



Charles J. Faselis

Professor of Medicine (Hospital Medicine)

CONTACT INFORMATION

- **Alternate Contact**

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Bio

ACADEMIC APPOINTMENTS

- Professor - University Medical Line, Medicine

ADMINISTRATIVE APPOINTMENTS

- Senior Associate Dean for Veterans Affairs, Stanford School of Medicine, (2026- present)
- Chief of Staff, VA Palo Alto Health Care System, (2025- present)

HONORS AND AWARDS

- Secretary of Veterans Affairs Recognition Award for COVID-19 Response, U.S. Department of Veterans Affairs (VA) (2021)
- Top Doctor, Washington, DC area, Washingtonian Magazine (2016, 2005, 2002)
- Sol Katz Teaching Award, American College of Physicians, District of Columbia, Chapter (2013)
- Fellow of the American College of Physicians, American College of Physicians (2012)
- Secretary of Veterans Affairs HERO Award, U.S. Department of Veterans Affairs (VA) (2006)
- Selected by Graduating Medical Students as Graduation Hooder, George Washington University School of Medicine and Health Sciences (2005, 2004, 2003, 2002, 2001)
- Alpha Omega Alpha Honor Medical Society (AOA), Alpha Omega Alpha Honor Medical Society, George Washington University Chapter (2003)
- Golden Apple Teaching Award, George Washington University School of Medicine and Health Sciences (2003)
- Attending Teacher of the Year Award, Department of Medicine, George Washington University (1999, 1998)
- Osler Award, Attending Teacher of the Year, Department of Medicine, Firm C, Cook County Hospital (1997)
- Senior Resident of the Year Award, Department of Medicine, Cook County Hospital (1996)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, Awards Committee, American College of Physicians, District of Columbia, Chapter (2024 - present)

PROFESSIONAL EDUCATION

- Internal Medicine Residency, Department of Medicine, Cook County Hospital , Internal Medicine (1996)

- MD, National and Kapodistrian University of Athens , Medicine (1990)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My scholarly interests focus on the use of large clinical and administrative datasets to better understand factors associated with health outcomes and healthcare delivery. Much of my team's work has examined the relationship between cardiorespiratory fitness and long-term health, including studies of mortality, cardiovascular disease, heart failure, atrial fibrillation, dementia, cancer, and other chronic conditions. This work has sought to better characterize the role of fitness as a potentially modifiable factor across diverse patient populations.

A second area of interest is healthcare access and utilization. Recent studies have examined patterns of appointment attendance, cancellations, and missed visits, with the goal of understanding how healthcare engagement influences outcomes and identifying opportunities to improve access to care. Related work has explored variation in healthcare utilization, hospitalizations, and other measures of healthcare delivery within large Veteran populations.

More recently, my collaborators and I have been applying artificial intelligence and machine learning methods to questions relevant to clinical care and health systems. Current projects include the development of predictive models to identify patients at risk for missed appointments, and efforts to better understand factors associated with chronic disease, aging, and multimorbidity. Ongoing work is also exploring the use of electronic health record data to identify patients at increased risk for adverse outcomes and to support more individualized approaches to care.

An additional area of ongoing research examines the care of Veterans with traumatic brain injury (TBI). Current studies are evaluating patterns of central nervous system stimulant use among Veterans with TBI, including factors associated with both prevalent and incident use over time. This work seeks to better understand treatment patterns and outcomes in this population and to inform future studies of effectiveness and safety.

My research has been conducted largely within the Veterans Health Administration and has focused on questions that may have practical implications for patient care, population health, and healthcare operations. I have a particular interest in interdisciplinary collaborations that bring together clinical medicine, epidemiology, health services research, and data science to address challenges relevant to Veterans and the broader healthcare system.

Publications

PUBLICATIONS

- **The Art of Estimating Cardiorespiratory Fitness.** *Mayo Clinic proceedings*
Kokkinos, P., Myers, J., Zhang, J., Arena, R., Harber, M., Kaminsky, L., Franklin, B., Faselis, C., Pittaras, A., Lavie, C.
2026
- **Characteristics and Outcomes of Over One Million Veterans with Heart Failure Phenotyped Using Artificial Intelligence Approaches: The National DCVA-HF Registry.** *Journal of cardiac failure*
Zhang, S., Raman, V. K., Shao, Y., Patel, S., Cheng, Y., Workman, T. E., Sheriff, H. M., Fonarow, G. C., Lam, P. H., Heidenreich, P. A., Morgan, C. J., Moore, H. J., Vargas, et al
2026
- **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., Doulas, 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., Doulas, 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 ≥ 70 Years** *HYPERTENSION*
Faselis, C., Doulas, 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., Doulas, 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., Doulas, 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.
2012; 35 (5): 1021-1027
- **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.
2010; 58 (10): 1850-1854
- **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.
2010; 122 (8): 790-797
- **Exercise Capacity and All-Cause Mortality in Prehypertensive Men** *AMERICAN JOURNAL OF HYPERTENSION*
Kokkinos, P., Myers, J., Doumas, M., Faselis, C., Manolis, A., Pittaras, A., Kokkinos, J. P., Singh, S., Fletcher, R. D.
2009; 22 (7): 735-741
- **Exercise Capacity and All-Cause Mortality in African American and Caucasian Men With Type 2 Diabetes** *DIABETES CARE*
Kokkinos, P., Myers, J., Nylen, 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., Doumas, 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., Doumas, M., Myers, J., Faselis, C., Manolis, A., Pittaras, A., Kokkinos, J., Papademetriou, V., Singh, S., Fletcher, R. D.
2009; 18 (5): 261-267