

CURRICULUM VITAE



NAME: Prof. SULTAN AYOUB MEO
FATHER'S NAME: MUHAMMAD UMAR MEO
NATIONALITY: PAKISTANI
N.I.C. NO: 432025-287925-9
MARITAL STATUS: MARRIED [Five children]
MAILING ADDRESS: PO Box, 2925, Riyadh 11461, Kingdom of Saudi Arabia
Contact: Office: +96611-4671604. Res: +96611-4682022.
Cell Phone: +966-557640012. Email: sultanmeo@hotmail.com
smeo@ksu.edu.sa

ACADEMIC ACHIEVEMENTS:

BASIC MEDICAL QUALIFICATION:

- **MBBS** [Bachelor Degree in Medicine & Surgery] Quaid-e-Azam Medical College Bahawalpur, July 1992.

POSTGRADUATE MEDICAL QUALIFICATIONS:

- **M.Phil** [Physiology] Postgraduate Medical Degree in Physiology Sub-Specialty: Respiratory Physiology/ Electrophysiology, Lab Basic Medical Sciences Institute, Jinnah Postgraduate Medical Center [University of Karachi] July 1999.
- **Ph.D** [Physiology] Doctorate Degree Sub-Specialty: Respiratory Physiology/ Electrophysiology, Lab Faculty of Health and Medical Sciences Hamdard University, Karachi, Nov. 2001.
- **FRCP** [Fellowship] Fellow of Royal College of Physicians of Ireland Royal College of Physicians of Ireland June 4, 2010
- **FRCP** [Fellowship] Fellow of Royal College of Physicians of London Royal College of Physicians of London June 30, 2011
- **FRCP** [Fellowship] Fellow of Royal College of Physicians of Edinburgh Royal College of Physicians of Edinburgh UK, July 29, 2011
- **FRCP** [Fellowship] Fellow of Royal College of Physicians & Surgeons of Glasgow, UK Royal College of Physicians of and Surgeons of Glasgow, UK, Oct, 24, 2011
- **PG Dip Med Ed** [Medical Education] Postgraduate Diploma in Medical Education Centre for Medical Education, University of Dundee, Scotland, UK, Oct, 2009
- **M Med Ed** [Master in Medical Education] Postgraduate Master Degree in Medical Education Centre for Medical Education, University of Dundee, Scotland, UK, Sept, 2012.

CURRENT POSITION:

Professor & Consultant in Clinical Physiology
Department of Physiology, College of Medicine, King
Khalid University Hospital, King Saud University,
Riyadh, Kingdom of Saudi Arabia, since Oct 2008.

TEACHING EXPERIENCE:

- Oct 2008 to date **Professor and Consultant**, Department of Physiology,
College of Medicine, King Saud University, Riyadh, KSA
- Oct 2004 to Oct-2008 **Associate Professor & Consultant**, Department of
Physiology, College of Medicine, King Saud University,
Riyadh, KSA
- Dec. 2001 to Oct 2004 **Assistant Professor and Consultant**, Department of
Physiology, College of Medicine, King Saud University,
Riyadh, KSA
- Sept.2001 to Dec 2001 **Associate professor**, Department of Physiology
Hamdard College of Medicine and Dentistry, Karachi.
- Oct. 1999 to Sept. 2001 **Assistant Professor**, Department of Physiology
Hamdard College of Medicine and Dentistry, Karachi.
- June 1994 to Oct. 1999 **Lecturer**, Department of Physiology
Hamdard College of Medicine and Dentistry, Karachi.
- Nov. 1993 to June 1994 **Lecturer**, Department of Physiology, Vohra Medical
College, Karachi

VISITING FACULTY EXPERIENCE:

- July 1999 to July 2001 **Visiting Assistant Professor** Department of Physiology,
Karachi Medical and Dental College, Karachi
- July 2000 to Jan. 2001 **Visiting Faculty Member** for Postgraduate
Students, Department of Physiology, University of Karachi
- July 2010 to date **Visiting Professor**
Jinnah Medical College Peshawar, Pakistan
- July 2010 to date **Visiting Professor** for Postgraduate students
Department of Physiology, and Medical Education,
Dow University for Health Sciences, Karachi, Pakistan

CLINICAL EXPERIENCE:

- July 1992 to Oct. 1992 Medicine (House Physician)
Victoria Hospital and Quaid-e-Azam Medical College,
Bahawalpur
- Oct. 1992 to April 1993 Surgery (House Surgeon)
Civil Hospital and Dow Medical College, Karachi
- April 1993 to Nov. 1993 Medicine (House Physician)
Civil Hospital and Dow Medical College, Karachi
- Oct. 1996 to Oct. 1997 Medical Officer, Honorary (Evening / Night shift)
Department of Emergency and Accident, Civil
Hospital and Dow Medical College, Karachi
- May 2003- to Oct 2004 Assistant Professor / Consultant and Head of Clinical
Physiology Unit, University Diabetes Centre, King Saud
University, Riyadh
- Oct 2004- Oct 2008 Associate Professor / Consultant and Head of Clinical
Physiology Unit, University Diabetes Centre, King Saud
University, Riyadh
- Oct 2008- to date Professor / Consultant and Head of Clinical Physiology Unit
University Diabetes Centre, King Saud University, Riyadh

TEACHING RESPONSIBILITIES:

- (Lecture / tutorials / PBL) Cell Physiology, Hematology, Nerve and Muscle
Physiology, Cardiovascular System, Gastro-intestinal
System, Respiratory System, Endocrinology, Reproductive
System, Neurophysiology, etc.
- (Experimental Physiology) Lung Function Laboratory (Spirometry), Clinical
Physiology Lab. (Electromyography EMG), Hematology,
Echocardiography.

Ph.D SUPERVISOR / EXAMINER:

Prof. Meo has been appointed as a Ph. D Supervisor and Examiner for the Ph. D students by College of Medicine, King Saud University, Riyadh, College of Medicine, University of Dammam, Kingdom of Saudi Arabia and Universities of Malaysia.

1. Supervisor: Effects of hypoxia on the central integration of peripheral stimuli and mechanical properties of the respiratory system in the embryonic period” June, 2013.

2. Internal Examiner on the Ph.D thesis of Dr Abeer Abdul Moati Olayan Al Masri. Title: The role of Arachidonic Acid Metabolites and Nuclear Factor Kappa- B in the production of Neutrophil Chemokines from ischemic myocardium. College of Medicine, King Saud University, Riyadh, Saudi Arabia Dated Dec 6, 2006.
3. Prof. Meo was appointed as an External Examiner on the Ph. D thesis of Dr Lubna Ibrahim Al-Asoom, Title: Comparison between myocardial hypertrophy induced by exercise training and long term intake of Nigella sativa, College of Medicine, King Faisal University, Dammam, Saudi Arabia Dated June 16, 2010
4. Prof. Meo was appointed as an External Examiner on the Ph. D thesis of Dr Huda Abdulla Ahmad Kaatabi. Title: Effect of Nigella Sativa on Glycemic Control, Lipid Profile, Antioxidant Status and Cardiac Performance in Type 2 Diabetic Patients. College of Medicine, King Faisal University, Dammam, Saudi Arabia Dated May 23, 2012.
5. Prof. Meo was appointed as an External Examiner on the Ph. D thesis of Dr. Mazen M Jamil Al-Obaidi: Effects of Ellagic Acid on Extracted Tooth Socket Healing treated with Rosuvastatin in Nicotinic Diabetic Rats. Faculty of Dentistry, University, Technology MARA, Malaysia, dated April, 2015.

SCIENTIFIC CONTRUBUTION AS AN EDITOR OF THE MEDICAL JOURNAL:

1. Prof. Meo is an Associate Editor of BMC Medical Education, London, May 2014 to date.
2. Editor In Chief: European Journal of Basic and Clinical Medical Sciences, Oct 2016 to date.
3. Prof. Meo is an Associate Editor of Saudi Journal of Laparoscopy, Jan 2016 to date.
3. Prof. Meo served as an Editorial Board Member, Saudi Medical Journal, Jan 2008- Dec 2010.
4. Prof. Meo served as an Associate Editor, International Journal of Diabetes Mellitus, published by Elsevier / Science Direct, June 2007- Dec 2011.

SCIENTIFIC CONTRUBUTION AS NATIONAL / INTERNATIONAL REVIEWER:

Prof. Meo has been appointed as a global reviewer for the following International peer reviewed Journals, Books and Scientific Organizations.

1. PLOS One, USA
2. Journal of Occupational and Environmental Medicine USA
3. Journal of Ecotoxicology and Environmental safety USA
4. Journal of Cellular Biochemistry, Massachusetts USA
5. International Journal of Environmental Health Research UK
6. Medical Education Online Journal USA
7. BMC Medical Education
8. Saudi Medical Journal, Riyadh, Kingdom of Saudi Arabia.
9. Annals of Saudi Medicine, Riyadh, Kingdom of Saudi Arabia.
10. Journal of College of Physicians & Surgeons, Karachi, Pakistan
11. Pakistan Journal of Medical Sciences, Karachi, Pakistan.
12. Journal of Pakistan Medical Association, Karachi, Pakistan
13. Indian Journal of Medical Sciences, India
14. International Journal of Radiation Biology USA
15. Journal of Toxicology, Hindawi Publishers
16. Scientific grants submitted at King Abdul City for Science & technology, Riyadh, KSA
17. Scientific grants submitted at Postgraduate Studies and Research, Sultan Qaboos University, Sultanate Oman.
18. Reviewer of scientific papers submitted for the promotion of faculty member at Umul Qura University, Mecca Mukarma, Saudi Arabia.
19. Reviewer of scientific papers submitted for the promotion of faculty member, College of Medicine, King Faisal University, Dammam, Saudi Arabia.

DEPARTMENTAL-INSTITUTIONAL ADMINISTRATIVE COMMITTEES:

Chairman nervous system block, College of Medicine, King Saud University, 2009- till date

Departmental representative respiratory block, College of Medicine, KSU, 2010- to till date

Departmental representative Renal block, College of Medicine, KSU, 2012- to till date

Member research committee, for physiology, College of Medicine, KSU 2004-2012

Curriculum establishment committee for College of Medicine, KSU 2007-2009

Member of promotion committee, College of Medicine, KSU 2008-2012

Member curriculum committee of Physiology, College of Medicine, KSU, 2012- till date

Member clinical physiology committee College of Medicine, KSU 2012-till date

Member Assessment Committee College of Medicine, KSU 2012-till date

Member Assessment Unit for MCQs Committee, College of Medicine, KSU 2012-till date

Director Postgraduate Maxillofacial Surgery course in Basic Medical Sciences, College of Medicine, KSU 2009-till date

PATENTS / INVENTIONS:

1. Diabetes Risk Assessment Calculator for diabetic patients who fasting in Ramadan:

Prof Meo and his colleagues invented a diabetes risk assessment calculator for diabetic patients who fast in Ramdan. US patent pending application number: 62054149, 2014.

PUBLICATIONS:

BOOKS: Prof. Meo is author of following books:

1. Book on Physiology titled; Meo's Human Physiology Systemic and Applied
2. Book on Multiple Choice Questions in Physiology with Explanatory Comments
3. Book on Multiple Choice Questions in Basic Medical Sciences
4. Zains Manual of Experimental Physiology volume 1
5. Zains Manual of Experimental Physiology volume 11

6. A Hand Book in Pulmonary Physiology
7. Cobalt Excess: In: Mechanism of Diseases, Berlin Heidelberg Springer [Book chapter]
8. Cobalt Deficiency: In: Mechanism of Diseases, Berlin Heidelberg Springer [Book chapter]
9. Lung Functions in Health and Disease. Publisher King Saud University, Riyadh, 2017
10. Basic Approach in Medical Education: Principles of Teaching and Learning in press, 2017

Scientific Publications: Institute of Scientific Information (ISI) Web of Science, Thomson Reuters Report, Total Impact Factor: 178

1. **Sultan A Meo.,** Muhammad. A Azeem., Minudin G Ghor, and Mirza MF Subhan. Lung function and surface Electromyography of Intercostal muscles in cement mill workers. International journal of occupational Medicine and Environmental Health. 15: (3) 269-277, 2002
2. **Sultan A Meo.,** Muhammad. A Azeem., and Mirza MF Subhan. Lung function in Pakistani Welding Workers. American College of Occupational Medicine, J. Occup. Environ. Med. 2003; 45: 1068-1073.
3. **Sultan A Meo.,** Muhammad. A Azeem., Shoukat A Arian., and Mirza MF Subhan. Hematological changes in Cement Mill workers. Saudi Medical Journal. 2002; 23 (11): 447-450.
4. Shoukat A Arian., **Sultan A Meo.,** Munwar A., and Qamer J., Estrogen receptors in Human Thyroid Gland: An Immuno- Histochemical Study. Saudi. Med. Journal. 2003; 24(2):174-8
5. **Sultan A Meo.,** Chest Radiological findings in Cement Mill workers. Saudi. Med. Journal. 24(3):447-450, 2003.
6. **Sultan A Meo.,** Akbar K., Shoaib T., and Aijaz AQ. Peak expiratory flow (PEF) in cotton mill workers at Karachi Pakistan. J Coll Physicians Surg Pak, 11: 81-83, 2001.
7. **Sultan A Meo.,** Furqan M, Ghor GM., and Memon MA. Measurement of forced vital capacity (FVC) and forced expiratory volume in 1 sec (FEV₁) in cotton mill workers. Medical Channel. 7:33-35,2000.

8. Aijaz AQ., **Sultan A Meo.**, and Shahid S. Serum uric acid level in patients of Ischemic Heart Disease. Journal of Surgery Pakistan, JSPS. 5: 40-41,2000.
9. **Sultan A Meo.**, Memon MA., Aijaz AQ., and Khalid MH. Maximal voluntary ventilation (MVV) in cotton mill workers. Journal of Surgery Pakistan, JSPS. 5: 29-31. 2000.
10. Anisuddin A., Memon MA., and **Sultan A Meo.**, Olecranon fracture treated by Weber-Vasey technique, at JPMC. Journal of Surgery Pakistan, JSPS. 5: 5-7. 2000.
11. **Sultan A Meo.**, Occupational Hazards of Cement Dust on Oral cavity. Pakistan Journal of Orthodontics Pediatric and community Dentistry. 02: 109-111, 2002.
12. **Sultan A Meo.**, Health hazards of welding fumes. Saudi Medical Journal. 2003; 24(11): 1176-1182.
13. **Sultan A Meo.**, Spirometric evaluation of Lung function (Maximal voluntary ventilation) in Welding workers. Saudi Medical Journal. 24 (6): 656-659, 2003.
14. **Sultan A Meo.**, Hematological findings in male X-Ray technicians. Saudi Medical Journal, 25 (7); 852-856, 2004.
15. Khelaiwi TA and **Sultan A Meo.**, Association of mobile phone radiation with fatigue, headache, dizziness, tension and sleep disturbance in Saudi population. Saudi Medical J, 2004; 25(6): 732-6.
16. **Sultan A Meo.**, Dose response of years of exposure on lung function in flour mill workers. Journal of Occupational Health, 2004; 46:187-191.
17. **Sultan A Meo.**, Phagocytic function of Polymorphonuclear leukocyte in Dental X-ray technicians. Pakistan Oral & Dentistry Journal, 2004; 24 (1): 105-109.
18. **Sultan A Meo.**, Health Hazards of Cement Dust, Saudi Medical Journal, 2004; 25(9):1153-9.
19. **Sultan A Meo.**, Congenital absence of Gall bladder in young Saudi Medical Student: Clinical, laboratory findings and analysis of body composition. Saudi Medical Journal, 2004; 25(10): 1495-1496.

- 20. Sultan A Meo.,** Effects of duration of exposure to wood dust on Peak expiratory flow rate among workers in small scale wood industries, International journal Occupational Medicine & Environmental Health. 2004; 17(4): 451-455.
- 21. Sultan A Meo.,** Abdul Majeed Al Drees. Do mobile phone cause hearing and vision problems. A Preliminary report. Saudi Medical Journal. 2005; 18(1): 53-57.
- 22. Sultan A Meo.,** Abdul Majeed Al Drees. Mobile phone related hazards and subjective hearing and vision symptoms in the Saudi Population. International journal Occupational Medicine & Environmental Health. 2005; 18(1): 53-57.
- 23. Sultan A Meo.,** Clinical applications of applied Physiology and Congenital absence of Gall bladder. Journal of College of Physicians and Surgeons Pakistan, 2005; 15 (5): 304-5.
- 24. Sultan A Meo,** Abdul Majeed Al Drees., Lung function in non smoking wheat flour mill worker. International Journal of Occupational Medicine & Environmental Health, 2005; 18(3): 259-264.
- 25. Sultan A Meo,** Abdul Majeed Al Drees, Muhammad Arif, Sayed Fayaz Ahmed Shah& Khalid Al-Rubean. Lung Function in type 1 Diabetic Patients. Saudi Medical Journal, 2005; 26(11): 1728-1733.
- 26. Sultan A Meo,** Abdul Majeed AlDrees, Muhammad Arif & Khalid Al-Rubean. Assessment of respiratory muscles endurance in diabetic patients. Saudi Medical Journal 2006; 27 (2)223-226.
- 27. Sultan A Meo,** Abdul Majeed Al Drees, Muhammad Arif, Sayed & Khalid Al-Rubean. Lung Function in type 2 Diabetic Patients. Saudi Medical Journal 2006; 27 (3): 338-343.
- 28. Sultan A Meo,** Abdul Majeed Al Drees, Syed ZA Zadi, Salah AL Damgh, Ali S Al-Tuwaijri., Hazards of X-ray radiations on the quantitative and phagocytic function of Polymorphonuclear leukocyte in workers exposed to chest X-ray unit. Journal of Occupational Health, 2006; 48: 88-92.

- 29. Sultan A Meo**, Lung Function in Pakistani Wood Workers. International journal of Environmental Health Research, 2006; 16 (3); 193-203.
- 30. Sultan A Meo**, Reply to Editor: Assessment of respiratory muscles endurance in diabetic patients. Saudi Medical Journal 2006; 27 (7) 1086.
- 31. Sultan A Meo.**, Muhammad. A Azeem., and Mirza MF Subhan. Dose response effect of cement dust on respiratory muscles competence in cement mill workers. International journal of Environmental Health Research. 2006 Dec; 16(6):439-47.
- 32. Sultan A Meo**, Abdul Majeed Al Drees, Jehangeer Ahmed, Sayed Fayaz A Shah, Khalid AL Ragaiey, Ashraf Hussain & Khalid Al-Rubean. Effects of duration of disease on a ventilatory function in an ethnic group of diabetic patients. Journal of Diabetes Science & Technology, 2007; 1(5): 711-717.
- 33. Sultan A Meo**, Right path of publishing a scientific paper to a right journal: Academic paper based case study, Pakistan Journal of Medical Sciences, 2007; 23 (6): 946-949.
- 34. Sultan A Meo**, Diabetic lung. Journal of Organ Dysfunction, Special Issue, 2007; 139-146.
- 35. Sultan A Meo**, Azeem MA, AM-Al- Dress, Meo IM, AL Saadi M. Lung Function in subjects exposed to crude oil spill in sea water. Marine Pollution Bulletin, 2008; 56 (1): 88-94.
- 36. Taha Sadig Ahmed**, Abdul Majeed Al Drees, **Sultan A Meo**, Ghazala A Farooqui, Muhammad N Al-Nasser. Electroencephalogram findings in Saudi children with delayed language development, Pakistan Journal of Medical Sciences, 2008; 24: 61-64.
- 37. Sultan A Meo**. Power of the PowerPoint and Role of Chalk Board: Medical Teacher 2008; 30 (6):640-641.
- 38. Sultan A Meo**, Shahzad Rasheed, Muhammad Mujahid Khan, Syed Shujaudin, Ali S Al Tuwajri. Effects of Cement dust exposure on the phagocytic function of Polymorphonuclear Neutrophils in Cement Mill Workers. International Journal of Occupational Medicine and Environmental Health 2008; 21 (2):133-139.

39. **Sultan A Meo.** Commentary: Diabetes Mellitus: Health and Wealth Threat. *Int J Diabetes Mellitus* 2009; 1 (1): 42.
40. Sultan M. Al-Mogairen, Abdurhman S. Al-Arfaj, **Sultan A Meo**, M.Adam A. A Al-Hammad, Mohammed O. Gad El Rab, Induction of autoimmunity in Brown Norway Rats by oral and parenteral administration of Sodium Silicate. *Lupus*, 2009, 18 (5) 413-420.
41. **Sultan A Meo**, Al-Drees AM, Rasheed S, Meo IM, Khan MM, Al-Saadi MM, Alkandari JR. Effects of duration of exposure to Oil Spill on Lung function. *International Journal of Occupational Medicine and Environmental Health*, 2009; 22 (1) 35-41.
42. Sayed Fayad Shah, **Sultan Ayoub Meo.** Usefulness of standard treadmill stress testing in women. *JPMMA*, 2009; 59(4): 197-200
43. **Sultan A Meo**, Al-Drees AM, Rasheed S, Meo IM, Al-Saadi MM, Ghani HA, Alkandari JR. Health Complaints in subjects exposed to Oil Spill, *International Journal of Occupational Medicine and Environmenttal Health*, 2009; 22 (2): 43-148.
44. Ashraf Husain, **Sultan Ayoub Meo**, Syed Aftab Omar, Syed Shahid Habib, AM Al-Drees, Entrapment of medial plantar nerve [tarsal tunnel syndrome] in type 2 diabetes mellitus: an electrophysiological study, *Int J Diabetes Mellitus* 2009;1(1):40-41.
45. **Sultan A Meo**, Water pollution due to crude oil spill in sea water and human health. *Environmentally Sustainable Development*, 2009; vol 11:683-687.
46. Sayed Fayyaz A Shah, Saleh Othman, **Sultan Ayoub Meo.** Asymptomatic coronary artery disease in type 2 diabetes, *Pak J Med Sci*, 2009; 25 (4): 551-556
47. **Sultan A Meo** and Muhammad Babar Imran, Swine Flu: No need to panic during Hajj season. *Pak J Med Sciences*, 2009; 25 (6): 1025-1026.
48. Sultan A Mugharien, **Sultan A Meo**, Abdurhman s Al-Arfaj, Muhammad Hamdani, Sufia Husain, Bandar Al-mohimed, M Adam, Al-Hammad, Mohammed O Gad El Rab. Nickel induced

allergy and contact dermatitis: Does it induce autoimmunity and cutaneous sclerosis? An experimental study in Brown Norway Rats. *Rheumatology International*, 2010; 30 (9): 1159-64.

49. Sultan A Meo, Significance of Spirometry in Diabetic patients, *International Journal of Diabetes Mellitus*, 2010; 2: 47-50.

50. Sultan A Meo and Muhammad Babar Imran. Swine flu: Fact or manufactured panic attack. *Pak J Med Sci*, 2010; 26 (2): 497-498.

51. Sultan A Meo, Aymen Abdo, Feisal Sanie, Nawab din B, Ahmed Al-Qahtani, Zahoor A Shaikh, Abdul M AL-Drees. Transmission of Hepatitis-B Virus through Salivary Blood Group Antigens in Saliva. *J Coll Physicians Surg Pak*, 2010; 20(7):444-448.

52. Sultan A Meo, Abdul Majeed Al-Drees, Sofia Husain, Muhammad Mujahid Khan, Muhammad Babar Imran. Effects of Mobile Phone Radiation on serum testosterone in Wistar albino rats, *Saudi Medical Journal*, 2010; 31 (8): 869-873.

53. Muhammad Babar Imran, Sultan A Meo, Nuclear medicine imaging of osteoid Osteoma: *Pak J Med Sci*, 2010; 26 (3): 751-752.

54. Muhammad Babar Imran, Sultan A Meo, Nuclear imaging for screening coronary artery disease in diabetics. *J Coll Physicians Surg Pak*, 2010; 20(9):466-468

55. Sultan Ayoub Meo, Muhammad Arif, Shahzad Rashied, Sufia Husain, Muhammad Mujahid Khan, Abeer Al-Masri, Adnan Mahmood Usmani, Ashraf Husain, Abdul Majeed Al-Drees. Morphological changes induced by mobile phone radiation in liver and pancreas in wistar albino rats. *European Journal of Anatomy*, 2010, 14 (3): 105-109.

56. Muhammad Babar Imran, Sultan A Meo, Mohammad Yousuf, Saleh Othman, Abubakar Shahid, Medical Image Registration: Basic Science and Clinical Implications. *Journal of Ayoub Medical College Abbott bad*, 2010; 22 (2): 199-204.

57. Sultan Ayoub Meo, Almas Naeem Memon and Amar Lal, Effects of mobiles phone radiation on brain: A review article, *Isra Medical Journal*, 2010; 2(3): 76-579.

- 58. Sultan A Meo.** Significance of Spirometry in a diabetic patient with chronic cough: Clinical quiz. *Int J Diabetes Mellitus*, 2015; 3: 70-71.
- 59. Sultan A Meo,** Muhammad Arif, Shahzad Rashied, Sufia Husain, Muhammad Mujahid Khan, Muhammad Saeed Vohra, Adnan Mahmood Usmani, Muhammad Babar Imran and Abdul Majeed Al-Drees. Hypospermatogenesis and Spermatozoa Maturation Arrest in Rats Induced by Mobile Phone Radiation, *J Coll Physicians Surg Pak*, 2011, 21 (5): 262-265
- 60. Sultan Ayoub Meo,** Abdul Majeed Al-Drees, Effects of mobile phone radiation on serum testosterone and sperm Cell morphology in Wistar Albino Rats. *Journal of Sexual Med* 2011; 8 (suppl-3): 149, 84-299.
- 61. Sultan Ayoub Meo,** Khalid Al-Rubeaan, Prevalence of impotence in Saudi diabetic patients. *Journal of Sexual Med* 2011; 8 (suppl-3): 254, 149, 84-299.
- 62. Muslim Al-Saadi, Sultan A Meo,** Abdul Majeed Al Drees, Sarar Mohamed, Shaffi Ahamed Shaikh, Khalid Al Rubeaan. Lung function in poorly controlled type 1 Saudi diabetic children and adolescent, *Saudi Med Journal*, 2011; 32(8): 778-783.
- 63. Muslim Al-Saddi, Sultan Ayoub Meo,** Ali Mustafa, Ahmed Shafi, Ali S Al Tuwajri. Effects of Montelukast on free radical production in whole blood and isolated human Polymorphonuclear Neutrophils [PMNS] in asthmatic children, *Saudi Pharmaceutical Journal*, 2011; (19): 215-220.
- 64. Sultan Ayoub Meo.** Bullying of medical students. *J Coll Physicians Surg Pak*, 2011, 21 (9): 579-580.
- 65. Adnan Mahmood Usmani, Sultan Ayoub Meo.** Editorial: Evaluation of Science, *Sudanese Journal of Pediatrics*, 2011; 11 (1):6-7.
- 66. Shoukat Ali Arian, Sultan Ayoub Meo,** Qamar Jamal. Serum hyaluronic acid level does not reliably differentiate minimal and significant liver disease in chronic Hepatitis C. *Saudi Medical Journal* 2011; 32 (12): 1241-1245.

- 67. Sultan Ayoub Meo**, Shaikh Shahabuddin, Abeer A Al Masri, Shaikh Mujeeb Ahmed Mansoor Aqil, Muhammad Akmal Anwer, Abdul Majeed Al-Drees, Comparison of the impact of PowerPoint and chalkboard in undergraduate medical teaching: An Evidence based study, J Coll Physicians Surg Pak, 2013, 23 (1): 47-50
- 68. Sultan Ayoub Meo**, Giving feedback in medical teaching: A case of lung function lab / spirometry, J Coll Physicians Surg Pak, 2013, 23 (1): 84-87
- 69. Sultan Ayoub Meo**, Abdul Majeed Al-Drees, Abeer A. Al Masri, Fawzia Al Rouq, Muhammad Abdul Azeem. Effect of Exposure Duration to Cement Dust on Respiratory Function of Non-Smoking Cement Mill Workers, International Journal of Environmental Research and Public Health, 2013; 10 (1): 390-398.
- 70.** Bukhari IA, shah1AJ, Khan RA, **Meo SA**, Khan A, Gilani AH. Gut modulator effects of Conyza bonariensis explain its traditional use in constipation and diarrhea, Eur Rev Med Pharmacol Sci, 2013; 17 (4): 552-558.
- 71. Sultan Ayoub Meo**, Mohammad Fahad A Al-Kheraiji, Ziyad Fahad AlFaraj, Nasser Abdulaziz Alwehaibi, Ahmad Adnan AlDerehim. Respiratory and general health complaints in subjects exposed to sandstorm at Riyadh, Saudi Arabia, Pak J Med Sci, 2013; 29 (2): 1-5.
- 72.** Fawzia Al Rouq, Taha Sadig Ahmed, Imran M U Meo, Abdul Majeed Al-Drees, Amir Salah Marzouk, **Sultan Ayoub Meo**. Clinical picture of carpal tunnel syndrome symptoms among type 2 diabetic and non-diabetic subjects, Asia Life Science, 2013; 22 (2): 393-402.
- 73. Sultan Ayoub Meo**, Khalid Al Rubaan, Effects of exposure to electromagnetic field radiation (EMFR) generated by activated mobile phones on fasting blood glucose, Int J Occup Med Environ Health, 2013; 26 (2):235-241.
- 74. Sultan Ayoub Meo**. Basic steps in establishing effective small group teaching sessions in medical schools, Pak J Med Sci, 2013; 29 (4): 1071-1076.

- 75. Sultan Ayoub Meo**, Alkahlan MA, Al-Mubarak MA, Al-Obayli MS, Melaibary BA, Dous AN, Alhassoun AI, Impact of type 1 diabetes mellitus on academic performance, *J Int Med Res*. 2013; 41 (3): 855-858.
- 76. Sultan Ayoub Meo**, Abeer A. Al Masri, Almas Naeem Memon, Adnan Mahmood Usmani, Syed Ziauddin Zaidi. Impact of GDP, Spending on R&D, Number of Universities and Scientific Journals on Research Publications among Asian Countries, *PLOS ONE*, 2013; 8 (6): e66449.
- 77. Abdulmonem AlSiddiky**, Kaleem Ahmed Nisar, Fahad Alhuzaimi, Waleed Albishi, Bader Alnuaim, Mohammed Albarrag, Khalid Bakarman, **Sultan Ayoub Meo**. Efficacy of wound without using drains in posterior spinal fusion in idiopathic scoliosis, *J Coll Physicians Surg Pak*, 2013; 23 (8): 558-561.
- 78. Sultan Ayoub Meo** Evaluating Learning among Undergraduate Medical Students in Schools with Traditional and Problem Based Curricula, *Adv Physiol Educ*, 2013; 37: 249-253
- 79. Sultan Ayoub Meo**. DORA Declaration: A Delayed Diagnosis of Debilitating Dilemma. *Pak J Med Sci*, 2013; 29 (5): 1093.
- 80. Sultan Ayoub Meo**, Adnan Mahmood Usmani, Mohammad Saeed Vohra, Ishfaq Ali Bukhari. Impact of GDP, spending on R&D, Number of Universities and Scientific Journals on research publications in pharmacological sciences in Middle East, *European Review for Medical and Pharmacological Sciences*, 2013; 17 (20): 2697-2705.
- 81. Sultan Ayoub Meo**, Zaid Fahad Alsaaran, Moayad Khalid Alshehri, Mohammed Azam Khashougji, AbdulAziz Zayed Almeterk, Saif Fraj Almutairi, Saad Fahad Alsaeed. Work-Related Musculoskeletal Symptoms among Building Construction Workers in Riyadh, Saudi Arabia, *Pak J Med Sci*, 2013; 29 (6):1396-1399.
- 82. Sultan Ayoub Meo**, Abeer A Al-Masri, Adnan Mahmood Usmani. Research Productivity of Pakistan in Medical Sciences during the period 1996-2012. *Eur Rev Med Pharm Sci*, 2013; 17: (21) 2839-2846.

- 83. Sultan Ayoub Meo.** Impact Factor went on a ventilator: Neither died nor buried. Saudi J Anaesthesia, 2013; 7: 363-364.
- 84. Sultan Ayoub Meo,** Standing of Science Journals in Pakistan, JPMA, 63 (12): 2013; 1458-1459.
- 85. Sultan Ayoub Meo.** Chinese Diplomatic Medical Mission, JPMA, 2013; 63 (12): 1563.
- 86. Sultan Ayoub Meo,** Asim Hassan, Adnan Mahmood Usmani, Research Progress and Prospects of Saudi Arabia in global medical sciences, Eur Rev Med Pharm Sci, 2013; 17 (24): 3265-3271.
- 87. Sultan Ayoub Meo,** Abeer A. Al Masri, Adnan Mahmood Usmani, Dost Muhammad Halepoto, Impact of GDP, spending on R&D, Number of Universities and Scientific Journals on research publications in Environmental Sciences in Middle East. Int J Occup Med Environ Health, 2013; 26 (5): 702-709.
- 88. Fawzia Al Rouq, Taha Sadig Ahmed, Imran M U Meo, Abdul Majeed Al-Drees, Sultan Ayoub Meo.** Distribution of Clinical Symptoms in Patients with Carpal Tunnel Syndrome, Journal of the College of Physicians and Surgeons Pakistan 2014, 24 (1): 30-33.
- 89. Sultan Ayoub Meo,** Status of Research publication in various science subjects among Muslim countries (1996-2010). Asia Life Science, 2014; 23 (1): 39-48.
- 90. Sultan Ayoub Meo,** Adnan Mahmood Usmani. Impact of R&D Expenditures on Research Publications, Patents and High-Tech Exports among European Countries, Eur Rev Med Pharm Sci, 2014; 18 (1): 1-9.
- 91. Sultan Ayoub Meo.** Nobel Prize Nomination, JPMA, 2014; 63 (2): 229.
- 92. Manal Abuelkheir, Deema Alsourani, Ayman Aleyadhy, Mohamad-Hani Temsah, Sultan Ayoub Meo,** Fahad Alzamil. EMLA Cream: A Pain Relieving Strategy for Childhood Vaccination, J Int Med Res, 2014; 42 (2): 329-336.

- 93.** Asim Hassan, Khaled Aburish, Tariq Javeed Sheikh, **Sultan Ayoub Meo**, Najla A Ahmed, Ahmad H. Al Sharqawi. Prevalence of erectile dysfunction among Saudi type 2 diabetic patients, European Review for Medical and Pharmacological Sciences, 2014; 18 (7): 1048-1057.
- 94.** **Sultan Ayoub Meo**, Muslim world universities ranking in global science, JPMA, 2014; 64 (6): 724.
- 95.** **Sultan Ayoub Meo**, Zaid Fahad Alsaaran, Moayad Khalid Alshehri, Effect of exposure to cement dust on Fractional Exhaled Nitric Oxide (FeNO) in non-smoking cement mill workers European Review for Medical and Pharmacological Sciences, 2014; 18 (10): 1458-1464.
- 96.** Fawzia Al Rouq, Durdana Hammad, **Sultan Ayoub Meo**, Protection of neuronal cell death against diabetes induced apoptosis by Fas Blocker ZB4. J Int Med Res, 2014; 42 (4): 95-957
- 97.** Asim Hassan, **Sultan Ayoub Meo**, Tariq Javeed Sheikh, Adnan Mehmood Usmani. Diabetes During Ramadan: **PRE-Approach Model: Presentation, Risk stratification, Education.** European Review for Medical and Pharmacological Sciences, 2014; 18 (12): 1798-1805.
- 98.** **Sultan Ayoub Meo**, Undergraduate Medical Student's perceptions on Traditional and Problem Based Curricula, JPMA, 2014; 64 (7): 824-828.
- 99.** **Sultan Ayoub Meo**, Open Access Journals: Open for Rich-Closed for Poor, Journal of the College of Physicians and Surgeons Pakistan 2014, 24 (8): 611.
- 100.** Shoukat Ali Arain, Sheikh Yaeesh, **Sultan Ayoub Meo**, Qamar Jamal, Serum alanine transaminase has limited predictive value for liver disease in chronic hepatitis C. European Review for Medical and Pharmacological Sciences, 2014; 18: 2932-2936.
- 101.** Abdul Majeed Al Drees, Hamza Mohammed Abdul Ghani, Mahmoud Salah Khalil, **Sultan Ayoub Meo**. Utilization of blackboard among undergraduate medical students: Where we are from the reality? Journal of Taiba University Medical Sciences, 2014, Sept, 9 (3): 1-5, doi.org/10.1016/j.jtumed.2014.07.002.

- 102. Sultan Ayoub Meo**, Khaled Ahmed Al-Shehri, Bader Bander Al-Harbi, Omar Rayan Barayan, Abdulrahman Salem Bawazir, Omar Abdulmohsen Alanzi, Ahmed Raad Al-Zuhair. Effect of Shisha (Waterpipe) Smoking on Lung Functions and Fractional Exhaled Nitric Oxide among Saudi Adolescents, *Int J Environ Res Public Health* 2014, 11, 9638-9648. doi:10.3390/ijerph110909638.
- 103: Sultan Ayoub Meo**, Al Asairi SA. Effects of electronic cigarette smoking on human health, *European Review for Medical and Pharmacological Sciences*, 2014; 18 (21): 3315-3319.
- 104:** Asim Hassan, **Sultan Ayoub Meo**, Diabetes During Ramadan: Underestimated, Under-Investigated, Needs more attention, *European Review for Medical and Pharmacological Sciences*, 2014; 18 (22): 3528-3533.
- 105. Sultan Ayoub Meo and** Asim Hassan. Effects of Air pollution on diabetes mellitus. *Eur Rev Med Pharmacol Sci*, 2015; 19 (1): 123-128.
- 106. Sultan Ayoub Meo**, Adnan Mahmood Usmani, Asim Hassan. Medical Education Research in GCC countries, *BMC Medical Education*, 2015; Feb 15 (1) 8, [Epub ahead of print].
- 107. Sultan Ayoub Meo**, Asim Hassan. Physiological Changes during Ramadan Fasting, *Journal of Pakistan Medical Association*, 2015; 65 (5) (Suppl-1): S6-S13.
- 108. Sultan Ayoub Meo**, Saudi Arabia: A future regional hub for Research, Science and Technology, *Journal of Pakistan Medical Association*, 2015; 65 (10) 112-115.
- 109. Sultan Ayoub Meo**, Abdulrahman Alrashed, Abdulrahman Almana, Yazeed Altheiban, Mohammed Aldosari, Nawaf Almudarra, Sulaiman Alwabel. Lung Function and Fractional Exhaled Nitric Oxide (FeNO) among Petroleum Oil Refinery Workers. *Journal of Occupational Medicine and Toxicology*, 2015; 10: 37. DOI 10.1186/s12995-015-0080-7.
- 110.** Sultan M. Al-Mogairen, Abdulmalik Al Sheikh, Sufia Husain, Abdurhman S. Al Arfaj, Khalid Al Swat, Mohammad Hamdani, **Sultan Ayoub Meo**, Mohamed Hefnawy, Bandar Al Mohimed, Al-Waleed Al-Hammad, Mustafa Adam, Mohammed. Gad El Rab. Silica Induced

Autoimmune Hepatitis: An experimental Animal-Controlled Study, *Eu Rev Med Phar Sci*, 2015; 19 (20): 3881-3885.

111. Sultan Ayoub Meo, Yazeed Alsubaie, Zaid Almubarak, Hisham Almutawa, Yazeed AlQasem, Rana Muhammed Hasanato, Association of Exposure to Electromagnetic Field Radiation (EMFR) Generated by Mobile Phone Base Station Towers on Glycated Hemoglobin. *Int. J. Environ. Res. Public Health* 2015, 12 (11), 14519-14528.

112. Sultan Ayoub Meo, Feryal Suria. Effect of Environmental Air Pollution on Cardiovascular Diseases, *Eu Rev Med and Phar Sci*, 2015; 19 (24): 4890-4897.

113. Sultan Ayoub Meo, Feryal Suria. Association of ABO and Rhesus Blood Groups with Type 2 Diabetes Mellitus. *Eu Rev Med and Phar Sci*, 2016; 20: 237-242.

114. Ishfaq A Bukhari, Anwar H Gilani, **Sultan Ayoub Meo** and Anjum Saeed. Analgesic, anti-inflammatory and anti-platelet activities of *Buddleja crispa*, *BMC Complementary and Alternative Medicine*, 2016; 16 (1): 79. doi 10.1186/s12906-016-1021-4.

115. Reply to Meo et al., **Sultan Ayoub Meo**, Yazeed Alsubaie, Zaid Almubarak, Hisham Almutawa, Yazeed AlQasem, Rana Muhammed Hasanato, Association of Exposure to Electromagnetic Field Radiation (EMFR) Generated by Mobile Phone Base Station Towers on Glycated Hemoglobin. *Int. J. Environ. Res. Public Health* 2016; 13 (3): 262; doi: 10.3390/ijerph13030262.

116. Sami Alnassar, Aljoharah Alrashody, Mody Alaqueel, Hala Alotaibi, Alanoud Alkahel, Waseem Hajjar, Ghadeer Alshaikh, Abdulaziz Alsaif, Shafiul Haque and **Sultan Ayoub Meo** Clinical Psychomotor Skills among Left and Right Handed Medical Students: Are the Left-Handed Medical Students Left Out? *BMC Medical Education*, 2016 Mar 22; 16 (1): 97. doi: 10.1186/s12909-016-0611-7.

- 117. Sultan Ayoub Meo**, Prevalence and Future Prediction of type 2 diabetes in the Kingdom of Saudi Arabia. A systematic Review of the published studies, J Pak Med Association, 2016; 66 (6): 722-725.
- 118. Sultan Ayoub Meo**, Asim Hassain, Metabolic Physiology in Pregnancy. J Pak Med Assoc. 2016 Sept; 66 (9 Suppl 1): S8-S10.
- 119. Sultan Ayoub Meo**, Abdul Latif Mahesar, Saeed Ahmed Sheikh, Kamran Sattar, Ishfaq A Bukhar, Research Productivity of Gulf Cooperation Council (GCC) Countries in Science and Social Sciences. J Pak Med Association, 2016; 66 (10): 1307-1313.
- 120. Sultan Ayoub Meo**. Stop Pakistan's Polio Vaccination Tax. **Science** Oct 20, 2016; 354 (6310), 295-296 [doi: 10.1126/science.aaa3158].
- 121. Sultan Ayoub Meo**, Inam Zia, Ishfaq A Bukhari, Shoukat Ali Arian. Type 2 diabetes mellitus in Pakistan: Current prevalence and future forecast. J Pak Med Association, 2016; 66 (12): 1637-1642.
- 122. Sultan Ayoub Meo**, Dana Saud Aldabeeb, Ala'a Ahmad Baghazal, Amal Hussain Alsinan, Najd Muneef Alotaibi, Hind Khaled Almuhaya. Association of Vitamin D with Lung Function and Fractional Exhaled Nitric Oxide in Saudi Population. Bio Med Res 2016; 27 (4): 1140-1144.
- 123. Hamza Mohammad Abdulghani, Kamran Sattar, Tauseef Ahmad, Jennesse John, Shakir Khan, Sultan Ayoub Meo**. Social Networking in Medical Schools: Medical Students' Viewpoint, Bio Med Res 2016; 27 (4): 1387-1384.
- 124. Kamran Sattar, Sue Roff, Sultan Ayoub Meo**. Your Professionalism is not my Professionalism: Congruence and Variance in views of Medical Students and Faculty about Professionalism. BMC Medical Education (2016) 16 (1): 285. DOI 10.1186/s12909-016-0807-x
- 125. Kamran Sattar¹, Sue Roff, Sultan Ayoub Meo**. Similarities and Variances in Perception of Professionalism among Saudi and Egyptian Medical Students, Pak J Med Sci, 2016; 32 (6): 1390-1395. doi: <https://doi.org/10.12669/pjms.326.11319>.

- 126.** Kamran Sattar, Hamza Mohammad Abdulghani, Sultan Ayoub Meo, Mona M Soliman, Tauseef Ahmad, Mohammad Irshad, Shaikh Mujeeb Ahmed, Jenness John, Ali Saeed Alrawdhan, Shaping Medical Professionalism in Pre-Clinical Medical Students: Students' Perspective, Biomedical Research 2017; 28 (3): 1001-1005.
- 127. Sultan Ayoub Meo.** Adnan Mehmood Usmani, Erum Qalbani. Prevalence of type 2 diabetes in Arab World: Impact of GDP and energy consumption. Eu Rev Med Phar Sci 2017; 2017; 21: 1303-1312.
- 128. Sultan Ayoub Meo,** Mohammad Javed Ansari, Kamran Sattar, Chaudhary Habib ullah, Waseem Hajjar, Saleh Alasiri. Honey and Diabetes Mellitus: Obstacles and Challenges - Road to be Repaired, Saudi Journal of Biological Sciences, 2017; 24: 1038-1042.
- 129.** Sultan Ayoub Meo, Saleh Ahmad Al-Asiri, Abdul Latief Mahesar, Mohammad Javed Ansari, Role of honey in modern medicine. Saudi Journal of Biological Sciences; 2017; 24: 975-979.
- 130. Sultan Ayoub Meo,** Faryal Suraya, Badar Jamil, Fwziah Al Rouq, Anusha Sultan Meo, Kamran Sattar, Saleh Al Aseri. Association of ABO and Rh Blood Groups with Breast Cancer, Saudi Journal of Biological Sciences, 2017; 24 (7): 1609-1613.
- 131.** Kamran Sattar, Hamza Mohammad Abdulghani, **Sultan Ayoub Meo,** Tauseef Ahmad, Jenness John, Dana Al-Dabeeb. Principled physicians aren't Born-They're Mentored: Medical Students' Perception of the Values and Need for Mentors at the College of Medicine, Saudi Arabia. Journal of Pakistan Medical Association, 2017; 67 (8): 1192-1197.
- 132.** Feryal Suria, **Sultan Ayoub Meo.** Effect of Obesity on Academic Grades among Saudi Female Medical Students at College of Medicine, King Saud University: Pilot study, Journal of Pakistan Medical Association, 2017; 67 (8): 1266-1269.
- 133.** Waseem Hajjar, Sara Al-khelb, Sarah Al-Mutairi, Nora Al-Refayi, **Sultan Ayoub Meo.** Antibiotics use and misuse in upper respiratory tract infection patients: Knowledge, attitude and

practice analysis in University Hospital, Saudi Arabia. Journal of Pakistan Medical Association 2017; 67 (9): 1387- 1392.

134. Sultan Ayoub Meo, Poor selection criteria for university vice chancellors in Pakistan. Journal of Pakistan Medical Association 2017; 67 (8): 1130- 1131.

135. Kamran Sattar, Sue Roff, Durdana Kamran, **Sultan Ayoub Meo**. Standing Out with Professionalism: How Students and Faculty of two different Medical Schools Perceives it? Pak J Med Sci 2017; 33 (5):1248-1253.

136. Mohammad Javed Ansaria, Ahmad Al-Ghamdia, Khalid Ali Khana, Nuru Adgabaa, Sherweit H. El-Ahmadyb, Haidy A. Gadb, Abdulrahman Roshanb, **Sultan Ayoub Meo**, Sevgi Kolyalid. Validation of botanical origins and geographical sources of some Saudi honeys using ultraviolet spectroscopy and chemometric analysis, Saudi Journal of Biological Sciences, 2017,

137. Sultan Ayoub Meo, Shahid Bashir, Zaid Almubarak, Hisham Almutawa, Shisha Smoking: Impact on cognitive functions in healthy young adults, Eu J Med Phar Sci, Nov, 2017.

Manuscripts submitted for publication:

1. Sultan Ayoub Meo, Kamran Sattar, Anusha Sultan Meo, Sami Alnassar, Chaudhary Habib ullah, Waseem Hajjar, Saleh Alasiri, Adnan Mahmood Usmani. Medical Education Research Ambiance in Asia: Fifty years Ambience, submitted in Academic Medicine, Oct 21, 2017.

2. Sultan Ayoub Meo, Anatomy and Physiology of Scientific Paper, Saudi Journal of Biological Sciences, submitted Oct 18, 2017.

3. Sultan Ayoub Meo, Muhammad Abdullah Ansary, Fahad Rayan Barayan, Abdulaziz Sulaiman Almusallam, Abdulrahman Muteb Almehaid, Nawaf Saad Alarifi, Thamer Abdulnasir Alsohaibani, Inam Zia. Electronic Cigarette Smoking: Impact on Lung Functions and Fractional Exhaled Nitric Oxide among Healthy Adolescents, submitted in Tobacco Control, Oct 21, 2017.

4. Saleh Alasiri, Hadeel S Almadany, Khawlah I. Ateeq Hani Tamim, **Sultan Ayoub Meo**. Effect of obesity on in vitro fertilization treatment outcomes, Pak J Med Sci, Submitted April 12, 2017.
5. **Sultan Ayoub Meo**, High Prevalence Type 2 Diabetes Mellitus in Cement Mill Workers, submitted, Nov 2017.
6. Mohiuddin Alamgir, Zahida Memon, Qamar Jamal, Talat Mirza, **Sultan Ayoub Meo**. Role of Tobacco Metabolism in the Causation of Oral Squamous Cell Carcinoma in High-Incidence Area of South Asia, submitted in Eu Rev Med Phar Sci July, 3, 2017.
7. Muhammad Talha, **Sultan Ayoub Meo**. Turnitin: Is It a Text Matching or Plagiarism Detection Tool? Submitted in Pak J Med Sci, 2017.
8. **Sultan Ayoub Meo**, Fatal Cricket Ball Head Injury. Letter to Editor, submitted in JPMA, 2017.
9. **Sultan Ayoub Meo**, Adnan Mahmood Usmani. Impact of GDP, Spending on R&D, Number of Universities, Scientific Journals on Research Publications in Environmental, occupational and Public Health sciences, submitted in Environmental Research 2017.
10. **Sultan Ayoub Meo**, Saeed Ahmed sheikh, Adnan Mahmood Usmani. Research Productivity of Pakistan in Biological Sciences, Eu Rev Med Phar Sci July, 2017.
11. **Sultan A Meo**. Essential steps in developing Medical Schools Curricula, submitted in Pak J Med Sci, 2017.
12. **Sultan Ayoub Meo**, Technical aspects of designing research questionnaire, submitted, JPMA, 2017.
13. **Sultan Ayoub Meo**, Nobel Prize: Nominees and Nominators. Nov, 2017.
14. **Sultan Ayoub Meo**, OIC States and Science in Science. Nov 2017.
15. **Sultan Ayoub Meo**, Science in Muslim World: Still in Deep Sleep, submitted Nov 2017.

16. Sultan Ayoub Meo, Breast Cancer: Beat with Healthy Diet and Exercise, Submitted in Nature, dated Oct 20, 2017.

17. Sultan Ayoub Meo, Heavy Smog Hits Indo Pak, submitted in the Science, dated Nov 2, 2017.

ON GOING RESEARCH ACTIVITIES:

1. Effects of motor vehicle pollution on lung functions, Exhaled Nitric Oxide (FeNO) and Cognitive functions among school aged children
2. Lung functions and Exhaled Nitric Oxide (FeNO) among Hajj Pilgrims
3. Medical Education Research Progress and Prospects in Muslim Countries
4. Prevalence of Disability in Diabetic patients
5. Occupational hazards of cement dust and induction of auto immunity in human population
6. Effects of Vitamin D-deficiency on lung functions and Fractional Exhaled Nitric Oxide in Saudi Population

ACADEMIC AWARDS AND RESEARCH GRANTS:

1. Two hundred and twenty three thousand Saudi Riyals, research award, King Abdul Aziz city for Science and technology, Riyadh, “Prevalence of disability in Saudi Diabetic patients 2003”.
2. Forty Eight thousand Saudi Riyals for the merit research grant award, College of Medicine Research Centre on “Lung function and EMG of respiratory muscles in Saudi Diabetic patient, 2003”
3. Forty Eight thousand Saudi Riyals for the merit research grant award, College of Medicine Research Centre on “Lung function and respiratory findings in subject exposed to crude oil spill 2003”
4. Forty Nine thousand Saudi Riyals for the for the merit research award, College of Medicine Research Centre on “Hazards of Mobile phones, 2004”

5. Forty Eighty thousand Saudi Riyals for the merit research award, King Abdul Aziz city for Science and technology, “Phagocytic Function of Leukocytes in cement mill workers 2005”.
6. Forty Eight thousand Saudi Riyals for the for the merit research award, College of Medicine Research Centre on “Hepatitis B and Blood Groups 2006”
7. One hundred fifty thousand Saudi Riyals for the for the merit research award, Dean ship of Scientific Research, King Saud University, Riyadh, KSA “Lung function Exhaled Nitric oxide and dust and fumes”. Year 2012-2013.
8. One hundred fifty thousand Saudi Riyals for the for the merit research award, Dean ship of Scientific Research, King Saud University, Riyadh, KSA, Lung function, Exhaled Nitric oxide, Diabetes Mellitus, year 2013-2014.
9. One hundred fifty thousand Saudi Riyals for the for the merit research award, Dean ship of Scientific Research, King Saud University, Riyadh, KSA, Lung function, Exhaled Nitric oxide, occupational and environmental related health problems, year 2014-2015.
10. One Million Saudi Riyals for the for the merit research award, National Plan for Science and Technology (NPST), King Abdul aziz city for Science and Technology, Riyadh, Saudi Arabia, Scientific Research: Effects of wearing cotton towel ahram on Lung function, Exhaled Nitric oxide, Upper respiratory inflammatory markers among Hajj pilgrims, 2014-2015.
11. One Million Saudi Riyals for the for the merit research award, National Plan for Science and Technology (NPST), King Abdul aziz city for Science and Technology, Riyadh, Saudi Arabia, Scientific Research: Effect of Motor Vehicle Pollution on Lung Functions, Fractional Exhaled Nitric Oxide Levels and Cognitive Functions of Children and Adolescents Studying in Schools in Traffic-Congested Areas in Riyadh, Saudi Arabia. May 2014-2015.
12. One hundred fifty thousand Saudi Riyals for the for the merit research award, Dean ship of Scientific Research, King Saud University, Riyadh, KSA, Lung function, Exhaled Nitric oxide, Diabetes Mellitus, Medical Education year 2015-2016.

13. One hundred fifty thousand Saudi Riyals for the for the merit research award, Dean ship of Scientific Research, King Saud University, Riyadh, KSA, Diabetes Mellitus, Medical Education year Dec 2016.

14. Seventy five thousand Saudi Riyals, Governor Riyadh Awarded KSU Excellency Award in Quality Research in Medicine 2017, May 25, 2017.

ABSTRACTS / SCIENTIFIC PROCEEDINGS PUBLISHED IN MEDICAL SYMPOSIUM / WORKSHOPS:

Prof. Meo has been invited as a **SPEAKER** in many National / International Conferences and abstracts has been published in the following scientific conferences proceedings.

1. *7 the Bi annual conference of Pakistan Physiological Society*, Karachi Pakistan April, 2000.

2. **Speaker** *38 th Annual Medical symposium* at Jinnah Post graduate Medical Centre Karachi Pakistan, February, 2001.

3. *Clinical training course* on Viking quest from Nicolet Bio Medical EMG/ Nerve conduction / Evoked potentials at Riyadh KSA October, 2002.

4. **Speaker**, *First regional occupational and Environmental conference* at ARAMCO Damam KSA, Oct 2002. Lung Function & Surface Electromyography Findings in Cement Mill Workers (This conference accredited 15 CME hours).

5. Research work shop on *Medical education, Skills of Instructional Methods*, College of Medicine, King Khalid University Hospital, Riyadh KSA, October 2002.

6. Research work shop on *Medical education, Assessment*, College of Medicine, King Khalid University Hospital, Riyadh KSA, October 2002.

7. Research work shop on Medical education, *Computing Skills*, College of Medicine, King Khalid University Hospital, Riyadh KSA, January, 2003.

8. Second *intensive course on Planning and performing a research and Writing and presenting a scientific paper* College of Medicine, King Khalid University Hospital, Riyadh KSA, January 2003. (This conference accredited 06 CME hours)
9. Research work shop on *Skills of Instructional Methods*, College of Medicine, King Khalid University Hospital, Riyadh KSA, March 2003.
10. College of Medicine Research Centre work shop on *Use of computer in Medical Education*, College of Medicine, King Khalid University Hospital, Riyadh KSA, May 2003
11. Research work shop on *Medical Education Assessment* , College of Medicine, King Khalid University Hospital, Riyadh KSA, April 2003.
12. *Third annual Research conference* College of Medicine, King Khalid University Hospital, Riyadh KSA April 2003. (This work shop accredited 06 CME hours)
13. **Research work shop on Fundamentals of Grant ship** on Disabilities in Kingdom of Saudi Arabia, Prince Salman Centre of Disability Research, Riyadh KSA, March, 2003.
14. *Medical symposium* of Pakistan Doctors forum, Riyadh KSA September, 2003. (This meeting accredited 01 CME hour)
15. **The twelfth annual meeting of diabetes educators**, Riyadh KSA, January, 13, 2004
16. **Guest Speaker**, Does Mobile phone cause hearing & vision problems, **Riyadh Diabetic club meeting**: A special guest lecture, June 07, 2004.
17. Regional Conference on medical journalism, Armed forces hospital, Riyadh, KSA, October, 10-12, 2004.
18. The ninth world diabetic day, fight obesity prevent diabetes, Riyadh, KSA, Nov. 2004.
19. **Guest Speaker**, Health hazards of Mobile phone, **First workshop on occupational health & safety**, Ministry of Health, Al-Ahsa, KSA, December, 20-23, 2004, (This conference accredited 25 CME hours).
20. **The fourth intensive course on Clinical Research Methodology**, December, 30, 2004

21. ***Riyadh Diabetic Club Meeting***, Diabetic centre King Abdul Aziz University Hospital Riyadh KSA. (This meeting accredited 01 CME hour / per meeting)
22. **Guest Speaker**, **First International conference for the Gulf Group for the study of Diabetes**, 13-15 February, 2005, "Pulmonary Functions in Saudi diabetic patient".
23. **Guest Speaker**, **Annual Meeting, Diabetic Centre, King Abdul Aziz University Hospital, Riyadh, KSA**, Annual Report of Clinical Physiology Lab, April, 20, 2005.
24. **Speaker**, **Research work shop on Medical Education Practical Assessment Skills** College of Medicine, King Khalid University Hospital, Riyadh KSA, Feb 2006.
25. **Research work shop on Medical Education, Problem Base Learning**, College of Medicine, King Khalid University Hospital, Riyadh KSA, Feb 2006.
26. **Guest Speaker**, International Conference on Diabetes Mellitus, Karachi, Pakistan, Lung & Diabetes Mellitus, Feb 26-28, 2006.
27. **Guest Speaker** at Riyadh Diabetic Club, King Abdul Aziz University Hospital, Riyadh KSA. ***Is Lung a Really Target Organ in Diabetic Patients, March 06, 2006.***
28. **Speaker**, **Third King Saud University work shop on Medical Education, Principles of teaching and learning**, March 28-30, 2006.
29. **Guest Speaker**, **Writing and publication A Bio Medical Research Paper. A Right Path of Publishing your Paper to the Right Journal**, King Faisal Specialist Hospital & Research centre Jeddah, Saudi Arabia. April 19-20, 2006.
30. **Guest Speaker**, Diabetic Centre, King Abdul Aziz University Hospital, Riyadh KSA. Annual Diabetic meeting ***Diabetes & Clinical Physiology, May 06, 2006.***
31. **Guest Speaker**, **Sixth Annual Diabetes Technology Meeting, Atlanta USA**, Lung Function in Diabetic patients & Potential risks with inhaled insulin. Atlanta, USA, 2-4 November, 2006.
32. **Guest Speaker**, **Third Respiratory care meeting King Feisal University Hospital Dammam, Saudi Arabia** **Role of Spirometry in Clinical Settings** November, 22-23, 2006.

33. **Guest Speaker**, *Sixth Annual Meeting on Genetics and Basic Sciences in Diabetes*, King Abdul Aziz University Hospital Riyadh, Saudi Arabia, Diabetic Lung, January 18, 2006.
34. **Guest Speaker**, *Fourth King Saud University work shop on Medical Education, How to write a Scientific manuscript*, March 13-15, 2007.
35. **Guest Speaker**, Riyadh Diabetic Club *King Abdul Aziz University Hospital*, April, 02, 2007.
36. **Guest Speaker**, 4th International symposium on Respiratory Diseases Shanghai China, Nov 2-5, 2007. Available at: http://www.sicc-china.com/isrd/about_02.asp
37. **Guest Speaker**, How to write a scientific paper, Life Science Research, Higher Education Commission, Islamabad, Nov 8, 2007.
38. **Guest Speaker**, Sponsored versus Independent research. Life Science Research, Higher Education Commission, Islamabad, Nov 8, 2007.
39. **Speaker**, Physiological Basis of fetal heart rate monitoring. Advanced Labour and Risk Management Conference, King Khalid University Hospital, Riyadh, KSA, Nov 10-14, 2007.
40. **Speaker**, Writing and Publishing Scientific Papers in Medical Education. First Saudi International Conference in Medical Education, King Fahad Medical College, Riyadh, KSA, pp 54, April, 27-30, 2008.
41. **Guest Speaker** Science in South Asia and Expectations of Life Science Industries. Life Science Research, Higher Education Commission Islamabad & Baharia University, Karachi, Pakistan, May, 21-23, 2008.
42. **Guest Speaker** Medical Education: Its role in academic and professional development. Life Science Research, Higher Education Commission Islamabad & Baharia University, Karachi, Pakistan, May, 21-23, 2008.
43. **Guest Speaker** How to write an effective scientific paper for high profile bio-medical journals. University Diabetes Centre, Riyadh Diabetic Club Meeting, Al-Khuzama Hotel. Riyadh, KSA, August, 4, 2008

44. **Speaker** Science in Arab World, Fourth Regional Conference on Medical Journals in the Eastern Mediterranean Region, Kingdom of Bahrain, November, 5-7, EMMJ, pp-34, 2008
45. **Speaker** Diabetes and Disability, International Conference on Diabetes Mellitus, Dow University for Health Sciences, Karachi, Pakistan, March 6-8, 2009.
46. **Speaker** Sultan Ayoub Meo, Water pollution due to crude oil spill in sea water and human health. 3rd International Conference on Environmentally Sustainable Development, COMSATS Abbottabad, August 16-18, 2009.
47. Third International conference on current practice in Anesthesia and Pain Management, College of Medicine, King Saud University, Riyadh, KSA, Jan, 12-14, 2010.
48. **Speaker** Clinical significance of Spirometry in diabetic patients, 47 Annual Medical Symposium, JPMC, Karachi, Pakistan, Feb 15-21, 2010. ***Professor Meo received a best presentation award [GOLD MEDAL] in medicine theme.***
49. **Speaker** Writing and publishing a scientific paper in high profile medical education journals, Medical Education Club Meeting, King Fahad Medical City Riyadh, KSA, March, 28, 2010.
50. **Speaker** Scientific paper writing in bio medical journals, Basic Sciences Research Group Meeting, University Diabetes Centre, KSU, May 6, 2010.
51. **Speaker**, Ashraf Hussain, **Sultan Ayoub Meo**, Auditory brain stem response in children with speech defect, conference at National University of Singapore, dated May 27-29, 2010.
52. **Speaker**, Writing and publishing a scientific paper workshop, Department of Medical Education, College of Medicine, King Saud University, Riyadh, KSA, Nov, 24, 2010.
53. **Speaker**, Science in Muslim world: Where do we stand?. Fifth Regional Conference of Medical Editors, College of Physicians and Surgeons, Karachi, Pakistan, Dec 2-5, 2010.
54. Adnan Mahmood Usmani and **Sultan Ayoub Meo**, Evaluation of Science among scientists, Fifth Regional Conference of Medical Editors, College of Physicians and Surgeons, Karachi, Pakistan, Dec 2-5, 2010.

55. Assessing competencies in Health Science Education, College of Medicine, King Saud University, Riyadh, KSA, Dec 19-20, 2010.
56. Ashraf Husain, Abdul Majeed Al drees, Liala Al-Ayadi, **Sultan Ayoub Meo**, Sayed Shahid Habib, Short latency auditory evoked potential in autistic children, second annual health conference, University Sains Islam, Malaysia, Feb 25-26, 2011.
57. **Speaker** **Sultan Ayoub Meo**, Science in Muslim World: Where do we stand and how to improve it. First Medical Journalism Symposium, University Diabetes Centre, King Saud University, Riyadh, KSA, May 11, 2011. Prof. Meo was the Co-Chairman of this symposium.
58. **Speaker** **Sultan Ayoub Meo** and Abdul Majeed Al Drees, Effects of Mobile Phone Radiation on serum testosterone and sperm cell morphology in Wistar Albino Rats, 20th world congress for Health, Glasgow, 12-16 June 2011.
59. **Sultan Ayoub Meo**, and Khalid Al-Rubeaan, Impotence in Saudi Diabetic patients, 20th world congress for Health, Glasgow, 12-16 June 2011.
60. **Speaker** **Sultan Ayoub Meo** Mobile Phone radiation induced hyperglycemia in Albino Rats, 4th International Congress on Molecular Medicine, Istanbul, Turkey, June 27-30, pp 117, 2011
61. **Speaker** **Sultan Ayoub Meo**, Almas Naeem Memon, Saeed Ahmed Sheikh, Adnan Mahmood Usmani Abdul Majeed Al-Drees, Ashraf Husain, Effects of urbanization and environmental pollution on diabetes mellitus. 4th International Conference on Environmentally Sustainable Development, COMSATS Abbotabad, July 24-26, pp 53, 2011.
62. Muhammad A Chisti, Rana Hassanto, Assim Alfoda, **Sultan A Meo**, Tadeusz Rotkiewicz. Toxicopathological changes in chicken after heavy metal exposure and subsequent interaction with organophosphate insecticide. 4th International Conference on Environmentally Sustainable Development, COMSATS Abbotabad, July 24-26, pp 68-69, 2011.

63. **Key Note Guest Speaker Sultan Ayoub Meo**, Diabetes in Arab World, 2nd World Congress on Diabetes and Metabolism, Philadelphia, USA, Dec 6-8, 2011[Abstract published in J Diabetes Metab, 2011; 2 (8): 31]
64. **Guest Speaker Sultan Ayoub Meo**, Mobile Phone Use: Is it a risk to develop diabetes mellitus, 2nd World Congress on Diabetes and Metabolism, Philadelphia, USA, Dec 6-8, 2011[Abstract published in J Diabetes Metab, 2011; 2 (8): 59]
65. Speaker, Abdul Majeed Al Drees and **Sultan Ayoub Meo**, Lung function in Saudi Diabetic patients, 2nd World Congress on Diabetes and Metabolism, Philadelphia, USA, Dec 6-8, 2011[Abstract published in J Diabetes Metab, 2011; 2 (8): 39]
66. **Speaker**, Ashraf Husain, Syed Amir Ahmed, **Sultan Ayoub Meo**, Abdul Majeed Al Drees, Syed Shahid Habib and Shaikh Mujeeb Ahmed, Nerve conduction study of tibial nerve in tarsal tunnel entrapment in type 2 diabetes mellitus, 2nd World Congress on Diabetes and Metabolism, Philadelphia, USA, Dec 6-8, 2011[Abstract published in J Diabetes Metab, 2011; 2 (8): 85]
67. **Sultan Ayoub Meo**, A course in Medical Education, College of Medicine, King Saud University, Dated Jan 28-29, 2012
68. **Sultan Ayoub Meo**, A Quality assurance in Medical Education, College of Medicine, King Saud University, Dated Jan 30, 2012.
69. **Speaker, Sultan Ayoub Meo**, Science and Medical Education in Muslim World Countries: First Saudi International Conference in Medical Education (SIMEC 2012), College of Medicine, Al-Imam Muhammad Ibn Saud Islamic University, held at Intercontinental Hotel, Riyadh, Saudi Arabia, dated 22-26m April, 2012.
70. **Key note guest Speaker Sultan Ayoub Meo**, Air pollution and diabetes mellitus, International Conference on Occupational Health and Safety Summit, Philadelphia, USA, Sept 5-7, 2012, Abstract published in J Community Medicine and Health Education, 2012; 2 (8): 21.

- 71. Speaker Sultan Ayoub Meo**, Effects of exposure to polluted air on lung function and respiratory findings in subjects exposed to oil spill in sea water. International Conference on Occupational Health and Safety Summit, Philadelphia, USA, Sept 5-7, 2012, Abstract published in J Community Medicine and Health Education, 2012; 2 (8): 34.
- 72. Abdul Majeed Al-Dress and Sultan Ayoub Meo**, Occupational hazards of x-ray radiations on the quantitative and phagocytic function of Polymorphonuclear neutrophils in x-ray technicians. International Conference on Occupational Health and Safety Summit, Philadelphia, USA, Sept 5-7, 2012, Abstract published in J Community Medicine and Health Education, 2012; 2 (8): 60.
- 73. Speaker, Sultan Ayoub Meo**, Environmental Pollution: A risk to develop Diabetes Mellitus, Riyadh Diabetic Club Meeting, main guest lecture, Alkhuzama Hotel, dated Nov 5, 2012.
- 74. Speaker, Sultan Ayoub Meo**, Research Publications in Muslim World Countries: 4th Riyadh Medical Education Club Meeting, held at College of Medicine, Al-Faisal University, Riyadh, KSA, dated Jan 06, 2013.
- 75. Speaker, Sultan Ayoub Meo**, Where I can submit my scientific paper, 6th Workshop on Scientific paper and proposal writing and publishing a manuscript, Department of Medical Education, College of Medicine, King Saud University, Riyadh, KSA, dated Jan 6-7, 2013.
- 76. Speaker, Sultan Ayoub Meo**, Choosing a Right journal for publishing your paper in reputable Science journals. 7th Workshop on Scientific paper writing and publishing a manuscript, Department of Medical Education, College of Medicine, King Saud University, Riyadh, KSA, dated Nov 19, 2013.
- 77. Key Note Speaker, Sultan Ayoub Meo**, Second International conference on Obesity and Management. Los Vegas, USA, Dec 2-4, 2013, Abstract published in J Obes Weight loss Ther, 2013; 3 (7): 29.

78. Workshop on how to write a scientific manuscript: **Organizer and Speaker, Sultan Ayoub Meo** delivered lectures on [1] Research grant writing [2] Scientific manuscript writing [3] How to reply to Editor [4] On line demonstration on how to search the literature. Workshop was conducted by Department of Anesthesia and Physiology, Medical Education Department, College of Medicine, King Saud University, Riyadh, KSA, dated Dec14, 2013.

79. Workshop on how to write a scientific manuscript: **Organizer and Speaker, Sultan Ayoub Meo** delivered lectures on [1] Research grant writing [2] Scientific manuscript writing [3] How to reply to Editor [4] On line demonstration on how to search the literature. Accredited by Saudi Council for Health Specialties, Workshop was conducted by Department of Anesthesia and Physiology, Medical Education Department, College of Medicine, King Saud University, Riyadh, KSA, dated Feb 15, 2014.

80. Speaker, **Sultan Ayoub Meo**, Diabetes Mellitus and Cognitive function, Riyadh Diabetic Club Meeting, main guest lecture, Alkhuzama Hotel, dated April 7, 2014.

81. Speaker, **Sultan Ayoub Meo**, How to Write a Scientific Paper, Combined Military Hospital (CMH) Mallir Cantonment, Karachi, Pakistan, dated August, 22, 2014.

82. **Sultan Ayoub Meo**, Inhaled Insulin: Recovered from Deep Coma: Diabetes Science and Technology Meeting, Bethesda, Maryland, USA, Nov 6-8, 2014. J Diabetes Sci Technol, 2015; 9 (2): 342-485 [9A-77] doi:10.1177/1932296815570777.

83. **Meo SA**, Asim H, Khan M. Risk assessment calculator for diabetic patients who fast during Ramadan. Diabetes Technology & Therapeutics, 2015; 17 (S1): A-1-A-180. 313 (A138-A139) doi:10.1089/dia.2015.1525.

84. **Meo SA**, Asim H. Prevalence of type 2 Diabetes in Arab World, Diabetes Technology & Therapeutics, 2015; 17 (S1): A-1-A-180. 425 (A171) doi:10.1089/dia.2015.1525.

85. Workshop on how to write a scientific manuscript: **Organizer and Speaker, Sultan Ayoub Meo** delivered lectures on [1] scientific manuscript writing [2] how to reply to Editor [3] major

technical problems in scientific manuscript [4] On line demonstration on how to search the ISI indexed Journals, literature. Accredited by Saudi Council for Health Specialties, Workshop was conducted by Department of Anesthesia and Physiology, Medical Education Department, College of Medicine, King Saud University, Riyadh, KSA, dated Feb 15, 2014.

86. Speaker, Sultan Ayoub Meo. Sprometry: Its role in investigating the fixed air way obstruction, Department of ENT, College of Medicine, King Abdul Aziz University Hospital, Riyadh, KSA, Oct 27, 2015.

87. A residency training program: A look into the future, College of Medicine, King Khalid University Hospital, Riyadh, KSA, Oct 26-27, 2015. Accredited by Saudi Council for Health Specialties, 19 CME hours

88. Workshop on how to write a scientific manuscript: **Organizer and Speaker, Sultan Ayoub Meo** delivered lectures on [1] Why we publish [2] Impact Factor [3] Herish Index [4] scientific manuscript writing [5] On line demonstration on how to search the ISI indexed Journals, literature. Accredited by Saudi Council for Health Specialties, Workshop was conducted by Saudi Laparoscopic Society, Department of Surgery, College of Medicine, King Saud University, dated Dec 13-15, 2015, Ritz Carton Hotel, Riyadh, KSA.

89. Workshop on how to write a scientific manuscript: **Organizer and Speaker, Sultan Ayoub Meo** delivered lectures on [1] The basic need of publication [2] Impact Factor [3] Herish Index [4] scientific manuscript writing [5] On line demonstration on how to search the ISI indexed Journals, literature. Workshop was conducted at Princes Naura University, Riyadh, dated Dec Feb 11, 2015.

90. Speaker, Sultan Ayoub Meo, Environmental pollution an Emerging risk factor for coronary artery diseases. Saudi Heart Association, conference dated Feb 12-15, 20165, Ritz Carton Hotel, Riyadh, KSA.

- 91.** Speaker, **Sultan Ayoub Meo**, Science, Educational and Research reforms in Muslim World: Combined Military Hospital (CMH) Mallir Cantonment, Karachi, Pakistan, dated July 28, 2016.
- 92.** Speaker, **Sultan Ayoub Meo**, Environmental pollution and Diabetes Mellitus, International Conference on Countering Diabetes in the Arab Countries, University Diabetes Centre, Intercontinental Hotel, Riyadh, Saudi Arabia, 1-3 Nov, 2016.
- 93. Key Note Speaker Sultan Ayoub Meo**, Science in Muslim World: International Medical Research Conference at Liaquat University of Medical and Health Sciences, Jamshoro Hyderabad, Dec 16-18, 2016. Available at: <http://lumhs.edu.pk/imrc/>
- 94.** Main Speaker, **Sultan Ayoub Meo**, Educational and Research Reforms in Muslim World: Road is Bumpy and Needs to be repaired. Riyadh Diabetic Club Meeting, main guest lecture, Alkhuzama Hotel, to be held on dated Feb 6, 2014.
- 95.** Invited Guest Speaker, **Sultan Ayoub Meo**, Workshop on lung function testing; Gulf Thoracic Congress, joint meeting of the Saudi Thoracic Society (STS), Emirates Allergy and Respiratory Society (EARS), in collaboration with the American Thoracic Society (ATS), European Respiratory Society (ERS) and European Society of Thoracic Surgeons (ESTS). Held at Hayat Grand Hotel, Dubai UAE dated March 15-18, 2017.
- 96.** Invited Guest Speaker, **Sultan Ayoub Meo**, Clinical significance of lung function test for primary care physicians. Gulf Thoracic Congress, joint meeting of the Saudi Thoracic Society (STS), Emirates Allergy and Respiratory Society (EARS), in collaboration with the American Thoracic Society (ATS), European Respiratory Society (ERS) and European Society of Thoracic Surgeons (ESTS). Held at Hayat Grand Hotel, Dubai UAE dated March 15-18, 2017.
- 97.** Invited Guest Speaker, **Sultan Ayoub Meo**, lung function testing for medical students; Gulf Thoracic Congress, Gulf Thoracic Congress, joint meeting of the Saudi Thoracic Society (STS), Emirates Allergy and Respiratory Society (EARS), in collaboration with the American Thoracic

Society (ATS), European Respiratory Society (ERS) and European Society of Thoracic Surgeons (ESTS). Held at Hayat Grand Hotel, Dubai UAE dated March 15-18, 2017.

98. Key Note Speaker, **Sultan Ayoub Meo**, Diabetes in Arab World; second conference on Internal Medicine, Ministry of Health, Al Ras General Hospital, Al Ras, Saudi Arabia dated April, 12-13, 2017.

99. Key Note Speaker, **Sultan Ayoub Meo**, Writing and publishing a Scientific paper in high profile bio medical science journals. Research Seminar in Health Sciences, King Saud University, Riyadh, Saudi Arabia, dated August 13-17 2017.

100. Key Note Speaker, **Sultan Ayoub Meo**, Travel advice to Makkah during Hajj, International Seminar in Muhammadiyah University of Semarang, Indonesia, August 18-19, 2017. Available at <http://isocmed.unimus.ac.id/>

NATIONAL / INTERNATIONAL PRINT MEDIA (NEWSPAPER) COVERAGE: INTERVIEWS AND EDITORIALS:

1. KSU Professor Garners High Academic Medical Honor: Arab News, Jeddah, Saudi Arabia, page 6, dated Jan 7, 2012. Available at: <http://www.arabnews.com/node/403197>.

2. R&D Neglected in Muslim Countries: Arab News, Jeddah, Saudi Arabia, page 2, dated April, 27, 2012. Available at: <http://www.arabnews.com/node/411908>.

3. R&D Neglected in Muslim Countries: The Muslim Times, Saudi Arabia, April 27, 2012, Available at: <http://www.themuslimtimes.org/2012/04/science-and-technology/rd-neglected-in-muslim-countries>.

4. Unique achievement: Daily Urdu News, Jeddah, Saudi Arabia, Dated June 10, 2010.

5. Honor to Pakistani Professor: Urdu times, Chicago, USA, page 2, dated June 17, 2010.

6. A Pakistani physician achieved an honor in young age: Daily Nawai-Waqat Urdu News, Karachi, Pakistan, dated June 10, 2010.

7. Editorial: Does Pak Government have time?: Daily Express, Lahore, Pakistan, page 13, dated June 12, 2010.
8. Honor to Pakistani Professor: Daily Jang, Karachi, Pakistan, page 11, dated Sept 04, 2011.
9. Interview on Science in Pakistan, Daily Urdu News, Jeddah, Saudi Arabia, dated June 10, 2011.
10. Saudi Arab's Golden Age of Learning. Daily Arab News, Exclusive Interview, Page 5, Dated Jan 04, 2013. Available at: <http://www.arabnews.com/saudi-arabia%E2%80%99s-%E2%80%98golden-age-learning%E2%80%99-under-king-abdullah>
11. Continuing Expansion for Education in the Middle East. ICEF Monitor, dated March 21, 2013, Available at: <http://monitor.icef.com/2013/03/continuing-expansion-for-education-in-the-middle-east/>.
12. ICT plays key role in Kingdom's higher education program, Daily Arab News, dated April 16, 2013, Available at: <http://www.arabnews.com/news/448279>
13. Urbanites are vulnerable to type 2 diabetes Mellitus, Daily Arab News, Page 6, Dated April 24, 2013. Available at: <http://www.arabnews.com/news/449222>
14. Protect your children from Mobile phone radiation, Daily Arab News, Page 6, Dated June 29, 2013. Available at: <http://www.arabnews.com/news/456504>
15. International Researchers urge parents to protect children from mobile phone radiation, Safe technologies, dated July 31 2013, available at: <http://www.safertech.com/2013/international-researchers-urge-parents-to-protect-children- from-mobile-phone-radiation>
16. Interview on Research in Pakistan, BBC-News Urdu Services, Available at: http://www.bbc.co.uk/urdu/pakistan/2013/12/131217_pakistan_research_decline_zis.shtml, dated Dec 17, 2013.
17. Interview on shisha Café Culture may spread MERS faster, Arab news dated May 23, 2014 Available at: <http://www.arabnews.com/news/575481>

- 18** Possible link with shisha smoking. Tobacco Reporter, Available at: <http://www.tobaccoreporter.com/2014/05/possible-mers-link-with-shisha-smoking/> Dated May 23, 2014.
- 19.** MOH reports 5 new cases of MERS, Arab news dated July 10, 2014, Available at: <http://www.arabnews.com/node/583301>
- 20.** Shisha cafe culture poses threat, Daily Tribune Middle East, dated May 24, 2014. Available at: Daily Tribune Middle East, dated May 24, 2014.
- 21.** Perokok shisha memiliki risiko tinggi terhadap penularan penyakit pernafasan yang mematikan ini kepada teman-teman dan kerabat mereka. Awas, Merokok Shisha Berpotensi Tertular Virus MERS, Available at: <http://www.dream.co.id/news/awas-merokok-shisha-berpotensi-tertular-virus-mers-140525j.html>, May 25, 2014.
- 22.** Diabetes impairs learning abilities of school children, Arab news dated June 8, 2014 Available at: <http://www.arabnews.com/news/599586>.
- 23.** E-cigarette ban sought: Decades of education against smoking at risk, Arab news dated July 26, 2014, Available at: <http://www.pressdisplay.com/pressdisplay/viewer.aspx>.
- 24.** Call for E-cigarette ban in Saudi Arabia. Tobacco Reporter, July 29, 2014. Available at: <http://www.tobaccoreporter.com/2014/07/call-for-e-cigarette-ban-in-saudi-arabia/>
- 25.** Call for e-cigarette ban in Saudi Arabia. Vapor Voice Newspaper. July 31, 2014. Available at: <http://vaporvoicemagazine.com/call-for-e-cigarette-ban-in-saudi-arabia/>
- 26.** PISES extends felicitations: Dated Sept 23, 2014, Available at: <http://www.saudigazette.com.sa/index.cfm?method=home.regcon&contentid=20140923219127>
- 27.** Saudi Arabia wants to ban on E-cigarette: E-Cig guide, Oct 10, 2014, Available at: <http://www.ecigguide.com/news/ecig-news/saudi-arabia-wants-ban-e-cigarettes/>
- 28.** Studies from King Saud University Yield New Information about Professional Education (Medical Education Research in GCC Countries)." Health & Medicine Week. News RX. 2015.

High Beam Research. Published dated 18 Oct. 2015. Available at: <http://www.highbeam.com>.
Chicago, USA.

29. Innovation: Getting Better: Interview appeared in international magazine, Bloomberg Businessweek Middle East, dated Nov 16-30, 2015.

30. New study links cell phone tower radiation to diabetes. Arab News, front page interview: Dated Dec 27, 2015. Available at: <http://www.arabnews.com/featured/news/856296>

31. Diabetes linked to radiation from cell phone tower. By Renu Rangela, appeared on dated December 29 2015, International Business Times, Newspaper, UK. Available at: <http://www.ibtimes.com.au/diabetes-linked-radiation-cell-phone-tower-1496092>.

32. Diabetes Mellitus connected to phone tower radiation: Geovital. Available at: <http://en.geovital.com/diabetes-mellitus-connected-to-phone-tower-radiation/> date Jan, 2016.

33. Studi: Menara BTS Berisiko Sebabkan Diabetes. Available at: TEKNOLOGI <http://teknologi.news.viva.co.id/news/read/718439-studi-menara-bts-berisiko-sebabkan-diabetes> dated Jan 4, 2016.

34. Cell Tower Radiation Can Cause Diabetes, New Study Finds. Nutri Unify. Available at: <http://nutriunify.com/cell-tower-radiation-can-cause-diabetes-new-study-finds/> cited date Jan 10, 2016.

35. Cell Tower News: Study links tower radiation and diabetes, By Jarad Matula on January 8 2016. Available at: <http://www.rcrwireless.com/20160108/cell-tower-news/cell-tower-news-study-links-tower-radiation-and-diabetes-tag8> cited date> jan 8, 2016.

36. New study: Cell tower radiation can cause diabetes. Nautra Health 365. Available at: <http://www.naturalhealth365.com/cell-phone-emf-diabetes-1701.html>

37. OIC Nations must spent more in Science and Tech. Available at: Arab News. <http://www.arabnews.com/saudi-arabia/news/892956/> dated March 10, 2016.

- 38.** Fasting: Regiment for healthy body and brain. Available at: The Jakarta Post, Newspaper. <http://www.thejakartapost.com/academia/2016/06/20/fasting-regiment-for-healthy-body-and-brain.html>. Sat, June 18, 2016.
- 39.** Fasting is a good practice for protection of cardiovascular system. Arab News, Available at: <http://www.arabnews.com/node/1103941/saudi-arabia>, published on Wednesday May 24, 2017.
- 40.** Riyadh governor presents awards to scientists, professors. Arab News, May 28, 2017, Available at: <http://www.arabnews.com/node/1106296/saudi-arabia>.
- 41.** Riyadh emir presents awards to outstanding researchers at KSU. Saudi Gazette, dated May 30, 2017, Available at: <http://saudigazette.com.sa/article/501517/SAUDI-ARABIA/Riyadh-emir-presents-awards-tooutstanding-researchers-at-KSU>.

EXTRA-CURRICULAR ACTIVITIES:

- Swimming
- Cricket