

## CURRICULUM VITAE

### Lynn Kohlmeier, M.D.

Endocrinology and Spokane Osteoporosis  
*Strides For Strong Bones Resources*

*Family: Husband, Steven J. Nisco, MD  
Children, Luke '93, Aria Lynn '95*

#### **Education:**

1988 M.D. Stanford University School of Medicine  
1982 B.S. Yale University

#### **Postdoctoral Training:**

1994-1996 Clinical Investigator in Endocrinology Hypertension Division, Skeletal Health and Osteoporosis, Brigham & Women's, Harvard Medical School, Boston, MA  
1991-1994 Research Fellow in Endocrinology, Stanford University Hospital, Stanford, CA  
*Board Certified Endocrine 1997, 2010*  
1988-1991 Resident in Internal Medicine, Harvard Medical School, Boston, MA  
New England Deaconess Hospital, Clinical Fellow in Medicine  
*Board Certified Internal Medicine 1995*

#### **Teaching, Professional Committees and Community Service:**

2018-present Non-Profit *Strides For Strong Bones Community Resources*, Co-Founder  
2017-present Director of Osteoporosis Screening & Education for Annual "Tri and DU it For Your Bones" Valley Girl Race, Medical Lake, WA  
2015-present Reviewer, *Metabolism, Clinical Therapeutics, and Osteoporosis International Journals*  
2010-present Co-Founder & Director, Annual Non-Profit "Strides for Strong Bones" Race for Osteoporosis Awareness, Screening & Education, Medical Lake, WA  
2009-present Executive Board Member, Washington Osteoporosis Coalition  
2009-2010 Washington State Fall Prevention Steering Committee  
2008-2011 Presentation Review Board, International Society for Clinical Densitometry (ISCD)  
2007-2016 Director, Osteoporosis Awareness, Screening & Education for Annual WestPlains WunderWoman Triathlon, "Tri for Your Bones", Medical Lake, WA  
2007-2008 President, Spokane Society of Internal Medicine, Spokane, WA  
2006-2007 Program Chair, 2007 Spokane Internal Medicine Annual Meeting, Spokane, WA

#### **Clinical Practice:**

2019-present Endocrinology and Spokane Osteoporosis, Spokane, WA  
2014-2018 Spokane Internal Medicine - Endocrinology, Spokane Valley, WA  
1999-2014 Endocrine Associates, LLC - Spokane Osteoporosis, Spokane, WA  
1996-1999 Endocrine Clinic - Osteoporosis Information Center, Washington Hospital, Fremont, CA

#### **Research Experience:**

2013-2016 Sub-Investigator, Arthritis Northwest Rheumatology Research Center, Spokane, WA  
1. VERO - A Randomized, Double Blind Study to Assess The Effect of Teriparatide Compared with Risedronate in Postmenopausal Women with Vertebral Fractures  
2008-2013 Principal Investigator, Department of Clinical Research, Providence Medical Research Center, Sacred Heart Hospital, Spokane, WA  
1. GHY - A Randomized, Double Blind Study to Assess The Effect of Teriparatide Compared with Risedronate on Back Pain in Postmenopausal Women with Osteoporotic Vertebral Fractures. 2008-2013  
2001-2013 Principle Clinical Investigator for Osteoporosis, Hyperlipidemia and Urology Trials, Spokane Osteoporosis Centers, Deaconess Clinical Research, Spokane, WA  
1. VICTORY- A Multicenter, Double-Blind, Randomized, Parallel Group, 6 week Study to Evaluate the Efficacy and Safety of Ezetimibe/Simvastatin Combination Tablet Versus Atorvastatin in Patients with Hypercholesterolemia. 2003

2. FACT- Fosamax-Actonel Comparison Trial: A Randomized, Double Blind, Double-Dummy, Parallel-Group, Multicenter Study to Evaluate and Compare the Effects of Once Weekly Alendronate and Risedronate on Bone Mineral Density in Postmenopausal Women with Osteoporosis. 2002-2005
3. Phase IV Comparison of Raloxifene to Alendronate in post menopausal women with osteoporosis without prevalent vertebral fractures (sub-invest) 2003-2004
4. DANCE- Direct Assessment of Nonvertebral Fractures in Community Experience, 2005- 2011
5. STAND- A Randomized Study to Evaluate Safety and Efficacy of Transitioning Therapy from Alendronate to Denosumab (AMG 162) in Postmenopausal Women with Low Bone Mineral Density, 2006-2013

### **Publications:**

- E Shevroja, O Lamy, L Kohlmeier, F Koromani, F Rivadeneira, D Hans. Use of Trabecular Bone Score (TBS) as a complementary approach to Dual-energy X-ray Absorptiometry (DXA) for fracture risk assessment in clinical practice. *J Clin Densitom.* 2017 Jul-Sep;20(3):334-345.doi:10.1016/j.jocd.2017.06.019. Epub 2017 Jul 19.
- K Saag, D Agnusdei, D Hans, L Kohlmeier LA, K Krohn, E Leib, E MacLaughlin, J Alam, C Simonelli, K Taylor, R Marcus. Trabecular Bone Score (TBS) in Patients With Chronic Glucocorticoid Therapy-Induced Osteoporosis Treated With Alendronate or Teriparatide. *Arthritis Rheum* 2016;68(9):2122-8
- L Kohlmeier, MD. Trabecular Bone Score (TBS) Testimonial of Clinical Use "10 Reasons We Should Consider TBS in Addition to BMD in our Patients". *Medimaps TBS Clinical News - ASBMR Highlights* October 2016; Medimaps Group USA
- T Beck, PhD, L Kohlmeier, MD et al. Exercise effects on the hip are confounded by body size and more evident in geometry. *Medicine & Science in Sports & Exercise*, 2010
- N Watts, MD, P Miller, MD, L Kohlmeier, MD, A Sebba, MD, P Chen, PhD, MaymeWong, PhD, K Krohn, MD. Vertebral Fracture Risk Is Reduced in Women Who Lose Femoral Neck BMD With Teriparatide Treatment. *JBMR* 24(6), 2009
- L Kohlmeier, MD, and R Marcus, MD. Osteoporosis Associated with Pregnancy. in *Osteoporosis*, Second Ed by R Marcus, D Feldman, J Kelsey. Academic Press Inc., Orlando, FL, 2001
- M LeBoff, MD, L Kohlmeier, MD, J Franklin, BS, S Haden, MD, S Hurwitz, BA, J Wright, MD, J Glowacki, PhD. Compared with Osteoporotic Controls Acute Hip Fracture Patients Show High PTH and Low Vitamin D Levels. *JAMA* 281 (16):1505-1511, 1999
- L Kohlmeier\*, MD, M House\*, BS, N Chattopadhyay, PhD, O Kifor, PhD, T Yamaguchi, PhD, MS LeBoff, MD, J Glowacki, and EM Brown, MD. Expression of an Extracellular Calcium Sensing Receptor in Human and Mouse Bone Marrow Cells. \*shared 1st author, *J Bone Miner Res* 12(12):1959-1970 1997
- L Kohlmeier, MD, J Angell, M.S., J Franklin, B.A., J Glowacki, PhD, and MS LeBoff, MD. Body Composition and Bone Mineral Density In Postmenopausal Women With Acute Hip Fractures. *J Bone Miner Res* 11(1):S333 1996
- L Kohlmeier, MD, G Tang, BS, G Adler, MD, J Franklin, B.A., J Glowacki, PhD, and MS LeBoff, MD. Circulating Interleukin6 Levels In Postmenopausal Women With Acute Hip Fracture. *J Bone Miner Res* 11(1):S333 1996
- S Haden, MD, L Kohlmeier, MD, G El Hagg-Fuleihan, MD, N Cotran, MD, J Angell, MS LeBoff, MD. Secondary Causes of Bone Loss: Presence of Low Vitamin D Levels. *JBMR*11(1):S434 1996
- Kohlmeier L, MD, Federman M, MD, and LeBoff MS, MD. Osteomalacia and Osteoporosis in a Woman with Ankylosing Spondylitis. *JBMR* 11(5):697-703 1996
- Kohlmeier L, MD, and Marcus R, MD. Osteoporosis Associated with Pregnancy. in *Osteoporosis* Ed. R Marcus, D Feldman, J Kelsey. Academic Press Inc., Orlando, FL, p959-65, 1996
- Kohlmeier L, MD, Gasner C., M.S.N., Bachrach L.K., and Marcus R, MD. The Bone Mineral Status of Patients with Marfan Syndrome. *JBMR* 10(10):1550-5, 1995
- Kohlmeier L, MD, and Marcus R, MD. Calcium Disorders of Pregnancy. *Endocr Met Clin of N Amer* 24(1):1539, 1995
- Kohlmeier L, MD, Gasner C., M.S.N., and Marcus R, MD. Bone Mineral Status of Women with Marfan Syndrome. *Am J Med* 1993, 95:568-572.

### **Selected CME Presentations, Grand Rounds and Community Events:**

- Stanford Medical Center, Marfan Foundation Annual Meeting. Osteoporosis Q & A Clinic Session, July 13, 2018; "How Marfan Syndrome affects Peak Bone Mass." January 28, 2017
- Gonzaga University ARNP Immersion Series 2017, 2018: Osteoporosis and Thyroid Disease
- Advances in Mineral Metabolism (AIMM/ASBMR) Annual Scientific Meeting, Snowmass, CO
- "Female Triad and Cushings in Patient with Significant Bone Deficit" 2018; "Trabecular Bone Score (TBS) in Patients with Chronic Glucocorticoid-Induced Osteoporosis Treated with Alendronate or Teriparatide", 2016; "Hypophosphatasia and Adult Osteoporosis", 2015, Trabecular Bone Score (TBS) Case 2014; "Alcohol & Bone", 1999; "Severe Osteoporosis in Patient with Gaucher's-like Disease", 1997; "Extracellular Calcium Sensing Receptor", 1996; "Osteopenia in Patients with Marfan Syndrome", 1994
- Benton Franklin County Medical Society Annual CME Seminar, "Low Testosterone in Men" and "Hormone Replacement in Women: Post WHI", Kennewick, WA, 2015; "Osteoporosis Update" "Clinical Presentation of Hyperthyroidism & Hypothyroidism", 2014
- Endocrine Society Clinical Meetings "Osteoporosis: Diagnosis & Treatment" Seattle, WA 2013
- International Society for Clinical Densitometry, Meet the Professor Session, "Community Engagement", Los Angeles, CA 2012
- Washington Osteoporosis Coalition - Spokane Bone Club: 2000-present
- Lynn Kohlmeier, MD Coordinator/Moderator/Speaker, Luna, Spokane, WA
- 2018 Case Presentations: Common and Rare with FGF-23 Update, Suzanne Jan De Beur, MD
- 2016 Osteoporosis Update, Nelson Watts, MD; Post-Fracture Care, Chris Shuhart, MD
- 2015 Osteoporosis Therapy, Michael Lewiecki, MD; Hypophosphatasia, Lynn Kohlmeier, MD
- 2014 What's New in Bone: Progress and Problems: Bone Quality Update with Fine Element Analysis, Tony Keaveny, PhD; Inflammation and Bone, Gary Craig, MD
- 2013 Trabecular Bone Structure Update with Abstract Review by Susan Ott, MD
- 2012 Abstract Review with Susan Ott, MD, Chris Shuhart, MD, Larry Balentine, MD
- 2011 Vitamin D Update, Robert Heaney, MD
- 2010 Parathyroid Review, John Bilezikian, MD
- 2009 High Bone Mass Syndrome, Robert Recker, MD
- 2008 ASBMR/ISCD Review, Steve Petak, MD
- 2007 ASBMR/ISCD/NIST DXA Review, Herb Bennett, PhD
- 2006 ASBMR Rheumatologic Opinion on Bone, Kelly Krohn, MD
- 2005 HSA Hip Structure Analysis, Thomas Beck, ScP
- 2004 Progress of Spokane HIPS Post-Fracture Program
- 2003 Bone Quality Debate with Fred Viren, MD
- 2002 Osteoporotic Therapies & Effects of Exercise, Robert Marcus, MD, Christine Snow, PhD
- 2001 Osteoporosis in Men, Robert Klein, MD
- 2000 Osteoporosis in 21<sup>st</sup> Century, Robert Marcus, MD
- 1999 Osteoporosis Case Discussion with Panel of Experts, Keynote: Lynn Kohlmeier, MD
- Grand Rounds:
- Stanford University Medical Center, "Osteoporosis Update", Stanford, CA 2011
- Walla Walla Hospital, "Osteoporosis & Vit D Update", Walla Walla, WA 2010
- Sacred Heart Medical Center, "Osteoporosis & Pregnancy", Spokane, WA 2010
- Community Events:
- Studio Pilates Medical Seminar*, "Safe Exercise for Osteoporosis" Spokane, WA 2016
- Emde Sports REI Triathlon Seminar*, "Osteoporosis" Spokane, WA 2007-2015
- Parkinson's Women's Group*, "Osteoporosis Update" 2012
- Healthy Women's Circle*, "Osteoporosis Update" 2011- 2013
- My Sisters Temple Wellness Event*, "Osteoporosis Update" 2010
- Medical and Dental Annual Meeting*, "Osteoporosis Update" and "Testosterone Deficiency: Diagnosis and Treatment in Men", MiVoden Camp, Hayden, ID 2009
- DXA Tech Conference*, "Bone Density Technique and Cases", Spokane, WA 2003-2007