

# **CURRICULUM VITAE**

**ANDREW LEARY**

**Director of Clinical Pharmacology, Shandon Clinic**

## CURRICULUM VITAE

### PERSONAL DETAILS

**Name:** *Andrew Christopher Leary*

**Qualifications: MD**

**MBChB  
BSc (Hons)  
MRCPI**

**Additional:** *CCST in General Internal Medicine and Clinical Pharmacology & Therapeutics*  
**Diploma in Medicine of the Elderly**  
**Diploma in Practical Dermatology**

**Address:** Ballysaggartbmore East  
Lismore  
Co. Waterford  
IRELAND

**Telephone:** 021 4505933

**Fax:** 021 4505894

**Date of birth:** 21-04-65

**Marital status:** Married, two children

### CURRENT APPOINTMENTS

Clinical Pharmacologist and Research Physician, Shandon Clinic Group, Cork, IRELAND.  
(*Contract Research Organization*).

Lecturer (Part-time), Department of Pharmacology & Therapeutics, University College  
Cork and Cork University Hospital

## UNDERGRADUATE EDUCATION

**1978 - 1982:** Rondebosch Boys' High School  
Cape Town, South Africa

**1983 - 1988:** University of Cape Town Medical School  
Cape Town, South Africa  
Graduated MBChB *with Distinction in the Pre-Clinical Examination*, December 1988

## POST-GRADUATE APPOINTMENTS

**Aug 1997 - Jul 2000:** Clinical Lecturer in the Department of Clinical Pharmacology and Therapeutics and Honorary Registrar in General Medicine, Ninewells Hospital and Medical School, Dundee, Scotland. (600 bed teaching/tertiary referral hospital with DGH facilities).

ABPI Trainee in Clinical Pharmacology (Eli Lilly and Co., Ltd.).

**Jul 1995 - Jun 1997:** Registrar to Professor Michael B. Murphy, Dept. of Clinical Pharmacology, Mercy Hospital, Cork (300 bed teaching/acute general hospital) [General Medicine/Clinical Pharmacology].

**Jul 1994 - Jun 1995:** Registrar to Professor J.B. Ferriss, Cork University Hospital (560 bed teaching hospital and tertiary referral center) [General Medicine and Diabetes/Endocrinology].

**Jul 1993 - Jun 1994:** Senior House Officer, General/Geriatric Medicine, Waterford Regional Hospital (500 bed district/acute general hospital).

**Jan 1993 - Jun 1993:** Senior House Officer in Medicine, Mercy Hospital, Cork.

**Jul 1992 - Dec 1992:** Senior House Officer in Medicine, Waterford Reg. Hosp.

**Jan 1991 - Dec 1991:** Medical Officer, A & E, Victoria/Conradie Hosp., Cape Town

**Jan 1990 - Dec 1990:** Clinical Research Officer, Shandon Clinic, Cork, Ireland

**Jan 1989 - Dec 1989:** Medical/Surgical Intern, Conradie Hospital, Cape Town

## POST-GRADUATE QUALIFICATIONS

- Aug 2000:** Specialist Accreditation (CCST) in General Internal Medicine and Clinical Pharmacology & Therapeutics (UK Specialist Training Authority of the Royal Medical Colleges; Specialist Register of the General Medical Council).
- May 2000:** Doctor of Medicine (National University of Ireland)
- Mar 1997:** Diploma in Practical Dermatology (UWCM)
- Jun 1994:** MRCPI (Royal College of Physicians of Ireland)
- Dec 1993:** Diploma in Medicine of the Elderly (RCPI)
- Dec 1991:** BSc(Hons) in Exercise Science (Cape Town)  
***First Class Pass***

## RESEARCH EXPERIENCE

- 2000-Current:** Director of Clinical Pharmacology, Shandon Clinic. Contract Clinical Research Unit servicing the Pharmaceutical Industry. Directly responsible for 20 to 30 clinical trials per annum, including a broad range of studies from Phase I to Phase III.
- 1998-1999:** *Industrial Placement in Clinical Pharmacology*  
I spent August 1998 to July 1999 working in the Clinical Pharmacology Department of Eli Lilly and Company at the Lilly Research Centre, Erl Wood, Windlesham, Surrey. I was involved in several studies investigating novel agents, and received training in the development and execution of research projects using Good Clinical Practice.
- 1996-1999:** *Physical activity and 24-hour ABPM*  
I collected data from 440 patients who underwent simultaneous 24 hour ambulatory blood pressure monitoring and physical activity monitoring with a wrist-mounted actigraph. My specific interest was the relationship between activity levels and blood pressure variability, an issue which is currently topical in the field of ambulatory blood pressure monitoring. This work formed the basis for a doctoral thesis, a number of peer-reviewed publications, and several international presentations.
- 1994-1999:** *Thyroid disease*  
I took part in a review of all patients treated for thyrotoxicosis over the previous 15 years in Cork University Hospital. Specific interests included the incidence of unrecognized late-onset hypothyroidism, inappropriate treatment of hypothyroidism in a rural population, and the incidence of osteoporosis in post-menopausal women with previous thyrotoxicosis.
- 1991:** Research Project and Dissertation as requirement for BSc(Hons) entitled "*Post-Exercise Carbohydrate Metabolism*"
- 1990:** Experience in the development and conduct of Clinical Trials for the Pharmaceutical Industry according to Good Clinical Practice.

## PUBLICATIONS

### **Books:**

1. **Secondary Prevention of Stroke.** Ronald M. MacWalter and Andrew C. Leary. Current Medical Literature. London. *In Press*.

### **Chapters:**

1. **Nifedipine.** *Therapeutic Drugs (2<sup>nd</sup> Edition)*. Colin Dollery (Editor). Churchill Livingstone, October 1998.
2. **Nicardipine.** *Therapeutic Drugs (2<sup>nd</sup> Edition)*. Colin Dollery (Editor). Churchill Livingstone, October 1998.

### **Original Articles:**

1. Leary AC, Murphy MB. **Sleep disturbance during ambulatory blood pressure monitoring in hypertensive patients.** *Blood Pressure Monitoring* 1998; 3: 11-15
2. Leary AC, Grealay G, Higgins TM, Buckley N, Barry DG, Murphy D, Ferriss JB. **Long-term outcomes of treatment of hyperthyroidism in Ireland.** *Irish Journal of Medical Science* 1999; 168(1): 47-52
3. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **Physical activity level is an independent predictor of the diurnal variation in blood pressure.** *Journal of Hypertension* 2000; 18(4): 405-410
4. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **The influence of physical activity on the variability of ambulatory blood pressure.** *American Journal of Hypertension* 2000; 13(10): 1067-1073
5. Leary AC, Grealay G, Higgins TM, Buckley N, Barry DG, Murphy D, Ferriss JB. **Premature hair greying may predict reduced bone mineral density in Graves' disease.** *Irish Journal of Medical Science* 2001; 170(2): 117-119
6. Leary AC, Struthers AD, Donnan PT, MacDonald TM, Murphy MB. **The morning surge in blood pressure and heart rate is dependent on physical activity levels after waking.** *Journal of Hypertension* 2002; 20(5): 865-870
7. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **Physical activity level is an independent predictor of the diurnal variation in blood pressure.** *Blood Pressure Monitoring* 2002; 7: 1-5

### **Review Articles:**

1. Leary AC. **ACE inhibitors in clinical practice.** *Irish Doctor* 1996; Vol 8 (2 and 3): 26-29
2. Leary AC, MacDonald TMM. **Angiotensin II type 1 receptor blockade: a new development in cardiovascular pharmacology.** *International Journal of Clinical Practice* 1998; Vol 52(7): 475-481
3. Leary AC, MacDonald TMM. **Alcohol and drug interactions.** *Proceedings of the Royal College of Physicians of Edinburgh* 1999; Vol 29: 137-143
4. Leary AC. **Clinical aspects of blood pressure variability.** *Current Medical Literature: Cardiology (Royal Society of Medicine)* 1999; Vol 18(2): 25-31
5. Leary AC, MacDonald TMM. **Contraception for the hypertensive patient.** *Gynaecology Forum* 2000; Vol. 5(2): 29-32

### **Recent Abstracts and Presentations to Learned Societies:**

1. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **The influence of physical activity on ambulatory blood pressure variability: objective monitoring with actigraphy.** *1999 Journal of Hypertension* Vol 17 (suppl. 3): S89 (Oral Presentation to European Society of Hypertension, 13<sup>th</sup> June 1999)
2. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **The percentage fall in blood pressure at night (nocturnal dip) is dependent on daytime and night-time physical activity levels.** *1999 Journal of Human Hypertension* Vol 13: 13 (Oral Presentation to British Hypertension Society, 14<sup>th</sup> September 1999)
3. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **The magnitude of the morning surge is dependent on physical activity levels** *1999 Circulation* Vol 100(18): (suppl 1): 1178-1179 (Poster Presentation to 72<sup>nd</sup> Scientific Sessions of the American Heart Association, 8<sup>th</sup> November 1999)
4. Leary AC, Donnan PT, MacDonald TM, Murphy MB.  **$\beta$ -blockers blunt the morning surge in blood pressure and heart rate** *2000 Cardiovascular Drugs and Therapy* Vol 14(2): 210 (Oral and Poster Presentation to 9<sup>th</sup> International Congress on Cardiovascular Pharmacotherapy, Brazil, 26<sup>th</sup> March 2000)
5. Leary AC, Donnan PT, MacDonald TM, Murphy MB. **The white coat effect is associated with increased blood pressure reactivity in response to physical activity** *2000 Journal of Hypertension* Vol 18 (Suppl. 2): S42 (Poster Presentation to 10<sup>th</sup> European Meeting on Hypertension, Göteborg, 31<sup>st</sup> May 2000)

**A further 19 published abstracts of oral or poster presentations, 1992 to 2001.**

### **Additional:**

Clinical Editor (Hypertension)      *Current Medical Literature (Cardiology)*  
Royal Society of Medicine  
Feb 1998 – current

### RECENT EDUCATIONAL COURSES

- May – Jun 2000:** Management for Doctors [Tayside Health Board]
- May 2000:** Advanced Life Support [Resuscitation Council (UK)]
- Sep 1999 – Jun 2000:** Postgraduate Course in Pharmaceutical Medicine  
[University of Wales School of Pharmacy]
- May 1999:** A Practical Guide to ICH Good Clinical Practice Implementation  
[Brookwood International Academy]
- Nov 1999:** The Role of Clinical Pharmacology in a Clinical Development Plan  
[ABPI]

### SOCIETIES AND ASSOCIATIONS

Royal College of Physicians, Dublin  
Royal Academy of Medicine in Ireland  
Irish Faculty of Sports & Exercise Medicine (RCPI/RCSI)  
British Hypertension Society  
British Pharmacological Society  
British Association of Pharmaceutical Physicians  
Association of Pharmaceutical Physicians of Ireland  
Association of Human Pharmacology in the Pharmaceutical Industry

### EXTRA-CURRICULAR ACTIVITIES AND INTERESTS

- Sport:** I am a keen athlete and have competed on the track, road and cross-country since my school days. (Marathon best 2hr 32min) I have 12 Senior Western Province (Provincial) Caps, and have gained my colours in all three disciplines. Cape Town University awarded me Full Blues for Cross-Country and Road-Running in 1985.
- Other:** I have a special interest in African ornithology, wildlife and conservation. I am an enthusiastic hill-walker.

**Signed:**.....

**Dated:**.....