

## **Pam R. Taub, MD, FACC**

**Pam R. Taub, MD, FACC**, is Associate Professor of Medicine in the Division of Cardiovascular Medicine, Department of Medicine, at the University of California (UC), San Diego. She is also Director of the Step Family Foundation Cardiovascular Rehabilitation and Wellness Center. The mission of the Center is to actively engage patients and the community in prevention of cardiovascular disease. The Center is conducting research on biomarkers and other diagnostics and wearable/mobile technologies that can improve patient outcomes.

Her clinical practice focuses on preventive cardiology. She is active in clinical/translational research and has received funding from the National Institutes of Health (principal investigator on R01 grant), United States Department of Defense, and American Heart Association. Her research focuses on assessing the impact of pharmacologic intervention and lifestyle changes on cardiometabolic disease. She is conducting research studies evaluating biomarkers for cardiovascular risk factor stratification, studying the effects of time restricted eating (daily fasting) in improving cardiometabolic parameters and examining the effects of a compound in dark chocolate (epicatechin) on mitochondrial function/cellular bioenergetics and exercise capacity. Dr. Taub is widely published and has authored numerous publications in peer-reviewed journals

Dr. Taub is a fellow of the American College of Cardiology. She has consistently been selected by her peers as a top physician in the San Diego Magazine "Physicians of Exceptional Excellence" annual survey.

Dr. Taub received her MD from Boston University School of Medicine. She completed her residency in internal medicine at the University of Washington Medical Center in Seattle and her fellowship in cardiovascular medicine at UC San Diego. She is board certified in internal medicine, cardiovascular disease, and nuclear cardiology.