

## **Lalitha Ananth, M.D., F.A.C.P.**

Diplomat, American Board of Internal Medicine  
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### **Professional Experience**

- 1988 – Present     *Private Practice*, Rheumatology and Internal Medicine. Fountain Valley, California.  
1979 – 1980        *Private Practice*, General Internal Medicine, Bangalore, India.

### **Education**

- 1986 – 1988        *Rheumatology Fellowship*, University of California at Irvine/Long Beach Veterans' Affairs Medical Center Combined Program. Irvine, California.  
1983 – 1986        *Internal Medicine Residency*, King Drew Medical Center Hospital. Los Angeles, California.  
1983                *Internal Medicine Externship*, Veterans' Affairs Wadsworth Medical Center. Los Angeles, California.  
1979 – 1980        *Resident Medical Officer*, Maiya Hospital. Bangalore, India.  
1978 – 1979        *Senior House Surgeon* – Obstetrics and Gynecology, Vanivilas Hospital. Bangalore, India.  
1977 – 1978        *Rotating Internship*, Victoria-Vanivilas Hospital. Bangalore, India.  
1972 – 1978        *Bachelor of Medicine and Bachelor of Surgery (M.B.B.S.)*, Karnatak Medical College. Hubli, India.  
1969 – 1972        *Bachelor of Science in Chemistry and Bachelor of Science in Zoology*, Karnatak University. Dharwad, India.  
1968 – 1969        *Pre-University Studies*, National College. Bangalore, India.

### **Board Certifications, Honors, and Grants**

- 2003                *Board Recertification*, Diplomate American Board of Rheumatology  
2000                *FACP Award Winner*, Fellowship of the American College of Physicians  
1992                *Board Certification*, Diplomate American Board of Rheumatology

- 1988 *Board Certification, Diplomate American Board of Internal Medicine*
- 1988 *Fellows' Research Competition Award Winner, Fellowship of the American College of Physicians, University of California at Irvine (UCI)*
- 1987 – 1988 *Pharmaceutical Research Grant, The Upjohn Company, Inc.*
- 1985 *Solomon Scholar Award, University of California at Los Angeles (UCLA)*
- 1985 *Resident Research Competition Winner, University of California/Drew School of Medicine*
- 1985 *Research Grant, Drew School of Medicine*
- 1968 *National Merit Scholarship, Government of India*

### **Relevant Publications**

**Ananth, L.,** Prete, P.E., & Kashyap, M.L. (1993). Role of Cholesterol and Apolipoproteins A-1 and B in Rheumatoid Synovial Inflammation. *Metabolism*, 42 (7), 803-806.

### **Presentations**

- 2009 – Present *Speakers' Bureau Podium Presentations, "Rheumatoid Arthritis, Psoriatic Arthritis, and Ankylosing Spondylitis." Presented at Abbott Laboratories. Orange County and Los Angeles, California.*
- 2006 *Presentation, "Management of Rheumatoid Arthritis." Presented at the Medical Center of Garden Grove. Garden Grove, California.*
- 2004 *Presentation, "Managing Your Arthritis and Osteoporosis." Presented at the Roger Senior Center. Huntington Beach, California.*
- 1995 – 2003 *Presentations, "Management of Rheumatoid Arthritis." Presented at various Continuing Medical Education conferences at the Fountain Valley Regional Hospital and Medical Center. Fountain Valley, California.*
- 1999 *Presentation, "Lyme Disease." Presented at the Fountain Valley Regional Hospital and Medical Center. Fountain Valley, California.*
- 1999 *Presentation, "Management of Rheumatoid Arthritis." Continuing Medical Education (CME) Conference at Mysore Medical College. Mysore, India.*
- 1997 *Presentation, "Vasculitis." Presented at the Fountain Valley Regional Hospital and Medical Center. Fountain Valley, California.*
- 1992 *Speakers' Bureau Podium Presentation, "Management of Osteoarthritis." G.D. Searle & Company. Fountain Valley, California.*
- 1990 *Speakers' Bureau Podium Presentation, Pfizer Incorporated. Los Angeles, California.*
- 1989 *Presentation, "Management of Lupus." Presented at the Lupus Foundation. Los Angeles, California.*

- 1988 *Podium Presentation*, “Synovial Fluid Apolipoproteins in Rheumatoid Arthritis and Degenerative Joint Disease.” Presented at the American College of Physicians (ACP) Regional Meeting. La Jolla, California.
- 1987 *Poster Presentation*, “Synovial Fluid Apolipoprotein Study.” Presented at the American Rheumatism Association Regional Meeting. San Diego, California.
- 1985 *Podium Presentation*, “Efficacy of Nicorette in Smoking Cessation.” Presented at the Solomon Scholar Resident Research Competition at the University of California at Los Angeles (UCLA). Los Angeles, California.

### **Professional Societies**

- 1999 – Present *Fellow*, American College of Physicians (ACP)
- 1995 – Present *Member*, Association of American Physicians from India (AAPI)
- 1990 – Present *Member*, Indian Medical Association (IMA)
- 1988 – Present *Member*, American Medical Association (AMA)
- 1988 – Present *Member*, American College of Rheumatology (ACR)
- 1988 – Present *Member*, Arthritis Foundation

### **Clinical Appointments**

- 1990 – Present *Assistant Clinical Professor of Medicine*, Department of Rheumatology, University of California at Irvine. Orange, California.
- 1990 – Present *Assistant Clinical Professor of Internal Medicine and Rheumatology*, Western University of Health Sciences College of Osteopathic Medicine. Pomona, California.
- 1989 – 1991 *Staff Rheumatologist*, Long Beach Veterans’ Affairs Medical Center. Long Beach, California.

### **Offices Held**

- 2006 – Present *Member*, Continuing Medical Education (CME) Committee, Fountain Valley Regional Hospital and Medical Center. Fountain Valley, California.
- 1995 – 1997 *Contributor*, American Board of Internal Medicine (ABIM). Philadelphia, Pennsylvania.
- 1990 – 1993 *Member*, Medical Records Committee, Fountain Valley Regional Hospital and Medical Center. Fountain Valley, California.
- 1990 – 1991 *Member*, Infection Control and Pharmacotherapeutics Committee, Pacifica Community Hospital. Huntington Beach, California.

## Research Experience

- 1992 – 1993      *Clinical Research*, G.D. Searle & Company. Fountain Valley, California.
- 1986 – 1988      *Basic Science Research*, University of California at Irvine/Long Beach Veterans' Affairs Medical Center. Orange and Long Beach, California.

## Volunteer Experience

- 2002 – Present    *Health Fair Volunteer Physician*, various health camps. Cerritos and Corona, California.
- 1992 – 2009      *Coordinator*, United India Balavihar. Los Angeles, California.
- 2003              *Fundraising Coordinator*, “Vidyanjali” presented by Asha For Education (Los Angeles chapter) and the Shakti Dance Company. Torrance, California.
- 1995 - 2000      *Arthritis Camp Coordinator*, Rotary Club. Bangalore, India.
- 1998              *Fundraising Coordinator*, “Rama Vaibhava” presented by Chaitanya Educational Foundation (CEF) and the Shakti Dance Company. Torrance, California.
- 1995 – 2000      *Girl Scout Troop Leader*, Girl Scouts of America. Huntington Beach, California.
- 1995              *Health Camp Volunteer*, Lions Club. Bangalore, India.
- 1993              *Health Camp Volunteer*, H.K. Sangha. Bangalore, India.

## Hospital Privileges

*Fountain Valley Regional Hospital and Medical Center (FVRHMC)*. 17100 Euclid Avenue, Fountain Valley, California 92708.

*Hoag Memorial Hospital Presbyterian*. 301 Newport Boulevard, Newport Beach, California 92663.

*Huntington Beach Community Hospital*. 17772 Beach Boulevard, Huntington Beach, California 92647.

*Orange Coast Memorial Medical Center (OCMMC)*. 9920 Talbert Avenue, Fountain Valley, California 92708.

*University of California at Irvine Medical Center (UCIMC)*. 101 The City Drive South, Orange, California 92868.

## Hobbies and Interests

*South Indian Classical Dance (Bharata Natyam)*. Disciple of Viji Prakash at the Shakti School of Bharata Natyam since 1995; performed solo dance debut or *arangetram* in 2008.

*South Indian Classical Music (Carnatic music)*. Learned and performed Carnatic music since childhood.

*Pets*. Has two adorable dogs, Oliver and Melanie.

*Outdoor activities*. Walking on the beach; hiking.