

بسم الله الرحمن الرحيم

Nasser Mohammed Al-Daghri, PhD

---

Curriculum Vitae

*Associate Professor in Biochemistry*

Biomarkers Research Program, College of Science, King Saud University, Riyadh, KSA, PO Box 2455,  
Riyadh, 11451, Kingdom of Saudi Arabia

06/16/2010

# PART I

## (PERSONAL)

---

**NAME:** NASSER MOHMMED N. AL DAGHRI  
**NATIONALITY:** SAUDI  
**SEX:** MALE  
**ACADEMIC RANK:** ASSOCIATE PROFESSOR (2008 TO DATE)

### **ACADEMIC QUALIFICATIONS:**

**BSc Biochemistry:** Biochemistry Department  
College of Science  
King Saud University  
Saudi Arabia, June 1986

### **MSc General Biochemistry and Metabolic Medicine:**

Biochemistry Department  
College of Science  
King Saud University  
Saudi Arabia, 1992

**THESIS TITLE:** Studies on Insulin Receptors  
**SUPERVISOR:** OMAR SALEM AL ATTAS, Ph. D.  
Minute Specialization: Gestational diabetes mellitus

### **PhD in Clinical Biochemistry**

Clinical Biochemistry division in College  
Of Medicine Birmingham University  
UK

**Thesis title:** Metabolic basis of coronary artery disease  
Supervisor: Prof. Sudhesh Kumar

# PART II

---

## POSITIONS HELD

<b>Associate Professor</b>	Biochemistry Dept College of Science King Saud University (2008-present)
<b>PhD student in College of Medicine</b>	Clinical Biochemistry Dept 1998 to 2003
<b>Lecturer in Biochemistry Dept</b>	College of Science KSU 1995-1998
<b>Research Assistant</b>	Department of Biochemistry, College of Science King Saud University, 1986-1995
<b>Graduate Student, MSc</b>	Department of Biochemistry College of Science King Saud University Riyadh, Saudi Arabia 1989 - 1992
<b>Undergraduate Student, BSc</b>	Department of Biochemistry College of Science King Saud University Riyadh, Saudi Arabia 1981-1986

## ADMINISTRATIVE POSITIONS HANDLED:

1. **DEPUTY-DIRECTOR**, *Biomarker Research Program*, KSU (2008-present)
2. **DEPUTY-DIRECTOR**, *Diabetes and Endocrinology Research Laboratory*, KSU (2005-2008)
3. **HEAD**, *Biomarkers of Osteoporosis Chair* [Prince Mutab Bin Abdullah Al-Saud] (2010-present)
4. **PMO MANAGER**, *Structure and Environmental of KSU Strategic Plan* (2010-present)
5. **EVENTS DIRECTOR**, 2010 4<sup>th</sup> *International Conference on Biomarkers in Chronic Diseases* (KSA)
6. **HEAD**, *Research Center of the College of Science* (2007-2008)
7. **HEAD**, *Research Center, University Diabetes Center, King Saud University* (2005-2007)
8. **MEMBER** of the Long Standing *Committee for the Radiation Protection*, College of Science, KSU
9. **MEMBER**, *Saudi Charitable Association of Diabetes* (2008-present)

10. **ASSISTANT DIRECTOR**, *Attracting Unit of Distinguished University Staff (AUDUS)* (2009-present)
11. **CHAIRMAN** of the *1<sup>st</sup> Fundamentals of Medical Statistics Course*, University of Diabetes Center, King Saud University, Riyadh, Kingdom of Saudi Arabia
12. **HONORARY EDITORIAL BOARD MEMBER**, *Libertas Academica* Endocrinology and Metabolism

## My portfolio

From the time I have obtained my degree in UK and went back to the kingdom, it has come to my attention that there is an on-going epidemic of obesity-related diseases in my country, such that there is an urgent need to establish a clinical laboratory research that will be competent enough to provide evidence-based knowledge through scientific and clinical researches. Owing to the knowledge I have gained, I have decided to conduct my own investigations to determine the extent of the problems I will face. From these investigations I discovered that little has been done to address the growing population of obese and diabetic Saudis. To address these issues, I have decided to implement the following strategies, with the help of my colleague and friends from the department to establish a group that will:

- Build and create a state-of the art endocrine and diabetes research laboratory that will be supported by King Saud University
- Recruit and train a competent research team that will specialize in different areas of the lab (immunology, biochemistry, molecular biology, oncology)
- Establish scientific collaborations with colleagues inside and outside the kingdom who share the same passion for metabolic disease research
- Attract research grant-giving bodies to support the lab projects
- Encourage potential master and Ph.D students to study and become part of the team
- Publish original researches to good international journals

# PART III

## SCIENTIFIC AND ACADEMIC WORKS

---

### A. Papers published and accepted for publications in specialized and refereed journals.

No	Publication	ISI 2009 IF	Cites
1	Al Henawy SI, <b>Al Daghri NM</b> , Helmy NM. Immunoglobulin and activities of lactate dehydrogenase and alkaline phosphates on the serum of some Saudi mother and neonate. The Second National Meeting of Chemists, March 1987, Saudi Arabia.		
2	Al Attas OS, <b>Al Daghri NM</b> . Placental insulin binding in women at high risk of developing gestational diabetes mellitus: Effect of familial history of diabetes mellitus as risk factor. <i>Diabetes Nutr Metab</i> 1995; <b>8</b> :744-80.		
3	Al-Attas OS, <b>Al Daghri NM</b> , Vigo NT. Vanadate enhances insulin-receptor binding in gestational diabetic placenta. <i>Cell Biochem Funct</i> 1995; <b>13</b> (1):9-14.	1.515	6
4	Al Senaidy A, Al Attas OS, <b>Al Daghri NM</b> . Plasma $\alpha$ and $\beta$ tocopherol levels during pregnancy in women with GDM and women at high risk of developing GDM. <i>Med Sci Res</i> 1995; <b>23</b> : 171-174.		
5	Al-Nuaim AR, Al-Rubeaan K, Al-Mazrou Y, Al-Attas O, <b>Al-Daghari N</b> , Khoja T. High prevalence of overweight and obesity in Saudi Arabia. <i>Int J Obes Relat Metab Disord</i> 1996; <b>20</b> : 547-552.		86
6	Al-Nuaim AR, Al-Rubeaan K, Al-Mazrou Y, Al-Attas O, PhD, <b>Al-Daghari N</b> . Prevalence of hypercholesterolemia in Saudi Arabia, epidemiological study. <i>Int J Cardiol</i> 1996; <b>54</b> :41d-49.	3.469	23
7	Al Nuaim AR, Al-Rebean K, Al-Mazrou Y, Al-Attas O, <b>Al- Daghari N</b> . Serum total, fractionated cholesterol concentration distribution and prevalence of hypercholesterolemia in Saudi Arabia, regional variation. <i>Ann. Saudi Med</i> 1997; <b>17</b> (2): 179-84.	0.55	3
8	Al-Nozah M, <b>Al-Daghri N</b> , Bartlett WA, Al-Attas O, Al-Maatouq M, Martin SC, Kumar S, Jones AF. Serum homocysteine concentration is related to diabetes mellitus, but not to coronary heart disease, in Saudi Arabians. <i>Diabetes Obes Metab</i> 2002; <b>4</b> (2):118-23	4.126	7
9	<b>Al-Daghri N</b> , Bartlett WA, Jones AF, Kumar S. Role of leptin in glucose metabolism in type 2 diabetes. <i>Diabetes Obes Metab</i> 2002; <b>4</b> (3):147-55.	4.126	13
10	<b>Al-Daghri N</b> , Al-Rubeaan K, Bartlett WA, Al-Attas O, Jones AF, and Kumar S. Serum leptin is elevated in Saudi Arabian patients with metabolic syndrome and coronary artery disease. <i>Diabet Med</i> 2003; <b>10</b> :832-837.	2.871	28
11	<b>Al-Daghri N</b> , Al-Attas O, Patel A, Belyaev ND, Bartlett WA, Jones AF, Kumar S, Bain SC. Association between Taq IB cholesterol ester transfer protein polymorphism and low HDL cholesterol concentrations in Saudis. <i>Clin Sci</i> 2003; <b>105</b> (4): 467-472.	3.982	6
12	Valsamakis G, Chetty R, McTernan PG, <b>Al-Daghri NM</b> , Barnett AH, Kumar S.	4.126	78

	Fasting serum adiponectin concentration is reduced in Indo-Asian subjects and is related to HDL cholesterol. <i>Diabetes Obes Metab</i> 2003; <b>5</b> (2):131-5.		
13	Valsamakis G, McTernan PG, Chetty R, <b>Al Daghri N</b> , Field A, Hanif W, Barnett AH, Kumar S. Modest weight loss and reduction in waist circumference after medical treatment are associated with favorable changes in serum adipocytokines. <i>Metabolism</i> 2004; <b>53</b> (4):430-4	2.588	124
14	<b>Al-Daghri N</b> , Chetty R, McTernan PG, Al-Rubean K, Al-Attas O, Jones AF, Kumar S. Serum resistin is associated with C-reactive protein and LDL- cholesterol in type 2 diabetes and coronary artery disease in a Saudi population. <i>Cardiovasc Diabetol</i> 2005; <b>4</b> :10	2.77	50
15	Wasim H, <b>Al-Daghri NM</b> , Chetty R, McTernan PG, Barnett AH, and Kumar S. Relationship of serum adiponectin and resistin to glucose intolerance and fat topography in South Asians. <i>Cardiovasc Diabetol</i> 2006; <b>5</b> :10.	2.77	25
16	<b>Al-Daghri NM</b> . The association of endothelial constitutive nitric oxide synthase polymorphisms with family history of coronary heart disease in men. <i>Gene Ther Mol Biol</i> 2006; <b>10</b> : 193-198.	0.836	
17	<b>Al-Daghri NM</b> . Hyperhomocystenemia, coronary heart disease, and diabetes mellitus as predicted by various definitions for metabolic syndrome in a hypertensive Saudi population. <i>Saudi Med J</i> 2007; <b>28</b> (3): 339-46.	0.51	3
18	<b>Al-Daghri NM</b> , Al-Attas OS, Al-Rubeaan K. The atherogenic and metabolic impact on non-HDL cholesterol versus other lipid subcomponents among non-diabetic and diabetic Saudis. <i>Lipids Health Dis</i> 2007; <b>6</b> (1):9	2.141	4
19	<b>Al-Daghri N</b> , Al-Attas O, Al-Rubeaan K, Mahieldin M, Al-Katari M, Jones AF, Kumar S. Serum leptin and its association to anthropometric measures of obesity in pre-diabetic Saudis. <i>Cardiovasc Diabetol</i> 2007; <b>6</b> :18	2.77	3
20	<b>Al-Daghri NM</b> , Al-Attas O, Al-Rubeaan K, Sallam R. Adipocytokine profile of type 2 diabetics in metabolic syndrome as defined by various criteria. <i>Diabet Metab Res Rev</i> 2008; <b>24</b> (1): 52-8.	2.762	7
21	Alsmadi O, Al-Rubeaan K, Wakil SM, Imtiaz F, Mohamed G, Al-Saud H, Al-Saud NA, <b>Al-daghri N</b> , Mohammad S, Meyer BF. Genetic Study of Saudi Diabetes (GSSD): significant association of the KCNJ11 E23K polymorphism with type 2 diabetes. <i>Diabetes Metab Res Rev</i> 2008; <b>24</b> (2): 137-40.	2.762	10
22	<b>Al-Daghri NM</b> , Al-Attas O. Homocysteinemia, hypertension and family history of diabetes in a smoking Saudi male population. <i>Cent Eur J Med</i> 2008; <b>3</b> (2): 167-172.	0.224	1
23	<b>Al-Daghri NM</b> , Al-Attas O, Al-Onazi M, Al-Rubeaan K, Al-Najjar H. Adipocytokines as influenced by family history of type 2 diabetes and smoking in non-diabetic subjects. <i>Clinical Medicine: Endocrinology and Diabetes</i> 2008; <b>1</b> :13-19.		
24	Alfadda A, <b>Al-Daghri N</b> , Malabu U. Apolipoprotein B/A1 in relation to metabolic syndrome in type 2 diabetes mellitus. <i>Saudi Med J</i> 2008; <b>29</b> (6): 821-5.	0.51	3
25	Al-Rubeaan K, <b>Al-Daghri NM</b> , Alkharfy KM, Al-Attas OS, Hanif FS, Metias NS, Sabico SL. Bioequivalence of Jusline following subcutaneous administration in healthy subjects. <i>Int J Clin Pharmacol Ther</i> 2008; <b>46</b> :82-88.	1.381	
26	<b>Al-Daghri NM</b> . The role of clinical laboratories in understanding the obesity epidemic in the Middle-East: The King Saud University Diabetes and Endocrinology Research Center experience. <i>Med Lab Magazine</i> 2008; Issue 1: 10-11.		

27	<b>Al-Daghri NM.</b> Hormones. <i>Encyclopedia of Obesity</i> 1 <sup>st</sup> ed. By Keller, SAGE Publications 2008.		
28	<b>Al-Daghri NM.</b> Advancements in obesity management: leptin and adiponectin patents. <i>Recent Patents on Endocrine, Metabolic, &amp; Immune Drug Discovery</i> 2008; <b>2</b> (3): 200-3.		
29	Alsmadi O, Al-Rubeaan K, Mohamed G, Alkayal F, Al-Saud H, Abu Al-Saud N, <b>Al-Daghri N</b> , Mohammad S, Meyer BF. Weak or no association of TCF7L2 variants with Type 2 diabetes risk in an Arab population. <i>BMC Med Genet</i> 2008; <b>9</b> (1):72.	2.84	6
30	<b>Al-Daghri NM.</b> Serum Polycyclic Aromatic Hydrocarbons among children with and without asthma: correlation to environmental and dietary factors. <i>Int J Occup Environ Health</i> 2008; <b>21</b> (3): 211-7.	1.12	2
31	<b>Al-Daghri NM.</b> Acute post cessation smoking: A strong predictive factor for metabolic syndrome among Saudi adults: <i>Saudi Med J</i> 2009; <b>30</b> (2): 267-71.	0.51	1
32	<b>Al-Daghri NM</b> , Al-Attas OS, Hussain T, Sabico S, Bamakhramah A. Altered levels of adipocytokines in type 2 diabetic cigarette smokers. <i>Diabetes Res Clin Pract</i> 2009; <b>83</b> (2): e-37-9.	2.16	
33	<b>Al-Daghri NM</b> , Al-Attas OS, Appiedu G. Fasting homocysteine levels in a cross section of Saudi adults with type 1 diabetes mellitus. <i>Diab Met Syndr Clin Res Rev</i> 2009; <b>3</b> (1):45-49.		
34	<b>Al-Daghri NM</b> , Al-Attas OS, Sallam R. Adipocytokine profiles as influenced by insulin resistance in obese subjects. <i>Diabetes Metab Res Rev</i> 2009; <b>3</b> (2): 79-83.		
35	Al-Attas OS, <b>Al-Daghri NM</b> , Al-Rubeaan KA, daSilva F, Sabico SL, Kumar S, McTernan PG, Harte AL. Changes in endotoxin levels in T2DM subjects on anti-diabetic therapies . <i>Cardiovasc Diabetol</i> 2009; <b>8</b> (1):20.	2.77	3
36	<b>Al-Daghri NM</b> , Al-Attas OS, Alokail M, Draz HM, Bamakhramah A, Sabico S. Retinol binding protein-4 is associated with TNF- $\alpha$ and not insulin resistance in subjects with type 2 diabetes mellitus and coronary heart disease. <i>Dis Markers</i> 2009; <b>26</b> (3): 135-40.	1.79	2
37	Bawazeer N, <b>Al-Daghri N</b> , Valsamakis G, Al-Rubeaan K, Mastorakos G, Sabico S, Huang T, Mastorakos G, Kumar S. Sleep duration and quality associated with obesity among Arab children. <i>Obesity</i> 2009; <b>17</b> (12):2251-3.	3.366	3
38	Al-Jurayyan NA, El-Desouki MI, Al-Nuaim AA, Al-Attas OS, <b>Al-Dagheri N</b> . Urine iodine concentration in neonates with congenital hypothyroidism. <i>Curr Pediatr Res</i> 2010; <b>14</b> (1): 1-3.		
39	<b>Al-Daghri NM</b> , Al-Attas OS, Alokail MS, Alkharfy KM, Draz H. Serum resistin and aPAI-I levels in relation to insulin resistance and markers of obesity in Saudi children. <i>Pediatr Int</i> 2010; [Epub ahead of print]	0.707	
40	<b>Al-Daghri NM</b> , Alokail MS, Al-Attas OS, Al-Rubeaan K, Sabico S, Kumar S. Establishing abdominal height cut-offs and their association with conventional indices of obesity among Arab children and adolescents. <i>Ann Saudi Med</i> 2010; <b>30</b> (3): 209-14.	0.55	
41	Al-Attas O, <b>Al-Daghri N</b> , Bamakhramah A, Sabico S, Huang T, McTernan P. Telomere length in relation to insulin resistance, inflammation and obesity among Arab youth. <i>Acta Paediatr</i> 2010; <b>99</b> (6): 896-899	1.768	
42	Valsamakis G, Margeli A, Vitoratos N, Boutsiadis A, Evangelos S, Papadimitriou G, <b>Al-Daghri N</b> , Botsis D, Kumar S, Papassotiriou I, Creatsas G, Mastorakos G. The role of maternal gut hormone in normal pregnancy: Fasting plasma active GLP-1 level is a negative predictor of fetal abdomen circumference and	3.539	



	maternal weight change. <i>Eur J Endocrinol</i> 2010; <b>162</b> (5): 897-903.		
43	Alkharfy K, <b>Aldaghri NM</b> , Al-Attas OS, Alokail M, Draz HM, Hussain T. Endothelial nitric oxide synthase gene polymorphisms (894>T and -786>C) and risk of coronary artery disease in a Saudi population. <i>Arch Med Res</i> 2010; <b>41</b> (2): 134-141.	1.884	
44	<b>Al-Daghri NM</b> . High prevalence of metabolic syndrome manifestations among Arab youth: A call for early intervention. <i>Eur J Clin Invest</i> 2010; [Epub ahead of print]	2.643	1
45	<b>Al-Daghri NM</b> , Al-Attas OS, Alokail MS, Alkharfy KM, Al-Yousef M, Nadhrah H, Sabico S, Chrousos G. Severe hypovitaminosis D is widespread in Saudi adults and is more common in non-diabetics than diabetics. <i>Saudi Med J</i> 2010; <b>31</b> (7): 775-780	0.51	
46	Al-Attas OS, <b>Al-Daghri NM</b> , Alokail MS, Al-Fadda A, Bamakhramah A, Sabico S, Pritlove D, Harte A, Tripathi G, McTernan PG, Kumar S, Chrousos G. Adiposity and insulin resistance correlate with telomere length in middle-aged Arabs: the influence of circulating adiponectin. <i>Eur J Endocrinol</i> 2010; [Epub ahead of print]	3.539	
47	<b>Al-Daghri NM</b> , Al-Attas OS, Alokail MS, Alkharfy KM, Sabico S, Chrousos GP. Decreasing Prevalence of the Full Metabolic Syndrome but a Persistently High Prevalence of Dyslipidemia among Adult Urban Saudis. <i>PLoS One</i> 2010; <b>5</b> (8): e12159	4.351	
48	Al-Disi D, <b>Al-Daghri N</b> , Khanam L, Al-Othman A, Al-Saif M, Sabico S, Chrousos G. Subjective Sleep Duration and Quality Influence Diet Composition, Circulating Adipocytokines and Ghrelin levels in Teen-age Girls. <i>Endocr J</i> 2010; [Epub ahead of print]	1.806	
49	<b>Al-Daghri NM</b> , Al-Attas OS, Alokail MS, Alkharfy KM, Yousef M, Nadhrah HM, Al-Othman A, Al-Saleh Y, Sabico S, Chrousos GP. Hypovitaminosis D and cardiometabolic risk factors among non-obese youth. <i>Cent Eur J Med</i> 2010; [Accepted June 2, 2010]	0.224	

### C. PAPERS PRESENTED IN SCIENTIFIC MEETINGS:

1. Al Henawy SI, **Al Daghri NM**, Helmy NM. Immunoglobulin and activities of lactate dehydrogenase and alkaline phosphates on the serum of some Saudi mother and neonate. The Second National Meeting of Chemists, March 1987, Saudi Arabia.
2. **Al Daghri NM**, Al Attas OS, Al Nuaim A, Al Rubeaan K. Pattern of cholesterol concentration among Saudi adult population. The first Afro-Arab Congress of Clinical Laboratory, The 7th Arab Conference of Clinical Biology, and The 3rd Syrian Conference of Clinical Laboratory. 25-28 April 1994 Damascus, Syria.
3. Al Attas OS, Al Nuaim A, Al Rubeaan K, **Al Daghri NM**. Clinical biochemistry role in diabetes mellitus in Saudi Arabia. The first Afro-Arab Congress of Clinical Laboratory, the 7th Arab Conference of Clinical Biology, and The 3rd Syrian Conference of Clinical Laboratory. 25-28 April 1994 Damascus, Syria.

4. Al Attas OS, Al Taib N, Al Nuaim A, Al Okail M, **Al Daghri NM**, Vigo NT, Bukair A, Khoga T, Marie ME, Hassonah M. Prospective study on the aetiology of gestational diabetes mellitus. The Second Prince Salman Bin Abdulaziz Hospital Symposium on Gestational Diabetes International 23-24 November 1993, Riyadh, Saudi Arabia.
5. Al Attas OS, Al Taib N, Al Nuaim A, Al Okail M, **Al Daghri NM**, Vigo NT, Bukair A, Khoga T, Marie ME, Hassonah M. Prospective study on the aetiology of gestational diabetes mellitus. First International Scientific Conference (Science & Development) Faculty of Science, Al Azhar University, 20-23 March 1995, Cairo, Egypt.
6. Al Attas OS, **Al Daghri NM**, Effect of some aetiological factors women at high risk factor of developing it INTERNATIONAL Symposium in diabetes in pregnancy on insulin target sensitivity in GDM and in arabian gulf countries controversies in diagnosis and management. Saudi Arabian National Guard Hospital, 20-21 NOV 1995 Riyadh, K.S.A
7. **N Al-Daghri** , WA Bartlett , Al-Nozah M, O Al-Attas , S C Martin, S Kumar, AF Jones. Serum homocysteine concentration is related to diabetes but not coronary heart disease in Saudi Arabians. Pathology 2000, May 2000, proceedings p 79.
8. **N Al-Daghri** , WA Bartlett , Al-Nozah M, O Al-Attas , S C Martin, S Kumar, AF Jones. Serum homocysteine concentration is related to diabetes but not coronary heart disease in Saudi Arabians. The Endocrine Societys 82<sup>nd</sup> Annual Meeting (Endo2001), June 2000, Toronto.
9. **N Al-Daghri**, K Al-Rubean, WA Bartlett, O Al-Attas, AF Jones, S Kumar. Relationship between serum leptin and other cardiovascular risk factors in Saudi Arabian patients. Focus 2001, April 2001, London
10. **N Al-Daghri**, K Al-Rubean , WA Bartlett , O Al-Attas , AF Jones, S Kumar . Affect of age and gender on serum leptin levels in Saudi patients with Type 1 Diabetes Mellitus. Endo2001, June 2001, Denver, Colorado, USA, Abstract p 218
11. **N Al-Daghri**, K Al-Rubean , WA Bartlett , O Al-Attas , AF Jones, S Kumar . Relationship between Serum Leptin and other Cardiovascular Risk Factors in Saudi Arabian Patients with Type2 Diabetes Millitus. 61<sup>st</sup> Scientific Sessions (ADA) June 2001, Pennsylvania, USA, Diabetes A416
12. **N Al-Daghri** , K Al-Rubean , WA Bartlett , O Al-Attas , AF Jones, S Kumar . Lower fasting leptin in gestational diabetes mellitus is related to increased weight gain. 37<sup>th</sup> Annual Meeting of the European Association for the Study of Diabetes (EASD), Sept 2001, Glasgow, UK, Abstract p A240.
13. **N Al-Daghri** , E Macerola, K Al-Rubean , O Al-Attas , WA Bartlett , S Kumar, AF Jones. High-density lipoprotein cholesterol and apolipoprotein A-I /A-II levels in the Saudi population. Focus 2002, May 2002, Glasgow, Proceeding p 79.
14. **N Al-Daghri** , Chetty R, McTernan PG, K Al-Rubeaan , O Al-Attas , AF Jones, S Kumar. Serum Resistin is associated with C - reactive protein in Type 2 Diabetes and Coronary Artery disease in a Saudi population. ICE 2004 Sept Lisbon.

15. **Al-Daghri NM.** Use of palm oil in the dietary management of diabetes and CHD; 4<sup>th</sup> Asian Congress of Dietetics, April 26<sup>th</sup> 2006, Manila, Philippines.
16. **Al-Daghri NM,** Al-Attas O. Plasma resistin and leptin levels in male and female normal subjects: correlations with fat mobilization. 10<sup>th</sup> International Conference on Obesity 2006, Sidney, Australia
17. **Al-Daghri NM.** Assessing powers of diverse metabolic syndrome definitions in predicting type 2 diabetics at risk for cardiovascular event; 6<sup>th</sup> Annual Meeting on Basic Science and Genetics in Diabetes 2006, KAUH Riyadh, KSA.
18. **Al-Daghri NM.** Correlation of sleep and obesity among Saudi girls; Gulf Group for the Study of Diabetes (GGSD) Conference 2007, Muscat, Oman.
19. **Al-Daghri NM.** Assessing powers of diverse metabolic syndrome definitions in predicting type 2 diabetics at risk for cardiovascular event; Gulf Group for the Study of Diabetes (GGSD) Conference 2007, Oman.
20. **Al-Daghri NM.** Food Digestion and Absorption; 4<sup>th</sup> Diabetic Diet Course (DDC), 2007 KAUH Riyadh, KSA.
21. **Al-Daghri NM.** Chemistry of Natural and Artificial Sweetness; 4<sup>th</sup> Diabetic Diet Course (DDC), 2007 KAUH Riyadh, KSA.
22. **Al-Daghri NM.** Assessing powers of diverse metabolic syndrome definitions in predicting type 2 diabetics at risk for cardiovascular event; 15<sup>th</sup> European Congress on Obesity 2007, Budapest, Hungary.
23. **Al-Daghri NM.** Assessing powers of diverse metabolic syndrome definitions in predicting type 2 diabetics at risk for cardiovascular event; 2<sup>nd</sup> International Conference on Pre-diabetes and Metabolic Syndrome 2007, Barcelona Spain.
24. **Al-Daghri NM.** The association between adipocytokine profiles and insulin resistance in obese Saudi subjects, 2<sup>nd</sup> International Conference on Pre-diabetes and Metabolic Syndrome 2007, Barcelona Spain.
25. **Al-Daghri NM.** Adipocytokine profile of type 2 diabetics in metabolic syndrome as defined by various criteria. Arab Health Congress: Metabolic Syndrome and Associated Diseases Conference; September 2-4 2007; Abu-Dhabi UAE.
26. **Al-Daghri NM,** Al-Okail MS. A comparative study between sagittal abdominal diameter and conventional indices of obesity in Saudi children and adolescents. Advanced Diabetes Technologies and Treatments Conference (ATTD 2008); Feb 27-March 1, 2008; Prague, Czech Republic.
27. **Al-Daghri NM.** Circulating endotoxin as a potential biomarker and mediator of inflammation: influenced by diabetic therapies. European Congress of Endocrinology (ECE 2008); May-3-7, 2008; Berlin, Germany.

28. **Al-Daghri NM.** Advancement in obesity management: Adipocytokine based drug discovery 1st International Euro-India Conference on Holistic Medicine. August 21-23, 2008, Kottayam Kerala, India.
29. **Al-Daghri NM.** Adiponectin levels as influenced by family history of diabetes among non-diabetic male parents and children; . Childhood & Adolescent Obesity. October 2-4, 2008, Vancouver Canada.
30. **Al-Daghri NM.** Cytokine-Based Drug Discovery. BIT's 6<sup>th</sup> Annual Congress of International Drug Discovery Science and Technology (IDDST); October 18-22, 2008 Beijing, China.
31. **Al-Daghri NM.** Adiponectin levels as influenced by family history of diabetes among non-diabetic male parents and children; Circulating endotoxin as a potential biomarker and mediator of inflammation: influenced by diabetic therapies. International Conference on Endocrinology (ICE). November 8-12, 2008, Rio de Janeiro, Brazil.
32. **Al-Daghri NM.** Adipocytokines and ghrelin levels of teen-age Arab girls as influenced by diet and sleeping patter. 5<sup>th</sup> Asia-Oceania Conference on Obesity. Feb 5-8, 2009, Mumbai, India.
33. **Al-Daghri NM.** Circulating endotoxin as a potential biomarker and mediator of inflammation: influenced by diabetic therapies. J7: Complications of diabetes and obesity. Feb 24-March 1, 2009, Vancouver, Canada.
34. **Al-Daghri NM.** Serum retinol binding protein-4 levels as influenced by components of metabolic syndrome in a diabetic Saudi cohort. 3<sup>rd</sup> International Congress on Prediabetes and the Metabolic Syndrome. April 1-4, 2009, Nice, France.
35. **Al-Daghri NM.** Sleep duration and quality associated with obesity among Arab children (Oral). 17<sup>th</sup> European Congress on Obesity. May 6-9, 2009 Amsterdam, The Netherlands.
36. **Al-Daghri NM.** Leukocyte telomere attrition correlates with adiponectin and body mass index in middle-aged Saudi adults. Telomere Biology and DNA Repair (T1). October 9-14, 2009 Ashmore, Australia.
37. **Al-Daghri NM.** Expression of inflammatory markers in Saudi male patients with type 2 diabetes mellitus. World Diabetes Conference, International Diabetes Federation, October 18-22, 2009, Montreal, Canada.
38. **Al-Daghri NM.** Gender differences in TNF- $\alpha$  and CRP levels among obese and non-obese pre-pubescents. European Biomarkers Summit. November 5-6, 2009 Barcelona, Spain.
39. **Al-Daghri NM.** Vitamin D status is associated with cardiometabolic parameters among Arab children and adolescents. The 1<sup>st</sup> Abdominal Obesity Conference (ABOB), January 28-30, 2010, Hongkong, China.
40. **Al-Daghri NM.** Vitamin D status is associated with cardiometabolic parameters among Arab children and adolescents. The 2<sup>nd</sup> International Conference on Drug Discovery and Therapy (ICDDT), Feb 1-4, 2010, Dubai, UAE.

41. **Al-Daghri NM.** Vitamin D deficiency is associated with cardiovascular risk factors among Saudi patients with type 2 diabetes mellitus (Oral). The 3<sup>rd</sup> Gulf Group for Studies in Diabetes (GGSD) Conference. February 9-11, 2010, Jeddah, KSA.
42. **Al-Daghri NM.** 7<sup>th</sup> Diabetic Diet Course (DDC), April 10-21, 2010,. Main Auditorium, King Abdulaziz University Hospital, King Saud University, Riyadh, KSA.
43. **Al-Daghri NM.** Vitamin D deficiency is associated with cardiovascular risk factors among Saudi patients with type 2 diabetes mellitus. The 4th International Conference on Biomarkers in Chronic Diseases. May 4-6, 2010, Riyadh, KSA.
44. **Al-Daghri NM.** Vitamin D in Saudi. Warwickshire Institute for the Study of Diabetes, Endocrinology and Metabolism (WISDEM) Seminar. September 17, 2010, Warwick University, Coventry, UK.

#### **D. SCIENTIFIC WORKS COMPLETED:**

In collaboration with the department of Medicine, College of Medicine, King Khalid University Hospital, I have participated in:

1. Study of the prevalence of diabetes mellitus in Saudi Arabia (Project supported by Primary Health Care Centers of the Ministry of Health, 1990 to date.
2. Study on the lipids profile in Saudi Arabia. (Part of the chronic disease study), 1992 to date.
3. Study on the gestational diabetes mellitus. (In collaboration with Prince Salman Hospital) 1991 to date.
4. Study on the urinary iodine levels in Saudi Arabia. (Project supported by UNICEF, in collaboration with the Ministry of Health).
5. Study of the molecular basis of insulin-receptor interaction in placenta from overt, gestational diabetic and normal control.
6. Study in Metabolic Basis of Coronary Artery Disease
7. Biomarker Screening in Riyadh

#### **E. PATENT**

**09005726.6-2123** – Protective effect of thymoquinone in sepsis

*Inventors* - Dr. Khalid Alkharfy, Dr. Nasser Al-Daghri, Prof. Omar Al-Attas, Dr. Majed Alokail

#### **F. ON-GOING PROJECTS**

1. Obesity, adipocytokines and malignancy: discovering potential biomarkers for breast and prostate cancer
2. Survey of thiamine, thiamine dependent enzymes and biochemical dysfunction status in type 1 and type 2 diabetic patients with and without complications
3. Biomarker Screening in Riyadh
4. The association between dietary environment and prostate cancer development in obese Saudi.
5. Single nucleotide polymorphism (SNP) analysis in the adiponectin gene, ADIPOQ in type 2 diabetic and normal healthy populations in Saudi Arabia.
6. Effect of Polycyclic aromatic hydrocarbons in breast cancer genetic damage and tumor development
7. Molecular link between obesity and colon cancer biomarker development in Saudi adults
8. Clinical and metabolic significance of sagittal abdominal diameter among Saudi youth a cross sectional analysis
9. GST gene polymorphisms and genotoxic studies in Saudi Diabetic Patients.
10. Identifying the molecular targets in the pathogenesis of smoking cessation induced metabolic abnormalities in Saudi Arabian population.
11. Effect of Polycyclic aromatic hydrocarbons exposure on expression of some regulatory genes in Asthma.

# PART IV

## TEACHING LOAD

---

Taught the practical part of the following courses at King Saud University

BCH 101    General Biochemistry  
BCH 275\*    Blood Biochemistry  
BCH 498    Research Project I  
BCH 499    Research and Seminar

---

\* Course in the old curriculum

### Teaching Seminars Attended

1. Use Of Information And Communication Technology In Academic Teaching. June 2-4, 2008, King Saud University, Riyadh, KSA
2. Planning For Effective Teaching. May 26-28, 2008, King Saud University, Riyadh, KSA
3. Making Decisions And Solving Problems. January 16-18, 2010. King Saud University, Riyadh, KSA.
4. Incorporation Of Engineering Thinking In The Curriculum And Courses. Feb 13, 2010, King Saud University, Riyadh, KSA
5. Teaching Methods In Education-Oriented Knowledge Economy. February 20-22, 2010, King Saud University, Riyadh, KSA
6. Developing A Teaching Portfolio. March 6-7, 2010 King Saud University, Riyadh, KSA.
7. Strategic Planning Implementation For King Saud University. April 3-5, 2010, King Saud University, Riyadh, KSA.
8. Integrating Technology Into Your Teaching. July 12-16, 2010. Centre for Teaching Excellence, Waterloo University, Waterloo, Canada.

9. Teaching Excellence. July 19-23, 2010. Centre for Teaching Excellence, Waterloo University, Waterloo, Canada.



# PART V

## OTHER ACTIVITIES

---

### RESEARCH INTERESTS:

1. Biomarkers of Chronic Diseases and Obesity-related diseases
2. The molecular epidemiology of diabetes mellitus (Types I and II).
3. The metabolic basis of coronary artery disease.
4. Metabolic Syndrome
5. Adipocytokines

### ATTENDED THE FOLLOWING SYMPOSIUM AND CONFERENCES:

1. The second National Meeting of Chemists - Riyadh, March 1987.
2. The symposium of Diabetes Mellitus - Jeddah, November 1991.
3. Practical management of diabetes mellitus, King Faisal Specialist Hospital - Riyadh, 1992.
4. The first Afro-Arab Congress of Clinical Laboratory, The 7th Arab Conference of Clinical Biology, The 3rd Syrian Conference of Clinical Laboratory, 25-28 April 1994. Damascus, Syria.
5. 6th ASEAN Conference in Medical Laboratory Technology 25-29 July Kuala Lumpur, Malaysia.
6. Pharmaceutical and Biotechnology Middle East Exhibition and Conference (PABME 2008); April 27-29, 2008; Dubai International Convention and Exhibition Centre, UAE
7. 16<sup>th</sup> European Congress on Obesity (ECO 2008); May 14-17, 2008; Geneva, Switzerland.
8. Motivating Students to Learn; Deanship of Skills Development; May 20-24, 2008; King Saud University, Riyadh, KSA

9. Planning for Effective Teaching; Deanship of Skills Development; May 26-28, 2008; King Saud University, Riyadh, KSA
10. 1<sup>st</sup> International Conference on Biotechnology. February 16-18, 2009 Riyadh, KSA
11. 45<sup>th</sup> EASD Annual Meeting. September 29-October 2, 2009, Vienna, Austria
12. 2<sup>nd</sup> Central European Congress on Obesity. October 1-3, 2009, Budapest, Hungary

**ATTENDED THE FOLLOWING COURSES:**

1. English Course (2 months), European Language Center, King Saud University, 1983.
2. English Course (3 months), U.K. 1984.
3. Computer Course Basic, 2 weeks - Computer Center, King Saud University, Riyadh, Saudi Arabia.
4. The role of plasmid on genetic engineering - Cairo, Egypt, September 1992.
5. First Diabetes Mellitus Course - Diabetes Epidemiology. 29 January - 3 February 1994, College of Medicine, King Saud University, Riyadh, Saudi Arabia.
6. Statistic Course in Birmingham University for three weeks, January, 2000

**CONTENT OF BLOOD BIOCHEMISTRY PRACTICAL COURSE:**

<b>Experiment 1</b>	Plasma proteins, blood detection and hematocrit determination.
<b>Experiment 2</b>	Haemolysing agents and hemorrhagic disorders
<b>Experiment 3</b>	Red and White cell counts - differential count.
<b>Experiment 4</b>	ABO and Rh groups, Erythrocytes and Sedimentation rates
<b>Experiment 5</b>	Estimation of Urea
<b>Experiment 6</b>	Hemoglobin and Anemia
<b>Experiment 7</b>	Bilirubin and Jaundice

**Experiment 8**      Electrophoretic separation of serum proteins in  
cellulose acetate membranes

**THE CONTENT OF GENERAL BIOCHEMISTRY PRACTICAL COURSE:**

1. Buffer solutions
2. Determination of amino acids
3. Determination of proteins
4. Measurement of protein concentration
5. Enzymes
6. Carbohydrate Metabolism
7. Lipids