

CURRICULUM VITAE

Name and Title: Elizabeth H. Holt, M.D., F.A.C.E.
Former Head of Global Medical, Clinical, and Safety
LifeScan Enterprises, LLC

Academic Appointment: Assistant Consulting Professor of Medicine
Duke University School of Medicine

email: eholtmd@gmail.com

Telephone Number: +1-919-824-4243 (mobile/text)

Education

College: Duke University, Durham, NC
B.S., Zoology, *magna cum laude*

Medical Schools: University of Medicine and Dentistry of New Jersey
New Jersey Medical School
Newark, NJ

Bowman Gray School of Medicine
Winston-Salem, NC
M.D.

Internship and Residency: The Moses H. Cone Memorial Hospital
Greensboro, NC
Internal Medicine

Fellowship: Division of Endocrinology
Department of Medicine
The University of North Carolina
Chapel Hill, NC
Endocrinology, Diabetes, and Metabolism

Board Certifications and Fellowship

Diplomate, National Board of Medical Examiners
 Diplomate, American Board of Internal Medicine
 Diplomate, Endocrinology, Diabetes, and Metabolism
 Fellow, American College of Endocrinology

Licensure

North Carolina #32514

Employment and Professional Activities

2020 to 2026	Head of Global Medical, Clinical, and Safety, LifeScan
2019 to 2020	Senior Director, Medical Affairs, Intarcia Therapeutics, Inc.
1992 to 2019	Private practice of General Endocrinology, Diabetes, and Metabolism at Raleigh Endocrine Associates, Raleigh, NC
1992 to 2007	Medical Director, Diabetes Treatment Centers of America, American Healthways
1996 to 2018	Relevance Reviewer/Beta Tester for American Board of Internal Medicine: Endocrinology, Diabetes, and Metabolism
1996 to 1998	Submitted and reviewed questions for American Board of Internal Medicine: Endocrinology, Diabetes, and Metabolism
2001 to 2007	Principal Investigator or Sub-Investigator, Raleigh Endocrine Research Associates, Raleigh, NC
2002	Peer reviewer for <u>Journal of Clinical Endocrinology & Metabolism</u>
2003 to Present	Co-Director for the biennial "Taking Control of Your Diabetes" health fair in Raleigh, NC
2004 to 2008	Medical Director for The Diabetes Center at Duke Health Raleigh Hospital
2005 to 2007	Medical Director, Raleigh Endocrine Research Associates, Raleigh, NC
2006 to 2008	Treasurer, Carolinas Chapter of American Association of Clinical Endocrinologists
2008 to 2010	President-elect, Carolinas Chapter of American Association of Clinical Endocrinologists
2010 to 2012	President, Carolinas Chapter of American Association of Clinical Endocrinologists
2010 to 2012	Chaired and organized several CME programs, including Diabetes Day for Primary Care Providers and the Carolinas Chapter of American Association of Clinical Endocrinologists annual meetings
2012 to 2014	Past-President, Carolina Chapter of American Association of Clinical Endocrinologists

2012 to 2016	Vice-Chair and Board of Directors, American Association of Clinical Endocrinologists (AACE) Political Action Committee
2017 to 2019	Secretary and Board of Directors, American Association of Clinical Endocrinologists (AACE) Political Action Committee
2013 to 2016	Member, American Association of Clinical Endocrinologists (AACE) Legislative & Regulatory Committee
2016 to 2019	Vice-Chair, American Association of Clinical Endocrinologists (AACE) Legislative & Regulatory Committee
2016 to 2018	Member, American Association of Clinical Endocrinologists (AACE) Bylaws Committee
2018 to 2019	Vice-Chair, American Association of Clinical Endocrinologists (AACE) Bylaws Committee
2017 to 2018	Member, American Association of Clinical Endocrinologists (AACE) Reproductive Endocrinology Scientific Committee
2017 to 2018	Member, American Association of Clinical Endocrinologists (AACE) Task Force for the Development of an AACE Women's Leadership Project
2017 to 2019	Member, Carolinas Chapter of American Association of Clinical Endocrinologists (AACE) Legislative and Practice Management Committee
2018 to 2019	Member, American Association of Clinical Endocrinologists (AACE) Education Oversight Committee
2018 to 2019	Member, American Association of Clinical Endocrinologists (AACE) Nominating Committee
2019	Ex Officio (nonvoting member), American Association of Clinical Endocrinologists (AACE) Nominating Committee
2018 to 2019	Co-Chair, American Association of Clinical Endocrinologists (AACE) Leadership Development Committee
2019 to 2020	Member, American Association of Clinical Endocrinologists (AACE) Health Policy Committee
2018 to 2020	Member, American Association of Clinical Endocrinologists (AACE) Compensation Committee
2019 to 2020	Chair, Women's Leadership Session for American Association of Clinical Endocrinologists (AACE) Annual Meeting 2020
2017 to 2019	Board of Directors, American Association of Clinical Endocrinologists (AACE)
2018 to 2019	Board of Trustees, American College of Endocrinology (ACE)
2023 to 2025	Peer reviewer for multiple scientific journals

Research Roles Prior to 2019

- 1990 to 2007 Principal Investigator or Sub-Investigator on Phase II, Phase III, and Phase IV clinical trials in Diabetes Mellitus, hypertension, hyperlipidemia, bone metabolism, osteoporosis, thyroid cancer
- 2001 to 2007 Raleigh Endocrine Research Associates
- 2005 to 2007 Medical Director, Raleigh Endocrine Research Associates

Professional Society Memberships

- Member and formerly on Board of Directors, American Association of Clinical Endocrinologists (AACE)
- Fellow, American College of Endocrinologists (FACE)
- Formerly on Board of Trustees, American College of Endocrinology (ACE)
- Former President and Board member, Carolinas Chapter of American Association of Clinical Endocrinologists
- Member, American Diabetes Association

Publications

Holt, Elizabeth H. "Does a Decrease in Type A Score Affect Other Variables?" 1982 *Summer Student Research Program, 1982.*

Gray TK, Ontjes DA, Holt EH, Jayo M, Weaver DS. "Aging and Osteoporosis." Presented at Nagoya International Symposium on Aging and Health, May 18-19, 1990, Nagoya, Japan.

Holt EH, Ontjes DA, Gray TK. "Reduced Postprandial Calcitonin Secretion and Increased Urinary Calcium Excretion in Osteoporotic Women." Presented at American Society for Bone and Mineral Research Twelfth Annual Meeting, August 28-31, 1990, Atlanta, Georgia.

Holt EH, Ontjes DA, Gray TK. "Reduced Postprandial Suppression of PTH Secretion and Increased Urinary Calcium Excretion in Osteoporotic Women." Presented at American Society for Bone and Mineral Research Thirteenth Annual Meeting, August 24-28, 1991, San Diego, California.

Holt EH. "Women and Diabetes." *EmPower*, 9(4), 2017, pp 8-9.

Holt EH. "Let's Talk Libre: New Apps, Alerts, and Add-a-Friend!" TCOYD Newsletter, June 27, 2019. Accessed at <https://tcoyd.org/2019/06/lets-talk-libre-new-apps-alerts-and-add-a-friend/>

Umpierrez GE, Holt EH, Einhorn D, McGill JB. "Concentrated Insulins: Clinical Update of Therapeutic Options" *Endocr Pract*, 26 (Suppl 3); June, 2020. <https://doi.org/10.4158/EP-2019-0607>

Torres JFM, Grady M, Alba AL, Chavez LN, Enriquez AJ, Gaspar R, San Miguel LA, Alvarez FM, Pinto EN, Petry FW, Jorn R, Weyland M, Scherer B, Birkemeyer D, Scorsone A, Petrizzo M, Lai A, Gravina G, Verhaegen A, Smet M, Verhaegen L, Van den Bulck I, De Bie A, Holt E. "Clinical Practice Experiences Using a Professional Diabetes Management Ecosystem During COVID" *Journal of Diabetes Science and Technology*, December 2021. [doi:10.1177/19322968211065778](https://doi.org/10.1177/19322968211065778)

Grady M, Cameron H, Gonzalez Pinero H, Bhatiker A, Holt E. "Real World Evidence of improved Glycemic Control in People Using the OneTouch Verio Reflect® Glucose Meter with the OneTouch Reveal® Mobile Application" Presented at Advanced Technologies & Treatments for Diabetes Fifteenth Annual Meeting, April 27-30, 2022, Barcelona, Spain.

Bispham J, Grady M, Liu J, Nguyen H, Chapman K, Shah SS, Gonzalez Pinero H, Holt E. "Patient Perspectives on Factors Affecting CGM Accuracy, Utility and Decision Making in People with Diabetes Within the T1D Exchange Community" Presented at Advanced Technologies & Treatments for Diabetes Fifteenth Annual Meeting, April 27-30, 2022, Barcelona, Spain.

Merino Torres JF, Weyland M, Scorsone A, Verhaegen A, Nunes Pinto E, Gonzalez Pinero H, Grady M, Holt E. "Clinical Practice Insights Delivering Care During COVID in Five European Countries Utilizing a Professional Diabetes Management Ecosystem" Presented at Advanced Technologies & Treatments for Diabetes Fifteenth Annual Meeting, April 27-30, 2022, Barcelona, Spain.

Mitchell S, Hartman J, Grady M, Cameron H, Marti C, Holt E. "Engagement and Weight Loss from a Coached Digital Support Program in People with Type 2 Diabetes" Presented at Advanced Technologies & Treatments for Diabetes Fifteenth Annual Meeting, April 27-30, 2022, Barcelona, Spain.

David Shearer, Mike Grady and Elizabeth Holt. "Patient and Healthcare Professional Satisfaction with the OneTouch Verio Reflect® Blood Glucose Monitoring System in the UAE" *Current Diabetes Reviews*, 2023;19(3). DOI:10.2174/1573399818666220516101041

Mike Grady, Hilary Cameron, Amey Bhatiker, Elizabeth Holt and Oliver Schnell. "Real-World Evidence of Improved Glycemic Control in People with Diabetes Using a Bluetooth-Connected Blood Glucose Meter with a Mobile Diabetes Management App" *Diabetes Technology & Therapeutics*, Volume 24, Number 10, 2022. DOI: 10.1089/dia.2022.0134 (2022)

Grady M, Cameron H, Holt E. “Real-World Evidence of Improved Glycemic Control in People Using the OneTouch Verio Flex® Blood Glucose Meter with the OneTouch Reveal® Mobile Application” Presented at American Diabetes Association Eighty-Second Scientific Sessions, June 3-7, 2022, New Orleans, USA.

Grady M, Cameron H, Holt E. “Real-World Evidence of Improved Glycemic Control in People Using the OneTouch Verio Reflect® Blood Glucose Meter with the OneTouch Reveal® Mobile Application” Presented at American Diabetes Association Eighty-Second Scientific Sessions, June 3-7, 2022, New Orleans, USA.

Grady M, Cameron H, Holt E. “Improved Glycemic Control Using a Bluetooth®-Connected Blood Glucose Meter and a Mobile Diabetes App: Real-World Evidence From Over 144 000 People With Diabetes” *Journal of Diabetes Science and Technology*. 2024;18(5):1087-1095. [doi/10.1177/19322968221148764](https://doi.org/10.1177/19322968221148764)

Grady M, Cameron H, Holt E. “Sustained Improvements in Readings in-Range Using an Advanced Bluetooth® Connected Blood Glucose Meter and a Mobile Diabetes App: Real-World Evidence from more than 55,000 People with Diabetes” *Diabetes Ther* 14, 1023-1035 (2023). <https://doi.org/10.1007/s13300-023-01415-3>

Andreas Pfützner, Hendrick Jensch, Geethan Srikanthamoorthy, Christian Kuhl, Steven J. Setford, Mike Grady, Elizabeth H. Holt, Nicole Thomé. “Dynamic Interference Testing Results with the Dexcom G6 Continuous Glucose Monitoring Device” Presented at American Diabetes Association Eighty-Third Scientific Sessions, June 23-26, 2023, San Diego, USA. <https://doi.org/10.2337/db23-938-P>

Hendrick Jensch, Nicole Thomé, Geethan Srikanthamoorthy, Lea Weingärtner, Steven J. Setford, Elizabeth H. Holt, Mike Grady, Christian Kuhl, Andreas Pfützner. “Dynamic Interference Testing Results with the Libre 2 Continuous Glucose Monitoring Device” Presented at American Diabetes Association Eighty-Third Scientific Sessions, June 23-26, 2023, San Diego, USA. <https://doi.org/10.2337/db23-939-P>

Holt E, Nguyen H, Bispham J, Liu J, Chapman K, Grady M. “Perception of Continuous Glucose Monitoring Systems in the T1D Exchange Diabetes Registry: Satisfaction, Concerns, and Areas for Future Improvement” *Clin Diabetes*, 15 January 2024;42(1):104-115. <https://doi.org/10.2337/cd23-0005>

Holt E, Cameron H, Grady M. “Real-World Evidence Showing Sustained Improvements in Glycemia at 1 Year in People with Type 2 Diabetes Using the OneTouch Reveal® Mobile App With OneTouch® Blood Glucose Meters” Presented at Congress on Cardiovascular, Kidney and Metabolic Outcomes, Nov 30 – Dec 1, 2023, Munich, Germany.

Holt E, Cameron H, Grady M. “Improved Glycemic Outcomes in More Than 55 000 People of Medicare Age With Type 2 Diabetes Using a Mobile Diabetes App With Bluetooth-

Curriculum Vitae
Elizabeth H. Holt, MD, FACE
Head of Global Medical, Clinical, and Safety
LifeScan

Connected Blood Glucose Meters” *Journal of Diabetes Science and Technology*. 2024;18(3):745-746. <https://doi.org/10.1177/19322968241236166>

Holt E, Cameron H, Grady M. “Real-World Improvement in Derived Time in Range in People with Type 2 Diabetes Performing Structured Monitoring with a Diabetes App and Connected Glucose Meters” Presented at Advanced Technologies & Treatments for Diabetes Seventeenth Annual Meeting, March 6-9, 2024, Florence, Italy.

Grady M, Cameron H, Holt E. “Meaningful Improvement in Estimated A1c Over 1 Year in People Using the OneTouch Reveal® Mobile App with Connected OneTouch® Blood Glucose Meters” Presented at Advanced Technologies & Treatments for Diabetes Seventeenth Annual Meeting, March 6-9, 2024, Florence, Italy.

Holt E, Cameron H, Grady M. “Meaningful Improvement in Readings in-Range at 1 Year in 63,000 People with Type 2 Diabetes Using OneTouch Reveal® Mobile App with OneTouch® Blood Glucose Meters” Presented at Advanced Technologies & Treatments for Diabetes Seventeenth Annual Meeting, March 6-9, 2024, Florence, Italy.

Simonson G, Holt E, Grady M, Hurrell G, Gaudiani L, Bergenstal R. “Unleashing the Potential of Blood Glucose Monitoring Data With the Ambulatory Glucose Profile Report.” *Clin Diabetes* 15 October 2024;42(4):550-560. <https://doi.org/10.2337/cd23-0092>

Holt E, Cameron H, Grady M. “Strong Correlation between More Readings in Tight Range and Greater Engagement with the OneTouch Reveal Diabetes App in a Real-World Dataset of 23,147 People with Type 1 Diabetes.” *Diabetes* 14 June 2024; 73 (Supplement_1): 1920–LB. Presented at American Diabetes Association Eighty-Fourth Scientific Sessions, June 21-24, 2024, Orlando, USA. <https://doi.org/10.2337/db24-1920-LB>

Grady M, Cameron H, Holt E. “Glycemic trends, app engagement and achievement of gestational diabetes guideline targets using a diabetes app and Bluetooth® connected blood glucose meters.” *Explor Endocr Metab Dis*. 2024;1:167-76. <https://doi.org/10.37349/eemd.2024.00014>

Holt E, Phillips S, Grady M. “Age is No Barrier to Diabetes Technology: Improvements in Glycemia in Older People with Type 2 Diabetes Mirror Engagement Levels with the OneTouch Reveal® Mobile Diabetes Management App” Presented at Congress on Cardiovascular, Kidney and Metabolic Outcomes, Dec 5-6, 2024, Munich, Germany.

Thomé N, Jensch H, Srikanthamoorthy G, Weingärtner L, Grady M, Setford S, Holt E, Pfützner A. “Dynamic interference testing results with the Dexcom G6 continuous glucose monitoring device.” *Diabetes Technology and Obesity Medicine*. 2025;1:1, 3–11, DOI: <https://doi.org/10.1089/DTOM.2024.0009>.

Grady, M., Holt, E., Cameron, H. *et al.* “Improved glycemic outcomes in people with type 2 diabetes using smart blood glucose monitoring integrated with popular digital health therapeutics.” *Sci Rep* **15**, 8871 (2025). <https://doi.org/10.1038/s41598-025-93605-1>

Jensch H, Setford S, Thomé N, Srikanthamoorthy G, Weingärtner L, Grady M, Holt E, Pfützner A. “Dynamic Interference Testing—Unexpected Results Obtained with the Abbott Libre 2 and Dexcom G6 Continuous Glucose Monitoring Devices.” *Sensors*. 2025; 25(7):1985. <https://doi.org/10.3390/s25071985>

Holt E, Phillips S, Grady M. “Older age is no barrier to improvements in glycemia in people with diabetes when using a diabetes app with a Bluetooth® connected blood glucose meter.” *Adv Geriatr Med Res*. 2025; 7(2): e250008 <https://doi.org/10.20900/agmr20250008>

Holt E, Phillips S, MacKintosh S, Grady M. “Real-World Follow-Up of People with Type 2 Diabetes Using the OneTouch Reveal® Mobile App with Connected Glucose Meters Finds Improvements in Glycemia Are Durable Over 5 Years” Presented at Diabetes Technology Meeting, Oct 28-31, 2026, Burlingame, California, USA.

Holt E, Grady M. “CGM or BGM for Gestational Diabetes: Recent Evidence from Landmark Studies.” *Endocrinol Diabetes Metab J* 2025; 9(4): 1-3 <https://researchopenworld.com/wp-content/uploads/2025/10/EDMJ-9-944.pdf>

Lapteva D, Peterkova V, Gagik G, Rozhdestvenskaya O, Grady M, Holt E. “Technology-Driven Diabetes Care: Real-World Evidence from 3790 People with Diabetes on Improved Glycemic Management while Using a Mobile Diabetes App.” *Diabetes Technology and Obesity Medicine*. 2025; 1: 504-515 <https://doi.org/10.1177/29986702251404881>.

Expert Witness and Testimony

- Role of diabetes in a patient with sepsis
- Diabetes care in an orthopedic patient
- Role of diabetes in the overall health of a chronic pain patient
- Role of diabetes on overall health of a patient after motor vehicle accident (2 cases, including trial testimony in one)
- Role of diabetes in etiology of neurogenic pain in a patient with diabetes (2 cases)
- Diagnosis and treatment of Congenital Adrenal Hyperplasia
- Management of a patient with thyrotoxicosis
- Management of Graves’ Disease
- Thyroid nodule follow-up
- Trial testimony regarding a person practicing medicine without a license

Honors

2003, 2009, 2011, 2013, 2014

America's Top Physicians

Awarded by Consumers' Research Council of America

2008, 2009, 2011, 2012

Patients' Choice Award

Awarded by MDx Medical, Inc.

2015, 2017

Top Endocrinologist in Raleigh, NC

Awarded by International Association of HealthCare Professionals

2017, 2019

Top Doctor

Awarded by Global Directory of Who's Who

2020, 2024

Top Endocrinologist

Awarded by Best in North Carolina Magazine

2024

Honored Listee

Awarded by Marquis Who's Who

2025

Excellence in Medicine

Awarded by Best in North Carolina Magazine, Doctor Edition

2025

Finalist for The Top 50 Women Leaders of Raleigh

Selected by Women We Admire