

Abbreviated Curriculum Vitae
Mark C. Houston, M.D., M.S., SCH, ABAARM, FACP, FAHA
Associate Clinical Professor of Medicine
Vanderbilt University School of Medicine
Director, Hypertension Institute and Vascular Biology
American Society of Hypertension (ASH) Specialist in Clinical Hypertension
Saint Thomas Medical Group
Saint Thomas Hospital and Health Services
Nashville, Tennessee

Married. Four children. Born in Jackson, Tennessee

High School: Jackson High School - Valedictorian

College: Rhodes College - BA in Chemistry, Summa Cum Laude, Phi Beta Kappa, President of Honor Council, ODK, Who's Who in American Colleges and Universities, Rhodes Scholar Semifinalist

Medical School: Vanderbilt University Medical School - , Highest Honors, Alpha Omega Alpha, Kaiser Fellowship

Internship and Residency in Medicine: University of California, San Francisco

Chief Resident in Medicine: Vanderbilt University Medical School

- Best Teacher in Medicine (Hillman Award)

Vanderbilt University Medical School Full Time Faculty

- Assistant and Associate Professor of Medicine
- Co-Director of Medical Intensive Care Unit
- Director of Cooperative Care Center
- Chief of Clinical Section – General Internal Medicine
- Medical Director of Executive Physical Program

Saint Thomas Hospital

- Associate Clinical Professor of Medicine – Vanderbilt University School of Medicine
- Director of Hypertension Institute and Vascular Biology
- Director of Life Extension Institute
- Medical Director, Clinical Research, Hypertension Institute
- Chief, Division of Nutrition, Hypertension Institute
- Director, CME, Hypertension Institute

Board Certification:

- National Board Medical Examiners (NBME)
- American Board Internal Medicine (ABIM)
- Specialist in Clinical Hypertension – American Society Hypertension (SCH-ASH)
- American Board Anti-Aging Medicine (A⁴M) (ABAARM)
- Human Nutrition, Masters of Science Degree and Certification

Medical License: Tennessee

Fellowship:

- American College of Physicians (ACP) (FACP)
- National Council on High Blood Pressure (NCHBP)
- International Society Hypertension in Blacks (ISHIB)
- American Heart Association (AHA) (FAHA)
- Council on Nutrition, Physical Activity & Metabolism (AHA)

Honors:

- Honor Society Phi Kappa Phi, University of Bridgeport, Connecticut, 2003
- Physician of the Year in Hypertension 2008 by Consumer Research Council
- USA Today Most Influential Doctors in both Hypertension and Hyperlipidemia 2009

Editor in Chief, Journal of American Nutraceutical Association (JANA)

Editorial Board, Editorial Consultant or Reviewer for 20 medical journals (ANA, JAMA, NEJM, AIM, Hypertension, etc.)

Board of Trust and Editorial Board to COSEHC (The Consortium for Southeastern Hypertension Control)

Medical Director for PRESENT CARDIOVASCULAR, an international CME website for physicians

Advisory Boards:

- Vascular Biology and Hypertension Consultants (RDR)
- Health Trac Hypertension Advisory Board
- Protocols: Strategies from Experts in Cardiology
- National Bureau for Information on CHD
- Helios Health Hypertension Expert
- Kronos Clinical Age Management
- Vascular Biology Working Group
- Chair, Medical Advisory Board – ANA (American Nutraceutical Association)
- Vascular Institute – Saint Thomas Hospital
- Medical Liaison to Institute of Medicine (IOM) for the National Institutes of Health and Agency for Healthcare Research and Quality for Complementary and Alternative Medicine (ANA Representative), 2003

Member:

- American Society of Hypertension (ASH)
- National Council for High Blood Pressure (NCHBP)
- American Medical Association (AMA)
- Nashville Academy of Medicine (NAM)
- American Thoracic Society (ATS)
- Tennessee Medical Association (TMA)
- American College of Physicians/American Society of Internal Medicine (ACP/ASIM)
- American Federation of Clinical Research (AFCR)
- International Society of Hypertension (ISH)
- Intra-American Society of Hypertension (IASH)
- International Society of Hypertension in Blacks (ISHIB)
- Southeastern Lipid Association (SELA)

- Consortium for Southeastern Hypertension Control (COSEHC)
- Vascular Biology Working Group (VBWG)
- American Heart Association (AHA)
- AHA Council on Atherosclerosis, Thrombosis and Vascular Biology
- American Society of Hypertension (ASH) Nominating Committee

Clinical Research in Hypertension: over 80 studies conducted in hypertension, hyperlipidemia, diabetes mellitus, cardiovascular diseases

Lectures: over 10,000 national and international lectures and symposia on Hypertension and Vascular Biology and numerous course directorships

Publications:

- Over 170 medical articles and scientific abstracts in peer reviewed journals
- Over 20 books, book chapters and monographs
- Over 50 newspaper articles and magazines
- Over 10 films and videos
- Popular best selling books include:
 1. Handbook of Antihypertensive Therapy by Houston, Meador and Scapani
 2. Vascular Biology for the Clinician by Houston
 3. What Your Doctor May Not Tell You About Hypertension by Houston
 4. Hypertension Handbook for Students and Clinicians by Houston and Hawkins
 5. Hypertension Handbook by Houston (Wiley/Blackwell) 2009

Teaching: Active in teaching medical students, interns and residents from Vanderbilt University Medical School

Clinical Practice: Hypertension Specialist
 Internal Medicine
 Preventive Cardiology
 Lipid Clinic
 Clinical Age Management
 Nutrition

Continued Professional Degrees:

- Masters of Science in Human Nutrition from the University of Bridgeport, Connecticut – December 2003