

Amy M. Goss, Ph.D., R.D.

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Education

- 2009-2012 **Ph.D. in Nutrition Sciences** University of Alabama at Birmingham
Dissertation title: *Fat Distribution and Metabolic Health: The effects of macronutrient manipulation of fat distribution, body composition, and glucose metabolism.*
(Mentor: Barbara A. Gower, PhD)
- 2007-2009 **M.S. in Clinical Nutrition** University of Alabama at Birmingham
Thesis title: *Healthy aging and the endocrine environment: the association between the endocrine environment and body composition in postmenopausal women*
(Mentor: Barbara A. Gower, PhD)
- 2006-2007 **Dietetic Internship** University of Alabama at Birmingham
- 2001-2005 **B.S. in Dietetics** University of Georgia
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Positions

- 2014-present **Postdoctoral Scholar**, Nutrition Obesity Research Center, Department of Nutrition Sciences, University of Alabama at Birmingham
- 2014-present **Adjunct Instructor**, Department of Human Nutrition, University of Alabama
- 2012-present **Postdoctoral Fellow**, Department of Nutrition Sciences, University of Alabama at Birmingham
- 2008-2012 **Research Assistant**, Department of Nutrition Sciences, University of Alabama at Birmingham
- 2007-2008 **Research Trainee**, General Clinical Research Unit, University of Alabama at Birmingham
- 2006 **Teaching Assistant**, Department of Family and Consumer Sciences, University of Georgia
- 2006 **Research Assistant**, Department of Family and Consumer Sciences, University of Georgia

Other Training

- 2010 **Medical Image Analysis**, Columbia University/ St. Luke's Hospital,
New York, NY
Training experience: Received training in techniques to analyze whole body MRI and CT images using SliceOmatic (4.2 Rev-4) software designed to semi-automatically segment whole body axial MRI/CT grey level images into various compartments in order to obtain tissue volume/area.
- 2013 **Application of Low CHO Diets in Obesity Medicine**, Duke University,
Duke Lifestyle Medicine Clinic, *Durham, NC*
Training experience: Received practical experience in prescribing a very low carbohydrate dietary approach to individuals with various metabolic disease states such as obesity, type 1 and 2 diabetes, and metabolic syndrome.
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Academic and Professional Honors

- 2015 UAB Postdoctoral Research Day Award
- 2013 Junior Investigator Award, *Metabolism: Clinical and Experimental Journal*
- 2013 Eliezer S. Award for Best Diabetes Research Abstract
- 2013 Presidential Poster Award, Endocrine Society Annual Meeting
- 2013 UAB Postdoctoral Research Day Award
- 2012 UAB School of Health Professions Charles Brooks Award for Creativity
- 2007 Dietetic Internship Scholarship recipient
- 2007-2008 Nutrition Graduate Traineeship, Pittman General Clinical Research Center
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Memberships in professional societies

The Obesity Society
The Endocrine Society
American Society for Nutrition

Grants

Co-Investigator

Principal Investigator: Kevin Fontaine, University of Alabama at Birmingham
University of Alabama, Comprehensive Cancer Center

Title: *Targeted Disruption to Cancer Metabolism and Growth through Dietary Macronutrient Modification*

Period: 2014-2015, Contributed effort.

Amount: \$40,000

Co-Investigator

Principal Investigator: Kevin Fontaine, University of Alabama at Birmingham
American Egg Board, Egg Nutrition Council

Title: *An egg-rich diet improves metabolic health and physical function in obese, older adults*

Period: 2014-2016, Contributed effort.

Amount awarded: \$165,000

Co-Investigator

Principal Investigator: Barbara Gower, University of Alabama at Birmingham
American Institute for Cancer Research

Title: *Targeted disruption of cancer cell metabolism and growth through modification of diet quality*

Period: 2014-2016, Contributed effort.

Amount awarded: \$150,000

Peer-reviewed Publications

Goss AM, Darnell BE, Brown MA, Oster RA, Gower BA. Longitudinal Associations of the Endocrine Environment on Fat Partitioning in Postmenopausal Women. *Obesity* 2012 May;20(5):939-44.

Goss, AM, Gower BA. Insulin sensitivity is associated with thigh adipose tissue distribution in healthy postmenopausal women. *Metabolism: Clinical and Experimental*, 2012 Dec; 61(12):1817-23.

Goss AM, Chandler-Laney P, Goree LT, Ellis A, Casazza K, Gower BA. Effects of diet macronutrient composition on body composition and fat distribution during weight maintenance and weight loss. *Obesity*, doi: 10.1002/oby.20191.

Gower BA, Chandler-Laney PC, Ovalle F, Goree LL, Azziz R, Desmond RA, Granger WM, **Goss AM**, Bates GW. Favorable metabolic effects of a eucaloric lower-carbohydrate diet in women with PCOS. *Clin Endocrinol (Oxf)*. 2013 Feb 27, PMID:23444983.

Goss AM, Chandler-Laney PC, Ovalle F, Goree LL, Azziz R, Desmond RA,, Bates GW, Gower BA. Effects of a eucaloric reduced carbohydrate diet on body composition and fat distribution in women with PCOS. *Metabolism. Clinical and Experimental* 2014 Jul 18. doi: 0.1016/j.metabol.2014.07.007

Gower BA, **Goss AM**. A lower-carbohydrate, higher-fat diet reduces abdominal and intermuscular fat and increases insulin sensitivity in adults at risk of type 2 diabetes. *J Nutr*. 2015 Jan;145(1):177S-83S. doi: 10.3945/jn.114.195065. PMID: 25424512

Ard J, Brown CJ, Bryan D, Buys DR, Dulin Keita A, Flagg LA, **Goss AM**, Gower BA, Haas M, Hovater M, Hunter G, Locher JL. Calorie Restriction in Overweight SeniorS: Response of Older Adults to a Dieting Study: The CROSSROADS Randomized Controlled Clinical Trial. *J Nutr Gerontol Geriatr*. 2014;33(4):376-400. doi: 10.1080/21551197.2014.965993. PMID: 25424512

Goss AM, Goree LL, Azrad M, Ard J, Gower BA, Reduced sex hormone-binding globulin following a high fat weight maintenance diet is associated with change in fasting and post-challenge glycemia in overweight men and women. (*under review*)

Goss AM, Resuehr HS, Chandler-Laney P, Hunter G, Shelton R, Gower BA. The relationships between depression, visceral fat, markers of inflammation before and after weight loss. (*under review*)

Morrison S, **Goss AM**, Gower BA. Determinants of Insulin Sensitivity in Premenopausal Women With and Without Polycystic Ovary Syndrome. (*under review*)

Ellis A, **Goss AM**, Hunter G, Gower BA. Oral supplementation with beta-hydroxy-beta-methylbutyrate, arginine, and glutamine improves lean body mass in healthy, older adults. (*under review*)

Carter S, Plaisance EP, **Goss AM**, , Fisher G, Gower BA, Hunter GR. Racial Differences in Sex-hormones and Hemoglobin in Pre-Menopausal Women Following Weight Loss. (*under review*)

Goss AM, Ard J, Locher J, Wingo B, Dulin-Keita A, Gower B. Differences in fat distribution, inflammation and insulin resistance among lean mass phenotypes in obese, aging adults. (*In preparation*)

Goss AM, Ard J, Locher L, Wingo B, Shelton R, Gower B. Leptin is independently associated with depressive symptoms in older adults with obesity. (*In preparation*)

Other Publications

Goss AM. Benefits of a reduced carbohydrate diet in PCOS. American Egg Board. *Nutrition Close-Up*, Spring 2014

Oral Presentations

Goss AM, Ard J, Locher J, Wingo B, Dulin-Keita A, Gower B. Differences in fat distribution, inflammation and insulin resistance among lean mass phenotypes in obese, aging adults. *The Obesity Society Annual Conference 2014*

Invited speaker: Low Carbohydrate Diet for Diabetes Treatment: Not Just a Fad: A look at scientific evidence and results from the UAB EatRight Low Carb Clinic, *Alabama Dietetic Association Annual Meeting. March 2014*

Goss AM, Gower BA. A lower carbohydrate diet facilitates loss of adipose tissue in African-Americans. *UAB Diabetes Day, 2013.*

Invited speaker: Fat Distribution and Metabolic Health: Effects of Macronutrient Manipulation on Fat Distribution, Weight Loss, and Glucose Metabolism. *National Association of Bionutritionists, December 2012*

Goss AM, Goree LL, Ellis AC, Chandler-Laney PC, Casazza K, Lockhart ME, Gower BA. Effects of diet macronutrient composition on visceral adiposity during weight maintenance. *Experimental Biology Annual Conference, 2012.*

Abstracts

Goss AM, Ard J, Locher L, Wingo B, Shelton R, Gower B. Leptin is independently associated with depressive symptoms in older adults with obesity. *The Annual Endocrine Society Meeting, 2014.*

Goss AM, Chandler-Laney PC, Gower BA. Elevated glucagon following habitual consumption of a reduced carbohydrate diet may reduce perceived hunger in women with PCOS. *Advances and Controversies in Clinical Nutrition, American Society for Nutrition Conference, 2014*

Resuehr HS, **Goss AM**, Chandler-Laney P, Hunter G, Shelton R, Gower BA. The relationships between depression, visceral fat, markers of inflammation before and after weight loss. *The Annual Endocrine Society Meeting, 2014.*

Goss AM, Chandler-Laney PC, Ovalle F, Goree LL, Azziz R, Desmond RA, Granger WM, Bates GW, Gower BA. Effects of a eucaloric reduced carbohydrate diet on body composition and fat distribution in women with PCOS. *The Annual Endocrine Society Meeting, 2013.*

Gower BA, Chandler-Laney PC, Ovalle F, Goree LL, Azziz R, Desmond RA, Granger WM, **Goss AM**, Bates GW. Favorable metabolic effects of a eucaloric lower-carbohydrate diet in women with PCOS. *The Annual Endocrine Society Meeting, 2013.*

Resuehr H, **Goss AM**, Hunter G, Gower BA. Changes in osteocalcin and insulin sensitivity with weight loss through diet and exercise. *The Annual Endocrine Society Meeting, 2013*

Gower BA, **Goss AM**. A lower carbohydrate diet facilitates loss of adipose tissue in African-Americans. *Reducing Health Disparities in Type 2 Diabetes Mellitus Summit, 2013.*

Goss AM, Goree LL, Ellis AC, Chandler-Laney PC, Casazza K, Lockhart ME, Gower BA.

Effects of diet macronutrient composition on visceral adiposity during weight maintenance. *Experimental Biology Annual Conference, 2012.*

Goss AM, Gower BA. Circulating estrogen and physical activity are associated with thigh adipose tissue distribution in healthy postmenopausal women. *Endocr Rev 2011 32: P3-430*

Goss AM, Munoz J, Oster RA, Gower BA. Associations of estrogens and androgens with fat partitioning and muscle characteristics in postmenopausal women. *The Annual Endocrine Society Meeting, 2010.*

Bush NC, Alvarez JA, **Goss AM**, Hunter GR, Gower, BA. Adiponectin independently predicts change in insulin sensitivity over 1 yr and has ethnic-specific associations with leg fat. *The Annual Endocrine Society Meeting, 2009.*

Alvarez JA, Bush NC, **Goss AM**, Choquette SS, Hunter GR, Gower BA. Dietary vitamin D and calcium are differentially associated with insulin sensitivity among African American and European American premenopausal women. *The Annual Endocrine Society Meeting, 2009.*

Service

2014-present	Ad Hoc Reviewer , European Journal of Nutrition Journal of Clinical Endocrinology and Metabolism PLoS ONE
2012-2013	Member , UAB Dietetic Internship Advisory Board
2013-present	Member , Jr. Board for UAB National Alumni Society
2014	Invited speaker , <i>Good Food for All</i> series at First United Methodist Church Birmingham, AL

Teaching Experience

2014	Instructor , <i>Nutritional Biochemistry</i> , Department of Human Nutrition, University of Alabama
2008	Teaching Assistant , <i>Consumer Nutrition</i> , Department of Family and Consumer Sciences, University of Georgia
