

THOMAS M. HOLLAND MD, MS

603 Washington Blvd, Unit 1

Oak Park, IL. 60302

C: 314.323.9299

holland.thomasm@gmail.com

PROFESSIONAL PROFILE

Experienced in multi-disciplinary teamwork to achieve positive outcomes in research, teaching, service, and administrative goals through inter-professional partnership, case-based clinical instruction, and formal institutional training.

Proficient in advanced clinical skills of ambulatory medicine including neurological assessment and a robust familiarity of pharmacodynamics, pharmacokinetics, and pharmaco-epidemiology, with a strong depth of clinical knowledge and lifestyle epidemiological research in diverse populations with a focus on Alzheimer's disease and related dementia's, social determinants of health, racial and health disparities, translational medicine, implementation science, and public health.

Highly adept in Bioinformatics, Data Management, Analytical Interpretation, and Clinical Research study design and execution with the capability to problem solve and rapidly implement solutions in an academic and research setting. Responsible for maintaining a professional and academic environment that is conducive to group and individual learning with exchange of ideas. Direct mentee advisement and preceptorship with individualized assessments and plans that maintain open dialogue and foster collective decision making.

Robust team building, training, and advising skills with longitudinal undergraduate and graduate mentorship and professional accomplishments in several institutional, national and international environments.

Strong desire for personal advanced learning and growth through formal and informal programs, degree pursuit, and self-directed learning.

STRENGTHS

- Expertise in Study Design, Start-up, and IRB requirements
- Proficiency in Advanced Clinical Skills and Clinical Research in Diverse Populations
- Strong Research and Clinical Ethic
- Expert Understanding of Neurodegenerative diseases
- Skillful in Lifestyle Medicine and Epidemiology
- Proficient in Evidence-Based Research
- Adept in the Pathogenesis of Alzheimer's and Related Dementias
- Flexible and Adaptable to Varied Environments
- Advanced Oral and Written Communication Skills
- Skilled in Case Based Clinical Teaching
- Extensive Medical Terminology
- Adept in Root Cause Analysis
- Advanced Presentation Skills with Excellent Time Management & Organization Skills
- Accomplished Mentor, Leader and Communicator
- Experience with FDA Medical Devices
- Proficient in Bioinformatics Collection & Analyses

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- Depth of Knowledge in Non-pharmacological Interventions for Brain Health
- Practiced in Understanding Social Determinants of Health and Racial and Health Disparities

EDUCATION

MEDICAL DOCTORATE-RUSH MEDICAL COLLEGE

2009-2016

Rush University Chicago, IL

MASTERS, CLINICAL RESEARCH-RUSH GRADUATE COLLEGE

2018-2020

Rush University, Chicago, IL

POST DOCTORAL FELLOW-Martha Clare Morris, ScD

2016-2020

Rush University Medical Center, Chicago, IL

BACHELOR OF SCIENCE: INVESTIGATIVE MEDICAL SCIENCES

Minor: Biology; Music, Emphasis Voice

2004-2008

Saint Louis University, St. Louis, MO.

ACADEMIC APPOINTMENTS

FACULTY INSTRUCTOR - RUSH MEDICAL COLLEGE, Rush University

Department of Internal Medicine, Divisions of Gastroenterology and Nutrition and Translational and Precision Medicine, Section of Community and Nutritional Epidemiology.

07/2020

FACULTY INSTRUCTOR - COLLEGE OF HEALTH SCIENCES, Rush University

Department of Clinical Nutrition

08/2019

LEADERSHIP TRAINING

Rush Interprofessional Leadership Program-Advanced

2021

Wholeness Program: Resilient Leadership, Fostering Wholeness and Positive Change

2020

Rush Interprofessional Leadership Program, Second Cohort

2019

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Foundations of Leadership, Rush Leadership Academy

2018

EMPLOYMENT

FACULTY INSTRUCTOR

Rush Institute for Healthy Aging, Section of Community and Nutritional Epidemiology

Rush University Medical Center, Chicago, IL

07/2020 to present

Assistant Trial Director, Medical Advisor and Study Clinician

Alzheimer's Association US POINTER Trial.

12/2018 to present

- Responsible for clinical (lab, EKG, Rx, history and physical) evaluations neurological assessments and determining "fitness" for the study while maintaining in/exclusion parameters
- Collaboratively working with patients and PCP's to ensure appropriate pre-enrollment assessments are completed as needed
- Administer 6-month follow up visits; assessing barriers to adherence and attrition and implementing mitigation efforts.
- Trending outcomes measurements while ensuring blinding of our outcomes team
- Provide insight and support for recruiting efforts of participants & group centers
- Safety monitoring and study review committee member
- Responsible for assessing and helping resolve AE's and SAE's
- Curriculum development committee member
- Intervention delivery workgroup

Post-Doctoral Fellow

10/2016-07/2020

- Develop analytical hypothesis and research questions using several prospective cohorts, review analyses, attend and present at scientific conferences, and publish manuscripts with the intent to spread knowledge and expand the research and medical field. Design pilot and feasibility trials and create NIH fashioned budgets for intervention studies. Communicate and develop SOP's and MOP's for data collection and transport of biologic specimens with multi-site peers. Assist in grant development.

Project Director

10/2016-present

- FDA approved physical activity monitor, McRoberts MoveMonitor implementation into the **MIND Diet Trial**. Responsibilities include; developing an MOP and SOP, developing a training manual and certification requirements, perform formal training, and conduct quality control reviews of gathered data.

Project Manager

10/2016-present

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- Create, design, pilot and manage an electronic version of the MIND food frequency questionnaire using REDCap. The complex questionnaire was implemented as the primary tool for dietary data gathering for the five-year NIA funded RCT, **MIND Diet Trial**, and the **USPOINTER trial**.

Scientist and Project Coordinator

10/2016-present

- Vitamin D and K NIA grant RF1AG051641, investigating the association of Vitamin D and K in brain tissue specimens to neuropathological outcomes and blood biomarkers.
- Submitted for competitive renewal 07/2021

FACULTY RECRUITMENT ADVISOR

07/2016 to 09/2016

Rush University Medical Center

Chicago, IL

- Assist in recruitment efforts for specific specialties, with an emphasis on department profile compilation, proforma data inclusion, job postings, marketing, and candidate screening through curriculum vitae's and direct contact.
- Design and implement a new strategy to gather and disseminate new physician specialty marketing data
- Restructure and formalize the physician retention plan with goals and directives toward decreasing the rate of turnover by assessing exit interviews and surveys.
- Lead program director faculty welcome reception project and physician satisfaction survey development and integration.

INSTRUCTOR AND FACULTY

06/2015 to 06/2016

Pass Program

Champaign, IL

- Manage staff of six students and their education direction
- Instruct students on available resources
- Develop and teach medical-based lesson plans
- Maintain an up-to-date knowledge base of medical materials and testing guidelines
- Evaluate individual student progress
- Recommend ways to improve students' scores and outcomes to CEO
- Develop and conduct evidence based presentations to fellow staff members and lecturers

FACULTY ADVISOR

06/2011 to 08/2011

National Youth Leadership Forum

TX, NC

- Develop and manage a motivating educational setting for instructing medical knowledge to high school students
- Facilitated meetings on innovative medical topics, briefings, debriefings and simulations
- Master clinical skills in history and physical techniques, suturing skills, and dissecting techniques.
- Lead presentations and facilitated open forums of complex medical issues
- Ensure student safety and compliance with guidelines

MICROBIOLOGY TECHNOLOGIST

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01/2009 to 06/2009

ConAgra Foods Inc.

St. Louis, MO

- Charged with batch sampling of all products using petrifilms
- Coordinated testing services with outside laboratories for product evaluation and research and development projects
- Guaranteed destruction of equipment used for testing to safeguard against contamination
- Performed product quality control testing post production, and daily testing of product equipment and personal protective equipment
- Skilled at operation of advanced autoclave machinery
- Developed presentations and voiceovers for all personnel to maintain certification for PPE use and proper chain of command in the event of contamination
- Assisted in plant audits to ensure quality control and quality assurance
- Responsible for safety compliance and operations of the laboratory
- Authored validations and qualifications on laboratory equipment and procedures

LECTURER TEACHING ASSISTANT AND TUTOR

08/2006 to 05/2008

Saint Louis University

St. Louis, MO

- Enforced safety guidelines of the SLU Department of risk management
- Provided student safety and maintenance of PPE in the laboratory
- Gained thorough knowledge of material safety data sheets
- Taught safety protocols
- Responsible for quality control of laboratory procedures, equipment, and materials
- Instructed and guided students as to safe lab practices

CERTIFICATION AND LICENSURE

Certified Mental Health First Aid

Advanced Cardiac Life Support

Basic Life Support

CITI training

SOCIETY MEMBERSHIPS

- The Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (iSTAART)
- Non-Pharmacological Intervention Professional Interest Area, Alzheimer's Association
- Nutrition, Metabolism, Dementia Professional Interest Area, Alzheimer's Association
- Alzheimer's Impact Movement
- American Society for Nutrition

TEACHING

RUSH UNIVERSITY

- Course Director – BSHS, Physiology, 2022 – 4 credit hour course.
- Course Director – PA program – Physiology 2020, 2 credit hour course
- Course director – BSHS, Global Health 2022, 2021, 2020 – 3 credit hour course.

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- Course director – Research methods 2019 – MS and doctoral students – 2 credit hour course
- Course director - Macronutrients and Metabolism 2019– MS in Clinical Nutrition students 3 credit hour course. 1 semester
- Lecturer – PA program 2019, 2021 – Gastroenterology including hepato-biliary and pancreas, and endocrine physiology, anatomy, pathophysiology, pathology, clinical correlates
- Lecturer – PA program 2019-present – Fluids and Electrolytes- clinical correlates to hyper and hypo status of electrolytes and their association to pathology.
- Summer Anatomy Lab Instructor 2018-present, Develop & oversee an anatomy lab course for pre-medical undergraduate summer interns and highschool students

GRAND ROUNDS

Neuroepidemiology grand rounds, 2018, Bioactives and Brain Health: Dietary intake of flavonols and their association to Cognition, Alzheimer’s dementia, and Alzheimer’s Neuropathology

Internal Medicine grand rounds, 2020, Lifestyle modifications associated with COVID outcomes.

Rush Post-doctoral Society grand rounds, 2021, 2020, How to Navigate the Public Media’s Translation of Your Scientific Works

MENTORSHIP

Preceptor: 1st and 2nd year Medical Students, Rush Medical College, 2021

Peer mentoring – Rush Graduate College – four students of the MS CR program

Preceptor and Faculty Advisor – BSHS students exploring careers in medicine and clinical research

Faculty Advisor, Mentor, and Panel Member University of Illinois Champaign Urbana, Student National Medical Association, Minority Association of Pre-medical Students

- Assisting underrepresented minority pre-med students navigate undergraduate course work, the medical school application process and mock interviews

Membership on student thesis committees, Interprofessional education

Riley Sticca, MS in clinical research committee member, 2020

CONSULTING POSITIONS

- Us Against Alzheimer’s non-profit. Alzheimer’s dementia risk reduction advisory work group

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LEADERSHIP SERVICE/LEADERSHIP POSITIONS

- Founder, Lead Organizer, Registrar, Shavee of Rush Interdisciplinary St. Baldrick's Event, 2010-present
- Board Liaison and Consultant for Rush University Medical Center St. Baldrick's Event, 2013-present
 - Coordinated with multiple departments to secure venue and sponsors for the event
 - Recruited individuals and companies to volunteer time and support
 - Heavily involved in raising over \$320,000 to date for pediatric oncology research
- Event Organizer, Diversity, Equity & Inclusion Committee, 2016-present,
 - Organizer "Cultural Competence and Micro-Aggressions"
 - Organizer "Loving Your Neighbor, an Introspective look at Privilege and How it Effects our Hospital and Surrounding Communities"
 - Organizer "Millennials and the American Dream, Has the American Dream evolved and is it still attainable?"

COMMUNITY SERVICE

- Faculty Volunteer, Rush Day of Service: COVID Awareness and vaccine hesitancy, 08/2021
- Faculty Advisor, Rush Community Outreach Program: COVID vaccine informational presentations to address racial and health disparities and vaccine hesitancy. 05/2021-present
- Committee Member, Rush Welcome Back Bash
- Faculty Volunteer, Crane Medical Preparatory High school mock interview and panel discussion 2017-present
- Faculty Volunteer, STEM education field trip, animal lab dissection
- Faculty Book Facilitator, for Rush Medical College M1's during their clinical skills intensive course, 2016-2018
- Medical Volunteer, Big Ten 10K, 2014
- Clinical/Surgical Assistant for Foundation for the International Education of Neurosurgery, 2008
- Participant, Rush Ball, 2010-2011
 - Contributed to raising over \$30 million to provide scholarships for current and incoming students
- Coordinator & Participant, "Fall into Rush" and Student and Faculty Recitals, 2009-2015
 - Involved in orientation process for incoming students
- Participant, Filipino Student Association Annual Show, Indian Student Association Annual show, Black Student Alliance, Muslim Student Association
 - Co-Founded Hijab for a Day multi-cultural awareness event
 - Fundraising for various charities

CLINICAL SERVICE

Clinical research/clinical trials

- **Project Director** for the FDA approved physical activity monitor, McRoberts MoveMonitor. Responsibilities include; developing an MOP and SOP, developing a training manual and

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certification requirements, perform formal training, and conduct quality control reviews of gathered data.

- **Project Manager:** Create, design and test an electronic version of the MIND food frequency questionnaire using REDCap. The complex questionnaire was implemented as the primary tool for dietary data gathering for the four year NIA funded RCT, MIND Trial, and for the US POINTER study.

- **Assistant Trial Director, Medical Advisor and Study Clinician** for the national Alzheimer's Association US POINTER Trial. To investigate lifestyle interventions for Alzheimer's dementia prevention

INSTITUTIONAL COMMITTEE AND ADMINISTRATIVE SERVICES

Rush University Medical Center

- **DEI-Diversity week committee** member 2016-present
- **Wellness committee:** general member. Responsible for assisting and providing insight into initiatives for Rush University Medical Centers' faculty and staff
- **Wellness week development committee**
- **Parking Committee for RUMC**

Medical College

- **Faculty Council Member**, charged with confirming senior academic promotions
- **Personal statement reviewer** for medical student ERAS, residency application
- **Chairperson**, Committee on Student Affairs, 2009-2011
 - Responsible for making decisions on student external affairs
 - Liaison with faculty to regulate step exam service providers
 - Solicited volunteers to participate in the Rush ball events

University

- **Committee member**, Novel Program Development, College for Transformational Healthcare
- **Students Senate: Senior Faculty advisor.** Charged with providing support and guidance for the student body at large through the college representatives.
- **Post-Doctoral Committee** Executive member
- **Student Wellness Advisory Group** member

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SCIENTIFIC AND SCHOLARLY WORKS

Membership or Offices in Professional Societies

- Programs Chair, Non-Pharmacological Intervention Professional Interest Area, Alzheimer's Association
- Member of the Risk Reduction Work Group for the Non-profit "Us Against Alzheimer's"
- The Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (iSTAART)
- Alzheimer's Impact Movement
- American Society for Nutrition

Ad Hoc Reviewer for Professional Journals-ongoing

- Alzheimer's and Dementia
- Journal of Alzheimer's disease
- BMC Geriatrics
- Canadian Geriatrics Journal
- Biochemical Pharmacology
- Frontiers Aging and Neuroscience – Reviewer and **Invited Editor**

Oral Presentations

International

- Alzheimer's Association International Conference (AAIC)
 - Nutrition Metabolism Professional Interest Area 2020, 2019, 2018
 - Nutrition and Dementia Featured Research Symposium, 2020, 2018
 - Non-pharmacological Intervention Professional Interest Area, 2021

National

- Annual Nutrition Meeting, American Society for Nutrition, 2018

Regional

- Annual Rush Alzheimer's Disease Center ROS/MAP Investigator's Meeting
 - 2020, 2019, 2018

Invited Seminars and Lectures

Invited Lecturer, HNRCA, Tufts University, Boston, MA, Diet Patterns and their association to neurodegenerative diseases. July 2021, July 2020, March, 2020;

Invited Lecturer, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA-Nutritional Epidemiology. Nutritional Interventions Associated to Brain Health. 2022, 2021, 2020

Invited Lecturer, Rush University, Chicago, IL, Clinical Nutrition: Nutrition and Cardiovascular/Neurovascular Outcomes, 2021, 2020

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Invited Lecturer, Rush University, Chicago, IL, Health Systems Management: The Physician Administrator Relationship. 2022, 2021, 2020, 2019

Invited Lecturer, Alzheimer's Foundation of America, Lifestyle interventions for Brain Health, 08/2020

Poster presentations

AAIC 2022, 2021, 2019

American Society for Nutrition Conference 2018, general poster session

Annual Rush Research Symposium: 2019, 2018

Annual Rush University Forum for Research and Clinical Investigation: 2020, 2019, 2018

Grants and Fellowships

Alzheimer's Association Research Grant-applied April 2022

Impact-AD Fellowship Education grant-applied April 2022

Cohn Fellowship-applied January 2022, unfunded

Vitamin D/K metabolites in the brain, NIA: Co-Investigator (Under competitive renewal) 5-years

Rush Public Voices Fellowship, 2020-2021 cohort, The OpEd Project-Awarded

Alzheimer's Foundation of America: Translational Implementation of Lifestyle Modifications for Clinical Practice: submitted, under review.

Contributor and Co-Investigator of the NIA funded NOURISH trial: Dietary Intervention for Post-stroke cognitive decline

MIND diet trial Co-Investigator: 2020-2022 and Post-doctoral fellow: 2016-2020

BIBLIOGRAPHY

Peer-Reviewed Publications:

- Puja Agarwal, Bryan James, Laurel Cherian, **Thomas M Holland**, Neelum Aggarwal, Sue E. Leurgans, David A Bennett, Julie A. Schneider Pelargonidin and Berry Intake association with Alzheimer's Disease Neuropathology: A Community-based Study Journal of Alzheimer's Disease" Journal of Alzheimers Disease, May 2022
- Laurel Cherian, **Thomas M Holland**, Puja Agarwal, Neelum Aggarwal, Julie A. Schneider Western Diet Associated with Increased Post-Stroke Depressive Symptoms, Journal of Nutritional Sciences, May 2022
- Sarah L. Booth, M. Kyla Shea, Kathryn Barger, Sue E. Leurgans, Bryan D. James, **Thomas M. Holland**, Puja Agarwal, Xueyan Fu, Jifan Wang, Gregory Matuszek, Julie A. Schneider Association of vitamin K with cognitive decline and neuropathology in community-dwelling older persons. Alzheimer's Dement. 2022; 8:e12255. <https://doi.org/10.1002/trc2.12255>

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- Sabbagh, MN, Perez, A, **Holland, TM**, et al. Primary prevention recommendations to reduce the risk of cognitive decline. *Alzheimer's Dement.* 2022; 1- 11. <https://doi.org/10.1002/alz.12535>
- Thomas M Holland**, Puja Agarwal, Sarah L. Booth M. Kyla Shea, Xueyan Fu, Klodian Dhana, Sue E. Leurgans, Lisa L Barnes, K. Bharat Ragan, Julie A. Schneider
Dietary Intake of Flavonols May Slow Decline in Multiple Cognitive Abilities: Under Review
- Sarah L. Booth; M. Kyla Shea, Kathryn Barger, Sue E. Leurgans, Bryan D. James, **Thomas M. Holland**, Puja Agarwal, Xueyan Fu; Jifan Wang; Gregory Matuszek, Julie A. Schneider.
Vitamin K, Cognitive Decline and Neuropathology in Community-dwelling Older Persons.
Under Review
- Christopher N. Ford, PhD, MPH, Puja Agarwal, PhD, Todd Beck, MS, Pankaja Desai, PhD, MSW, Klodian Dhana, MD, PhD, Denis Evans, MD, Shannon Halloway, PhD, RN, **Thomas Holland, MD, MS**, Kristin Krueger, PhD, Xiaoran Liu, PhD, Kumar Bharat Rajan, PhD, David A. Bennett, MD, High total sugar intake increases risk of Alzheimer's dementia in community dwelling older adults. Under Review
- Dhana K, Barnes LL, Liu X, Agarwal P, Desai P, Krueger KR, **Holland TM**, Halloway S, Aggarwal NT, Evans DA, Rajan KB. Genetic risk, adherence to a healthy lifestyle, and cognitive decline in African Americans and European Americans. *Alzheimers Dement.* 2021 Jul 26. doi: 10.1002/alz.12435. Online ahead of print. PMID: 34310036
- Desai P, Halloway S, Dhana K, Zhang Y, **Holland TM**, Agarwal P, Ford CN, Mendes de Leon C, Evans DA, Morris MC. Examination of a Composite Walking Measure on Cognitive Functioning Among Participants in the Chicago Health and Aging Project. *J Aging Phys Act.* 2021 Jul 24:1-9. doi: 10.1123/japa.2020-0299. Online ahead of print. PMID: 34303310
- Agarwal P, Dhana K, Barnes LL, **Holland TM**, Zhang Y, Evans DA, Morris MC. Unhealthy foods may attenuate the beneficial relation of a Mediterranean diet to cognitive decline. *Alzheimers Dement.* 2021 Jul;17(7):1157-1165. doi: 10.1002/alz.12277. Epub 2021 Jan 7. PMID: 33410584
- Agarwal P, Wang Y, Buchman AS, **Holland TM**, Bennett DA, Morris MC. Dietary antioxidants associated with slower progression of parkinsonian signs in older adults. *Nutr Neurosci.* 2020 May 22:1-8. doi: 10.1080/1028415X.2020.1769411. Online ahead of print. PMID: 32441566
- Sikkes SAM, Tang Y, Jutten RJ, Wesselman LMP, Turkstra LS, Brodaty H, Clare L, Cassidy-Eagle E, Cox KL, Chételat G, Dautricourt S, Dhana K, Dodge H, Dröes RM, Hampstead BM, **Holland T**, Lampit A, Laver K, Lutz A, Lautenschlager NT, McCurry SM, Meiland FJM, Morris MC, Mueller KD, Peters R, Ridet G, Spector A, van der Steen JT, Tamplin J, Thompson Z; ISTAART Non-pharmacological Interventions Professional Interest Area, Bahar-Fuchs A; Toward a theory-based specification of non-pharmacological treatments in aging and

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dementia: Focused reviews and methodological recommendations. *Alzheimers Dement.* 2021 Feb;17(2):255-270. doi: 10.1002/alz.12188. Epub 2020 Nov 20. PMID: 33215876

- ❑ Halloway S, Dhana K, Desai P, Agarwal P, **Holland T**, Aggarwal NT, Evers J, Sacks FM, Carey VJ, Barnes LL. Free-living standing activity as assessed by seismic accelerometers and cognitive function in community-dwelling older adults: The MIND trial. *J Gerontol A Biol Sci Med Sci.* 2021 Apr 9;glab106. doi: 10.1093/gerona/glab106. Online ahead of print. PMID: 33835152
- ❑ Fu X, Shea MK, Dolnikowski GG, Patterson WB, Dawson-Hughes B, **Holland TM**, Schneider JA, Booth SL. Vitamin D and Vitamin K Concentrations in Human Brain Tissue Are Influenced by Freezer Storage Time: The Memory and Aging Project. *J Nutr.* 2021 Jan 4;151(1):104-108. doi: 10.1093/jn/nxaa336. PMID: 33245132
- ❑ Cherian L, Wang Y, **Holland T**, Agarwal P, Aggarwal N, Morris MC. DASH and Mediterranean-Dash Intervention for Neurodegenerative Delay (MIND) Diets Are Associated With Fewer Depressive Symptoms Over Time. *J Gerontol A Biol Sci Med Sci.* 2021 Jan 1;76(1):151-156. doi: 10.1093/gerona/glaa044. PMID: 32080745 Free PMC article.
- ❑ **Thomas M. Holland**, Puja Agarwal, Yamin Wang, Sue E. Leurgans, David A. Bennett, Sarah L. Booth, Martha Clare Morris; Dietary flavonols and risk of Alzheimer dementia; *Neurology* Jan 2020, 10.1212/WNL.0000000000008981; DOI: 10.1212/WNL.0000000000008981
- ❑ Cherian L, Wang Y, **Holland TM**, Agarwal P, Aggarwal N, Morris MC. DASH and Mediterranean-Dash Intervention for Neurodegenerative Delay (MIND) Diets are Associated with Fewer Depressive Symptoms Over Time, *Journal of Gerontology: medical sciences*, 2020
- ❑ P. Agarwal, **T.M. Holland** Y. Wang, T.M. Holland, D.A. Bennett, M.C. Morris; Association of Strawberries and Anthocyanidin Intake with Alzheimer's Dementia Risk; *Nutrients*, 2019, DOI: 10.3390/nu11123060
- ❑ Fu X, Dolnikowski GG, Dawson-Hughes B, Zheng T, Morris MC, **Holland TM**, Booth SL. Determination of vitamin D and its metabolites in human brain using an UHPLC-MS/MS (Q-TRAP) method; *Current Developments in Nutrition*, 2019
- ❑ P. Agarwal, Y. Wang, A.S. Buchman, **T.M. Holland**, D.A. Bennett, M.C. Morris; MIND Diet Associated with Reduced Incidence and Delayed Progression of Parkinsonism in Old Age; *Nutr Health Aging.* 2018
- ❑ Agarwal P, **Holland TM**, Wang Y, Bennett DA, Buchman AS, Morris MC. Association of Carotenoids, Vitamin E and Vitamin C intake with Parkinsonism and Progression of Parkinsonian signs in Older Adults: under review

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- ❑ Marilyn C. Cornelis, Yamin Wang, **Thomas Holland**, Puja Agarwal, Sandra Weintraub, Martha Clare Morris; Age and Cognitive Decline in the UK Biobank; PLOS ONE, 2018

Peer-Reviewed Abstracts

- ❑ **Thomas M. Holland**, MD, MS Puja Agarwal, PhD, Klodian Dhana, MD, PhD, Todd Beck, MS, Kristin Krueger, PhD, Pankaja Desai, PhD, Neelum T Aggarwal, MD, Lisa L. Barnes, PhD, Julie Schneider, MD, MS, K. Bharat Rajan, PhD Racial differences and the association of the MIND Diet and Physical Activity on Cognitive Domains in the Elderly, AAIC, 2022, accepted
- ❑ **Thomas M. Holland**, MD, MS Puja Agarwal, PhD, Yamin Wang, PhD, Klodian Dhana, MD, PhD, Pankaja Desai, PhD, Shannon Halloway, PhD, RN, Lisa L. Barnes, PhD, Julie Schneider, MD, MS, Effects of the MIND Diet and Physical Activity on Cognitive Domains in the Elderly, AAIC, 2021, #56519
- ❑ **Thomas M. Holland, MD, MS**, Puja Agarwal, PhD, Yamin Wang, PhD, Lisa L. Barnes, PhD, David A. Bennett, MD, Sarah Booth, PhD, Martha Clare Morris, ScD. Dietary Intake of Pelargonidin Found in Berries May Slow Decline in Multiple Cognitive Abilities, AAIC, 2020
- ❑ Cherian L, **Holland T**, Agarwal P, Angotti M, Wang Y, Aggarwal N, Morris MC. Diet Pattern in Acute Stroke Patients, a Semiquantitative Analysis. (Abstract# 5472) American Academy Neurology Conference, 2020, Toronto, ON, Canada.
- ❑ **Holland TM**, Wang Y, Agarwal P, Schneider JA, Booth S, Bennett DA, Morris MC. Dietary Intake of Flavonols Associated with Less AD Neuropathology. Alzheimer's Association International Conference, 2019
- ❑ Klodian Dhana, **Thomas M. Holland**, Bess Dawson-Hughes, Xueyan Fu, Julie A. Schneider, Martha C. Morris, and Sarah L. Booth. Association of Vitamin D in the Human Brain with Alzheimer's Disease Neuropathology. Alzheimer's Association International Conference, 2019
- ❑ Puja Agarwal, Yamin Wang, **Thomas Holland**, David A Bennett and Martha Clare Morris. Strawberry Consumption Associated with Reduced Alzheimer's Dementia Risk. American Society for Nutrition. 2019
- ❑ Puja Agarwal, Yamin Wang, Lisa L. Barnes, **Thomas Holland**, Denis A Evans, and Martha Clare Morris. Racial Differences in the Association of Mediterranean Diet with Cognitive Decline. Alzheimer's Association International Conference, 2019
- ❑ William Patterson, Sarah L. Booth, Gregory G. Dolnikowski, Bess Dawson-Hughes, Martha C. Morris, **Thomas Holland**, Xueyan Fu. Correlations of vitamin D forms and vitamin K forms

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within four human brain regions: The Memory and Aging Project (MAP). American Society for Nutrition. 2019

- Xueyan Fu, William Patterson, Gregory G. Dolnikowski, Bess Dawson-Hughes, Martha C. Morris, **Thomas Holland**, Sarah L. Booth. Associations of vitamin D and vitamin K and their metabolites across four regions of the human brain: The Memory and Aging Project (MAP). American Society for Nutrition. 2019
- Holland TM**, Wang Y, Agarwal P, Booth S, Bennett DA, Morris MC. Nutritional Intake of Flavonols May Decrease the Rate of Alzheimer's Disease in an Elderly Population. Alzheimer's Association International Conference; July 22-26, 2018; Chicago, IL. PLATFORM PRESENTATION.
- Holland TM**, Wang Y, Agarwal P, Booth S, Barnes L, Bennett DA, Morris MC. Dietary Intake of Flavonols May Slow Decline in Multiple Cognitive Abilities. (Abstract ID # 439858). Nutrition; June 9-12, 2018; Boston, MA. POSTER/ePOSTER-ORAL PRESENTATION.
- Morris MC, Schneider JA, Booth S, **Holland TM**, Agarwal P, Wang Y. Green leafy consumption associated with reduced Alzheimer's disease Neuropathology. (Abstract #). Alzheimer's Association International Conference; July 2018; Chicago, IL. Featured Research ORAL PRESENTATION.
- Aggarwal NT**, Schneider JA, **Holland TM**, Wang Y, Cherian LJ, Morris MC; Western Diet Is Related to AD and Vascular Brain Neuropathologies in Older Adults (Abstract #) Alzheimer's Association International Conference; July 2018; Chicago, IL. Featured Research ORAL PRESENTATION.
- Agarwal P, **Holland TM**, Wang Y, Bennett DA, Buchman AS, Morris MC. Association of Carotenoids, Vitamin E and Vitamin C intake with Parkinsonism and Progression of Parkinsonian signs in Older Adults (Abstract #). American Academy of Neurology Annual Meeting; April 2018; Los Angeles, CA. POSTER PRESENTATION
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❑ Cherian L, Wang Y, **Holland TM**, **Agarwal P**, Aggarwal N, Morris MC. MIND diet may slow cognitive decline in stroke survivors. International Stroke Conference; Jan 2018; Los Angeles, CA. ORAL RESENTATION/American Academy of Neurology Annual Meeting; April 2018; Los Angeles, CA. POSTER PRESENTATION

❑ Fu X, Dolnikowski GG, Dawson-Hughes B, Zheng T, Morris MC, **Holland TM**, Booth SL. Determination of vitamin D and its metabolites in human brain using an UHPLC-MS/MS (Q-TRAP) method. (Abstract #). Nutrition; June 2018; Boston, MI. PLATFORM PRESENTATION.

❑ Cutler VJ, Logan ADC, Dvorak SJ, **Holland TM**, Kent P. Pediatric Cancer Patients' Attitudes and Expectations for Fertility Preservation as Compared to those of their Parent/Guardian. Oncofertility Consortium October 2016, Chicago, IL. POSTER PRESENTATION

❑ **Other on-line and/or audio-visual materials**

Infographic associated with the flavonols manuscript **and select audio and visual media**

<https://n.neurology.org/content/neurology/early/2020/01/29/WNL.000000000008981.full.pdf>

<https://www.psychcongress.com/multimedia/flavonol-consumption-linked-lower-risk-alzheimers-dementia>

<https://www.consultant360.com/podcast/neurology/alzheimer-disease/thomas-holland-md-association-flavonols-alzheimer-dementia-risk>

❑ **Media interviews/expert opinion**

Recent research has been featured in over 150 outlets worldwide and translated into over 10 languages, with over 60 interviews conducted, including radio shows in Montreal, Canada, and Sydney, Australia. Institutional tracking confirms an estimated readership of approximately 800 million. <https://neurology.altmetric.com/details/74744395#score>

Expert Opinion and Ongoing Contributions to **The New York Times, Reuters, and Healthline.**

OpEd: <https://www.kevinmd.com/blog/2021/02/7-lifestyle-modifications-to-minimize-the-adverse-effects-of-covid-19.html>