

Lee S. Berk, DrPH, MPH, CHES, FACSM, CLS



CURRENT POSITION

Associate Professor
LOMA LINDA UNIVERSITY-School of Allied Health Professions,
24951 North Circle Drive, Nichol Hall Room 1605, Loma Linda,
California 92350
Phone Number (909)-651-5828
FAX: 909-558-0481
e-mail: lberk@llu.edu

EDUCATION

<u>INSTITUTION</u>	<u>DEGREE</u>	<u>YEAR</u>	<u>FIELD</u>
Loma Linda University	B.A.	1968	Psychology/Sociology
Loma Linda University	B.S.	1970	Clinical Lab Science
Loma Linda University	M.P.H.	1978	Interdisciplinary
Loma Linda University	Dr.P.H.	1981	Preventive Care

CURRENT POSITION TITLE

- Director Clinical Molecular Research Laboratory, School of Allied Health Professions, Loma Linda University.
- Associate Director Physical Fitness and Cardiovascular Laboratory.
- Associate Professor Physical Therapy School of Allied Health Professions

Loma Linda University.

- Associate Research Professor of Pathology and Human Anatomy, School of Medicine, Loma Linda University.
- Faculty of Graduate Studies – Member, Loma Linda University.

COURSES TAUGHT

- Spirituality and Health
- Lifestyle Disease and Risk Reduction
- Stress Management
- Immune System: Public Health Implications
- Motivational Interviewing
- Mind-Body Medicine: A Clinician's Guide to Psychoneuroimmunology

PROFESSIONAL EXPERIENCE

- 2008-present** Director Clinical Molecular Research Laboratory
Associate Director Physical Fitness and Cardiovascular Laboratory
Associate Professor, Department of Allied Health Studies
Associate Professor, Department of Physical Therapy
School of Allied Health Professions, Loma Linda University.
- 2001 - present** Associate Research Professor of Pathology and Human Anatomy, School of Medicine, Loma Linda University.
- 2003-June 30, 2008** Associate Professor Health Promotion & Education, School of Public Health, Loma Linda University.
- 2001-Sept 2003** Assistant Professor Family Medicine, Susan Samueli Center for Complementary & Alternative Medicine (CAM) and Integrative Medicine, College of Medicine, University of California Irvine.
- 2001-Sept 2003** Assistant Clinical Prof. Health Promotion & Educ. SPH, LLU.
Associate Director Center for Neuroimmunology, School of Medicine, LLU.
- 1984-2002** Clinical Molecular Diagnostics, Supervisor, Clinical Laboratories, Loma Linda University Medical Center.
- 1998-2001** Assistant Research Prof. Path & Human Anatomy, SM, LLU.
Associate Prof. Clinical Lab. Science, SAHP, LLU.
- 1995-** Clinician in Charge Health Promotion Clinic University of California

1999 Riverside.

1987-2001 Chief Technologist (Immunoassay Department), Clinical Laboratory Medicine. Loma Linda University Medical Center.

1984-2003 Clinical Laboratory Technologist, LLUMC.

1984-1988

1974-1987

1971-1974

HONORS

August 22, 2011 Requested reviewer for the International Journal of Psychiatry in Medicine.

2011 National Institutes of Health invitation for presentation.

April 5, 2011 Graduate Committee – Post-Professional Physical Therapy Programs.

2008-Present Faculty of Graduate Studies – Member, Loma Linda University.

2007-Present SAHP Graduate Council Committee.

2008 - Present Nominee to the Faculty Development Committee for the Kinzer-Rice Award for Excellence in University Teaching.

2008 Loma Linda University Adventist Health Sciences Center *WHOLENESS SERVICE AWARD*, October 1, 2007.

2008 Southern California Conference of Seventh-Day Adventist Health Responses Steering Committee.

2007 Editorial Board Member for Journal of *Advances in Mind-Body Medicine* (Peer Reviewed Indexed Medical Journal) The oldest long standing Medical Journal

- in Mind Body Medicine.
- 2007 – Present** The P. William Dysinger Excellence In Teaching Award for Excellence in Teaching, Exemplifying Christian Commitment and Support For Cultural Diversity School of Public Health, Loma Linda University, June 11, 2006.
- 2007 – Present** Co-Chair with Bruce Nelson, Spirituality and Health: Science Discovery and Application Centennial Conference, School of Public Health, Loma Linda University May 17 & 18, 2005.
- 2006** Member Board of Directors American College of Lifestyle Medicine.
- 2005** Book Chapter preparation entitled, “*Mind, Body, Spirit: Exploring the Mind, Body, Spirit Connection Through Research On Mirthful Laughter*” for the text book “*Spirituality, Health, and Wholeness, An Introductory Guide for Health Care Professionals.*” Editors: Siroj Sorajjakool and Henry Lamberton, Haworth Publishers. To be used in medical and health education. (In Press) Publication Date Nov.1, 2004.
- 2004** Editorial Board Member for Journal of *Advances in Mind-Body Medicine* (Peer Reviewed Indexed Medical Journal). The oldest long standing Medical Journal in Mind Body Medicine.
- Awarded as one of “*The Hot 25 Who Move Us*” by Orange County Metro Publication, November 2001.
- 2003** Fellow of the American Association for Integrative Medicine.
- Diplomat of the College of Medicine, American Association for Integrative Medicine.
- 2001** Member of the Professional Advisory Board for World Laughter Tours, Washington, D.C.
- 2001** American Medical Association International Health & Medical Film Festival 1st PLACE WINNER Wellness Category and the Robert W. Wise Cinematography Award for Video entitled: *Affirmations for Getting Well Again* (awarded two “Freddy Awards”).
- Psychoneuroimmunology International, Advisory Board Member.
- 1997** Alumnus of the Year Award for Excellence in Scholarship, School of Public Health, Loma Linda University.
- Alumnus of the Year Award, School of Allied Health Professions, Loma Linda

- 1996** University.
- 1993** The Faculty Research Award, School of Allied Health Professions, Loma Linda University.
- 1991** Outstanding Academic Achievement from the American Association for Therapeutic Humor.
- 1991** Sherwood Medical Professional Achievement Award for Immunology/Immunoassay, American Society for Medical Technology.
- 1989** Fellow American College of Sports Medicine (FACSM).
- 1988** Outstanding Achievement, American Society for Medical Technology.
- 1985** Delta Omega Society (Honorary Public Health Society).
- 1985** Sigma Xi (Scientific Research Honor Society).
- 1984**
- 1981**
- 1976**

PROFESSIONAL, SPECIALTY BOARDS/LICENCES

- 1971** State License Clinical Laboratory Scientist, Department of Health State of California #17802.
- 1972** California Community Colleges Teaching Credential # 16570 (Valid for Life).
Credential # 566 62 8265 001 Subject Matter-Health & Physical Care Services and Related Technologies.
- 1978** National Certification Agency for Medical Laboratory.
Personnel Cert. # 782323-0.
- 1983** FCC Licensed at Technician Level Ham Radio Operator N6KKF.
- 1989** National Board Certification Health Education Specialist (CHES) #000116 by the National Commission for Health Education Credentialing, Washington, DC.

MEMBERSHIP IN PROFESSIONAL SCIENTIFIC SOCIETIES OR BOARDS

- American College of Lifestyle Medicine ---- Member Board of Directors (2004-2006).
- American Association of Integrative Medicine (Fellow Status and Diplomat Status).
- Society for Neurosciences.
- National Board Certified Health Education Specialist (CHES).
- American College of Sports Medicine (Fellow Status) FACSM -- Founding Chair.
- Exercise Immunology Section (1980-1982).
- American Federation for Medical Research.
- New York Academy of Sciences (renewal status).
- Psychoneuroimmunology Research Society.
- Scientific Research Society of North America (Sigma Xi).
- American Public Health Association.
- American Society for Clinical Laboratory Sciences -- Founding Chair Clinical Ligand Section (1976-1979).
- American Clinical Preventive Care Association.
- American Association for Therapeutic Humor.

PRESENTATIONS BY INVITATION (Selected)

- Annual Conference 2011, April 8, Orlando-Florida. Association for applied and Therapeutic Humor. “Humor, health and Happiness: a Laughing Matter”. General Session: “Science Fiction, Science Fact, or What We Just Want to Be True”.
- CEO Roundtable of Orange County, Irvine, CA, November 8, 2001. Invited Symposium: Integrative Medicine: The changing faces of health care in America. (Comprised of Orange County Business top CEO’s only).
- 31st Annual Meeting of the Society for Neurosciences, San Diego, CA, 12-15 November 2001. Presentation- The anticipation of a laughter eustress event modulates mood states prior to the actual humor experience.
- University of California, Riverside Extension, Department of Law and Public Policy, Riverside, CA, January 26, 2002. Seminar entitled, “MCLE Madness.” Presentation - “Lawyers, Laughter and Levity”.
- 9th Annual College of Medicine Faculty Research Poster Session, March 20, 2002.
- Gillespie Neuroscience Building and Sprague Hall University of

California Irvine, CA.

- University of California Irvine 15th Annual Chief Executive Roundtable Retreat. (Comprised of Orange County Business CEO donors).
- April 11-14, 2002 Ritz Carlton, Kapalua, Maui, Hawaii. Presentation entitled: “A Merry Heart Does Good Like A Medicine”—Medicine On The Cutting Edge?
- The Harbor Ridge Women’s Association, April 24, 2002 at Tutto Mare in Fashion Island, Newport Beach, CA.
- Susan Samueli Center for Complementary & Alternative Medicine Lecture Series, Arnold & Mabel Beckman Center, University of California Irvine, College of Medicine, CA. Presentation entitled, “Is Laughter The Best Medicine?” Co-Presentations with Lola Gillebaard, David Felten, MD, PhD and Lee S. Berk, DrPH, MPH, Oct. 2, 2002.
- Building Bridges of Integration for Traditional Chinese Medicine (*A Landmark Conference on Immune Disorders, Cancer, Pain, Mental Health, and Addictions*), Sponsored by the Traditional Chinese Medicine World Foundation, Sheraton Meadowlands Hotel & Conference Center, East Rutherford, New Jersey, Oct. 3-6, 2002. Workshop Title “How Can We Identify Mechanistic Scientific Foundations for the Seamless Integration of TCM, Integrative Medicine, and Conventional Western Medicine?” Oct. 4, 2002 (2:30-5:30 p.m.), Co-Presentation with David Felten, MD, PhD, and Lee S. Berk, DrPH, MPH.
- Spiritual Transformation Scientific Research Program, Research Conference, Sponsored by the Metanexus Institute on Religion and Science and the University of Pennsylvania. *An Invitation-only gathering* of applicant finalists and requested Co-Participants by having a request LOI submitted and accepted for a research grant with David Felten, Lee S. Berk and Bruce Nelson. University of Pennsylvania, Philadelphia, PA, Oct. 5-7, 2002.
- 2003 Faculty Research Poster Session.
- 10th Annual College of Medicine Celebration of Research, April 3, 2003.
- Gillespie Neuroscience Building and Sprague Hall, University of California Irvine, CA Presentation Title: *Anticipation of positive humor/laughter eustress event decreases detrimental stress hormones and increases beta-endorphin prior to the actual experience.*
- Mini Medical School Symposium Series at the University of California

Irvine, College of Medicine. Presentation Title: *The Beneficial Effects of Humor and Attitude when Treating Disease*, May 19, 2003.

- Invited lectures to the Dept. of Psychology on Mind Body Medicine Linkage (clinical Psychology & PsyD Student Program) for course entitled: Health psychology (Spring 2004) Loma Linda University.
- Community Health Screening Presentation SDA Chinese Church, Loma Linda California-Presentation entitled “A Merry Heart Doeth Good Like A Medicine” Aug., 2005.
- American Association for Therapeutic Humor, Presentation Title: *Laughter Science Pioneer: Up Close and Personal*, Las Vegas, NV, April 2-5, 2009. Keynote presentation.
- National Institute of Arthritis and Musculoskeletal and skin Disease – National Institute of Health. Invitation for forum participation titled: “Humor and Healing: Laughing for Health and Well Being. April, 5, 2011.

GRANTS

Title: Genetic Variables Associated with Food Addiction and the Clinical Effect of Phentermine and Diet Modification.

Agency: Loma Linda University (CHR).

Co-Investigators: Warren R. Peters, MD, MPH; Willie L. Davis, PhD.

Status: In Process

Title: Community Based Pre-Screening of C-Reactive Protein (C-RP) for Cardiovascular Disease Risk.

Agency: Loma Linda University (CHR).

Co-Investigators: Lee S. Berk, DrPH, and Bruce Nelson, MA.

School of Public Health, Loma Linda University and Glendale Adventist Medical Ctr.

Status: Accepted and Funded and Completed.

Title: Day-of-Rest: Relief from Stress.

Agency: Loma Linda University (CHR).

Principal Investigator: Lee S. Berk, DrPH .

School of Public Health and School of Medicine, Loma Linda University

Status: Accepted and Funded.

Wyeth Pharmaceuticals – JS Petrofsky PI, L Berk Co-PI- The Effect of moist heat on chronic back pain 2009 194,000

Allegran The effect of Botox on muscle strength JS Petrofsky PI, L Berk Co-PI - Grant 2009 100,000

Wyeth Pharmaceuticals JS Petrofsky PI, L Berk Co-PI - 2009 Comparison of Icy hot to thermacare for deep tissue heat penetration. \$98406

Wyeth Pharmaceuticals. L Berk Co-PI - Development of a new moist heat wrap 2009 \$62900

Pzeizer Pharaceuticals- JS Petrofsky PI, L Berk Co-PI - Pilot study to evaluate various methodologies for assessing the treatment of low back pain. 2010 \$241,000

Pzeizer Pharaceuticals- JS Petrofsky PI, L Berk Co-PI - Pilot studies on the efficacy of moist heat 2010 102,000

Pzeizer Pharaceuticals- JS Petrofsky PI, L Berk Co-PI - Pilot study to evaluate moist heat. 2010 \$252,000

Pzeizer Pharaceuticals 2010- JS Petrofsky PI, L Berk Co-PI - Age and moist heat. 2010 \$505,000

Pzeizer Pharaceuticals 2010- JS Petrofsky PI, L Berk Co-PI - Doms and Heat. 2010 \$129,000

PEER REVIEWED PUBLICATIONS: (Selected)

1. **Berk, L.S.**, Lewis, J.E., Nelson, J.C. One-Hour Radioimmunoassay of Serum Drug Concentrations, as Exemplified by Digoxin and Gentamicin. *Clin Chem.* Vol 20, No 9, 1159-1164, 1974.
2. **Berk, L.S.** Control Sera for Radioimmunoassay: An Aid to A Search. *Radioassay J.* 5:43-45, 1978.
3. Tieche, J.E., Lenora, J., **Berk, L.S.**, Steinman, R.R. A Radioimmunoassay Procedure for Quantitating Parotid Hormone. *Biochem and Biophysical Res.* 98: (1) 154 - 162, 1981.
4. **Berk, L.S.**, Eby, W.C. Immunoassays: A Roadmap for the 1980's. *Amer. J. of Med. Technology.* 48(8): 645-650, 1982.
5. Berk, L.S., Tan S.A., Endorphins and mood changes in long-distance running *Med Sci Sports Exerc* 1982;14(5):v No abstract available

PMID: 7154886 [PubMed - indexed for MEDLINE].

6. **Berk, L.S.**, Imperio, N., Eby, W.C. Evaluation of the Powder-Formulated Enzyme Multiplied Immunoassay Technique Quantitative Single test for Gentamicin. *Ther. Drug Monit.* 8:111-114, 1986.
7. **Berk, L.S.**, G.A. Webb, N. Imperio, S. Nehlsen-Cannarella, and W.C. Eby. Simple, rapid 125-I labeled cyclosporine double antibody/polyethylene glycol radioimmunoassay used in a pediatric cardiac transplant program. *Ther. Drug Monit.* 8:469-473, 1986.
8. **Berk, L.S.**, Tan, S.A., Fry, W.F., Napier, B.J. et al. Neuroendocrine and Stress Hormone Changes During Mirthful Laughter. *The Amer. J. Med. Sci.* 298, No. 6, 390-396, 1989.
9. Nieman, D.C., **L.S. Berk**, M. Simpson-Westerberg, K. Arabatzis, S. Youngberg, S.A. Tan, J.W. Lee, and W.C. Eby. Effects of long endurance running on immune system parameters and lymphocyte function in experienced marathoners. *Int. J. Sports Med.* 10:317-323, 1989. (Senior Authorship)
10. Hubbard, R., C. Kosh, A. Sanchez, J. Sabate, **L. Berk**, and G. Shavlik. The effect of dietary protein on serum insulin and glucagon levels in hyper and normocholesterolemic men. *Atherosclerosis* 76:55-61,1989.
11. **Berk, L.S.**, Nieman, D.C., S.A. Tan, J.W. Lee. Complement and Immunoglobulin levels in athletes and sedentary controls. *Int. J. Sports Med.* 10:124-128, 1989.
12. Tan, S.A., J.E. Lewis, **L.S. Berk**, and R.B. Wilcox. Extrathyroidal physiology of monoiodotyrosine in humans. *Clin. Physiol. Biochem.* 8:109-115, 1990.
13. Tan, L.G. **L.S. Berk**, and S.A. Tan. Effects of Metyrosine, an antihypertensive medication for pheochromocytoma, on the pituitary and adrenal glands. *J. Applied Card.* 5:299-307, 1990.
14. **Berk, L.S.**, D.C. Nieman, W.S. Youngberg, K. Arabatzis, M. Simpson-Westerberg, J.E. Lee, S.A. Tan, and W.C. Eby. The effect of long endurance running on natural killer cells in marathoners. *Med. Sci. Sports Exer.* 20:207-212, 1990.
15. Tan, SA, Lewis, JE, **Berk, LS**, and Wilcox, RB, Effects of Exogenous Monoiodotyrosine on the Serum Levels of Anterior Pituitary Hormones. *Acta Endocrinol* 1991; 124:251-257.

16. Tan, S.A., **L.S. Berk**, and L.G. Tan. Modulation of the renin-aldosterone system by Iodotyrosines as tyrosine hydroxylase inhibitors. *Biochem. Med. Metab. Biol.* 1990 Dec; 44(3): 252-8.
17. Swanson JA, Lee JW, Hopp JW, **Berk LS**: The Impact of Caffeine Use on Tobacco Cessation and Withdrawal, *Addictive Behaviors*, Vol. 22, No. 1, pp. 55-68, 1997.
18. Haddad, E.H., **Berk, L.S.**, Kettering, J.D., Hubbard, R.W., Peters, W.R. Allen, R.H., Stabler, S.P. Dietary intake and biochemical, hematologic, and immune status of vegans compared with nonvegetarians. *Am J Clin Nutr* 1999; 70(suppl): 586S-593S.
19. Barry B. Bittman, **Berk, L.S.**, David L. Felten, James Westengard, O. Carl Simonton, James Pappas, and Melissa Ninehouser. Composite Effects of Group Drumming Music Therapy on Modulation of Neuroendocrine-Immune Parameters in Normal Subjects, *J. Alternative Therapies in Health and Medicine*, Vol. 7, No. 1, 2001, p38-47.
20. **Berk, L.S.**, David L. Felten, Stanley A. Tan, Barry B. Bittman, and James Westengard, Modulation of Neuroimmune Parameteres During The Eustress of Humor Associated Mirthful Laughter. *J. Alternative Therapies in Health and Medicine*, Vol. 7, No. 2, 2001, p62-76.
21. Such, J., Hillebrand, D.J., Guarner, C., **Berk, L.S.**, Zapater, P., Westengard, J. et al. Tumor Necrosis Factor-alpha, Interleukin-6, and Nitric Oxide in Sterile Ascetic Fluid and Serum from Patients with Cirrhosis Who Subsequently Develop Ascetic Fluid Infection. *Digestive Diseases and Sciences*, Vol. 46, No. 11 (November 2001), pp2360-2366.
22. Tanner, M.A., **Berk, L.S.**, Felten, D.L., Blidy, A.D., Somaya, B.L., and Ruff, D.W., Substantial Changes in Gene Expression Level Due to the Storage Temperature and Storage Duration of Human Whole Blood. *Clin. Lab. Haem.* 24,337-341, 2002.
23. Tan, SA, Tan, LG, **Berk, LS**, Lukman, LF. Effects of pioglitazone and rosiglitazone on interferon-gamma, tumor necrosis factor-alpha, interleukin-1beta, interleukin-4, interleukin-6 and C-reactive protein in diabetic patients with atherosclerosis. Proc 22nd Meet of the Eur Soc for Microcirculation, Exeter, UK, August 28-30, 2002, pp 83-87.
24. Tan, L, Tan, S, **Berk, L**, Lukman, L. Additive Effects of Simvastatin and Ramipril on Inflammatory Cytokines Interferon-gamma, Tumor Necrosis Factor-alpha, Interleukin-6 and C-Reactive Protein in Diabetic Patients with Hyperlipidemia and Coronary Artery Disease. *Frontiers in Coronary Artery Disease: Proc 5th Int Congress on Coronary Artery Dis*, Florence, Italy, October 19-22, 2003, pp 105-109.

25. **Berk, L.S.** The impact of recreational music-making for long-term care workers. *Adv Mind Body Med.* 2003 Fall-Winter;19(3-4):16. PMID: 14686267 [PubMed - indexed for MEDLINE]
26. Tan, S, Tan, L, **Berk, L**, Lukman, L. Combined Effects of Ramipril and Carvedilol on Attenuating Interferon-gamma, Tumor Necrosis Factor-alpha, Interleukin-6 and C-Reactive Protein, and Improving Heart Failure in Diabetic Patients. *Frontiers in Coronary Artery Disease: Proc 5th Int Congress on Coronary Artery Dis, Florence, Italy, October 19-22, 2003*, pp 409-413.
27. Such J, Hillebrand DJ, Guarner C, **Berk L**, Zapater P, Westengard J, Peralta C, Soriano G, Pappas J, Frances R, Munoz C, Runyon BA. Nitric oxide in ascitic fluid is an independent predictor of the development of renal impairment in patients with cirrhosis and spontaneous bacterial peritonitis. *Eur J Gastroenterol Hepatol.* 2004.Jun;16(6):571-7.
28. Bittman, B., **Berk, L.**, Shannon, M., Sharaf, M., Westengard, J., Guegler, K., Ruff, D. Recreational music-making modulates the human stress response: A preliminary individualized gene expression strategy. *Med. Sci Monit*, 2005; 11(2): BR31-40.
29. Stanley A Tan, Linda G Tan, Sharon T Lukman, **Lee S Berk**. Humor-associated mirthful laughter, as an adjunct therapy in cardiac rehabilitation, attenuates catecholamines and myocardial infarction recurrence. *Adv Mind Body Med Winter 2007/2008 Vol. 22 No.3/4 8-12.*
30. Charasuraisin, C, **Berk, L**, Petrofsky, JS, Montgomery, S., Shavlik, D., Hubbard, R (2008) Can a Single High-Fat Meal Impair Endothelial and Autonomic Function?, #2008-LB-4930-Diabetes.
31. Petrofsky, JS, Bains, G., Chinna, R., Lohman, E., **Berk, L.**, Prowse, M., Gunda, S., Madani, P, Batt, J (2008) Moist vrs Dry heat as determinates of the blood flow response of the skin submitted *Med Sci Monit* .
32. Petrofsky, JS., Bains,G., **Berk, L.**, Raju, C., Gunda, S., Madani, P., Kim, Y. Interactions between skin temperature, skin moisture and skin blood flow (2008) submitted *Med Sci Monit*.
33. Charasuraisin, C, **Berk, L**, Petrofsky, JS, Montgomery, S., Shavlik, D., Remigio, W. Acute effect of a single high-fat meal on forearm blood flow, blood pressure and heart rate in healthy male Asians and Caucasians (2008). Submitted to *Med Sci Monit*.
34. Chumjit Charasuraisin, Jerrold Petrofsky, **Lee Berk**, Susanne Montgomery, David Shavlik, Wilton Remigio, Richard Hubbard. Submitted to *Thai J of*

Nutrition. Microvascular function after a single high-fat meal in healthy Asians and Caucasians.

35. Nguyen, DrPH, PsyD, Helen H. Marshak, PhD, **Lee Berk**, DrPH, Paul McMahon, PhD, and Matt Riggs, PhD, Son D. The Effects of Simultaneous Technique of Exercise and Psychotherapy (STEP) on Depressive Symptoms in Inpatient Psychiatric Older Adults. Department of Health Promotion & Education, Loma Linda University School of Public Health, Department of Psychology, Loma Linda University School of Science and Technology, Loma Linda, California, U.S.A.
35. Petrofsky, JS, Bains, G., Prowse, M., Gunda, S., **Berk, L.**, Chinna, R., Ethiraju, G., Vanarasa, D., Madani, P (2009) Does Skin Moisture Influence The Blood Flow Response To Local Heat? A reevaluation of the Pennes Model. *J Med Eng Technol.* 2009 May 29:1-6. [Epub ahead of print]
36. Petrofsky, JS, Bains, G., Prowse, M., Gunda, S., **Berk, L.**, Chinna, R., Ethiraju, G., Vanarasa, D., Madani, P (2009) Dry Heat, Moist Heat, and Body Fat: are heating modalities really effective in people who are overweight? *J Med Eng Technol.* *J Med Eng Technol.* 2009;33(5):361-9.
37. Petrofsky JS, Batt J, **Berk L**, Collins K, Yang T, LeMoine M, Bains G, Gunda S, Raju C, Vanarasa D, Kim Y, Beard C, Broussard K, Christensen J, Ellstrom C, George G, Holland M, Vallabhaneni P, Brown J. (2009). The effect of an aerobic dance and diet program on cardiovascular fitness, body composition, and weight loss in women. *J Appl Res Clin Exp Ther* 8;179-188.
38. Tan L., Tan S., **Berk, L.**, Lukman, L. Irbesartan Reduces Norepinephrine, IL-6, and C-Reactive Protein, Regresses Left Ventricular Hypertrophy and Improves Ejection Fraction in Post-MI Diabetic Patients. Submitted *Advances in Coronary Artery Disease.*
39. Sirichotirtina, M, Petrosky, JS, **Berk, L** 2009 Development of a method for assessing strength in extensor digitorum brevis *J Inves. Med* 57;167
40. Berk, L, Prowse, M., Petrofsky JS., Batt , J, Laymon, M, Bains , G., Daher, N., Tan, S., Berk, D. Laughercise: Health Benefits Similar of Exercise Lowers Cholesterol and Systolic Blood Pressure. *Association of Psychological Science*, 2009.
41. Petrofsky JS, Bains, G., Chinna, R., Lohman, E., **Berk, L.**, Prowse, M., Gunda, S., Madani, P, Batt, J (2009) The effect of the moisture content of a local heat source on the blood flow response of the skin. *Arch Dermatol Res.* Sep;301(8):581-5.

42. Petrofsky , J, Suh, H, Lawson, D, **Berk, L.** Enhanced healing of diabetic foot ulcers using local dry heat for 30 minutes 3 times per week: a pilot study. Diab 1035 LB 2009.
43. Petrofsky, JS., McClellan, K., Sharma, A., Prowse, M., Bains, G., **Berk, L.** The effect of body fat , ageing and diabetes on vertical and shear pressure in and under a waist belt and it effect on blood flow. Sub diab tech ther. 2009.
44. Petrofsky, JS, Lawson, D, **Berk, L,** Suh, H Enhanced healing of diabetic foot ulcers using local heat and electrical stimulation for 30 minutes 3 times per week submitted diabetes 2009.
45. Petrofsky, JS., **Berk, L.**, Bains, G., Prowse, M.,Lohman, E. Pilot Study Comparing Heat Wrap Therapy to a Counterirritant Cream and Patch to Assess Deep Tissue Heat Penetration German Pain Congress Berlin 2009.
46. Chumjit Bui, Jerrold Petrofsky, **Lee Berk,** David Shavlik, Wilton Remigio and Susanne Montgomery. Acute effect of a single high-fat meal on forearm blood flow, blood pressure and Heart rate in healthy male Asians and Caucasians: a pilot study. Usa Southeast Asian J Trop Med Public Health. Vol 41 No. 2, pg 1-11, March, 2010.
47. Bui,C., Petrofsky, JS, Berk, L., Shavlik,D., Remigio, W., Montgomery, S. 2010 Acute effect of a single high fat meal on forearm blood flow, blood pressure and heart rate in Asians vrs Caucasians: a pilot study The Southeast Asian Journal of Tropical Medicine and Public Health Vol. 41 490-499.
48. Daryl Lawson* , Jerrold Scott Petrofsky, Lee Berk and Hye Jin Suh Enhanced healing of chronic diabetic foot ulcers using local dry heat for 30 minutes 3 times per week: a pilot study APTA conference 2010.
49. Jerrold S Petrofsky, Ph.D., J.D., Katie McLellan, Ph.D., Michelle Prowse, M.S., P.T., Gurinder Bains, M.D., **Lee Berk, Dr.P.H.,** M.P.H., C.L.S., and Scott Lee, M.D. The Effect of Body Fat, Aging, and in and Under a Waist Belt and Its Effect on Skin Blood Flow in Diabetes on Vertical and Shear Pressure. Diabetes Technology & Therapeutics, Volume 12, Number 2, 2010, Pgs 153-160.
50. Petrofsky, JS., Focil, N., Prowse, M., Kim, Y., Berk. L., Bains, G. Lee, S. Autonomic Stress and Balance- the Impact of Age and Diabetes Diab Tech Vol. 12, No. 6: 475-481. 2010
51. Jerrold Petrofsky, Jennifer Batt, Lee Berk Carol Schweichler, Daisuke Arai, Chelsea Conas, Jennifer Newell, Kelly Case, Krysten Keener, Gurinder Bains. The effect of an exercise and diet program on fitness, posture and self image in women. MD Dept. of Physical Therapy, School of Allied Health Professions Loma Linda University, Loma Linda, California And Dept. of

Physical Therapy** Azusa Pacific University Azusa, California. (Submitted 03/03/10)

52. Berk, L., Prowse, M., Bains, G., Batt, J., Petrofsky, J., Daher, N., Danner, H., Ludeman, L., Lehman, M., Tan, S., and Berk, D. (2010) Humor-associated laughter affects appetite hormones. 2010 Experimental Biology meeting abstracts, Abstract #996.1; Accessed April 27, 2010. A "hot pick" presentation of the American Physiological Society; <http://www.the-aps.org/press/releases/10/12.htm>.
53. M.A. Prowse * L.S. Berk * N.S. Daher * J.S. Petrofsky * S. Tonstad * S. Mohan * B. Haddock * L. Wilkin . The effect of a 1 hour aerobic run at 70-80% Max HR on CTx and PINP biomarkers for bone turnover in physically trained and untrained premenopausal women. (Submitted for publication to Osteoporoses International Journal - Manuscript ID: OI-2010-05-0301).
54. Michelle A. Prowse, Lee S. Berk, Noha S. Daher, Jerrold S. Petrofsky, Bryan Haddock. Fitness (VO₂ Max) in a prediction model of bone formation PINP in premenopausal women. (Submitted for publication)
55. Ruth A. Tanyi, DrPH, Lee S. Berk, DrPH, Jerry W. Lee, PhD, Kendal Boyd, PhD, Adam Arechiga, DrPH, PsyD. The Effects of a Psychoneuroimmunology-based Lifestyle Intervention in Modifying the Progression of Major Depression in Clinically Depressed Adults. (submitted for publication).
56. Petrofsky, J., Batt, J., Berk., L., Bains, G., Wong, J., Radabaugh, R., Yim, J., Murugesan, V., Lee, H., Dhamodaran, B., Trivedi, M., Alshammari, F., Gudivada, G., Chindam, R., Goraksh., N., Hudlikar, A. A combination of exercise and diet as a synergistic program that increases fitness and produces weight loss in people with a high BMI 2010 J. Appl Res.
57. M.A. Prowse * L.S. Berk * N.S. Daher * J.S. Petrofsky * S. Tonstad * S. Mohan * B. Haddock * L. Wilkin Fitness (VO₂ Max) a potential predictor of bone formation marker, PINP, in premenopausal women. (submitted for publication)
58. Petrofsky, J., Batt, J., Berk., L., Bains, G., Wong, J., Radabaugh, R., Yim, J., Murugesan, V., Lee, H., Dhamodaran, B., Trivedi, M., Alshammari, F., Gudivada, G., Chindam, R., Goraksh., N., Hudlikar, A. A combination of exercise and diet to increase fitness and produces weight loss in people with a high BMI 2010. J. Appl Res.
59. Petrofsky J.S., Berk L., Bains G., Squires M., Mason M., Batt J., Katrak V. The use of heart rate variability to assess autonomic status while viewing videos. J Psychometric Medicine. (submitted for publication - J Psychometric

medicine).

60. Petrofsky, J, Batt, J., Berk., J, Schweichler., J, Arai, D., Conas, C.,Newell, C., Case., K., Keener., K. The effect of a diet and exercise program on fitness and posture in women. In Appl Res. 2010:10;39-50.
61. Petrofsky, JS., Laymon, M., Lohman, E., Berk, L., Bains, G. A new method for assessing back pain in relation to range of motion for the assessment of pain relieving modalities; the RMPI scale. J appl res 2011 11;1-10.
62. Petrofsky, J., Batt, J., Berk., L., Bains, G., Wong, J., Radabaugh, R., Yim, J., Murugesan, V., Lee, H., Dhamodaran, B., Trivedi, M., Alshammari, F., Gudivada, G., Chindam, R., Goraksh., N., Hudlikar, A. A combination of exercise with a mini medicine ball and diet with a meal replacement shake as a synergistic program to increases fitness and produces weight loss 2011 11;20-28 J. Appl Res.
63. Petrofsky, J., Batt, J., Berk., L., Bains, G., Wong, J., Radabaugh, R., Yim, J., Murugesan, V., Lee, H., Dhamodaran, B., Trivedi, M., Alshammari, F., Gudivada, G., Chindam, R., Goraksh., N., Hudlikar, A. A video exercise and diet program using a nutritional meal replacement shake for weight loss 2011 29-36 J. Appl Res.
64. Petrofsky J, Berk L, Alshammari F, Lee H , Hamdan A, Yim J, Patel D, Kodawala Y, Shetye G, Chen W, Moniz H, Pathak K, Somanaboina K, Desai R, Dave B, Malthane S, Alshaharani M, Neupane S, Shenoy S, Nevgi B, Cho S, Al-Nakhli H. The effect of moist air on skin blood flow and temperature in diabetics and non-diabetics. Submitted J Diab Tech
65. Petrofsky J, Laymon M, Berk L, Al-Nakhli H, Banh, A, Eisentrout A, Tokar A, Valentine M, Batt J. A Pilot Study Using Blood Biomarkers and Physiological Parameters to Assess ThermaCare Heat Wraps for Efficacy and Timing of Application to Reduce Delayed Onset Muscle Soreness from Exercise. In press J. appl res Submitted Med Sci Monit
66. Petrofsky, J., Berk, L., Alshammari, F., Lee, H., Hamdan, A., Yim, J., Kodawala, Y., Patel, D., Nevgi., N, Shetye, G., Moniz, H., Chen., W., Alshaharani M., Pathak., K., Neupane., S., Somanaboina., K., Shenoy, S., Cho, S., Dave, B., Desai., R., Malthane., S., Al-Nakhli, H. The Interrelationship between air temperature and humidity as applied locally to the skin: the resultant response on skin temperature and blood flow with age differences In Press 2011 Med Sci Monit
67. Lee, Jerry; Berk, Lee; Arechiga, Adam; Boyd. Kenny The Effects Of A Psychoneuroimmunology (Pni) Based Lifestyle Intervention In Modifying The Progression Of Depression In Clinically Depressed Adults. Int'l. J. Psychiatry In Medicine, Vol. 42(2) 151-166, 2012.

BOOK CHAPTERS

1. **Berk, L.S.**, S.A. Tan, D.C. Nieman, and W.C. Eby. Stress from maximal exercise modifies T-helper and T-suppressor lymphocyte subpopulations and their ratio in man. In: *Exercise Physiology: Current Selected Research*, C.O. Dotson and J.H. Humphrey (Eds.). New York: AMS Press, Inc., 1988, pp. 1-11.
2. **Berk, L.S.**, S.A. Tan, G. Reiss, and W.C. Eby. Beta-endorphin response differences to graded exercise between athletes and non-athletes. In: *Exercise Physiology: Current Selected Research*, C.O. Dotson and J.H. Humphrey (Eds.) New York: AMS Press, Inc., 1990, pp. 30-36.
3. **Berk, L.S.** MIND, BODY, and SPIRIT: EXPLORING THE MIND, BODY, SPIRIT CONNECTION THROUGH RESEARCH ON MIRTHFUL LAUGHTER. In Book: *Spirituality, Health, and Wholeness: An Introductory Guide for Healthcare Professionals*. Publication Nov. 1, 2004. The Haworth Press. (Requested Chapter by invitation Dr. Henry Lambertson, Associate Dean, School of Medicine, Loma Linda University and editor).
4. L.G. Tan, S.A. Tan and **L.S. Berk**. Pravastatin and Rosiglitazone May Attenuate Coronary Artery Disease by Decreasing Interferon-gamma, Tumor Necrosis Factor- alpha, Interleukin-6, Macrophage Chemotactic Protein-1, C-Reactive Protein, and Increasing Interleukin-4. In Book: *New Horizons in Coronary Artery Disease - Proceedings of the 7th International Congress on Coronary Artery Disease*. *Editor(s):* Lewis B.S., Halon D.A., Flugelman M.Y. *Year of Publication:* 2007; *Ref.code:* 20071007; *ISBN:* 978-88-7587-401-8.
5. Petrofsky JS and Berk, L. Skin Moisture and Heat Transfer. In Press Springer Inc Germany 2011 book chapter in *Art and Science of Moisturizers*

PEER REVIEWED PAPERS PRESENTED AT SCIENTIFIC MEETINGS & PUBLISHED AS ABSTRACTS (Selected):

1. **Berk, L.**, Tan, S. Modulation of Human Natural Killer Cells by Catecholamines. *Clinical Research*, Vol. 32, No. 1, 1984.
2. **Berk, L.**, Tan, S., et al. Humor Associated Laughter Modulates Adrenal Corticomedullary Activity. The Endocrine Society, 70th Annual Meeting, 1988, Abstract Supplement, p. 219.
3. **Berk, L.**, Tan, S., et al. Humor Associated Laughter Decreases Cortisol and Increases Spontaneous Lymphocyte Blastogenesis. *Clin. Res.* 36: 435A, 1988.

4. **Berk, L.**, Tan, S., et al. Eustress of Mirthful Laughter Modifies Natural Killer Cell Activity. *Clinical Research* Vol. 37, No. 1, 1989.
5. **Berk LS**, Letts G, Webb G, Lee J, and Eby W. Comparison of an Immunonephelometric Quantitative Method for Antistreptolysin O Antibodies with Titration and Rapid Screen Methods. *Clin Chem.*; 36:1192, 1991.
6. Tan SA, Tan LG, **Berk LS**. Lisinopril Increases Ejection Fraction and Reduces Myocardial Hypertrophy in Hypertensive Diabetics. *Clin Res*;39:23A, 1991.
7. Tan SA, **Berk LS**, Tan LG. Regression of Hypertensive Myocardial Hypertrophy after Verapamil Therapy. *Clin Res*;39:122A, 1991.
8. Tan SA, **Berk LS**, Tan LG. Effects of Quafacine Therapy in Hypertensive Diabetic Patients. *Clin Res*; 319: 434A, 1991.
9. **Berk, L.**, Tan, S., and Fry, W. Eustress of Humor Associated Laughter Modulates Specific Immune System Components. *Annals of Behavioral Medicine*, Vol. 15, 1993 Supplement, p. S111.
10. **Berk, L.** and Tan, S. A Positive Emotion the Eustress of Mirthful Laughter Modulates the Immune System Lymphokine Interferon-Gamma. *PsychoNeuroImmunology Research Society Annual Meetings*, Abstract Supplement, April 17-20, 1995, A.1-A.4.
11. **Berk, LS**, Hubbard, RW, Haddad, E, Kettering, JD, Peters, WR, Blix, GG, Tan, SA. Basal Fasting Cytokine Levels in Vegans and Omnivores. *The American Society for Clinical Nutrition, 35th Annual Meeting*, May 1995, Abstract 74, pg. 32.
12. Tan, S.A., **Berk, L.S.**, and L.G. Tan. Transdermal clonidine does not but indapamide does regress ventricular hypertrophy in hypertensive diabetics. *European Society of Hypertension, Satellite Symposium to the Seventh European Meeting on Hypertension*. Milan (Italy), June 13, 1995.
13. Tan, S.A., **L.S. Berk**, and L.G. Tan. Indapamide Regresses, but Transdermal Clonidine does not regress, left ventricular hypertrophy in hypertensive diabetic patients. *The American Journal of Cardiology*, Volume 77, February 22, 1996.
14. **Berk LS**, Pappas JM, Santa Maria D, Tay T, Forsythe B, Morales R, Alexander R, Lewis J: A Theoretical Approach for Improved Sensitivity of M. tuberculosis Complex PCR Detection using MGIT Culture. *Abstracts, American Society of Microbiology*, 1996.

15. **Berk LS**, Pappas JM, Santa Maria D, Alexander R, Torrey M, Andersen F, Lewis J: Comparison of Ligase Chain Reaction Using Mid-Stream Clean Catch Urine Specimens with EIA Cervical Swabs for Detection of Chlamydia trachomatis. Abstracts, American Society of Microbiology, 1996.
16. Lukman LF, **Berk LS**, Tan LG, Tan SA: Losartan Does Not Effect Bradykinin Levels: Possible Mechanism for the Absence of Coughing, Chest 110:72S, 1996.
17. Lukman LF, **Berk LS**, Tan LG, Tan SA: Losartan Regresses Left Ventricular Hypertrophy and Improves Ejection Fraction in Hypertensive Diabetic Patients, Chest 110:109S, 1996.
18. Lukman LF, Tan SA, **Berk LS**, Tan LG: Losartan Decreases Atrial Natriuretic Peptide Levels and Improves Ejection Fraction in Diabetics with Congestive Cardiomyopathy, Chest 110:114S, 1996.
19. **Berk L**, Pappas J, Santa Maria D, Tay T, Morales R, Alexander R, and Lewis J: Comparison of the Ligase Chain Reaction Abbott LCx™ Probe System and the Polymerase Chain Reaction Roche Amplicor™ Test for Detection of Mycobacterium tuberculosis, Clinical Chemistry, Vol. 42, No. 6, Pg. S198, No. 426, July/Aug, 1996.
20. **Berk L**, Pappas J, Santa Maria D, Lewis J: Evaluation of the Ligase Chain Reaction Abbott LCx™ Probe System for Prevention and Containment of DNA Sample Contamination, Clinical Chemistry, Vol. 42, No. 6, Pg. S198, No. 427, July/Aug, 1996.
21. **Berk L**, Pappas J, Santa Maria D, Tay T, Morales R, Alexander R, and Lewis J: Comparison of the Ligase Chain Reaction Abbott LCx™ Probe System and the Polymerase Chain Reaction Roche Amplicor™ Test for Detection of Mycobacterium tuberculosis, (Loma Linda Univ. Med. Ctr., Loma Linda, CA submitted to AACC 1996 Meetings, Chicago, IL
22. Evaluation of the Ligase Chain Reaction Abbott LCx™ Probe System for Prevention and Containment of DNA Sample Contamination. **Lee Berk**, James Pappas, Daisy Santa Maria and John Lewis. (Loma Linda University Medical Center, Loma Linda, CA 92350) submitted to AACC 1996 Meetings, Chicago, IL
23. A Theoretical Approach for Improved Sensitivity of M.tuberculosis Complex PCR Detection Using MGIT Culture. **L. Berk**, J. Pappas*, D. Santa Maria, T. Tay, B. Forsythe, R. Morales¹, R. Alexander¹ and J. Lewis. Loma Linda Univ. Med. Ctr., Loma Linda, and ¹County Public Health

- Lab., San Bernardino, CA. submitted to ASM, 1996 Meetings, New Orleans, LA.
24. Renal Protective Properties of Fosinopril for Hypertensive Diabetics with nephropathy. Tan, S.A., **L.S. Berk**, and L.G. Tan. 10th International Congress of Endocrinology. Moscone Center, San Francisco, June 14, 1996.
 25. Losartan Regresses left Ventricular Hypertrophy and Improves Ejection Fraction in Hypertensive Diabetics. Lukman, L.F., **L.S. Berk**, L.G. Tan, and S.A. Tan. 10th International Congress of Endocrinology, 1996.
 26. Comparison of Ligase Chain Reaction Using Mid-Stream Clean Catch Urine Specimens with EIA Cervical Swabs for Detection of Chlamydia trachomatis. **L. Berk**¹, J. Pappas^{1*}, D. Santamaria¹, R. Alexander², M. Torrey¹, F. Andersen¹, and J. Lewis¹. ¹Loma Linda Univ. Med. Ctr., Loma Linda, CA 92350 and ²San Bernardino County Public Health Lab., San Bernardino, CA. 92415 American Society for Microbiology, 1996 Annual Meetings, New Orleans, LA.
 27. Pappas J, **Berk L**, Larson G, Westengard J, Santa Maria D, Pinon J, Thorpe A and Kettering J: A Comparison of CMV DNA Copy Number in Patient Samples by Qualitative and Quantitative (TaqMan) PCR Procedures, Abstracts – Annual Meeting of the American Society of Microbiology, May 1997, Page 154.
 28. Kettering J, **Berk L**, Larson G, Westengard J, Santa Maria D, Pinon J and Pappas J: Development of a Quantitative PCR Assay for Cytomegalovirus Using AmpliTaq Gold Polymerase and the TaqMan Automated Detection System, Abstracts - Annual Meeting of the American Society of Microbiology, May 1997, Page 154.
 29. Tan SA, **Berk LS**, Tan LG: Hyperprolactinemia, Hypobetaendorphinemia, Hyperadrenergic Syndrome with Periodic Edema: A Common Treatable "Hormonal Imbalance" Syndrome, AFCR Regional Meetings, Clinical Research (Abstract Ed) 1997.
 30. **Berk, L.** and Tan, S. A Positive Emotion, The Eustress Metaphor Mirthful Laughter Modulates Immune System Immunocytes. Annals of Behavioral Medicine, Vol. 19, 1997 Supplement, No. D009.
 31. Tan SA, **Berk LS**, Tan LG: Increased Tachykinins Substance P and Neurokinin A, Not Bradykinin, Cause the ACE Inhibitor Induced Cough, AFCR Regional Meetings, Clinical Research (Abstract Edition) 1997.
 32. Tan SA, Tan LG, **Berk LS**, Lukman ST, Lukman LF: Mirthful Laughter, An

Effective Adjunct in Cardiac Rehabilitation. The Canadian Journal of Cardiology, 13:190B, June 1997.

33. **Berk LS**, Pappas J, Santa Maria D, Tay T, Morales R, Alexander R: A Comparison of Three Molecular Diagnostic Technologies for the Detection of M. tuberculosis in Culture Positive Smear Negative Sputum/Bronchial Specimens, Abstracts, American Society of Microbiology, 1997.
34. Tan SA, **Berk LS**, Tan LG: Increased Tachykinins Substance P and Neurokinin A, Not Bradykinin, Cause the ACE Inhibitor Induced Cough, American College of Cardiology 46th Annual Scientific Session, J Am Col Cardiol 29: 41A, 1997.
35. Tan LG, **Berk, LS**, Tan, SA: Losartan Decreases Proteinuria and Improves Creatinine Clearance in Hypertensive Diabetic Patients, American College of Cardiology 46th Annual Scientific Session, J Am Col Cardiol 29:A, 1997.
36. **Berk LS**, Westengard, J and Pappas, J. Use of a Derived Reference Standard Curve on the ABI Prism 7700 Sequence Detector in Place of Individual Run-Specific Standard Curves for Quantitative Interpolation of CMV PCR Samples. Third Annual Gene Quantification Conference, Cambridge Healthtech Institute, La Jolla, CA, March 29-31, 1998.
37. Comparative Evaluation of the Triglycerides and Cholesterol Lowering Effects of Atorvastatin and Simvastatin in Diabetic Patients with Combined Hyperlipidemia. SA Tan, DS Chang, **LS Berk**, LG Tan. 2nd International Congress on Coronary Artery Disease - From Prevention to Intervention. Florence, Italy, October 18-21, 1998.
38. Losartan Attenuates Norepinephrine Levels, Regresses Left Ventricular Hypertrophy and Improves Ejection Fraction In Post-Infarction Hypertensive Diabetic Patients. LG Tan, DS Chang, **LS Berk**, SA Tan. 2nd International Congress on Coronary Artery Disease - From Prevention to Intervention. Florence, Italy, October 18-21, 1998.
39. J Such, D Hillebrand, **LS Berk**, J Westengard, C Alcántara, JM Pappas, BA Runyon. High levels of serum tumor necrosis factor alpha precede ascetic fluid infection in cirrhosis. AASLD, Chicago 1998. Hepatology 1998; 28 (4): 1181A (poster).
40. J Such, D Hillebrand, **LS Berk**, C Guarner, C Peralta, J Westengard, G Soriano, BA Runyon. Increased ascetic fluid nitric oxide production in infected cirrhotic ascetic fluid. AASLD, Chicago 1998. Hepatology 1998; 28 (4): 1182A (poster).
41. J. Such, D. Hillebrand, **L.S. Berk**, J. Westengard, C. Guarner, C. Peralta, G.

- Soriano, JM Pappas, BA Runyon. Ascetic fluid tumor necrosis factor alpha and nitric oxide levels are related to renal impairment and death following ascetic fluid infection in patients with cirrhosis. AASLD Chicago, 1998. *Hepatology* 1998; 28 (4): 1183A (poster).
42. The Anticipation of a Humor Eustress Event Modulates Mood States Prior to the Actual Experience. **LS Berk**, DL Felten, SA Tan and J Westengard. Annual Meeting of The Psychoneuroimmunology Research Society. Utrecht, The Netherlands, May 16-20, 2001, *Brain, Behavior and Immunity*, Vol. 15, No. 2, June 2001, p137 #A14.
 43. Positive Anticipation of a Humor Eustress Event Modulates Mood States Prior to the Actual Humor Experience. **LS Berk**, DL Felten, and J Westengard. Third Annual Positive Psychology Summit 2001 at the Gallup Headquarters in Washington, D.C., Oct. 5-7.
 44. Irbesartan reduces norepinephrine, C-reactive protein, and interleukin-6 levels, regresses left ventricular hypertrophy, and improves ejection fraction in post-myocardial infarction diabetic patients. 4th International Congress on Coronary Artery Disease Prague, Czech Republic. S. A. Tan, MD, PhD, L. Tan, MD, L.S. Berk, DrPH, L Lukman, MD. October 23, 2001.
 45. The Anticipation of a Laughter Eustress Event Modulates Mood States Prior to the Actual Humor Experience. **L.S. Berk**, D.L. Felten, J. Westengard. Susan Samueli Center for Complementary and Alternative Medicine, UC Irvine College of Medicine, and Loma Linda University School of Medicine, Loma Linda, CA. Peer reviewed paper presented at the Society for Neurosciences Annual Meeting, San Diego, CA., November 2001. *Soc. Neurosci. Abstr*, Vol. 27, Program No. 572.14, 2001.
 46. Anticipation of a positive humor/laughter eustress event decreases detrimental stress hormones and increases beta-endorphin prior to the actual humor experience. **LS Berk**, DL Felten, SA Tan and J Westengard. Presented at the Annual Meeting of the Society for Neurosciences, Nov. 7, 2003, Orlando, FL. Session #777.4, Poster#M-24. L.S. Berk, D.L. Felten, S.A. Tan, J. Westengard. Reference: Program No. 777.4. 2002 Abstract Viewer/Itinerary Planner. Washington, DC: Society for Neuroscience, 2002. Online.
 47. Additive Effects of Ramipril and Atorvastatin on Inflammatory Cytokines Interferon gamma, TNF- α , IL-6, and C-Reactive Protein in Diabetic Patients with Congestive Heart Failure. S. A. Tan, MD, PhD, L. Tan, MD, **L.S. Berk**, DrPH, L Lukman, MD. Presented at the 52nd Annual Scientific Session of the American College of Cardiology, April 1, 2003, Chicago, IL.

48. Additive Effects of Irbesartin and Carvedilol on Attenuating Inflammatory Cytokines Interferon gamma, TNF- α , IL-6, and C-Reactive Protein in Diabetic Patients with Hypertension. S. A. Tan, MD, PhD, L. Tan, MD, **L.S. Berk**, DrPH, L Lukman, MD. Presented at the 15th Scientific Meeting of the Inter-American Society of Hypertension, April 27-30, 2003, San Antonio, TX.
49. Additive Effects of Ramipril and Atorvastatin on Inflammatory Cytokines Interferon gamma, TNF- α , IL-6, and C-Reactive Protein in Diabetic Patients with Congestive Heart Failure. S. A. Tan, MD, PhD, L. Tan, MD, **L.S. Berk**, DrPH, L Lukman, MD. Presented at the 52nd Annual Scientific Session of the American College of Cardiology, April 1, 2003, Chicago, IL.
50. Anticipation of complementary positive humor lifestyle behaviors decreases detrimental stress hormones and increases beta-endorphin prior to the actual experience: A metaphor for hope and health. **LS Berk** and DL Felten. Submitted to the American Public Health Association, 131st Annual Meeting, November 15-19, 2003, San Francisco, CA.
51. Additive Effects of Irbesartin and Carvedilol on Attenuating Inflammatory Cytokines Interferon gamma, TNF- α , IL-6, and C-Reactive Protein in Diabetic Patients with Hypertension. S. A. Tan, MD, PhD, L. Tan, MD, **L.S. Berk**, DrPH, L Lukman, MD. Presented at the 15th Scientific Meeting of the Inter-American Society of Hypertension, April 27-30, 2003, San Antonio, TX. (Accepted for presentation).
52. Presented at the Annual American Public Health Association Meeting. November, 2003, San Francisco, CA. Anticipation of complementary positive humor lifestyle behaviors decreases detrimental stress hormones and increases beta-endorphin prior to the actual experience: A metaphor for hope and health. **Lee S. Berk**.
53. Synergistic Modulating Effects of Ramipril and Rosiglitazone on Interferon gamma, Tumor Necrosis Factor alpha, IL-6, Il-4, and C-Reactive Protein. SA Tan, L Tan, **LS Berk**, L Lukman. Submitted to American Diabetes Association 63rd Scientific Sessions. June 2003, New Orleans, LA.
54. Presented at the Annual American Public Health Association Meeting November, 2003, San Francisco, CA. Spirituality and health: Designing spiritual life groups for health care benefits Bruce Nelson, MA, **Lee S Berk**, DrPH, MPH, CHES, Janet Cunningham, MD.
55. American Public Health Association, 132nd Annual Meeting, November, 2004, Washington, DC. One school of public health's experience with an

- unexpected rate of hypertension among faculty, staff and students: An introspective observation Heather Diaz, MPH, and **Lee S Berk**, DrPH, MPH, FACSM.
56. Submitted to the American Public Health Association, 132nd Annual Meeting, November, 2004, Washington, DC (Accepted for presentation). Large-scale diabetes screening employs cost effective pre-screening surveys to identify individuals at high-risk coupled with glucose tolerance testing for diagnosis and health risk communication. Bruce Nelson, **Lee S Berk**.
 57. Presented at the Annual Meeting of the Japan Society for Biomedical Gerontology at the Tokyo Medical and Dental University (June 2004). Effects of Composite Group Drumming on Modulation of Immune Parameters. Masa Wachi, Barry Bittman and **Lee Berk**.
 58. A Population Based Cardiovascular Screening Model Using Risk-Assessment Survey, Followed By hs-CRP Blood Assessment Among High-Risk Individuals. B Nelson, **LS Berk**, SF Shaw, J Bornheimer, L Allen, J Westengard, E Fujimoto. Presented at the American Diabetes Association Sept 30-Oct 2, 2004 Chicago, IL.
 59. Mirthful Laughter, as Adjunct Therapy in Diabetic Care, Attenuates Catecholamines, Inflammatory Cytokines, C - reactive protein, and Myocardial Infarction Occurrence. **Berk, LS**, Tan, LG, and Tan, SA Presentation at FASEB 2008 Meetings, April 2008, San Diego, CA.
 60. Cortisol and Catecholamines decrease are associated with the behavior of perceptual anticipation of a mirthful laughter humor experience. Berk LS, Tan SA, Berk DE. Presentation at FASEB 2008 Meetings, April 2008, San Diego, CA.
 61. Charasuraisin, C, Berk, L, Petrofsky, JS, Montgomery, S., Shavlik, D., Hubbard, R (2008) *Can a Single High-Fat Meal Impair Endothelial and Autonomic Function?*, #2008-LB-4930-Diabetes. Presented at the American Diabetes Association Meeting, June, 2008, San Francisco, CA.
 62. The Effect Of Perceived Stress And Religiosity As A Modulator Of Hs-Crp, A Risk Factor For Cvd. Sally F. Shaw, DrPH, Bruce Nelson, MA, Community Services, Glendale Adventist Medical Center, Glendale, CA, Lee S. Berk, DrPH, Michelle A. Prowse, MS; Dana E. King, MD. Presented at the American Psychosomatic Medicine Meetings, Chicago, IL, March 4-7, 2009.
 63. Perceived Stress, Early Parental Care and Religiosity- Modulators for Cardiovascular Disease Risk. Lee S. Berk, Bruce Nelson¹, Sally

- Fontamillas Shaw¹, Michelle Prowse², Dana King. Presented at the Association for Psychological Science, San Francisco, CA, May 22-25, 2009.
64. Laughter: Health Benefits Similar to Exercise Lowers Cholesterol and Systolic Blood Pressure. Lee S. Berk, Michelle Prowse, Jerrold S. Petrofsky, Jennifer Batt³, Michael Laymon, Gurinder S. Bains, Noha Daher & Dottie Berk. Presented at the Association for Psychological Sciences, San Francisco, May 22-25, 2009.
65. The Effect Of Perceived Stress And Religiosity As A Modulator Of Hs-Crp, A Risk Factor For Cvd. Bruce Nelson¹, Sally Fontamillas Shaw¹, Lee S. Berk^{2,3}, Michelle Prowse², Dana King. Presented at the 2nd Annual Meeting of the Society for Spirituality, Theology and Health. Duke University, Durham, NC. June 25-27, 2009.
66. Mirthful laughter, as adjunct therapy in diabetic care, increases HDL cholesterol and attenuates inflammatory cytokines and hs-CRP. Lee S. Berk, DrPH, Stanley Tan, MD, Linda Tan, MD, Dottie Berk, RN. Presented at the FASEB 2009 (Experimental Biology 2009), American Physiological Society Section, April 20-25, 2009, New Orleans, LA.
67. Berk, L., Prowse, M., Bains, G., Batt, J., Petrofsky, J., Daher, N., Danner, H., Ludeman, L., Lehman, M., Tan, S., and Berk, D. (2010) Humor-associated laughter affects appetite hormones. 2010 Experimental Biology meeting abstracts, Abstract #996.1; Accessed April 27, 2010. A "hot pick" presentation of the American Physiological Society.
68. Berk, L., Prowse, M., Bains, G., Batt, J., Petrofsky, J., Daher, N., Danner, H., Ludeman, L., Lehman, M., Tan, S., and Berk, D. (2010) Humor-associated laughter affects appetite hormones. 2010 Experimental Biology meeting abstracts, Abstract #996.1; http://www.fasebj.org/cgi/gca?SEARCHID=1&VOLUME=24&ISSUE=1_MeetingAbstracts&FIRSTINDEX=0&hits=20&RESULTFORMAT=&gca=24%2F1_MeetingAbstracts%2F996.1&sendit=Get+All+Checked+Abstract%28s%29. Accessed April 27, 2010. A "hot pick" presentation of the American Physiological Society; <http://www.the-aps.org/press/releases/10/12.htm>.
69. Paula Regina Aguiar Cavalcanti; Tania Fernandes Campos; Lee Berk; John Fontenele Araújo (2010). Correlation of physical activity with sleep-wake pattern in patients with stroke. Presented on Oct 23 at The Southwest Chapter of The American College Of Sports Medicine (SWACSM), San Diego, CA.
70. The effect of a one-hour aerobic run on 25-OH vitamin D levels in trained

and untrained premenopausal women. Schneider LE, Prowese M, Berk L, Daher NS and Haddock B. Presented on Jan-2011 at Western regional Meeting – Calmel-CA.

71. Paula Regina Aguiar Cavalcanti; Tania Fernandes Campos; Lee Berk; John Fontenele Araújo (2010). Correlation of Circadian and homeostatic changes in the sleep-wake pattern with quality of life in chronic stroke patients. Presented on Feb-2011 at Stroke International Meeting of American Heart Association, Los Angeles-CA.
72. Petrofsky J, Berk L, Bains G, Hau B, Doyle G, Chen S, Baird L, Desjardins P, Stark J. A Viable Methodology for Assessing the Onset of Treatment for Low Back Pain. Presented on Sept 7, 2011 at The National Conference on Pain for Practitioners, Las Vegas-NV.
73. Paredes-Diaz, Alberto; Kocun, Christopher; Furey, Sandy A; Roberts-Mcintosh, Alexis S; Lope, Christine; Fehling, Rimma; Homler, Kevin; Sripada, Srinivas. The Efficacy of ThermaCare Heat Wraps on Relieving Lower Back Pain and Reducing Muscle Stiffness" for poster presentation on November 7, 2011 in Chicago, which was submitted to the American College of Rheumatology.
74. Petrofsky, Jerrold (LLU); Berk, Lee (LLU); Bains, Gurinder (LLU); Bains, Gurinder (LLU); Doyle, Geraldine; Chen, Shijie; Stark, Jill; Paul Desjardins; Baird, Lisa. "A Viable Methodology for Assessing the Onset of Treatment for Low Back Pain". BPS Winter Meeting 2011, British Pharmacological Society, December 13-15, 2011 in London, UK.
75. Petrofsky, Jerrold (LLU); Berk, Lee (LLU); 'Bains, Gurinder(LLU)'; Hau, Benny (LLU); Doyle, Geraldine; Chen, Shijie; Stark, Jill. The Efficacy of ThermaCare Heat Wraps on Relieving Lower Back Pain and Reducing Muscle Stiffness. 2011 ACR/ARHP Annual Scientific Meeting, November 4 - 9, 2011 in Chicago, IL.
76. Petrofsky, Jerrold (LLU); Berk, Lee (LLU); Stark, Jill; Doyle, Geraldine; Chen, Shijie; Baird, Lisa; Paul Desjardins; Hau, Benny (LLU); Bains, Gurinder (LLU) A Viable Methodology for Assessing the Onset of Treatment for Low Back Pain. Swedish Society of Medicine - free lecture presentation in "Pain Relief" session between 1 -2 PM on December 1, 2011 in Stockholm.
77. Berk L, Cavalcanti P, Bens G. EEG brain wave differentiation during a eustress state of humor associated mirthful laughter compared to a distress state. Experimental Biology Meeting, April 21-25 2012, San Diego-CA.
78. Berk L, Cavalcanti P, Janhavi Soni, Shreenath Varadarajan. Stress

Hormone Biomarker Response in Fit and Unfit Premenopausal Women to One-Hour Aerobic Run. ACSM Annual Meeting 2012, May 29-Jun 6, San Francisco-CA.

MANUSCRIPTS IN PREPARATION FOR PUBLICATION

Positive anticipation of a humor eustress event modulates mood states prior to the actual humor experience: a eustress paradigm of hope. **Lee S Berk**, Dottie Berk and Stanley Tan.

Cortisol and catecholamines decrease are associated with the behavior of perceptual anticipation of a mirthful laughter humor experience. **Lee S Berk**, Dottie Berk and Stanley Tan

Research public relations: working list of TV, radio media/press coverage/interviews. Contact Loma Linda University department of public relations: Richard Weismeyer, director.

COMMITTEE MEMBER

Harmony Danner Laura Ludeman. The Effects of Mirthful Laughter on the Modulation of Leptin And Ghrelin approved by the School of Behavioral and Applied Sciences in partial fulfillment of the requirements for the degree Doctor of Physical Therapy. Azusa Pacific University, Dec-2010.