

## Charles Faselis

Professor of Medicine (Hospital Medicine)

### Bio

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#### ACADEMIC APPOINTMENTS

- Professor - University Medical Line, Medicine

### Publications

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#### PUBLICATIONS

- **Target-Dose Versus Below-Target-Dose ACE Inhibitors and Lower Risk of Kidney Failure in U.S. Veterans with HFrEF.** *European journal of heart failure*  
Ahmed, A. A., Lu, F., Zhang, S., Raman, V. K., Patel, S. S., Morgan, C. J., Faselis, C., Lam, P. H., Fonarow, G. C., Heidenreich, P. A., Ahmad, T., Anker, S. D., Metra, et al  
2026
- **Serum Magnesium and Outcomes in U.S. Veterans with Heart Failure.** *The American journal of medicine*  
Yin, Y., Morgan, C. J., Costello, R. B., Fonarow, G. C., Cheng, Y., Tekle, S., Faselis, C., Lam, P. H., Sheriff, H. M., Rosanoff, A., Anker, S. D., Raman, V. K., Moore, et al  
2026
- **Long-term changes in cardiorespiratory fitness and incidence of Alzheimer's disease and related dementias among US Veterans.** *Alzheimer's & dementia (New York, N. Y.)*  
Kokkinos, P., Cheng, Y., Zamrini, E., Faselis, C., Sui, X., Morgan, C. J., Sheriff, H. M., Myers, J., Franklin, B., Alderman, B., Zeng-Treitler, Q.  
2025; 11 (4): e70171
- **Oral magnesium and outcomes in US veterans with heart failure.** *European heart journal*  
Yin, Y., Costello, R. B., Fonarow, G. C., Heidenreich, P. A., Morgan, C. J., Faselis, C., Cheng, Y., Zullo, A. R., Liu, S., Lam, P. H., Rosanoff, A., Vargas, J. D., Gottlieb, et al  
2025
- **Explaining subgroup findings using spline regression: Risk of kidney failure in patients with heart failure and normal kidney function receiving RAS inhibitors.** *The American journal of medicine*  
Patel, S. S., Heidenreich, P. A., Morgan, C. J., Faselis, C., Zhang, S., Wu, W. C., Lam, P. H., Palant, C. E., Zeng-Treitler, Q., Fonarow, G. C., Ahmed, A.  
2025
- **Diabetes Incidence According to Statin Intensity Regimen, Body Mass Index, and Cardiorespiratory Fitness.** *Mayo Clinic proceedings*  
Kokkinos, P., Faselis, C., Pittaras, A., Samuel, I. B., Cadenas-Sánchez, C., Nylen, E., Lavie, C., Barry, F., Malin, S. K., Murphy, R., Myers, J.  
2025
- **Cardiorespiratory Fitness and Colorectal Cancer Incidence in US Veterans: A Cohort Study.** *Mayo Clinic proceedings*  
Ali, A., Howard, D. E., Samuel, I. B., Murphy, R., Pittaras, A., Campbell, S., Becker, O. M., Mrkoci, N., Myers, J., Lavie, C., Ladas, A., Faselis, C., Kokkinos, et al  
2025
- **Translation of clinical practice to research: the VETS and ETHOS epidemiologic prospective cohorts.** *Frontiers in cardiovascular medicine*  
Myers, J., Kokkinos, P., Samuel, I. B., Faselis, C., Fletcher, R., Froelicher, V.  
2025; 12: 1577931

- **Higher Risk of Kidney Failure Associated with Angiotensin Receptor Blockers Versus ACE Inhibitors in Patients with Heart Failure.** *The American journal of medicine*  
Moore, H. J., Wu, W. C., Heidenreich, P. A., Rossignol, P., Patel, S. S., Lu, F., Lam, P. H., Ahmed, A. A., Faselis, C., Butler, J., Palant, C. E., Pitt, B., Weir, et al  
2025
- **Renin Angiotensin Inhibition and Lower Risk of Kidney Failure in Patients with Heart Failure: Subtitle: RAS inhibition and kidney failure in heart failure.** *The American journal of medicine*  
Patel, S. S., Raman, V. K., Zhang, S., Sheriff, H. M., Fonarow, G. C., Heidenreich, P. A., Faselis, C., Lam, P. H., Morgan, C. J., Moore, H., Atkins, D., Cheng, Y., Shao, et al  
2025
- **Cardiorespiratory Fitness and Mortality in Patients With Chronic Kidney Disease: A Prospective Cohort Study.** *Mayo Clinic proceedings*  
Sui, X., Kokkinos, P., Faselis, C., Samuel, I. B., Pittaras, A., Gollie, J., Patel, S., Lavie, C. J., Zhang, J., Myers, J.  
2025
- **Outcomes of KDIGO-Defined CKD in U.S. Veterans With HFpEF, HFmrEF, and HFrEF.** *JACC. Heart failure*  
Patel, S., Raman, V. K., Faselis, C., Fonarow, G. C., Lam, P. H., Ahmed, A. A., Heidenreich, P. A., Anker, S. D., Deedwania, P., Morgan, C. J., Zhang, S., Moore, H., Rangaswami, et al  
2025
- **RASI'S IN RECOMMENDED HIGHER TARGET DOSES MAY LOWER RISK OF DEATH AND KIDNEY FAILURE IN OCTOGENARIANS WITH HFREF**  
Ahmed, A., Heidenreich, P., Aronow, W., Allman, R., Faselis, C., Sin, M., Lam, P., Fonarow, G.  
OXFORD UNIV PRESS.2024: 1369
- **Lower Risk of Death and Kidney Failure Associated with Higher Target (vs. Below-Target) Doses of RAS Inhibitors in Octogenarians with HFREF.** *The American journal of medicine*  
Sin, M. K., Allman, R. M., Faselis, C., Aronow, W. S., Brown, C. J., Lam, P. H., Wu, W. C., Zeng-Treitler, Q., Patel, S. S., Raman, V. K., Zhang, S., Sheriff, H. M., Morgan, et al  
2024
- **Impact of Cardiorespiratory Fitness on COVID-19-Related Outcomes: The Exercise Testing and Health Outcomes Study (ETHOS)** *MAYO CLINIC PROCEEDINGS*  
Myers, J., Kokkinos, P., Cadenas-Sanchez, C., Liappis, A., Lavie, C. J., Goraya, N. K., Weintrob, A., Pittaras, A., Ladas, A., Heimall, M., Faselis, C.  
2024; 99 (11): 1744-1755
- **Digoxin Discontinuation in Patients with HFREF on Beta-Blockers: Implication for Future "Knock-Out Trials" in Heart Failure.** *The American journal of medicine*  
Lam, P. H., Liu, K., Ahmed, A. A., Butler, J., Heidenreich, P. A., Anker, M. S., Faselis, C., Deedwania, P., Aronow, W. S., Kanonidis, I., Masson, R., Gill, G. S., Morgan, et al  
2024
- **Stroke Incidence in Patients With Hypertension According to Cardiorespiratory Fitness.** *Hypertension (Dallas, Tex. : 1979)*  
Kokkinos, P., Faselis, C., Pittaras, A., Samuel, I. B., Lavie, C. J., Ross, R., LaMonte, M., Franklin, B. A., Grassos, C., Zaprini, E., Murphy, R., Myers, J.  
2024
- **The Association between Cardiorespiratory Fitness and the Risk of Breast Cancer in Women** *MEDICINE & SCIENCE IN SPORTS & EXERCISE*  
Katsaroli, I., Sidossis, L., Katsagoni, C., Sui, X., Cadenas-sanchez, C., Myers, J., Faselis, C., Murphy, R., Samuel, I., Kokkinos, P.  
2024; 56 (6): 1134-1139
- **Identification and outcomes of KDIGO-defined chronic kidney disease in 1.4 million U.S. Veterans with heart failure.** *European journal of heart failure*  
Patel, S. S., Raman, V. K., Zhang, S., Deedwania, P., Zeng-Treitler, Q., Wu, W. C., Lam, P. H., Bakris, G., Moore, H., Heidenreich, P. A., Rangaswami, J., Morgan, C. J., Cheng, et al  
2024
- **CHRONIC KIDNEY DISEASE INCIDENCE AND CARDIORESPIRATORY FITNESS ASSOCIATION IN HYPERTENSIVE PATIENTS**  
Kokkinos, P., Pittaras, A., Faselis, C., Samuel, I., Patel, S., Doumas, M., Gollie, J., Grassos, H., Myers, J.

LIPPINCOTT WILLIAMS & WILKINS.2024

- **Cardiorespiratory Fitness and Risk of Heart Failure with Preserved Ejection Fraction.** *European journal of heart failure*  
Kokkinos, P., Faselis, C., Pittaras, A., Samuel, I. B., Lavie, C. J., Vargas, J. D., Lamonte, M., Franklin, B., Assimes, T. L., Murphy, R., Zhang, J., Sui, X., Myers, et al  
2023
- **Progression to Insulin Therapy in Patients With Type 2 Diabetes According to Cardiorespiratory Fitness, Body Mass Index, and Statin Therapy.** *Mayo Clinic proceedings*  
Kokkinos, P., Nylen, E., Faselis, C., Pittaras, A., Samuel, I. B., Lavie, C., Doumas, M., Heimall, M. S., Murphy, R., Myers, J.  
2023
- **COVID-19 AND MORTALITY IN HYPERTENSIVE PATIENTS ACCORDING TO CARDIORESPIRATORY FITNESS**  
Faselis, C., Doumas, M., Pittaras, A., Samuel, I., Gorsuch, B., Ladas, A., Lavie, C., Myers, J., Kokkinos, P.  
LIPPINCOTT WILLIAMS & WILKINS.2023: E32
- **Changes in Cardiorespiratory Fitness and Survival in Patients With or Without Cardiovascular Disease.** *Journal of the American College of Cardiology*  
Kokkinos, P., Faselis, C., Samuel, I. B., Lavie, C. J., Zhang, J., Vargas, J. D., Pittaras, A., Doumas, M., Karasik, P., Moore, H., Heimal, M., Myers, J.  
2023; 81 (12): 1137-1147
- **Cardiorespiratory Fitness and Mortality Risk Across the Spectra of Age, Race, and Sex.** *Journal of the American College of Cardiology*  
Kokkinos, P., Faselis, C., Samuel, I. B., Pittaras, A., Doumas, M., Murphy, R., Heimall, M. S., Sui, X., Zhang, J., Myers, J.  
2022; 80 (6): 598-609
- **Cardiorespiratory Fitness And Mortality Risk Among Individuals With Sleep Apnea**  
Spaeth, A. M., Samuel, I., Sidossis, L., Faselis, C., Myers, J., Kokkinos, P.  
LIPPINCOTT WILLIAMS & WILKINS.2021: 201
- **Exercise blood pressure, cardiorespiratory fitness and mortality risk.** *Progress in cardiovascular diseases*  
Kokkinos, P., Faselis, C., Sidossis, L., Zhang, J., Samuel, I. B., Ahmed, A., Karasik, P., Pittaras, A., Doumas, M., Grassos, C., Rosenberg, S., Myers, J.  
2021; 67: 11-17
- **Cardiorespiratory fitness, body mass index and heart failure incidence** *EUROPEAN JOURNAL OF HEART FAILURE*  
Kokkinos, P., Faselis, C., Franklin, B., Lavie, C. J., Sidossis, L., Moore, H., Karasik, P., Myers, J.  
2019; 21 (4): 436-444
- **Cardiorespiratory Fitness and Health Outcomes: A Call to Standardize Fitness Categories** *MAYO CLINIC PROCEEDINGS*  
Kokkinos, P., Myers, J., Franklin, B., Narayan, P., Lavie, C. J., Faselis, C.  
2018; 93 (3): 333-336
- **Impact of Cardiorespiratory Fitness on Mortality in Black Male Veterans With Resistant Systemic Hypertension** *AMERICAN JOURNAL OF CARDIOLOGY*  
Narayan, P., Doumas, M., Kumar, A., Faselis, C. J., Myers, J. N., Pittaras, A., Kokkinos, P. F.  
2017; 120 (9): 1568-71
- **Cardiorespiratory Fitness and Incidence of Type 2 Diabetes in United States Veterans on Statin Therapy** *AMERICAN JOURNAL OF MEDICINE*  
Kokkinos, P., Faselis, C., Narayan, P., Myers, J., Nylen, E., Sui, X., Zhang, J., Lavie, C. J.  
2017; 130 (10): 1192-1198
- **Cardiorespiratory Fitness and Reclassification of Risk for Incidence of Heart Failure The Veterans Exercise Testing Study** *CIRCULATION-HEART FAILURE*  
Myers, J., Kokkinos, P., Chan, K., Dandekar, E., Yilmaz, B., Nagare, A., Faselis, C., Soofi, M.  
2017; 10 (6)
- **Cardiorespiratory Fitness and Incidence of Major Adverse Cardiovascular Events in US Veterans: A Cohort Study** *MAYO CLINIC PROCEEDINGS*  
Kokkinos, P. F., Faselis, C., Myers, J., Narayan, P., Sui, X., Zhang, J., Lavie, C. J., Moore, H., Karasik, P., Fletcher, R.  
2017; 92 (1): 39-48

- **Exercise Capacity and Atrial Fibrillation Risk in Veterans: A Cohort Study** *MAYO CLINIC PROCEEDINGS*  
Faselis, C., Kokkinos, P., Tsimploulis, A., Pittaras, A., Myers, J., Lavie, C. J., Kyritsi, F., Lovic, D., Karasik, P., Moore, H.  
2016; 91 (5): 558-566
- **Exercise Capacity and Risk of Chronic Kidney Disease in US Veterans: A Cohort Study** *MAYO CLINIC PROCEEDINGS*  
Kokkinos, P., Faselis, C., Myers, J., Sui, X., Zhang, J., Tsimploulis, A., Chawla, L., Palant, C.  
2015; 90 (4): 461-468
- **Age-Specific Exercise Capacity Threshold for Mortality Risk Assessment in Male Veterans** *CIRCULATION*  
Kokkinos, P., Faselis, C., Myers, J., Sui, X., Zhang, J., Blair, S. N.  
2014; 130 (8): 653-658
- **Exercise Capacity and All-Cause Mortality in Male Veterans With Hypertension Aged  $\geq 70$  Years** *HYPERTENSION*  
Faselis, C., Doumas, M., Pittaras, A., Narayan, P., Myers, J., Tsimploulis, A., Kokkinos, P.  
2014; 64 (1): 30-35
- **Cardiorespiratory Fitness and the Paradoxical BMI-Mortality Risk Association in Male Veterans** *MAYO CLINIC PROCEEDINGS*  
Kokkinos, P., Faselis, C., Myers, J., Pittaras, A., Sui, X., Zhang, J., McAuley, P., Kokkinos, J.  
2014; 89 (6): 754-762
- **Statin Therapy, Fitness, and Mortality Risk in Middle-Aged Hypertensive Male Veterans** *AMERICAN JOURNAL OF HYPERTENSION*  
Kokkinos, P., Faselis, C., Myers, J., Kokkinos, J., Doumas, M., Pittaras, A., Kheirbek, R., Manolis, A., Panagiotakos, D., Papademetriou, V., Fletcher, R.  
2014; 27 (3): 422-430
- **Heart Rate at Rest, Exercise Capacity, and Mortality Risk in Veterans** *AMERICAN JOURNAL OF CARDIOLOGY*  
Pittaras, A. M., Faselis, C., Doumas, M., Myers, J., Kheirbek, R., Kokkinos, J., Tsimploulis, A., Aiken, M., Kokkinos, P.  
2013; 112 (10): 1605-1609
- **Statins Modulate the Mortality Risk Associated With Obesity and Cardiorespiratory Fitness in Diabetics** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*  
Nylen, E. S., Faselis, C., Kheirbek, R., Myers, J., Panagiotakos, D., Kokkinos, P.  
2013; 98 (8): 3394-3401
- **Statin and exercise prescription reply** *LANCET*  
Kokkinos, P., Faselis, C., Myers, J., Panagiotakos, D., Doumas, M.  
2013; 381 (9878): 1622-1623
- **Interactive effects of fitness and statin treatment on mortality risk in veterans with dyslipidaemia: a cohort study** *LANCET*  
Kokkinos, P. F., Faselis, C., Myers, J., Panagiotakos, D., Doumas, M.  
2013; 381 (9864): 394-399
- **BMI-Mortality Paradox and Fitness in African American and Caucasian Men With Type 2 Diabetes** *DIABETES CARE*  
Kokkinos, P., Myers, J., Faselis, C., Doumas, M., Kheirbek, R., Nylen, E.  
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- **Heart rate recovery, exercise capacity, and mortality risk in male veterans** *EUROPEAN JOURNAL OF PREVENTIVE CARDIOLOGY*  
Kokkinos, P., Myers, J., Doumas, M., Faselis, C., Pittaras, A., Manolis, A., Kokkinos, J., Narayan, P., Papademetriou, V., Fletcher, R.  
2012; 19 (2): 177-184
- **Prognostic Effect of Exercise Capacity on Mortality in Older Adults with Diabetes Mellitus** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*  
Nylen, E. S., Kokkinos, P., Myers, J., Faselis, C.  
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- **Exercise Capacity and Mortality in Older Men A 20-Year Follow-Up Study** *CIRCULATION*  
Kokkinos, P., Myers, J., Faselis, C., Panagiotakos, D. B., Doumas, M., Pittaras, A., Manolis, A., Kokkinos, J., Karasik, P., Greenberg, M., Papademetriou, V., Fletcher, R.  
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- **Exercise Capacity and All-Cause Mortality in Prehypertensive Men** *AMERICAN JOURNAL OF HYPERTENSION*  
Kokkinos, P., Myers, J., Doulmas, M., Faselis, C., Manolis, A., Pittaras, A., Kokkinos, J. P., Singh, S., Fletcher, R. D.  
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- **Exercise Capacity and All-Cause Mortality in African American and Caucasian Men With Type 2 Diabetes** *DIABETES CARE*  
Kokkinos, P., Myers, J., Nysten, E., Panagiotakos, D. B., Manolis, A., Pittaras, A., Blackman, M. R., Jacob-Issac, R., Faselis, C., Abella, J., Singh, S.  
2009; 32 (4): 623-628
- **Exercise Capacity and Mortality in Hypertensive Men With and Without Additional Risk Factors** *HYPERTENSION*  
Kokkinos, P., Manolis, A., Pittaras, A., Doulmas, M., Giannelou, A., Panagiotakos, D. B., Faselis, C., Narayan, P., Singh, S., Myers, J.  
2009; 53 (3): 494-499
- **A graded association of exercise capacity and all-cause mortality in males with high-normal blood pressure** *BLOOD PRESSURE*  
Kokkinos, P., Doulmas, M., Myers, J., Faselis, C., Manolis, A., Pittaras, A., Kokkinos, J., Papademetriou, V., Singh, S., Fletcher, R. D.  
2009; 18 (5): 261-267