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PRESENT POSITION:

Medical Director/Founder
Integrative Endocrinologist

DATE OF BIRTH:

October 11, 1975

BIRTHPLACE:

Wilmington, DE

FELLOWSHIPS:

1/2019-12/2019

Fellowship in Anti-Aging Functional Metabolic
Medicine (FAAMFM), A4M

6/2017-12/2018

Fellowship in Anti-Aging and Metabolic Medicine
(FAAMM), A4M

7/2006-6/2008

Endocrinology, Diabetes and Metabolism
Saint Louis University
1320 South Grand Boulevard
St. Louis, MO 63104

RESIDENCY: 7/2003-6/2005

Internal Medicine
Mercy Catholic Medical Center
1500 Lansdowne Avenue
Darby, PA 19023

INTERNSHIP: 7/2002-6/2003

Categorical Internal Medicine

Mercy Catholic Medical Center
1500 Lansdowne Avenue
Darby, PA 19023

EDUCATION: 7/1998-6/2002 Nova Southeastern University
College of Osteopathic Medicine
3200 South University Drive
Fort Lauderdale, FL 33328

8/1993-5/1997 West Chester University of Pennsylvania
B.S. – Chemistry/Biology
Magna cum Laude
West Chester, PA 19383

PUBLICATIONS:

Mazza AD. Personalized Approaches to Hypothyroidism: The Role of Triiodothyronine (T3) in Thyroid Hormone Replacement. *Cureus* 2025. 17(8): e90685. doi:10.7759/cureus.90685

Mazza AD. Olive Oil and Longevity: A Review of Evidence Linking Mediterranean Fats to Healthy Aging. *J Nutr Health Sci* 2025. 2-25;12(1): 102.

Mazza AD. Autoimmune Thyroiditis Shifting from Hashimoto's Thyroiditis to Graves' Disease and the Potential Benefit of Selenium: A Case Report. *Altern Ther Health Med*. 2024 Mar 12:AT11558. Epub ahead of print. PMID: 40071880.

Mazza, A. Thyroid Talk: An Integrative Guide to Optimal Thyroid Health. 2023

Mazza AD, Pratley RE, Smith SR. Beta-cell preservation...is weight loss the answer? *Rev Diabet Stud* 2011;8:446-53.

Haren MT, Siddiqui AM, Armbrrecht HJ, Kevorkian RT, Kim MJ, Hass MJ, **Mazza A**, Kumar VB, Green M, Banks WA, Morley JE. Testosterone modulates gene expression pathways regulating nutrient accumulation, glucose metabolism and protein turnover in mouse skeletal muscle. *Int J Androl* 2011;34:55-68.

Mazza A, Ducharme N, Morley JE. Diabetes mellitus and the geriatric patient. Manual of Endocrinology and Metabolism, 4th Edition. Lippincott Williams & Wilkins 2009.

Mazza A. Insulin resistance syndrome and glucose dysregulation in the elderly. *Clinics in Geriatric Medicine* 2008;24:437-454.

Wehmeier KR, **Mazza A**, Hachem S, Ligaray K, Mooradian AD, Wong NC, Haas MJ. Differential regulation of apolipoprotein A-1 gene expression by vitamin D receptor. *Biochim Biophys Acta* 2008;1780:264-73.

Mazza A, Morley J. Update on diabetes in the elderly and the application of current therapeutics. *J Am Med Dir Assoc* 2007;8:489-92.

Mazza A, Morley J. Metabolic syndrome and the older male population. *Aging Male* 2007;10:3-8.

Mazza A. Nutrition and type 2 diabetes mellitus in the geriatric patient. Geriatric Nutrition, edited by John E. Morley and David R. Thomas. CRC Press, Taylor and Francis Group 2007.

RESEARCH/PRESENTATIONS:

- 2025 **Mazza A**. “The HPA Axis and Hormones: Adrenal Function & Stress Response” Presented at A4M BHRT Symposium, Boston, MA.
- 2025 **Mazza A**. “Thyroid Disorders – A Metabolic Approach” Presented at A4M BHRT Symposium, Boston, MA.
- 2025 **Mazza A**. “A Collaborative Approach to Managing Patients with Persistent Clinical Symptoms of Hypothyroidism.” Presented at 2025 Annual American Association of Nurse Practitioners, San Diego, CA.
- 2025 **Mazza A**. “Understand the Cortisol Connection: Dive into how stress impacts longevity through the lens of cortisol and adrenal function.” Presented at 2025 IFM Functional Medicine Conference, San Diego, CA.
- 2025 **Mazza A**. “All Things Thyroid and Patient Cases.” Presented at 2025 Hormone Dosing Masterclass, Chicago, IL.
- 2025 **Mazza A**. “Thyroid Disorders: A Metabolic Approach.” Presented at 2025 A4M Spring Congress, Fellowship Module, West Palm Beach, FL.

- 2025 **Mazza, A.** "An Integrative Approach to Thyroid." Presented at 2025 A4M BHRT Symposium, San Antonio, TX.
- 2025 **Mazza, A.** "Perspectives on Thyroid and Longevity." Presented at Integrative Health Symposium, New York City, NY.
- 2024 **Mazza A.** "A Metabolic Approach to Thyroid Disorders." Presented at 2024 A4M LongevityFest, Las Vegas, CA.
- 2024 **Mazza A.** "Navigating the Thyroid-Adrenal Connection and Its Effects on Mental Health." Presented at Integrative Medicine for Mental Health Conference, Washington DC, USA.
- 2024 **Mazza A.** "Navigating Women's Health" Panel discussion, Future Food Tech, London, England.
- 2024 **Mazza A.** "Thyroid Health and Optimization." Presented at A4M BHRT Symposium, Los Angeles, CA.
- 2024 **Mazza A.** "Thyroid Disorders – a Metabolic Approach with Patient Cases." Presented at 2024 A4M Spring Congress, Fellowship Module, West Palm Beach, FL.
- 2023 **Mazza A.** "An Integrative Approach to the Thyroid." Presented at 2023 A4M BHRT Symposium, Chicago, Illinois.
- 2023 **Mazza A.** "Thyroid and Inflammation: Autoimmunity and Beyond." Presented at 2023 A4M Spring Congress, Orlando, Florida.
- 2022 **Mazza A.** "Non-Surgical Management of Thyroid Nodules." Presented at 2022 A4M Longevity Fest, Las Vegas, Nevada.
- 2022 **Mazza A.** "An Integrative Approach to the Thyroid." Presented at 2022 A4M Endocrine Balance and BHRT Symposium, Boston, Massachusetts.
- 2022 **Mazza A.** "Tacking the Thyroid-Gut-Brain Connection." Presented at 2022 A4M Spring Congress, Hollywood, Florida.
- 2019 **Mazza A.** "Navigating the Thyroid-Gut Connection: A Critical Partnership" Presented at the Japanese Anti-Aging Association Conference, Tokyo, Japan.
- 2018 **Mazza A.** "Navigating the Thyroid-Gut Connection: A Critical Partnership" Presented at A4M Bioidentical Hormone Symposium, Nashville, Tennessee.
- 2015 **Mazza A.** "Thyroid: Beyond the TSH and making it relevant to your patient." Presented at the American Diabetes Association Clinical Conference, Orlando, Florida.

- 2014 **Mazza A.** "Update on PCOS." Presented at the American Diabetes Association Clinical Care Conference, Marco Island, Florida.
- 2014 **Mazza A.** "GLPs: Getting beyond the myths." Presented at the American Diabetes Association Clinical Care Conference, Marco Island, Florida.
- 2013 **Mazza A.** "Defining the obesity crisis." Presented at the Florida Medical Association conference, Orlando, Florida.
- 2013 **Mazza A.** "Hypogonadism and type 2 diabetes." Presented at the American Diabetes Association Clinical Care Conference, Orlando, Florida.
- 2013 **Mazza A.** "Update on endocrine disorders in women: polycystic ovarian syndrome." Presented at the annual American College of Osteopathic Obstetrics and Gynecology meeting, Clearwater, Florida.
- 2013 **Mazza A.** "Latent autoimmune diabetes in adults." Presented at the Central Florida Association of Diabetes Educators meeting, Orlando, Florida.
- 2008-2013 Principal investigator and Sub-investigator for multiple pharmaceutical sponsored studies involving therapeutic interventions and device studies
- 2008 **Mazza A, Morley JE, Banks WA.** "Role of cytokine-related mechanisms of TNF-alpha and disruption of the blood-retinal barrier in the pathophysiology of diabetic retinopathy." Presented at the Endocrine Society's 90th Annual Meeting, San Francisco, California.
- 2008 **Mazza A.** "Update on diabetes and the geriatric patient." Presented at the Second Annual Saint Louis University Symposium on Diabetes and Endocrinology, Saint Louis, Missouri
- 2008 **Mazza A.** "Update on diabetes therapeutics and the older patient." Presented at the 6th World Congress on the Aging Male, Tampa, Florida.
- 2007 **Mazza A, Haas MJ, Haren MT, Kumar VB, Ambrecht J, Kevorkian RT, Banks WA, Morley JE.** "Regulation of AKT/FOXO signaling and E3-ligase MAFbx/atrogen-1 gene expression in mouse skeletal muscle by testosterone." Presented at the Endocrine Society's 89th Annual Meeting, Toronto, Canada.
- 2007 Wehmeier KR, **Mazza A, Hachem S, Ligaray K, Mooradian AD, Haas MJ.** "Differential tissue-specific effects of vitamin D receptor ligands on apolipoprotein A-1 gene

expression.” Presented at the Endocrine Society’s 89th Annual Meeting, Toronto, Canada.

- 2007 **Mazza A**, Haas MJ, Haren MT, Siddiqui A, Kumar V, Armbrecht J, Kevorkian RT, Banks WA, Morley JE. “Testosterone-associated changes in AKT and FOXO3a phosphorylation and atrogin 1 mRNA levels in mouse skeletal muscle.” Presented at the Second Canadian Society for Study of the Aging Male/International Society for Study of the Aging Male (CSSAM/ISSAM) North American Congress, Montreal, Canada.
- 2004 **Mazza A**, David R, Skuzinski D. “Cardioprotective high-density lipoprotein and the relation to thyroid stimulating hormone in known hypothyroid patients.” Presented at the National Lipid Association Annual Scientific Forum, Orlando, Florida.
- 2003 **Mazza A**. “Existing trends in the management of type 2 diabetes mellitus patients in primary practice.” Presented at the Mercy Catholic Medical Center Research Symposium, Darby, Pennsylvania.
- 1996 Biochemistry research internship, University of Pennsylvania Medical Center, localization of the mouse kidney disease (kd) gene on chromosome 10 utilizing polymerase chain reaction and gel electrophoresis.

PODCAST:

2022-present “Thyroid Talk with Dr. Angela Mazza”

CERTIFICATIONS: Endocrine Neck Ultrasound (ECNU) Certification, American Association of Clinical Endocrinologists (AACE)
Anti-Aging and Regenerative Medicine (ABAARM)
Certified, Metabolic Medicine (MMI), A4M
Certified Diabetes Educator
American Board of Internal Medicine – Endocrinology, Diabetes, and Metabolism
American Board of Internal Medicine
Certified Clinical Densitometrist
Advanced Cardiac/Basic Life Support

OTHER FACULTY AFFILIATION:

2025-present American Medical Women’s Association (AMWA) Applied Nutrition Working Group subcommittee lead

2025-present	Male Breast Cancer Global Alliance (MBCGA), Medical and Scientific Advisory Board
2025-present	Scientific Advisory Board, Vibrant Wellness
2024-present	Scientific Advisory Board, Acella Pharmaceuticals
2023-present	A4M Metabolic Medical Institute (MMI) faculty
2022-present	Orlando College of Osteopathic Medicine, Clinical Assistant Professor, Orlando Florida
2015-present	Scientific Advisory Board, Douglas Laboratories, Pure Encapsulations, Atrium Innovations
2010-2012	Translational Research Institute for Metabolism and Diabetes, Florida Hospital, Sanford-Burnham Institute Adjunct Faculty, Orlando, Florida
2009-2012	University of Central Florida College of Medicine, Volunteer Faculty, Orlando, Florida
COMMITTEES:	American Diabetes Association Planning Committee for Clinical Care Conference, 2012-present Co-chair, 2014-present Nova Southeastern University Ambassadors Board, 2014-present
HONORS/MEMBERSHIPS:	Member, Longevity Docs Member, Healthy Longevity Medical Society Greater Orlando Top Physician-Endocrinology, Orlando Family Magazine, 2017 Member, North American Society for Interventional Thyroidology Member, North American Society of Interventional Endocrinologists Member, American Association of Clinical Endocrinologists Member, American Medical Women's Association Member, Endocrine Society Member, American Thyroid Association Travel Grant, National Lipid Association, 2004 Research Team Leader, Mercy Catholic Medical Center Psi Sigma Alpha – National Osteopathic Scholastic Honor Society Dean's List, Nova Southeastern University College of

Osteopathic Medicine
Dean's List, West Chester University of Pennsylvania
Delaware State Grant for Continued Higher Education
West Chester University Presidential Scholarship