

# Tianzhichao Hou, MD, PhD

300 Longwood Ave., Boston, MA | med.houtian@gmail.com | (437) 660-3288

I earned my MD in China, graduating *summa cum laude*, and being recognized as one of the Outstanding Graduates of Shanghai and a Top 10 Honored Student. I published **34** peer-reviewed articles (14 first author, 660 citations) in *Diabetes Care*, *Nature Commu.*, and *Lancet Reg Health*; presentations at AHA, ADA, ENDO and AACR; and reviewed 60 papers for *The BMJ*, *JCEM*, etc.

Currently, I am a pediatric resident in the **Boston Combined Residency Program** (Harvard Medical School / Boston Children's Hospital), training to become a physician-scientist focused on caring for children through clinical and translational research.

## EDUCATION

### Joint MD/PhD in Medicine

Sep. 2020 - Jun. 2025

*Shanghai Jiao Tong University, Shanghai, China*

- Mentor: [Guang Ning](#), FACC (Honored), CAE; President of Ruijin Hospital.
- Doctoral Dissertation: Genetic Epidemiological Study on Chronic Metabolic Risk Factors and Longevity-related Clinical Outcomes

### Joint MD/PhD in Medical Biophysics

Jun. 2023 - Jun. 2025

*University of Toronto, Ontario, Canada*

- Mentor: [Geoffrey Liu](#), FACP; [Cancer Biostatistics Lab](#) at Princess Margaret Cancer Centre.

### Bachelor of Medicine

Sep. 2015 - Jun. 2020

*Zhejiang University, Zhejiang, China*

- GPA: 3.9/4.0, Rank 3<sup>rd</sup> / 344 students; Summa cum laude; Top 10 Honored Students.

## CLINICAL EXPERIENCES

### Pediatric Resident Physician

Jun. 2026 - Present

*Harvard Medical School / Boston Children's Hospital / Boston Medical Center*

- General pediatric resident at Boston Combined Residency Program (BCRP).
- Clinical training at both Boston Children's Hospital and Boston Medical Center.

### Global Pediatric Training

- Canada: The Hospital for Sick Children/SickKids (Genetics); November to December 2024.
- Australia: Perth Children's Hospital (Gastroenterology); March to April 2020.
- China: Zhejiang Children's Hospital (General pediatrics); August to September, 2018.

## PUBLICATIONS

Full list of 34 publications in Google Scholar: <https://scholar.google.com/citations?user=QP1omegAAAAJ>

- Li Y\*, Tian J\*, **Hou T\***, et al. Association between age at diabetes diagnosis and subsequent incidence of cancer: a longitudinal population-based cohort. *Diabetes Care*. 2024.
- **Hou T**, et al. Identifying PDAP1 as a Biological Target on Human Longevity: Integration of Mendelian Randomization and Cell Experiments Validation Study. *Aging Cell*. 2025.
- **Hou T**, et al. The interaction effect between BMI, diabetes, and age at diabetes onset on the risk of thyroid cancer: a population-based cohort study. *Diabetes Obes Metab*. 2024.
- **Hou T**, et al. The causal effect of systolic blood pressure lowering on vascular outcomes in diabetes: a Mendelian randomization study. *J Clin Endocrinol Metab*. 2022.

- **Hou T**, et al.. Dissecting the causal effect between gut microbiota, DHA, and urate metabolism: A large-scale bidirectional Mendelian randomization. *Front Immunol*. 2023.
- Dai H\*, **Hou T**\*, Wang Q\*, et al. Roles of gut microbiota in atrial fibrillation: insights from Mendelian randomization analysis and cohort study participants. *Cardiovasc Diabetol*. 2023.
- Dai H\*, **Hou T**\*, Wang Q\*, et al. Causal relationships between the gut microbiome, blood lipids, and heart failure: a Mendelian randomization analysis. *Eur J Prev Cardiol*. 2023.
- Thakral A\*, Lee J\*, **Hou T**, et al. Differences in Causal Effects of Smoking and Alcohol by HPV Status in Head and Neck Cancer: A Mendelian Randomization Study. *Nature Commu*. 2024.

I also enjoy writing pop-science articles online and published 10 articles, with **>4 million readings**, 80k reposts, 9k like it, on [www.dxy.cn](http://www.dxy.cn) (the highest-impact medical media in China).

#### First (/co-) Author Conference Presentations:

- **American Association for Cancer Research (AACR), Chicago, Apr. 2025:** PRS-based smoking and drinking behaviors and HNSCC risk by HPV status
- **American Heart Association (AHA), Chicago, Nov. 2024:** Plasma Protein-Based Prediction Model for A-Fib Recurrence Post-Ablation.
- **Endocrine Society (ENDO), Boston, Jun. 2024:** The interaction effect between BMI, diabetes, and age at diabetes onset on the risk of thyroid cancer: a population-based cohort study.
- **American Diabetes Association (ADA), San Diego, Jun. 2023:** Association between Age at Diabetes Onset and Subsequent Risk of Cancer.

## PUBLIC and ACADEMIC SERVICES

### Active Academic Peer Reviewer Aug. 2022 - Present

- Reviewed over **60** manuscripts from: *The BMJ* (4), *Cardiovascular Diabetology* (5), *JCEM* (40), etc.

### Multilingual Clinical Volunteer at Toronto General Hospital Dec. 2023 - Oct. 2024

- Volunteered at the dialysis department; engaging patients in conversations in **English, Cantonese (Native) and Mandarin (Native)** during treatment and assisting clerks and nurses with paperwork.

### Membership of Academic Associations Jun. 2023 - Present

- American Academy of Pediatrics, Academic Pediatric Association, American Heart Association.

## AWARDS and HONORS

- **Outstanding Graduates of Shanghai** May. 2025
- Princess Margaret Cancer Centre Travel Award for AACR (\$1500) Apr. 2025
- **National Scholarship** for graduates (**1%, HIGHEST HONOR** in China) Oct. 2024
- First-Class Scholarship for Graduate Students 2022, 2023, 2024
- Ten-Outstanding Students (**Highest Honor** in ZJU Medical School) Nov. 2018
- Tang Li-Xin Scholarship (Top 0.6% students in ZJU) 2018, 2019, 2020
- First-Class Scholarship for Outstanding Students (Top 2.0% students in ZJU) 2017, 2018, 2019
- **National Scholarship** for undergraduates (**1%, HIGHEST HONOR** in China) Oct. 2017