



## **Professor Frank M. Sacks**

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Frank Sacks is Professor of Cardiovascular Disease Prevention, Department of Nutrition, and Professor of Medicine at Harvard School of Public Health. He is senior attending physician at Brigham and Women's Hospital where he has a specialty clinic in hyperlipidaemia. He is involved in research and public policy in nutrition, cholesterol disorders, hypertension, and cardiovascular disease. His research program combines laboratory research using human models of normal and abnormal lipoprotein physiology to determine the interaction with dietary fat and carbohydrate on lipoprotein metabolism, and clinical trials in nutrition and cardiovascular disease.

Professor Sacks chairs the steering committee for the recently completed National Heart, Lung and Blood Institute (NHLBI)-sponsored PoundsLost trial, which compared the effect of diets differing in carbohydrate, fat or protein content on weight loss. He also chairs the ongoing NHLBI-sponsored Omni-Carb trial, investigating the effect of type and amount of carbohydrate on insulin sensitivity, lipoprotein metabolism, and risk factors for diabetes and cardiovascular disease.

Professor Sacks is also vice-chair and incoming chair of the American Heart Association Nutrition Committee. As a member of the new NHLBI clinical guidelines for cardiovascular risk reduction first expert panel, he serves on the National Cholesterol Education Program Adult Treatment Panel IV, and the lifestyle intervention work group.

Professor Sacks has published 160 original research papers and more than 60 reviews and editorials in medical journals. He is also actively involved in national and international committees and conferences in nutrition and health guidelines.