

## CURRICULUM VITAE

### Education

1998	Fellowship	American College of Endocrinology
1995	Certification, Endocrinology & Metabolism	Royal College of Physicians Canada, American Board of Internal Medicine
1994	Fellowship, Internal Medicine	Royal College of Physicians Canada, American Board of Internal Medicine
1990	Doctor of Medicine	University of Toronto

### Professional Activities

Oct 2015- Present	Chief Medical Officer	LMC Diabetes & Endocrinology
1997-2015	Executive Director	LMC Diabetes & Endocrinology
1995-2001	Staff Endocrinologist	Oakville Trafalgar Memorial Hospital

### Key Publications

#### Exercise & Diabetes

- **Aronson R, Brown R, Li A, Riddell M. Optimal insulin correction factor in post-high-intensity exercise hyperglycemia in adults with type 1 diabetes: The FIT Study. Diabetes Care 2019;42(1): 10-16.**
- Riddell M, Pooni R, Yavelberg L, Li Z, Kollman C, Brown R, Li A, Aronson R. Reproducibility in the cardiometabolic responses to high-intensity interval exercise in adults with type 1 diabetes. Diab Res Clin Prac 2019;148:137-143.
- Li A, Riddell M, Potashner D, Brown R, Aronson R. Time Lag and Accuracy of Continuous Glucose Monitoring During High Intensity Interval Training in Adults with Type 1 Diabetes. Diabetes Technol Ther 2019;21(5).

#### Skills Confidence Preparedness Index (SCPI)

- **Aronson R, Brown RE, et al. Assessment of self-management in patients with diabetes using the novel LMC Skills, Confidence and Preparedness Index (SCPI). Diabetes Res Clin Prac 2018;137:128-136.**
- Mbuagbaw L, Aronson R, et al. The LMC Skills, Confidence & Preparedness Index (SCPI): development and evaluation of a novel tool for assessing self-management in patients with diabetes. Health Qual Life Outcomes 2017;15(1):27.

### **Epidemiology Insights from the LMC Diabetes Registry**

- **Aronson R, Orzech N, Ye C, Brown R, Goldenberg R, Brown V. Specialist-led Diabetes Registries and Prevalence of Poor Glycemic Control in Type 2 Diabetes: The Diabetes Registry Outcomes Project for A1c Reduction (DROP A1C). *Diabetes Care* 2016;39(10):1711-7.**
- **Aronson R, Orzech N, Ye C, Goldenberg R, Brown V. Specialist-led Diabetes Registries and Predictors of Poor Glycemic Control in Type 2 Diabetes: Insights into the Functionally Refractory Patient from the LMC Diabetes Registry Database. *J Diabetes* 2016;8(1):76-85.**
- Bajaj H, Venn K, Ye C, Patrick A, Kalra S, Khandwala H, Aslam N, Twum-Barima D, Aronson R. Lowest Glucose Variability and Hypoglycemia Are Observed With the Combination of a GLP-1 Receptor Agonist and Basal Insulin (VARIATION Study). *Diabetes Care* 2017 Feb;40(2):194-200.
- Bajaj H, Venn K, Ye C, Aronson R. Randomized Trial of Long-Acting Insulin Glargine Titration Web Tool (LTHome) Versus Enhanced Usual Therapy of Glargine Titration (INNOVATE Trial). *Diabetes Technology & Therapeutics* 2016;18(10):610-615.
- Bajaj H, Ye C, Jain E, Venn K, Stein E, Aronson R. Glycemic Improvement with a Fixed-dose combination of DPP-4 inhibitor + metformin in patients with Type 2 diabetes (GIFT study). *Diab Obes Metab* 2017;20(1):195-199.
- Bajaj H, Brown R, Bhullar L, Sohi N, Kalra S, Aronson R. SGLT2 inhibitors and incretin agents: Associations with alanine aminotransferase activity in type 2 diabetes. *Diabet Metab* 2018;44(6):493-499.
- Brown R, Gupta N, Aronson R. Effect of dapagliflozin on glycemic control, weight, and blood pressure in patients with type 2 diabetes attending a specialist endocrinology practice in Canada: a retrospective cohort analysis. *Diabetes Technology & Therapeutics* 2017;19(11):685-691.

### **Technology in Diabetes**

- **Aronson R, Reznik Y, Conget I., et al. Sustained efficacy of insulin pump therapy, compared with multiple daily injections, in type 2 diabetes (OpT2mise study). *Diab Obes Metab* 2016;18(5):500-7.**
- **Aronson R, Cohen O, Conget I et al. OpT2mise: a randomized controlled trial to compare insulin pump therapy with multiple daily injections in the treatment of type 2 diabetes-research design and methods. *Diabetes Technology & Therapeutics* 2014 Jul;16(7):414-20.**
- Reznik Y, Cohen O, Aronson R. Insulin pump treatment compared with MDI for treatment of type 2 diabetes (Op2mise): a randomised open-label controlled trial. *Lancet* 2014;384(9950):1265-72.
- Metzger M, Castaneda J, Aronson R, et al. Factors associated with improved glycemic control following continuous subcutaneous insulin infusion therapy in patients with type 2 diabetes uncontrolled with bolus-basal insulin regimens: an analysis from the OpT2mise randomized trial. *Diabetes Obes Metab* 2017;19(10): 1490-1494.

### **Hypoglycemia in Diabetes**

- **Aronson R, Goldenberg R, et al. The Canadian Hypoglycemia Assessment Tool Program. *Can J Diabetes* 2017;42(1):11-17.**
- Aronson R, Galstyan G, Goldfracht M, et al. Direct and indirect health economic impact of hypoglycaemia in a global population of patients with insulin-treated diabetes. *Diab Res Clin Prac* 2018;138:35-43.
- Pedersen-Bjergaard, U et al. Comparison of the HAT study, the largest global hypoglycaemia study to date, with similar large real-world studies. *Diab Ob Metab* 2018;21(4):844-853.
- Khunti K, Alsifri S, Aronson R, et al. Impact of hypoglycaemia on patient-reported outcomes from a global, 24-country study of 27,585 people with type 1 and insulin-treated type 2 diabetes. *Diabetes Res Clin Pract* 2017;130:121-9. doi: 10.1016/j.diabres.2017.05.004

- Khunti K, Alsifri S, Aronson R, et al. Rates and predictors of hypoglycaemia in 27,585 people from 24 countries with insulin-treated type 1 and type 2 diabetes: the global HAT study. *Diabetes Obes Metab* 2016;18:907-15.

### **Collaborative Research**

- Aronson R, Frias J, Goldman A, et al. Long-term efficacy and safety of ertugliflozin monotherapy in patients with inadequately controlled T2DM despite diet and exercise: VERTIS MONO extension study. *Diab Ob Metab* 2018;20(6):1453-1460.
- Aronson R, Umpierrez G, Stager W, Kovatchev B. Insulin glargine/lixisenatide fixed-ratio combination improves glycaemic variability and control without increasing hypoglycaemia. *Diab Obes Metab* 2018;21(3):726-731.
- Beck RB, Riddlesworth TD, Aronson R, et al. Continuous glucose monitoring versus usual care in patients with type 2 diabetes. *Ann Intern Med* 2017;167(6):365-374.
- Rosenstock J, Aronson R, et al. Benefits of LixiLan, a Titratable Fixed-Ratio Combination of Insulin Glargine Plus Lixisenatide, Versus Insulin Glargine and Lixisenatide Monocomponents in Type 2 Diabetes Inadequately Controlled With Oral Agents: The LixiLan-O Randomized Trial. *Diabetes Care* 2016;39(11):2026-35.
- Bajaj H, Aronson R, et al. The Need Associated with Diabetes Primary Care and the Impact of Referral (NADIR Study). *Can J Diabetes* 2016;40(2):120-125.
- Rosenstock J, Guerci B, Hanefeld M, Gentile S, Aronson R, et al. Prandial Options to Advance Basal Insulin Glargine Therapy: Testing Lixisenatide Plus Basal Insulin Versus Insulin Glulisine Either as Basal-Plus or Basal-Bolus in Type 2 Diabetes: The GetGoal Duo-2 Trial. *Diabetes Care* 2016 Aug;39(8):1318-28.
- Hanefeld M, Berria R, Lin J, Aronson R et al. Lixisenatide treatment for older patients with type 2 diabetes mellitus uncontrolled on oral antidiabetics: meta-analysis of five randomized controlled trials. *Advanced Therapeutics* 2014;31(8):861-872.
- Ahren B, Gaultier JF, Berria R, Stager W, Aronson R, Bailey CJ. Pronounced reduction of postprandial glucagon by lixisenatide: a meta-analysis of randomized clinical trials. *Diabetes Obes Metab* 2014;16(9):861-868.
- Sacks FM, Hermans MP, Fioretto P, Valensi P, Davis T, Horton E, Wanner C, Al-Rubeaan K, Aronson R, et al. Association between plasma triglycerides and high-density lipoprotein cholesterol and microvascular kidney disease and retinopathy in type 2 diabetes mellitus: a global case-control study in 13 countries. *Circulation* 2014;129(9):999-1008.
- Pinget M, Goldenberg R, et al, Aronson R. Efficacy and safety of lixisenatide once daily versus placebo in type 2 diabetes insufficiently controlled on pioglitazone (GetGoal-P). *Diabetes Obes Metab* 2013;15(11):1000-7.
- Riddle MC, Aronson R, et al. Adding once-daily lixisenatide for type 2 diabetes inadequately controlled by established basal insulin (GetGoal-L). *Diabetes Care* 2013;36(9):2489-2496.
- Riddle M, Souhami E, Forst T, Silvestre L, Aronson R, et al. Adding once-daily lixisenatide for type 2 diabetes inadequately controlled with newly initiated and continuously titrated basal insulin glargine: a 24-week, randomized, placebo-controlled study (GetGoal-Duo 1). *Diabetes Care* 2013; 36(9):2497-503.

### **Reviews**

- Aronson R. Single-pill combination therapy for type 2 diabetes mellitus: linagliptin plus empagliflozin. *Curr Med Res Opin* 2015;31(5):901-11.
- Aronson R. The Functionally Refractory Patient in Diabetes – Prevalence and Predictors within Specialist Care Registries. *US Endocrinology* 2015;11(1):30-1.

- Aronson R, Gibney MA, et al. Insulin pen needles: effects of extra-thin wall needle technology on preference, confidence, and other patient ratings. *Clin Ther* 2013;35(7):923-933.
- Aronson R. Optimizing glycemic control: lixisenatide and basal insulin in combination therapy for the treatment of type 2 diabetes. *Expert Rev Clin Pharmacol* 2013;6(6):603-612
- Aronson R. The role of comfort and discomfort in insulin therapy. *Diabetes Technology & Therapeutics* 2012;14(8):741-7.