

Curriculum Vitae

Sammy Almashat, MD, MPH
Assistant Professor, Occupational and Environmental Medicine
University of Maryland School of Medicine

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Contact Information

Work Address Division of Occupational and Environmental Medicine
Department of Medicine
University of Maryland School of Medicine
11 S. Paca St, Suite 200
Baltimore, MD 21201

Work Phone Number (410) 328-2637
Work Fax (410) 328-1568
Work Email salmashat@som.umaryland.edu
Personal Email sammyalmashat@gmail.com
Second Languages Arabic (fluency), Spanish (fluency)

Education

2001 - 2004 B.A., Biology; B.S., Psychology; Minor, Spanish, West Virginia University
(Magna Cum Laude)
2004 - 2008 M.D., West Virginia University School of Medicine
2009 - 2010 M.P.H., Johns Hopkins School of Public Health

Post Graduate Education and Training

2008 - 2009 Internship, Internal Medicine, University of Florida
2009 - 2011 Residency, General Preventive Medicine & Public Health, Johns Hopkins School
of Public Health
2018 - 2019 Residency, Occupational and Environmental Medicine, University of California,
San Francisco (Chief Resident, Jan-March 2019)

Certifications

2012, 2022 American Board of Preventive Medicine (*General Preventive Medicine & Public
Health*)
2020 American Board of Preventive Medicine (*Occupational Medicine*)

Medical Licensures

2011 Inactive, Virginia
2018 Inactive, California
2021 Active, Maryland

Employment History

Jul. 2011 – Mar. 2018	Health Researcher Public Citizen’s Health Research Group Washington, DC
Apr. 2019 – May 2019	Occupational Medicine and Urgent Care Physician Concentra San Francisco, CA
Jul. 2019 – Dec. 2021	Occupational Medicine Physician Dignity Health Woodland, CA
Jan. 2022 - present	Assistant Professor, Occupational and Environmental Medicine University of Maryland School of Medicine Baltimore, MD

Clinical Activities

Clinical Expertise

Board-certified Occupational Medicine physician; Expertise in acute and chronic occupational and environmental medicine

Scope of Clinical Practice:

2019	Concentra (Occupational Medicine, Urgent Care) San Francisco Bay Area, CA ~15-20 patient visits per day Per diem
2019-2021	Dignity Health (Occupational Medicine) Woodland, CA ~300-400 patient visits per month Almost exclusively clinical duties, but also assisted with employee health surveillance and policy 80% FTE (2019-2021); 100% FTE (2021)
2022-present	University of Maryland Division of Occupational and Environmental Medicine Baltimore, MD Clinical consultation for and evaluation of: <ul style="list-style-type: none">- Employees and students at the University of Maryland’s faculty practice clinic, professional graduate campus, and undergraduate campus;

- Veterans potentially exposed to depleted uranium, with potential systemic metal exposures from embedded munition fragments, and potential deployment-related cardiac or pulmonary symptoms;
- A cohort of former construction workers within the Building Trades National Medical Screening Program (BTMed), many with toxic occupational exposures, as part of the U.S. Department of Energy's Former Worker Program

Administrative Service

- 2014 Member, Environmental Protection Agency's Human Studies Review Board Work Group on the Return of Individual Research Results
- 2021-present *Ad Hoc* Reviewer, *Journal of Occupational Medicine and Toxicology*
- 2022-present *Ad Hoc* Reviewer, *Journal of Toxicology and Environmental Health, Part B: Critical Reviews*
- 2022-present Member (Department of Medicine representative), University of Maryland School of Medicine Council
- 2023-present *Ad Hoc* Reviewer, *Inhalation Toxicology*

Teaching Service

Undergraduate Student Teaching

- 2003-2004 Tutor, Biology/Chemistry/Physics
West Virginia University
~5-10, undergraduates, individual tutoring, 20 contact hours/year
- 2005-2006 Instructor, MCAT preparatory course
Kaplan Test Prep
~40, undergraduates and recent graduates, 20 contact hours/year
- 2010 Teaching Assistant, Introduction to Public Health (AS.280.101)
Johns Hopkins University
~10, undergraduates, 20 contact hours total

Resident and Fellow Teaching

- 2011-2017 Mentor and supervisor
Public Citizen's Health Research Group
~1-2/year, Internal Medicine and General Preventive Medicine residents, 20-40 contact hours/year
Directed and supervised health policy-related projects assigned to residents
- 2022-present Mentor and supervisor
University of Maryland Division of Occupational and Environmental Medicine

~6-8/year, Occupational Medicine and General Preventive Medicine residents,
50-70 contact hours/year
*Direct and supervise residents in occupational and environmental medicine-
related projects*

Post-Graduate Teaching

- 2011 Teaching Assistant
Oct.-Dec Johns Hopkins School of Public Health
Politics of Health Policy (PH.300.652)
~30, Master of Public Health students, 30 contact hours total
- 2023 Guest lecturer, *Taking an Occupational and Environmental History*
Jan. University of Maryland School of Medicine
Practice of Medicine 2 (MED -527)
~40, Medical students (2nd year), 1 contact hour
- 2023 Guest lecturer, *Occupational and Environmental Hematology & Oncology*
Feb. Johns Hopkins School of Public Health
Clinical Environmental and Occupational Toxicology (PH.188.686.71)
~15, OEM & GPM Residents/Medical Students/MPH Students, 1.5 contact hours

Grant Support

Completed Grants:

- Nov 2011 – Oct 2012 (Researcher, 18%) PI: Lisa Gilbert
*“Support for advocacy in the administration, Congress and the courts to
improve federal standards for workers’ health and safety”*
Public Welfare Foundation
Annual Direct Costs: \$133,227
Total Direct Costs: \$133,227
*Served as the primary researcher, within Public Citizen’s Health Research
Group, on occupational health and safety research, writing, and advocacy
projects*
- Nov 2012 – Oct 2014 (Researcher, 44%) PI: Lisa Gilbert
*“Support for comprehensive advocacy in the administration, Congress
and the courts to improve federal standards for workers’ health and
safety”*
Public Welfare Foundation
Annual Direct Costs: \$66,614
Total Direct Costs: \$133,227
*Served as the primary researcher, within Public Citizen’s Health Research
Group, on occupational health and safety research, writing, and advocacy
projects*

Dec 2013 – Nov 2014 (Researcher, FTE unspecified) PI: Sidney Wolfe, MD

“Mapping state and federal occupational safety and health laws and regulations to increase knowledge in improving worker-protective standards”

Robert Wood Johnson Foundation

Annual Direct Costs: \$44,596

Total Direct Costs: \$44,596

Served as the primary researcher and drafter of all final deliverables

Nov 2014 – Oct 2016 (Researcher, 14%) PI: Lisa Gilbert

“Support for comprehensive advocacy to improve standards for workers’ health and safety”

Public Welfare Foundation

Annual Direct Costs: \$127,500

Total Direct Costs: \$255,000

Served as the primary researcher, within Public Citizen’s Health Research Group, on occupational health and safety research, writing, and advocacy projects

Apr 2017 – Apr 2019 (Researcher, 15%) PI: Lisa Gilbert

“Support for advocacy on health and safety and regulatory policy”

Public Welfare Foundation

Annual Direct Costs: \$85,000

Total Direct Costs: \$170,000

Served (until my departure from Public Citizen in March 2018) as the primary researcher, within Public Citizen’s Health Research Group, on occupational health and safety research, writing, and advocacy projects

Publications

Peer-reviewed Publications

1. Cloeren M, et al. Colorectal Cancer (CRC) Screening in Occupational Health Surveillance Exams Is Associated with Decreased CRC Mortality. In press [citation to follow]
2. Cloeren M, et al. Hearing Loss is Associated with Increased Mortality in a Cohort of Older Construction Trades Workers. In press [citation to follow]
3. McDiarmid MA, **Almashat S**, Cloeren M, et al. Thirty years of surveillance of depleted uranium-exposed Gulf War veterans demonstrate continued effects to bone health. J Toxicol Environ Health A. 2024: 1–17. <https://doi.org/10.1080/15287394.2024.2432021>
4. Ringen K, Dement J, Cloeren M, **Almashat S**, Hines S, Grier W, Quinn P, Chen A, Haas S. Mortality of older construction and craft workers employed at Department of Energy (DOE) nuclear sites: Follow-up through 2021. Am J Ind Med. 2024 Mar;67(3):261-273. doi: 10.1002/ajim.23567.
5. **Almashat S**, McDiarmid M. Toxic chemical exposures among civilians in armed conflicts: the need for research equity, justice, and accountability. Inhal Toxicol. 2023 Dec 7:1-10.

6. Müller-Ramírez C, **Almashat S**, Gaitens J, McDiarmid M. Carcinogenic drug exposure among health-sector workers: the need for exposure assessment and surveillance. *Rev Panam Salud Publica*. 2023 Mar 10;47:e11. doi: 10.26633/RPSP.2023.11. PMID: 36909803; PMCID: PMC9976270.
7. Sorscher S, AbuDagga A, **Almashat S**, Carome M, Wolfe S. Placebo-only–controlled versus active-controlled trials of new drugs for nine common life-threatening diseases. *Open Access Journal of Clinical Trials*. 2018;10:19-28.
8. **Almashat S**, Carome M. Withholding information on unapproved drug marketing applications: The public has a right to know. *J Law Med Ethics*. 2017;45(2_suppl):46-49.
9. Hutfless S, **Almashat S**, Berger Z, Wilson LM, Bonson E, Chen Q, Donath E, Herlong F, Puhan MA, Selvaraj S, Tuskey A, Vasilescu A, Bass EB, Worthington M, Palamaner G, Lazarev M. Pharmacologic Therapies for the Management of Crohn’s Disease: Comparative Effectiveness. Comparative Effectiveness Review No. 131. (Prepared by Johns Hopkins Evidence-based Practice Center under Contract No. 290-2007-10061-I.) AHRQ Publication No. 14-EHC012-EF. Rockville, MD: Agency for Healthcare Research and Quality; February 2014. www.effectivehealthcare.ahrq.gov/reports/final.cfm.
10. Preston C, **Almashat S**, Peik S, Desale M, Alexander M. Role of preventive medicine residencies in medical education: a national survey. *Am J Prev Med*. 2011;41(4 Suppl 3):S290-295. [http://www.ajpmonline.org/article/S0749-3797\(11\)00391-6/abstract](http://www.ajpmonline.org/article/S0749-3797(11)00391-6/abstract)
11. **Almashat S**,* Ayotte B,* Edelstein B,# Margrett J. Framing effect debiasing in medical decision making. *Patient Educ Couns*. 2008;71(1):102-7. (**co-primary authors*; #*senior author*)

Book chapters

1. **Almashat S**, Harrison R: Chapter 24 (Occupational Hematology) and Chapter 25 (Occupational Cancer), *CURRENT Diagnosis & Treatment Occupational & Environmental Medicine*, 6th Edition, Edited by Ladou J, Harrison R, New York, McGraw-Hill, 2021.

Letters to the Editor

1. Gardner E, **Almashat S**. OSHA Must Implement Safety Rule. *The Hill*. 2017 May 17. ([link](#))
2. **Almashat, S**. Cuba’s Health-Care System Remains Cutting-Edge. *Washington Post*. 2016 April 8. ([link](#))
3. Barbehenn E, **Almashat S**, Carome M, Wolfe S. Hepatotoxicity of alogliptin. *Clin Pharmacokinet*. 2014;53(11):1055-1056.

Conference Presentations/Published Abstracts

1. Mudaliar S, **Almashat S**, Cloeren M. Lab Animal Allergy (LAA) in an Academic Medical Research Setting: A Cross Sectional Study. Presented at the 2024 American College of Occupational and Environmental Medicine annual conference. Orlando, FL.
2. Gaitens J, Condon M, **Almashat S**, McDiarmid M. 2023. Assessing Metal Exposure in War-Injured Veterans with Embedded Fragments: Results of Repeat Urine Biomonitoring. [Abstract]. In: *The Toxicologist: Supplement to Toxicological Sciences*, Volume 192(S1). Abstract no. 3798.

3. **Almashat S**, Frederick M, Carty-Soriano P, Jackson R, Shor G, Harrison R. An Analysis of the Association Between Hourly Wage and the Rate of Workers' Compensation Claims in California, 2015-2016. Presented as a poster and included as an abstract at the University of California, San Francisco Division of Occupational and Environmental Medicine's 2019 CME Conference: Vulnerable Workers and Communities at Environmental Risk and Updates in Occupational and Environmental Medicine. San Francisco, CA.
4. **Almashat S**, Devine S, Arkush D. Occupational heat stress in the era of accelerating global warming: A campaign for increased worker protections. Presented as a poster and included as an abstract at the University of California, San Francisco Division of Occupational and Environmental Medicine's 2018 CME Conference: Occupational and Environmental Respiratory Diseases. San Francisco, CA.

Newsletter Research Articles (*Worst Pills, Best Pills News* has approximately 100,000 subscribers nationwide; articles are behind a paywall but can be provided upon request. *Health Letter* is an online-only publication, with all article links below, some of which are to the PDFs of the full issues.)

1. **Almashat, S.** Preventing Heat-Induced Death and Illness. *Worst Pills, Best Pills News*. 2018;24(6):1,6-7.
2. **Almashat, S.** Oral Baclofen Effective Only for Multiple Sclerosis. *Worst Pills, Best Pills News*. 2018;24(5):6-7.
3. **Almashat, S.** Nebivolol (Bystolic): Limited Use for Hypertension. *Worst Pills, Best Pills News*. 2018;24(4):4-5,8.
4. **Almashat, S.** Meclizine: A Risky and Possibly Ineffective Drug. *Worst Pills, Best Pills News*. 2018;24(3):4,7.
5. **Almashat, S.** Do Not Use Fentanyl for Non-Cancer Pain. *Worst Pills, Best Pills News*. 2018;24(2):5.
6. **Almashat, S.** Milnacipran For Fibromyalgia: Do Not Use. *Worst Pills, Best Pills News*. 2018;24(1):4,7.
7. **Almashat, S.** Foreign Bribery by the Pharmaceutical Industry. *Health Letter*. 2017 (December). ([link](#))
8. **Almashat, S.** The Dangerous Diabetes Drug Pramlintide: Do Not Use. *Worst Pills, Best Pills News*. 2017;23(12):1,6.
9. **Almashat, S.** Corticosteroid Injections Not Beneficial for Knee Osteoarthritis. *Worst Pills, Best Pills News*. 2017;23(11):4.
10. **Almashat, S.** Subclinical Hypothyroidism: When to Treat. *Worst Pills, Best Pills News*. 2017;23(11):3,6.
11. **Almashat, S.** Injected Naltrexone for Opioid Addiction. *Worst Pills, Best Pills News*. 2017;23(10):5,7-8.
12. **Almashat, S.** Pharmaceutical Research Costs: The Myth of the \$2.6 Billion Pill. *Health Letter*. 2017 (September). ([link](#))
13. **Almashat, S.** Black-Box Warning Added to Hepatitis C Drugs. *Worst Pills, Best Pills News*. 2017;23(9):6.
14. **Almashat, S.** Abuse-deterrent Opioids. *Worst Pills, Best Pills News*. 2017;23(9):3,7.
15. **Almashat, S.** Drugs That Cause Diarrhea. *Worst Pills, Best Pills News*. 2017;23(8):4,7-8.

16. **Almashat, S.** Acid-Suppressing Drugs Associated with Serious Infectious Diarrhea. Worst Pills, Best Pills News. 2017;23(7):3,6.
17. **Almashat, S.** Side Effects of Blood Pressure Drugs Often Unmonitored, Unaddressed. Worst Pills, Best Pills News. 2017;23(6):1,7.
18. **Almashat, S.** Budesonide and Formoterol (Symbicort): A Review. Worst Pills, Best Pills News. 2017;23(5):7.
19. **Almashat, S.** Workers Breathe Easier: Why We're Celebrating OSHA's New Beryllium Rule. Health Letter. 2017 (April). ([link](#))
20. **Almashat, S.** A Review of Anti-Seizure Drug Levetiracetam. Worst Pills, Best Pills News. 2017;23(4):7.
21. **Almashat, S.** Year in Review: Troubling New Drug Approvals in 2016. Worst Pills, Best Pills News. 2017;23(3):4,8.
22. **Almashat, S.** Buprenorphine for Opioid Addiction. Worst Pills, Best Pills News. 2017;23(2):5.
23. **Almashat, S.** FDA Advisory Committee Split On Black-Box Warning on Varenicline (Chantix). Worst Pills, Best Pills News. 2017;23(1):5,8.
24. **Almashat, S.** Dangers of Sleep Drug Suvorexant Still Outweigh Minimal Benefits. Worst Pills, Best Pills News. 2016;22(12):3,5.
25. **Almashat, S.** Poultry Workers Denied Bathroom Breaks. Health Letter. 2016 (November). ([link](#))
26. **Almashat, S.** Adding Aliskiren to an ACE Inhibitor in Heart Failure Harmful, Without Benefit. Worst Pills, Best Pills News. 2016;22(11):4-5.
27. **Almashat, S.** Treatment of Bacterial Skin Infections. Worst Pills, Best Pills News. 2016;22(10):3,5.
28. **Almashat, S.** Nail Salon Workers Toil in Toxic Conditions. Health Letter. 2016 (September). ([link](#))
29. **Almashat, S.** Fecal Transplants for C. Difficile Diarrhea Gain Wider Use. Health Letter. 2016 (August). ([link](#))
30. **Almashat, S.** Starting Beta Blockers Before Noncardiac Surgery May Be Harmful. Worst Pills, Best Pills News. 2016;22(8):3,5.
31. **Almashat, S.** Proton Pump Inhibitors Might Cause Chronic Kidney Disease. Worst Pills, Best Pills News. 2016;22(7):1,8.
32. **Almashat, S.** Important Questions About Shingles. Worst Pills Best Pills News. 2016;22(6):5,7.
33. **Almashat, S.** Mysterious Kidney Disease Devastates Rural Farming Communities. Health Letter. 2016 (June). ([link](#))
34. **Almashat, S.** A Guide to Drugs for Uncomplicated Urinary Tract Infections. Worst Pills, Best Pills News. 2016;22(5):1,4.
35. **Almashat, S.** Pharmaceutical Industry Continues to Defraud Federal, State Governments. Health Letter. 2016 (April). ([link](#))
36. **Almashat, S.** Fluoroquinolones Linked To Life-Threatening Blood Vessel Complications. Worst Pills, Best Pills News. 2016;22(4):7.
37. **Almashat, S.** Year in Review: Troubling New Drug Approvals in 2015. Worst Pills, Best Pills News. 2016;22(3):1,4.
38. **Almashat, S.** Fourteen Years After Petition, Proposed OSHA Rule Now Outdated. Health Letter. 2016 (February). ([link](#))

39. **Almashat, S.** Still No Good Evidence That Nonstatin Drugs Prevent Heart Attacks and Strokes. *Worst Pills, Best Pills News*. 2016;22(2):5,7.
40. **Almashat, S.** Drug Treatments For Chronic Heart Failure. *Worst Pills, Best Pills News*. 2016;22(1):1,4.
41. **Almashat, S.** Dangerous Atypical Antipsychotics Minimally Effective For Depression. *Worst Pills, Best Pills News*. 2015;21(12):3,8.
42. **Almashat, S.** Update on the Long-Term Treatment Of Chronic Obstructive Pulmonary Disease. *Worst Pills, Best Pills News*. 2015;21(11):3,5,8.
43. **Almashat, S.** Racism’s Insidious Effect on Black Lives and Health. *Health Letter*. 2015 (November). ([link](#))
44. **Almashat, S.** The Cuban Health System at the Dawn of Détente. *Health Letter*. 2015 (August). ([link](#))
45. **Almashat, S.** Update: Treatment Of Chronic Asthma. *Worst Pills, Best Pills News*. 2015;21(8):3,5.
46. **Almashat, S.** Public Citizen Shines a Light on Off-Label Promotion Of Diabetes Drugs. *Worst Pills, Best Pills News*. 2015;21(7):6.
47. **Almashat, S.** Studies Cast Doubt on the Benefits Of Raising HDL (‘Good’) Cholesterol. *Worst Pills, Best Pills News*. 2015;21(5):6,8.
48. **Almashat, S.** Medical Journal Editors’ Conflicts of Interest Largely Undisclosed. *Health Letter*. 2015 (May). ([link](#))
49. **Almashat, S.** Further Evidence Confirms Danger Of Blood Pressure Drugs Used Together. *Worst Pills, Best Pills News*. 2015;21(4):1,4.
50. **Almashat, S.** Somalia Ratifies Children’s Rights Treaty, U.S. and South Sudan Remaining Holdouts. *Health Letter*. 2015 (March). ([link](#))
51. **Almashat, S.** Public Citizen Joins Other Groups In Requesting Additional Warnings On Chantix Label. *Worst Pills, Best Pills News*. 2015;21(3):3,5.
52. **Almashat, S.** New Warnings on Common Heartburn Drugs: Too Little — and, for Some, Too Late. *Worst Pills, Best Pills News*. 2015;21(2):3,5.
53. **Almashat, S.** Restless Legs Syndrome: Overdiagnosed And Overtreated. *Worst Pills, Best Pills News*. 2014;20(12):3,5.
54. **Almashat, S.** FDA Approves Suvorexant, Latest Dangerous Sleep Drug. *Worst Pills, Best Pills News*. 2014;20(11):6-7.
55. **Almashat, S.** New Study Latest to Shine Light on Unpublished Medical Data. *Health Letter*. 2014 (October). ([link](#))
56. **Almashat, S.** Widely Used Prostate Cancer Treatment Not Beneficial for Most. *Worst Pills, Best Pills News*. 2014;20(10):3-4.
57. **Almashat, S.** A Brief Guide to Understanding Medical Studies. *Worst Pills, Best Pills News*. 2014;20(9):5.
58. **Almashat, S.** New Blood Pressure Treatment Guidelines Released. *Worst Pills, Best Pills News*. 2014;20(9):3-4,8.
59. **Almashat, S.** New Atrial Fibrillation Treatment Guidelines Released. *Worst Pills, Best Pills News*. 2014;20(8):1,6-7.
60. **Almashat, S.** FDA Issues Long-Delayed Proposal to Regulate E-Cigarettes. *Health Letter*. 2014 (July). ([link](#))
61. **Almashat, S.** Pharmaceutical Lobby Reigns Supreme in Washington. *Health Letter*. 2014 (June). ([link](#))

62. **Almashat, S.** One Year After Horrific Building Collapse, Bangladeshi Garment Workers Still Toil in Deadly Conditions. Health Letter. 2014 (May). ([link](#))
63. **Almashat, S.** EPA Proposes Increased Pesticide Protections for Workers. Health Letter. 2014 (April). ([link](#))
64. **Almashat, S.** Year in Review: Troubling New Drug Approvals of 2013. Worst Pills, Best Pills News. 2014;20(3):4-5.
65. **Almashat, S.** The Sustainable Growth Rate and Physician Compensation. Health Letter. 2014 (February). ([link](#))
66. **Almashat, S.** How Effective Are Antidepressants for Depression? Worst Pills, Best Pills News. 2014;20(2):5-7.
67. **Almashat, S.** FDA Restricts, EMA Moves to Ban Ketoconazole Tablets. Worst Pills, Best Pills News. 2014;20(1):6-7.
68. **Almashat, S.** Prescription Drug Prices Spur Maine Law, San Francisco Referendum. Health Letter. 2013 (December). ([link](#))
69. **Almashat, S.** Unproven Laxative Widely Used for Childhood Constipation. Worst Pills, Best Pills News. 2013;19(12):6-8.
70. **Almashat, S.** Relaxing Regulations at Poultry Plants a Threat to Worker, Consumer Safety. Health Letter. 2013 (November). ([link](#))
71. **Almashat, S.** Human Papilloma Virus Vaccine: Get the Facts. Worst Pills, Best Pills News. 2013;19(11):4-5,7.
72. **Almashat, S.** Health Advocacy Organizations: Patients' Voices or Corporate Front Groups? Health Letter. 2013;29(10):7-8. ([link to full issue PDF](#))
73. **Almashat, S.** FDA Warns of Risks of Kidney Failure, Death With Hydroxyethyl Starch Solution. Worst Pills, Best Pills News. 2013;19(10):4-5,7.
74. **Almashat, S.** "Medicalizing Normality": Potent Acid Reflux Drugs Overused in Infants. Worst Pills, Best Pills News. 2013;19(9):4-5,7.
75. **Almashat, S.** Force-Feeding Guantanamo Prisoners Draws Scrutiny from Medical Community. Health Letter. 2013;29(9):6-7,11. ([link to full issue PDF](#))
76. **Aggarwal, S, Almashat, S.** Youth Stimulant Abuse at Record High. Health Letter. 2013;29(8):1,5,7. ([link to full issue PDF](#))
77. **Almashat, S.** Niacin Ineffective in Treating Cardiovascular Disease. Worst Pills, Best Pills News. 2013;19(8):1,3,8.
78. **Almashat, S.** Online Drug Promotion: A Prescription for Deception. Worst Pills, Best Pills News. 2013;19(7):7-8.
79. **Almashat, S.** Study: Overuse of Risky Screening Colonoscopies in Elderly. Health Letter. 2013;29(7):1,6-7. ([link to full issue PDF](#))
80. **Almashat, S.** Terrors of U.S. Drone War Brought to Light. Health Letter. 2013;29(6):2-3,8. ([link to full issue PDF](#))
81. **Almashat, S.** Use of Atypical Antipsychotics in Children At All-time High. Health Letter. 2013;29(4):1-3,8. ([link to full issue PDF](#))
82. **Almashat, S.** Troubling New Drug Approvals in 2012. Worst Pills, Best Pills News. 2013;19(3):4-5,8.
83. **Almashat, S.** The Ethical Implications of the Global Outsourcing of Clinical Research. Health Letter. 2013;29(3):5-6. ([link to full issue PDF](#))
84. **Almashat, S.** Novel Tactics Impede Generic Competition to Suboxone Tablets. Health Letter. 2013;29(2):6-7. ([link to full issue PDF](#))

85. **Almashat, S.** Consensus on Iran Sanctions Cripples Iranian Health Sector. Health Letter. 2013;29(1):4-5. ([link to full issue PDF](#))
86. **Almashat, S.** As Online Drug Promotion Proliferates, Regulations Lag Behind. Health Letter. 2012;28(12):6-7. ([link to full issue PDF](#))
87. **Almashat, S.** Do Not Use These Blood Pressure Drugs in Combination. Worst Pills, Best Pills News. 2012;18(12):6-8.
88. **Almashat, S.** Settlements over Fraud by Big Pharma at Record High. Worst Pills, Best Pills News. 2012;18(11):1,3,6.
89. **Almashat, S.** What You Should Know About Radon in Your Home. Health Letter. 2012;28(11):6-8. ([link to full issue PDF](#))
90. **Almashat, S.** The American Medical Association and Its Dubious Revenue Streams. Health Letter. 2012;28(11):1-3. ([link to full issue PDF](#))
91. **Almashat, S.** Dangerous Lack of Evidence Characterizes Prescription Drug Use in Children. Health Letter. 2012;28(10):3-5. ([link to full issue PDF](#))
92. **Almashat, S.** Biased Data Can Lead to Substandard Drug Treatment. Health Letter. 2012;28(9):4-6. ([link to full issue PDF](#))
93. **Almashat, S.** Financial Disclosure Requirements Delayed by Obama Administration. Health Letter. 2012;28(8):1-3. ([link to full issue PDF](#))
94. **Almashat, S.** Increased Risk of Cardiovascular Death With Azithromycin and Levofloxacin. Worst Pills, Best Pills News. 2012;18(8):7.
95. **Almashat, S.** Obama Administration Sacrifices Children to Keep Agribusiness Happy. Health Letter. 2012;28(7):8,10. ([link to full issue PDF](#))
96. **Almashat, S.** Preventing Heat-Induced Death and Illness. Worst Pills, Best Pills News. 2012;18(6):5-8; and in Health Letter. 2012;28(7):8,10. ([link to full issue PDF](#))
97. **Almashat, S.** States in the Spotlight as Single-Payer Resurfaces in Mainstream Discourse. Health Letter. 2012;28(5):1-3,9. ([link to full issue PDF](#))
98. **Almashat, S.** The Jungle: Meatpacking Workers, 100 Years Later. Health Letter. 2012;28(3):4-5,11. ([link to full issue PDF](#))
99. **Almashat, S.** Child Labor: Alive and Well on American ‘Farms’. Health Letter. 2012;28(1):1,10-11. ([link to full issue PDF](#))
100. **Almashat, S.** Obama Administration Refuses to Protect Doctors-in-Training from Dangerous Work Shifts. Health Letter. 2011;27(11):1-2. ([link to full issue PDF](#))
101. **Almashat, S.** Workers Die from Extreme Heat, with Little Government Action. Health Letter. 2011;27(10):1-2,9. ([link to full issue PDF](#))
102. **Almashat, S.** Proton Pump Inhibitors: Dangerous and Habit-Forming Heartburn Drugs. Health Letter. 2011;27(9):1-5,7 ([link to full issue PDF](#)); and in Worst Pills, Best Pills News. 2011;17(11):1,3-5,7-8.

Research Reports and Other Publications

1. Wolfe S, Arkush D, Farmworker Justice, United Farmworkers, **Almashat S**, Bingham E, Michaels D, Wildess E, Schenker M (and additional co-petitioners). Petition to OSHA to Implement a Federal Standard to Protect Workers from Occupational Exposure to Excessive Heat. 2018 July 17. ([link](#))
2. **Almashat S**, Lang R, Wolfe S, Carome M. Twenty-Seven Years of Pharmaceutical Industry Criminal and Civil Penalties: 1991 Through 2017. 2018 March 14. ([link](#))

3. **Almashat S.** Statement: Public Citizen Applauds European Medicines Agency Committee Recommendation to Ban Dangerous IV Solutions, Calls on FDA to Immediately Follow Suit. 2018 January 12. ([link](#))
4. **Knieval S, Almashat S.** Comments to the FDA Supporting Draft Guidance Restricting Orphan Drug Designations for Pediatric Uses. 2018 January 11. ([link](#))
5. **Almashat S, Wolfe S, Carome M.** Comments to the FDA on the Presentation of Risk Information in Prescription Drug Direct-to-Consumer Broadcast Ads. 2017 November 20. ([link](#))
6. **Almashat S, Wolfe S, Carome M.** Comments to the EMA's Pharmacovigilance Risk Assessment Committee Regarding the Safety of Hydroxyethyl Starch Solutions. 2017 November 14. ([link](#))
7. **Almashat S, Wolfe S.** Public Citizen Urges OSHA Not To Eliminate Most Beryllium Protections for Construction, Shipyard Workers. 2017 August 28. ([link](#))
8. **Almashat S, Wolfe S.** Letter to FDA Opposing Approval of Liraglutide (Victoza) for Cardiovascular Risk Reduction. 2017 July 18. ([link](#))
9. **Gardner E, Almashat S.** Public Citizen Opposes OSHA's Proposal to Delay Compliance With Its New Workplace Injury Reporting Rule. 2017 July 7. ([link](#))
10. **Gardner E, Almashat S.** The Trump Administration's Beryllium Proposal Would Poison Workers. Real Clear Health. 2017 June 30. ([link](#))
11. **Almashat S, Gardner E.** Public Citizen Urges OSHA Not to Further Delay Beryllium Rule's Implementation. 2017 March 13. ([link](#))
12. **Giraldo Y, Almashat S, Wolfe S, Carome M, Natanson C, Roberts I.** Petition to the FDA to Ban Hydroxyethyl Starch Solutions and Letter to the EMA Urging a Ban of Hydroxyethyl Starch Solutions in Europe. 2017 February 8. ([link](#) and [link](#))
13. **Almashat S, Carome M, Wolfe S.** Petition to the FDA to Require a Warning About a Dangerous Drug Interaction Between Clopidogrel (Plavix) and Repaglinide (Prandin) in the Label for Both Drugs. 2016 December 21. ([link](#))
14. **Almashat S, Carome M.** Comments on a Proposal by an ACGME Task Force to Loosen Medical Resident Duty-hour Requirements. 2016 December 15. ([link](#))
15. **Carome M, Thibert K, Wolfe S, Almashat S.** Letters to the ACGME, OHRP, Northwestern University, University of Pennsylvania, Johns Hopkins School of Public Health, and Johns Hopkins Health System Regarding Public Citizen's Report, Bipartisan Consensus: The Public Wants Well-Rested Medical Residents to Help Ensure Safe Patient Care. 2016 September 13. ([link](#))
16. **Almashat S, Carome M, Wolfe S, Landrigan C, Czeisler C** (in collaboration with Lake Research Partners polling firm). Bipartisan Consensus: The Public Wants Well-Rested Medical Residents to Help Ensure Safe Patient Care. 2016 September 13. ([link](#))
17. **Gardner E, Almashat S.** Fifteen Years Later, Beryllium Victims Are Still Waiting for Lifesaving Regulation. Real Clear Health. 2016 August 30. ([link](#))
18. **Sorscher S, Almashat S, Carome M.** Public Citizen Comments on Proposed FDA Guidance on Labeling for Biosimilars. 2016 June 3. ([link](#))
19. **Gardner E, Almashat S, Wolfe S.** Additional Comments Submitted on OSHA's Proposed Beryllium Rule. 2016 May 6. ([link](#))
20. **Almashat S, Wolfe S, Carome M.** Twenty-Five Years of Pharmaceutical Industry Criminal and Civil Penalties: 1991 Through 2015. 2016 March 31. ([link](#))

21. Carome M, Hall D, Wolfe S, **Almashat S**. Second Follow-up Letter to OHRP and a Letter to the HHS Acting Assistant Secretary for Health Regarding the Unethical iCOMPARE Trial. 2016 March 9. ([link](#) and [link](#))
22. Carome M, Hall D, Wolfe S, **Almashat S**. Follow-up Letter to OHRP Regarding the Unethical iCOMPARE Trial Comparing Standard and Long Work Schedules for Internal Medicine Residents. 2016 February 11. ([link](#))
23. Carome M, Wolfe S, **Almashat S**. Letter Responding to the ACGME's Defense of the iCOMPARE and FIRST Trials Comparing Standard and Long Work Schedules for Medical Residents. 2015 December 16. ([link](#))
24. **Almashat S**, Sorscher S, Knievel S. Public Citizen Report: House Orphan Drug Proposal: A Windfall for Pharma, False 'Cure' for Patients. 2015 December 8. ([link](#))
25. Carome M, Hall D, Wolfe S, **Almashat S**. Letters to OHRP and the ACGME Regarding the iCOMPARE and FIRST Trials Comparing Standard and Long Work Schedules for Internal Medicine and General Surgery Residents. 2015 November 19. ([link](#))
26. **Almashat S**, Wolfe S, Gardner E. Comments Urging OSHA to Finalize a More Protective Beryllium Rule. 2015 November 5. ([link](#))
27. **Almashat S**, Sorscher S, Carome M. Comments to the FDA on Biosimilar Naming. 2015 October 27. ([link](#))
28. **Almashat S**, Carome M. Letter to California Governor Endorsing Four Bills to Regulate Psychotropic Medication Use in Foster Children. 2015 September 21. ([link](#))
29. Barbehenn B, **Almashat S**, Wolfe S, Carome M. Petition to FDA Concerning the Inappropriately Expanded Approval of the Sleep Drug Tasimelteon (Hetlioz). 2015 June 11. ([link](#))
30. **Almashat S**, Wolfe S, Carome M. Letter to FDA on the Off-Label Promotion of Several Diabetes Drugs. 2015 March 31. ([link](#))
31. Krishnasamy V, **Almashat S**, Wolfe S, Carome M. Petition to the FDA to Ban All Oral Forms of the Anti-Fungal Drug Ketoconazole. 2015 February 24. ([link](#))
32. **Almashat S** (as one of several authors, unnamed on petition, affiliated with several organizations: Public Citizen, Consumer Reports, Institute for Safe Medication Practices, National Center for Health Research, and National Physicians Alliance). Petition to the FDA Requesting a Stronger Boxed Warning and New Restrictions on the Use of Varenicline (Chantix). 2014 October 8. ([link](#))
33. **Almashat S**. Comments Supporting a More Protective Heat Stress Rule for All California Workers. 2014 September 25. ([link](#))
34. **Almashat S**, Wolfe S, Carome M. Letter to the FDA Concerning its Advisory Committee-Industry Revolving Door. 2014 September 10. ([link](#))
35. **Almashat S**. Statement: Another Reckless FDA Action: Approval of Suvorexant (Belsomra). 2014 August 14. ([link](#))
36. Barbehenn B, **Almashat S**, Nattanmai A, Wolfe S, Carome M. Acute Pancreatitis with Liraglutide: An analysis of MedWatch adverse event reports submitted to the Food and Drug Administration in the first two years following approval. 2014 June 5. ([link](#))
37. Wrightson K, **Almashat S**. Letter to OSHA's Advisory Committee on Construction Safety and Health on an Updated Beryllium Standard. 2014 May 8. ([link](#))
38. **Almashat S**, Wolfe S, Carome M. Comments on NIOSH's Latest Criteria for a Recommended Heat Stress Standard and Letter to OSHA Imploring Their Adoption Within a Federal Standard. 2014 February 25. ([link](#))

39. Carome M, **Almashat S**, Wolfe S. Letter to the FDA Calling For Black Box Warnings for the Drug Vorapaxar as a Condition of Approval. 2014 January 29. ([link](#))
40. **Almashat S**. Statement: Johnson & Johnson Settlement Nothing New for Company; Small Fine Unlikely to Prompt Change in Behavior. 2013 November 4. ([link](#))
41. **Almashat S**, Barbehenn B, Wolfe S, Carome M. Letter to the FDA Opposing Approval of the Sleep Medicine Suvorexant. 2013 June 14. ([link](#))
42. **Almashat S**, Carome M, Wolfe S. Letter to FDA Opposing Approval of Fluticasone Furoate/Vilanterol (FF/VI) for COPD. 2013 April 30. ([link](#))
43. **Almashat S**, Carome M, Wolfe S. Comments Submitted to the FDA Regarding Extracorporeal Membrane Oxygenation (ECMO) Devices. 2013 April 8. ([link](#))
44. **Almashat S**, Sorscher S, Wolfe S. Letter to FDA on IABP Regulatory Classification. 2013 February 13. ([link](#))
45. **Almashat S**, Wolfe S. Petition to the FDA for Black Box Warnings on ACE Inhibitors, ARBs, and Aliskiren. 2012 October 4. ([link](#))
46. **Almashat S**, Wolfe S. Pharmaceutical Industry Criminal and Civil Penalties: An Update. 2012 September 27. ([link](#))
47. **Almashat S**. Statement: With Hundreds of Workers Dying, OSHA's Denial of Petition for a Heat Stress Standard Is Shortsighted. 2012 July 5. ([link](#))
48. **Almashat S**. Statement: Pharmaceutical Companies Must Be Held Fully Accountable for Defrauding the Government. 2012 May 22. ([link](#))
49. **Almashat S**. Statement: Shame on Obama Administration for Sacrificing Children to Keep Agribusiness Happy. 2012 April 27. ([link](#))
50. **Almashat S**, Wolfe S. Letter of Support for, and Fact Sheet accompanying, Senator Sanders' PDUFA Amendment on Pharmaceutical Fraud. 2012 April 24 and May 21. ([link](#))
51. **Almashat S**, Wolfe S. Comments on Proposed Rule on Agricultural Child-Labor Regulations. 2011 December 1. ([link](#))
52. **Almashat S**, Wolfe S. Letter Responding to OSHA's Denial of Resident Work Hours Petition. 2011 November 3. ([link](#))
53. **Almashat S**, Carome M, Wolfe S. Letter to FDA Opposing Approval of Rivaroxaban (Xarelto) for Anticoagulation Therapy in Patients With Atrial Fibrillation. 2011 October 20. ([link](#))
54. **Almashat S**, Bernard T, Ruiz V, Hovis J, Wolfe S. Petition to OSHA for a Heat Standard. 2011 September 1. ([link](#))
55. Nellis E, **Almashat S**, Waldum H, Carome M, Wolfe S. Petition Urging FDA to Add Warnings to Proton Pump Inhibitors. 2011 August 23. ([link](#))
56. **Almashat S**, Preston C, Waterman T, Wolfe S. Rapidly Increasing Criminal and Civil Monetary Penalties Against the Pharmaceutical Industry: 1991 to 2010. 2010 December 16. ([link](#))

Residency Presentations

1. **Almashat S**. Patient case presentation: Quantifying long-term lung cancer risk following documented exposure to occupational asbestos. Noon conference, UCSF Occupational and Environmental Medicine Residency. September 2018.
2. **Almashat S**. Inequalities in Workplace Risk. Journal Club, UCSF Occupational and Environmental Medicine Residency. September 2018.

3. **Almashat S.** Heat Stress: Protections Denied in the Era of Accelerating Global Warming. Noon conference, UCSF Occupational and Environmental Medicine Residency. August 2018.
4. **Almashat S.** Cyanotype Printing: A review of potential occupational/recreational toxicities. Presentation to San Francisco Poison Control Center. April 2018.

Invited Presentations

1. **Almashat, S.** State Workers' Compensation and the BTMed Program: Some Considerations, BTMed Team Meeting, Asheville, NC, collaborative, 2023.
2. **Almashat, S.** and Chen, A. BTMed Provider Outreach: Update and Strategies, BTMed Team Meeting, Asheville, NC, collaborative, 2023.
3. **Almashat, S.** Lung Cancer Screening within the Former Worker Program's Building Trades National Medical Screening Program (BTMed), Uniformed Services University of the Health Sciences, Occupational Medicine Residency Journal Club, educational, 2023.
4. **Almashat, S.** Lung Cancer Screening within the Former Worker Program's Building Trades National Medical Screening Program (BTMed), BTMed Team Meeting, Phoenix, AZ, educational, 2023.
5. **Almashat, S.** Lung Cancer Screening within the Former Worker Program's Building Trades National Medical Screening Program (BTMed), Energy Facility Contractors Group (EFCOG) Occupational Medicine Task Group, Oakridge, TN, educational, 2022.
6. **Almashat, S.** Child Labor on American Farms, National Press Club, Washington, DC, educational/advocacy, 2012. ([link](#))
7. **Almashat, S.** The American Medical Association Masterfile, American Medical Student Association, Washington, DC Metro Area, educational/advocacy, 2012.

Proffered Communications

1. **Almashat S,** Carome M. Testimony Regarding the Safety of Linear Gadolinium-based Contrast Agents, Food and Drug Administration Medical Imaging Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2017. ([link](#))
2. **Almashat S,** Wolfe S. Testimony Regarding Liraglutide (Victoza) for Cardiovascular Risk Reduction, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2017. ([link](#))
3. **Almashat S.** Testimony Regarding Beryllium, Occupational Safety and Health Administration, Informal Public Hearing on Proposed Rule "Occupational Exposure to Beryllium and Beryllium Compounds," Washington, DC Metro Area, educational/advocacy, 2016. ([link](#))
4. **Almashat S.** Testimony Regarding the Black Box Warning on the Smoking Cessation Drug Varenicline (Chantix), Food and Drug Administration Psychopharmacologic Drugs Advisory Committee and Drug Safety and Risk Management Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2016. ([link](#))

5. **Almashat S**, Giraldo-Jimenez Y, Carome M, Wolfe S. Testimony Regarding Evolocumab, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2015. ([link](#))
6. **Almashat S**, Carome M, Wolfe S. Testimony Regarding Fluticasone Furoate/Vilanterol (Breo Ellipta) for Asthma, Food and Drug Administration Pulmonary-Allergy Drugs Advisory Committee and Drug Safety and Risk Management Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2015. ([link](#))
7. **Almashat S**, Barbehenn B, Carome M. Testimony Regarding Liraglutide for Weight Loss, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2014. ([link](#))
8. **Almashat S**. Testimony on the Proposed Classification of the Membrane Lung for Long-Term Pulmonary Support [ECMO], Food and Drug Administration Circulatory System Devices Panel, Washington, DC Metro Area, educational/advocacy, 2014. ([link](#))
9. **Almashat S**, Carome M, Wolfe S. Testimony Regarding the Drug Serelaxin, Food and Drug Administration Cardiovascular and Renal Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2014. ([link](#))
10. Wolfe S, **Almashat S**. Testimony on Dapagliflozin for Treatment of Type 2 Diabetes Mellitus, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
11. **Almashat S**, Wolfe S, Carome M. Testimony on Tasimelteon for the Treatment of Blind Persons with Non-24 Hour Sleep Disorder, Food and Drug Administration Peripheral and Central Nervous Systems Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
12. **Almashat S**. Testimony on the Proposed Reclassification of the Membrane Lung for Long-term Pulmonary Support [ECMO], Food and Drug Administration Circulatory System Devices Panel, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
13. **Almashat S**. Testimony on Umeclidinium/Vilanterol (Anoro Ellipta) for the Long-Term Treatment of Patients with COPD, Food and Drug Administration Pulmonary and Allergy Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
14. **Almashat S**, Barbehenn B, Carome M, Wolfe S. Testimony on Suvorexant, Food and Drug Administration Peripheral and Central Nervous Systems Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
15. **Almashat S**, Carome M, Wolfe S. Testimony on Fluticasone/Vilanterol Combination Therapy, Food and Drug Administration Pulmonary-Allergy Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
16. Carome M, **Almashat S**, Wolfe S. Testimony on Paroxetine for Menopausal Symptoms, Food and Drug Administration Reproductive Health Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2013. ([link](#))
17. Wolfe S, **Almashat S**, Carome M, Barbehenn B. Testimony on Mipomersen, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2012. ([link](#))
18. Wolfe S, **Almashat S**. Testimony on Qnexa, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2012. ([link](#))

19. **Almashat S, Wolfe S.** Testimony Regarding the Benefits and Risks of Long-Term Bisphosphonate Use for the Treatment and Prevention of Osteoporosis, Food and Drug Administration Reproductive Health Drugs Advisory Committee and the Drug Safety and Risk Management Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2011. ([link](#))
20. **Almashat S, Wolfe S.** Testimony on Bupropion and Naltrexone (Contrave) Safety, Food and Drug Administration Endocrinologic and Metabolic Drugs Advisory Committee, Washington, DC Metro Area, educational/advocacy, 2010. ([link](#))