

Biographical Sketch

Vladimir Vuksan

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E U R O P E:

- During his 14-years work in Europe, at the Institute for Diabetes and Metabolism (Zagreb, Croatia), Collaborative Center for Appropriate Technology in Diabetes of World Health Organization (WHO), Dr. Vuksan was involved in extensive local and international activities. As the Institutes Program Director, he introduced and personally directed early worksite diabetes detection screenings in over 64,000 individuals in 17 cities. He was a “Principal Nutrition Investigator” and one of the Directors of the seven years Maltese Diabetes National Prospective Program undertaken under the auspices of the WHO. Following this, in the capacity of National Nutrition Coordinator, he established and introduced a 5-year nutrition/health intervention program in the Republic of Malta, sponsored by WHO and supported by FAO. For his work and the final report on the Maltese Diabetes Program, he was granted a National Annual Award for the best scientific work in the field of diabetes.
- Due to his outstanding expertise in the field of diabetes and nutrition, he was appointed as a temporary advisor for the WHO in different Asian countries. Simultaneously, on behalf of the International Diabetes Federation (London, England) he acted as a scientific coordinator of the first Malnutrition Diabetes Study involving 11 developing countries worldwide. Dr. Vuksan's latest position in Europe was as Nutritional Coordinator in the field of diabetes for the Mediterranean Region (University of Torino, Italy), which comprised 17 countries.
- Throughout the entire period of his international activities, Dr. Vuksan served as head nutritionist in a major teaching hospital in Croatia. He was also cofounder and first Director of the National Consortium for the Development, Production and Distribution of Dietetic Products designed for the European (German) and Middle East market. As such, he assisted over 50 local and foreign companies in development of over 80 dietetic food products and many marketing concepts.

CANADA:

- Dr. Vuksan came to Canada in 1986 as a scientist in the Faculty of Medicine, Department of Nutritional Sciences. He has made significant contributions within a unique multidisciplinary research group investigating the physiological effects of food. Initially he concentrated his research efforts in the area of carbohydrate and dietary fiber in hyperlipidemia, diabetes, cardiovascular disease, and colonic health. His accomplishment in the field of nutrition research was recognized by his being awarded two consecutive years “Outstanding Research Fellowship Award” with the National Institute of Nutrition of Canada. This award, given only to one investigator per year, was granted to him to further pursue advanced research on the development of healthy food products, liaison between the university, food industry and regulatory governmental agencies, locally and abroad.
- In 1990 he joined St. Michael's Hospital where he initiated and developed a population Heart Disease Screening/Intervention Program, sponsored by the medical grant from the City of Toronto. Within this program he introduces heart health screening in more than 70 companies in Toronto, screening over 10,000 workers.
- Beside his clinical nutrition research and corporate screening programs, he was also involved in heart disease epidemiological studies, such as a 5y prospective, migration study in a representative sample of 1,000 Canadian-Maltese living in Toronto. He was one of two principle investigators and operational director of the study. Following this study Dr. Vuksan participated in a major epidemiological multi-center study “*SHARE*” (The Study of Health and Risk Factors in Ethnic Groups) sponsored by the Medical Research Council of Canada, to study comparative health and CVD risk factors in Chinese, South Asian, and Caucasian immigrants, which he coordinated from the Toronto site. During the last 3 years, continuing with his interest in ethnic health and emerging CVD risk factors, he conducted a feasibility study in over 400 post pubertal adolescent (little “*share*”- Study on Health and Role of Ethnicity).
- In his effort to develop alternative therapies for CVD, Dr. Vuksan most recently introduced unique concepts and novel materials:
 - **Development of highly effective viscous dietary fibers:** Studies recently published in a leading diabetes journal are the first conducted in North America using glucomannan blended with other soluble fibers called *PGX*TM in treatment of high-risk type 2 diabetes, and insulin resistant individuals for the control of diabetes blood lipids, hypertension, insulin action and appetite.
 - **Demonstration of the clinically significant role of ginsengs in the context of application of Evidence-Based Medicine for nutraceutical:** His first study published in this area was also the first in the world to demonstrate the effect of American ginseng on long term diabetes control and postprandial glucose metabolism. Work with ginseng was included in the National Institute of Health Annual Publication of Significant Advances in Dietary Supplement Research 2000 and the study results were featured on CNN, Time Magazine, BBC and over 6,000 press outlets all over the World.

→ **Use of Salvia Hispanica, Alba (Salba) seeds in** reducing postprandial blood glucose, blood pressure, body inflammation and fibrinolysis. September 19, 2002, International publication No. WO 02/072119.

→ Dr. Vuksan holds International patents (pending) for these three applications.

- Dr. Vuksan was appointed to dual professorship, at the Department of Endocrinology and the Department of Nutritional Sciences, Faculty of Medicine, University of Toronto. Aside from his teaching duties (*Functional Food; Socio Cultural Aspect of Nutrition; Diet and Cardiovascular disease*), his mandate is to continue his prestigious clinical and epidemiological research in the field of nutrition, human health and heart disease. He is frequently consulted by local and global food and pharmaceutical industries (i.e. Kellogg, Nestle, Loblaw, Mead Johnson, Natural Factors, Katz, etc) for the development of functional foods and nutraceuticals. He also acts as consult to governmental scientific and regulatory bodies on issues regarding functional food claims and regulation.

- Dr. Vuksan is a member of numerous professional associations and has achieved international recognition as is reflected in the numerous invitations he received to participate in international meetings.

- Most recently, Dr. Vuksan was invited to the Chair of the National Nutrition Committee of the Canadian Diabetes Association. The mandate of the committee will be to develop the first Evidence-Based National Nutritional Recommendations for the treatment of diabetes in Canada.

Current and Past Projects:

- Ontario Heart & Stroke Association: Effect of Ginseng and its isolated components on blood pressure (2004 – 2006)
- Factors Group of Nutritional Companies: PGX Fiber blend and appetite control (2004 – 2006)
- Canadian Institute for Health Research, Canada: Effect of Ginseng and its isolated components on carbohydrate metabolism and diabetes (2004 – 2006)
- Ontario Ministry of Agriculture, OMAFRA: Effect of American Ginseng on Blood Pressure in hypertensive individuals (2001 – 2003)
- Ministry of Agriculture, Seoul, South Korea: Effect of Korean Ginseng on Type 2 diabetes (2003)
- Canadian Diabetes Association: Viscous fiber blend and Ginseng in Treatment in Diabetes (2002)
- Salba Group, Ltd. Toronto, Canada and Buenos Aires, Argentina: ω -3 Salba Seeds and Diabetes
- Mead Johnson, USA: Rheology of soluble fiber and postprandial glycemia
- Bristol-Myers Squibb, USA (Co-I): Food for control of appetite - Beyond energy (associate)

- Biosaposen Co., Seoul, South Korea: Effect of ginsenosides isolates on blood pressure control
- Nestle Co., Vavey, Switzerland (PI): Enriched oat bran products in treatment of diabetes
- Muscletech Research and Development Co.Canada/USA: Meal volume, nutrient and herbs on physical performance of professional athletes and sport amateurs
- Medical Research Council of Canada: Study on Health in Ethnic Groups
- Heart & Stroke Association of Canada: Dietary Questionnaire Validation (Ethnic specific)

• **Peer Reviewed Publications from 2000- 2004:**

1. Kelemen LE, Anand SS, Hegele RA, Stampfer MJ, Rosner B, Willett WC, Montague PA, Lonn E, **Vuksan V**, Yi Q, Teo KK, Devanesen S, Yusuf S. Association of plasma homocysteine and the methylenetrahydrofolate reductase C677T polymorphism with carotid intima media thickness among South Asian, Chinese and European Canadians. *Atherosclerosis*, 2004;176:361-370. (**Co-investigator**)
2. Anand S, Rezak F, Yi Q, Davis B, Jacobs R, **Vuksan V**, Lonn E, Teo K, McQueen M, Yusuf S.C-reactive protein as a screening test for cardiovascular risk in a multiethnic population. *Arterioscler Thromb Vasc Biol*, 2004;24:1509-1515. (**Co-investigator**)
3. Sievenpiper JL, **Vuksan V**. Glycemic Index in the Treatment of Diabetes: The Debate Continue. *J Am Coll. Nutr*, 2004, 23:1-4. (**Supervisor, senior author**)
4. Sievenpiper JL, Arnason JT, Vidgen E, Leiter LA, **Vuksan V**. A Systematic Quantitative Analysis of the Literature of the High Variability in Ginseng (*Panax spp.*): Should Ginseng be Trusted in Diabetes? *Diabetes Care*, 2004;27:839-840. (**Supervisor, senior author**)
5. Sievenpiper JL, **Vuksan V**. Glycemic Index in the Treatment of Diabetes: The Debate Continue. *J Am Coll. Nutr*, 2004, 23:1-4. (**Supervisor, senior author**)
6. Anand S, Yi Q, Gerstein H, Lonn E, Jacobs R, **Vuksan V**, Teo K, Davis B, Monatgue P, Yusuf S. The Relationship of the Metabolic Syndrome and Fibrinolytic Dysfunction to Cardiovascular disease. *Circulation* 2003 29;108 (4):420-5. (**Co-investigator**)
7. Sievenpiper JL, Arnason JT, Vidgen E, Leiter LA, **Vuksan V**. Decreasing, null, and increasing effects of eight popular types of ginseng on acute postprandial glycemic indices: The role of ginsenosides. *Am J Coll Nutr*, 2004;23:248-258. (**Supervisor, senior author**)
8. Kelemen LE, Anand SS, **Vuksan V**, Yi Q, Teo KK, Devanesen S, Yusuf S; SHARE Investigators. Development and evaluation of cultural food frequency questionnaires for South Asians, Chinese, and Europeans in North America. *J Am Diet Assoc*. 2003;103(9):1178-84. (**Co-investigator**)
9. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Null and opposing effects of Asian ginseng (*Panax ginseng* C.A. Meyer) on glycemia: Results of two acute dose escalation studies. *J Am Coll Nutr*. 2003;22:524-532. (**Supervisor, senior**)

- author)**
10. Jenkins DJ, Kendal CW, Marchie A, Jenkins AL, Connelly PW, Jones PJ and **Vuksan V**. The Garden of Eden-plant based diets, the genetic drive to conserve cholesterol and its implications for heart disease in the 21st century. *Comp Biochem Physiol A Mol Integr Physiol*. 2003;136(1):141-51. (**Colaborator**)

 11. Anand SS, Yi Q, Gerstein H, Lonn E, Jacobs R, **Vuksan V**, Teo K, Davis B, Montague P, Yusuf S; Study of Health Assessment and Risk in Ethnic Groups; Study of Health Assessment and Risk Evaluation in Aboriginal Peoples Investigators. Relationship of metabolic syndrome and fibrinolytic dysfunction to cardiovascular disease. *Circulation*. 2003;108(4):420-5. Epub 2003. (**Co-investigator**)
 12. Sievenpiper JL, Amason JT, Leiter LA, **Vuksan V**. Variable effects of American ginseng: a batch of American ginseng (*Panax quinquefolius* L.) with a depressed ginsenoside profile does not affect postprandial glycemia. *Eur J Clin Nutr*. 2003;57(2):243-8. (**Supervisor, senior author**)
 13. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Differential effects of American ginseng: A batch of American ginseng (*Panax quinquefolius* L.) with a depressed ginsenoside profile does not affect postprandial glycemia. *Eur J Clin Nutr*. 2003;3-248. (**Supervisor, senior author**)
 14. Anand SS, Razak F, **Vuksan V**, Gerstein HC, Malmberg K, Yi Q, Teo KK, Yusuf S. Diagnostic strategies to detect glucose intolerance in a multiethnic population. *Diabetes Care*. 2003;26:290-6. (**Co-investigator**)
 15. Gerstein HC, Anand S, Yi QL, **Vuksan V**, Lonn E, Teo K, Malmberg K, McQueen M, Yusuf S. The relationship between dysglycemia and atherosclerosis in South Asian, Chinese, and European individuals in Canada: a randomly sampled cross-sectional study. *Diabetes Care*. 2003;26:144-9. (**Co-investigator**)
 16. Jenkins AL, Jenkins DJ, Zdravkovic U, Wursch P, **Vuksan V**. Depression of the glycemic index by high levels of beta-glucan fiber in two functional foods tested in type 2 diabetes. *Eur J Clin Nutr*. 2002;56:622-8. (**Supervisor, senior author**)
 17. Jenkins DJ, Kendall CW, **Vuksan V**, Vidgen E, Parker T, Faulkner D, Mehling CC, Garsetti M, Testolin G, Cunnane SC, Ryan MA, Corey PN. Soluble fiber intake at a dose approved by the US Food and Drug Administration for a claim of health benefits: serum lipid risk factors for cardiovascular disease assessed in a randomized controlled crossover trial. *Am J Clin Nutr*. 2002;75:834-839. (**Co-investigator**)
 18. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Possible opposing effects of Asian ginseng (*Panax ginseng* C.A. Meyer) on glycemia: Results of two acute dose escalation studies. Submitted to *Eur J Clin Nutr*, September 05, 2002 (**Supervisor, senior author**)
 19. Sievenpiper JL, Leiter LA, **Vuksan V**. Intrasubject coefficient-of-variation corresponds to diagnostic reproducibility in diabetes screening. *CJDC*

- 2002;26:105-112 (**Supervisor, senior author**)
20. Sievenpiper JL, Whitman D, Jenkins AL, **Vuksan V**. Insulin Resistance and the insulin resistance syndrome: concepts, controversies, and the role of nutrition. *Can J Diet Prac Res*, 2002;63(1):20-32. . (**Supervisor, senior author**)
 21. Sievenpiper JL, Jenkins DJA, Josse RG, Leiter LA, **Vuksan V**. Simple skinfold measurements complement conventional anthropometric assessments in predicting glucose tolerance. *Am J Clin Nutr* 2001;73:567-574.

 22. Jenkins DJ, Kendall CW, Popovich DG, Vidgen E, Mehling CC, **Vuksan V**, Ransom TP, Rao AV, Rosenberg-Zand R, Tariq N, Corey P, Jones PJ, Raeini M, Story JA, Furumoto EJ, Illingworth DR, Pappu AS, Connelly PW. Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. *Metabolism*. 2001;50:494-503.
 23. Sievenpiper JL, Jenkins DJA, Josse RG, Leiter LA, **Vuksan V**. Dilution of the 75g-glucose tolerance test improves overall tolerability but not reproducibility in subjects with different body composition. *Diabetes Res Clin Pract* 2001;51:87-95. . (**Supervisor, senior author**).
 24. Jenkins DJ, Kendall CW, Vidgen E, Augustin LS, van Erk M, Geelen A, Parker T, Faulkner D, **Vuksan V**, Josse RG, Leiter LA, Connelly PW. High-protein diets in hyperlipidemia: effect of wheat gluten on serum lipids, uric acid, and renal function. *Am J Clin Nutr*. 2001;74:57-63.
 25. **Vuksan V**, Stavro MP, Sievenpiper JL, Beljan-Zdravkovic U, Leiter LA, Josse RG, Xu Z. Similar postprandial glycemic reductions with escalation of dose and administration time of American ginseng in type 2 diabetes. *Diabetes Care*, 2001;23:1221-1226
 26. **Vuksan V**, Sievenpiper JL, Wong J, Xu Z, Beljan-Zdravkovic U, Arnason JT, Assinewe V, Stavro MP, Jenkins AL, Leiter LA, Josse RG, Francis T. American ginseng (*Panax quinquefolius* L) attenuates postprandial glycemic in a time but not dose dependent manner in healthy individuals. *AM J Clin Nutr*, 2001;73:753-758
 27. **Vuksan V**, Sievenpiper JL, Xu Z, Beljan-Zdravkovic U, Jenkins AL, Arnason JT, Bateman R, Leiter LA, Josse RG, Francis T, Stavro MP. Ginseng and diabetes: A new way to use an old medicine. *CJDC*, 2001;25(Suppl. 2):111-120.
 28. **Vuksan V**, Sievenpiper JL, Xu Z, Jenkins AL, Beljan-Zdravkovic U, Leiter LA, Josse RG, Stavro, MP. Konjac-mannan and American ginseng: Emerging alternative therapies for type 2 diabetes. *J Am Coll Nutr*, 2001;20:370s-380s
 29. **Vuksan V**, Stavro MP, Sievenpiper JL, Koo VYY, Wong E, Beljan-Zdravkovic U, Francis T, Jenkins A, Leither LA Josse RG, Xu Z. American ginseng improves Glycemia in individuals with normal glucose tolerance: Effect of dose and time escalation. *J Am Coll of Nutr* 2000;19:738-744
 30. **Vuksan V**, Sievenpiper JL. The variable effects of whole-leaf digitalis is a paradigm of the glycemic effects of ginseng. *Arch Intern Med*. 2000 27;160 (21):3330-1.
 31. **Vuksan V**, Sievenpiper JL, Owen R, Swilley JA, Spadafora P, Jenkins DJ, Vidgen E, Brighenti F, Josse RG, Leiter LA, Xu Z, Novokmet R. Beneficial

- effects of viscous dietary fiber from Konjac-mannan in subjects with the insulin resistance syndrome: results of a controlled metabolic trial. *Diabetes Care*. 2000 23(1):9-14.
32. **Vuksan V**, Sievenpiper JL, Koo VY, Francis T, Beljan-Zdravkovic U, Xu Z, Vidgen E. American ginseng (*Panax quinquefolius* L) reduces postprandial glycemia in nondiabetic subjects and subjects with type 2 diabetes mellitus. *Arch Intern Med*. 2000 10;160(7):1009-13.
 33. Jenkins DJ, Kendall CW, **Vuksan V**, Vidgen E, Wong E, Augustin LS, Fulgoni V. Effect of Cocoa Bran on low-density lipoprotein oxidation and fecal bulking. *Arch Intern Med* 2000;160(15):2374-2379. **(Co-investigator)**.
 34. Jenkins DJ, Axelsen M, Kendall CW, Augustin LS, **Vuksan V**, Smith U. Dietary fibre, lente carbohydrates and the insulin-resistant diseases. *Br J Nutr*. 2000, Suppl 1:S157-63. Review. **(Co-investigator)**.
 35. Anand SS, Yusuf S, **Vuksan V**, Devanesen S, Koon KT, Montague PA, Kelemen RD, Yi QL, Lonn E, Gerstein H, Hegele, RA, McQueen M. Differences in risk factors, atherosclerosis, cardiovascular disease between ethnic groups in Canada: The study of health assessment and risk in ethnic groups (SHARE). *Lancet* 2000;356:279-284. **(Co-investigator)**.
 36. Jenkins DJ, Kendall CW, Vidgen E, Mehling CC, Parker T, Seyler H, Faulkner D, Garsetti M, Griffin LC, Agarwal S, Rao AV, Cunnane SC, Ryan MA, Connelly PW, Leiter LA, **Vuksan V**, Josse R. The effect on serum lipids and oxidized low-density lipoprotein of supplementing self-selected low-fat diets with soluble-fiber, soy, and vegetable protein foods. *Metabolism*. 2000 ;49(1):67-72. **(Co-investigator)**
 37. Sievenpiper JL, Jenkins DJA, Josse RG, **Vuksan V**. Body composition does not affect the intra-subject coefficient-of-variation of 75g oral glucose tolerance test (OGTT) outcome but might influence the reproducibility of diagnosis. *CJDC* 2000;24:2-39-46. **(Supervisor, senior author)**.
 38. Jenkins DJA, Kendall CWC, Vidgen E, **Vuksan V**, Jackson CJ, Augustin LSA, Lee B, Garsetti M, Agarwal S, Rao AV, Cagampang GB, Fulgoni V III. Effect of soy based breakfast cereal on blood lipids and oxidized LDL. *Metabolism* 2000;49:1496-5000. **(Co-investigator)**
 39. Sievenpiper JL, Jenkins DJ, Josse RG, **Vuksan V**. Dilution of the 75-g oral glucose tolerance test increases postprandial glycemia: implications for diagnostic criteria. *CMAJ*. 2000 4;162(7):993-6. **(Supervisor, senior author)**.
 40. Jenkins DJ, Kendall CW, Garsetti M, Rosenberg-Zand RS, Jackson CJ, Agarwal S, Rao AV, Diamandis EP, Parker T, Faulkner D, **Vuksan V**, Vidgen E. Effect of soy protein foods on low-density lipoprotein oxidation and ex vivo sex hormone receptor activity--a controlled crossover trial. *Metabolism*. 2000 ;49(4):537-43. **(Co-investigator)**.

- **Non-Peer-Reviewed Publications (2000 - 2003)**

1. Sievenpiper JL, Di Buono M, PM Stavro, Jenkins AL, Nam KY, Choi M, Naeem A, Leiter LA, Sung MK, **Vuksan V**. Safety And Efficacy of Korean red ginseng

Intervention (SAEKI) trial: Rationale, design, and expected findings *Advances in Ginseng Research 2002: Proceedings of the 8th International Ginseng Symposium on Ginseng*. Ed. Nam-In Baek. The Korean Society of Ginseng, 2002, pp424-455 (**Supervisor, senior author**)

2. **Vuksan V**, Sievenpiper JL, Xu Z, Beljan-Zdravkovic U, Jenkins AL, Arnason JT, Bateman R, Leiter LA, Josse RG, Francis T, Stavro PM. A role for ginseng in the control of postprandial glycemia and type 2 diabetes. *Advances in Ginseng Research*

2002: Proceedings of the 8th International Ginseng Symposium on Ginseng. Ed. Nam-In Baek. The Korean Society of Ginseng, 2002, pp1-19 (**Supervisor, senior author**)

3. Stavro PM, **Vuksan V**. Effect of a fermented Korean ginseng extract fortified with ginsenoside Rg₃ on blood pressure in individuals with high normal blood pressure or hypertension. *Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31, 2002*, pp416-423. (**Supervisor, senior author**).
4. Jenkins DJ, Kendall CW, Augustin LS, **Vuksan V**. High-Complex Carbohydrate or Lente Carbohydrate Foods? *Am J Med*. 2002 ;113 Suppl 9B:30S-37S. (**Co-investigator**).
5. Sievenpiper JL, Whitman D, Jenkins AL, **Vuksan V**. Insulin Resistance and the Insulin Resistance Syndrome: Concepts, Controversies, and the Role of Nutrition. *Can J Diet Prac Res*, 2002;63(1):20-32. (**Supervisor, senior author**).
6. Jenkins DJA, Kendall CWC, Axelsen M, Augustin LSA, **Vuksan V**. Viscous and non viscous fibres, nonabsorbable and low glycaemic index carbohydrates, blood lipids and coronary heart disease. *Curr Opin Lipidol* 2000;11:49-56. (**Co-investigator**).
7. Jenkins DJA, Kendall CWC, **Vuksan V**. Viscous fibres, health claims, and strategies to reduce cardiovascular disease risk. *Am J Clin Nutr* 2000;71:401-402. (**Co-investigator**).
8. Jenkins DJA, Kendall CWC, Augustin LS, **Vuksan V**, Wolever TMS. Food frequency and carbohydrate metabolism. *CJDC* 2000;23(Suppl):71-76. (**Co-investigator**).

• Abstracts & Presentations (Last 24 months)

1. **Vuksan V**, Lyon M, Breitman P, Sievenpiper JL. Consumption of a highly viscous dietary fibre blend results in improvements in insulin sensitivity and reductions in body fat, ADA, June 2004
2. P. M. Stavro, L. Leiter, V. Vuksan. How long should patients sit before an accurate office blood pressure reading is obtained? *Am J Hyper*. 2004; 17: S56-S57
3. V. Vuksan, Minna Woo, P. Mark Stavro. American ginseng has a neutral effect on blood pressure in individuals with hypertension. *Am J Hyper*. 2004; 17: S34.
4. P. M. Stavro, Minna Woo, V. Vuksan. Korean red ginseng lowers blood pressure in individuals with hypertension. *Am J Hyper*. 2004; 17: S33.
5. Jenkins AL, Choi M, Naeem A, Zdravkovic U, Leiter LA. **Vuksan V**.: Cobination of American Ginseng and Viscous Fiber Blend Improves Type 2 Diabetes. CDA Annual Conference, Ottawa, 2003
6. Jenkins AL, Morgan LM, Zdravkovic U, Naeem A, Sievenpiper JL, **Vuksan V**. Improved Metabolic Control after Long Term Treatment with American Ginseng and

- Konjac mannan Fiber in Type 2 Diabetes. *CJD* 27, 2003: A232.
7. **Vuksan V**, Sung MK, Sievenpiper JL, Di Buono M, Stavro PM, Jenkins AL, Leiter LA, Choi M, Naeem A. Supplementation with Korean red ginseng rootlets improves long term glucose and insulin homeostasis in subjects with well-controlled type 2 diabetes. NHP Research Society of Canada, Montreal, Feb 2004.
 8. Stavro PM, Xu Z, Beljan U, Jenkins AL, Sievenpiper JL, **Vuksan V**. American ginseng improves blood pressure in individuals with type 2 diabetes. NHP Research Society of Canada, Montreal, Feb 2004.
 9. Stavro PM, **Vuksan V**. The effect of American ginseng on blood pressure in individuals with hypertension. NHP Research Society of Canada, Montreal, Feb 2004.
 10. Jenkins AL, Morgan LM, Bishop J, Naeem A, Zdravkovic U, Sievenpiper JL, **Vuksan V**. Effect of American ginseng and Konjac mannan fibre on postprandial glucose, insulin, GIP and GLP-1 response in type 2 diabetes.
 11. Jenkins AL, Morgan LM, Bishop J, Naeem A, Zdravkovic U, Breitman P, Sievenpiper JL, **Vuksan V**. Improved Metabolic Control after Long Term Treatment with American Ginseng and Konjac mannan Fiber in Type 2 Diabetes. NHP Research Society of Canada, Montreal, Feb 2004. NHP Research Society of Canada, Montreal, Feb 2004.
 12. Sievenpiper JL, Arnason JT, Vidgen E, Leiter LA, **Vuksan V**. A meta-analysis of the high variability in Ginseng (*Panax* Spp.): Should ginseng be trusted in diabetes. NHP Research Society of Canada, Montreal, Feb 2004.
 13. Breitman P, Sievenpiper JL, Lyon M, **Vuksan V**. Chronic feeding of viscous fibre blend (PGX) improves insulin sensitivity and reduces body fat composition in individuals with hyperinsulinemia and metabolic syndrome. NHP Research Society of Canada, Montreal, Feb 2004.
 14. Zdravkovic U, Choi M, Lyon M, **Vuksan V**. Low dose of a highly viscous fibre blend reduces postprandial blood glucose in healthy individuals. NHP Research Society of Canada, Montreal, Feb 2004.
 15. **Vuksan V**, Sievenpiper JL, Di Buono M, PM Stavro, Jenkins AL, Nam KY, Choi M, Naeem A, Leiter LA, Sung MK. Korean Red Ginseng improves long-term postprandial insulin sensitivity In well-controlled type 2 diabetes. Proceedings of the 21st International Symposium for the Study of Diabetes and Nutrition, Brugge Belgium June 19-21, 2003, in press
 16. Sievenpiper JL. Sung MK, Di Buono M, Nam KY, **Vuksan V**. Korean red ginseng rootlets decrease acute postprandial glycemia in healthy subjects: Results from sequential batch and dose finding studies. Proceedings of the 21st International Symposium for the Study of Diabetes and Nutrition, Brugge Belgium June 19-21, 2003, in press.
 17. **Vuksan V**, Sievenpiper JL, Sung MK, Di Buono M, Jenkins AL, Stavro PM, Leiter LA, Nam KY. Safety And Efficacy of Korean red ginseng Intervention (SAEKI): Results of a double-blind, placebo-controlled crossover trial in type 2 diabetes. *Diabetes* 2003;52(Suppl 1):A137
 18. Stavro PM, **Vuksan V**. Effect of Korean red ginseng extract with escalating doses of ginsenoside Rg3 on blood pressure in individuals with high normal blood pressure or

- hypertension. *Diabetes* 2003;52(Suppl 1):A554
19. Sievenpiper JL, Sung MK, Di Buono M, Leiter LA, Nam KY, **Vuksan V**. Korean red ginseng rootlets decrease postprandial glycemia in healthy subjects: Results of an acute dose escalation study. *Diabetes* 2003;52(Suppl 1):A387.
 20. Jenkins AL, Sievenpiper JL, Morgan L, Stavro PM, **Vuksan V**. Reduction of HbA1c after longterm administration of American ginseng and ProMannan fibre in type 2 diabetes. *Diabetes* 2003;52(Suppl 1):A386
 21. **Vuksan V**, Sievenpiper JL, Sung MK, Di Buono M, Asima Naeem. Korean red ginseng rootlets decrease postprandial glycemia in healthy subjects: Results of an acute dose escalation study. *FASEB J* 2003;17:A278
 22. Stavro PM, Sievenpiper JL, **Vuksan V**. Effect of different ginsengs on blood pressure in healthy individuals. Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31, 2002.
 23. Sievenpiper JL, Sung MK, Di Buono M, **Vuksan V**. Effect of dose escalation of Korean red ginseng rootlets on postprandial glycemia in normoglycemic subjects Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31, 2002
 24. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Ginseng has high inter- and intra-species compositional variability. *CJD* 2002;26:312
 25. Jenkins AL, Stavro PM, Di Buono M, Choi M, Naeem A, **Vuksan V**. Effect of different methods of incorporation of ProMannan fibre on postprandial glycemia *CJD* 2002;26:3123
 26. Stavro PM, Beljan-Zdravkovic U, **Vuksan V**. Cardiovascular disease risk factors are associated with fasting blood glucose in nondiabetic adolescents. *CJD* 2002;26:319
 27. Di Buono M., Choi M, **Vuksan V**. Low dose of a highly viscous mixture of fibres reduces postprandial blood glucose in healthy individuals. *CJD* 2002;26:329
 28. Whitham DA, Di Buono M, Stavro PM, Sievenpiper JL, Bazinet RP, **Vuksan V**. A novel source of omega-3 fatty acids lowers blood pressure, prothrombotic factors, and hs-CRP in individuals with type 2 diabetes. *CJD* 2002;26:299.
 29. Sievenpiper JL, Sung MK, Di Buono M, **Vuksan V**. Effect of dose escalation of korean red ginseng rootlets on postprandial glycemia in normoglycemic subjects Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, Oct. 28-31
 30. Sievenpiper JL, Sung MK, Di Buono M, Stavro PM, Jenkins AL, **Vuksan V**. Safety And Efficacy of Korean red ginseng Intervention (SAEKI) trial in diabetes: preliminary findings Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31
 31. Stavro PM, Sievenpiper JL, **Vuksan V**. Effect of different ginsengs on blood pressure in healthy individuals Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31
 32. **Vuksan V**. Ginseng: An emerging therapy for diabetes. Proceedings of the 8th Intl Symposium on ginseng, Seoul, South Korea, October 28-31
 33. Sievenpiper JL, Stavro PM, Di Buono M, Arnason JT, **Vuksan V**. Differential effects of 8 ginseng types on glycemic indices: Influence of ginsenosides. *FASEB J* 2002; 16:A647

34. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Asian ginseng within a high dose range increases glycemia: Implications for safety. *Diabetes* 2002; 51(Suppl2):A403
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37. **Vuksan V**, Whitham DA, Sievenpiper JL, Di Buono M, Stavro PM, Bazinet RP. A novel dietary supplement high in omega-3 fatty acids lowers blood pressure and hs-CRP in individuals with type2 diabetes. Proceedings of the 20th International Symposium on diabetes and nutrition, Samos, Greece, June 27-30, 2002.
38. Sievenpiper JL, Arnason JT, Leiter LA, **Vuksan V**. Variable effects of 8 ginseng types on postprandial glycemia: Influence of ginsenosides. Proceedings of the 20th International Symposium on diabetes and nutrition, Samos, Greece, June 27-30, 2002
39. Piekar A, **Vuksan V**. Distribution of cardiovascular risk factors among adolescents of Chinese, Caucasian, and south Asian ethnicity. *Diabetes* 2002; 51(Suppl2):507
40. Jenkins AL, Morgan L, Bishop J, Beljan-Zdravkovic U, **Vuksan V**. Reduced glycemia of second meal with konjac fiber with or without American ginseng in type 2 diabetes. *Diabetes* 2002; 51(Suppl2):A601.

- **Visiting Professorships & Invited Lectures (2004 only)**

1. Complementary and Alternative Medicine in the Management of Diabetes and Cardiovascular Disease, Rajkot, Gujarat, India, January 2005
2. Role of Medicinal Plants and Functional Food in Treatment of Diabetes and Cardiovascular Disease, Seoul, South Korea, Annual Meeting of the Korean Society for Medicinal Nutritional Science, November 2004.
3. A role of ginseng in the treatment of diabetes, Hypertension and other Risk Factors of Cardiovascular Disease, Seoul, South Korea, Korean Institute of Food Research, November 2004.
4. Is Low Carbohydrate Diet Good for Your Health? Atlantic Agricultural Science and Technology Workshop (AASTW), Nova Scotia Agricultural College on Nov. 17th and 18th, 2004.
5. Evidence-Based Nutritional Recommendation for Diabetes in Canada: Canadian Diabetes Association, Annual Meeting, Quebec City, October 28, 2004
6. Role of Medicinal plants in the Management and treatment of diabetes: Alternative Medicines and Therapies, Symposium on Canadian Diabetes Association, Annual Meeting, Key-note speaker, Quebec City, October 28, 2004
7. Development of Novel Therapies for Diabetes, with focus on viscous dietary fiber: Ontario Association of Naturopathic Doctors, Annual Conference, Key-note speaker, Hamilton, October 23, 2004.
8. Guidelines for Clinical trials of Botanical medicines: University of Toronto, The Canadian College of Naturopathic Medicine, the Institute for work and Health and the Consolidated Standards of Reporting Trials (CONSORT) group,

- sponsored by CIHR, Toronto, June 3-4, 2004
9. Alternative Therapies of Diabetes and Cardiovascular disease Risk Factors: Saskatchewan Nutraceutical Network on the Role of Nutrition and Nutraceutical in the Management of Diabetes, Saskatchewan, May 20, 2004.
 10. Novel Therapies in management of Diabetes: Ginseng, Viscous Dietary Fiber and ω -3 Ancient Seeds: Functional Food and Nutraceutical: Trucking down diabetes. University of Laval, March 19, 2004.
 11. Role of Glycemic Index in Health and Disease: Natural Product Expo 2004, Anaheim, CA, March 4, 2004
 12. American Ginseng in Treatment of Diabetes, Hypertension: Ontario Ginseng Association Annual Meeting, Key-note speaker, Delhi, February 25, 2004.
 13. National Health Products Network Consultation, Natural Health Product Directorate, Health Canada, Montreal Feb. 23-24, 2004
 14. Research on Ginseng and Diabetes: First National Conference on Herbs and Spices, National Health Product Directorate, Regulation Intensive Workshop, University of Gulph, Gulph, February 18, 2004.
 15. Diet & Lifestyle and Cardiovascular Disease with Focus on Adolescent Health: Fourth Annual Heart Cardiology Education Day: Key-note speaker, Toronto East General Hospital, February 2004.

- **Academic Honors & Awards (2003/2004)**

1. Award of Excellence in Health Care Research for outstanding contribution to nutritional medicine and diabetic research. The Toronto Institute of Pharmaceutical Technology and Legislative Assembly of Ontario, November 2003.
2. Academic Chair of the National Nutrition Council of the Canadian Diabetes Association, 2003-2005.
3. Expert Committee on Nutritional Aspects of Food, Ontario Ministry of Agriculture, OMAF, 2004-2005.