



Subh Agarwal MD, MS  
Assistant Professor of Medicine - Cardiology  
Liberty University

Dr. Subh Agarwal is a holistic practitioner, teacher, author, scientist, speaker, and physician. He has more than 20 years of diverse, well-rounded experience in the fields of nutrition, cardiovascular epidemiology and holistic medicine, including clinical



Living and exploring Life: Relaxing (top left); Looking for rocks in the ocean (top right); Freedom tower, New York (bottom left); Tree love (bottom right)

practice, research, writing, and education.

Subh attended medical college at the University of Mumbai, India. He received a gold medal for being the valedictorian amongst ten medical schools.

Subh did his internship in Internal medicine at the prestigious State University of New York, Brooklyn and finished his residency in medicine at Geisinger Health System, Pennsylvania. He is dual boarded and finished an Emergency Medicine residency at the University of Illinois.

Subh went on to obtain a master's degree in cardiovascular epidemiology, biostatistics and translational science at Wake Forest University, North Carolina. He finished his clinical cardiovascular fellowship in Detroit at William Beaumont – Oakwood Health System and did clinical electrophysiology training at Northwestern University, Chicago, Feinberg school of Medicine.

He was an Assistant professor of Medicine with the Liberty school of Osteopathic Medicine, Virginia and was the Director of the Cardiology Program at Prairie Heart Institute, Saint Anthony's Memorial Hospital, Illinois and is now an assistant professor at the Medical College of Wisconsin.

Subh is actively involved in teaching, learning, education, clinical research, and publications, and is passionate about transforming the mind, body, and soul of people around him. This is his way of giving back to the community he lives in and doing his bit for humanity and nature. His

transformative holistic workshop is designed to prevent, arrest, and potentially reverse chronic lifestyle diseases and in achieving complete health and



#### Education and Meetings:

American College of Cardiology with Dr Sunil Mankad Mayo Clinic(top left); Heart Rhythm Society (top right); Heart Rhythm Society with Dr James Mullin Prairie Heart Institute (bottom left); Northwestern University with Dr Robert Bonow (bottom right).

happiness.

#### **Publications**

- Agarwal S, Monsaert R. Multiple Endocrine Neoplasia Type 1 and Lipomas- Review of existing literature. Hospital Physician 2002 May; 38(5): 51-54.
- Agarwal S, Gutknecht D. Nonsteroidal Anti-inflammatory Drug Induced Aseptic Meningitis. Resident & Staff Physicians. 2005 Dec; 51(12): 24-26.
- Agarwal S, Deshpande GG, Dave A et al. Sudden cardiac arrest in a neonate with congenital adrenal hyperplasia. Journal of Pediatric Cardiology. 2005 Dec; 26(5): 686-689.
- Agarwal S, Leone, J, Cordell W, Venzon N, and Hafner JW. Nursing Home Placement from the Emergency Department: Do Case Managers Improve Success and Reduce Costs? Academic Emergency Medicine. 2005 May; 12(5): 160.
- Leone JP, Hafner JW, Agarwal S, Dansizen JA, Cordwell WL, and Venzon NA. The Effect of Nursing Case Managers on Frequent Users of Emergency Services. Academic Emergency Medicine. 2006 May; 13(5): S106.
- Agarwal S, Houston DK, Tooze JA, Bauer DC, Cauley JA, Harris TB, Koster A, Womack C, and Kritchevsky SB. Abstract: Association between 25- hydroxyvitamin D levels and Metabolic Syndrome in Older Adults. Circulation. 2010 Nov; 122(21): A13226.

- Agarwal S, Morgan T, Herrington DM, Xu J, Freedman BI, Carr JJ, and Bowden DW. Abstract: Risk Stratification in a Diabetic Population with Metabolic Syndrome Using Coronary Calcium Scores: Diabetes Heart Study. *Circulation*. 2010 Nov; 122(21): A9342.
- Agarwal S, Rotter J, Vaidya D, Jorgensen N, Jacobs D, Sibley C, Chen YI, and Herrington DM. Abstract: Metabolic Syndrome and Principal Component Analysis: Multi-Ethnic Study of Atherosclerosis (MESA). *Circulation*. 2010 Nov; 122(21): A9113.
- Agarwal S, Thohan V, Shlipak MG, Lima JA, Bluemke DA, Siscovick D, Gomes AS, and Herrington DM. Abstract: Association between Cystatin C and Left Ventricular Structure and Function in the Multi Ethnic Study of Atherosclerosis. *Circulation*. 2010 Nov; 122(21): A8784.
- Bowden DW, Cox AJ, Freedman BI, HugenSchmidt CE, Wagenknecht LE, Herrington D, Agarwal S, Register TD, Maldjian JA, Ng MC, Hsu FC, Langefeld CD, Williamson JD, Carr JJ. Review of the Diabetes Heart Study (DHS) family of studies: a comprehensively examined sample for genetic and epidemiological studies of type 2 diabetes and its complications. *Rev Diabet Stud*. 2010 Fall; 7(3):188-201. Epub 2010 Nov 10.
- Agarwal S, Morgan T, Herrington DM, Xu J, Cox AJ, Freedman BI, Carr JJ, Bowden DW. Coronary calcium score and prediction of all-cause mortality in diabetes: the diabetes heart study. *Diabetes Care*. 2011 May; 34(5):1219-24. Epub 2011 Mar 11.
- Agarwal S, Thohan V, Shlipak MG, Lima JA, Bluemke DA, Siscovick D, Gomes AS, and Herrington DM. Association between Cystatin C and MRI measures of Left Ventricular Structure and Function. *International Journal of Nephrology*, 2011.
- Agarwal S, Shlipak MG, Kramer H, Jain A, Herrington DM. The association of chronic kidney disease and metabolic syndrome with incident cardiovascular events: Multi Ethnic Study of Atherosclerosis. *Cardiology Research and Practice*. 2012; 2012:806102. Epub 2011 Jul 26.
- Abstract 8165: Agarwal S, Cox AJ, Herrington D, Morgan T, Xu J, Freedman BI, Carr JJ, Bowden DW. The Association of Vascular calcification and All Cause Mortality in Diabetes: Diabetes Heart Study. *Circulation*. 2011;124:A8165
- AJ Cox, S Agarwal, DM Herrington, JJ Carr, BI Freedman, and DW Bowden. C- reactive protein concentration predicts mortality in type 2 diabetes: the Diabetes Heart Study. *Diabetic Medicine*. December, 2011.
- Park M, Shlipak MG, Katz R, Agarwal S, Ix JH, Hsu CY, Peralta CA. Subclinical Cardiac Abnormalities and Kidney Function Decline: The Multi-Ethnic Study of Atherosclerosis. *Clinical J Am Soc Nephrology*. May 10, 2012.



Work: A grateful patient (top left); Cardiac Catherization Laboratory (middle); Coworkers (top



- Agarwal S, Jacobs DR Jr, Vaidya D, Sibley CT, Jorgensen NW, Rotter JJ, Chen YD, Liu Y, Andrews JS, Kritchevsky S, Goodpaster B, Kanaya A, Newman AB, Simonsick EM, Herrington DM. Metabolic Syndrome Derived from Principal Component Analysis and Incident Cardiovascular Events: The Multi Ethnic Study of Atherosclerosis (MESA) and Health, Aging, and Body Composition (Health ABC). *Cardiol Res Practice*. 2012; Epub 2012 Mar 21.
- Agarwal S, Cox AJ, Jorgensen N, Herrington D, Xu J, Freedman BI, Carr JJ, Bowden DW. Coronary Artery Calcium Predicts Cardiovascular Mortality in Diabetes: Diabetes Heart Study. *Diabetes Care*. 2013 Apr;36(4):972-7.
- Raffield LM, Agarwal S, Cox AJ, Hsu FC, Carr JJ, Freedman BI, Xu J, Bowden DW, Vitolins MZ. Cross-sectional analysis of calcium intake for associations with vascular calcification and mortality in individuals with type 2 diabetes from the Diabetes Heart Study. *Am J Clin Nutr*. 2014 Oct;100(4):1029-35.
- Cox AJ, Hsu FC, Agarwal S, Freedman BI, Herrington DM, Carr JJ, Bowden DW. Prediction of mortality using a multi-bed vascular calcification score in the Diabetes Heart Study. *Cardiovasc Diabetol*. 2014 Dec 12;13:160.
- L.M. Raffield, S. Agarwal, F.C. Hsu, I.H. de Boer, J.H. Ix, D. Siscovick, M. Szklo, G.L. Burke, A.C. Frazier-Wood, and D.M. Herrington. The Association of Calcium Supplementation and Incident Cardiovascular Events in the Multi-Ethnic Study of Atherosclerosis (MESA). *Nutr Metab Cardiovasc Dis*. 2016 Oct; 26(10): 899–907.
- Agarwal S, Verma N, Kim S, Knight B, Chicos A. A Curious Case of Breast Tissue Expander. *Arrhythmia Grand Rounds*, 2015 June, Vol. 1, Issue 2:p56-57

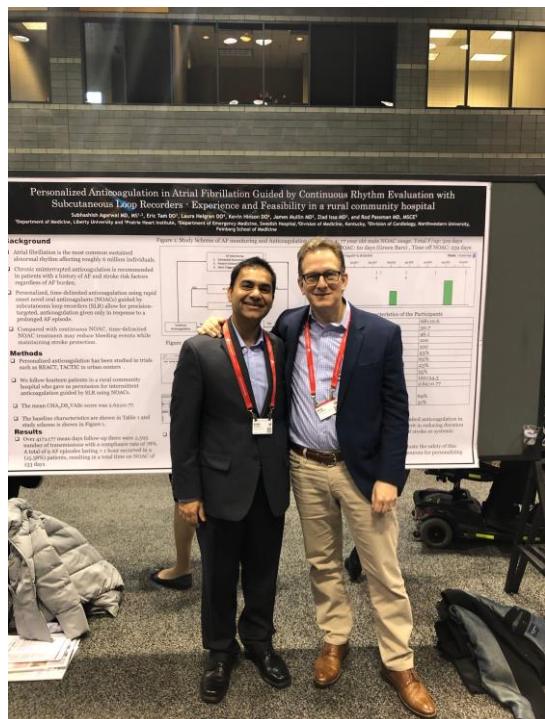


Teaching: Being interviewed on Radio (top left); Being interviewed on TV (top right); Presentations on pacemakers and defibrillators (bottom).





Conducting Workshops



Latest Presentation: American Heart Association with Dr Rod Passman, 2018, Chicago.

## **Presentations**

- Agarwal S. (2001, October). Sumatriptan Induced Coronary Artery Fibromuscular Hyperplasia. Oral Presentation presented at: ACP/ ASIM Regional Annual Meeting (clinical vignette oral presentation). Pittsburgh. Pennsylvania. October, 2001; Pittsburgh, PA.
- Agarwal S. (2001, October). Idiopathic Aortic Dissection. Oral Presentation presented at: ACP/ ASIM Regional Annual Meeting (clinical vignette oral presentation). Pittsburgh. Pennsylvania. October, 2001; Pittsburgh, PA.
- Agarwal S, Blankenship J. (2001, May). Comparison of Hyperlipidemia management for patients undergoing Percutaneous Coronary Intervention as an outpatient versus inpatient. Oral Presentation presented at: The Society for Cardiovascular Angiography and Interventions; Houston, TX.
- Agarwal S, Matdes K, Snover A. (2002, April). Antiretroviral Drug Induced Lactic Acidosis. Oral Presentation presented at: Society of Academic Emergency; Wilmington, DE.
- Agarwal S, Edwards W. (2003, September). Acute reversible neurological and renal failure in children receiving high dose intravenous acyclovir, therapy. Oral Presentation presented at: Society of Hospitalist Medicine Meeting; Chicago, IL.
- Agarwal S, Leone, J, Cordell W, Venzon N, and Hafner JW. Nursing Home Placement from the Emergency Department: Do Case Managers Improve Success and Reduce Costs? Society of Academic Emergency Medicine, New York, May 2005.
- Leone JP, Hafner JW, Agarwal S, Dansizen JA, Cordwell WL, and Venzon NA. The Effect of Nursing Case Managers on Frequent Users of Emergency Services. Society of Academic Emergency Medicine. May 2006.
- Subhashish Agarwal MD , David R. Jacobs, Jr. PhD, Dhananjay Vaidya MD, PhD , Christopher Sibley MD , Neal Jorgensen MS, Jerome Rotter MD, YD Ida Chen PhD, David M Herrington MD, MHS. Metabolic Syndrome and Principal Component Analysis: Multi-Ethnic Study of Atherosclerosis (MESA). American Heart Association Scientific Sessions, Chicago, November 2010
- Agarwal S, Thohan V, Shlipak M, Lima J, Bluemke DA, Siscovick D, Gomes A, Herrington D. Association between Cystatin C and Left Ventricular Structure and Function in the Multi



Ethnic Study of Atherosclerosis. American Heart Association Scientific Sessions, Chicago, November 2010

- Agarwal S, Houston DK, Toozé JA, Bauer DC, Cauley JA, Harris TB, Koster A, Womack C, Kritchevsky SB. Association between 25-hydroxyvitamin D levels and Metabolic Syndrome in Older Adults. Health Aging and Body Composition Study. American Heart Association Scientific Sessions, Chicago, November 2010
- Agarwal S, Morgan T, Herrington D, Xu J, Freedman BI, Carr JJ, Bowden DW. Risk stratification in a Diabetic Population with Metabolic Syndrome using Coronary Calcium Scores: Diabetes Heart Study. Oral Presentation at the American Heart Association Scientific Sessions, November, 2010.
- Subhashish Agarwal MD , David R. Jacobs, Jr. PhD, Dhananjay Vaidya MD, PhD , Christopher T Sibley MD , Neal Jorgensen MS, Jerome I Rotter MD, YD Ida Chen PhD, John Eng MD, and David M Herrington MD, MHS (Moderated Poster). Metabolic Syndrome Derived from Principal Component Analysis and Incident Diabetes: Multi-Ethnic Study of Atherosclerosis (MESA). AHA Epidemiology and Prevention Council, 2011
- Subhashish Agarwal MD, Alain Bertoni MD, Moyses Szklo MD, DrPH, Dhananjay Vaidya MD, PhD, Wendy Post MD, MS, Matthew Budoff MD, Jerome I Rotter MD, Christopher T Sibley MD, and David M Herrington MD, MHS. The Prevalence of Metabolic Syndrome and its Components and Incident Cardiovascular Events: Multi- Ethnic Study of Atherosclerosis (MESA).. AHA Epidemiology and Prevention Council, 2011
- Agarwal S, Cox AJ, Jorgensen N, Herrington D, Xu J, Freedman BI, Carr JJ, Bowden DW. Coronary Artery Calcium Predicts Cardiovascular Mortality in Diabetes: Diabetes Heart Study. Poster Presentation at the American Diabetes Association Scientific Sessions, San Diego, June 2011.
- Agarwal S, Cox AJ, Jorgensen N, Herrington D, Xu J, Freedman BI, Carr JJ, Bowden DW. Coronary Artery Calcium Predicts Cardiovascular Mortality in Diabetes: Diabetes Heart Study. Oral Presentation at the Michigan Chapter of the American College of Cardiology, September, 2011.
- Agarwal S, Cox AJ, Herrington D, Morgan T, Xu J, Freedman BI, Carr JJ, Bowden DW. Vascular calcification and prediction of all cause mortality in diabetes: Diabetes Heart Study. Poster Presentation at the American Heart Association Scientific Sessions, Orlando, November, 2011.
- Agarwal S, Cox AJ, Herrington D, Morgan T, Xu J, Freedman BI, Carr JJ, Bowden DW. Calcified Atherosclerotic Plaque and Prediction of All Cause Mortality in Diabetes: Diabetes Heart Study. Poster Presentation at the American Heart Association Epidemiology and Prevention Council, San Diego, March, 2012.

- Agarwal S, Cox AJ, Herrington D, Morgan T, Xu J, Freedman BI, Carr JJ, Bowden DW. Coronary Calcification, C Reactive Protein (CRP) and Prediction of Cardiovascular and All Cause Mortality in Diabetes: Diabetes Heart Study. Moderate Poster Presentation at the American Heart Association Epidemiology and Prevention Council, San Diego, March, 2012.
- Agarwal S, Cox AJ, Herrington D, Morgan T, Xu J, Freedman BI, Carr JJ, Bowden DW. Vascular Calcification and Prediction of Cardiovascular Mortality in Diabetes: Diabetes Heart Study. Guided Audio Poster Presentation at the American Diabetes Association Scientific Sessions, Philadelphia, June, 2012 and at Michigan ACC, 2012.
- Agarwal S, Nettleton JA, de Boer I, Ix JH, Siscovick D, Eng J, Bild D, Burke GL, and Herrington DM. The Association of Calcium Supplementation and Incident Cardiovascular Events: Multi-Ethnic Study of Atherosclerosis (MESA). Oral Presentation at the American Heart Association Scientific Sessions, November, 2012.
- Khouri Y, Muthukumar L, Katukuri N, Shaik I, Agarwal S, Mangalpally KK, Jahania S, Hammond R, Bandopadhyay, Precevski, Mattei J, and Spears J. Circulation. 2013; 128; A16. Intra-aortic Aqueous Oxygen Infusion in a Swine Model of Acute Isovolumic Anemia. Oral Presentation at the American Heart Association Scientific Sessions, Dallas, November, 2013.
- Agarwal S, Mullin J, Issa Z, and Passman R. Personalized Anticoagulation in Atrial Fibrillation Guided by Continuous Rhythm Evaluation with Subcutaneous Loop Recorders - Experience and Feasibility in a rural community hospital. Presentation at the American Heart Association Scientific Sessions, Chicago, November, 2018.

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