

Christopher E. McGowan, M.D., M.S.C.R., A.G.A.F, F.A.S.G.E
Curriculum Vitae

CONTACT INFORMATION

True You Weight Loss
2001 Weston Parkway
Cary, NC 27513
Phone: (919) 689-5189
Website: www.trueyouweightloss.com

EDUCATION

August 2000 - May 2002	Bachelor of Science Pennsylvania State University 6-year Accelerated Premedical-Medical Program State College, PA
August 2002 - May 2006	Doctor of Medicine Jefferson Medical College Philadelphia, PA
July 2010 - May 2012	Master of Science in Clinical Research Gillings School of Global Public Health University of North Carolina Chapel Hill, NC

POSTDOCTORAL TRAINING

July 2006 - June 2007	Intern, Internal Medicine Department of Medicine Brown University Providence, RI
July 2007 - June 2009	Resident, Internal Medicine Department of Medicine Brown University Providence, RI
July 2009 - July 2010	Chief Medical Resident, Internal Medicine Department of Medicine Brown University Providence, RI
July 2010 - July 2014	Fellow, Gastroenterology and Hepatology

Digestive Diseases Epidemiology Track
University of North Carolina
Chapel Hill, NC

PROFESSIONAL EXPERIENCE

July 2009 - June 2010

Clinical Instructor in Medicine
Rhode Island Hospital / Brown University
Providence, Rhode Island

July 2014 – July 2020

Attending Physician; Partner
Cary Gastroenterology Associates
Cary, NC

July 2014 – Present

Staff Physician
WakeMed Cary Hospital
Cary, NC

Jan 2016 – Dec 2019

Director, Peer Review; CQI Committee
Raleigh Endoscopy Center
Raleigh, NC

July 2017 – Dec 2019

Executive Committee Member
Raleigh Endoscopy Center
Raleigh, NC

Jun 2018 – Jun 2020

Chairman, WakeMed Advanced Gastrointestinal Center
WakeMed Cary Hospital
Cary, NC

Aug 2020 – Present

Owner/Founder/Medical Director
True You Weight Loss
Cary, NC

LICENSURE AND CERTIFICATION

2009

Diplomate, National Board of Medical Examiners

2009

Diplomate, American Board of Internal Medicine

2010

North Carolina License No 2010-00436

2014

Diplomate, American Board of Internal Medicine,
Gastroenterology

2019

Diplomate, American Board of Obesity Medicine

2021

Georgia Medical License No 86625

HONORS AND AWARDS

- 2002 Graduate with Higher Distinction, Biological Sciences
Pennsylvania State University
State College, PA
- 2003 Helen and Gabriel Levine Student Research Scholarship
Jefferson Medical College, Philadelphia, Pennsylvania
- 2003 Association of Pathology Chairs National Honor Society
- 2003 Hobert Hare Honor Medical Society
Jefferson Medical College, Philadelphia, Pennsylvania
- 2013 Fellow Vignette Competition, Best Presentation
North Carolina Gastroenterology Society Annual Meeting
Pinehurst, North Carolina
- 2013 UNC GI Award for Excellence in Oral Presentation, faculty
Selected
- 2018 ASGE STAR certified; endoscopic suturing
- 2021 Fellow, American Gastroenterology Association
- 2022 Fellow, American Society for Gastrointestinal Endoscopy

PROFESSIONAL SOCIETIES

- 2006 American Medical Association
- 2009 American Gastroenterology Association
- 2010 American Association for the Study of Liver Diseases
- 2012 American Society for Gastrointestinal Endoscopy
American College of Gastroenterology
North Carolina Society of Gastroenterology
- 2017 Association for Bariatric Endoscopy
Obesity Medicine Association
- 2020 American Society for Metabolic and Bariatric Surgery

TEACHING ACTIVITIES AND INVITED LECTURES

April 2019	Apollo Endosurgery: Basic and Advanced Suturing Course. Raleigh, NC.
Nov 2019	North Carolina Society of Gastroenterology Nurses and Associates. "Endoscopic Bariatrics: The Next Frontier in Gastroenterology and Obesity Management"
March 2020	Apollo Endosurgery: Basic and Advanced Suturing Course. Raleigh, NC.
July 2020	Overstitch Applications in Endobariatrics: Apollo Endosurgery Webinar
Sept 2020	Overstitch Applications in Endobariatrics: Apollo Endosurgery Webinar.
May 2021	OverStitch and OverStitch Sx Applications in Endobariatric Procedures. Apollo Endosurgery Webinar.
June 2021	WakeMed Grand Rounds: "Endoscopic Bariatric Therapies: Bridging the Obesity Treatment Gap"
May 2022	Suturing with Fujifilm EI-704D/S and Apollo Overstitch (Presented at DDW 2022, San Diego, CA)
May 2023	ASGE Hands-On (Bariatrics) Course; Digestive Diseases Week, Chicago, IL
Sept 2023	Bariatric Endoscopy Live Global. "Endoscopic Sleeve Gastroplasty with Fundus Ablation."
Oct 2023	ASGE STAR Advanced Bariatric Suturing; ASGE IT&T, Downer's Grove, IL.

PUBLICATIONS IN REFEREED JOURNALS (35)

1. Choi D, Mitchell DG, Verma SK, Bergin D, Navarro VJ, Malliah AB, McGowan C, Hann HW, Herrine SK. Hepatocellular carcinoma with indeterminate or false negative findings at initial MR imaging: effect on eligibility for curative treatment. *Radiology*. 2007 Sep;244(3):776-83.
2. DeEugenio D, Kolman L, DeCaro M, Andrel J, Chervoneva I, Duong P, Lam L, McGowan C, Lee G, Greenspon A. Risk of major bleeding with concomitant dual antiplatelet therapy after percutaneous coronary intervention in patients receiving long-term warfarin therapy. *Pharmacotherapy* 2007;27(5):691-6.
3. McGowan CE, Carlsten J, Bhattacharya B. Cytomegalovirus Gastritis. *Gastrointest Endosc*. 2008 Aug;68(2):370-1; discussion 371.
4. McGowan CE, Bhattacharya B. Hepatobiliary and pancreatic: Herpes simplex hepatitis. *J Gastroenterol Hepatol*. 2008 Jun;23(6):991.
5. McGowan CE, Saha S, Chu G, Resnick M, Moss SF. Intestinal Necrosis Due to Sodium Polystyrene Sulfonate (Kayexalate) in Sorbitol. *South Med J*. 2009 May;102(5):493-7.
6. McGowan CE, Lagares-Garcia JA, Bhattacharya B. Retained capsule endoscope leading to identification of small bowel adenocarcinoma in a patient with undiagnosed Crohn disease. *Ann Diagn Pathology*. 2009 Dec;13(6):390-3.

7. Saha S, Manlolo J, McGowan CE, et al. Gastroenterology Consultations in Pregnancy. *J Women's Health*. 2011 Mar;20(3):359-63.
8. McGowan CE, Dougherty KA, Fried MW. Response-guided therapy for acute hepatitis C: applying concepts from chronic treatment. *Liver Int*. 2011 Jul;31(6):905-6.
9. McGowan CE, Jones P, Long MD, Barritt AS. The changing shape of disease: non-alcoholic fatty liver disease in Crohn's disease: a case series and review of the literature. *Inflamm Bowel Dis*. 2012 Jan;18(1):49-54.
10. McGowan CE, Fried MW. Barriers to hepatitis C treatment. *Liver Int*. 2012 Feb;32 Suppl 1:151-6.
11. Peery AF, Dellon ES, Lund J, Crockett SD, McGowan CE, Bulsiewicz WJ, Gangarosa LM, Thiny MT, Stizenberg K, Morgan DR, Ringel Y, Kim HP, Carroll CF, Allen JK, Cook SF, Sandler RS, Kappelman MD, Shaheen NJ. Burden of gastrointestinal disease in the United States: 2012 update. *Gastroenterology*. 2012 Nov;143(5):1179-87.
12. McGowan CE, Monis A, Bacon BR, Mallolas J, Goncales FL, Goulis I, Poordad F, Afdhal N, Zeuzem S, Piratvisuth T, Marcellin P, Fried MW. A global view of hepatitis C: physician knowledge, opinions, and perceived barriers to care. *Hepatology*. 2013 Jan;57(4):1325-32.
13. McGowan CE, TP Edwards, MUT Luong, PH Hayashi. Suboptimal surveillance for and knowledge of hepatocellular carcinoma among primary care providers. *Clinical Gastroenterology and Hepatology*. 2015 Apr;13(4):199-804.
14. Kent GP, McGowan C. On the front lines: hepatitis C infection in primary care. *J Fam Pract*. 2018 Aug;67(8 suppl):S2-S8.
15. James T, Sheikh S, McGowan C. Perigastric abscess as a delayed adverse event in endoscopic sleeve gastropasty. *Gastrointest Endosc*. 2019 Apr;89(4):890-91.
16. James T, McGowan C. The descending fundus in endoscopic sleeve gastropasty: implications for procedural technique and adverse events. *Video Gastrointestinal Endoscopy*. 2019 May 7;4(6):254-255.
17. James TW, Reddy S, Vulpis T, McGowan CE. Endoscopic Sleeve Gastropasty is safe, feasible and effective in a non-academic setting: short term outcomes from a community gastroenterology practice. *Obesity Surgery*. 2020 Apr;30(4):1404-1409.
18. Farha J, McGowan C, Hedjoudje A, Itani M, Abbarh S, Simsek C, Ichkhanian Y, Vulpis T, James T, Fayad L, Khashab M, Oberback A, Badurdeen D, Kumbhari V. Endoscopic Sleeve Gastropasty: suturing the gastric fundus does not confer benefit. *Endoscopy*. 2020 Aug 10.
19. Maselli DB, Hoff AC, Kucera A, Weaver E, Sebring L, Gooch L, Walton K, Lee D, Cratty T, Beal S, Nanduri S, Rease K, Gainey CS, Eaton L, Coan B, McGowan CE. Endoscopic sleeve gastropasty in class III obesity: Efficacy, safety, and durability outcomes in 404 consecutive patients. *World J Gastrointest Endosc*. 2023 Jun 16;15(6):469-479.
20. Maselli DB, Waseem A, Lee D, Wooley C, Donnangelo LL, Coan B, McGowan CE. Performance Characteristics of Endoscopic Sleeve Gastropasty in Patients with Prior Intra-gastric Balloon: Results of a Propensity Score Matched Study. *Obes Surg*. 2023 Jul 21. doi: 10.1007/s11695-023-06715-y. Epub ahead of print. PMID: 37474866.
21. Gala K, Brunaldi V, McGowan C, et al. Performance of Endoscopic Sleeve Gastropasty by Obesity Class in the Clinical United States Setting [published online ahead of print, 2023 Oct 3]. *Clin Transl Gastroenterol*. 2023;10.14309
22. Waseem A, Wawrzynski J, Maselli D, Kucera A, Wooley C, and McGowan C. Endoscopic removal of a weight-loss device with stoma closure using a tack and suture device [published online ahead of print, 2023 Oct 5]. *VideoGIE*. 2023.

23. Brunaldi VO, Neto MG, Sharaiha RZ, Hoff AC, Bhandari M, McGowan C, et al. Endoscopic sleeve gastropasty as an early tool against obesity: a multicenter international study on an overweight population [published online ahead of print, 2023 Oct 16]. *Gastrointest Endosc*. 2023;S0016-5107(23)02973-5.
24. Maselli DB, Chittajallu V, Wooley C, Waseem A, Lee D, Secic M, Donnangelo LL, Coan B, McGowan CE. Transoral outlet reduction: outcomes of endoscopic Roux-en-Y gastric bypass revision in 284 patients at a community practice [published online ahead of print, 2023 Oct 16]. *World J Gastrointest Endosc*; 15(10):602-613.
25. Maselli DB, Hoff A, Kucera A, Waseem A, Wooley C, Donnangelo LL, Coan B, McGowan CE. Endoscopic revision of one anastomosis gastric bypass (ER-OAGB) for weight recurrence: a case series of 17 adults [published online ahead of print, 2023 Oct 16]. *Therapeutic Advances in Gastrointestinal Endoscopy*. 2023.
26. Maselli DB, Wooley C, Lee D, Waseem A, Donnangelo LL, Secic M, Coan B, McGowan CE. Outcomes of endoscopic sleeve gastropasty following laparoscopic adjustable gastric band: a propensity score matched analysis. *Surg Lap Endosc Perc Tech*. 2023
27. Maselli DB, Kucera A, Chapman CG, Coan B, Waseem A, Wooley C, McGowan CE, The Endoscopic Bariatric Patient: Characteristics, Beliefs, and Fears, *iGIE* (2024)
28. Gala K, Bruanldi VO, McGowan C, et al. Practice Patterns and Outcomes of Endoscopic Sleeve Gastropasty Based on Provider Specialty. *Endoscopy International Open*. 2024.
29. Donnangelo LL, Maselli DB, McGowan CE. Troubleshooting intragastric balloon removal with standard biopsy forceps. *Video GIE* 2024 Feb;9(2):115-116.
30. Maselli DB, Donnangelo LL, Coan B, McGowan CE. How to establish and endoscopic bariatric practice. *World J Gastrointest Endosc*. 2024 Apr 16;16(4):178-186.
31. Joseph S, McGowan CE, et al. Endoscopic sleeve gastropasty: the identification of the key procedural steps through a modified delphi method [published online ahead of print, 2024 Apr 8]. *Journal of Gastrointestinal Surgery*. 2024.
32. Wooley C, Maselli DB, Donnangelo LL, Waseem A, Casey S, Coan B, McGowan CE. Endoscopic sleeve gastropasty using a mixed-tooth grasping forceps as an alternative to the tissue helix [published online ahead of print 3 Apr 2024]. *VideoGIE*. 2024.
33. Maselli DB, Donnangelo LL, Jirapinyo P, Thompson CC, McGowan CE. Transoral Outlet Reduction: Expert Tips, Tricks, and Troubleshooting. *Am J Gastroenterol*. Published online May 10, 2024.
34. Maselli DB, Lee D, Bi D, Jirapinyo P, Thompson C, Donnangelo LL, McGowan CE. Safe Continuation of Glucagon-like Peptide 1 Receptor Agonists at Endoscopy: A Case Series of 57 Adults Undergoing Endoscopic Sleeve Gastropasty. *Obes Surg*. Published online May 16, 2024. doi:10.1007/s11695-024-07278-2
35. Gala K, Ghush W, Brunaldi V, McGowan C, Sharaiha RZ, Maselli D, Vanderwel B, Kedia P, Ujiki M, Wilson E, Vargas EJ, Storm AC, Abu Dayyeh BK. Outcomes of concomitant antiobesity medication use with endoscopic sleeve gastropasty in clinical US settings. *Obes Pillars*. 2024 May 9;11:100112.

ABSTRACTS/ORAL PRESENTATIONS (18)

1. McGowan CE, Saha S, Chu G, Resnick M, Moss SF. Intestinal Ischemia Due to Sodium Polystyrene Sulfonate (Kayexalate) in Sorbitol: Not Just in the Very Ill. *Gastroenterology*. 2008 Apr;134(4) supp. Presented at DDW May 2008, San Diego, CA [poster presentation]

2. Sharma PP, Chang TW, McGowan CE, Okpara N, Moss SF, Resnick M, Mangray S, Bhattacharya B. The Changing Face of Helicobacter Pylori Gastritis: A Clinicopathologic and Immunohistochemical Analysis. *Gastroenterology* 2009;136(5):A344. Presented at DDW May 2009, Chicago IL [poster presentation]
3. Saha S, Manolol J, McGowan CE, Reinert S, Degli-Esposti S. GI Consultations in Pregnancy. *Gastroenterology*. 2009;136(5):A641 supp. Presented at DDW May 2009, Chicago IL [poster presentation]
4. McGowan CE, Monis A, Bacon BR, Mallolas J, Goncales FL, Goulis I, Poordad F, Afdhal N, Zeuzem S, Piratvisuth T, Marcellin P, Fried MW. Barriers to Hepatitis C Treatment: A Global Analysis of Physician Perceptions. *Hepatology* 2011;54(S1):409-10A. Presented at AASLD November 2011, San Fransisco, CA [oral presentation]
5. McGowan CE, TP Edwards, MUT Luong, PH Hayashi. Primary Care Physician Attitudes and Practices Regarding Screening for Hepatocellular Carcinoma. *Hepatology* 2013;58:1228A-1228A. Presented at AASLD Nov 2013, Washington, DC [poster presentation].
6. Ayaz M, James T, James H, McGowan C, Long M. Let them eat! A low residue diet is an effective alternative to clear liquids for screening colonoscopy preparation in the community gastroenterology setting. Presented at ACG October 2018, Philadelphia, PA [poster presentation]
7. Farha J, McGowan C, Hedjoudje A, Itani M, Simsek C, Ichkhanian Y, Vulpis T, James T, Fayad L, Badurdeen D, Kalloo A, Khashab M, Oberback A, , Kumbhari V. Does fundal suturing affect outcomes of endoscopic sleeve gastropasty? Presented at DDW May 2020, Chicago IL.
8. Gaaney, C; Hoff, A; Addison, B; Weaver, E; Sebring, L; Gooch, L; Walton, K; Snyder, D; Lee, D; Cratty, T; Beal, S; Nanduri, S; Rease, K; Coan, B; McGowan, C. Endoscopic Sleeve Gastropasty in Class III Obesity: Weight Loss and Metabolic Outcomes in 339 Consecutive Patients. Presented at DDW May 2022, San Diego, CA [oral presentation]
9. Gaaney, C; Hoff, A; Addison, B; Weaver, E; Sebring, L; Gooch, L; Walton, K; Snyder, D; Lee, D; Cratty, T; Beal, S; Nanduri, S; Rease, K; Coan, B; McGowan, C. The Mini “Mini” Revision: Endoscopic Revision of One Anastomosis Gastric Bypass for Weight Regain. Presented at DDW May 2022, San Diego, CA [poster presentation]
10. Hoff, A; McGowan, C; Neto M; Acosta A. GLP-1 Analogues in Combination with Revisional Endoscopic Sleeve Gastropasty: 24 Months Follow-up. Presented at DDW May 2022, San Diego, CA [oral presentation]
11. Chittajallu, V; Maselli, D; Kucera, A; Secic, M; Lee, D; Wooley, C; Waseem, A; Coan, B; McGowan, C. Purse-string Transoral Outlet Reduction (TORE) Plus Frequent Aftercare Results in Significant Weight Loss: Findings from a High-Volume Community Endoscopic Bariatric Practice. Presented at DDW May 2023, Chicago, IL [poster presentation]
12. Maselli, D; Waseem, A; Kucera, A; Wooley, C; Lee, D; Secic, M; Coan, B; McGowan, C. Endoscopic Sleeve Gastropasty is Less Effective After an Intra-gastric Balloon: Results from a Propensity Score Matched Study. Presented at DDW May 2023, Chicago, IL [poster presentation]
13. Gala, K; Sharaiha, R; Brunaldi, V; McGowan, C, et al. Performance of Endoscopic Sleeve Gastropasty in Clinical US Settings by Obesity Class in a Large Cohort. Presented at DDW May 2023, Chicago, IL [poster presentation]
14. Joseph, S; McGowan, C; Jirapiny, P, et al. Endoscopic Sleeve Gastropasty: the Identification of the Key Procedural Steps Through a Modified Delphi Method. Presented at DDW May 2023, Chicago, IL [oral presentation]

15. Gala, K; Brunaldi, V; Al Annan, K; Sayegh, L; Vargas, E; Shah, M; Mundi, M; Ghanem, O; Acosta, A; Grothe, K; Maselli, D; Kucera, a; Lee, D; Wooley, C; Waseem, A; McGowan, C, et al. Weight Loss Outcomes of Concomitant Anti-Obesity Medication Use with Endoscopic Sleeve Gastroplasty in Clinical US Settings. Presented at DDW May 2023, Chicago, IL [poster presentation]
16. Maselli DB, Waseem A, Wooley C, Casey S, Donnangelo LL, Chapman C, Kumbhari V, Badurdeen D, Coan S, McGowan CE. Endoscopic ablation of the gastric fundus in adults with obesity: a first in human study. Presented at DDW May 2024, Washington, DC [oral presentation]
17. Donnangelo LL, Maselli DB, Waseem A, Wooley C, Casey S, Coan S, McGowan CE. Real-world cost-effectiveness analysis of endoscopic sleeve gastroplasty (ESG) versus lifestyle modification for adults with obesity. Presented at DDW May 2024, Washington, DC [poster presentation]
18. Bakheet N, Shaker A, Aldhaleei W, Kruse R, Chase K, Huang Y, Winters J, Caulfield T, Maselli DB, Donnangelo LL, Zhang S, Maharjan S, Barurdeen D, Akshintala S, Sartoretto A, McGowan C, Abu Dayyeh B, Kumbhari V. Investigating gastric tubularization and the role of gastric fibrosis in the treatment of obesity – a rat study. Presented at DDW May 2024, Washington, DC [poster presentation]