

Most Significant Contributions

1. **Lear SA**, Humphries KH, Frohlich JJ, Birmingham CL. Are current anthropometric targets appropriate for Canadian Aboriginals? *CMAJ* 2007;177:1499-1505..
1. **Paras E**, Mancini GBJ, **Lear SA**. Which Definition of the Metabolic Syndrome is Most Closely Associated with Sub-clinical Carotid Atherosclerosis? *Atherosclerosis*. 2008;198:228-236.
2. **Lear SA**, Humphries KH, **Kohli S**, Birmingham CL. The use of body mass index and waist circumference as surrogates of body fat differs by ethnicity. *Obesity* 2007;15:2817-2824.
3. **Lear SA**, Humphries KH, **Kohli S**, Frohlich JJ, Birmingham CL, Mancini GBJ. Visceral adipose tissue, a potential risk factor for atherosclerosis: Results from the Multi-cultural Community Health Assessment Trial (M-CHAT). *Stroke*. 2007;38:2422-2429.
4. **Lear SA**, Humphries KH, **Kohli S**, Chockalingam A, Frohlich JJ, Birmingham CL. Visceral adipose tissue accumulation differs according to ethnic background: Results of the Multi-cultural Community Health Assessment Trial (M-CHAT). *Am J Clin Nut* 2007;86:353-359.

These papers are the result of the M-CHAT study of 822 individuals of Aboriginal, Chinese, European and South Asian origin. The results provide novel information that visceral adipose tissue (VAT) is associated with carotid atherosclerosis independent of traditional risk factors. In addition, men and women of Chinese and South Asian origin have a greater amount of VAT than Europeans at the same total body fat and waist circumference, while those of Aboriginal origin had a similar relationship to the Europeans. The implications of these findings are: 1. those with increased VAT are at increased risk for atherosclerosis, 2. ethnic origin is a determinant of body fat distribution, 3. those of Chinese and South Asian origin require lower body mass index and waist circumference targets than Europeans, and 4. current targets based on Europeans are appropriate for those of Aboriginal origin.

6. **Lear SA**, Spinelli JJ, Linden W, Brozic A, Kiess M, Frohlich JJ, Ignaszewski A. The extensive lifestyle management intervention (ELMI) after cardiac rehabilitation: A four-year randomized controlled trial. *Am Heart J*. 2006;152:333-339.
7. **Lear SA**, Ignaszewski A, Linden W, Brozic A, Kiess M, Spinelli J, Pritchard PH, Frohlich JJ. The extensive lifestyle management intervention (ELMI) following cardiac rehabilitation trial. *Eur H J* 2003;24:1920-1027.

These papers report the result of a four year randomized risk factor and lifestyle management intervention in 302 men and women with ischemic heart disease following a 16-week standard cardiac rehabilitation program to prevent reduced adherence to lifestyle behaviours and worsening of risk factors. Using telephone follow-up calls, face-to-face counselling and treatment algorithms based on current clinical guidelines, the intervention group experienced a significant reduction in global cardiovascular risk compared to the usual care group after four years. This improvement was mainly due to communication with the intervention patients' family physicians as there were no differences in lifestyle factors. The usual care group demonstrated some deterioration in risk factors. These results indicate that some patients may benefit from a resource-sparing intervention after cardiac rehabilitation.

8. **Lear SA**, Toma M, Birmingham, CL, Frohlich JJ. Modification of the relationship between simple anthropometric indices and risk factors by ethnic background. *Metabolism* 2003;52:1295-1301.
9. **Lear SA**, Chen MM, Frohlich JJ, Birmingham, CL. The relationship between waist circumference and metabolic risk factors: Cohorts of European and Chinese descent. *Metabolism* 2002;51:1427-1432.

These papers indicate that ethnic background (be it either Chinese or South Asian) is a significant predictor for various risk factors (total cholesterol, LDL-C, triglycerides, TC/HDL-C ratio, insulin, glucose and C-reactive protein) after adjusting for waist circumference and body mass index such that at a given waist measurement, men and women of Chinese or South Asian origin had higher risk factor values compared to men and women of European origin.

Activities and Contributions**Supervisory Experience (Currently supervising 2 MSc and 2 PhD students as senior supervisor)**

Biljana Maric, MSc (09/2005 to 12/2008)

Thesis: Differential distribution of adipose tissue in South Asian and European populations

Lisa Oliver, PhD (01/2003 to 04/2008)

Examining the influences of the neighbourhood environment on childhood obesity in Canada

Alejandra Farias-Godoy, MSc (09/2004 to 04/2007)

Thesis: Clinical outcomes in the Extensive Lifestyle Management Intervention

Simi Kohli, MSc (09/2003 to 08/2006)

Thesis: Differential distribution of adipose tissue in South Asian and European populations

Amber Zutz, MSc (01/2003 to 01/2006)

Thesis: Utilization of the world wide web to deliver cardiac rehabilitation at a distance

Contributions to Academic Community

1. Peer-reviewed journals reviewed for:

American Journal of Cardiology

American Journal of Medicine

Applied Physiol, Nutrition and Metabolism

Arteriosclerosis, Thrombosis and Vascular

Biology

Atherosclerosis

Asia Pacific Journal of Clinical Nutrition

Canadian Journal of Cardiology

Canadian Journal of Public Health

Canadian Medical Association Journal

Circulation

Clinical Endocrinology

European Journal of Clinical Nutrition

International Journal of Nursing Studies

International Journal of Obesity

Journal of the American Medical Association

Journal of Epidemiology and Community Health

Journal of Thrombosis and Haemostasis

The Lancet

Metabolism

Obesity

Molecular Genetics and Metabolism

Patient Education and Counselling

Stroke

2. Peer Review Committees:

- a. *Obesity and Related Diseases: Obesity Team Grant (ad hoc committee)*. Canadian Institutes of Health Research's Institute of Nutrition, Metabolism and Diabetes. April 2008.
- b. *Doctoral Research Award A and Master's Award A Committees*. Canadian Institutes of Health Research. July 2007 to present.
- c. *Scientific Review Committee VII: Behavioural Research / Health Psychology / Rehabilitation / Population Health*. Heart and Stroke Foundation of Canada. December 2005 to present.
- d. *Built Environment, Obesity and Health (ad hoc committee)*. Heart and Stroke Foundation of Canada. August 2007.
- e. *Population Health Trainee Evaluation Committee*. Michael Smith Foundation for Health Research, October 2003 to April 2006 (committee Chair for last year of term).
- f. *Childhood Obesity (ad hoc committee)*. Canadian Institutes of Health Research's Institute of Nutrition, Metabolism and Diabetes. February 2005 and October 2005.

Editorships

1. Editor, *Current Issues in Cardiac Rehabilitation and Prevention*, official publication of the Canadian Association of Cardiac Rehabilitation, September 2006 to present.

Media Contributions (60 total)

Results of my research work have been profiled in television, print and electronic media throughout Canada and in many other countries.

Publications**Refereed Papers (43 total)***Trainees are underlined.*

	Impact Factor*
1. <u>Farias Godoy AN</u> , Ignaszewski A, Lear SA . The effectiveness of ongoing program support for primary care in patients four years following cardiac rehabilitation. <i>Am J Med</i> . In press.	4.907
2. Lear SA , Araki Y, <u>Maric B</u> , Kaan A, Horvat D. Prevalence and characteristics of home Internet access in patients with cardiovascular disease from diverse geographic locations. <i>Can J Cardiol</i> . In press.	1.422
3. Obesity in Asia Collaboration. The discrimination of dyslipidaemia using anthropometric measures in ethnically diverse populations of the Asia Pacific Region: The Obesity in Asia Collaboration. <i>Obes Rev</i> . In press.	7.821
3. Lear SA , Humphries KH, <u>Hage-Moussa S</u> , Chockalingam A, Mancini GBJ. Immigration presents a unique increased risk for cardiovascular disease. <i>Atherosclerosis</i> . In press.	4.287
5. Zimmerman AC, Lear SA , Holmes DT. Age dependent reference intervals for measured bioavailable testosterone on the Siemens Advia Centaur: Ethnicity specific values not necessary for South Asians. <i>Clin Biochem</i> . In press.	
4. <u>Maric B</u> , Kaan A, Ignaszewski A, Lear SA . Review of telemonitoring technologies in heart failure. <i>Eur J Heart Fail</i> . In press.	2.986
5. <u>Kohli S</u> , Gao M, Lear SA . Using simple anthropometric measures to predict body fat in South Asians. <i>Appl Physiol Nutr Metab</i> 2009;34:40-48.	1.000
8. Bennett MT, Ignaszewski A, Lear SA . Lifestyle Modifications in the Treatment of Hypertension. <i>Cur Hypertens Rev</i> 2008;4:266-274.	
6. <u>Claudio C</u> , <u>Kahn B</u> , Lear SA . Comparison of body fat assessments performed using the Norland XR36 and the Hologic Discovery W dual energy x-ray absorptiometry (DXA) instruments. <i>Int J Body Comp Res</i> 2008;6:21-26.	N/A
10. Taraboanta C, Wu W, Lear S , DiPalma S, Hill J, Mancini GBJ, Frohlich J. Subclinical atherosclerosis in subjects with family history of premature coronary artery disease. <i>Am H J</i> 2008;155:1020-1026.	3.649
7. <u>Paras E</u> , Mancini GBJ, Lear SA . Which definition of the metabolic syndrome is most closely associated with sub-clinical carotid atherosclerosis? <i>Atherosclerosis</i> 2008;198:228-236.	4.287
12. Huxley R, James WPT, Barzi F, Patel JV, Lear SA , Suriyawongpaisal P, Janus ED, Caterson I, Zimmet P, Prabhakaran D, Reddy SK, Woodward M. Ethnic comparisons of the cross-sectional relationships between measures of body size with diabetes and hypertension. <i>Obes Rev</i> 2008;9 (Suppl 1):53-61.	7.821
13. Obesity in Asia Collaboration. Is central obesity a better discriminator of the risk of hypertension than body mass index in ethnically diverse populations. <i>J Hypertens</i> 2008;26:169-177.	4.364
14. Kaan A, Lear S , Maric B. The development and feasibility of a virtual heart function clinic. <i>J Telemed Telecare</i> 2007;13(suppl 3):s47-s49.	0.963
8. Obesity in Asia Collaboration. Waist circumference thresholds provide an accurate and widely applicable method for the discrimination of diabetes.	7.851

- Diabetes Care* 2007;30:3116-3118.
16. **Lear SA**, Humphries KH, Frohlich JJ, Birmingham CL. Are current anthropometric targets appropriate for Canadian Aboriginals? *CMAJ* 2007;177:1499-1505. 7.067
 9. **Lear SA**, Humphries KH, Kohli S, Birmingham CL. The use of body mass index and waist circumference as surrogates of body fat differs by ethnicity. *Obesity* 2007;15:2817-2824. N/A
 10. Lear SA, Humphries KH, Kohli S, Frohlich JJ, Birmingham CL, Mancini GBJ. Visceral adipose tissue, a potential risk factor for atherosclerosis: Results from the Multi-cultural Community Health Assessment Trial (M-CHAT). *Stroke* 2007;38:2422-2429. 6.296
 11. **Lear SA**, Humphries KH, Kohli S, Chockalingam A, Frohlich JJ, Birmingham CL. Visceral adipose tissue accumulation differs according to ethnic background: Results of the Multi-cultural Community Health Assessment Trial (M-CHAT). *Am J Clin Nut* 2007;86:353-359. 6.603
 12. Zutz A, Ignaszewski A, Bates J, **Lear SA**. Utilization of the Internet to deliver cardiac rehabilitation at a distance. *Telemed J E Health* 2007;13:323-330. 0.894
 21. **Lear SA**, Spinelli JJ, Linden W, Brozic A, Kiess M, Frohlich JJ, Ignaszewski A. The extensive lifestyle management intervention (ELMI) after cardiac rehabilitation: A four-year randomized controlled trial. *Am Heart J*. 2006;152:333-339. 3.514
 22. Zakeri H, Frohlich JJ, **Lear SA**. Relation of Anthropometric parameters to the functional assessment of HDL particle size in three ethnic cohorts. *Asia Pacific J Clin Nut*. 2006;15(3):293-299. 1.483
 23. Spence JC, Plotnikoff RC, Rovniak LS, Martin K, Rodgers W, **Lear SA**. Perceived neighbourhood correlates of walking among participants visiting the Canada on the move website. *Can J Public Health* 2006;97:S36-S40. N/A
 24. Plotnikoff RC, Spence JC, Tavares L, Rovniak LS, Bauman A, **Lear SA**, McCargar L. Characteristics of participants visiting the Canada on the move website. *Can J Public Health* 2006;97:S28-S35. N/A
 13. Moore E, Richter BA, Patton CK, **Lear SA**. Mapping Stairwell Accessibility in Vancouver's Downtown Core. *Can J Public Health* 2006;97:118-120. N/A
 26. **Lear SA**, Birmingham CL, Chockalingam A, Humphries KH. Study design of the multicultural community health assessment trial (M-CHAT)- A comparison of body fat distribution in four distinct populations. *Ethn Dis* 2006;16:96-100. 0.857
 27. Ayyobi AF, Hill JS, Molhuizen HOF, **Lear SA**. Cholesterol Ester Transfer Protein (CETP) Taq1B polymorphism influences the effect of standardized cardiac rehabilitation program on lipid risk markers. *Atherosclerosis* 2005;181:363-369. 3.777
 28. Myers J, Kaykha A, George S, Abella J, Zaheer N, **Lear S**, Yamaazaki T, Froelicher V. Fitness versus physical activity patterns in predicting mortality in men. *Am J Med* 2004;117:912-918. 4.179

* impact factors from 2001 to 2007; N/A- no value available; for 2008 articles the 2007 impact factor is reported
 Note: For those papers in which I am first author, I was responsible for the design of the study, data collection and analyses, writing the manuscript, and I had final say in manuscript preparation. For

those papers in which I am last author, the study design, data collection and analyses, and manuscript preparation were conducted under my direct supervision.

Submitted Refereed Papers

3. Farias Godoy AN, Ignaszewski A, **Lear SA**. The effectiveness of ongoing program support for primary care in patients four years following cardiac rehabilitation. *Eur J Cardiovasc Rehabil Prev*. Submitted.
4. Maric B, Kaan A, Araki Y, **Lear SA**. The use of the Internet to remotely monitor patients with heart failure. *Eur H J*. Submitted.

Letters in Peer-reviewed Journals

1. Araki Y, Scott R, **Lear SA**. Challenges of telehealth research in clinical settings. *J Telemed Telecare* 2007;13(8):425-6.
2. **Lear SA**. Waist circumference is simpler than body mass index. *Clin Chem*. 2005;51:1082-1083.
3. **Lear SA**. Effect of lifestyle changes on coronary heart disease. *JAMA* 1999;282:130.

Non-Peer Reviewed Publications

1. **Lear SA**, Bates J, Lavoie J, Johnston S, Scott RE. The British Columbia alliance on telehealth policy and research. *Healthc Q* 2008;11:52-56.
2. **Lear SA**. Research in Progress: Utilization of the World Wide Web to Deliver Cardiac Rehabilitation at a Distance. *CACR Newsbeat* 2004;12:15-16.
3. **Lear SA**. Ethnic issues in primary prevention. *CACR Newsbeat* 2004;12:7-8.
4. Mackenzie M, **Lear SA**. Relapse prevention for physical activity behaviours: The exercise specialist approach at St. Paul's Hospital Healthy Heart Program. *CACR Newsbeat* 2002;10:13-14.

Book Chapters

1. **Lear SA**, Bondy GP, Assessment of lipid status in athletes. In: Driskel JA, Wolinsky I, eds. *Nutritional Assessment of Athletes*. Boca Raton, FL: CRC Press; 2002:259-282.

Invited Presentations- Conference Proceedings (9 total)

1. **Lear SA**. Community-based research across cultures: Reflections on the Multi-cultural Community Health Assessment Trial (M-CHAT). Childhood and Adolescent Obesity Conference. Vancouver, BC. October 4, 2008.
2. **Lear SA**. Overview of Obesity in BC. Information Session: How to Safely Move Bariatric Patients. Richmond, BC. June 11, 2008.
3. **Lear SA**. Visceral Fat, Cardiovascular Risk and Ethnicity. Western Obesity Summit. Kananaskis, AB. May 7, 2007.
4. **Lear SA**. Exercise: Is the "healthy heart" an oxymoron? Live Well with Diabetes. Vancouver, BC. November 4, 2006.
5. Bondy G, **Lear SA**, McQueen K. Better patient outcomes through collaboration: The Healthy Heart Program Experience. The Royal College of Physicians and Surgeons of Canada. Vancouver, BC. September 23, 2005.
6. **Lear SA**. Risk Factors: Heart and Diabetes. Aboriginal Health and Wellness Conference. Chilliwack, BC. February 16, 2005
7. **Lear SA**. Multicultural Community Health Assessment Trial (M-CHAT): Body Fat Distribution Among People of Aboriginal, Chinese, European and South Asian Origin. First Nations Nutrition health Conference. North Vancouver, BC. June 14, 2004.

Invited Presentations- Other (27 total)

1. The role of ethnic background on body fat distribution. Medical Research Council Epidemiology Unit, Addenbrooke's Hospital, University of Cambridge, Cambridge, United Kingdom. November 25, 2008.
2. Unraveling the mystery of obesity in different ethnic groups. St. Paul's Hospital Work in Progress Rounds, St. Paul's Hospital, Vancouver, BC. November 19, 2008.
3. The role of ethnicity in obesity-related metabolic risk - we are not all the same. Department of Psychology Health and Behaviour Rounds, University of British Columbia, Vancouver, BC. October 22, 2008.
4. Understanding the role ethnicity plays in obesity. iCAPTURE Rounds. St. Paul's Hospital, Vancouver, BC. October 10, 2008.
5. Understanding the role ethnicity plays in body fat. Population Health Research Institute Rounds, Hamilton General Hospital, Hamilton, Ont. September 24, 2008.
6. When it comes to body fat, we are all not created equal. Obesity Research: Current Status and Future Directions, Heart and Stroke Foundation of British Columbia and Yukon, Vancouver, BC. March 12, 2008.
7. Ethnic diversity: How it affects obesity-related risks. Research Round-up, Providence Health Care, Vancouver, BC. November 26, 2007.
8. Obesity and ethnicity: Not all populations are the same. Cardiology rounds, St. Paul's Hospital. Vancouver, BC. November 1, 2007.
9. Activities of the British Columbia Alliance on Telehealth Policy and Research. BC Ministry of Health Policy Rounds, Victoria, BC. October 12, 2007.
10. British Columbia Alliance on Telehealth Policy and Research (BCATPR). Telehealth e-Health Seminar Series, Health Telematics Unit, University of Calgary. Jun 29, 2007.
11. The delivery of cardiac rehabilitation through the Internet. Heart and Stroke Foundation of British Columbia and Yukon's Celebrity Breakfast, Prince George, BC. February 9, 2007. (keynote speaker)
12. Physical activity and obesity. Presentation to the Provincial Services Health Authority's Healthy Weights Advisory Committee. Vancouver, BC. November 27, 2006.
13. Unraveling the link between ethnicity and body fat distribution and its effect on cardiovascular risk: Results of the Multi-cultural Community Health Assessment Trail (M-CHAT). St. Paul's Hospital Healthy Heart Program Rounds, Vancouver, BC. April 21, 2006.
14. Exercise in diabetes. University of British Columbia Continuing Medical Education Grand Rounds, Vancouver, BC. November 17, 2005.
15. Management of fat and sugar through physical activity. Mini Med School Diabetes Curriculum, Vancouver, BC. November 9, 2005.
16. Of obesity and ethnicity- Are we really that different? Providence Health Care Dietitians' Retreat. Vancouver, BC. April 15, 2005.
17. Management of fat and sugar through physical activity. Mini Med School Diabetes Curriculum, Vancouver, BC. October 27, 2004.

Abstracts (62 total)

1. **Lear SA, Kohli S, Tchernof A, Sniderman A.** South Asians present with a unique phenotype of sarcopenic obesity compared to other ethnic groups. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
2. **Lear SA.** Unraveling the differences in body composition among four ethnic groups and the impact on metabolic risk. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.

3. Kohli S, Farias-Godoy A, Lear SA. Differences in abdominal subcutaneous adipose tissue compartments between aboriginal and European populations. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
4. Kohli S, Farias-Godoy A, Lear SA. Using waist circumference and triglycerides to predict visceral adiposity in Chinese and South Asians cohorts. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
5. Farias-Godoy A, Kohli S, Lear SA. Determinants of changes in body mass index and waist circumference from an Extensive Lifestyle Management Intervention following cardiac rehabilitation. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
6. Farias-Godoy A, Kohli S, Lear SA. Differences in peripheral adipose tissue depots among those that have low VAT and high VAT. Where is the fat? Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
7. Gasevic D, Teo K, Yusuf S, Lear SA. Perceived and objective determinants of the built environment in the relation to physical activity, measured anthropometry and glucose. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
8. Gasevic D, Lear SA. Relationship of health-related quality of life with obesity and insulin resistance in four ethnic groups. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
9. Gasevic D, Lear SA. Relationship between regional adiposity and insulin resistance in four ethnic groups. Accepted for presentation at 1st National Obesity Summit, May 7-10, 2009. Kananaskis, Canada.
10. **Lear SA, Mancini GBJ**. Life in Canada may present a risk factor for cardiovascular disease in immigrants. *Can J Cardiol* 2008;24(suppl E):225E.
10. Gasevic D, Lear SA. Waist circumference predicts insulin resistance beyond that of body mass index in four ethnic groups. *Can J Cardiol* 2008;24(suppl E):314E.
11. Farias-Godoy AN, Lear SA, Kohli S. Role of visceral adipose tissue and subcutaneous adipose tissue as predictors of dyslipidemia and insulin resistance across four ethnic groups. *Can J Cardiol* 2008;24(suppl E):314E.
12. Maric B, Gasevic D, Lear SA. The prediction of subcutaneous vs. visceral adipose tissue deposition in four ethnic groups. *Can J Cardiol* 2008;24(suppl E):106E.
13. Kohli S, Farias-Godoy AN, Lear SA. Determinants of success from an extensive lifestyle management intervention following cardiac rehabilitation. *Can J Cardiol* 2008;24(suppl E):54E-55E.
14. Maric B, Kaan A, Lear SA. Pilot study of remote management of heart failure patients using the Internet. *Can J Cardiol* 2008;24(suppl E):176E.
15. Maric B, Kaan A, Lear SA. Pilot Study of Remote Management of Heart Failure Patients Using the Internet. Taking Charge of Our Health: Integrated Chronic Disease Self-Management Conference, October 23-24, 2008, Toronto, Canada.
17. **Lear SA**. Obesity, ethnicity and atherosclerosis. National Atherosclerosis Forum, September 26-28, 2008. Toronto, Canada.
16. Kohli S, Sniderman A, Tchernof A, Lear SA. Adipose tissue compartments and ethnicity. 1st Canadian Obesity Student Meeting. Quebec City, Canada. June 2008.
17. Gasevic D, Lear SA. Waist circumference and its relationship with type 2 diabetes risk indicators among four ethnic groups. 1st Canadian Obesity Network National Student Meeting. Quebec City, Canada. June 2008.
18. **Lear SA**. The British Columbia Alliance on Telehealth Policy and Research. 3rd Annual Interior Health Research Conference. Kelowna, Canada. April 29, 2008.

19. Maric B, **Lear SA**, Kaan A. Pilot study of remote management of heart failure patients using the Internet. 3rd Annual Interior Health Research Conference. Kelowna, Canada. April 29, 2008.
20. **Lear SA**, Araki Y, Maric B, Kaan A, Mackay M. Penetration of the Internet in cardiac patients from diverse geographical areas. *Can J Cardiol* 2007;23(suppl C):0858.
21. Farias-Godoy A, **Lear SA**. Predictors of event-free survival after a standard cardiac rehabilitation program. *Can J Cardiol* 2007; 23(suppl C):0715.
22. Kahn B, **Lear SA**. Relationship between adiponectin, visceral adipose tissue and total adipose tissue in South Asian and European men and women. *Can J Cardiol* 2007; 23(suppl C):0717.
23. Kohli S, Tchernof A, Sniderman A, **Lear SA**. Ethnic specific differences in abdominal subcutaneous adipose tissue compartments. *Can J Cardiol* 2007; 23(suppl C):0716.
24. **Lear SA**, Humphries KH, Kohli S, Chockalingam A, Frohlich JJ, Birmingham CL. Obesity: Not all populations are the same. National Atherosclerosis Forum, September 28-30, 2007. Montreal, Canada.
25. Kaan A, **Lear S**, Maric B. The development and feasibility of a virtual heart failure clinic. Success and Failures in Telehealth 2: International Conference. Brisbane, Australia, August 2007.
26. Kahn B, **Lear SA**. Correlations between body composition, adipokines and components of the metabolic syndrome. *Obesity* 2006; 14(suppl A):A221.
27. Claudio C, Kahn B, **Lear SA**. Comparison of body fat measurements obtained using two DEXA instruments. *Obesity* 2006; 14(suppl A):A142.
28. **Lear SA**, Kohli S, Birmingham CL, Frohlich JJ, Chan S, Mancini GBJ. Visceral adipose tissue is an independent predictor of atherosclerosis. *Obesity* 2006; 14(suppl A):A261.
29. **Lear SA**, Kohli S, Birmingham CL, Frohlich JJ, Chan S, Mancini GBJ. Is fat in the arms and legs protective against atherosclerosis? *Obesity* 2006; 14(suppl A):A261.
30. Kohli S, **Lear SA**. Differential distribution of Visceral Adipose Tissue in South Asian and European Populations. *Obesity* 2006; 14(suppl A):A44.
31. Farias Godoy AN, Kwan CK, Ignaszewski A, **Lear SA**. Effectiveness of medication recommendation from a specialist clinic on primary care. *Can J Cardiol* 2006;22 (suppl D):160D.
32. Zutz A, Ignaszewski A, Bates J, **Lear SA**. Utilization of the Internet to deliver cardiac rehabilitation at a distance. Presented at the 16th Annual Canadian Association of Cardiac Rehabilitation Meeting, October 2006. Vancouver, British Columbia.
35. Taraboanta C, **Lear S**, DiPalma S, Hill J, Mancini GB, Frohlich J. Family atherosclerosis counseling and testing study (FACT): Effect of family history on carotid ultrasound findings. *Can J Cardiol* 2006;22 (suppl D):210D.
33. **Lear SA**, Birmingham CL, Kohli S, Chockalingam A, Frohlich JJ, Humphries KH. Ethnic-specific differences in visceral fat explain differences in risk factors among Aboriginal, Chinese, European and South Asian populations. *Obesity Rev* 2006;7(suppl 2):61.
34. **Lear SA**, Birmingham CL, Kohli S, Chockalingam A, Frohlich JJ, Humphries KH. Visceral fat distribution is dependent on ethnic background in populations of Aboriginal, Chinese, European and South Asian origin. *Obesity Rev* 2006;7(suppl 2):349.
35. **Lear SA**, Birmingham CL, Kohli S, Chockalingam A, Frohlich JJ, Humphries KH. Body mass index and waist circumference do not reflect the same amount of percent body fat and visceral fat in Aboriginal, Chinese, European and South Asian populations. *Obesity Rev* 2006;7(suppl 2):350.
36. Kohli S, Zakeri H, Frohlich J, **Lear SA**. Relation of anthropometric measures to the functional assessment of lipoprotein particle size in women of three ethnic cohorts. *Obesity Res* 2005;13(suppl A):A127.
37. Kohli S, **Lear SA**. Improved prediction of body fat for South Asians through common anthropometric measurements. *Obesity Res* 2005;13(suppl A):A67.
41. **Lear SA**, Spinelli JJ, Kiess M, Ignaszewski A. Predictors of mortality four years after cardiac rehabilitation. *Can J Cardiol* 2005;21(suppl C):608.

42. **Lear SA**, Spinelli JJ, Linden W, Brozic A, Kiess M, Frohlich JJ, Ignaszewski A. The extensive lifestyle management intervention (ELMI) after cardiac rehabilitation: A four-year randomized controlled trial. *Can J Cardiol* 2005;21(suppl C):610
38. **Lear SA**, Kiess M, Ignaszewski A. Participation in a community-based cardiac rehabilitation program (CBCRP) attenuates the reduction in exercise capacity and physical activity after a hospital-based CRP. 15th Annual Canadian Association of Cardiac Rehabilitation Meeting, October 2005. Montreal, Quebec.
44. **Lear SA**, Kiess M, Ignaszewski A. Comprehensive risk factor and lifestyle trends four years after cardiac rehabilitation. *Prev Control* 2005;1:33.
45. Normén L, Horn M, **Lear S**, Harris M, Montaner J, Bondy G. Pancreatitis frequency in HIV-positive and HIV-negative patients with hypertriglyceridemia. *Atherosclerosis supplements* 2005;6:160.
39. **Lear SA**, Birmingham, CL, Chockalingam A, Frohlich JJ, Humphries KH, Kohli S. Comparison of the Differential Distribution of Body Fat in Four Distinct Populations: Study Design. *Obesity Res* 2004;12(suppl A):A207.