

# **Miguel Cainzos-Achirica, MD, MPH, Cardiologist**

## **Senior Consultant and Vice President, BSC Consulting**

### **CURRENT AFFILIATIONS**

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#### **Senior Consultant and Vice President**

BSC Consulting – San Diego, California

*May 2019 – present*

#### **Invited Professor**

School of Medicine, Universitat Internacional de Catalunya

*February 2018 – present*

#### **Clinical Cardiologist**

Bellvitge University Hospital – Barcelona, Spain

*October 2017 – present*

#### **Research Associate**

Bellvitge Biomedical Research Institute (IDIBELL) – Barcelona, Spain

*October 2017 – present*

#### **Preventive Cardiologist**

CorInstitut – Barcelona, Spain

*October 2016 – present*

#### **Research Associate**

Ciccarone Center for the Prevention of Heart Disease, Department of Cardiology, Johns Hopkins Medical Institutions – Baltimore (MD), USA

*May 2016 – present*

### **PRIOR WORK EXPERIENCE**

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#### **Cardiovascular Epidemiologist and Cardiology Consultant**

RTI Health Solutions Barcelona – Barcelona, Spain

*June 2016 – April 2019*

### **EDUCATION**

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#### **Bachelorship**

- **Scientific High School Diploma** with High Honours. Manuel Peleteiro School, Santiago de Compostela, Spain, June 2000.

- Award: “Extraordinary Bachelorship Award” from the Government of Galicia, Spain. Santiago de Compostela, Spain, May 2000.

- Award: “Golden Insignia” from the Manuel Peleteiro School. Santiago de Compostela, Spain, June 2000.

## **University Degree**

- **Degree in Medicine**, School of Medicine, University of Santiago de Compostela, Spain, July 2007.
- MIR Spanish National Medical Exam, January 2009: Rank 150 of 13,500 candidates.

## **Postgraduate Education**

- **Residency in Cardiology**. Hospital del Mar, Parc de Salut Mar. Barcelona, Spain, May 2009 - May 2014.
- Professional collaboration at the cardiovascular health promotion campaign “Cardiovascular Health in Parliaments”. Spanish Heart Foundation. Barcelona, April 2010.
- **Research Associate** at the Cardiovascular Epidemiology Unit, Institut Hospital del Mar d'Investigacions Mèdiques, Barcelona, February-July 2013 (Prof. Roberto Elosua).
- **Visiting Scholar**, Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins University, Baltimore, MD, USA. September-December 2013 (Prof. Eliseo Guallar).
- **Scientific Diploma** in Design and Statistics in Health Sciences, Autonomous University of Barcelona, Spain, July 2014.
- **Postdoctoral Fellowship**, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health (Prof. Eliseo Guallar), and Ciccarone Center for the Prevention of Heart Disease, The Johns Hopkins Medical Institutions (Dr. Roger S. Blumenthal, Dr. Michael J. Blaha), Baltimore, MD, USA. August 2014-August 2015.
- **Master of Public Health**, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA. July 2015 - May 2016.
- **Visiting Scholar**, Agència de Salut Pública de Catalunya (ASPCAT), January 2016.

## **Language skills**

- English: Proficient
- Spanish: Native – mother tongue
- Galician: Native – mother tongue
- Catalan: Advanced level

## **Statistical software skills**

- Advanced user of Stata software version 15.
- Advanced user of SPSS software.
- Intermediate user of R software.

## **Research ethics training and certifications**

- Course: Basic Human Subjects Research Course. CITI – Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA, September 2013.
- Course: Academic and Research Ethics at JHSPH – Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA, October 2014.
- Course: Conflict of Interest and Commitment – Johns Hopkins University, Baltimore, MD, USA, May 2015.
- Course: HIPAA for Research – Johns Hopkins University, Baltimore, MD, USA, May 2015.

## **Other postgraduate courses/conferences**

- Emergency Medicine. Emergency Medicine Department, Hospital del Mar. Barcelona, November 2009.
- From Symptoms to Genes 2009. Spanish Society of Cardiology & National Center for Cardiovascular Research (CNIC). Madrid, November 2009
- Radiological Protection. Radiology Department, Hospital del Mar. Barcelona, 2010-2013.
- Scientific Methodology: Introduction to Research. Hospital del Mar-Barcelona Biomedical Research Park. Barcelona, February 2010.

- Official Accreditation on Advanced Cardiopulmonary Resuscitation. Government of Catalunya. May 2010.
- From Scientific Evidence to Clinical Practice. Spanish Society of Cardiology & Almirall. La Toja, June 2010.
- Aortic Valve Disease: An Update. European Society of Cardiology & Cardiology Department, Hospital Vall d'Hebron. Barcelona, October 2010.
- XI Advances in Understanding Aortic Diseases. European Society of Cardiology & Cardiology Department, Hospital Vall d'Hebron. Barcelona, October 2010.
- Clinical Lipidology and Cardiovascular Risk Factors. FIPEC. Barcelona, November 2010.
- Medical Ethics for Residents. Intensive Care Unit, Hospital del Mar. Barcelona, November 2010.
- Thrombosis and Vascular Permeability. CGCOM & Continuing Training Commission-Spanish National Health System. Madrid, February 2011.
- Acute Coronary Syndrome Forum 2011: Discussion, Debate and Decision. Paris, May 2011.
- XXXI Course Echocardiography and Cardiac Doppler. Cardiology Department, Hospital Vall d'Hebron. Barcelona, November 2011.
- Symposium in Cardiac MRI and CT. Cardiology Department, Hospital Vall d'Hebron. Barcelona, November 2011.
- Four Tools to Approach the Transition from Disease to Health: Imaging, Genetics, Tissue Regeneration and Change in Lifestyle. Summer Courses, Universidad Internacional Menéndez Pelayo. Santander, July 2012.
- From Symptoms to Genes 2012. Spanish Society of Cardiology & National Center for Cardiovascular Research (CNIC). Madrid, November 2012.
- Introduction to Statistical Analysis in Health Sciences. Fundación IMIM, Barcelona. November-December 2012.
- Pharmacoepidemiology and Drug Safety. Utrecht Summer School. Utrecht, July 2016.
- 14<sup>th</sup> Workshop in Health Management for Health Managers. Madrid, June 2017.

## **PEER-REVIEWED JOURNAL ARTICLES**

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**Google Scholar Profile:** <https://scholar.google.com/citations?user=OMVZUkAAAAAJ&hl=en>

**PubMed Public Profile:** <https://www.ncbi.nlm.nih.gov/pubmed/?term=cainzos-achirica+m>

1. **Cainzos-Achirica M**, García-García C, Elosua R, Piulats N, Recasens L, Bruguera-Cortada J. Myocardial Infarction in South Asian Immigrants in Catalonia. Results from the ASIAM Study. *Rev Esp Cardiol.* 2013;66(5):405-7.
2. Bazan V, Grau N, Valles E, Felez M, Sanjuas C, **Cainzos-Achirica M**, Benito B, Jauregui-Abularach M, Gea J, Bruguera-Cortada J, Marti-Almor J. Obstructive sleep apnea in patients with typical atrial flutter: prevalence and impact on arrhythmia control outcome. *Chest.* 2013;143(5):1277-83.
3. Valles E, Bazan V, **Cainzos-Achirica M**, Jauregui ME, Benito B, Bruguera J, Marti-Almor J. Incremental pacing maneuver for atrial flutter recurrence reduction after ablation. *Int J Cardiol.* 2014;177(3):902-6.
4. Al Rifai M, **Cainzos-Achirica M**, Blaha MJ. Establishing the warranty of a coronary artery calcium score of zero. *Atherosclerosis.* 2015;238(1):1-3.
5. **Cainzos-Achirica M**, Eissler K, Blaha MJ, Blumenthal RS, Martin SS. Tools for Cardiovascular Risk Assessment in Clinical Practice. *Current Cardiovascular Risk Reports* 9.6 (2015): 1-12.
6. **Cainzos-Achirica M**, Blaha MJ. Cardiovascular risk perception in women: true unawareness or risk miscalculation? *BMC Med.* 2015;13(1):112.
7. **Cainzos-Achirica M**, Martin SS, Cornell JE, Mulrow CD, Guallar E. PCSK9 Inhibitors: A New Era in Lipid-Lowering Treatment? *Ann Intern Med.* 2015;163(1):64-5.

8. **Cainzos-Achirica M**, Desai CS, Wang L, Blaha MJ, Lopez-Jimenez F, Kopecky SL, Blumenthal RS, Martin SS. Pathways Forward in Cardiovascular Disease Prevention One and a Half Years After Publication of the 2013 ACC/AHA Cardiovascular Disease Prevention Guidelines. *Mayo Clin Proc.* 2015;90(9):1262-71.
9. **Cainzos-Achirica M**, Rampal S, Chang Y, Ryu S, Zhang Y, Zhao D, Cho J, Choi Y, Pastor-Barriuso R, Lim SY, Bruguera J, Elosua R, Lima J, Shin H, Guallar E. Brachial-Ankle Pulse Wave Velocity Is Associated with Coronary Calcium in Young and Middle-Aged Asymptomatic Adults: The Kangbuk Samsung Health Study. *Atherosclerosis.* 2015;241(2):350-6.
10. Kim C, Chang Y, Zhao D, Ryu S, Jung H, Yun KE, Choi Y, Ahn J, Zhang Y, Rampal S, **Cainzos-Achirica M**, Baek Y, Lima JA, Shin H, Guallar E, Cho J, Sung E. Sleep Duration, Sleep Quality, and Markers of Subclinical Arterial Disease in Healthy Men and Women. *Arterioscler Thromb Vasc Biol.* 2015;35(10):2238-45.
11. Blaha MJ, **Cainzos-Achirica M**, Greenland P, McEvoy JW, Blankstein R, Budoff MJ, Dardari Z, Sibley CT, Burke GL, Kronmal RA, Szklo M, Blumenthal RS, Nasir K. Role of Coronary Artery Calcium Score of Zero and Other Negative Risk Markers for Cardiovascular Disease: The Multi-Ethnic Study of Atherosclerosis (MESA). *Circulation.* 2016;133(9):849-58.
12. Shah NP, **Cainzos-Achirica M**, Feldman DI, Blumenthal RS, Nasir K, Miner MM, Billups KL, Blaha MJ. Cardiovascular Disease Prevention in Men with Vascular Erectile Dysfunction – The View of the Preventive Cardiologist. *Am J Med.* 2016;129(3):251-9.
13. Kianoush S, Rifai MA, **Cainzos-Achirica M**, Umapathi P, Graham G, Blumenthal RS, Nasir K, Blaha MJ. An Update on the Utility of Coronary Artery Calcium Scoring for Coronary Heart Disease and Cardiovascular Disease Risk Prediction. *Curr Atheroscler Rep.* 2016;18(3):13.
14. Feldman DI, **Cainzos-Achirica M**, Billups KL, DeFilippis AP, Chitale K, Greenland P, Stein JH, Budoff MJ, Dardari Z, Miner MM, Blumenthal RS, Nasir K, Blaha MJ. Subclinical Vascular Disease and Subsequent Erectile Dysfunction: The Multi-Ethnic Study of Atherosclerosis (MESA). *Clinical Cardiology. Clin Cardiol.* 2016;39(5):291-8.
15. Farré N, Vela E, Clèries M, Bustins M, **Cainzos-Achirica M**, Enjuanes C, Moliner P, Ruiz S, Verdú-Rotellar JM, Comín-Colet J. Medical resource use and expenditure in patients with chronic heart failure: a population-based analysis of 88 195 patients. *Eur J Heart Fail.* 2016;18(9):1132-40.
16. Comín-Colet J, Enjuanes C, Lupón J, **Cainzos-Achirica M**, Badosa N, Verdú JM. Transitions of Care Between Acute and Chronic Heart Failure: Critical Steps in the Design of a Multidisciplinary Care Model for the Prevention of Rehospitalization. *Rev Esp Cardiol (Engl Ed).* 2016;69(10):951-961.
17. Chang Y, Jung HS, Cho J, Zhang Y, Yun KE, Lazo M, Pastor-Barriuso R, Ahn J, Kim CW, Rampal S, **Cainzos-Achirica M**, Zhao D, Chung EC, Shin H, Guallar E, Ryu S. Metabolically Healthy Obesity and the Development of Nonalcoholic Fatty Liver Disease. *Am J Gastroenterol.* 2016;111(8):1133-40.
18. Kim J, Budoff MJ, Nasir K, Wong ND, Yeboah J, Al-Mallah MH, Shea S, Dardari ZA, Blumenthal RS, Blaha MJ, **Cainzos-Achirica M**. Thoracic aortic calcium, cardiovascular disease events, and all-cause mortality in asymptomatic individuals with zero coronary calcium: The Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis.* 2017;257:1-8.
19. Farré N, Vela E, Clèries M, Bustins M, **Cainzos-Achirica M**, Enjuanes C, Moliner P, Ruiz S, Verdú-Rotellar JM, Comín-Colet J. Real world heart failure epidemiology and outcome: A population-based analysis of 88,195 patients. *PLoS One.* 2017;12(2):e0172745.
20. Yun KE, Chang Y, Rampal S, Zhang Y, Cho J, Jung HS, Kim CW, Jeong C, **Cainzos-Achirica M**, Zhao D, Pastor-Barriuso R, Shin H, Guallar E, Ryu S. Coexistence of Colorectal Adenomas and Coronary Calcification in Asymptomatic Men and Women. *J Clin Gastroenterol.* 2018;52:508-514.
21. **Cainzos-Achirica M**, Tota-Maharaj R. Breast arterial calcification for personalized cardiovascular risk assessment: Where do we stand? *Atherosclerosis.* 2017;259:101-103.

22. Hong YS, Chang Y, Ryu S, **Cainzos-Achirica M**, Kwon MJ, Zhang Y, Choi Y, Ahn J, Rampal S, Zhao D, Pastor-Barriuso R, Lazo M, Shin H, Cho J, Guallar E. Hepatitis B and C virus infection and diabetes mellitus: A cohort study. *Sci Rep*. 2017;7(1):4606.
23. Blaha MJ, Mortensen MB, Kianoush S, Tota-Maharaj R, **Cainzos-Achirica M**. Coronary Artery Calcium Scoring: Is It Time for a Change in Methodology? *JACC Cardiovasc Imaging*. 2017;10(8):923-937.
24. Patel J, Al Rifai M, **Cainzos-Achirica M**, Kandula NR, Kanaya AM, Khera A, Blumenthal RS, Nasir K, Blaha MJ, Joshi PH. Family History of CHD Is Associated with Severe CAC in South Asians: Comparing the MASALA and MESA Studies. *JACC Cardiovasc Imaging*. 2017;10(8):958-960.
25. Kianoush S, Al Rifai M, **Cainzos-Achirica M**, Al-Mallah MH, Tison GH, Yeboah J, Miedema MD, Allison MA, Wong ND, DeFilippis AP, Longstreth W, Nasir K, Budoff MJ, Matsushita K, Blaha MJ. Thoracic Extra-Coronary Calcification for the Prediction of Stroke: The Multi-Ethnic Study of Atherosclerosis. *Atherosclerosis*. 2017;267:61-67.
26. **Cainzos-Achirica M**, Bilal U, Kapoor K, Quispe R, McEvoy JW, Pladevall-Vila M, Blumenthal RS, Blaha MJ. Methodological Issues in Nutritional Epidemiology Research – Sorting Through the Confusion. *Current Cardiovascular Risk Reports*. 2018;12:4.
27. **Cainzos-Achirica M**, Pladevall-Vila M, Bilal U. Coffee Drinking and Mortality in 10 European Countries. *Ann Intern Med*. 2018;168(5):379-380.
28. **Cainzos-Achirica M**, Varas-Lorenzo C, Pottegård A, Asmar J, Plana E, Rasmussen L, Bizouard G, Forn J, Hellfritsch M, Zint K, Perez-Gutthann S, Pladevall-Vila M. Methodological challenges when evaluating potential off-label prescribing of drugs using electronic health care databases: A case study of dabigatran etexilate in Europe. *Pharmacoepidemiol Drug Saf*. 2018;27:713-723.
29. **Cainzos-Achirica M**, Miedema MD, McEvoy JW, Cushman M, Dardari Z, Greenland P, Nasir K, Budoff MJ, Al-Mallah MH, Yeboah J, Blumenthal RS, Comin-Colet J, Blaha MJ. The prognostic value of high sensitivity C-reactive protein in a multi-ethnic population after >10 years of follow-up: The Multi-Ethnic Study of Atherosclerosis (MESA). *Int J Cardiol*. 2018;264:158-164.
30. Uddin SMI, Mirbolouk M, Dardari Z, Feldman DI, **Cainzos-Achirica M**, DeFilippis AP, Greenland P, Blankstein R, Billups KL, Miner M, Nasir K, Blaha MJ. Erectile Dysfunction as an Independent Predictor of Future Cardiovascular Events: The Multi-Ethnic Study of Atherosclerosis. *Circulation*. 2018 Jun 11. pii: CIRCULATIONAHA.118.033990. doi: 10.1161/CIRCULATIONAHA.118.033990. [Epub ahead of print]
31. **Cainzos-Achirica M**, Rebordosa C, Vela E, Cleries M, Matsushita K, Plana E, Rivero-Ferrer E, Enjuanes C, Jimenez-Marrero S, Garcia-Rodriguez LA, Comin-Colet J, Perez-Gutthann S. Challenges of evaluating chronic heart failure and acute heart failure events in research studies using large health care databases. *Am Heart J*. 2018;202:76-83.
32. **Cainzos-Achirica M**, Trapero-Bertran M, Bilal U, Corbella X, Comin-Colet J. CHF Care and Costs: What Is The Efficiency of Investing in Quality? *JACC Heart Fail*. 2018;6:723-724.
33. **Cainzos-Achirica M**, Di Carlo PA, Handy CE, Quispe R, Roura G, Pinto X, Blumenthal RS, Comin-Colet J, Corbella X, Blaha MJ. Coronary Artery Calcium Score: the "Mammogram" of the Heart? *Curr Cardiol Rep*. 2018;20:70.
34. **Cainzos-Achirica M**, Bilal U, Al Rifai M, McEvoy JW, Blumenthal RS, Kapoor K, Martinez-Sanchez JM, Comin-Colet J, Pladevall-Vila M, Blaha MJ. Communication issues in nutritional observational research. *Prev Med*. 2018;115:76-82.
35. Jiménez-Marrero S, Yun S, **Cainzos-Achirica M**, Enjuanes C, Garay A, Farre N, Verdú JM, Linas A, Ruiz P, Hidalgo E, Calero E, Comín-Colet J. Impact of telemedicine on the clinical outcomes and healthcare costs of patients with chronic heart failure and mid-range or preserved ejection fraction managed in a multidisciplinary chronic heart failure programme: A sub-analysis of the iCOR randomized trial. *J Telemed Telecare*. 2018 Sep 7:1357633X18796439. doi: 10.1177/1357633X18796439. [Epub ahead of print]

36. Ritchey ME, Harding A, Hunter S, Peterson C, Sager PT, Kowey PR, Nguyen L, Thomas S, **Cainzos-Achirica M**, Rothman KJ, Andrews EB, Anthony MS. Cardiovascular Safety During and After Use of Phentermine and Topiramate. *J Clin Endocrinol Metab*. 2018 Sep 21. doi: 10.1210/jc.2018-01010. [Epub ahead of print]
37. Al Rifai M, **Cainzos-Achirica M**, Kianoush S, Mirbolouk M, Peng A, Comin-Colet J, Blaha MJ. Coronary Artery Calcium: Recommendations for Risk Assessment in Cardiovascular Prevention Guidelines. *Curr Treat Options Cardiovasc Med*. 2018;20:89.
38. Al Rifai M, **Cainzos-Achirica M**, Kanaya AM, Kandula NR, Dardardi Z, Joshi PH, Patel J, Budoff M, Yeboah J, Guallar E, Blumenthal RS, Blaha MJ. Discordance between 10-year cardiovascular risk estimates using the ACC/AHA 2013 estimator and coronary artery calcium in individuals from 5 racial/ethnic groups: Comparing MASALA and MESA. *Atherosclerosis*. 2018 Sep 15. pii: S0021-9150(18)31377-7. doi: 10.1016/j.atherosclerosis.2018.09.015. [Epub ahead of print]
39. Gonzalez-Navarro B, Pintó-Sala X, Corbella E, Jané-Salas E, Miedema MD, Yeboah J, Shea S, Nasir K, Comin-Colet J, Corbella X, Lopez-López J, Blumenthal RS, Blaha MJ, **Cainzos-Achirica M**. Associations between self-reported periodontal disease, assessed using a very short questionnaire, cardiovascular disease events and all-cause mortality in a contemporary multi-ethnic population: The Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2018;278:110-116.
40. **Cainzos-Achirica M**, Enjuanes C, Greenland P, McEvoy JW, Cushman M, Dardari Z, Nasir K, Budoff MJ, Al-Mallah MH, Yeboah J, Miedema MD, Blumenthal RS, Comin-Colet J, Blaha MJ. The prognostic value of interleukin 6 in multiple chronic diseases and all-cause death: The Multi-Ethnic Study of Atherosclerosis (MESA). *Atherosclerosis*. 2018;278:217-225.
41. Handy CE, Quispe R, Pinto X, Blaha MJ, Blumenthal RS, Michos ED, Lima JAC, Guallar E, Ryu S, Cho J, Kaye JA, Comin-Colet J, Corbella X, **Cainzos-Achirica M**. Synergistic Opportunities in the Interplay Between Cancer Screening and Cardiovascular Disease Risk Assessment. *Circulation*. 2018;138:727-734.
42. Gavaldà-Manso M, Jimenez-Marrero S, **Cainzos-Achirica M**, Garay A, Enjuanes C, Yun S, Diez C, Gonzalez-Costello J, Tajés M, Farre N, Duran X, Comin-Colet J. Reduced levels of vasopressin, an independent mechanism in the obesity paradox in patients with chronic heart failure: Insights from the DAMOCLES study. *Int J Cardiol*. 2018 Oct 29. pii: S0167-5273(18)34526-1. doi: 10.1016/j.ijcard.2018.10.094. [Epub ahead of print]
43. **Cainzos-Achirica M**, Capdevila C, Vela E, Cleries M, Bilal U, Garcia-Altes A, Enjuanes C, Garay A, Yun S, Farre N, Corbella X, Comin-Colet J. Individual income, mortality and healthcare resource use in patients with chronic heart failure living in a universal healthcare system: A population-based study in Catalonia, Spain. *Int J Cardiol*. 2018 Oct 31. pii: S0167-5273(18)33690-8. doi: 10.1016/j.ijcard.2018.10.099. [Epub ahead of print]
44. Hong YS, Ryu S, Chang Y, **Cainzos-Achirica M**, Kwon MJ, Zhao D, Shafi T, Lazo M, Pastor-Barriuso R, Shin H, Cho J, Guallar E. Hepatitis B virus infection and development of chronic kidney disease: a cohort study. *BMC Nephrol* 2018 Dec 11;19(1):353.
45. Matilla-Santander N, Espinola M, Cartanyà-Hueso À, Lidón-Moyano C, González-Marrón A, Martín-Sánchez JC, **Cainzos-Achirica M**, Martínez Sánchez JM. Prevalence and determinants of metabolic syndrome in Spanish salaried workers: evidence from 15 614 men and women. *J Public Health (Oxf)*. 2019 Jan 31. doi: 10.1093/pubmed/fdz003. [Epub ahead of print]
46. Al Rifai M, **Cainzos-Achirica M**, Blaha MJ, Arps K, Wood DA, Blumenthal RS, McEvoy JW. Health Factors Associated with Cardiovascular Wellness. *Curr Atheroscler Rep*. 2019;21:10.
47. Bustillo S, Ivern C, Badosa N, Farre N, Marco E, Bruguera J, Cladellas M, Enjuanes C, **Cainzos-Achirica M**, Marti-Almor J, Comin-Colet J. Efficacy of a nurse-led lipid-lowering secondary prevention intervention in patients hospitalized for ischemic heart disease: A pilot randomized controlled trial. *Ruiz Eur J Cardiovasc Nurs*. 2019 Feb 13:1474515119831511. doi: 10.1177/1474515119831511. [Epub ahead of print]

48. Moliner P, Enjuanes C, Tajés M, **Cainzos-Achirica M**, Lupón J, Garay A, Jimenez-Marrero S, Yun S, Farré N, Cladellas M, Díez C, Gonzalez-Costello J, Comin-Colet J. Heart Failure: Is Iron Deficiency More Than a Comorbidity? *J Am Heart Assoc.* 2019;8:e010887.
49. Forns J, Pottegård A, Reinders T, Poblador-Plou B, Morros R, Brandt L, **Cainzos-Achirica M**, Hellfritsch M, Schink T, Prados-Torres A, Giner-Soriano M, Hägg D, Hallas J, Cortés J, Jacquot E, Deltour N, Perez-Gutthann S, Pladevall M, Reutfors J. Antidepressant use in Denmark, Germany, Spain, and Sweden between 2009 and 2014: Incidence and comorbidities of antidepressant initiators. *J Affect Disord.* 2019 Feb 6;249:242-252. doi: 10.1016/j.jad.2019.02.010. [Epub ahead of print]
50. Blaha MJ, **Cainzos-Achirica M**. Coronary CT Angiography in New-Onset Stable Chest Pain: Time for U.S. Guidelines to Be NICEr. *J Am Coll Cardiol.* 2019;73:903-905.
51. **Cainzos-Achirica M**, Vela E, Cleries M, Bilal U, Mauri J, Pueyo MJ, Rosas A, Enjuanes C, Blaha MJ, Kanaya AM, Comin-Colet J. Cardiovascular risk factors and disease among non-European immigrants living in Catalonia. *Heart.* 2019 Feb 28. pii: heartjnl-2018-314436. doi: 10.1136/heartjnl-2018-314436. [Epub ahead of print]
52. Pladevall-Vila M, Pottegård A, Schink T, Reutfors J, Morros R, Poblador-Plou B, Timmer A, Forns J, Hellfritsch M, Reinders T, Hägg D, Giner-Soriano M, Prados-Torres A, **Cainzos-Achirica M**, Hallas J, Brandt L, Cortés J, Aguado J, Perlemuter G, Falissard B, Castellsagué J, Jacquot E, Deltour N, Perez-Gutthann S. Risk of Acute Liver Injury in Agomelatine and Other Antidepressant Users in Four European Countries: A Cohort and Nested Case-Control Study Using Automated Health Data Sources. *CNS Drugs.* 2019 Mar 4. doi: 10.1007/s40263-019-00611-9. [Epub ahead of print]

## **OTHER JOURNAL ARTICLES: SPANISH**

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1. Enjuanes C, **Cainzos-Achirica M**, Comín-Colet J. Déficit de hierro en insuficiencia cardíaca – controversias y retos para la implementación de la evidencia en práctica clínica. *JACC* 2019 Jan. (epub in Spanish.) Editorial comment.

## **BOOK CHAPTERS**

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### **First author and senior author**

1. **Cainzos-Achirica M**, Farré N, Ascoeta S, Recasens L. Dyspnea, chest pain and electrical alternance in a male smoker. 8th Edition, Clinical cases for Residents in Cardiology “Segovia de Arana”, ISBN: 978-84-7989-639-3. Madrid, January 2011.
2. **Cainzos-Achirica M**, Fernández A, Farré N, Ascoeta S, Meroño O. The football match was followed by altercations and chest pain. 9th Edition, Clinical cases for Residents in Cardiology “Segovia de Arana”, ISBN: 978-84-7989-700-0. Madrid, January 2012.
3. **Cainzos-Achirica M**, Pérez BA, Bueno D, Fernández A, Recasens L. Repeated bleeding episodes in a patient with atrial fibrillation and a mechanical mitral valve prosthesis. Clinical cases in brain vascular disease and anticoagulation 2011-2012, ISBN: 978-84-7989-715-4. Madrid, 2012.
4. **Cainzos-Achirica M**, Bueno D, Pérez BA, Sáinz A. Repeated chest pain in a 27-year-old Pakistani male. 10th Edition, Clinical Cases for Residents in Cardiology “Segovia de Arana”, ISBN 978-84-7989-749-9. Madrid 2012.
5. **Cainzos-Achirica M**, Bueno D, Bas D, Poveda P, Recasens L. A woman with brain hemorrhage, atrial fibrillation and high embolic risk. Clinical cases in brain vascular disease and anticoagulation 2012-2013, ISBN 978-84-7989-769-7. Madrid, 2013.

6. **Cainzos-Achirica M**, Benito-Villabriga B. Management of supraventricular tachycardia in the emergency department. Handbook of Cardiology for the Emergency Department, Second Edition, ISBN 978-607-504-016-5. Mexico, 2014.

### **Second author and other**

1. Fernández A, **Cainzos M**, Bueno D, Pérez A, Recasens L. A 26-year-old Philippine male with a stroke. Clinical cases in brain vascular disease and anticoagulation 2012-2013, ISBN 978-84-7989-769-7. Madrid, 2013.

## **OTHER PUBLICATIONS**

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### **Interactive cases**

1. **Cainzos-Achirica M**, Martin SS. CV Risk Management of a Young Asymptomatic Adult With a “High-Risk Lifestyle”. Case Challenges, Cardiometabolic Disease Clinical Community, American College of Cardiology. Available at: [http://www.acc.org/education-and-meetings/patient-case-quizzes/cv-risk-management-of-a-young-asymptomatic-adult-with-a-high-risk-lifestyle?w\\_nav=LC](http://www.acc.org/education-and-meetings/patient-case-quizzes/cv-risk-management-of-a-young-asymptomatic-adult-with-a-high-risk-lifestyle?w_nav=LC)

### **Publications in medical websites**

1. **Cainzos-Achirica M**, Michos ED. Beyond Sex: Erectile Dysfunction Could Spell Heart Trouble. ED is common – affecting 40 percent of men older than 40 and 70 percent of those over 70 – but few seek help. US News Health. Available at: <http://health.usnews.com/health-news/patient-advice/articles/2015/10/14/beyond-sex-erectile-dysfunction-could-spell-heart-trouble>

### **Other publications**

1. Contributor to the document "European Core Curriculum - The students' perspective". Hilgers J, De Roos P. Med Teach. 2007 Mar;29(2-3):270-5.
2. Contributor to the document "Medical Ethics for Medical Students", developed by the Spanish Medical Students' Council, the Conferencia Nacional de Decanos de España and the Consejo General de Colegios Oficiales de Médicos de España.

## **PRESENTATIONS IN SCIENTIFIC CONFERENCES AND COURSES**

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### **Presentations in scientific conferences – first author and senior author**

1. **Cainzos-Achirica M**, Farré N; Ascoeta S; Fernández A; Serrat R; Sáinz A, Recasens L; Bruguera J. Acute coronary syndrome in patients from South Asia. 2000-2010 Registry. 23rd Congress of the Catalan Society of Cardiology. Barcelona, June 2011.
2. **Cainzos-Achirica M**, Garcia-Garcia C, Elosua R, Vila J, Recasens L, Serrat R, Meroño O, Piulats N, Bruguera J. Ischemic heart disease in South Asian immigrants in Barcelona. A new early acute myocardial infarction profile. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
3. **Cainzos-Achirica M**, Garcia-Garcia C, Elosua R, Vila J, Recasens L, Muñoz MA, Sainz A, Fernandez A, Bruguera J. Myocardial infarction in South Asian immigrants: Is equity guaranteed? 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
4. **Cainzos-Achirica M**, Gómez M, Cladellas M, Molina L, Ble M, Ramírez A, Fernández A, Bruguera J. Relationship between left atrium area, exercise capacity and NT-ProBNP in



- patients with aortic stenosis. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
5. **Cainzos-Achirica M**, Gómez M, Molina L, Ble M, Cladellas M, Ramírez A, Fernández A, Bruguera J. Global function index and exercise performance in patients with aortic stenosis. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
  6. **Cainzos-Achirica M**, García C, Elosua R, Vila J, Recasens L, Serrat R, Piulats N, Bruguera J. Myocardial infarction in South Asian immigrants in Barcelona. Results from the ASIAM Study. 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
  7. **Cainzos-Achirica M**, Gómez M, Molina L, Cladellas M, Ble M, Fernández A, Ascoeta S, Bruguera J. Left atrium area, exercise capacity and NT-ProBNP in patients with moderate or severe aortic stenosis. 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
  8. **Cainzos-Achirica M**, Gómez M, Molina L, Cladellas M, Ble M, Fernández A, Farre N, Bruguera J. Global Function Index and its prognostic value in patients with aortic stenosis. 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
  9. **Cainzos-Achirica M**, García C, Elosua R, Vila J, Recasens L, Serrat R, Piulats N, Muñoz MA, Bruguera J. Coronary risk factors in South Asian immigrants with an acute myocardial infarction. 19th Meeting of the Catalan Society of Hypertension. Barcelona, December 2012.
  10. **Cainzos-Achirica M**, Recasens L, Serra J, Sala J, Fiol M, Arós F, Molina L, Bruguera J, Elosua R. Myocardial infarction in young adults in Spain. Results from the FORTIAM Study. 25th Congress of the Catalan Society of Cardiology. Barcelona, June 2013.
  11. **Cainzos-Achirica M**, Recasens L, Serra J, Sala J, Fiol M, Arós F, Molina L, Bruguera J, Elosua R. Family history of heart disease in adults with a myocardial infarction in Spain. Results from the FORTIAM Study. 25th Congress of the Catalan Society of Cardiology. Barcelona, June 2013.
  12. **Cainzos-Achirica M**, Recasens L, Serra J, Sala J, Fiol M, Arós F, Molina L, Bruguera J, Elosua R. Myocardial infarction in young adults in Spain. Risk profile, severity of the coronary disease and long-term prognosis. Results from the FORTIAM Study. 2013 Congress of the Spanish Society of Cardiology. Valencia, October 2013.
  13. **Cainzos-Achirica M**, Tizon H, Salvatella N, Vaquerizo B, Miranda F, Recasens L, Serrat R, Bruguera J. Coronary heart disease in South Asian migrants. Ten years of coronary angiographies. 2013 Congress of the Spanish Society of Cardiology. Valencia, October 2013.
  14. **Cainzos-Achirica M**, Rampal S, Chang Y, Ryu S, Zhang Y, Zhao D, Cho J, Choi Y, Pastor-Barriuso R, Lim SY, Lima J, Shin H, Guallar E. Pulse Wave Velocity is Associated With Coronary Calcification and Improves its Prediction in Young and Middle-Aged Asymptomatic Adults: The Kangbuk Samsung Health Study. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
  15. **Cainzos-Achirica M**, Varas-Lorenzo C, Pottegård A, Asmar J, Plana E, Rasmussen L, Bizouard G, Fornis J, Hellfritsch M, Zint K, Perez-Gutthann S, Pladevall M. Evaluation of Potential Off-Label Prescribing of Dabigatran Etexilate in France, Denmark, and the United Kingdom and Associated Methodological Challenges. PDS 2017 Aug; 26(Suppl 2); p566.

### **Presentations in scientific conferences – second author and other**

1. García-García C, Recasens L, Farré N, Meroño O, Ascoeta S, **Cainzos M**, Miranda F, Bruguera J. Assessment of TIMI and Grace risk scores in a population with ACS without ST elevation. 22nd Congress of the Catalan Society of Cardiology. Barcelona, June 2010.
2. García-García C, Recasens L, Farré N, Meroño O, Ascoeta S, **Cainzos M**, Miranda F, Jordi Bruguera. Assessment of the risk scales grace and TIMI Risk score in a population with NSTEMI ACS. Acute Cardiac Care Congress 2010.
3. Sainz A; Cladellas M; Farré N; Ascoeta S; **Cainzos-Achirica M**; Meroño-Dueñas O; Gómez M; Vila J; Bruguera J. Is female gender an independent risk factor in valve replacement surgery? 23rd Congress of the Catalan Society of Cardiology. Barcelona, June 2011.

4. Farre N, Cladellas M, Vila J, Sainz A, **Cainzos-Achirica M**, Ruiz S, Rizzo M, Molera R, Bruguera J. Mid-term prognosis of the anemic patients undergoing valve surgery. 23rd Congress of the Catalan Society of Cardiology. Barcelona, June 2011.
5. Ble M, Cladellas M, Farre N, Ascoeta S, **Cainzos M**, Gomez M, Molina L, Molera R, Bruguera J. Prognosis of aortic valvular surgery with pulmonary arterial hypertension. 23rd Congress of the Catalan Society of Cardiology. Barcelona, June 2011.
6. García-García C, Recasens L; Farré N; Meroño O; Ribas N; Ascoeta S; **Cainzos M**; Franco L; Bruguera J. Usefulness of the TIMI and GRACE risk scores in the era of invasive strategy for SCASEST. 23rd Congress of the Catalan Society of Cardiology. Barcelona, June 2011.
7. Farre N, Gomez M, Cladellas M, Molina L, Ramírez A, Vila J, **Cainzos-Achirica M**, Ble M, Ascoeta S, Bruguera J. Validation of a new score for asymptomatic aortic stenosis. European Society of Cardiology Congress. Paris, August 2011.
8. García-García C, Recasens L, Farré N, Meroño O, Ribas N, Ascoeta S, **Cainzos M**, Tello S, franco L, Bruguera J. Usefulness of TIMI risk and GRACE score scales in non-ST elevation acute myocardial infarction in the invasive era. 9th International Congress of Coronary Artery Disease (ICCAD). Venice, October 2011.
9. Sainz A, Cladellas M, Farre N, Ascoeta S, **Cainzos M**, Meroño-Dueñas O, Vila J, Bruguera J. Is gender an independent risk factor for cardiac surgery? SEC 2011. Congress of the Spanish Society of Cardiology. Maspalomas, Gran Canaria. October 2011
10. Farré N, Sans J, Ascoeta S, **Cainzos-Achirica M**, Cabrera S, Rojas S, Recasens L, Bardaji A, Bruguera J. Differences between men and women in the use of class I therapies and in-hospital mortality in patients with acute myocardial infarction. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
11. Ascoeta S, Cladellas M, Fernandez A, **Cainzos-Achirica M**, Farré N, Gómez M, Molina L, Bruguera J. Aortic valve surgery: aortic mismatch and its impact on mid-term survival in our patients. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
12. Fernández A, **Cainzos-Achirica M**, Farré N, Ascoeta S, Ble M, Gómez M, Sáinz A, Bruguera J. Valve replacement surgery: optimized postoperative follow-up can improve survival. 24th Congress of the Catalan Society of Cardiology. Barcelona, June 2012.
13. Ascoeta S, Cladellas M, Fernandez A, **Cainzos-Achirica M**, Farré N, Gómez M, Molina L, Bruguera J. Aortic valve surgery: prosthesis-patient mismatch and its impact on mid-term survival. 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
14. Fernandez A, **Cainzos-Achirica M**, Farré N, Ascoeta S, Ble M, Gómez M, Sáinz A, Bruguera J. Optimized follow-up for valve replacement surgery patients. 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
15. Farré N, Sans J, Ascoeta S, **Cainzos-Achirica M**, Cabrera S, Rojas S, Recasens L, Bardaji A, Bruguera J. Are there any differences in the use of class I therapies between men and women with acute myocardial infarction? 2012 Congress of the Spanish Society of Cardiology. Sevilla, October 2012.
16. Valles E, Bazan V, **Cainzos M**, Benito B, Jauregui ME, Bruguera J, Marti J. Prognostic value of incremental pacing maneuver for long-term recurrences after typical flutter ablation. ACC 2013, San Francisco, California, USA, March 2013.
17. Valles E, Bazan V, **Cainzos M**, Benito B, Jauregui ME, Bruguera J, Marti J. Prognostic value of incremental pacing maneuver for long-term recurrences after typical flutter ablation. Heart Rhythm 2013, Denver, Colorado, USA, May 2013.
18. Fernandez A, Meroño O, Bueno D, Recasens L, Garcia C, Ribas N, Morales JA, **Cainzos M**, Bruguera J. Usefulness of the Zwolle risk score in STEMI patients. 25th Congress of the Catalan Society of Cardiology. Barcelona, June 2013.
19. Bueno D, Meroño O, **Cainzos M**, Fernandez A, Perez BA, Garcia C, Recasens L, Ribas N, Bruguera J. Differences in management and prognosis of first acute coronary syndromes versus reinfarction. 25th Congress of the Catalan Society of Cardiology. Barcelona, June 2013.

20. Fernandez A, Enjuanes C, Benito B, Comin J, Bueno D, Cainzos M, Ascoeta MS, Perez BA, Bruguera J. Chronic heart failure and atrial fibrillation: is iron deficiency an etiologic factor? 25th Congress of the Catalan Society of Cardiology. Barcelona, June 2013.
21. Merono O, Recasens L, **Cainzos M**, Fernandez A, Perez BA, Bueno D, Garcia-Garcia C, Ribas N, Morales J, Bruguera J. Differences in management and prognosis of first acute coronary syndromes versus reinfarction. The 10th International Congress on Coronary Artery Disease (ICCAD). Florence, Italy, October 2013.
22. Ryu S, Chang Y, Cho J, Zhang Y, Rampal S, Zhao D, Choi Y, Ahn J, **Cainzos-Achirica M**, Pastor-Barriuso R, Lima J, Shin H, Guallar E. Metabolically Healthy Obesity and the Risk of Incident Ischemic Heart Disease and Stroke – The Kangbuk Samsung Health Study. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
23. Choi Y, Ryu S, Chang Y, Lee JE, Sung E, Cho J, Rampal S, Zhao D, Zhang Y, Ahn J, **Cainzos-Achirica M**, Pastor-Barriuso R, Lima J, Shin H, Guallar E. Animal and Vegetable Protein Intake and Coronary Artery Calcium – The Kangbuk Samsung Health Study. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
24. Chang Y, Ryu S, Cho J, Rampal S, Zhang Y, Zhao D, Choi Y, Ahn J, **Cainzos-Achirica M**, Pastor-Barriuso R, Lima J, Shin H, Guallar E. Non-alcoholic Fatty Liver Disease, Insulin Resistance, and the Risk of Incident Ischemic Heart Disease and Stroke – The Kangbuk Samsung Health Study. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
25. Guallar E, Zhao D, Pastor-Barriuso R, Rampal S, Chang Y, Ryu S, Choi Y, Lima J, **Cainzos-Achirica M**, Shin H, Cho J, Zhang Y. Associations of Early and Contemporary Cardiovascular Risk Factors With Coronary Artery Calcification. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
26. Lim SY, Lima J, Zhao D, Rampal S, Zhang Y, Cho J, Pastor-Barriuso R, **Cainzos-Achirica M**, Bello S, Choi Y, Chang Y, Ryu S, Shin H, Guallar E. Lung Function and Arterial Stiffness in Apparently Healthy Men and Women: The Kangbuk Samsung Health Study. American Heart Association – American Stroke Association EPI-Lifestyle 2015. Baltimore (MD), USA, March 2015.
27. Pladevall M, Hallas J, Schink T, Morros R, Poblador B, Fornis J, Hellfritsch M, Reinders T, Giner-Soriano M, Prados-Torres A, **Cainzos-Achirica M**, Pottegård A, Kollhorst B, J Cortés J, Aguado J, Perlemuter G, Castellsagué J, Jacquot E, Deltour N, Perez-Gutthann S. Agomelatine and Risk of Hospitalisation for Acute Liver Injury: Nested Case-Control Analysis in Three European Countries. *Pharmacoepi Drug Saf.* 2017 Aug; 26(Suppl 2); p389.
28. Ritchey ME, Hunter S, Peterson C, Nguyen L, Thomas S, Harding A, Andrews E, Rothman KJ, **Cainzos M**, Anthony M. Cardiovascular (CV) Safety of Phentermine and Topiramate in a United States Claims Database. *Pharmacoepi Drug Saf.* 2018 Aug;27(Suppl 2):449-50.
29. De Frutos F, Adeliño R, Bascompte R, Casas G, Aparicio X, Sutil M, Soto A, **Cainzos-Achirica M**, Manito N. Impact of the new European heart failure guidelines in the management of patients with heart failure and reduced ejection fraction: The LINX Registry. XXX Congress of the Catalan Society of Cardiology. Barcelona (Spain), June 2018.
30. De Frutos F, Adeliño R, Bascompte R, **Cainzos-Achirica M**, Buera I, Manito N. Impact of the new European heart failure guidelines in the management of patients with heart failure and reduced ejection fraction: The LINX Registry. 2018 Congress of the Spanish Society of Cardiology. Seville (Spain), October 2018.

## **Invited talks and Presentations in scientific courses**

1. **Cainzos-Achirica M.** Medical education and health-care professionals. El Escorial Summer Courses 2006. Madrid, July 2006.
2. Pastushenko J, **Cainzos-Achirica M.** Medical ethics in medical schools and institutions. University of Zaragoza Summer Courses. Jaca, September 2006.
3. **Cainzos-Achirica M.** A man with BMI 51kg/m<sup>2</sup> and knee pain. Obesity and cardiovascular morbidity and mortality. Continuing Education Sessions of the Catalan Society of Cardiology. Barcelona, January 2012.
4. **Cainzos-Achirica M,** Comín J. Anemia in chronic heart failure. When should we treat? 9<sup>th</sup> Meeting, Heart Failure and Heart Transplant Committee, Spanish Society of Cardiology. Valencia, June 2012.
5. **Cainzos-Achirica M.** A critical review of a clinical trial on preventive angioplasty. Journal Club, Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins University. Baltimore, USA, December 2013.
6. **Cainzos-Achirica M,** Rampal S, Guallar E. Pulse wave velocity and coronary calcium scores in young and middle-aged asymptomatic adults: The Kangbuk Samsung Health Study. Methods and Ideas in Cardiovascular Epidemiology, Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins University. Baltimore, USA, December 2013.
7. **Cainzos-Achirica M.** A critical review of a cross-sectional study on cardiovascular risk factors and cardiovascular events in 17 countries. Journal Club, Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins University. Baltimore, USA, October 2014.
8. Blumenthal RS, Seth S. Martin, **Cainzos-Achirica M.** Implications of IMPROVE-IT and PCSK9 inhibitors: Rethinking LDL-C and non-HDL-C targets. 10<sup>th</sup> Annual Cardiometabolic Health Congress. Boston (MA), October 2015.
9. **Cainzos-Achirica M,** Emma Zheng, Helin Bao, Yujiang Chen, Anthony Nastasi. Research in Progress meetings, Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins University. Baltimore, USA, April 2016.
10. **Cainzos-Achirica M.** Gestión y análisis del “Big Data” en Insuficiencia Cardíaca (Management and analysis of big data in chronic heart failure). 14th Workshop in Health Management. Madrid, Spain, June 2017.
11. **Cainzos-Achirica M.** Big Data in Cardiovascular Research – What can we learn from large healthcare databases? Bellvitge University Hospital, L’Hospitalet de Llobregat, Barcelona, Spain, March 2018.
12. **Cainzos-Achirica M.** Socioeconomic Status and Health Outcomes in Catalonia. Hestia Awards 2018. Universitat Internacional de Catalunya. Sant Cugat del Valles, Barcelona, Spain, April 2018.
13. **Cainzos-Achirica M.** Big Data in Cardiovascular Research – What can we learn from large healthcare databases? Hospital Universitari Josep Trueta, Girona, Spain, March 2019.

## **EDITORIAL DUTIES**

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### **Referee/Reviewer for peer-reviewed medical journals**

- Annals of Internal Medicine
- Circulation (≈1 per month)
- Journal of the American College of Cardiology (JACC)
- Heart
- Journal of the American Heart Association (JAHA)
- Atherosclerosis
- Journal of Cardiovascular Computed Tomography (JCCT)

- European Journal of Internal Medicine
- BMJ Open
- Clinical Cardiology

### **Spanish Society of Cardiology**

- Member of the scientific communications selection committee, Congress of the Spanish Society of Cardiology, Prevention and Cardiac Rehabilitation section since 2015.

### **International Society of PharmacoEpidemiology (ISPE)**

- Member of the scientific communications selection committee since 2018.

## **PROFESSIONAL ASSOCIATIONS AND LEADERSHIP POSITIONS**

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### **Student associations**

- Santiago de Compostela representative at the "UNESCO World Heritage Sites Forum". Salamanca, May 1998.
- Member of the Spanish Medical Students' Council, November 2004 – November 2006.
- President of the Spanish Medical Students' Council, April-November 2006.
- Spanish Medical Students' Council representative at the European Medical Students Association's Bologna Process Update Workshop, Bristol, July 2006.
- Spanish Medical Students' Council representative at the 47th General Assembly of the International Federation of Medical Students' Associations-Spain (IFMSA Spain). School of Medicine, University of Albacete, October 2006. Contributor to the Spanish Medical Students' Council – IFMSA Spain Collaborative Agreement.
- President of the organizing committee, 47th Meeting of the Spanish Medical Students' Council. School of Medicine, University of Santiago de Compostela, November 2005.
- Member of the organizing committee, 6th and 7th Edition, International Congress on Surgery for Medical Students. School of Medicine, University of Santiago de Compostela.

### **Professional and scientific societies**

- Member of the Spanish Society of Cardiology since 2009.
- Member of the European Society of Cardiology since 2009; professional member since 2017.
- Member of the American College of Cardiology since 2013.
- Member of the International Society of Pharmacoepidemiology since 2016.

## **GRANTS**

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- Research Grant from the Spanish Society of Cardiology "Epidemiology of Cardiovascular Disease", September 2014 – August 2015.
- Grant from the Fundación La Caixa "Becas Fundación La Caixa para Formación de Postgrado en Norteamérica", July 2015 – May 2016.

## **PROFESSIONAL PERFORMANCE AWARDS**

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- RTI Health Solutions Spot Award 2017: RTIHS Project no. 3538.
- RTI Health Solutions Spot Award 2017: RTIHS Project no. 3878.
- RTI Health Solutions Spot Award 2018: RTIHS Project no. 4072.

## **OTHER AWARDS AND HONORS**

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- Award: “Best Ideas 2008” Award from the Diario Medico. Barcelona, Spain, November 2008.
- Award: “Extraordinary Bachelorship Award” from the Government of Galicia, Spain. Santiago de Compostela, Spain, May 2000.
- Award: “Golden Insignia” from the Manuel Peleteiro School. Santiago de Compostela, Spain, June 2000.

## **TEACHING**

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### **Universitat Internacional de Catalunya: Invited Professor**

- Introduction to Epidemiology. School of Medicine, Universitat Internacional de Catalunya. Invited Professor.
- Public Health. School of Medicine, Universitat Internacional de Catalunya. Invited Professor.

### **Preceptorships: Instructor**

- I Barcelona Preceptorship. Bellvitge University Hospital, November 2017, Barcelona, Spain
- II Barcelona Preceptorship. Bellvitge University Hospital, April 2018, Barcelona, Spain
- III Barcelona Preceptorship. Bellvitge University Hospital, September 2018, Barcelona, Spain

### **Private Tutoring: Tutor**

- Private tutoring, Statistical Methods in Public Health I, September – October 2015, Baltimore (MD), USA.
- Private tutoring, Statistical Methods in Public Health II, October – December 2015, Baltimore (MD), USA.
- Private tutoring, Statistical Methods in Public Health III, January – March 2016, Baltimore (MD), USA.

*The course instructors can be contacted for references:*

Prof. Marie Diener-West PhD

Chair, Master of Public Health program, Johns Hopkins Bloomberg School of Public Health  
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## REFERENCES

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