CHAPTER BOARD GUIDEBOOK

2025 - 2026 EDITION

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Welcome to the Board of the National Lipid Association and its Chapters

The National Lipid Association (NLA) is a not-for-profit, multidisciplinary medical society focused on enhancing the science and practice of lipidology and promote optimal cardiometabolic health. The NLA represents more than 2,200 members in the United States, Canada, and other countries. The NLA The NLA is the leader in this field, having published several patient-centered publications for lipid management, served as a co-author of the 2018 American Heart Association/American College of Cardiology/Multisociety cholesterol guidelines and 2023 American Heart Association/American College of Cardiology/Multisociety chronic coronary disease guidelines, and serves as the primary educator and advocate for clinical lipidology.

Mission Statement
The mission of the National Lipid Association (NLA) is to enhance the science and practice of lipidology and promote optimal cardiometabolic health.

Consistent with the mission statement, the National Lipid Association's operating principles are:

Health Equity
The NLA will promote health equity in all aspects of the organization.

Professionalism
The NLA will enhance medical knowledge, clinical skills, and related business activities that provide for more effective patient outcomes. Promoting and sustaining the highest ethical standards will be an essential component of these activities.

Science
The NLA will provide a platform to highlight gaps in scientific knowledge and to report on evolving and future needs in the related sciences.

Public Service
The NLA will enhance efforts to reduce death and disability related to disorders of lipid metabolism in patients.

Multidisciplinary Approach
The NLA will strive to provide professional activities that serve the members of the NLA. All related health professionals will be able to join, train, and be represented to the scope of their practice.

Continuous Growth and Development
The NLA will promote responsible outreach to all regions of the country to make available the benefits of the NLA in every community.

Business Ethics
The NLA will promote its activities with the utmost respect to acceptable business practices, ensuring all interactions will be undertaken in a responsible and ethical fashion.

Cooperation
The NLA will be supportive of other organizations with common purposes and values and will seek active interactions with such organizations.

Commitment to Health Equity

The mission of the National Lipid Association is to enhance the science and practice of lipidology and promote optimal cardiometabolic health. We do so through activities that focus on science, clinical care, and public advocacy. We are at a moment in time where the events of racial injustice have boiled over and compel everybody, including individuals and social and professional groups, to look within to stand up and declare what is obvious: there is no room for discrimination based on race, in addition to ethnicity, religion, gender, sexual orientation, age, ability bias, or veteran status in any corner of our society. The NLA calls on our national and local leaders to make all forms of injustice and discrimination a priority.

As an organization, the NLA has a professionally diverse membership and leadership, and we continue to work towards greater diversity, equity, and inclusion within all aspects of our organization. We recognize the need to declare this core value and commit to actions that enable this goal while we pursue our primary mission.

NLA Overview

The NLA is a Business League

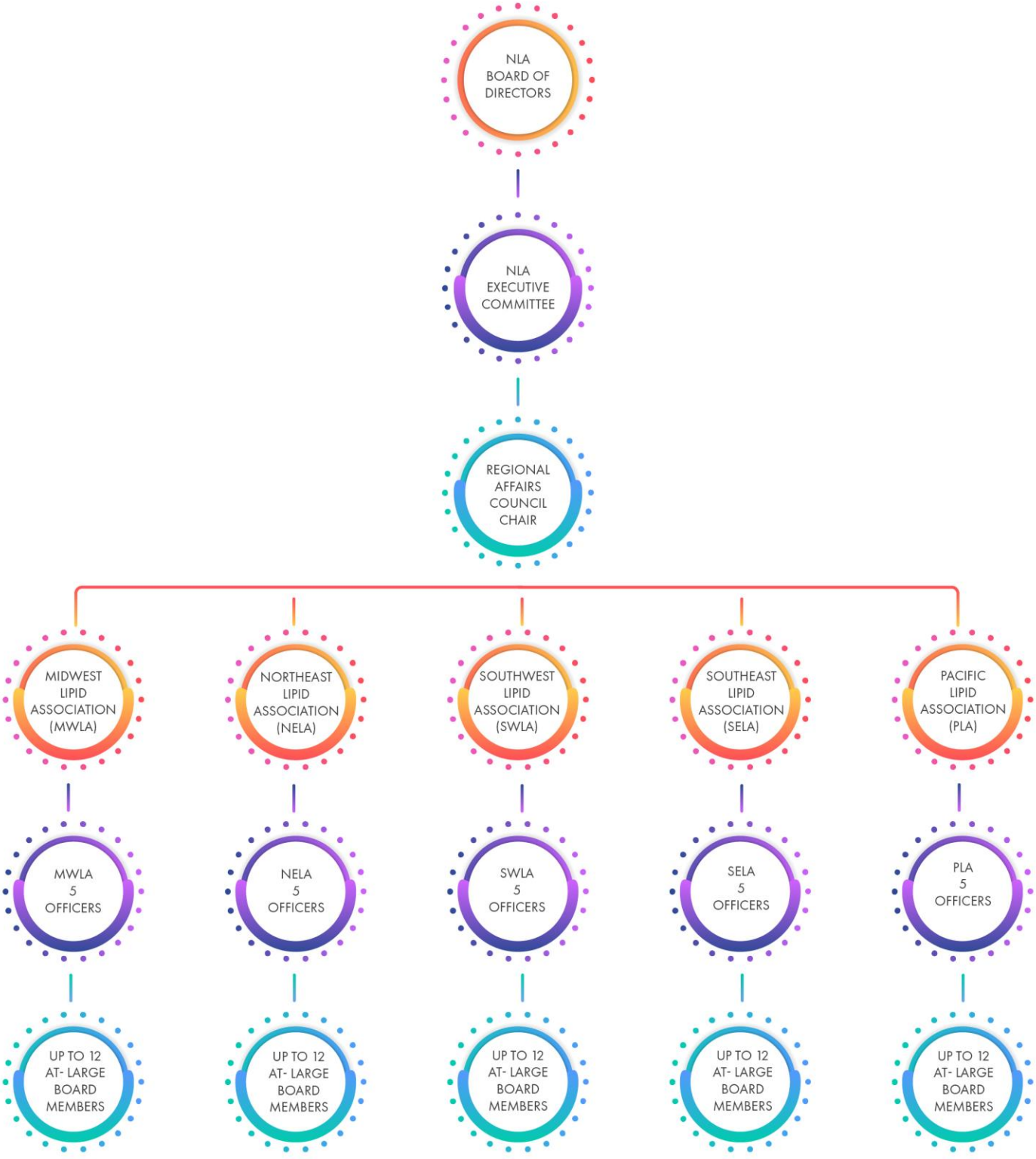
A business league is an association of persons having some common business interest, the purpose of which is to promote such common interest and not to engage in a regular business of a kind ordinarily carried on for profit.

- Values tax exemption for its established purpose
- Can lobby legislatures
- Must have policies of transparency/disclosure/conflict resolution

No part of the NLA's net earnings may inure to the benefit of any private individual. Finally, a portion of member's dues may be tax deductible as a business expense.

The NLA Chapter Structure

There are five chapters, each with five Officers and up to twelve At-Large members. The following is the NLA chapter organizational structure:



Responsibilities of the Chapters

Hosting of the Clinical Lipid Updates/the Annual NLA Scientific Sessions

When hosting a Clinical Lipid Update (CLU) or an Annual Meeting, the chapter Presidents of the hosting chapters are invited to participate in the planning of the meeting they are hosting. They are invited to participate in planning calls and are asked to represent the members of their chapter on topics of importance and interest specific to that region.

Typically, before a planning call, the Chapter President will reach out to the members of their board with a request for session topics and speakers that they can propose to the Scientific Meetings Committee to represent their region. Hosting Chapter Presidents and Officers are expected to attend their scientific meetings in person and assist with onsite tasks such as session moderating.

Additionally, the hosting chapters are expected to participate in their local meetings through attendance and meeting attendee recruitment.

Practical Pearls

The National Lipid Association Practical Pearls is a monthly live webinar held on the second Thursday of each month, providing a platform for lipid clinicians to collaborate on best practices in lipid management.

Each session is led by one of the five NLA regional chapters, with each chapter hosting at least **twice** per year and selecting the discussion topic. The format is a 30-40-minute talk with slide presentation, followed by a 10-minute Q&A through the chat feature in Zoom. This will take place at 12:30pm – 1:30pm ET, in the speaker's time zone.

Chapter Projects

Each year, Chapters get $2,500 budget for projects (usually split, $1,250 per term). This project should benefit the organization as a whole versus individuals.

NATIONAL LIPID ASSOCIATION

Duties and Responsibilities

Board Members of the NLA and its Chapters should:

- Attend at least 2/3 Board meetings and conference calls during their term of service;
- Attend the annual meeting of the NLA;
- Attend the NLA meeting sponsored by their chapter;
- Have a completed current conflict of interest disclosure form on file;
- Serve on at least one (1) NLA committee and attend at least 2/3 of the committee meetings and conference calls during their term of service;
- Elicit widespread support and participation in the NLA by leaders in the lipid community;
- Personally volunteer to moderate medical sessions, make presentations, and provide clinical articles which expand the NLA's organizational body of knowledge and foster leadership in the lipid community;
- Act as a steward of NLA funds and work to develop resources and funding for NLA activities;
- Pay dues in a timely manner;
- Donate to the Foundation of the National Lipid Association in an amount deemed appropriate and reasonable by the individual Board member
- Assist and/or lead the development of regional chapters and local education events;
- Act as a liaison or ambassador to external medical groups, societies, and governmental agencies;
- Encourage participation to anyone that qualifies for membership in the NLA;
- Volunteer to perform tasks and projects of the committee(s) on which they serve.

Board members shall never individually enter into a contractual or other agreement that requires expenditure of NLA resources without a written proposal and approval by the Board of Directors or the Executive Committee.

Board members shall always declare any conflicts of interest between themselves and the NLA prior to Board action or discussion. Board cannot be associated with commercial interests when engaging in NLA business that may affect such commercial interests. Board members who do not adhere to these disclosure policies may be subject to censure or removal from the Board of Directors or their committee(s).

National Lipid Association

2025-2026 Board of Directors

Officers

President
Kaye-Eileen Willard, MD, FNLA
Racine, WI

President-Elect
Dinesh Kalra, MD, FNLA
Louisville, KY

Secretary/Treasurer
Zahid Ahmad, MD, FNLA
Dallas, TX

Immediate Past President
Christie M. Ballantyne, MD, FNLA
Houston, TX

Executive Council Chair
Marlys L. Koschinsky, PhD, FNLA
London, province - Ontario

Executive Council Chair
Eugenia Gianos, MD, FNLA
New York, NY

Executive Council Chair
Carol F. Kirkpatrick, PhD, MPH, RDN, CLS, FNLA
Pocatello, ID

National Lipid Association
At-Large Board of Directors

Term Expiring 2026

Elizabeth J. Jackson, MSN, CLS, FNLA
Temple, TX

Gregory S. Pokrywka, MD, FNLA
Baltimore, MD

Kathleen L. Wyne, MD, PhD, FNLA
Columbus, OH

Term Expiring 2027

Nicholas A Marston, MD, MPH
Dover, MA

Jessica Marta Peña, MD, FNLA
Bronx, NY

Michael J. Wilkinson, MD, FNLA
San Diego, CA

Term Expiring 2028

Mary Katherine Cheeley, PharmD, BCPS, CLS, FNLA
Decatur, GA

Gina P. Lundberg, MD
Atlanta, GA

Lauren A. Williams, MCN, RDN, LD
Belton, TX

Midwest Lipid Association Chapter Board of Directors

Officers:

President: Nataliya Pyslar, MD, FNLA
Glenview, IL

President-Elect: Kamal Shemisa, MD, FACP, FACC, FASE
Cincinnati, OH

Secretary/Treasurer: George Abela, MD
East Lansing, MI

Immediate Past President: Scott Merryman, MD, FNLA
Columbus, OH

At-Large Board Members:

Laxmi Mehta, MD, FNLA
Powell, OH

Pamela Papp, APRN
Saint Charles, IL

Benjamin Romer, MD
Columbus, OH

Amy Shah, MD, MS, FNLA
Cincinnati, OH

Northeast Lipid Association Chapter Board of Directors

Officers:

President: Benjamin Hirsh, MD, FNLA
Plainview, NY

President-Elect: Merle Myerson, MD, EdD, FNLA
Cooperstown, NY

Treasurer: Caroline deRichemond, CRNP, CLS, FNLA
Pocono Pines, PA

Secretary: Robert Block, MD
Rochester, NY

Immediate Past President: Guy Mintz, MD, FNLA
East Hills, NY

At-Large Board Members:

Archna Bajaj, MD, FNLA
Philadelphia, PA

Cindy Bredefeld, DO
Huntington, NY

Erik Kelly, MD
Villanova, PA

Michael Kelly, PharmD, CLS, FNLA
Philadelphia, PA

Gissette Reyes-Soffer, MD
Briarcliff Manor, NY

Perry Weinstock, MD, MS
Cherry Hill, NJ

Pacific Lipid Association Chapter Board of Directors

Officers:

President: Diane Osborn, ANP, CLS, FNLA
Lake Oswego, OR

President-Elect: Savitha Subramanian, MD
Bellevue, WA

Treasurer: Sherwin D'Souza, MD, FACE
Boise, ID

Secretary: Ian Riddock, MD
Bend, OR

Immediate Past President: Michael Wilkinson, MD, FNLA
San Diego, CA

At-Large Board Members:

Harpreet Singh Bhatia, MD, MAS
San Diego, CA

Stacey Damazo, FNP, DNP, RN, MPH
Portland, OR

Parveen Garg, MD
Sherman Oaks, CA

Amanda Markie, MS
Salt Lake City, UT

Yu-Ming Ni, MD
Irvine, CA

Southeast Lipid Association Chapter Board of Directors

Officers:

President: Seth Martin, MD
Baltimore, MD

President-Elect: Gina Lundberg, MD
Atlanta, GA

Treasurer: Dharmesh Patel, MD, FNLA
Memphis, TN

Secretary: Kenneth Hilty, MD, FACC, FACP
Greensboro, NC

Immediate Past President: Kellie McLain, ANP-C, CLS, FNLA
Mount Pleasant, SC

At-Large Board Members:

Jaime Burkle, MD, FACC, FNLA
Singer Island, FL

Jelani Grant, MD
Parkville, MD

Salman Hasham, PharmD
Lawrenceville, GA

Alisa Nance, MD, FNLA
Mooresville, NC

Jared Spitz, MD
Washington, DC

Southwest Lipid Association Chapter Board of Directors

Officers:

President: Anandita Kulkarni, MD
Frisco, TX

President-Elect: Susan Halli Demeter, DNP
Scottsdale, AZ

Treasurer: Neil Sheth, MD, FNLA
Scottsdale, AZ

Secretary: Lauren Williams, MCN, RDN, LD
Belton, TX

Immediate Past President: Zahid Ahmad, MD, FNLA
Allen, TX

At-Large Board Members:

Sarah Arcement, PA-C
Austin, TX

Alberto Chavez-Velazquez, MD
San Antonio, TX

Regis Fernandes, MD, FNLA
Scottsdale, AZ

Parag Joshi, MD, MHS
Dallas, TX

Sadia Malik, MBBS
Dallas, TX

Nivedita Patni, MD
Dallas, TX

Priyanka Satish, MBBS, FACC
Austin, TX

Danielle Sparenga, DNP
Phoenix, AZ

Mini Varughese, MD
Manvel, TX

CHAPTER BOARD GUIDEBOOK

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Important Links

National Lipid Association
lipid.org

About the NLA
lipid.org/about

Leadership
lipid.org/about/leadership

Councils & Committees
lipid.org/about/committees

Chapters
lipid.org/about/committees/regional- affairs-council

Practice Tools
lipid.org/practicetools

Recommendations & Statements
lipid.org/practicetools/documents

Tear Sheets
lipid.org/Tear%20Sheets

Facebook
www.facebook.com/nationallipid

Twitter
www.twitter.com/nationallipid

LinkedIn
www.linkedin.com/company/493263/admin/

Instagram
www.instagram.com/nationallipid/

Affiliated Organizations
Foundation of the NLA
www.learnyourlipids.com

American Board of Clinical Lipidology
www.lipidboard.org/

Conferences & Ancillary Courses
www.lipid.org/conferences

Bylaws & Policies
www.lipid.org/about/bylaws and policies

NATIONAL LIPID ASSOCIATION

Antitrust Policy

Members/guests at any activity of the National Lipid Association (NLA) are reminded that certain topics are not proper subjects for discussion and consideration at any NLA meeting, whether formal or informal. While it is entirely appropriate to meet as an organization to discuss common concerns and areas of interest, it must be kept in mind that members/guests may be competitors and any action taken to eliminate, restrict, or govern competition among colleagues and/or their guests is a violation of the antitrust laws.

If there is any discussion at NLA meetings relating to competition between members/guests, an inference may be raised that such a discussion among competitors is for the purpose of agreeing upon a common course of business conduct.

Among the subjects that should not be discussed at NLA meetings are surcharges, conditions, terms, prices of service, sharing of customers, and the refusal to deal with a particular supplier or class of suppliers.

Agreements among competitors relating to any of these subjects are per se violations of the antitrust laws, possibly leading to severe criminal and civil penalties.

It is essential, therefore, that all necessary steps be taken to prevent any NLA meeting from becoming a forum for those types of discussions that lead to an understanding or agreement, expressed or implied, with respect to any essential element of competition.

The NLA Board, in adopting this policy, urges each NLA chapter, chairman, and member to be most vigilant to make certain that your discussions and that of your colleagues do not stray from prepared agendas during various NLA meetings. Further, that any discussion be free from possible anti-competitive topics or remarks. NLA members must be certain to stay alert and informed, since antitrust laws are wide-ranging, complex, and subject to changing interpretations.

Adopted by Board of Directors: Nov. 2009
Technical Edits: Sept. 2016

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Conflict of Interest Policy

This Conflict of Interest Policy of the National Lipid Association: (1) defines conflicts of interest; (2) identifies classes of individuals within the Association covered by this policy; (3) facilitates disclosure of information that may help identify conflicts of interest; and (4) specifies procedures to be followed in managing conflicts of interest. Covered individuals should recognize that this policy does not replace, but rather is in addition to, any and all Conflict of Interest policies adopted by the NLA to which they may be subject to including industry relationships, medical education, or continuing medical education (CME), or other regulatory authority.

Definition of conflicts of interest. A conflict of interest arises when a person in a position of authority over the Association may benefit financially from a decision he/she could make in that capacity, including indirect benefits such as to family members or businesses with which the individual is closely associated. A conflict of interest is present when the individual both has a financial relationship with a commercial interest within the past 12 months and has the opportunity to affect content relevant to products or services of the commercial interest. The NLA agrees with the definition defined by the Accreditation Council for Continuing Medical Education (ACCME) a commercial interest "is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients."

Individuals covered. It is the policy of the National Lipid Association to require that all Board members, Committee members, CME planners, key staff, and faculty submit signed financial disclosure forms. The NLA will provide the information upon request and on any education programs in accordance with this policy.

Facilitation of disclosure. Persons covered by this policy will annually disclose or update to the Board of Directors of the Association on a form provided by the Association their interests that could give rise to conflicts of interest, such as direct and indirect financial relationships with a commercial interest within the past 12 months. Failure to comply in a timely manner may result in actions as described in Section 4(d) and, at minimum, make the person ineligible for any reimbursement of expenses in conjunction in official NLA business until the deficiency is resolved.

Procedures to manage conflicts. For each interest disclosed to the Board of Directors, the Board will determine whether to: (a) take no action; (b) assure full disclosure to related entities beyond the Board of Directors and/or other individuals covered by or related to this policy; (c) ask the person to recuse from participation in related discussions or decisions within the Association; or (d) ask the person to resign from his or her position in the Association or, if the person refuses to resign, become subject to the bylaws pertaining to removal of officers and directors. The Association's Executive Director will monitor Association activity pursuant to this policy and is responsible for reporting any potential or the status of ongoing conflicts of interest to the Board of Directors in order to correctly adjudicate the matters in question and or seek the counsel of the Association attorney to guide in such matters.

NATIONAL LIPID ASSOCIATION

Conduct Policy

Each officer, director, employee and representative of the NLA is expected to conduct him/herself in a manner consistent with appropriate professional behavior and ethics, including, but not limited to, the Principles of Medical Ethics of the American Medical Association or other pertinent professional organization. This shall include the obligation of the individual to avoid disruptive behavior that is rude, inappropriate and/or unprofessional such that it has adversely affected or threatens to have an adverse effect on: the effectiveness of the individual's professional and interpersonal relationships with other members of the NLA Leadership and staff, as well as; public perception, interpersonal and professional relationships with NLA Board or employee morale, or efficiency. Violations of this policy may result in discipline including, but not limited to, restriction or exclusion from certain NLA meetings and committees and expulsion from the NLA itself.

Adopted by Board of Directors: March 2019

Disclosure Form

Disclosure of Financial Relationships

Name: _____

Identified level of participation in the National Lipid Association:

☐ CME Activity (Faculty, Program Chair, Moderator) ☐ Board/Leadership (National/Regional)

☐ Communications Contributor (Lipid Spin, JCL, Website, etc) ☐ Committee Member

☐ Other: _____

First, List the names of all commercial entities producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations, with which you or your spouse/partner have, or have had, a financial relationship within the past 12 months.

Second, describe your role (e.g.: speaker, consultant, etc.).

Commercial Interest	**Nature of Financial Relationship** **What was received?** Salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit	**(Include all those that apply)** **For what role(s)?** Employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and "other activities" (please specify). **Note**: Contracted research includes research funding where the institution gets a grant and manages the funds. If you are a principal or named investigator on the grant you must disclose this information. If you are not named on the grant, you do not need to disclose.
Example: Company 'X'	*Honorarium*	*Speaker, Consultant*

If you have more relationships to disclose, please continue on the reverse side of this form.

☐ **I do not have any financial relationships with any commercial interests.**

☐ **I agree to the terms and conditions as outlined in Conflict of Interest Policies set by the National Lipid Association**

☐ **I agree to the terms and conditions listed in the faculty confirmation letter.** (Only Applicable if you are participating in a CME Activity)

☐ **I intend to reference unlabeled/unapproved uses of drugs or products in my presentation:** (Only Applicable if you are participating in a CME Activity)

Please list:

Signature: _____ **Date:** _____

National Lipid Association, 6816 Southpoint Parkway, Suite 1000, Jacksonville, FL 32216, Phone: 904.998.0854

Hunninghake Familial Hypercholesterolemia Abstract Award

The Foundation awards the Donald Hunninghake Familial Hypercholesterolemia Abstract Award annually for outstanding research in the area of Familial Hypercholesterolemia. The Donald Hunninghake Familial Hypercholesterolemia Abstract Award is made possible by support from Amgen.

Young Investigator Award

The Foundation awards the Young Investigator Award annually to five individuals (1st-5th place) for their contributions to the NLA's annual abstracts program. Eligible Young Investigators are in-training students, residents, or fellows in practice for <5 years. The Young Investigator Award is made possible by support from Amgen.