

## Curriculum vitae

Dr. Adel A. Alhamdan  
Associate Professor  
Clinical Nutrition Program  
Department of Community Health Sciences  
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Academic Record:					
Degree	Year	Name of Institution	Major Field of Study	Minor Field of Study	Country
BSc	1992	King Saud University	Clinical Nutrition		Saudi Arabia
MSc	1995	King's College London	Human Nutrition		England
PhD	2001	Southampton University	Human Nutrition	Nutrition and physiological stress	England

### Research Interests:

Nutrition and Physiological Stress, Nutrition and Elderly.

### Research Activities:

- **Alhamdan, A.;** Grimble, R.F. (1997): The effect of dietary cysteine adequacy on glutathione metabolism during inflammation in rats. Page R490 in the abstracts' Booklet. 16th International Congress of Nutrition. Held at Montreal-Canada.
- **Alhamdan, A.;** Grimble, R.F. (1998): The modulatory effect of dietary sulphur amino acids in young growing rats undergoing an inflammatory response (oral presentation). Mini-Symposium on Sulphur: The Globale Cycle, Metabolism and Nutrirtion. Sponsered by The Rank Prize Funds. Held at The Wordsworth Hotel, Grasemere, Cumbria. 14th to 17th July, 1998.
- Obeid, O. A.; **Alhamdan, A.-W.;** Emery, P. W.: Glycogen synthesis in tumour-bearing rats after injection of a high-glycerol meal. *Nutrition and Cancer* 1998; 30 (1): 59-63.
- **Alhamdan, A.;** Grimble, R.F. (1999): Glutathione metabolism in endotoxin-treated rats fed low-protein diets with and without sulphur amino acid supplementation (oral presentation). Functional Foods '99-claims and evidence. British Nutrition Foundation. Page 36 in the abstracts' Booklet. Held at Withersdane Conference Centre, Wye College, University of London, Kent, UK. 14th-15th April 1999.

- **Alhamdan, A.;** Grimble, R.F.: The effect of dietary methionine supplementation on hepatic glutathione metabolism, hepatic protein content, and  $\alpha$ -1 acid glycoprotein in endotoxin-treated rats fed low-protein diets. *Proceedings of the Nutrition Society* 1999; 59: 45A.
- **Alhamdan, A.;** Grimble, R. F.: The effect of graded levels of dietary casein, with or without Methionine supplementation, on glutathione concentration in unstressed and endotoxin-treated rats. *International Journal of Vitamin and Nutrition Research* 2003; 73 (6): 468-477.
- **Alhamdan. A.:** Nutritional status of Saudi males living in the Riyadh nursing home. *Asia Pacific Journal of Clinical Nutrition* 2004;13 (4): 372-376.
- **Alhamdan, A.:** The effect of dietary supplementation of N-acetyl-L-cysteine on glutathione concentration and lipid peroxidation in cigarette smoke-exposed rats fed a low-protein diet. *Saudi Medical Journal* 2005; 26 (2): 208-214.
- **Alhamdan A.** and Alorf, S.: The Use of The Mini Nutritional Assessment To Assess The Nutritional Status of Elderly Subjects Living In The Riyadh Nursing Home. *Arab Gulf Journal of Scientific Research* 2005; 23 (2): 98-102.
- Rasha A Alfawwaz and **Adel A. Alhamdan.** The Modulatory Effect of N-Acetyl Cysteine Supplementation on Hepatic Glutathione Concentration and Lipid Peroxidation Status in Old Rats Fed a Low-Protein Diet. *Pakistan Journal of Nutrition* 2006; 5 (2): 156-165.
- Alsaif M.A., Khan L.A., **Alhamdan A.H.**, Alorf S., Al-Othman A.M., Alawami S. Effects of Dietary flavonoids intake in Saudi Patients with coronary heart disease. *Journal of Family & Community Medicine* 2007; 14(3): 119-126.
- Abdelrhman B., Saeed A., Fetoohi E., **Alhamdan A.**, Al-Othman A., Bani I. (2008): Sociodemographic and feeding practices risk factors for diarrhea in children under five years in Riyadh city, Saudi Arabia. *Alexandria Journal of Paediatrics* 2008.
- **Adel A. Alhamdan.** Body mass Index, Waist, waist to hip ratio and lipid profile in Elderly subjects living in a nursing home. *Journal of Medical Sciences* 2008; 8(2):177-181.
- Manal M. Samerqand and **Adel A Al-hamdan:** Nutritional status of children with Down's syndrome in Riyadh City. *Arab Journal of Food & Nutrition* 2008; 9 (20): 56-72.
- **Adel A Alhamdan** and Tariq Ahmad Masoodi. Analysis of inhibitory effect of flavonoids on H-Ras protein - an anticancer drug target. *Journal of Nutrigenetics and Nutrigenomics* 3(4): 127-135 (2010)
- **Adel A. Alhamdan,** Abdulaziz A. Alsaif : The nutritional, glutathione and oxidant status of elderly subjects admitted to a University hospital, *Saudi Journal of Gastroenterology* 2010; 17(1):58-63.
- Tariq Masoudi & **Adel A. Alhamdan:** Inhibitory Effect of Flavonoids on Mutant H-Ras P<sup>21</sup> Protein *Bioinformation* 5(1): 11-15 (2010).
- Nutritional assessment and obesity in Down syndrome children and their siblings in Saudi Arabia. *Saudi Medical Journal* 2012, 33 (11): 1216-1221. Manal M. Samarkandy, Badreldin A. Mohamed, **Adel A. Al-Hamdan.**

- Tariq Ahmad Masoodi Mohammed A. Alsaif, Sulaiman A. Al Shammari, Alexandre Kalache, **Adel A. Alhamdan**. Evaluation and Identification of Damaged Single Nucleotide Polymorphisms in COL1A1 Gene Involved in Osteoporosis. *Archives of Medical Science* 2012: 1-7.
- Tariq Ahmad Masoodi, Sulaiman A. Al Shammari, May N. Al-Muammar and **Adel A. Alhamdan**. Screening and Evaluation of Deleterious SNPs in APOE Gene of Alzheimer's disease. *Neurology Research International* 2012. Article I.D. (480609).
- Subai HI, Balubaid HH and **Alhamdan AA**. The Association between Nutritional Status using the Mini Nutritional Assessment and the severity of Pressure Ulcer in Elderly Hospitalized Patients at King Abdul-Aziz Medical City in Riyadh. *Middle East Journal of Age and Ageing* Volume 11, Issue 3, June 2014, page:3-11.
- **Adel A. Alhamdan**, Sulaiman A. Alshammari, Maysoon M. Al-Amoud, Tariq A. Hameed, May N. Al-Muammar, Saad M. Bindawas, Saada M. Al-Orf, Ashry G. Mohamed, Essam A. Al-Ghamdi, Philip C. Calder. Evaluation of health care services provided for older adults in primary health care centers and its internal environment. A step towards age-friendly health centers. *Saudi Medical Journal* 2015, 36 (9): 1091-1096.
- **Adel A Alhamdan**. Silymarin Supplementation Attenuation of the Lipopolysaccharide-Induced Metabolic Changes in Protein Malnourished Rats. *Malaysian Journal of Nutrition* 22(1): 137 - 151, 2016.

#### **Participating in conferences and Symposium:**

- Adel ALHAMADAN, Saad BINDAWAS, Saada AL-ORF, May Al-Muammar, Essam AL-GHAMDI, Maysoon AL-AMOUD, Tariq Hameed & Sulaiman ALSHAMMARI. Evaluate health care services provided for older persons in primary health care centers in Riyadh city, Kingdom of Saudi Arabia-A first step towards age friendly primary health care centers. the 20th IAGG World Congress of Gerontology and Geriatrics. Coex Convention Centre, Seoul, South Korea (23 Jun 2013-27Jun 2013).
- Tariq Ahmad Masoodi, Sulaiman A. Al Shammari, May N. Al-Muammar, and Adel A. Alhamdan. Screening and evaluation of deleterious SNPs in APOE gene of Alzheimer's disease (poster). 1st World Congress on Healthy Ageing "Evolution: Holistic Ageing in an Age of Change" 19th-22nd March 2012. Kuala Lumpur Convention Centre, Kuala Lumpur, Malaysia.
- 3rd International Immunonutrition Workshop. International Forum on Immunonutrition: Education & Research (participation). Girona, Spain, October 21-24, 2009.
- The Nutritional, Oxidant and Antioxidant Status of Elderly Subjects Admitted To a University Hospital (poster). 15th International Congress of Dietetics (ICD 2008), Yokohama, Japan, September 8-11, 2008.
- The effect of weight reduction diet on C-reactive protein level in adult-obese subjects (poster). Asian Congress of Nutrition (10th ACN). Taiwan, Taipei, International Convention Center from September 9th to 13th, 2007.
- Nutritional status of elderly patients admitted to King Khalid University Hospital (oral presentation). 4th International Symposium on Update on Clinical and Community Nutrition. Held at Riyadh Military Hospital, Riyadh, Kingdom of Saudi Arabia, 26-27 may2008 (21-22 Jumada Al Awal 1429).

- Alhamdan, A.; Grimble, R.F. (1999): Glutathione metabolism in endotoxin-treated rats fed low-protein diets with and without sulphur amino acid supplementation (oral presentation). Functional Foods '99-claims and evidence. British Nutrition Foundation. Page 36 in the abstracts' Booklet. Held at Withersdane Conference Centre, Wye College, University of London, Kent, UK. 14th-15th April 1999.
- Alhamdan, A.; Grimble, R.F. (1997): The effect of dietary cysteine adequacy on glutathione metabolism during inflammation in rats (Poster). Page R490 in the abstracts' Booklet. 16th International Congress of Nutrition. Held at Montreal-Canada, 29 July-1 August 1997.

#### **Membership of Scientific Associations:**

- Member of American Enteral and Parenteral Nutrition.
- Member of Saudi Clinical Nutrition Association.

#### **Administrative Assignments:**

- \* Full time-Consultant, Ministry of Higher Education- deputy for scholarship Affairs, Saudi Arabia (from second semester 2011-2012 until end of second Semester 2014-2015).
- \* Director-Health Care Development for Elderly Research Chair-King Saud University (1/Feb/2010-30/Nov/2014).
- \* Chairman of the Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University (start second semester-academic year 2010-2011 until end of first semester-academic year 2011-2012).
- \* Vice Dean for Academic Affairs-College of Applied Medical Sciences (academic year 2008/2009, 2009/2010).
- \* Chairman of the Maternal and Child Health Department, College of Nursing, King Saud University (Academic year 2007/2008 & 2008/2009).
- \* Member of the Council of the Deanship of Graduate Studies - a representative of the College of Nursing (academic year 2007/2008, 2008/2009).
- \* Member of the health programs specialist committee at the Deanship of Graduate studies (academic year 2007/2008, 2008/2009).
- \* Member of the Research Center at College of Applied Medical Sciences (Academic year 2007/2008, 2008/2009, 2009/2010).
- \* Chairman of the Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University (from 13/7/2004 to 19/6/2006).
- \* Head of students' Cultural and Social activities in the College of Applied Medical Sciences, King Saud University (academic year 2004/2005).
- \* Supervisor of Public relations in the College of Applied Medical Sciences, King Saud University from 20/4/2003 for a period of one year.

#### **Master of Clinical Nutrition Program Thesis Supervision Committees**

- **Supervisor** for Rash Alfawaz's thesis entitle " Hepatic glutathione concentration and lipid peroxidation status in elderly rats fed low-protein diet supplemented with N-Acetyl-Cysteine" (6/1/2004).
- **Supervisor** for Rabaa Alhthail's thesis entitle "The effect of nutritional status and weight reduction diet on C-reactive protein level in adult obese subjects in Riyadh Armed Forces Hospital" (29/11/2004).

- **Supervisor** for Manal Samarquandi's thesis entitle “Nutritional status of children in Down syndrome schools in Riyadh city” (11/5/2004).
- **Supervisor** of Hasan Sabai's Master-thesis (The Association Between Nutritional Status Using The Mini Nutritional Assessment And The Severity Of Pressure Ulcer In Elderly Hospitalized Patients At King Abdulaziz Medical City In Riyadh) (16/9/1433-4/8/2012))
- **Supervisor** of Alanod Aladel's Master-thesis (Effect of Weight loss on the level of pro-inflammatory cytokines post sleeve gastrectomy among obese children and adolescents) (22/7/1433-12/6/2012)

### **Workshop and conference attendance:**

- Teacher and student digital literacy improvement. Deanship of Skills Development. King Saud University. Monday 2/10/2015 for a total of 5 Total training hours.
- The 2nd Saudi International conference on scientific publishing 2015. 11-13 October 2015. King Saud University.
- Workshop: How to get your paper published. Authors: Andy Robinson/Chris Graf. 12/10/2015. King Saud University.

### **Member of Thesis Examination Committees**

- Albendary Alshethri's masters of clinical nutrition thesis entitle “The effect of date fiber on postprandial glucose and lipid profile in rats with induced diabetes”. 9/5/1427 Hijri (6/5/2006).
- Areej Almansor's masters of nursing thesis entitle “Nutritional, biochemical and hematological status of liver disease patients at King Abdulaziz Medical City in Riyadh City” 19/4/1427 Hijri (17/5/2006).
- Lina Alohal's masters of nursing thesis entitle “Nutritional status of cystic fibrosis patients: cases from King Faisal Specialist Hospital and Research Center” 14/9/1424 Hijri (9/11/2006).
- Hend Alzaidan's masters of nursing thesis entitle “Nutritional status of the surgical inpatients who have undergone major surgery in Riyadh Armed Forces Hospital” 24/11/1426 Hijri (26/12/2005).

### **University and Community Service:**

- Participating in the World Diabetes day hold on Monday and Tuesday (28-29/10/2002).
- Article entitled "Nutrition therapy for gastroesophageal reflux disease". Healthy Food Magazine, 2004, issue 41-42, pp. 88-89.
- Article entitled "Glutathione-The unknown soldier". Healthy Food Magazine, 2004, issue 39-40, pp. 42-43.
- Article entitled "Life of the elderly-Nutrition assessment of the elderly". Healthy Food Magazine, 2003, issue 37-38, pp.110-111.
- Article entitled "The summer and food safety". Aljazeera Magazine (Aljazeera newspaper Appendix)- The first year- 10/4/1424 Hijri (10/6/2003), issue 27, page 25.
- Article entitled "Parties diets". Healthy Food Magazine, 2006, issue 67, pp.50-51.