Steven Grinspoon is a Professor of Medicine at Harvard Medical School. He Directs the MGH Program in Nutritional Metabolism, and is the Co-Director of the Nutrition Obesity Research Center at Harvard. His work investigates the neuroendocrine regulation of body composition, and physiologic consequences of fat distribution on cardiovascular disease and inflammation. Specifically, he has investigated the effects of reduced growth hormone on metabolic dysegulation in obesity and was the first to propose the use of a GHRH analogue to increase endogenous GH secretion on lipodystrophy and generalized obesity. This strategy has shown that augmentation of endogenous GH pulsatility selectively reduces visceral fat as well as liver fat, improves carotid IMT, and reduces inflammatory indices. This work led to the FDA approval of tesamorelin for excess visceral fat accumulation in HIV-infected patients. At Harvard, he Co-directs the Nutrition Obesity Research Center and is an active mentor, as PI of the Harvard Training Grant in Nutritional Metabolism. He has served on the Harvard faculty since 1995, and is well recognized for his work, selected to the American Society for Clinical Investigation and the Association of American Physicians for his scientific contributions. He received the American Federation of Medical Research Investigator of the Year Award in 2005 and the Edward H. Ahrens Jr. Award for Patient Oriented Research from the Association for Clinical and Translational Science (ACTS) in 2014.