



Shubhashis Saha, MD

Internal Medicine Resident · Cardiovascular Medicine & Outcomes Research

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EDUCATION & TRAINING

Internal Medicine Residency

2024 – 2027

Cook County Health · John H. Stroger Jr. Hospital, Chicago, IL

- High-volume urban safety-net program. Program Director: Anshu Singh, MD.

MSc in Clinical Investigation (MSCI)

2025 – 2027

Northwestern University, Chicago / Evanston, IL

- Graduate training in epidemiology, biostatistics (basic & advanced), clinical trials, EHR methods, and research ethics, with a mentored cardiovascular thesis; completed alongside residency.

M.B.B.S. (MD-equivalent)

2015 – 2021

Christian Medical College, Vellore, India

- Quaternary referral and teaching hospital; degree conferred December 2021.

CARDIOVASCULAR CLINICAL EXPERIENCE

Coronary Care Unit & Cardiology Floors

2025 – present

Cook County Health, Chicago, IL

- **CCU:** post-STEMI care, symptomatic bradycardia requiring temporary pacemaker placement, cardiogenic shock requiring mechanical circulatory support, and VT storm managed with multiple antiarrhythmics.
- **Cardiology floors:** high-volume acute decompensated heart failure, pulmonary embolism, and antiarrhythmic initiation. Two further dedicated cardiology months planned in PGY-3.

Inpatient Consults & Outpatient Cardiology Clinics

2024 – present

Cook County Health, Chicago, IL

- Evaluation of syncope, heart failure, chest pain, arrhythmias, and cardiac device issues; ED STEMI activations and impending cardiogenic shock.
- Longitudinal outpatient experience in general cardiology, electrophysiology, and structural heart clinics.

Observership — Adult & Pediatric Cardiology

April 2024

Christian Medical College, Vellore, India

- Completed between residency match results and the start of residency.
- Spent most mornings in the catheterization laboratory observing routine diagnostic catheterizations, aortic aneurysm repair, complex peripheral artery disease interventions, congenital heart disease repairs including VSD and ASD closure, electrophysiology studies, pacemaker placement, and atrial fibrillation ablation.
- Participated in rounds through the afternoons and evenings, assisting with cardiology ICU and floor patient management.

Cardiothoracic Surgery ICU

2022 – 2023

Christian Medical College, Vellore, India

- **Capacity:** independently managed patients under the supervision of cardiac anesthesiologists and cardiac surgeons.
- **Case mix:** adults (95%) and children (5%); 95% post-operative and 5% pre-operative — including aortic dissection requiring blood-pressure stabilization and NSTEMI.
- **Bedside echocardiography:** obtaining standard windows, identifying pericardial effusion, visual estimation of ejection fraction, and recognizing wall-motion abnormalities.

- **ECG interpretation:** cardiac arrhythmias, conduction blocks, and signs of digoxin toxicity.
- **Academics:** attended the weekly academic half-days intended for cardiology fellows.
- Earlier, served as first assistant on a CABG during a medical student elective at Uppsala University, Sweden.

PEER-REVIEWED JOURNAL ARTICLES

1. **Hospital-level variations in outcomes and readmissions among patients with STEMI and cardiogenic shock receiving mechanical circulatory support: insights from a national cohort.** **ACCEPTED**
Murthi M, Quevedo A, [Saha S](#), Memdani A, Baskaran N, Vij A. *Catheterization and Cardiovascular Interventions*. 2026.
2. **Performance of simple outpatient-based biomarker panels for screening of steatotic liver disease in women with morbid obesity from Southern India.** **FIRST**
[Saha S](#), Dass S, Cherian KE, Jiwanmall SA, Kattula D, Reddy S, Jaleel R, Paul TV, Kapoor N. *touchREVIEWS in Endocrinology*. 2025;21(1):48–54. PMID 40485655.
3. **An unusual association of idiopathic syndrome of inappropriate antidiuretic hormone secretion (SIADH) with interstitial lung disease.** **FIRST**
[Saha S](#), Saha T, Sharma S, Mahmood N. *Cureus*. 2023;15(11):e48304. PMID 37942124.
4. **Screening practices for breast and cervical cancer and associated factors among rural women in Vellore, Tamil Nadu.** **FIRST**
[Saha S](#), Priya SM, Surender A, et al. *Indian Journal of Cancer*. 2022;60(1):65–71. PMID 35017369.
5. **Placenta percreta presenting as uterine rupture following previous B-Lynch suture.** **FIRST**
[Saha S](#), Abraham A, Raja Navaneethan P, Abraham K. *BMJ Case Reports*. 2021;14(10):e245593. PMID 34598970.
6. **Vascular consequences: a case report on posterior circulation infarction as a sequela of COVID-19.**
Philip AM, George LJ, [Saha S](#), Sadanandan S. *Cureus*. 2024;16(7):e65837. PMID 39219954.
7. **Barriers and facilitators for the use of telehealth by healthcare providers in India — a systematic review.**
Sharma P, Rao S, Krishna Kumar P, et al., [Saha S](#), et al. *PLOS Digital Health*. 2024;3(12):e0000398. PMID 39642108.
8. **A retrospective study on clinical profile of patients with firecracker-related injury presenting to the emergency department of a tertiary care center in South India.**
Sethy A, [Saha S](#), Hazra D, Abhilash KPP. *Current Medical Issues*. 2020;18(1):1–6.

BOOK CHAPTER (PEER-REVIEWED)

1. **Delayed Sleep-Wake Phase Disorder (DSWPD).** **FIRST**
[Saha S](#), Triantafillou T. In: *The 5-Minute Clinical Consult 2027*. Wolters Kluwer; 2027:812–814.

MANUSCRIPTS UNDER REVIEW

1. **Prognostic impact of PET-diagnosed coronary microvascular disease on major adverse cardiovascular events: a systematic review and meta-analysis.** **FIRST** **UNDER REVIEW**
[Saha S](#), Philip AM, George L, Malhotra S. *Journal of Nuclear Cardiology*.
2. **Structural outcomes among patients receiving targeted therapy for ATTR cardiac amyloidosis — a systematic review and meta-analysis.** **MOST MEANINGFUL** **UNDER REVIEW**
Varma R, [Saha S](#), Nandyal S, Illelaboye A, Vinjamuri S, Vij A, Malhotra S. *JACC: Heart Failure*.
3. **Biventricular Takotsubo syndrome following sunitinib initiation: a case report.** **FIRST** **MOST MEANINGFUL** **UNDER REVIEW**
[Saha S](#), Shrestha P, Sabanci R, Gomez J. *JACC: Case Reports*.
4. **A 65-year-old man with severe thrombocytopenia during an ulcerative colitis flare.** **FIRST** **MOST MEANINGFUL** **UNDER REVIEW**
Jha A, [Saha S](#), Kazintet Y, Thakur A, Rohr L. *NEJM Evidence*.
5. **Scorpion envenomation presenting to the adult emergency department in Southern India.** **FIRST** **UNDER REVIEW**
[Saha S](#), Singh B, Speedie A, Liz S, Abhilash KPP. *Medical Journal of Dr. D.Y. Patil Vidyapeeth*.

CONFERENCE ABSTRACTS — FIRST AUTHOR

1. **National trends, outcomes, and resource utilization in AMI-related hospitalizations among adults with type 1 diabetes — National Inpatient Sample study (2016–2023).** **OUTSTANDING ABSTRACT AWARD**
Oral and poster presentation, ENDO 2026 (Endocrine Society Annual Meeting).
2. **Beyond statins in acute coronary syndrome — an updated meta-analysis on PCSK9 inhibitors and their impact on lipid control, plaque burden, and clinical outcomes.**
Saha S, Singla A, Sodhi SS, et al. J Am Coll Cardiol (ACC 2026). 2026;87(13 Suppl):A225.
3. **Improvement in measures of quality of life among patients receiving targeted therapy for ATTR amyloidosis: a meta-analysis of randomized controlled trials.**
Saha S, Vij A, Nandyal S, Varma R, Kanitsoraphan C, Malhotra S. J Am Coll Cardiol (ACC 2025). 2025;85(12 Suppl):1727.
4. **Lack of improvement in cardiac function among patients receiving targeted therapy for ATTR amyloidosis: a meta-analysis of randomized controlled trials.**
Saha S, Vij A, Varma R, Nandyal S, Kanitsoraphan C, Malhotra S. J Am Coll Cardiol (ACC 2025). 2025;85(12 Suppl):1726.
5. **Transcatheter device closure of ventricular septal defect in children weighing less than 30 lbs is a safe and effective procedure: 10-year experience from a single tertiary center in Southern India.**
Saha S, Mandal A, George OK. Circulation (AHA 2024). 2024;150(Suppl 1):A4146655.
6. **Gender disparities in heart failure readmissions and in-hospital mortality among patients with amyloidosis: insights from the National Readmission Database.**
Saha S, Vij A, Varma R, Nandyal S, Kanitsoraphan C, Malhotra S. Poster, ACC Illinois Chapter Meeting, Chicago, IL. 2025.
7. **GLP-1 receptor agonists and cardiovascular outcomes in MASLD: a systematic review and meta-analysis of observational studies.** **SUBMITTED**
Saha S, Jha A, Thakur A, Philip AM, Santos Argueta HR, Golzar Y. Circulation. 2026.

CONFERENCE ABSTRACTS — CO-AUTHOR

1. **10-year trend in outcomes of acute myocardial infarction hospitalization in patients with type 1 diabetes.**
Bello J, Erhus E, Saha S, et al. J Endocr Soc (ENDO 2025). 2025;9(Suppl 1):bvaf149.1035.
2. **New permanent pacemaker implantation risk following TAVR vs SAVR: a meta-analysis of randomized controlled trials in low surgical-risk patients.**
Caputi A, Malkani S, Mautong H, et al., Saha S, et al. J Soc Cardiovasc Angiogr Interv (SCAI 2025). 2025;4(5 Suppl):103276.
3. **Atrial arrhythmias and mortality in pulmonary hypertension: systematic review and meta-analysis.**
Pena O, Mautong H, Miron JMM, Saha S, et al. Heart Rhythm (HRS 2026). 2026;23(4):S566.
4. **Diagnostic accuracy of late gadolinium enhancement vs invasive angiography for detecting CAD in new-onset heart failure: an updated systematic review and meta-analysis.** **IN PRESS**
Pena O, Anweri A, Moreno-Miron JM, et al., Saha S, et al. Journal of Cardiac Failure. 2026.
5. **Comparative efficacy and safety of pulsed-field ablation and conventional thermal ablation in atrial fibrillation: a meta-analysis of randomized trials.**
Singla A, Saha S, Mahendru D, et al. J Am Coll Cardiol (ACC 2026). 2026;87(13 Suppl):A87.
6. **Contrasting baseline hemodynamic signatures in cardiogenic shock from acute myocardial infarction and acute heart failure: a meta-analysis.**
Saravanabavanandan R, Venugopal D, Saha S, et al. J Am Coll Cardiol (ACC 2025). 2025;85(12 Suppl):2825.
7. **Comparative outcomes of cardiogenic shock in acute myocardial infarction versus acute heart failure: a meta-analysis.**
Saravanabavanandan R, Venugopal D, Saha S, et al. Circulation (AHA 2024). 2024;150(Suppl 1):A4143910.
8. **Efficacy of bempedoic acid versus placebo for additional lipid lowering in patients receiving background statin therapy: a meta-analysis of randomized controlled trials.**
Singla A, Saha S, Brar A, et al. Circulation (AHA 2025). 2025;152(Suppl 3):A4371829.

9. Trends of acute myocardial infarction and ventricular arrhythmia–related mortality in the United States, 1999–2020.
Kumar M, Kumar S, Nandyal S, Saha S, et al. *Circulation (AHA 2025)*. 2025;152(Suppl 3):A4371766.

10. Cardiovascular events in hospitalized patients with malignant neuroendocrine tumors: a nationwide analysis.
Philip A, George LJ, Mautong H, et al., Saha S, et al. *Circulation (AHA 2025)*. 2025;152(Suppl 3):A4368574.

11. Racial, gender, and comorbidity predictors of cardiovascular mortality in class III obesity: insights from the National Inpatient Sample.
Zuniga AC, Mautong H, Banga A, Philip A, Erhus E, Saha S, et al. *Circulation (AHA 2025)*. 2025;152(Suppl 3):A4369704.

12. Clinical efficacy of telemedicine vs standard outpatient management for heart failure: a systematic review and meta-analysis.
Syed S, Ochani RK, Hotwani P, et al., Saha S, et al. *Circulation (AHA 2025)*. 2025;152(Suppl 3):A4367189.

13. Cocaine use, hypertensive emergency, and aortic dissection: a nationwide trend and outcome analysis, 2016–2021.
Philip A, George LJ, Saha S, et al. *Hypertension (AHA Hypertension 2025)*. 2025;82(Suppl 1):FR612.

14. Elevated pericoronary fat attenuation on coronary CT angiography is associated with major adverse cardiovascular events and improves risk discrimination in type 2 diabetes: a systematic review and meta-analysis. SUBMITTED
Srikrishna D, Moreira Macedo H, Saha S, Papatheodorou N, Sharma D. *Circulation*. 2026.

15. Sepsis in Takotsubo cardiomyopathy: association with ventricular arrhythmias, mechanical circulatory support, and mortality. SUBMITTED
Santos Argueta H, Santos Argueta A, Saha S, et al. *Circulation*. 2026.

16. Biventricular Takotsubo syndrome following sunitinib initiation: diagnostic and prognostic insights from cardiac magnetic resonance imaging. SUBMITTED
Sabanci R, Saha S, Shrestha P, Gomez J. *Circulation*. 2026.

ONGOING RESEARCH PROJECTS

Predischarge TTE parameters as predictors of 30-day readmission in HFpEF <i>Retrospective cohort; IRB-approved, data collection ongoing. Mentored MSC1 thesis project. PI: Yasmeen Golzar, MD</i>	2026 – present
PET-diagnosed coronary microvascular disease and MACE <i>Systematic review and meta-analysis. PI: Saurabh Malhotra, MD</i>	Manuscript under review
Biventricular Takotsubo syndrome following sunitinib initiation <i>Case report. PI: Javier Gomez Valencia, MD</i>	Manuscript under review
National trends in AMI hospitalizations among adults with type 1 diabetes <i>National Inpatient Sample study (2016–2023). PI: Hafeez Shaka, MD</i>	In progress

JOURNAL PEER-REVIEW SERVICE

Multiple peer reviews for **Frontiers in Cardiovascular Medicine**, **Frontiers in Endocrinology**, **Frontiers in Oncology**, and **Cureus**.

LICENSURE, CERTIFICATION & MEMBERSHIPS

Licensure & examinations

Nov 2022	USMLE Step 1 — passed
Jun 2023	USMLE Step 2 CK — passed
Dec 2023	USMLE Step 3 — passed
Current	Illinois medical license
Current	Tamil Nadu Medical Council, India
Current	BLS & ACLS provider certification

Professional memberships

American College of Cardiology (ACC)
American Heart Association (AHA)
American Society of Nuclear Cardiology (ASNC)
American College of Physicians (ACP)
National Lipid Society (NLS)

HONORS & AWARDS

2026	Outstanding Abstract Award, ENDO 2026 (Endocrine Society Annual Meeting)
2026	Institutional Award for Outstanding Poster Presentation, Cook County Health
2019	Gwenda Lewis Prize for Anesthesia, CMC Vellore
2019	Institutional grant for international poster presentation — TUFH Conference, Darwin, Australia
2018	Full scholarship for medical student exchange, Uppsala University, Sweden (selected top 10 in class)
2015	Rank 1, West Bengal Joint Entrance Examination (WBJEE)
2014	KVPY scholarship — Department of Science & Technology, Government of India
2013	NTSE scholarship — NCERT, Government of India

TEACHING, LEADERSHIP & SERVICE

Curriculum Committee Member & Resident Program Representative 2024 – present
Cook County Health, Chicago, IL

- Contributed to major internal medicine curriculum changes including MICU roster modernization, floor workflow redesign, and resident participation in didactics; represented the program in applicant recruitment.

Research Mentorship Since 2019

- Mentored two groups of junior medical students through research projects from question formulation to publication; served as longitudinal mentor to a junior medical student throughout medical school.

UDHAVI COVID-19 Telemedicine Helpline 2021
Christian Medical College, Vellore, India

- Junior-most member of a physician-led helpline providing evidence-based telephone consultations to patients in remote regions during pandemic lockdowns, in 4–6 hour daily shifts alongside full-time clinical duties.

‘Cognitio’ Research Symposium & Rural Medical Camps 2015 – 2018
Christian Medical College, Vellore, India

- Treasurer (2017) and Organizer-in-charge (2018) of an undergraduate research symposium; volunteer clinician at rural medical camps in Karnataka and Assam.

ADDITIONAL INFORMATION

Languages	English, Bengali, Hindi, Tamil
Research tools	R, SPSS, STATA, RevMan, DistillerSR, Rayyan, LaTeX
Interests	Swimming, chess, Indian classical vocals and harmonium