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Education and Training

Education

1979 B.S., Nutrition and Dietetics, Texas Christian University

1995 M.D., Medical College of Ohio, Toledo, Ohio

Post Graduate Education and Training

1995-1998 Categorical Internal Medicine Resident

University of Maryland Medical Center

1998-2000 Diabetes, Endocrinology, and Nutrition Fellow

University of Maryland Medical Center

Certifications

1979 Commission on Dietetic Registration

1994 Basic Life Support

1995-2009 Advanced Cardiac Life Support

1997 Diplomate, National Board of Medical Examiners

1998 Diplomate, American Board of Internal Medicine
(recertified in 2008)

2000 Diplomate, Endocrinology, Diabetes and Metabolism
(recertified in 2010)

Biosketch

Dr. Steinle's long standing interest has been in nutrition, diabetes and obesity, and understanding the pathophysiology underlying these conditions and developing effective preventive and treatment strategies.

Dr. Steinle is an experienced endocrinologist and nutrition expert. As interim Chief of the Endocrine and Diabetes Section of the Baltimore Veterans Administration Medical Center (BVAMC), she leads a team of clinicians providing 2,000 diabetes and endocrine patient care visits annually. She leads a clinical diabetes prevention program at the BVAMC, which was one of 3 centers selected nationally to implement the clinical program and to collect data to evaluate the translational process and clinical outcomes. Her other research interests include exploring genetic contribution to chronic disease including hypertension, obesity, diabetes and eating behavior; as well as translating basic science into practices that will optimize patient care and prevention of chronic disease. She was the first to publish a linkage analysis of eating behavior, and to provide evidence that these traits are heritable. Her collaborative studies have demonstrated a link between genetic variation in *T2R* genes and glucose homeostasis, and thyroid function, as well as to the eating behavior trait disinhibition in the Old Order Amish.

She is very involved in medical student training at UMB and nationally. She is a member of the American Society of Nutrition's Nutrition in Professional School committee. She serves as clinical co course director of UMB's Cell and Molecular Biology course for first year medical students. She is course master of a required 2 week clinical nutrition block for Family and Community Medicine residents as well as a one month nutrition elective for medical students. Most relevant to this project, she serves as PI for the SPORT program,

and is responsible for the program in terms of content, structure and organization, including recruitment and student selection, mentor recruitment, as well as program evaluation.

Research/Clinical Keywords

Nutrition, diabetes and obesity

Highlighted Publications

1. Steinle N and Shuldiner A. The Old Order Amish, a unique model to study ageing. *Journal of the British Menopause Society* 2000; 6 (4); 127.
2. Steinle N, Hsueh W-C, Snitker S, Mitchell BD, Pollin T, Sakul H, St.Jean PL, Bell CJ, Shuldiner AR. Genetics of eating behavior in the Amish: A Genome Wide Scan and Heritability Study. *Am J Clin Nutr* 2002;75:1098-1106.
3. Pollin T, Hsueh W-C, Steinle N, Snitker S, Shuldiner A, Mitchell B. A genome-wide scan of lipid levels in the Old Order Amish. *Atherosclerosis* 2004; 173: 89-96.
4. Steinle N, Kazlauskaitė R, Imumorin I, Hsueh W-C, Pollin T, O'Connell J, Mitchell B, Shuldiner A. Variation in the Lamin A/C (LMNA) Gene: Associations with metabolic syndrome. *Arterioscler Thromb Vasc Biol*; 2004;24(9):1708-13. Epub 2004 Jun 17.
5. Steinle N, Pollin T, O'Connell J, Mitchell B, Shuldiner A. Variants in the ghrelin gene are associated with metabolic syndrome in the Old Order Amish. *J Clin Endocrinol Metab*. 2005;90(12):6672-7. Epub 2005 Oct 4.
6. Patrick F McArdle, Sue Rutherford, Braxton D Mitchell, Coleen M Damcott, Ying Wang, Vasan Ramachandran, Sandra Ott, Yen-Pei C Chang, Daniel Levy and Nanette Steinle. Nicotinic acetylcholine receptor subunit variants are associated with blood pressure; findings in the Old Order Amish and replication in the Framingham Heart Study. *BMC Medical Genetics* 2008, 9:67 (14 Jul 2008)
7. Cedrick D. Dotson, Lan Zhang, Hong Xu, Yu-Kyong Shin, Stephan Vigues, Sandra H. Ott, Amanda E. T. Elson, Hyun Jin Choi, Hillary Shaw, Josephine M. Egan, Braxton D. Mitchell, Xiaodong Li, Nanette I. Steinle and Steven D. Munger. Bitter taste receptors influence glucose homeostasis. *PlosOne* December 2008 Vol 3 Issue 12.
8. Ying Wang, Patrick F. McArdle, James B. Wade, Sarah E. Dorff, Sanjiv Sha, Xiaolian Shi, Evadnie Rampersaud, Arohan R. Subramanya, Haiqing Shen, James D. Kim, Nanette I. Steinle, Carole C. Ober, Paul A. Welling, Aravinda Chakravarti, Alan B. Weder, Richard R. Cooper, Braxton D. Mitchell, Alan R. Shuldiner, and Yen-Pei C. Chang. Whole-genome association study in the Old Order Amish identifies STK39 as a hypertension susceptibility gene. *Proc Natl Acad Sci U S A*. 2009 Jan 6;106(1):226-31. Epub 2008 Dec 29.
9. Cedrick D. Dotson, Hillary L. Shaw, Braxton D. Mitchell, Steven D. Munger, Nanette I. Steinle. Variation in the gene TAS2R38 is associated with the eating behavior disinhibition in Old Order Amish women. *Appetite*. 2010 Feb;54(1):93-9.

10. Cedrick D. Dotson, Stephan Vignes, Nanette I. Steinle, Steven D. Munger. T1R and T2R receptors: The modulation of incretin hormones and potential targets for the treatment of type 2 diabetes mellitus. *Current Opinion in Investigational Drugs* 2010 11(4):447-454.
11. E Grimm and N Steinle. Genetics of Eating Behavior: Established and Emerging Concepts. *Nutrition Reviews*. *Nutr Rev*. 2011 Jan;69(1):52-60.
12. Charlene C. Quinn, Renee Royak-Schaler, Dan Lender, Nanette Steinle, Shahinaz Gadalla, Min Zhan. Patient understanding of Diabetes Self Management. *Journal of Diabetes Science and Technology*. May 2011, Volume 5, Issue 3: pages 723-730.
13. Fox, ER, Young JH et al. Association of genetic variation with systolic and diastolic blood pressure among African Americans: the Candidate Gene Association Resource study. *Hum Mol Genet*. 2011 Jun 1;20(11):2273-84.
14. The International Consortium of Blood Pressure investigators. Genetic Variants in Novel Pathways Influence Blood Pressure and Cardiovascular Disease Risk. *Nature*. 2011 Sep 11;478(7367):103-9
15. Montasser ME, Douglas JA, Roy-Gagnon M-H, Van Hout CV, Weir MR, Vogel R, Parsa A, Steinle NI, Snitker S, Brereton HN, Chang YP, Shuldiner AR, Mitchell BD. Determinants of blood pressure response to low salt intake in a healthy adult population. *J Clin Hyperten* 2011;13(11):795-800.
16. Patricia Sareh, MD; Mariaileen Sourwine, MD; Charmaine D. Rochester, PharmD; and Nanette I. Steinle, MD. Vitamin D and Calcium: Implications for healthy ageing. *Clinical Geriatrics* 2011 19(12): 29-34.
17. Nicoleta Ionica, Mariaileen Sourwine, Charmaine D. Rochester, Nanette I. Steinle. Vitamin B12: Common Considerations in Maintaining Optimal Health in the Geriatric Patient. *Clinical Geriatrics*. 2012 20(1): 22-27.
18. Kristen Hood Watson, Sruti Chandrasekran, Nanette I. Steinle. Popular Diets: Which Weight Loss Diet is best for Geriatric Patients? *Clinical Geriatrics*. 2012 20(2):25-31.
19. Ellen Loreck, Roja Chimakurthi, Nanette Steinle. Nutritional Assessment of the Geriatric Patient: A comprehensive approach toward evaluating and managing nutritional health. *Clinical Geriatrics*. 2012 20(4): 20-26.
20. Christian Lachner, Nanette Steinle, and William Regenold. The Neuropsychiatry of Vitamin B12 Deficiency in the Elderly. *Journal of Neuropsychiatry and Clinical Neurosciences* 2012 Dec 1;24(1):5-15.
21. Margaret L Zupancic, Brandi L Cantarel, Zhenqiu Liu, Elliott F Drabek, Kathleen A Ryan, Shana Cirimotich, Cheron Jones, Rob Knight, William A Walters, Daniel Knights, Emmanuel F Mongodin, Richard B Horenstein, Braxton D Mitchell, Nanette Steinle, Soren Snitker, Alan R Shuldiner, Claire M Fraser. Analysis of the gut microbiota in the Old Order Amish and its relation to the metabolic syndrome. *PLoS One*. 2012;7(8):e43052.
22. Shawn Dotson, Jennifer Babich, Nanette Steinle. Genetic Predisposition and Taste Preference: Impact on Food Intake and Risk of Chronic Disease. *Curr Nutr Rep* 2012,

1:175–183. DOI 10.1007/s13668-012-0021-3.

23. Richard B. Horenstein, Braxton D Mitchell, Wendy S. Post, D Leutjohann, K vonBergmann, Kathleen A Ryan, Michael Terrin, Alan R Shuldiner, and Nanette I Steinle. The ABCG8 G574R variant, serum plant sterol levels, and cardiovascular disease risk in the Old Order Amish. *ATVB*. 2013 Feb;33(2):413-9.

24. Marie-Therese Gast, Anke Tönjes, Maria Keller, Annette Horstmann, Nanette Steinle, Markus Scholz, Ines Müller, Arno Villringer, Michael Stumvoll, Peter Kovacs, Yvonne Böttcher. The Role of rs2237781 in eating behavior. *Brain and Behavior*. 2013 Sept; 3(5): 495-601.

25. Christian Lachner, Clinton Martin, Deby John, Sreenath Nekkallapu, Amritpal Sasan, Nanette Steinle, William T. Regenold. Older adult psychiatric inpatients with non-cognitive disorders should be screened for vitamin B12 deficiency. *The Journal of Nutrition, Health and Aging*. Published online Sept 2013 pp 1-4. DOI 10.1007/s12603-013-0378-z.

26. Guoyun Bai, Nga Hong Brereton, Kathy Ryan, Michael Shapiro and Nanette Steinle. An NMR metabolomic study in the Old Order Amish to study increased dietary salt associated with elevation of organic osmolytes detected in urine. *Current Metabolomics*, 2014 Volume 2, pp 70-75.

27. Reed RM, Reed AW, McArdle PF, Miller M, Pollin TI, Shuldiner AR, Steinle NI, Mitchell BD. Vitamin and Supplement Use among Old Order Amish: Sex-Specific Prevalence and Associations with Use. *J Acad Nutr Diet*. 2014 Oct 11. pii: S2212-2672(14)01353-7. doi: 10.1016/j.jand.2014.08.020.

28. Adam Clark, Cedrick Dotson, Amanda Elson, Anja Voigt, Ulrich Boehm, Wolfgang Myerhoff, Nanette Steinle, Steven Munger. TAS2R Bitter Taste Receptors Regulate Thyroid Function. *FASEB Journal* 2014 Oct 23. pii: fj.14-262246.

29. Implementation and evaluation of the VA DPP clinical demonstration: protocol for a multi-site non-randomized hybrid effectiveness-implementation type III trial. Damschroder LJ, Moin T, Datta SK, Reardon CM, Steinle N, Weinreb J, Billington CJ, Maciejewski ML, Yancy WS Jr, Hughes M, Makki F, Richardson CR. *Implement Sci*. 2015 May 12;10(1):68. doi: 10.1186/s13012-015-0250-0.

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31. D'Adamo CR, D'Urso A, Ryan KA, Yerges-Armstrong LM, Semba RD, Steinle NI, Mitchell BD, Shuldiner AR, McArdle PF. A Common Variant in the SETD7 Gene Predicts Serum Lycopene Concentrations. *Nutrients*. 2016 Feb 6;8(2). pii: E82. doi: 10.3390/nu8020082.

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