. Brooks LK, Kalyanaraman N, **Malek R**. Diabetes Care for Patients Experiencing Homelessness: Beyond Metformin and Sulfonylureas. Am J Med. 2019 Apr;132(4):408-412.

23. Mesmar B, Kristan M, Satyarengga M, Lamos EM, **Malek R**, Munir KM. The use of diazoxide in the management of spontaneous hypoglycemia in patients with ESRD. CEN Case Rep. 2020 Aug;9(3):271-277.
24. Ning, X, Rahman, W, **Malek, R**. Medical Management of Primary Hyperparathyroidism in Pregnancy: A Case Report and Brief Literature Review.” J Endocrinol Metab. 2020;10(2):49-53.
25. **Malek R**, Pennant M, Munir K, Lamos EM. Creating a Health Equity Curriculum in Endocrinology Fellowships. Endocr Pract. 2021 Jul;27(7):754-756.
26. Kristan MM, Kim YK, Nelson T, Moxley MC, Yip TC, Munir K, **Malek R**. Predictors of Severe COVID-19 in Patients with Diabetes: A Multicenter Review. Endocr Pract. 2021 Aug;27(8):842-849.
27. Ning X, Hittman J, Lubek J, **Malek R**. Thyroid carcinoma discovered incidentally during surgical resection of head and neck squamous cell carcinoma: A case series. Oral Surg Oral Med Oral Pathol Oral Radiol. 2021 Dec;132(6):e190-e197.
28. Bukhari K, **Malek R**. Open-source automated insulin delivery systems for the management of type 1 diabetes during pregnancy. BMJ Case Rep. 2021 Sep 17;14(9):e243522.
29. Stefan S, Alzedaneen Y, Whitlatch HB, **Malek R**, Munir K. Effects of Electroconvulsive Therapy on Glycemic Control in Type 1 Diabetes. Cureus. 2022 Oct 12;14(10):e30222.
30. **Malek R**, Shibli-Rahhal A, Correa R, Szmuiłowicz ED, Morgan F, Luthra P, Sirisena I, Gianoukakis A, Smooke Praw S, Lieb DC, Haw JS, Mayson SE. An Assessment of Diversity, Inclusion, and Health Equity Training in Endocrinology Fellowship Programs in the United States. Endocr Pract. 2022 Nov;28(11):1159-1165.
31. Ma EZ, Kuo JH, **Malek R**, Turner DJ, Olson JA Jr, Slejko JF, Mullins CD, Hu Y. Total thyroidectomy is more cost-effective than radioactive iodine as an alternative to antithyroid medication for Graves' disease. Surgery. 2023 Jan;173(1):193-200.
32. Rahman W, Stefan S, Ahmed A, Siddiqi M, **Malek R**, Lamos EM, Munir KM. “The effect of calcitonin on quality of life in hypothyroid patients—A pilot study.” Endocrine and Metabolic Science. 2023 June 30; 11:100125. doi: 10.1016/j.endmts.2023.100125.
33. **Malek R**, Sarmiento M, Lamos EM. “Challenges of Gender-Affirming Care in Incarcerated Transgender People.” Endocrinol Metab Clin North Am. 2023 Dec;52(4):677-687.
34. Sotomayor F, Hernandez R, **Malek R**, Parimi N, Spanakis EK. The Effect of Telemedicine in Glycemic Control in Adult Patients with Diabetes during the COVID-19 Era—A Systematic Review. Journal of Clinical Medicine. 2023; 12(17):5673. <https://doi.org/10.3390/jcm12175673>.
35. Panchal B, Asanad S, **Malek R**, Munir K, Schocket LS. “Improving Access to Eye Care Through Community Health Screenings Using Artificial Intelligence.” Ophthalmic Epidemiology. 2024 Feb 21:1-3.
36. Kango G, **Malek R**, Mannuel H, Hussain A. “Targeting Androgen Biosynthesis in Prostate Cancer: Implications on Endocrine Physiology.” Current Opinion in Oncology. Curr Opin Oncol. 2024 May 1;36 (3): 195-201.
37. Abraham L A, Khalid S, Halik A, et al. Insulin Autoimmune Syndrome (Hirata’s Disease) Caused by Methimazole in a 47-Year-Old Man. Cureus 2024 August 29. 16(8): e68146. doi:10.7759/cureus.68146
38. Carlisle KM, Talaie T, Khalid S, Turner DJ, Terhune JH, Kuo JH, **Malek R**, Hu Y. Cost Effectiveness of Definitive Treatment Strategies for Autonomously Functioning Thyroid Nodules. Clin Endocrinol (Oxf). 2025 Jan;102(1):91-100.PMID: 39351890.

39. **Malek R**, Davis SN. Is metformin safe in pregnancy: a focus on offspring outcomes. *Expert Opin Drug Saf*. 2025 Jan;24(1):5-8. PMID: 39485003.

Book Chapters

1. Stein SA, Kant R, **Malek R**, Shuldiner AR. The genetic architecture of diabetes in pregnancy. *The Diabetes in Pregnancy*, Ed. Oded Langer. Shelton: People's Medical Publishing House, 2015. 197-204.
2. **Malek R**, Munir K, Reece EA. Maternal endocrine disorders affecting pregnancy. *Clinical Obstetrics: The Fetus & Mother*, 4th ed. Ed. EA Reece, G Macones, G Leguizamon, A Wiznitzer. Lippincott Williams & Wilkins 2021.

Media Communication

1. **Malek R** and Frayha N. Gestational Diabetes. Primary Care Reviews and Perspectives. Chapter 3. Hippo Education. September 2018. (#517 downloads since 2021)
2. **Malek R** and Frayha N. How to Order Diabetes Supplies. Primary Care Reviews and Perspectives. Chapter 2. Hippo Education. September 2018. * Most downloaded episode of 2019 (#498 downloads since 2021)
3. **Malek R** and Frayha N. PCOS. Primary Care Reviews and Perspectives. Chapter 11. Hippo Education. October 2019. (#1449 downloads)
4. Correa R and **Malek R**. APDEM Diversity, Equity, and Inclusion Committee. APDEM Program Directors Corner. August 2020.
5. **Malek R**. Implementing Anti-Discrimination Policies. APDEM Program Directors Corner. April 2021.
6. **Malek R** and Frayha N. Bioidentical Menopausal Hormone Replacement Therapy. Primary Care Reviews and Perspectives. Chapter 4. Hippo Education. January 2023. (#1747 downloads)
7. **Malek R**. Challenges of Managing Diabetes. Maryland Public Television: Direct Connection; Your Health. March 28, 2023. <https://youtu.be/rngDV3rL4eE>
8. **Lamos EM** and **Malek R**. "Building Trust and Equity in Internal Medicine: University of Maryland Medical School. ABIM Foundation. March 9, 2023. <https://abimfoundation.org/blog-post/building-trust-equity-in-internal-medicine-university-of-maryland-medical-school>
9. **Malek R** and Abdullah S. "Understanding Pre-diabetes and Women's Health." Yumlish Podcast. July 5, 2023.
10. **Malek R** and Frayha N. Thyroid Lightening Round. Primary Care Reviews and Perspectives. *TBD*.

Abstracts

1. **Malek R**, Denkinger BI, Sebring NG, Hall GR, Duan Z, Chen KY, Skarulis MC. Neck circumference: A predictor of insulin sensitivity? Endocrine Society Annual Scientific Meeting Poster Session 2008.

2. Brychta R, Rothney M, Schaefer E, **Malek R**, Skarulis MC, Chen KY. Exercise efficiency during graded bike test in lean and obese adults. The Obesity Society Annual Scientific Meeting Poster Session 2008.
3. Konig M, Hutchens EG, Staats PN, **Malek R**. Newly diagnosed hyperthyroidism in the third trimester of pregnancy. Endocrine Society Annual Scientific Meeting Poster Session 2012.
4. Sareh P, Munir K, **Malek R**. A case of PEG-L-asparaginase induced hypertriglyceridemia treated with intravenous heparin boluses. American Association of Clinical Endocrinologists Scientific Meeting Poster Session 2012.
5. Kant R, Loper HB, **Malek R**, Munir KM. Inhibition of thrombin action improves insulin sensitivity in an obese patient with type 2 diabetes. Endocrine Society Annual Scientific Meeting Poster Session 2013.
6. Wehbeh L, Turner D, Munir K, **Malek R**. Cystic adrenal lymphangioma presenting as an enlarging adrenal mass. Endocrine Society Annual Scientific Meeting Poster Session 2014.
7. Subang ML, Alexander HR, **Malek R**. Bilateral paragangliomas in the presence of p.C68Y variant of the succinate dehydrogenase subunit B (SDHB) gene. Endocrine Society Annual Scientific Meeting Poster Session 2014.
8. Loper HB, Kant R, Munir K, **Malek R**. Newly diagnosed papillary thyroid cancer with brain metastasis and normal sonographic imaging of the thyroid gland. Endocrine Society Annual Scientific Meeting Poster Session 2014.
9. Moeller LC, Manikas ED, Isaac I, **Malek R**, Semple RK, Fuhrer D. Successful treatment of a patient with extreme insulin resistance due to high levels of insulin receptor autoantibodies (type B insulin resistance) with rituximab. Endocrine Society Annual Scientific Meeting Poster Session 2014.
10. Kant R, Loper HB, Munir K, **Malek R**. Iatrogenic Cushing's syndrome in a patient treated with duloxetine and fluticasone. Endocrine Society Annual Scientific Meeting Poster Session 2014.
11. Kant R, Loper HB, Levitt DL, **Malek R**, Overby CL, Munir K. Weight based levothyroxine dosing fails to predict thyroid hormone replacement in primary hypothyroid patients. Endocrine Society Annual Scientific Meeting Poster Session 2014.
12. Mohtasebi Y, Steinman RA, Lamos EM, **Malek R**, Munir K, Stein S. A case of giant prolactinoma initially misdiagnosed as sinonasal neuroendocrine carcinoma. Endocrine Society Annual Scientific Meeting Poster Session 2015.
13. El Rafei A, Schwab SE, Steinman RA, **Malek R**, Munir K. Lipoprotein X leading to severe hypercholesterolemia in a patient with sarcoidosis. Endocrine Society Annual Scientific Meeting Poster Session 2015.
14. Ashraf H, Schwab SE, Munir K, **Malek R**. Resolution of hypopituitarism secondary to metastasis from diffuse large B-cell lymphoma after chemotherapy. Endocrine Society Annual Scientific Meeting Poster Session 2015.
15. Mesmar B, Levitt D, Poola-Kella S, **Malek R**. Delayed diagnosis of high-grade sinonasal undifferentiated carcinoma involving the pituitary gland. Endocrine Society Annual Scientific Meeting Poster Session 2017.
16. Brooks LK, Poola-Kella S, Miller A, **Malek R**. Posaconazole-induced primary adrenal insufficiency. Endocrine Society Annual Scientific Meeting Poster Session 2017.
17. Frunza-Stefan S, Whitlach H, **Malek R**. Unusual case of NMDA-R encephalitis and autoimmune polyglandular syndrome. Endocrine Society Annual Scientific Meeting Poster Session 2017.

18. Frunza-Stefan S, **Malek R**, Munir K. Electroconvulsive therapy effects on glycemic control in type 1 diabetes. Endocrine Society Annual Scientific Meeting Poster Session 2018.
19. Memon R, Frunza-Stefan S, Zarbalian K, **Malek R**. Crooke's cell adenoma masked by polycystic ovarian syndrome. AACE 27th Annual Scientific & Clinical Congress 2018.
20. Memon R, Brar M, **Malek R**. Mineralocorticoid hyponatremia of the elderly: an emerging entity. AACE 27th Annual Scientific & Clinical Congress 2018.
21. Frunza-Stefan S, Memon R, **Malek R**, Streeten E, Pollin T, Silver K. A rare case of type 2 familial lipodystrophy (FLD type 2) non-Dunnigan type with lamin A/C gene (LMNA) mutation causing multi-organ failure and diabetes mellitus. 20th European Congress of Endocrinology 2018. *ESE poster prize
22. Lizama S, **Malek R**. Androgen insensitivity syndrome: A tale of two tails. Endocrine Society Annual Scientific Meeting Poster Session. 2019
23. Miller A, **Malek R**. Post-Partum Diabetes Screening During Well Child Visits. Poster Presentation. American Association of Clinical Endocrinologists 28th Annual Scientific & Clinical Congress, Los Angeles, April 24-28, 2019
24. Bukhari K*, **Malek R**. Do it yourself artificial pancreas system in a pregnant patient with type 1 diabetes. Diabetes in Pregnancy Study Group of North American Poster Session. 2019 *Young Investigator Award Recipient
25. Lamos E and **Malek R**. Gaps in Knowledge of Social Determinants of Health in an Endocrinology Fellowship. Endocrine Society Annual Scientific Meeting Poster Session. 2020
26. Lamos E, Quezada S, **Malek R**. Incorporating Transgender Competent Care into the Medical School Curriculum. Endocrine Society Annual Scientific Meeting Poster Session. 2020
27. Riedel DJ and **Malek R**. A Novel Means of Acquiring High Quality Feedback for Training Programs: The Program Director Ombudsperson. ID Week Poster Session 2020.
28. Kim YK and **Malek R**. A Mass in Disguise: A Rare Case of High-Attenuation Adrenal Myelolipoma. Endocrine Society Annual Scientific Meeting Poster Session 2021.
29. Moxley M, Lamos EM, and **Malek R**. Endocrinology in the Time of Coronavirus: A Virtual Endocrinology Elective for Medical Students. Endocrine Society Annual Scientific Meeting Poster Session 2021.
30. Bukhari K and **Malek R**. Open-Source Automated Insulin Delivery Systems for the Management of T1D: A Case Study on Closing the Loop during Pregnancy. American Association of Clinical Endocrinology Annual Meeting Envision 2021.
31. Kristan M, Kim YK, Nelson T, Molina A, Thompson-Westra J, Onal O, Yip CF, **Malek R**, Munir, K. SGLT-2 Inhibitor Prescribing Patterns at Tertiary Care Diabetes Center for Individuals with Diabetes and Heart Failure. American Association of Clinical Endocrinology Annual Meeting Envision 2021.
32. Shah D, Lamos EM, **Malek R**. Social Determinants of Health Training in US Endocrinology Fellowship Program Curricula: A Comprehensive Review of Program Websites. American Association of Clinical Endocrinology Annual Meeting Envision 2021.
33. Ma E, Turner D, Kuo J, **Malek R**, Olson JA, Mullins CD, Hu Y. Total Thyroidectomy is More Cost-effective Than Radioactive Iodine as an Alternative to Anti-thyroid Medication for Graves' Disease. American Association of Endocrine Surgeons Annual Meeting Oral Presentation 2022.

34. Hossain S, **Malek R**, Kim YK. A Rare Case of Hypercalcemia Mediated by PTHrP and 1,25-dihydroxyvitamin D in a Patient with Pancreatic Neuroendocrine Tumor. American Association of Clinical Endocrinology Annual Meeting 2022.
35. Park J, Gothong C, Ceipek J, **Malek R**, Pennant M. 2022. Improving Inpatient Insulin Management amongst Internal Medicine Residents with a multi-media structured educational program. ENDO 2022.
36. **Malek R**, Sarmiento M, Lamos EM. Exposure to Transgender Teaching in Internal Medicine Residents and Established Providers. ENDO 2022 e-abstract
37. Abraham LA, Khalid S, Halik A, **Malek R**. Insulin Autoimmune Syndrome (Hirata's Disease) Caused by Methimazole in a 47-Year-Old Man. Maryland Chapter of the American College of Physicians. Baltimore, May 2024

Brief Communications

1. Lamos EM, **Malek R**, Munir KM. Effects of Intermittent Fasting on Health, Aging, and Disease. N Engl J Med. 2020 Apr 30;382(18):1771.
2. **Malek R**, Lamos EM. Letter to the Editor: "Trends in Endocrinology Fellowship Recruitment: Reasons for Concern and Possible Interventions". J Clin Endocrinol Metab. 2020 Aug 1;105(8): 351.
3. Golden SH and **Malek R**. "Recognizing and Addressing Health Inequities in Endocrinology and Diabetes." 2023 Dec;52(4):xv-xvii.

Major Invited Speeches

Local

1. **Malek, R**. Treatment of autoantibody receptor diseases: The story of type B insulin resistance, NIH Clinical Center Grand Rounds, Bethesda, MD, 2010
2. **Malek, R**. Case studies in diabetes: optimizing management for a diverse range of patients, Cardio Care Live. JHU Medicine Continuing Medical Education, Baltimore, MD 2011
3. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Team Management of Diabetes. UMCCDE, Baltimore, MD 2012
4. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Medical Grand Rounds. Laurel Regional Hospital, Baltimore, MD 2013
5. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Medical Grand Rounds. UMMC, Baltimore, MD 2013
6. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Medical Grand Rounds. Good Samaritan Hospital, Baltimore, MD 2014
7. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Medical Grand Rounds, St. Joseph's Medical Center, Baltimore, MD 2014
8. **Malek, R**. Medical management of hyperglycemia in type 2 diabetes, Medical Grand Rounds, Charles Regional Medical Center, La Plata, MD 2014
9. **Malek, R**. Management of Gestational Diabetes. Team Management of Diabetes Annual Conference. UMB Southern Management Corporation Campus Center. Baltimore, MD March 10, 2015.
10. **Malek, R**. Syndromes of Severe Insulin Resistance. Endocrine Grand Rounds. JHU. Baltimore, MD 2015.

11. **Malek, R.** Gestational Diabetes: Roundtable Discussion. Diabetes Research Summit. Sheppard Pratt Conference Center. Towson, MD 2016
12. **Malek, R.** Gestational Diabetes. Medical Grand Rounds UMMC, Baltimore, MD 2016
13. **Malek, R.** Gestational Diabetes. Medical Grand Rounds. GBMC. 2016.
14. **Malek, R.** Gestational Diabetes: Roundtable Discussion. Diabetes Research Summit. Sheppard Pratt Conference Center. Towson, MD 2017
15. **Malek, R.** Type 2 diabetes management: The role of SGLT-2 and incretin-based therapy. Healthcare for the Homeless. Baltimore, MD 2017.
16. **Malek, R.** Cardiovascular risk in women with a history of gestational diabetes mellitus. Cardiovascular Medicine Grand Rounds. UMMC, Baltimore, MD 2017.
17. **Malek, R.** Insulin Resistance. St. Agnes Hospital Internal Medicine Grand Rounds. Baltimore, MD 2018.
18. **Malek R.** Incorporation of Social Determinants of Health into Endocrinology Fellowships. UMSOM Endocrinology Grand Rounds. 2020
19. **Malek R.** "A 53-year-old man presents with an adrenal mass". UMMC Clinicopathologic Conference. 2020.
20. **Malek R.** "Polycystic Ovarian Syndrome. Mercy Medical Center Internal Medicine Grand Rounds. 2022.
21. **Malek R.** "Type 1 Diabetes Mellitus and Pregnancy: The Dance between Endocrinology and Obstetrics." University of Maryland School of Medicine Endocrinology Grand Rounds. 2024.

National

22. **Malek, R.** Help for the Newly Diagnosed and Those at Risk. Take Control of Your Diabetes (TCOYD). Washington DC May 21, 2016
23. **Malek, R.** Incorporation of Social Determinants of Health into Endocrinology Fellowships. Temple University Endocrinology Grand Rounds. November 7, 2019.
24. **Malek R.** Health Disparities in Diabetes Care. Team Management of Diabetes Virtual Conference. October 30, 2020
25. **Malek R.** Social Determinants of Health in Diabetes Care. The FDA Office of Minority Health and Health Equity (OMHHE) and UMD CERSI Virtual Public Workshop Collaborating to Advance Health Equity for Diabetes and Chronic Kidney Disease (CKD). February 10, 2021.
26. **Malek R.** Incorporation of Health Equity into Endocrinology Fellowships. Harbor-UCLA Medical Center Translational Endocrinology Conference on Wednesday, February 24, 2021
27. **Malek R.** Incorporation of Health Equity into Endocrinology Fellowships. American Association of Clinical Endocrinology Annual Meeting, May 28, 2021.
28. **Malek R.** Incorporation of Health Equity into Endocrinology Fellowships. George Washington Medical Center Endocrinology Grand Rounds. December 13, 2021.
29. **Malek R.** Creating a Culture of Trust: Training in Transgender Competent Care in Graduate Medical Education at University of Maryland Medical Center. ACGME Equity Matters Symposium. Chicago. December 15, 2022.
30. **Malek R.** Housing Instability and Diabetes. ENDO 2023, Annual Endocrine Society National Scientific Sessions. June 16, 2023.

31. **Malek R.** Type 1 Diabetes and Pregnancy: A Dance Between Endocrinology and Obstetrics. University of Miami Miller School of Medicine Department of OBGYN Grand Rounds. February 8, 2024.
32. **Make R.** Diabetes and Pregnancy. Fair Haven's Invited Speaker Series. New Haven. August 21, 2024.

International

33. **Malek, R** and D.M. Harlan. Rationale and strategy for testing antigen specific immunotherapy coupled with regenerative stimuli to preserve beta cell function in type 1 diabetes, European Association for the Study of Diabetes Oxford Workshop, Oxford, England, 2009