

July 2015

Maria Benito-Herrero, M.D., C.C.D.

Curriculum Vitae

Office address: 20 Nassau Street. Suite 208
Princeton, NJ 08542
Phone: 609-649-3161
Email: mbenito@princetonintegralendocrinology.com
Website: www.princetonintegralendocrinology.com

Education: October, 1988-July, 1993 MD University of Murcia, Spain

Employment: November 2011-present CME contributor. and Guest Faculty
Arizona Center for Integrative Medicine,
University of Arizona

July 2012-present Princeton Integral Endocrinology. Integrative
adult endocrinologist. Owner and Director.

July 2006-June 2010 Clinical Associate, Penn Endocrine Associates
at Pennsylvania Hospital

February-May 2006 Medical Director, Zometa® account
Interlink Healthcare Communications

April-June 2006 Research Consultant, Radiology Department,
University of Pennsylvania

Postgraduate Training:

September 2012-present David Winston's Center for Herbal
Studies

January 2008-December 2010 Fellowship in Integrative Medicine,
Arizona Center for Integrative Medicine,
University of Arizona

July-December 2004 Postdoctoral Researcher, Clinical Associate,
University of Pennsylvania

July 2003-June 2004 NRSA Postdoctoral Fellow, University of
Pennsylvania

July 2000-June 2003 Fellow in Endocrinology, University of
Pennsylvania

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July 1998-June 2000 Resident in Medicine, University of Pennsylvania Health System, Pennsylvania Hospital, Philadelphia, PA

June 1997-June 1998 Intern in Medicine, University of Pennsylvania Health System, Pennsylvania Hospital, Philadelphia, PA

June 1996-June 1997 Transitional Year Intern, University of Pennsylvania Health System, Presbyterian Medical Center, Philadelphia, PA

September, 2000 – May, 2001 Patient Oriented Research Course, Clinical Research Center, University of Pennsylvania

Educational and Community services:

June 2014-present Medical Advisor for the Suppers program

April 2014 Invited guest reviewer for www.Dr.Weil.com

August 2006- August 2011 DXA interpretation. Yearly didactic lecture for first year endocrinology fellows at the University of Pennsylvania

January 2007- June 2010 Endocrine didactic lectures (thyroid nodules, interpretation of thyroid function tests, osteoporosis, and hypercalcemia) for internal medicine residents at Pennsylvania Hospital, Philadelphia, PA

May 2003-2004 Instructor, Endocrine Pathophysiology for Medical school students, University of Pennsylvania

July 1999-June 2000 Preceptor, Physical diagnosis course for medical school students, University of Pennsylvania

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Lectures by invitation:

October 2015	Thyroid Health: A Natural Approach. Community Lecture. Suppers Program Workshop. Princeton, NJ
October 2014	Supplements for prediabetes: distilling the evidence. Community lecture. Suppers Program Workshop. Princeton, NJ
March 2014	My Medicine Kitchen. Community lecture at the Suppers program, Princeton, NJ
October 2012	Endocrinology: Integrative Approaches. Arizona Center for Integrative Medicine. Tucson, AZ
April 2012	Thyroid Health: Iodine, Goitrogens and Environmental Pollutants. Health and Nutrition Conference. Boston, MA
October 2009	Osteoporosis in Women: An Update. OBGYN Grand Rounds. Hospital of the University of Pennsylvania, Philadelphia, PA
April 2008	Osteoporosis. What is New in an Old Disease? Medical Grand Rounds. Pennsylvania Hospital, Philadelphia, PA
September 2004	Neuroendocrinology. Penn Neurology Board Review Course, Philadelphia, PA
March 2004	Endocrinopathies in Young Adults, Student Health Service, University of Pennsylvania, Philadelphia, PA

Specialty certification:

Board Certified in Endocrinology, Diabetes, and Metabolism, November 2003 (recertified in 2013)
Clinical Densitometry Certification (ISCD) 2002
Board Certified in Internal Medicine, August 2000 (recertified in October 2010)

Licensures:

Pennsylvania, MD-071476-L (inactive)

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New Jersey 25MA08101000

Professional societies:

Endocrine Society

Special skills:

Bilingual in English and Spanish
Meditation Teacher Certification (300 hours)
Ultrasound-guided fine-needle aspiration of
thyroid nodules

Awards and volunteer work:

2005	Young Investigator Award, abstract chosen for oral presentation, NIAMS-ASBMR Bone Quality Meeting, Bethesda, MD
2003	Pfizer Endocrine fellow of the year, HUP
2002	Abstract chosen for oral presentation, 84 th Annual Meeting of the Endocrine Society, San Francisco, CA
2001	Medical Doctor, "Healing the Children", Ecuador
2000	Endocrine Fellows Foundation, Grant award, Bone Architecture in Hypogonadal Men
2000	Medicine Resident of the Year, Penna Hospital
2000	Clinic Resident of the Year, Penna Hospital
1999	Medicine Resident of the Year, Penna Hospital
1999	Lecturer, Thomas Bond Symposium: "Epsilon amino caproic acid acute renal failure", Pennsylvania Hospital

Peer-Reviewed Articles:

Mintzer DM, Newman J, Benito M, Esthesioneuroblastoma (olfactory neuroblastoma) with Ectopic ACTH Syndrome: A Multidisciplinary Case Presentation from the Joan Karnell Cancer Center of Pennsylvania Hospital. *The Oncologist* 15(1):51-58, 2010

Min MV, Bishop G, Benito-Herrero M, Diabetic Ketoacidosis in Type 2 Diabetics: A Novel Presentation of Pancreatic Adenocarcinoma. *J Gen Intern Med* 25(4):369-73, 2010

Zhang XH, Liu XS, Vasilic B, Wehrli FW, Benito M, Rajapakse CS, Snyder PJ, Guo, XE, In Vivo μ MRI Based Finite Element and Morphological Analyses of Tibial Trabecular Bone in Eugonadal and Hypogonadal Men before and after Testosterone Treatment. *J Bone Miner Res* 23(9):1426-34, 2008

Wehrli FW, Ladinsky GA, Jones C, Benito M, Magland J, Vasilic B, Popescu AM, Zemel B, Cucchiara AJ, Wright AC, Song HK, Saha PK, Peachey H, Snyder PJ, In vivo magnetic

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resonance detects rapid remodeling changes in the topology of the trabecular bone network following menopause and protective effect of estradiol. *J Bone Miner Res* 23(5):730-40, 2008

Benito M, Vasilic B, Wehrli FW, Bunker B, Wald M, Gomberg B, Wrigth AC, Zemel B, Cucchiara A, Snyder PJ, Effect of testosterone replacement on trabecular architecture in hypogonadal men. *J Bone Miner Res* 20(10):1785, 2005

Benito M, Asa SL, LiVolsi VA, West VA, Snyder PJ, Clinical case seminar. Gonadotroph tumor associated with MEN1. *J Clin Endocrinol Metab* 90(1): 570, 2005.

Benito M, Gomberg B, Wehrli FW, Weening R, Song HK, Wright AC, Zemel B, Cucchiara A, Snyder PJ, Deterioration of trabecular architecture in hypogonadal men. *J Clin Endocrinol Metab* 88 (4): 1497, 2003.

Wehrli FW, Saha PK, Gomberg BR, Song HK, Snyder PJ, Benito M, Wright A, Weening R, Role of magnetic resonance for assessing structure and function of trabecular bone. *Topics in Magnetic Resonance Imaging* 13 (5): 1355, 2002.

Abstracts:

Magland J, Benito M, Ladinsky G, Snyder PJ, Wehrli FW. Dependence of structural parameters on resolution for in vivo MRI of trabecular bone. *ASBMR*, 2006

Saha P, Benito M, Vasilic B, Snyder P, Wehrli F. Tensor-scale measures obtained by in vivo micro-MRI detects increased trabecular bone anisotropy in hypogonadal men. *ASBMR*, 2006

Chan ME, Liu XS, Vasilic B, Wehrli FW, Benito M, Snyder PJ, Guo XE. Mechanical and three-dimensional morphological changes in tibial trabecular bone of hypogonadal patients. *ORS*, 2006

Benito M, Vasilic B, Wehrli FW, Bunker B, Wald M, Gomberg BR, Wright AC, Zemel B, Cucchiara A, Snyder PJ, Testosterone improves trabecular architecture in hypogonadal men, *ASBMR-NIAMS Bone Quality meeting*, 2005

Benito M, Gomberg B, Wehrli FW, Weening R, Song HK, Wright AC, Zemel B, Cucchiara A, Snyder PJ, Magnetic resonance microimaging demonstrates eroded trabecular architecture in hypogonadal men, *Endocrine Society*, 2002

Chapters:

Hypothyroidism. *Integrative Women's Health* 2nd Edition. Oxford University Press 2015. In press