

# HEATHER S. OLIFF, Ph.D.

## Curriculum Vitae

### Personal Data

Company: Science Consulting Group, LLC  
E-mail: holiff@scicongroup.com  
Phone: (714) 505-3431

### Education

1999-2005 Core Curriculum Certification, American Medical Writers Association  
1992-1995 Ph.D., Pharmacology and Toxicology, Emphasis in Neuroscience  
Dept. of Pharmacology, University of California, Irvine, CA (UCI)  
1991-1992 M.S. Student, Department of Pharmacology,  
Hahnemann University, Philadelphia, PA (HU)  
1987-1991 B.S., Department of Biological Sciences,  
University of Southern California, Los Angeles, CA (USC)

### Professional Experience

6/18-Pres. Freelance Writer, Endo Pharmaceuticals, Malvern, PA  
6/18-10/19 Freelance Regulatory Writer, Aerie Pharmaceuticals, Irvine, CA  
6/18-9/19 Freelance Writer, Glaukos Corp, San Clemente, CA  
7/17-1/19 Freelance Writer, Sommetrics, Vista, CA  
5/17-Pres. Freelance Writer, Presbia, Irvine, CA  
4/17-Pres. Freelance Regulatory Writer, Johnson & Johnson Vision, SA, CA  
1/17-Pres. Writer, ProUnlimited, Boca Raton, FL  
8/16-Pres. Freelance Regulatory Writer, Kite Pharma, Santa Monica, CA  
1/16-1/19 Freelance Writer, Mallinckrodt, Hazelwood, MO  
12/15-12/16 Freelance Writer, MedEdicus LLC, Georgetown, CT  
7/15-12/15 Expert Consultant, Stauber Performance Ingredients, Fullerton, CA  
5/15-12/16 Freelance Regulatory Writer, Integra LifeSciences, Plainsboro, NJ  
8/14-Pres. Freelance Regulatory Writer, Alphatec Spine, Carlsbad, CA  
7/14-10/14 Expert Consultant, RealDose Nutrition, Cheyenne, WY  
5/14-12/14 Freelance Writer, Vazzello Inc, Chandler, NC  
7/13-4/17 Freelance Regulatory Writer, Abbott Medical Optics, Santa Ana, CA  
4/13-10/13 Freelance Writer, Omeros, Seattle, WA  
1/13-1/15 Freelance Writer, Medical Communication Consultants, Cincinnati, OH  
9/12-6/13 Freelance Writer, Linnea SA, Switzerland  
4/12-2/13 Expert Consultant, Mintz Levin, New York, NY  
4/12-4/13 Expert Panelist, CamAm Resources, Montpelier, VT  
5/11-2/13 Freelance Writer, Heidelberg Engineering, Heidelberg, Germany  
3/11-1/15 Freelance Regulatory Writer, Covidien/Mallinckrodt, Hazelwood, MO  
3/10-11/10 Freelance Writer, ISTA Pharmaceuticals, Irvine, CA  
1/10-12/12 Freelance Writer, Teva Neuroscience, Kansas City, MO  
6/09-10/15 Freelance Writer, BioComm Network, Laguna Beach, CA  
6/09-11/15 Freelance Writer, Renaissance Associates, Newport Beach, CA

5/09-9/13 Freelance Writer, Medicus Research, Northridge, CA  
 5/09-12/10 Freelance Writer, Children's Hospital of Orange County (CHOC), CA  
 10/08-7/09 Freelance Writer, Cenomed Biosciences, Irvine, CA  
 8/08-6/09 Freelance Writer, Boston Scientific, Valencia, CA  
 5/08-10/08 Freelance Writer, Ilmar International, NY, NY  
 5/08-10/08 Freelance Writer, Schwarz Biosciences, Raleigh, NC  
 11/07-5/09 Freelance Writer, Beta-Business Advantage, Kanata, Ontario, Canada  
 9/07-6/11 Freelance Regulatory Writer, Trius Therapeutics, San Diego, CA  
 6/07-12/07 Freelance Writer, Natural Products Research Consultants, Seattle, WA  
 5/07-Pres. Freelance Writer, Alcon Laboratories, Fort Worth, TX  
 7/06-9/11 Freelance Writer, Pharmavite, Northridge, CA  
 7/06-11/08 Freelance Writer, Eli Lilly & Co., Indianapolis, IN  
 4/06-4/09 Freelance Writer, AlphaMedica, Tarrytown, NY  
 2/06-10/06 Freelance Writer, The JL Company, NY, NY  
 2/06-8/06 Freelance CME Writer, Medsite, NY, NY  
 11/05-4/07 Freelance Regulatory Writer, GlaxoSmithKline, Phila, PA  
 10/05-1/19 Freelance Writer, Bausch & Lomb, Rochester, NY and Irvine, CA  
 8/05-12/05 Freelance Writer, Herbs for Health, Topeka, KS  
 2/05-10/05 Freelance Writer, Accel, New York, NY  
 11/04-12/05 Freelance Writer, TWG MarComm, Sherman Oaks, CA  
 8/04-4/09 Freelance Writer, Natrol Inc, Chatsworth, CA  
 8/04-1/08 Freelance Writer, Life Extension Publications, Ft Lauderdale, FL  
 9/03-3/05 Freelance Writer, Medicus LifeBrands, New York, NY  
 5/03-6/05 Freelance Writer, IntraMed East Educational Group, NY  
 3/03-11/05 Freelance Writer/Editor, Sudler & Hennessey, SF, CA  
 8/02-2/09 Freelance Writer, Baxter Pharmaceuticals, Westlake Village, CA  
 7/02-10/02 Feature Article Writer, Life Enhancement Products, Petaluma, CA  
 4/02-12/02 Freelance Writer, Advanced Medical Optics, Irvine, CA  
 8/01-12/03 Freelance Writer, EyeTel Imaging, Centreville, VA  
 5/01-6/05 Contract Writer, Dr. Gregory Carlson/SCIRE, Long Beach, CA  
 1/01-9/01 Feature Article Writer, www.suninternethealth.com  
 1/01-4/01 Content Writer, www.nbc.com  
 3/00-4/08 Freelance Writer, Allergan, Inc., Irvine, CA  
 2/00-5/04 Freelance Writer, Pacific Communications, Costa Mesa, CA  
 12/99-12/00 Feature Writer, Healthgate.com  
 8/99-10/99 Content Writer, www.vitamin-facts.com  
 7/99-Pres. Freelance Writer, American Botanical Council, Austin, TX  
 4/99-4/00 Teacher, Braille Institute, Anaheim, CA  
 4/99-6/00 Freelance Writer, Access Business Group (formally Nutrilite), Buena Park, CA  
 3/99-Pres. Director, Science Consulting Group LLC, North Tustin, CA  
 11/98-3/01 Freelance Medical Writer, Leiner Health Products, Carson, CA  
 2/96-12/00 Editing and Proof-Reading, Various Faculty of UCI  
 4/97-6/99 Post-Doctoral Researcher, Department of Pharmacology, UCI  
 11/95-4/97 Post-Doctoral Researcher, Institute for Brain Aging and Dementia, UCI  
 10/94-1/95 Contractual Researcher, Acea Pharmaceuticals Inc., Irvine, CA  
 9/94-12/94 Lecturer and Class Co-Coordinator, Department of Pharmacology, UCI  
 8/92-9/95 Graduate Student Researcher, CoCensys Pharmaceuticals & Department of Pharmacology, UCI

8/91-8/92 Graduate Student Researcher, Department of Pharmacology, HU  
9/89-4/91 Research Assistant, Department of Molecular Biology, USC

### **Invited Colloquia and Symposia**

“Freelance Business Basics.” Speaker at the American Medical Writers Association meeting. Costa Mesa, CA. April 2017.

Panelist at University of California, Irvine, Celebration of Graduate Success. Irvine, CA. June 2016.

“Setting up a Freelance Business.” Speaker at the American Medical Writers Association meeting. San Diego, CA. May 2015.

“Claims Crafting for the Dietary Supplement Industry: Do’s & Don’ts.” Speaker at the American Medical Writers Association meeting. Sacramento, CA. October 2012.

“Freelance Forum.” Speaker and moderator at the American Medical Writers Association meeting. Asilomar, CA. April 2009.

“Audience Analysis.” Panelist at the American Medical Writers Association meeting, Carlsbad, CA. March 2009.

“The Ins and Outs of Being a Freelance Writer.” Panelist at the American Medical Writers Association meeting, Irvine, CA. January 2008.

“Client Management” Presented to the American Medical Writers Association, Carlsbad, CA. October 2004.

“Communication Standards for Alternative Medicine.” Presented to the American Medical Writers Association National Meeting, San Diego, CA. October 2002.

“Sensory Awareness” Presented to visually impaired students, Braille Institute. Weekly July 1999 through April 2000.

“Stress and How to Prevent it.” Presented to Veterinarians and Staff, UCI. February 1999.

“Nicotine Sensitization and Opioid Interactions.” Presented to Pharmacology Lab Meeting, UCI. July 1997.

“Alzheimer’s Disease and Successful Aging.” Presented to Laboratory Seminar Series, Dept. of Pharmacology, UCI. April 1997.

“Stroke, Heart Attack and Head Trauma.” Presented to undergraduate class Psychobiology 155, UCI. April 1996.

“Effects of Strain and Vendor on Focal Cerebral Ischemia.” Presented to Neurology Grand Rounds, University of California Irvine Medical Center. January 1996.

“Models, Advances, and Treatment of Cerebral Ischemia.” Presented to Alzheimer’s Disease Research Center. November 1995.

“The Neuroprotective Efficacy of MK-801 in Focal Cerebral Ischemia.” Presented to Department of Pharmacology, UCI. February 1995.

“Infarct Volume Varies With Rat Strain and Vendor in Focal Cerebral Ischemia Induced by Transcranial Middle Cerebral Artery Occlusion.” Presented to Department of Pharmacology, UCI. October 1994.

“How to Write a Manuscript.” Presented to the Undergraduate Research Symposium, UCI. June 1994.

“The Role of Strain/Vendor Differences on the Outcome of Focal Ischemia Induced by Intraluminal Middle Cerebral Artery Occlusion in the Rat.” Presented to Department of Pharmacology, UCI. May 1994.

“N-(3-Chloropropyl)-4-Piperidinyl Diphenylacetate and its Quaternary Transformation Products of Have Differential Affinity for Subtypes of the Muscarinic Receptor.”  
Presented to Department of Pharmacology, UCI. March 1993.

### **Affiliations**

Society for Neuroscience  
American Medical Writers Association (Local Area Networking Coordinator, Engage Committee, Larson memorial award chairperson, national conference symposium chairperson, proctor, session leader Pacific Southwest Asilomar conference, session speaker Pacific Southwest regional conference.)

### **Bibliography**

#### **Invited Articles**

**Oliff HS.** (2017) *Food Toxicology* book review. *HerbalGram*. 116: 73-74.

**Oliff HS.** (2015) The role of a medical writer as an expert witness. *Postscripts*. February/March; 5(32):27-28.

**Oliff HS.** (2002) Communication standards for alternative medicine. *American Medical Writers Association Journal*. 17(4): 31.

**Oliff HS, Gallardo KA.** (1999) The effect of nicotine on developing brain catecholamine systems. *Frontiers in Biosci*. 4:d883-897.

#### **Published Monographs**

**Oliff HS.** (2018) Monograph for Pycnogenol® December 2017 Update. American Botanical Council. [www.herbalgram.org](http://www.herbalgram.org).

**Oliff HS, Barrett M.** (2010) Scientific and clinical monograph for Pycnogenol®. American Botanical Council. [www.herbalgram.org](http://www.herbalgram.org).

**Oliff HS, Blumenthal M.** (2009) Scientific and clinical monograph for Sinupret®. American Botanical Council. [www.herbalgram.org](http://www.herbalgram.org).

#### **Peer Reviewed Journal Publications**

Berdy G, **Oliff HS.** (2010) Clinical safety and efficacy of bepotastine besilate ophthalmic solution to treat allergic conjunctivitis. *Expert Review Ophthalmol*. 5(5):595-602.

Carruthers JA, Carruthers DDA, Poirier J, **Oliff HS**, Mordaunt J, Scheriber WE. (2010) Safety of lidocaine 15% and prilocaine 5% topical ointment used as local anaesthesia for intense pulsed light treatment. *Derm Surg*. 36(7):1130-1137.

Tohen M, Vieta E, Goodwin GM, Sun B, Amsterdam JD, Banov M, Shekhar A, Aaronson ST, Bardenstein L, Grecu IG, Tochilov V, Prelipceanu D, **Oliff HS**, Kryzhanovskaya

- L, Bowden C. (2008) Olanzapine versus divalproex versus placebo in the treatment of mild to moderate mania: A randomized, 12-week, double-blind study. *J Clin Psychiatry*. 69(11):1776-1789.
- Tohen M, Bowden CL, Smulevich AB, Bergstrom R, Quinlan T, Osuntokun O, Wang WV, **Oloff HS**, Matenyi F, Kryzhanovskaya LA, Waldemar G. (2008) Olanzapine plus carbamazepine v. carbamazepine alone in treating manic episodes. *Br J Psychiatry*. 192:135-143.
- Carlson GD, **Oloff HS**, Emery S, Riew D, Hillbrand A, Bohlman H. Cerebral spinal fluid leaks: complications of anterior cervical decompression. *Submitted*
- Carlson GD, **Oloff HS**, Anderson P, Emery S, Yoo J, Hughes SS, Bohlman H. Neurological injuries associated with post-operative lumbar epidural hematoma. *Submitted*
- Belluzzi JD, Lee AG, **Oloff HS**, Leslie FM. (2004) Age-dependent effects of nicotine on locomotor activity and conditioned place preference in rats. *Psychopharmacology*. 174(3):389-95.
- Carlson GD, **Oloff HS**, Gorden C, Smith J, Anderson PA. (2003) Cerebral spinal fluid pressure: effects of body position and lumbar subarachnoid drainage in a canine model. *Spine*. 28(2):119-22.
- Carlson GD, Gorden C, **Oloff HS**, Pillai JJ, LaManna JC. (2003) Sustained spinal cord displacement I. Time dependent effect on long-term pathophysiology. *J Bone Joint Surg*. 85-A(1):86-94.
- Oloff HS**, Casas-Silva E, Leslie FM. Effect of acute and chronic nicotine administration on opioid peptide and c-fos mRNA in the striatum. *Submitted*
- Berchtold NC, **Oloff HS**, Isackson P, Cotman CW. (1999) Brain-derived neurotrophic factor (BDNF) shows a circadian pattern of expression in the hippocampal formation. *Molec Brain Res*. 71:11-22.
- Oloff HS**, Berchtold NC, Isackson P, Cotman CW. (1998) Exercise-induced regulation of BDNF transcripts in the rat hippocampus. *Molec Brain Res*. 61:147-153.
- Oloff HS**, Coyle P, Weber E. (1997) Rat strain and vendor differences in collateral anastomoses. *J Cereb Bld Flow Metab*, 17(5):571-576.
- Oloff HS**, Marek P, Miyazaki B, Weber E. (1996) The neuroprotective efficacy of MK-801 in focal cerebral ischemia varies with rat strain and vendor. *Brain Res*. 731:208-212.
- Ehlert FJ, **Oloff HS**, Griffin MT. (1996) The quaternary transformation products of N-(3-chloropropyl)-4-piperidinyl diphenylacetate and 4-DAMP mustard have differential affinity for subtypes of the muscarinic receptor. *J Pharm Exper Therap*. 276:405-410.

**Oliff HS**, Weber E, Miyazaki B, Marek P. (1995) Infarct volume varies with rat strain and vendor in focal cerebral ischemia induced by transcranial middle cerebral artery occlusion. *Brain Res.* 699(2):329-331.

**Oliff HS**, Weber E, Eilon G, Marek P. (1995) The role of strain/vendor differences on the outcome of focal cerebral ischemia induced by intraluminal middle cerebral artery occlusion in the rat. *Brain Res.* 675:20-26.

### **Published Abstracts**

Tohen M, Goodwin G, Amsterdam J, Aaronson ST, Sun B, Bowden C, Banov M, Shekhar A, Tochilov V, Bardenstein L, Grecu IG, Prelipceanu D, **Oliff HS**, Kryzhanovskaya L, Vieta E. (2007) Olanzapine vs divalproex and placebo for treatment of mild to moderate bipolar mania: effect of valproate plasma concentrations. *American College of Neuropsychopharmacology*. Dec 9-13, Boca Raton, FL.

Tohen M, Vieta E, Amsterdam J, Aaronson ST, Sun B, Bowden C, Banov M, Shekhar A, **Oliff HS**, Kryzhanovskaya L, Goodwin G. (2007) Olanzapine versus divalproex and placebo for the treatment of mild to moderate mania associated with bipolar I disorder. *European College of Neuropsychopharmacology*. Oct 13-17, Vienna, Austria.

Loughlin SE, Cheng M, **Oliff HS**, Leslie FM. (2003) Nicotine induced cFos mRNA activation in adolescent brain. *Society for Research on Nicotine and Tobacco*. Feb 19-22, New Orleans, LA

Leslie FM, Lee A, **Oliff HS**, Belluzzi J. (2003) Single trial conditioned reinforcement and locomotor sensitization in adolescent rats. *Society for Research on Nicotine and Tobacco*. Feb 19-22, New Orleans, LA.

**Oliff HS**, Khaja R, Ghuman KK, Leslie FM. (1999) Nicotine induces drug-seeking behavior and c-fos activation in specific brain areas in juvenile rats. *Society for Neuroscience* 25(2)746.22.

**Oliff HS**, Leslie FM. (1998). Lack of effect of acute and chronic nicotine administration on opioid peptide mRNA expression in the rat striatum. *Society for Neuroscience*, 24(1)133.

**Oliff HS**, Leslie FM. (1998). Effect of acute nicotine administration on opioid peptide mRNA expression in the striatum. *NY Acad. Sci.*

Berchtold NC, **Oliff HS**, Isackson P, Cotman CW. (1997). Brain-derived neurotrophic factor (BDNF) shows a circadian pattern of expression in the hippocampal formation. *Society for Neuroscience*, 23(1)27.2.

**Oliff HS**, Berchtold NC, Isackson P, Cotman CW. (1997). BDNF exons are differentially regulated by exercise in the rat. *Society for Neuroscience*, 23(1)27.3.

Berchtold NC, **Oliff HS**, Deng GM, Gomez-Pinilla F, Cotman CW. (1996). Upregulation of brain-derived neurotrophic factor (BDNF) in the hippocampus and caudal cortex with physical activity. *Society for Neuroscience*, 22 (1)124.1.

**Oliff HS**, Weber E. (1995) Rat strain/vendor differences in dorsal cerebral arterial collaterals may not effect the outcome of focal cerebral ischemia. *Society for Neuroscience*, 21(1):93.8.

**Oliff HS**, Weber E, Eilon G, Marek P. (1994) The role of genetic differences on the outcome of focal ischemia induced by intraluminal middle cerebral artery occlusion. *Society for Neuroscience*, 20(1) 257.20.

**Oliff HS**, Marek P, Eilon G, Weber E. (1994) The role of genetic differences on the outcome of focal ischemia induced by intraluminal middle cerebral artery occlusion. *The FASEB Journal*, 8(4) 3794.

**Oliff H**, Petruska J. (1991) Morphologies obtained by chemical precipitations in gels of biopolymers. *Gordon Research Conference*.

### **Writing Acknowledgement in the Following Articles/Posters/Book Chapters**

Peimer CA, Hurley D, Latch T, et al. Incidence of Tendon Rupture After Collagenase Clostridium Histolyticum Injection for Treatment of Dupuytren Contracture in Adults: A Postmarketing Safety Analysis. Presented at: The American Association for Hand Surgery 2020 Annual Meeting; January 8-11, 2020; Ft Lauderdale, Florida.

Fabi SG, Kaufman J, Joseph JH et al. Collagenase Clostridium Histolyticum (CCH) for the Treatment of Cellulite (Edematous Fibrosclerotic Panniculopathy): Two Randomized, Double-Blind, Placebo-Controlled Phase 3 Studies. Presented at: American Society for Dermatologic Surgery Annual Meeting; October 24-7, 2019; Chicago, IL.

Zah V, Tatovic S, Vukicevic D, et al. US Healthcare Costs and Resource Use for Privately Insured Patients with Dupuytren Contracture Treated with Collagenase Clostridium Histolyticum Versus Fasciectomy. Presented at: The 74th Annual Meeting of the American Society for Surgery of the Hand; September 5-7, 2019; Las Vegas, NV.

Divino V, DeKoven, Hurley D. Return to Function in Adults with Dupuytren Contracture Treated with Collagenase Clostridium Histolyticum Versus Fasciectomy. Presented at: The 74th Annual Meeting of the American Society for Surgery of the Hand; September 5-7, 2019; Las Vegas, Nevada

Fechtner R, Vold SD, Voskanyan L, et al. Five-year outcomes of patients newly diagnosed with open-angle glaucoma and treated with two trabecular micro-bypass stents compared to prostaglandins: a randomized controlled trial. *Clin Ophthalmol*. 2019; *In Press*.

- Whitman J, Endl M. Victus: femtosecond lasers for corneal surgery. In: *Femtosecond Lasers in Cornea and Lens Surgery*, edited by Dr. George O. Waring, IV and Dr. Karolinne Maia Rocha. 2018.
- Chu RY, Heckman J. Overview of femtosecond lasers for lens surgery- Victus. In: *Femtosecond Lasers in Cornea and Lens Surgery*, edited by Dr. George O. Waring, IV and Dr. Karolinne Maia Rocha. 2018.
- Packer M, Williams JI, Feinerman G, et al. Prospective multicenter clinical trial to evaluate the safety and effectiveness of a new glistening-free one-piece acrylic toric intraocular lens. *Clin Ophthalmol*. 2018; 12:1031-1039.
- Matossian C. Clinical outcomes for low-diopter accommodating toric IOL. ASCRS ASOA Symposium & Congress. May 6-10, 2016, New Orleans, LA.
- Pepose JS, Hayashida J, Hovanesian J et al. Safety and effectiveness of a new toric presbyopia-correcting posterior chamber silicone intraocular lens. *J Cataract Refract Surg*. 2015;41(2)295-305.
- Pepose JS, Qazi MA, Chu R, Stahl J. A prospective randomized clinical evaluation of 3 presbyopia-correcting intraocular lenses after cataract extraction. *Am J Ophthalmol*. 2014; 158(3):436-446.
- Fox E, Green B, Markowitz C, Murray R, Goodman AD, Glenski SJ, Loupe P, Cogburn JN. The effect of scheduled antibody testing on treatment patterns in interferon-treated patients with multiple sclerosis. *BMC Neurology*. 2014;14:73.
- Goldfischer E, Kim E, Seftel A, Baygani S, Burns P. Efficacy of tadalafil once daily for the treatment of erectile dysfunction: the influence of testosterone levels. Sexual Medicine Society of North America; New Orleans, LA; November 21-24, 2013.
- Ang RET, Martinez GHA, Cruz EM, Tiongson AA, Dela Cruz AG. Prospective evaluation of visual outcomes with three presbyopia-correcting intraocular lenses following cataract surgery. *Clin Ophthalmol*. 2013; 7:1811-1823.
- McCabe CF, McCabe SE. Comparative efficacy of bepotastine besilate 1.5% ophthalmic solution versus olopatadine hydrochloride 0.2% ophthalmic solution evaluated by patient preference. *Clin Ophthalmol*. 2012; 6:173-1738.
- Dugel PU, Zhou J, Abulon DJ, Buboltz DC. Tissue attraction associated with 20-gauge, 23-gauge, and enhanced 25-gauge dual-pneumatic vitrectomy probes. *Retina*. 2012; 32(9):1761-1766.
- Weikert MP, Wang L, Barrish J, Dimalanta R, Koch DD. Quantitative measurement of wound architecture in microincision cataract surgery. *J Cataract Refract Surg*. 2012; 38(8):1460-1466.
- Lichtenstein SJ, De Leon L, Heller W, Marshall B, Cupp G, Foster K, McLean C, Levy S, Stroman DW. Topical ophthalmic moxifloxacin elicits minimal or no selection of



fluoroquinolone resistance among bacteria isolated from the skin, nose, and throat. *J Pediatr Ophthalmol Strabismus*. 2012; 49(2):88-97.

Laing H, Brignole-Baudouin F, Riancho L, Baudouin C. Reduced in vivo ocular surface toxicity with polyquad-preserved travoprost versus benzalkonium-preserved travoprost or latanoprost ophthalmic solutions. *Ophthalmic Res*. 2012;48(2):89-101.

Laing H, Brignole-Baudouin F, Pauly A, Riancho L, Baudouin C. Polyquad-preserved travoprost/timolol, benzalkonium chloride (BAK)-preserved travoprost/timolol, and latanoprost/timolol in fixed combinations: a rabbit ocular surface study. *Adv Ther*. 2011; 28(4):311-325.

Brignole-Baudouin F, Riancho L, Laing H, Baudouin C. Comparative in vitro toxicology study of travoprost polyquad-preserved, travoprost BAK-preserved, and latanoprost BAK-preserved ophthalmic solutions on human conjunctival epithelial cells. *Curr Eye Res*. 2011; 36(11):979-988.

Brignole-Baudouin F, Riancho L, Laing H, Nakib Z, Baudouin C. In vitro comparative toxicology of polyquad-preserved and benzalkonium chloride-preserved travoprost/timolol fixed combination and latanoprost/timolol fixed combination. *J Ocul Pharmacol Ther*. 2011;27(2):273-280.

### **Web Based Magazines**

'Cancer Prevention' at [www.suninternethealth.com](http://www.suninternethealth.com)

'Anti-aging' at [www.suninternethealth.com](http://www.suninternethealth.com)

'Mental Health' at [www.healthgate.com](http://www.healthgate.com)

'Health & Sexuality' at [www.healthgate.com](http://www.healthgate.com)

'Food & Nutrition' at [www.healthgate.com](http://www.healthgate.com)

'Alternative Health' at [www.healthgate.com](http://www.healthgate.com)

'Aging & Health' at [www.healthgate.com](http://www.healthgate.com)

### **Web Site Content**

<http://abc.herbalgram.org>

<https://www.botox.com/>

Miscellaneous commercial web sites

### **Magazines**

**Oliff HS.** Proprietary Ginkgo extract helps alleviate tinnitus and dizziness in patients with dementia. *HerbalGram* 124. 2019, 30-31.

**Oliff HS.** Meta-analysis supports antidepressant activity of saffron. *HerbalGram* 122. 2019, 43.

**Oliff HS.** Systematic review of herbal medicines for depression and anxiety in menopausal women. *HerbalGram* 121. 2019, 42-44.

- Oloff HS.** Apple and pear consumption associated with lower risk of type 2 diabetes, according to meta-analysis. *HerbalGram* 120. 2018, 41-42.
- Oloff HS.** Clinical efficacy of a Chinese herbal combination for mild cognitive impairment. *HerbalGram* 119. 2018, 28-29.
- Oloff HS.** Proprietary spearmint extract improves working memory in subjects with age-associated memory impairment. *HerbalGram* 118. 2018, 36-37.
- Oloff HS.** Traditional chamomile and sesame oil product improves mild-to-moderate carpal tunnel syndrome in short-term use. *HerbalGram* 117. 2018, 38-39.
- Oloff HS.** Meta-analysis of curcuminoids and turmeric extracts for the treatment of knee osteoarthritis. *HerbalGram* 116. 2017, 42-44.
- Oloff HS.** An overview of published systematic reviews on ginkgo extract for mild cognitive impairment and dementia. *HerbalGram*. 116. 2017, 40-41.
- Oloff HS.** Saffron comparable to fluoxetine in the treatment of postpartum depression. *HerbalGram*. 115. 2017, 30.
- Oloff HS.** Nigella supplementation improves overall control and decreases exacerbations in patients with partly controlled asthma. *HerbalGram*. 115. 2017, 31-32.
- Oloff HS.** Standardized cranberry extract reduces urinary tract infections, urinary symptoms, and antibiotic use during radiotherapy for prostate cancer. *HerbalGram*. 115. 2017, 33-34.
- Oloff HS.** Flax seed and chamomile flower infusion relieves dry mouth in elderly patients. *HerbalGram*. 113. 2017, 44-45.
- Oloff HS.** Oral lavender oil reduces anxiety and depression in patients with mixed anxiety and depressive disorder. *HerbalGram*. 112. 2016, 34-36.
- Oloff HS.** Meta-analysis finds curcumin to be an effective adjunct treatment for major depressive disorder. *HerbalGram*. 112. 2016, 38-39.
- Oloff HS.** Tongkat Ali improves cell-mediated immune function in healthy adults. *HerbalGram*. 110. 2016, 42-43.
- Oloff HS.** Lavender aromatherapy improves sleep quality in college students. *HerbalGram*. 110. 2016, 38-39.
- Oloff HS.** Meta-analysis shows benefit of ginkgo extract as adjunct therapy for chronic schizophrenia. *HerbalGram*. 108. 2015, 32-33.
- Oloff HS.** Valerian reduces cognitive dysfunction after coronary bypass surgery. *HerbalGram*. 107. 2015, 34-35.
- Oloff HS.** Tropical lavender cream alleviates anxiety, stress, and depression in pregnant women. *HerbalGram*. 107. 2015, 32-33.

- Oloff HS.** Systematic review of Ashwagandha for the treatment of anxiety. *HerbalGram*. 106. 2015, 41-42.
- Oloff HS.** Valerian and lemon balm combination improves symptoms of ADHD in children. *HerbalGram*. 106. 2015, 36-37.
- Oloff HS.** Tripterygium compared with methotrexate in treatment of rheumatoid arthritis. *HerbalGram*. 105. 2015, 28-29.
- Oloff HS.** Study shows ginger may be effective in preventing antiretroviral-induced nausea and vomiting. *HerbalGram*. 104. 2014, 37.
- Oloff HS.** Cochrane review of safety and efficacy of echinacea preparations shows trend of small preventive effect for common cold symptoms. *HerbalGram*. 104. 2014, 34-36.
- Oloff HS.** Xantrol™ herbal blend reduces body weight compared to placebo. *HerbalGram*. 104. 2014, 32-33.
- Oloff HS.** Remifemin® black cohosh extract reduces the size of uterine fibroids in menopausal women. *HerbalGram*. 104. 2014, 26-27.
- Oloff HS.** Parkinson's disease progression slowed by adjunctive fenugreek extract. *HerbalGram*. 103. 2014, 33.
- Oloff HS.** Saffron extract comparable to fluoxetine in treating mild-to-moderate depression in small trial. *HerbalGram*. 103. 2014, 30-31.
- Oloff HS.** Meta-analysis of the cognitive effects of bacopa. *HerbalGram*. 103. 2014, 24-25.
- Oloff HS.** Ginkgo extract EGb 761® found safe and effective in treating amnesic mild cognitive impairment in exploratory trial. *HerbalGram*. 103. 2014, 28-29.
- Oloff HS.** Skullcap has anxiolytic and mood-enhancing effects in healthy subjects. *HerbalGram*. 102. 2014, 36-37.
- Oloff HS.** Methodological preference in causality assessment of herbal hepatotoxicity. *HerbalGram*. 102. 2014, 38-39.
- Oloff HS.** Evidence of Ginkgo extract efficacy in patients with dementia and as an adjunct for treating patients with chronic schizophrenia. *HerbalGram*. 101. 2014, 32-33.
- Oloff HS.** Meta-analysis of Chinese clinical trials suggests berberine efficacy in lowering blood lipids. *HerbalGram*. 100. 2013, 32.
- Oloff HS.** Anti-anxiety activity of Zembrin® Sceletium extract in humans. *HerbalGram*. 100. 2013, 33-34.
- Oloff HS.** *Pelargonium* extract safe and effective as adjunct in managing chronic obstructive pulmonary disease. *HerbalGram*. 100. 2013, 38-39.

- Oliff HS.** Medicinal dose of water-based kava extract does not impair driving ability. *HerbalGram.* 99. 2013, 30 and 32.
- Oliff HS.** Water-based kava extract for generalized anxiety disorder shows no adverse effects in liver function. *HerbalGram.* 99. 2013, 31 and 33.
- Oliff HS.** Acute dose of bacopa extract improves cognitive performance. *HerbalGram.* 99. 2013, 26-27.
- Oliff HS.** Clinical trial shows aged garlic extract supplementation reduces blood pressure. *HerbalGram.* 98. 2013, 28-29.
- Oliff HS.** Lavender oil aromatherapy reduces falls in elderly nursing home residents in long-term trial. *HerbalGram.* 97. 2013, 27.
- Oliff HS.** Aromatherapy effective treatment for postoperative nausea. *HerbalGram.* 96. 2012, 36.
- Oliff HS.** Systematic review suggests bacopa extracts improve free recall memory. *HerbalGram.* 96. 2012, 34-35.
- Oliff HS.** American ginseng extract improves working memory in schizophrenia patients. *HerbalGram.* 95. 2012, 30-31.
- Oliff HS.** Curcumin studied for prevention of colorectal neoplasia. *HerbalGram.* 94. 2012, 31.
- Oliff HS.** Ginkgo extract improves complex memory function in healthy, middle-aged subjects. *HerbalGram.* 94. 2012, 36-37.
- Oliff HS.** Efficacy and tolerability of ginkgo extract in treatment of Alzheimer's disease and vascular dementia. *HerbalGram.* 94. 2012, 34-35.
- Oliff HS.** Symptoms of benign prostatic hyperplasia unaffected by high doses of saw palmetto ethanolic extract. *HerbalGram.* 93. 2012, 32-33.
- Oliff HS.** Sanchi ginseng root extract for ischemic stroke. *HerbalGram.* 93. 2012, 30.
- Oliff HS.** Lavender oil inhalation prior to surgery-like setting reduces perceptions of stress and pain. *HerbalGram.* 92. 2011, 39.
- Oliff HS.** Effectiveness of a lavender oil preparation in treating anxiety disorder. *HerbalGram.* 91. 2011, 28-29.
- Oliff HS.** Soy isoflavone supplementation improves flow mediated dilation based on a meta-analysis of randomized controlled studies. *HerbalGram.* 89. 2011, 33.
- Oliff HS.** Asian ginseng extract G115 improves aspects of working memory and self-reported calmness. *HerbalGram.* 89. 2011, 32.

- Oloff HS.** Assessment of clinical data on hepatotoxicity associated with kava use. *HerbalGram.* 89. 2011, 30-31.
- Oloff HS.** Ginkgo extract EGb 761 does not affect blood pressure in elderly subjects. *HerbalGram.* 89. 2011, 28.
- Oloff HS.** Andrographis extract shown to provide relief for common cold symptoms. *HerbalGram.* 87. 2010, 28.
- Oloff HS.** Study finds chamomile effective in treatment of generalized anxiety disorder. *HerbalGram.* 86. 2010, 32.
- Oloff HS.** Saffron extract shows promise for Alzheimer's disease in comparative trial. *HerbalGram.* 86. 2010, 30-31.
- Oloff HS.** Herbal combination studied as aid to benzodiazepine withdrawal. *HerbalGram.* 85. 2010, 26-27.
- Oloff HS.** Study finds echinacea/sage throat spray as effective as chlorhexidine/lidocaine for acute sore throat. *HerbalGram.* 85. 2010, 22-23.
- Oloff HS.** Pilot study finds American ginseng helps with cancer-related fatigue. *HerbalGram.* 84. 2009, 26.
- Oloff HS.** Studies assess ginger for treatment of nausea during pregnancy and menstrual pain. *HerbalGram.* 84. 2009, 28-29.
- Oloff HS.** Lemon juice and lemongrass infusion beneficial for treatment of oral thrush in HIV/AIDS patients. *HerbalGram.* 83. 2009, 34.
- Oloff HS.** Herbal formula with butterbur root extract improves psychological outcomes in psychosomatic disorders. *HerbalGram.* 83. 2009, 33.
- Oloff HS.** Pilot study finds low-hyperforin St. John's wort extract does not interact with oral contraceptive. *HerbalGram.* 83. 2009, 32.
- Oloff HS.** Korean red ginseng may aid in erectile dysfunction according to systemic review. *HerbalGram.* 81. 2009, 29.
- Oloff HS.** Ginkgo extract does not prevent dementia or Alzheimer's disease in large 6-year clinical trial—The GEM study. *HerbalGram.* 81. 2009, 26-28.
- Oloff HS.** Bilberry (Mirtoselect) and French maritime pine extract (Pycnogenol) combination may have beneficial effects in glaucoma prevention. *HerbalGram.* 80. 2008, 28.
- Oloff HS.** Small pilot study finds rhodiola extract may be beneficial for general anxiety disorder. *HerbalGram.* 80. 2008, 27.

- Oloff HS.** Study shows ginkgo extract and aspirin use does not impact coagulation indices. *HerbalGram.* 79. 2008, 29.
- Oloff HS.** Coccinia extract safely reduces blood glucose in subjects with mild Type 2 diabetes. *HerbalGram.* 79. 2008, 23.
- Oloff HS.** Combination of black cohosh and St. John's wort improves menopausal symptoms in Korean women. *HerbalGram.* 78. 2008, 32.
- Oloff HS.** Ginkgo extract may improve cognition and decrease stress for computer users. *HerbalGram.* 78. 2008, 31.
- Oloff, HS.** Clinical follow-up evaluates safety and effectiveness of saw palmetto and stinging nettle extracts in men with BPH. *HerbalGram.* 77. 2008, 31.
- Oloff, HS.** Special arnica gel as effective as ibuprofen gel in osteoarthritis of the hands. *HerbalGram.* 76. 2007, 28.
- Oloff HS.** Trial finds no benefit in raw garlic or garlic supplements for hypercholesterolemia. *HerbalGram.* 75. 2007, 27.
- Oloff HS.** Use of valerian-lemon balm extract in children with restlessness and sleep disorders. *HerbalGram.* 74. 2007, 27.
- Blumenthal M, Milot B, **Oloff HS.** Three systematic reviews of echinacea clinical trials suggest efficacy with cold symptoms. *HerbalGram.* 74. 2007, 28-31.
- Oloff HS.** Topical use of lavender, clary sage, and rose oils reduces dysmenorrhea in college students. *HerbalGram.* 74. 2007, 24-25.
- Oloff HS, Blumenthal M.** Korean red ginseng shown safe and possibly useful in treating Type 2 diabetics. *HerbalGram.* 74. 2007, 22-23.
- Oloff HS.** Sleep deprivation tied to high blood pressure. *Life Extension.* Oct, 2006, 24.
- Oloff HS.** Uncontrolled high blood pressure: A little-known failure of conventional medicine. *Life Extension.* August, 2006, 31-36.
- Oloff HS.** Astonishing advances in tissue regeneration. An update on stem cell research. *Life Extension.* March, 2006, 63-68.
- Oloff HS.** The echinacea controversy continues. *Herbs for Health.* February, 2006.
- Oloff HS, Blumenthal M.** Open clinical trial shows potential for butterbur root extract in asthma treatment. *HerbalGram.* 68. 2005, 28.
- Oloff HS, Blumenthal M.** Standardized rose hip powder reduces osteoarthritis symptoms in two clinical trials. *HerbalGram.* 68. 2005, 26-27.

- Oloff HS.** Why lutein and zeaxanthin are becoming so popular. *Life Extension*. September, 2005, 38-45.
- Oloff HS.** Hawthorn, California poppy, and magnesium combination found safe and possibly effective for mild to moderate anxiety. *HerbalGram*. 67. 2005, 24.
- Oloff HS,** Blumenthal M. Herbal combination shows benefit for irritable bowel syndrome. *HerbalGram*. 67. 2005, 27.
- Neustadt J, **Oloff HS,** Blumenthal M. Butterbur extract effective for preventing migraines in adults and children. *HerbalGram*. 67. 2005, 28-30.
- Oloff HS.** Study on valerian/hops combination sheds light on mechanism of action in promoting sleep. *HerbalGram*. 67. 2005, 32.
- Oloff HS.** St. John's wort reduces efficacy of anticancer drug Gleevec. *HerbalGram*. 66. 2005, 31.
- Oloff HS.** Effect of ginkgo extract EGb761 depends on the neuropsychological profile of the treated Alzheimer's patient. *HerbalGram*. 66. 2005, 30.
- Oloff HS,** Blumenthal M. Echinacea purpurea herb preparations ineffective in two trials for preventing and treating colds. *HerbalGram*. 66. 2005, 28-29.
- Oloff HS,** Blumenthal M. Andrographis-eleuthero combination for upper respiratory tract infections in colds and flu. *HerbalGram*. 66. 2005, 26-27.
- Oloff HS.** Cognitive Effects of ginkgo-bacopa combination not confirmed in trial. *HerbalGram*. 66. 2005, 23.
- Oloff HS.** Prostate cancer prevention: An update of the scientific findings. *Life Extension*.
- Oloff HS.** Flower pollen. Powerful protection for prostate health. *Life Extension*. Collector's Edition, 2005, 175-180.
- Oloff HS.** Newly discovered anti-aging effects of Ginkgo biloba. *Life Extension*. April 2005, 78-84.
- Oloff HS.** Special red clover extract lowers LDL cholesterol in men, not women in clinical trial. *HerbalGram*. 65. 2005, 35.
- Oloff HS.** Japanese white sweet potato controls Type 2 diabetes in small trial. *HerbalGram*. 65. 2005, 34.
- Oloff HS.** Low doses of valerian do not reduce chronic insomnia symptoms in short clinical trial. *HerbalGram*. 65. 2005, 32.

- Oloff HS.** Pycnogenol® may reduce dosage of antihypertensive drug, nifedipine. *HerbalGram.* 64. 2004, 26.
- Oloff HS.** More research on St. John's wort and interactions: Effect on immunosuppressive drug, tacrolimus, and no effect on asthma drug, theophylline. *HerbalGram.* 64. 2004, 21-22.
- Oloff HS.** Flower pollen. Powerful protection for prostate health. *Life Extension.* December 2004, 27-32.
- Oloff HS.** Milk thistle does not interfere with pharmacokinetics of indinavir. *HerbalGram.* 63. 2004, 23.
- Oloff HS.** Topical cream from traditional Mexican herb effective for treating athlete's foot. *HerbalGram.* 63. 2004, 22.
- Oloff HS.** Optimum dosage of *Rhodiola rosea* extract for antifatigue effects and improved mental performance. *HerbalGram.* 63. 2004, 20-21.
- Oloff HS.** Ginkgo extract reduces visual field damage in patients with glaucoma. *HerbalGram.* 62. 2004, 30.
- Oloff HS.** Melatonin found in herbs used in Kampo medicines and its effects in humans. *HerbalGram.* 62. 2004, 26-27.
- Oloff HS.** Andrographis and eleuthera extract for the treatment of URT infections. *HerbalGram.* 62. 2004, 25.
- Oloff HS.** Esberitox® improves lung function during bronchitis. *HerbalGram.* 61. 2004, 20.
- Oloff HS.** Effects of flaxseed on lipids and bone metabolism in postmenopause. *HerbalGram.* 61. 2004, 24.
- Oloff HS.** Trial studies effects of St. John's wort and sertraline on depression. *HerbalGram.* 61. 2004, 27.
- Oloff HS.** Effects of saw palmetto extract on prostate tissue of men with BPH. *HerbalGram.* 60. 2003, 18.
- Oloff HS.** Study shows no systemic estrogenic effect of black cohosh extract. *HerbalGram.* 60. 2003, 16.
- Oloff HS.** Lack of efficacy of valepotriates from valerian in small trial on patients with generalized anxiety disorder. *HerbalGram.* 60. 2003, 20.
- Oloff HS.** Evaluation of frankincense-turmeric preparation for managing knee osteoarthritis. *HerbalGram.* 60. 2003, 20.



**Oloff HS.** Use of valerian in small sample of children experiencing insomnia. *HerbalGram*. 60. 2003, 25.

**Oloff HS.** Habitual tea drinkers may have increased bone mineral density. *HerbalGram*. 59. 2003, 19-20.

**Oloff HS.** Lavender oil may help agitation in severe dementia. *HerbalGram*. 59. 2003, 21.

**Oloff HS.** Treatment of constipation-predominant irritable bowel syndrome with Padma Lax. *HerbalGram*. 59. 2003, 23.

**Oloff HS.** Help your heart with thyroid hormones. *Life Enhancement*. Sept 2002.

**Oloff HS.** American ginseng and cancer drugs inhibit breast cancer cell growth in in vitro study. *HerbalGram*. 53. 2001, 18-19.

**Oloff HS.** Clinical study suggests relative safety and efficacy of ephedra-guarana combination. *HerbalGram*. 53. 2001, 20.

### **Continuing Education Materials**

The ABC Clinical Guide to Herbs. American Botanical Council, Austin, TX. [Reference book and CME course, accredited by Texas Medical Assn., Texas Nurses Assn, Texas Pharmaceutical Assn., American Dietetic Assn.]

Jobson's Review of Ophthalmology

### **Book Chapters**

**Oloff HS.** (2005) Pain. Disease Prevention and Treatment. 5th Edition. Life Extension Media. Hollywood FL.

### **Books/Booklets**

**Oloff HS.** (1999) Total Brain Health Now. Dietary Supplements and Brain Health. Carson, CA:Leiner Health Products.

### **Ph.D. Project**

The research described below was conducted under Dr. Eckard Weber at Acea Pharmaceuticals (later known as CoCensys). My thesis investigated the role of rat strain and vendor differences on the outcome of focal cerebral ischemia (stroke). The problem in the field of cerebral ischemia was that researchers were finding different results. Without consistency, new drugs cannot be developed. My hypothesis was that the field of cerebral ischemia was reporting divergent results because researchers were using different rats and assuming all rats were the same. In contrast, I believed that all rats could be different, just like all people are different. To test this hypothesis I used rats from two different strains and 4 different rat vendors and surgically occluded the middle cerebral artery (MCA) to produce a stroke. I found that the size of the brain infarct (damage) differed between both rat strain and vendor. Furthermore, I found rat strain and vendor differences in protection

by drug treatment. In collaboration with Dr. Peter Coyle from the department of Anatomy and Cell Biology at the University of Michigan, the rats were injected with a compound to visualize the cerebral collateral arteries. This demonstrated that the differences in infarct volume were due to variations in vascular anatomy between rat strains and vendors. The main conclusion of my thesis was that rat strain and vendor differences should be taken into consideration when conducting cerebral ischemia studies. This is particularly important in drug development because a potentially efficacious drug may be erroneously eliminated if the “wrong” strain or vendor is chosen.

### **Post-Doctoral Project 11/95-4/97**

Under Dr. Carl Cotman at the Institute for Brain Aging and Dementia my research provided insight into the development of dementia and its treatment. It has been shown that dementia, in particular Alzheimer’s disease, is associated with the loss of cholinergic neurons. Brain-derived neurotrophic factor (BDNF), a nerve growth factor, can enhance the survival of neurons. Through the use of immunotoxic lesioning and *in situ* hybridization of the brain, I sought to define how the cholinergic neurons regulate BDNF gene expression. If BDNF can be increased, brain cells may not die. Finally, I applied this knowledge to see how exercise, a natural everyday activity, induces BDNF expression. I found that when rats run in a running wheel, BDNF increases in a part of the brain associated with memory. My findings imply that if elderly people exercise, the BDNF gene will be turned on and will protect their brain from memory loss and the effects of aging.

### **Post-Doctoral Project 4/97-6/99**

Under Dr. Frances Leslie at UC Irvine my research sought to understand the mechanism behind nicotine abuse. I began by examining the effects of short and long-term nicotine administration on c-fos and opioid peptide mRNA expression in the adult rat brain. Other drugs of abuse use both c-fos and opioid peptides as important regulators of mesolimbic dopamine reward pathways in the brain. These pathways are responsible for addiction. I found that nicotine increases c-fos mRNA expression, but has no effect on opioid peptide mRNA in the reward pathways. Therefore, the mechanisms underlying nicotine reward appear to differ from other highly addictive drugs. I found that adolescents become addicted to nicotine easier than adults do because their brains are different. This is a very exciting finding and helps explain why people start smoking and become addicted as a child and not as an adult. Finally, I examined the effect of nicotine on the developing brain.

### **Expert Witness/Testimony**

False positive drug test. LT Jacob Meusch, JAGC, USN; Defense counsel. Pursuant to MILPERSMAN 1910-146. Dept of the Navy. November 2012.

False positive drug test. LT Jacob Meusch, JAGC, USN; Defense counsel. Pursuant to MILPERSMAN 1910-146. Dept of the Navy. August 2012.

Trademark trial and appeal. Isotonic vs Horphag. Reg #1769633. April 2012-July 2013.

False positive drug test. Captain Robert Cole, Esq. Defense counsel. Kansas Army National Guard. May 2008.

Medical malpractice case. Adverse drug interactions. David C Holt, Esq. Tustin, CA

December 2007.