

MARK C. HOUSTON, M.D., M.S., SCH, ABAAM, FACP, FAHA

Mark C. Houston, M.D, M.S., SCH, ABAAM, FACP, FAHA was born in Jackson, Tennessee, graduated PHI BETA KAPPA and SUMMA CUM LAUDE from Rhodes College in Memphis, Tennessee with a BA in Chemistry and was a semifinalist as a Rhodes Scholar. He graduated with highest honors and the Alpha Omega Alpha honorary society distinction from Vanderbilt Medical School in 1974. He completed his medical internship and residency at the University of California, San Francisco from 1974-1977, then returned to Vanderbilt Medical Center where he was chief resident in medicine from 1977-1978 where he received the Hillman Award for Best Teacher. Dr. Houston remained on the full time internal medicine faculty at Vanderbilt University Medical School from 1978 through 1990 where he served as Medical Director of Executive Physical Program, Medical Director of the Cooperative Care Center, Co-Director of Medical Intensive Care Unit, Chief Clinical Section of the Division of General Internal Medicine and as Assistant and then Associate Professor of Medicine. He is triple boarded with board certification by the American Board of Internal Medicine (1977), the American Society of Hypertension (ASH) as a specialist in clinical hypertension (SCH) (2000) and the American Board of Anti-Aging Medicine (ABAAM) (2003). He has a Masters of Science degree in **HUMAN NUTRITION** from the University of Bridgeport, Connecticut (2003). He has been elected to membership in the Honor Society of Phi Kappa Phi at the University of Bridgeport, Connecticut, May 2003. He is on the Consulting Editorial Board or consulting reviewer for over 20 major U.S. medical journals, is on the Editorial Board and is Chair of the Medical Advisory Board of the American Nutraceutical Association (ANA) and Editor-in-Chief for the Journal of the American Nutraceutical Association (JANA). He is on the Board of Trust and Executive Board for the Consortium of Southeastern Hypertension Control (COSEHC). Dr. Houston has presented over 7,000 lectures on hypertension nationally and internationally. He has published over 130 articles and scientific abstracts in peer reviewed medical journals as well as textbook chapters, handbooks and films and completed over 80 clinical research studies in hypertension, hyperlipidemia and cardiovascular disease. Four best selling books that he has authored are the Handbook of Antihypertensive Therapy, Vascular Biology for the Clinician, What Your Doctor May Not Tell You About Hypertension and Hypertension Handbook for Students and Clinicians. He was elected as a Fellow in the American College of Physicians in 1984 (FACP), Fellow of the National Council on High Blood Pressure, Fellow of the American Heart Association (FAHA) and is a member of numerous medical societies including the American Heart Association, Nashville Academy of Medicine (NAM), American Medical Association (AMA), American College of Physicians (ACP), American Society of Internal Medicine (ASIM), Consortium for Southeastern Hypertension Control (COSEHC), American Society of Hypertension (ASH), National Council on High Blood Pressure (NCHBP), International Society of Hypertension (ISH), Inter-American Society of Hypertension (IASH), American Thoracic Society (ATS), Tennessee Medical Association (TMA), American Federation of Clinical Research (AFCR), International Society of Hypertension in Blacks (ISHIB), Southeastern Lipid Association (SELA), Vascular Biology Working Group (VBWG) and the AHA Council on Arteriosclerosis, Thrombosis and Vascular Biology. Dr. Houston specializes in hypertension, lipid disorders, prevention and treatment of cardiovascular diseases, nutrition, clinical age management and general internal medicine with an active clinical and research practice as well as teaching responsibilities for Vanderbilt medical students, interns and residents. He is presently Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine and Director of the Hypertension Institute, Vascular Biology and the Life Extension Institute, Saint Thomas Medical Group, Saint Thomas Hospital and Health Services in Nashville, Tennessee. He is also Medical Director of Clinical Research, Section Chief of the Division of Nutrition and Director of CME in the Hypertension Institute. He is staff physician of the Vascular Institute of Saint Thomas Hospital. He is a member of the AHA Council on Atherosclerosis, Thrombosis and Vascular Biology and the ASH Nominating Committee.