

# CURRICULUM VITAE

**Mohammed Eida Al-Sofiani, MBBS, MSc**

**Apr 24, 2024**

## DEMOGRAPHIC AND PERSONAL INFORMATION

### Current Appointments

#### University

- 2019- Present Assistant Professor, Division of Endocrinology, Diabetes & Metabolism  
College of Medicine, King Saud University, Riyadh, Saudi Arabia
- 2019- Present Adjunctive Assistant Professor, Division of Endocrinology, Diabetes & Metabolism  
Johns Hopkins University, Baltimore, MD, USA
- 2020- Present Program Director, Endocrinology Fellowship Program  
King Saud University, Riyadh, Saudi Arabia

#### Hospital

- 2019- Present Attending (Consultant) Endocrinologist, King Saud University Medical City, Riyadh,  
Saudi Arabia
- 2021- Present Part-Time Endocrinologist and Diabetologist at Dr. Sulaiman Al-Habib Medical  
Group, Riyadh, Saudi Arabia

#### Other

- 2019- Present Principal Investigator, Strategic Center for Diabetes Research, Riyadh, Saudi Arabia
- 2020- Present Vice President, Saudi Society of Endocrinology and Metabolism (SSEM)
- 2021- Present Chief Scientific Officer (CSO), Karaz Platform (*The First Specialized Diabetes  
Ecosystem & Artificial Intelligence Platform in the Middle East*)
- 2021- Present Vice President, Saudi Type 1 Diabetes Society (*The first nonprofit organization  
established by and for people with type 1 diabetes in Saudi Arabia*)

### Personal Data

Business Address	King Saud University- College of Medicine
Division of	Endocrinology, Diabetes, & Metabolism
Department of	Internal Medicine
City, Country	Riyadh, Saudi Arabia
Phone:	+966543143476
Emails:	<a href="mailto:moh.alsofiani@gmail.com">moh.alsofiani@gmail.com</a>

## **EDUCATION AND TRAINING** (in chronological order)

### **Doctoral/Graduate/Postdoctoral**

- 2002-2008 M.B.B.S, King AbdulAziz University, Jeddah, Saudi Arabia
- 2008-2009 Intern, Multispecialty rotations (Internal Medicine, Surgery, Pediatric, Ob/Gyn), King AbdulAziz University, Jeddah, Saudi Arabia.
- 2010-2013 Master of Science (MSc) in Biotechnology, Albany College of Pharmacy and Health Sciences, Albany, NY, USA  
*Mentor: Dr. Darius Mason*
- 2013-2014 Intern, Internal Medicine, University at Buffalo, Buffalo, NY, USA
- 2014-2016 Resident, Internal Medicine, University at Buffalo, Buffalo, NY, USA  
*Mentor: Dr. Howard Lippes*
- 2016-2019 Fellowship, Endocrinology, Diabetes, & Metabolism, Johns Hopkins Hospital, Baltimore, MD, USA; (Physician-Scientist Path)  
*Mentor: Dr. Rita Kalyani*

### **PROFESSIONAL DEVELOPMENT**

- 2021-Present Continuous Professional Development (CPD) Program, Accreditation Council for Continuing Medical Education (ACCME) Academy
- 2022 Leading Digital Transformation in Health Care, Harvard Medical School, MA, USA
- 2022 Fundamentals of Machine Learning for Healthcare, Stanford University, CA, USA

### **PROFESSIONAL EXPERIENCE**

- 2019-Present Assistant Professor, Department of Internal Medicine, Division of Endocrinology, Diabetes, & Metabolism, College of Medicine, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Attending Endocrinologist, King Saud University Medical City, Riyadh, Saudi Arabia
- 2019-Present Associate Program Director, Internal Medicine Residency Program, King Saud University
- 2019- Present Adjunctive Assistant Professor, Division of Endocrinology, Diabetes & Metabolism Johns Hopkins University, Baltimore, MD, USA
- 2020-Present Program Director, Endocrinology Fellowship Program, King Saud University, Riyadh, Saudi Arabia
- 2021- Present Part-Time Endocrinologist and Diabetologist at Dr. Sulaiman Al-Habib Medical Group, Riyadh, Saudi Arabia
- 2021- Present Vice President, Saudi Society of Endocrinology and Metabolism (SSEM)
- 2022- Present Chief Scientific Officer (CSO), Karaz Platform (*The First Specialized Diabetes Ecosystem & Artificial Intelligence Platform in the Middle East*)
- 2021- Present Vice President, Saudi Type 1 Diabetes Society (*The first nonprofit organization established by and for people with type 1 diabetes in Saudi Arabia*)
- Sep 2022- Feb 2024 Senior Diabetes Consultant at Eli Lilly (Part-Time): I served as the medical contact person who worked on introducing Tirzepatide (Mounjaro) to Saudi Arabia and helped the company in obtaining the Saudi FDA approval for Mounjaro as a treatment for type 2 diabetes and later on for chronic weight management.

## PUBLICATIONS

### Original Research/ Review Articles/ Case Reports (Peer-Reviewed Journals)

1. **Al-Sofiani ME**, Jammah A, Racz M, Khawaja RA, Hasanato R, El-Fawal HA, Mousa SA, Mason DL. Effect of Vitamin D Supplementation on Glucose Control and Inflammatory Response in Type II Diabetes: A Double Blind, Randomized Clinical Trial. *International Journal of Endocrinology Metabolism*. 2015 Jan 10;13(1).
2. **Al-Sofiani M**, Lee Kwen P. Isolated Medial Rectus Nuclear Palsy as a Rare Presentation of Midbrain Infarction. *Am J Case Rep*. 2015 Oct 8;16:715-8.
3. **Al-Sofiani M**, Nikolla D, Metta VV. Hypothyroidism and non-cardiogenic pulmonary edema: are we missing something here? *Endocrinol Diabetes Metab Case Rep*. 2015; 2015:150014.
4. **Al-Sofiani ME**, Quartuccio M, Hall E, Kalyani RR. Glycemic Outcomes of Islet Autotransplantation. *Current Diabetes Report*. 2018 Sep 28;18(11):116.
5. **Al-Sofiani ME**, Yanek LR, Faraday N4, Kral BG, Mathias R, Becker LC, Becker DM, Vaidya D, Kalyani RR. Diabetes and Platelet Response to Low-dose Aspirin. *Journal of Clinical Endocrinology & Metabolism*. 2018 Sep 27.
6. **Al-Sofiani ME**, Gangi S, Kalyani RR. Body Composition Changes in Diabetes and Aging. *Journal of Diabetes and its Complications*. 2019 Jun; 33(6):451-459.
7. **Al-Sofiani ME**, Derenbecker R, Michael Quartuccio M, Kalyani RR. Aspirin for Primary Prevention of Cardiovascular Disease in Diabetes: Review of the Evidence. *Current Diabetes Reports*. 2019 Sep 23;19(10):107.
8. **Al-Sofiani ME**; Langan S; Kanaya A; Kandula N; Needham B; Kim C; Vaidya D; Golden S; Gudzone K; Lee C. The Relationship of Acculturation to Cardiovascular Disease Risk Factors among U.S. South Asians: Findings from the MASALA Study. *Diabetes Research and Clinical Practice*. 2020 Feb 26;161:108052.
9. **Al-Sofiani ME**, MacLeod S, Ghanim H, Stecker N, Hall J, Lippes H. Type 1 Diabetes and Hearing Loss: Audiometric Assessment and Measurement of Circulating Levels of Soluble Receptor for Advanced Glycation End Products. *Diabetes/Metabolism Research and Reviews*. 2020 March 19.
10. Rita R Kalyani, E Jeffrey Metter, Qian-Li Xue, Josephine M Egan, Chee W Chia, Stephanie Studenski, Nancy Chiles Shaffer, Sherita Golden, **Mohammed Al-Sofiani**, Hermes Florez, Luigi Ferruci. The Relationship of Lean Body Mass with Aging to the Development of Diabetes. *Journal of the Endocrine Society*. 2020 July; 4(7)
11. **Mohammed E. Al-Sofiani**, Ebtihal Y. Alyusuf, Sahar Alharthi, Abdullah M. Alguwaihes, Reem Al-Khalifah, Assim Alfadda. A Rapid Implementation of a Diabetes Telemedicine Clinic During the Coronavirus Disease 2019 Outbreak: Our Protocol, Experience, and Satisfaction Reports in Saudi Arabia. *Journal of Diabetes Science and Technology*. 2020 Aug 7.
12. Abdullah M. Alguwaihes, **Mohammed E. Al-Sofiani**, Maram Megdad, Sakhar S. Albader, Maohammed H. Alsari, Ali Alelayan, Saad H. Alzahrani, Shaun Sabico, Nasser M. Al-Daghri, Anwar A. Jammah. Diabetes and Covid-19 among hospitalized patients in Saudi Arabia: a single-centre retrospective study. *Cardiovascular Diabetology*. 2020 Dec 5.
13. **Mohammed E. Al-Sofiani**, Sarah Albunyan, Abdullah M. Alguwaihes, Rita R Kalyani, Sherita Hill Golden, Assim Alfadda. Determinants of mental health outcomes among people with and without diabetes during the COVID-19 outbreak in the Arab Gulf Region. *Journal of Diabetes*. 2020 Dec 22.
14. Sahar Alharthi, Ebtihal Y. Alyusuf, Abdullah M. Alguwaihes, Assim Alfadda. **Mohammed E. Al-Sofiani**. The Impact of a Prolonged Lockdown and Use of Telemedicine on Glycemic Control in People with Type 1 Diabetes During the COVID-19 Outbreak in Saudi Arabia. *Diabetes Research*

- and Clinical Practice*. 2021 Feb 1.
15. Abdullah M Alguwaihes, Shaun Sabico, Rana Hasanato, **Mohammed E Al-Sofiani**, Maram Megdad, Sakhar S Albader, Mohammad H Alsari, Ali Alelayan, Ebtihal Y Alyusuf, Saad H Alzahrani, Nasser M Al-Daghri, Anwar A Jammah. Severe vitamin D deficiency is not related to SARS-CoV-2 infection but may increase mortality risk in hospitalized adults: a retrospective case-control study in an Arab Gulf country. *Aging Clin Exp Res*. 2021 Mar 31;1-8. doi: 10.1007/s40520-021-01831-0.
  16. **Mohammed E Al-Sofiani**, Mohammed A Batais, Essa Aldhafiri , Aus Alzaid. Pharmacological treatment of type 2 diabetes in Saudi Arabia: A consensus statement from the Saudi Society of Endocrinology and Metabolism (SSEM). *Diabetes Metab Syndr*. 2021 Apr 20;15(3):891-899. doi: 10.1016/j.dsx.2021.04.003
  17. Elizabeth Y Liu, **Mohammed E Al-Sofiani**, Hsin-Chieh Yeh, Justin B Echouffo-Tcheugui, Joshua J Joseph, Rita R Kalyani. Use of Preventive Aspirin Among Older US Adults With and Without Diabetes. *JAMA Network Open*. 2021 Jun 1;4(6):e2112210. doi: 10.1001/jamanetworkopen.2021.12210.
  18. Abdullah Alguwaihes, **Mohammed E Al-Sofiani**, Ebtihal Alyusuf, Aeshah Almutairi, Eman Ibrahim, Sarah S Albunyan, Saad Alzahrani, Rana Hasanto, Anwar A Jammah. COVID-19 Precautionary Measures and Type 1 Diabetes Patients in Saudi Arabia. *Prim Care Diabetes*. 2021 Jul 15:S1751-9918(21)00122-4. doi: 10.1016/j.pcd.2021.07.005. Online ahead of print.
  19. Alanood A. Asiri, Abdullah M. Alguwaihes, Anwar A. Jammah, Assim A. Alfadda, **Mohammed E. Al-Sofiani**. Assessment of the Effectiveness of a Protocol to Manage Dexamethasone-induced Hyperglycemia among Hospitalized Patients with COVID-19. *Endocrine Practice*. 2021 Jul 23: S1530-891X(21)01154-X. doi: <https://doi.org/10.1016/j.eprac.2021.07.016>.
  20. Ebtihal Y. Alyusuf, Sahar Alharthi, Abdullah M Alguwaihes, Assim Alfadda, **Mohammed E. Al-Sofiani**. Predictors of Use and Improvement in Glycemic Indices After Initiating Continuous Glucose Monitoring in Real World: Data from Saudi Arabia. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*. 2022 Feb.
  21. Diabetes Technology Society Staff, Steering Committee, and **advisors**. A Glycemia Risk Index (GRI) of Hypo- and Hyperglycemia for Continuous Glucose Monitoring Validated by Clinician Ratings. *Journal of Diabetes Science and Technology*. 2022 Mar.
  22. **Mohammed E. Al-Sofiani**, Rawan K. AlMesned, Marwah S. Bafadel, Abdullah M. Alguwaihes, Assim A. Alfadda. The Impact of a Prolonged Lockdown and Utilization of Diabetes Telemedicine on Cardiometabolic Health in People with Diabetes During the COVID-19 Outbreak in Saudi Arabia. *Primary Care Diabetes*. 2022 Jun.
  23. Sahar Alharthi, Areej Alrajeh, Ebtihal Alyusuf, Abdullah M Alguwaihes, Anwar Jammah, **Mohammed E. Al-Sofiani**. “Pre-Ramadan” Telemedicine: Effect on fasting experience and glycemic control during Ramadan in people with type 1 Diabetes. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2022 Aug.
  24. **Mohammed E. Al-Sofiani**, Alanood Asiri, Sarah Alajmi, Walid keridy. Perspectives on Prediabetes and Aging. *Endocrinology and Metabolism Clinics of North America*. 2022 Aug.
  25. Walid A Alkeridy, Arwa Aljasser, Khalid Mohammed Alayed, Saad M Alsaad, Amani S Alqahtani, Claire Ann Lim, Sultan Alamri, Doaa Zainhom Mekkawy, **Mohammed E. Al-Sofiani**. Predictors of Mortality in Home Health Care Service: Data from Saudi Arabia. *J Multidiscip Healthc*. Sep 2022.
  26. Abdulrahman Alshaikh, Ahmed Aljedai, Assim Alfadda, Abdulrahman Alrobayan, Abdulwahab Bawahab, Shaza Abou Ouf, Ali Sultan, Amani Alhozali, Mohammed Bawazeer, Eman Sheshah,

- Fahad Alqahtani, Hala Mosli, Hussein Elbadawi, Khaled Alamri, Khalid Alshali, Mohammed Aldawish, **Mohammed E. Al-Sofiani**, Raed Aldahash, Rasha Alfawaz, Reem Alamoudi, Wessam Jamal, Hajer Almudaiheem, Emad R. Issak, Saud Alsifri. Clinical Practice Guideline for the Management of Overweight and Obesity in Adults in Saudi Arabia. *International Journal of Clinical Medicine*. Dec 2022.
27. Jingtong Huang, Andrea M Yeung, David Kerr, Sandro Gentile, Lutz Heinemann, **Mohammed E Al-Sofiani**, Jeffrey I Joseph, Jane Jeffrie Seley, David C Klonoff. Lipohypertrophy and Insulin. An Old Dog that Needs New Tricks. *Endocrine Practice*. Apr 2023.
  28. Anwar Ali Jammah, Ibrahim Mohammed AlSadhan, Ebtihal Y Alyusuf, Mubarak Alajmi, Abdullah Alhamoudi, **Mohammed E Al-Sofiani**. The American Thyroid Association risk stratification and long-term outcomes of differentiated thyroid cancer: a 20-year follow-up of patients in Saudi Arabia. *Frontiers in Endocrinology*. Nov 2023
  29. **Mohammed E. Al-Sofiani**, Goran Petrovski, Abdulrahman Al Shaikh, Abdullah Alguwaihes, Mohammad Al Harbi, Dabia Al Mohannadi, Alero Adjene, Abdulmoeen Alagha, Sareea Al Remeithi, Naji Alamuddin, Arcelia Arrieta, Javier Castañeda, Wael Chaar, Tim van den Heuvel, Ohad Cohen. The MiniMed 780G automated insulin delivery system adapts to substantial changes in daily routine: Lessons from real world users during Ramadan. *Diabetes, Obesity and Metabolism*. Dec 2023.
  30. **Mohammed E. Al-Sofiani**, Danah Z. AlHalees, Joud A. AlJebreen, Joud A. Abudahesh, Ghada S. Bamogaddam, Ghaida M. AlBraithen, Anwar Jammah. Factors Influencing the Choice of Glucose-Lowering Medications Among Physicians Treating Patients with Type 2 Diabetes. *Cureus*. Feb 2024.
  31. **Mohammed E. Al-Sofiani**, Sahar Alharthi, Sarah Albunyan, Naweed Alzaman, David C. Klonoff, Abdullah Alguwaihes. A Real-World Prospective Study of the Effectiveness and Safety of Automated Insulin Delivery Compared With Other Modalities of Type 1 Diabetes Treatment During Ramadan Intermittent Fasting. *Diabetes Care*. 2024 Jan.

#### **Book Chapters (including Point-of-Care Information Technology for Health Care Providers)**

1. **Mohammed E. Al-Sofiani**. Diabetes Digital Health and Telehealth. In David C. Klonoff, David Kerr, Elissa R. Weitzman. Diabetes Digital Health and Telehealth. Elsevier, 2022
2. **Mohammed Al-Sofiani**, Anda Gonciulea, Rita Kalyani. Algorithm for Sequencing Glucose-Lowering Therapies in Type 2 Diabetes. The Johns Hopkins POC-IT. 2018
3. **Mohammed Al-Sofiani**, Joshua J Joseph, Rita Kalyani. Algorithm for Screening and Management of Cardiovascular Risk Factors in Type 2 Diabetes. The Johns Hopkins POC-IT. 2018
4. **Mohammed Al-Sofiani**, Mark D. Corriere, Sharon D. Solomon. Algorithm for Screening and Management of Diabetic Retinopathy. The Johns Hopkins POC-IT. 2018

#### **Educational Publications for Patients**

1. **Mohammed Al-Sofiani**. Insulin Pumps. The Johns Hopkins Patient Guide to Diabetes. 2019
2. **Mohammed Al-Sofiani**. Continuous Glucose Monitoring Systems. The Johns Hopkins Patient Guide to Diabetes. 2019
3. **Mohammed Al-Sofiani**. Frequently Asked Questions About Diabetes and COVID-19. The Johns Hopkins Patient Guide to Diabetes. 2020.

## RESEARCH FUNDING

### EXTRAMURAL FUNDING

#### Current

- 2019 – 2022 The National Plan for Science, Technology and Innovation, Saudi Arabia  
Role: PI
- 2022 – 2024 The National Plan for Science, Technology and Innovation, Saudi Arabia  
Role: PI

### INTRAMURAL FUNDING

None

## RESEARCH ACTIVITIES

### Research Focus

My research work is in the area of diabetes and cardiometabolic disorders with a particular focus on the following:

- Study the impact of advanced diabetes technology on patients' health and well-being. This includes the use of insulin pumps, continuous glucose monitoring devices, and telehealth in the Middle East.
- Examine the racial differences in the association between body composition and cardiometabolic diseases with a particular focus on Arabs and other racial/ethnic groups.
- Develop a better understanding of the incidence rates, predictors, and determinants of diabetes and its complications in Arabs and how these factors may differ from those in people from other ethnic/racial groups
- Study the incidence rates and predictors of cardiovascular diseases in Arabs with diabetes and how these factors may differ from those in people from other ethnic/racial groups.

### Research Program Building/Leadership

- 2020 Research During Residency. A program for Internal Medicine Residents to complete research projects during residency training. King Saud University.
- 2020 Research During Fellowship. A program for Endocrinology Fellows to complete research projects during fellowship training. King Saud University.
- 2024 Research Program for the Saudi Type 1 Diabetes Association

### International Clinical Trials and Studies

- 2022-Present **Principal Investigator.** *Real-World Effectiveness of My Dose Coach™- Assisted Basal Insulin Titration in People with Type 2 Diabetes in Saudi Arabia and Kuwait.* Sponsored by Sanofi.
- 2023-Present **Investigator.** *Efficacy And Safety of Insulin Glargine 300 U/ml in Insulin-Naïve People With Type 2 Diabetes With/Without Prior Use Of Glucagon-Like Peptide-1 Receptor Agonist Therapy.* Global Study. Sponsored by Sanofi.
- 2023 **Member of the Steering Committee of the Global Clinical Trial (TRENT):** *Efficacy and Safety of Glargine U300 in patients with type 2 diabetes and chronic kidney disease.* Sponsored by Sanofi.

- 2023-2024 **Principal Investigator.** *The MiniMed 780G automated insulin delivery system adapts to substantial changes in daily routine: Lessons from real world users during Ramadan.* Sponsored by Medtronic
- 2023-Present **Investigator.** Greater derived time-in-range (dTIR) in people with type 2 diabetes advancing to iGlarLixi: A participant-level pooled analysis of the LixiLan clinical trial programme. Global Study. Sponsored by Sanofi.

## CLINICAL ACTIVITIES

### Certification

- 2009 MBBS, King King AbdulAziz University, Saudi Arabia.  
- Evaluation: Very good – with honor
- 2013 MSc in Biotechnology, Albany College of Pharmacy and Health Sciences, USA  
- Evaluation: GPA 3.7/4
- 2016- Present American Board of Internal Medicine (ABIM), University at Buffalo, USA. #372629  
- My score: 527 (Reference Group Mean Score: 472)
- 2018- Present American Board of Endocrinology, Diabetes, & Metabolism, Johns Hopkins University. #372629  
- My score: 608 (Reference Group Mean Score: 501)
- 2019 Statistical Methods in Public Health, Bloomberg School of Public Health, Johns Hopkins University.  
- Evaluation: Grade A (Cumulative GPA: 3.75/4)

### Clinical Responsibilities

- 2020-Present Outpatient Clinics, King Saud University-Medical City  
- Type 1 Diabetes Clinic  
- Type 2 & CVD Risk Clinic
- 2020-Present General Endocrinology and Diabetes Inpatient Consult Service, King Saud University-Medical City
- 2021- Present Outpatient Clinics, Al-Habib Medical Group, Riyadh, Saudi Arabia  
- Established the First Insulin Pump Clinic at Al-Habib Medical Group (*Diabetes Technology Clinic*)  
- General Endocrinology Clinic

## EDUCATIONAL ACTIVITIES

### Educational Focus

My educational focus is on Endocrinology and Diabetes and how to appropriately diagnose and manage patients with various endocrinological disorders. I take part in training Medical Students, Internal Medicine Residents, and Endocrinology and Diabetes Fellows at King Saud University. Nationally, I have developed educational programs related to diabetes for both patients and providers that have been implemented through the Saudi Society of Endocrinology & Metabolism and other platforms.

### Teaching Activities

## Classroom instruction

### *Saudi/Regional*

- 2019-Present Teach a course on “History Taking and Physical Examination” for 3<sup>rd</sup> year medical students. MEDCOURSE341 (3 hrs/week for 6 months), College of Medicine, King Saud University
- 2019-Present Teach a course on “History Taking and Physical Examination” for 3<sup>rd</sup> year medical students. MEDCOURSE442, College of Medicine, King Saud University
- 2019-Present Didactic lectures for the Diabetes and Endocrinology Fellows  
Various topics in Diabetes and Endocrinology, King Saud University

### *International*

- 2018 – 2019 Endocrinology Case-Based Reviews: A series of didactic sessions for the Johns Hopkins Internal Medicine Residents during their Endocrinology rotation. Endocrinology Division, Johns Hopkins University School of Medicine.
- 2018 – 2019 Clinical Conference: Presenting challenging cases in Endocrinology with literature review, 3 lectures a year. Endocrinology Division.  
Johns Hopkins University, Baltimore, MD
- 2018 – 2019 Journal Club: Presenting journal articles, 3 journal articles a year. Endocrinology Division, Johns Hopkins University, Baltimore, MD

## Workshops/Seminars

- Sep 2020 Insulin Pump Workshop for Endocrine Fellows (1 Week Hands-on training). Number of attendees: 10 endocrine fellows
- Dec 2020 Insulin Pump Workshop for Endocrinologists at King Saud Medical City (1 Week Hands-on training). Number of attendees: 10 physicians
- May 2021 Insulin Pump Workshop for Endocrine Fellows (1 Week Hands-on training)
- Aug 2021 Director of the Insulin Pump Workshop, organized by the Saudi Commission for Health Specialties (SCFHS), in Riyadh. Number of attendees: 40 Endocrine fellows
- Sep 2022 Chairperson of the workshop on diabetes technology and artificial intelligence in diabetes care, organized by the Saudi National Diabetes Center (SNDC), in Riyadh.
- Nov 2022 Director of the Insulin Pump Workshop, organized by the Saudi Society of Endocrinology and Metabolism, in Riyadh (2 Day Hands-on training). Number of attendees: 45 healthcare professionals from various regions of Saudi Arabia
- Feb 2023 Director of the Insulin Pump Workshop, organized by AL-Habib Medical Group, in Riyadh (1 Day Hands-on training). Number of attendees: 40 healthcare professionals from various regions of Saudi Arabia
- Oct 2023 Director of the Diabetes Technology Workshop, organized by the Saudi Society of Endocrinology and Metabolism, in Riyadh (2 Day Hands-on training). Number of attendees: 65 healthcare professionals from various regions of Saudi Arabia

## **Mentoring & Research Supervision**

### *Post-Doctoral Fellows*

- 2019- 2023 Ebtihal Alyusuf, MBBS, Endocrinology Fellow, King Saud University (*Currently practicing as an Endocrinologist and Diabetologist, running the pump clinic, at Assalmanyah Hospital in Manama, Bahrain*)
- 2020- 2023 Sarah Alajmi, MBBS, Endocrinology Fellow, King Saud University (*Currently practicing as an Endocrinologist and Faculty Member at King Saud University*)
- 2020- 2022 Sara Alshehri MBBS, Endocrinology Fellow, King Saud University

- 2021- Present Alanood Assiri, MBBS, Endocrinology Fellow, King Saud University (*Currently practicing as an Endocrinologist and Faculty Member at King Saud University and the Winner of the 2022 Women in Endocrinology (WE) Young Investigator Award*)
- 2021- Present Noura Almeftai, MBBS, Endocrinology Fellow, King Saud University
- 2022- Present Wijdan Alotaibi, MBBS, Endocrinology Fellow, King Saud University
- 2022-Present Sultan Alfadl, MBBS, Internal Medicine Resident, King Saud University
- 2023- Present Sahar Alharthi, MBBS, Endocrinology Fellow, King Saud University (*Winner of the 2021 Women in Endocrinology (WE) Young Investigator Award*)
- 2024- Present Najla Alotaibi, MBBS, Endocrinology Fellow, King Saud University.
- 2024-Present Reem Alshareef, MBBS, Diabetes Fellow, King Saud University

#### *Internal Medicine Residents*

- 2019-2023 Sahar Alharthi, MBBS, Internal Medicine Resident, King Saud University
- 2020-2021 Alanood Assiri, MBBS, Internal Medicine Resident, King Saud University
- 2020-2022 Mona Almofarej, MBBS, Internal Medicine Resident, King Saud University
- 2020-2022 Rawan Almisned, MBBS, Internal Medicine Resident, King Saud University
- 2020-2022 Marwah Bafadhel, MBBS, Internal Medicine Resident, King Saud University
- 2020-2022 Areej Alrajeh, MBBS, Internal Medicine Resident, King Saud University
- 2020-Present Sultan Alfadl, MBBS, Internal Medicine Resident, King Saud University
- 2020-2021 Noura Almeftai, MBBS, Internal Medicine Resident, King Saud University
- 2020-2022 Bashayer Alshirah, MBBS, Internal Medicine Resident, King Saud University
- 2021-Present Yara Alzamil, MBBS, Internal Medicine Resident, King Saud University
- 2021-2022 Yasir BinMunif, MBBS, Internal Medicine Resident, King Saud University
- 2021-Present Jawahir Abuhaimed, B.sc, Biochemistry, King Saud University

#### *Medical Students (Research Supervision)*

- 2019-Present Danah AlHalees, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Ghada Bamogaddam, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Ghaida Albraithen, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Joud Abudahesh, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Joud AlJebreen, King Saud University, Riyadh, Saudi Arabia
- 2019-Present Rawan Bakader, King Saud University, Riyadh, Saudi Arabia
- 2020-Present Ghaida Almarshoud, King Saud University, Riyadh, Saudi Arabia
- 2020-Present Alia Zawawi, King Saud University, Riyadh, Saudi Arabia
- 2020-Present Mae Barakeh, King Saud University, Riyadh, Saudi Arabia
- 2020-Present Ghadah Alswailem, King Saud University, Riyadh, Saudi Arabia
- 2024-Present Amal Obaid, Alfaisal University, Riyadh, Saudi Arabia

#### **Mentee Awards**

- 2021 Women in Endocrinology (WE) Young Investigator Award, WE Endocrine Society, US  
Awarded to my mentee: Dr. Alanood Asiri, Internal Medicine Resident, King Saud University
- 2022 Women in Endocrinology (WE) Young Investigator Award, WE Endocrine Society, US  
Awarded to my mentee: Dr. Sahar Alharthi, Internal Medicine Resident, King Saud University

#### **Educational Program Building/Leadership**

##### ***Provider Education Programs:***

- 2020-Present Program Director, King Saud University Endocrinology Fellowship Program.
- 2020-Present Associate Program Director, King Saud University Internal Medicine Residency Program
- 2020-Present Vice President of the Saudi Society of Endocrinology and Metabolism
- 2020-Present Director of the “Diabetes Management for Physicians” program in the Saudi Society of Endocrinology and Metabolism. In my capacity, I develop and oversight an educational program that provides health care providers in Saudi Arabia with a comprehensive review of core topics in the area of diabetes and cardiometabolic health. This is a one-year program that is accredited by the Saudi Commission for Health Specialties.
- 2020-2022 Director of the “Diabetes Forum” program in the Saudi Society of Endocrinology and Metabolism. In my capacity, I develop and oversight an educational program that provides endocrinologists and diabetologists in Saudi Arabia with the most updated information in the field of diabetes and cardiometabolic health.
- 2022-2023 Director of the Diabetes Training Program at Eli Lilly- Saudi Arabia. This is a training program designed to improve the level of knowledge about diabetes and build the skills and confidence among the Eli Lilly medical and marketing teams in Saudi Arabia.
- 2023-2024 Director of the Chronic Weight Management Training Program at Eli Lilly- Saudi Arabia. This is a training program designed to improve the level of knowledge about obesity and chronic weight management and build the skills and confidence among the Eli Lilly medical and marketing teams in Saudi Arabia.

***Patient Education:***

- 2017-2019 The Managing Editor of The Johns Hopkins Patient Guide to Diabetes website <http://hopkinsdiabetesinfo.org>. This is an educational website developed to provide individuals with diabetes and their caregivers with the information they need to manage diabetes and prevent its complications. I am responsible for developing educational topics and videos related to diabetes and regularly updating 50 topics included in the website. The website page views ranged from approximately 6,000 to 20,000 views per month in 2018 and 2019.
- 2020-Present The Dia-Tec Support Group for People Living with Type 1 Diabetes (*Twitter: @dia\_tec*)
- 2022 Guest of the Johns Hopkins Podcast Special Edition on the World Diabetes Day, The Johns Hopkins Patient Guide To Diabetes.

**ORGANIZATIONAL ACTIVITIES**

**Clinical Program Building/Leadership**

- 2020-2023 Developed the structure and protocols of the Diabetes Telemedicine Clinic at King Saud University and Al-Habib Medical Group-Takkassusi Branch.
- 2021-Present Developed the Structure and Protocols of the Insulin Pump Clinic at Al-Habib Medical Group-Takhassusi Branch, Riyadh, Saudi Arabia.

**Institutional Administrative Appointments**

- 2016 Internal Medicine Chief Resident (for 3 months during the last year of residency). Sisters of Charity Hospital. University at Buffalo., Buffalo, NY.
- 2018-2019 Endocrinology Chief Fellow. Johns Hopkins Hospital. Baltimore, MD, USA

2019-2023 Associate Program Director, Internal Medicine Residency, King Saud University, Riyadh, Saudi Arabia  
 2020-Present Program Director, King Saud University Endocrinology Fellowship Program  
 2020- Present Vice President, Saudi Society of Endocrinology and Metabolism  
 2023- Present Vice President, Saudi Type 1 Diabetes Society

**COMMITTEE SERVICES**

2019- Present Member, Internal Medicine Department Research Committee. King Saud University  
 2019- 2021 Member, Scientific Committee of Riyadh Obesity Club. Riyadh. Saudi Arabia  
 2019- Present Member, College of Medicine Branding Committee, King Saud University  
 2019- Present Member, Scientific Committee of the Endocrinology Fellowship Programs in the Central region of Saudi Arabia, Saudi Commission for Health Specialists (SCFHS)  
 2020- Present Member, Internal Medicine Research Committee, King Saud University  
 2020- 2021 Member, Diabetes Care Committee, King Saud University Medical City  
 2021 Head of the Scientific Committee, Diabetes and Obesity Conference 2021, Saudi Society of Endocrinology and Metabolism (SSEM)  
 2021- Present Member, the Scientific Committee of the National Diabetes Center, Saudi Health Council  
 2021 Member, the Scientific Committee of the International Diabetes and Endocrinology Conference (ICED-9), Saudi Society of Endocrinology and Metabolism (SSEM)  
 2021- Present Member, The Scientific Committee of Research Chairs, King Saud University  
 2021- Present Member, Strategic Planning Unit, College of Medicine, King Saud University  
 2021- Present Member, the Scientific Committee of the National Diabetes Conference, Saudi National Diabetes Center, Saudi Arabia  
 2021- Present Representative of the Saudi Ministry of Education, Saudi National Diabetes Center, Saudi Arabia  
 2021- Present Contributor and Member, The Saudi Diabetes Clinical Practice Guidelines, Second Edition, Saudi National Diabetes Center, Saudi Arabia  
 2022 Member, the Scientific Committee of the International Diabetes and Endocrinology Conference (ICED-10), Saudi Society of Endocrinology and Metabolism (SSEM)  
 2022 Member of the Scientific Committee, Diabetes and Obesity Conference 2022, Saudi Society of Endocrinology and Metabolism (SSEM)  
 2022 Member, the Scientific Committee of the International Diabetes and Endocrinology Conference (ICED-10), Saudi Society of Endocrinology and Metabolism (SSEM)  
 2022 Member, the Scientific Committee of the 2<sup>nd</sup> Saudi National Diabetes Center Forum, Saudi Arabia  
 2023- Present Diabetes Technology Committee at King Saud University-Medical City, Riyadh, Saudi Arabia

**Advisory Committees, Review Groups/Study Sections**

**Advisory board member:**

**2021** CAPTURE study national advisory board. Novo Nordisk.  
**2021-Present** Advisory member, VitalAire Arabia, Tandem Insulin Pump distributor in Saudi Arabia  
**2021** Advisory board of digital innovation in diabetes management. Sanofi.  
**2021-Present** Advisory member, Medtronic, Saudi Arabia  
**2021-Present** Advisory member, Abbott, Saudi Arabia  
**2021- Present** Advisory member, Sanofi, Saudi Arabia  
**2022-2024** Part-Time Diabetes Consultant, Eli Lilly, Saudi Arabia

### **Abstract Reviewer:**

- 2020 The Endocrine Society Annual Scientific Meeting, ENDO 2020
- 2020 The International Conference of Endocrinology and Diabetes (ICED), Saudi Society of Endocrinology and Metabolism (SSEM)
- 2022 The Endocrine Society Annual Scientific Meeting, ENDO 2022
- 2023 The Endocrine Society Annual Scientific Meeting, ENDO 2023

### **GRANT REVIEW ACTIVITIES**

- 2019 Prince Naif Bin AbdulAziz Health Research Center Grant Program. King Saud University.

### **EDITORIAL ACTIVITIES**

#### **Journal Editorial Board:**

- 2020- Present Diabetes Technology & Therapeutics

#### **Journal Registered Reviewer:**

- 2020- Present Journal of Diabetes
- 2020- Present Journal of Nature and Science of Medicine

#### **Journal Peer review activities**

- 2021 Journal of Diabetes Science and technology
- 2020 Annals of Internal Medicine
- 2016 BMJ Case Reports
- 2015 European Journal of Medical Research

### **PROFESSIONAL SOCIETIES**

- 2013-Present Member, American College of Physicians (ACP)
- 2014-Present Member, Endocrine Society.
- 2017-Present Member, American Diabetes Association (ADA).
- 2017-Present Member, The American Association of Clinical Endocrinologists (AACE)
- 2019- Present Member of the Scientific Committee of the Riyadh Obesity Club
- 2019-Present Member of the Scientific Committee of Riyadh Obesity Club. Riyadh, Saudi Arabia.
- 2020- Present Member, Saudi Society of Endocrinology & Metabolism
- 2020- Present Member, Diabetes Technology Society

#### **Professional Societies Leadership Roles**

- 2020- Present Vice President, Saudi Society of Endocrinology and Metabolism
- 2020- 2023 Director of the “Diabetes Management for Physicians” program in the Saudi Society of Endocrinology and Metabolism
- 2020- 2023 Director of the “Diabetes Forum” program in the Saudi Society of Endocrinology and Metabolism
- 2023- Present Vice President, Saudi Type 1 Diabetes Society

#### **Conference Organizer, Session Chair**

- 2010 Organizer, Vitamin D Deficiency Symposium at King Saud University, Riyadh, Saudi Arabia

- 2020 Session Co-Chair, “Calcium Intake and Risk of Fracture”; The 7th International Conference of Endocrinology and Diabetes organized by the Saudi Society of Endocrinology and Metabolism
- 2020 Session Chair, “Principles of Diabetes Care”; the Diabetes Management for Physicians Program organized by The Saudi Society of Endocrinology and Metabolism
- 2020 Session Chair, “Insulin Management for Type 2 Diabetes”; the Diabetes Management for Physicians Program organized by The Saudi Society of Endocrinology and Metabolism
- 2020 Session Chair, “Non-insulin Glucose-lowering pharmacotherapy”, the Diabetes Management for Physicians Program organized by The Saudi Society of Endocrinology and Metabolism
- 2021 Head of the Scientific Committee, Diabetes and Obesity Conference 2021, Saudi Society of Endocrinology and Metabolism (SSEM)
- 2021 Session Chair, “Closing the gap between people with diabetes & healthcare professionals”, Diabetes & Obesity Conference 2021, The Saudi Society of Endocrinology and Metabolism
- 2021 Session Chair, “Skin Trauma Due to Diabetes Devices”, 2021 Diabetes Technology Meeting, Diabetes Technology Society, USA
- 2022 Session Chair, “Stepwise Intensification of Insulin Therapy in Patients with Type 2 Diabetes”; organized by Eli Lilly, 2022 Apr
- 2023 Session Chair, Screening for Type 1 diabetes; Organized by Sanofi.

## RECOGNITION

### Awards and Honors

- 2008 Second Class Medical Honor (MBBS), GPA 4.25/5. King AbdulAziz University, Jeddah, Saudi Arabia.
- 2015 ***Siegel Award for Excellence in Teaching*** from the School of Medicine and Biomedical Science at University at Buffalo. Buffalo, NY
- 2016 ***Austin Flint Housestaff Award*** from the Catholic Health System, Sisters of Charity Hospital in recognition by fellow housestaff to best represent the spirit of learning and teaching and patient care.
- 2018 The ***American Diabetes Association’s*** Vivian Fonseca and Nagendran Family Diabetes Research Award.
- 2018 The ***Endocrine Society Clinical Fellow Award in Diabetes***.

### Invited Talks

#### CME Activities

- |          |  |  |
|----------|--|--|
| Nov 2019 | Obesity: Causes, Complications, and Consequences.          | Continuing Medical Education (CME) for Health-Care Providers, Riyadh Obesity Club. Riyadh, Saudi Arabia  |
| Nov 2019 | Real-Time CGMs: Utility, Reliability, & Cost-effectiveness | Continuing Medical Education (CME) for Health-Care Providers. World Diabetes Day Professional Program at King Saud University. Riyadh, Saudi Arabia. |
| Feb 2020 |  |  |

	Obesity in patients with diabetes	Continuing Medical Education (CME) for Health-Care Providers. The 16 <sup>th</sup> Diabetic Diet Course. University Diabetes Center at King Saud University. Riyadh, Saudi Arabia.
Mar 2020	A Debate: Metformin vs SGLT2/GLP1 as First Line Therapy in T2D with ASCVD	Continuing Medical Education (CME) for Health-Care Providers. The Internal Medicine Update Conference. King Saud University. Riyadh, Saudi Arabia. <i>Cancelled due to COVID-19 outbreak</i>
Jun 2020	Obesity and COVID-19	Continuing Medical Education (CME) for Health-Care Providers, Riyadh Obesity Club. Riyadh, Saudi Arabia
Jun 2020	Hypercalcemia: Etiology, Diagnosis & Management	Continuing Medical Education (CME) for Health-Care Providers. Virtual Endocrine, Diabetes & Obesity Congress (VEDOC20), Riyadh, Saudi Arabia
Jul 2020	A Rapid Implementation of a Diabetes Telemedicine Clinic in the Era of COVID-19	Continuing Medical Education (CME) for Health-Care Providers in the Middle East Region.
Sep 2020	Autoimmunity in Type 2 Diabetes	Continuing Medical Education (CME) for Health-Care Providers. A lecture in the Diabetes & Obesity Conference organized by the Saudi Society of Endocrinology and Metabolism (SSEM)
Nov 2020	Technology in Diabetes Care	Continuing Medical Education (CME) for Health-Care Providers. A lecture in the Management for Physicians Program organized by the Saudi Society of Endocrinology and Metabolism (SSEM)
Nov 2020	Management of Diabesity: Thinking Beyond BMI	Continuing Medical Education (CME) for Health-Care Providers in the Middle East Region. World Diabetes Day Webinar.
Dec 2020	Use of technology in Diabetes Monitoring: What's New	Saudi National Diabetes Center Virtual Meeting, 2020
Feb 2021	How COVID-19 has impacted the diabetes care in Saudi Arabia	The International Conference of Endocrinology & Diabetes (ICED 9 <sup>th</sup> ), Saudi Society of Endocrinology & Metabolism
Mar 2021	The Impact of Telemedicine & Remote Data Sharing on Glucose Control in Saudi Arabia	Virtual Endocrinology, Diabetes, & Obesity Congress (VEDOC 21)
May 2021	Lipocrinology: Dyslipidemia in Patients with Endocrine Disorders	1 <sup>st</sup> Atherosclerosis Symposium, Saudi Arabia
Jun 2021	MiniMed 780G Insulin Pump: Clinical Evidence	Advanced Hybrid Closed Loop System Webinar, Medtronic, Saudi Arabia
Jun 2021	Selection of Insulin Pump Candidates: Tips & Tricks for Better Outcomes	Advanced Technologies for Diabetes Management in KSA Webinar (Introduction of Tandem Control-IQ to the Saudi Market), VitalAire, Saudi Arabia
Jul 2021	Telemedicine: The Prospects of Virtual Clinics in Diabetes Management	The 1 <sup>st</sup> Saudi Innovation & Technology in Diabetes (SIT-D) Conference, Riyadh, Saudi Arabia

Jul 2021	Impact of COVID-19 on People with Diabetes in Saudi Arabia	Diabetes and Special Occasions Conference, The Saudi Charitable Association of Diabetes, Riyadh, Saudi Arabia
Sep 2021	Unmet Need in Diabetes Management in KSA	Webinar, Sanofi, Saudi Arabia
Nov 2021	Basal/Bolus Insulin (MDI and Pump) Therapy	Dietitian Course, University Diabetes Center, King Saud University
Nov 2021	Flash Glucose Monitoring Technologies in Diabetes: Practice Recommendations and Cost Analysis in Saudi Arabia	Middle East Diabetes & Obesity Conference, Saudi Arabia
Nov 2021	The Evolution of Diabetes Technology: The promise for People with Diabetes in KSA	Middle East Diabetes & Obesity Conference, Saudi Arabia
Dec 2022	Diabetes Digital Health: The Promise for People with Diabetes in Saudi Arabia	Jeddah Update Conference in Endocrinology and Diabetes (JUCED 2021), Saudi Society of Endocrinology & Metabolism (SSEM)
Dec 2022	Simplifying Therapy After Basal Insulin	Educational Activity, Sanofi, Riyadh, Saudi Arabia
Jan 2022	Time in Range: A new Metric of Glycemic Control	Webinar, Sanofi, Jeddah, Saudi Arabia
Mar 2022	Debate: First Line Pharmacotherapy of Type 2 Diabetes (Metformin vs GLP-1RA/SGLT-2i)	Al-Habib Medical Group (HMG) International Conference of Diabetes, Riyadh, Saudi Arabia
Mar 2022	Type 2 Diabetes & Ramadan: Lecture for Endocrinology & Diabetes Fellows	University Diabetes Center, King Saud University Medical City, Riyadh, Saudi Arabia
Mar 2022	Recommendations for People with Type 2 Diabetes During Ramadan	Webinar, Eli Lilly, Riyadh, Saudi Arabia
Apr 2022	Precision in Diabetes Care: Enhancing Patient Engagement & Utilization of Digital Health Tools	Lecture, Abbott, Riyadh, Saudi Arabia
May 2022	Time in Range (TIR): Moving Beyond A1C	Lecture, Sanofi, Riyadh, Saudi Arabia
May 2022	Role of Digital Solutions in Diabetes Care	Lecture, Sanofi, Riyadh, Saudi Arabia
May 2022	Challenges & Burden of Diabetes in Saudi Arabia	Lecture, Sanofi, Riyadh, Saudi Arabia
Jun 2022	Innovation in Diabetes Management: Integration of Care	The 2 <sup>nd</sup> Saudi Innovation & Technology in Diabetes (SIT-D) Conference, Riyadh, Saudi Arabia
Jun 2022	Role of Telemedicine & Virtual Clinics in Diabetes Management	The 2 <sup>nd</sup> Saudi Innovation & Technology in Diabetes (SIT-D) Conference, Riyadh, Saudi Arabia

Jun 2022	Latest Advances in Diabetes Technology: Selected ATTD 2022 Highlights	Webinar, VitalAire, Riyadh, Saudi Arabia
Sep 2022	Advanced Hybrid Closed Loop System (AHCL) in the Management of Type 1 Diabetes	4 <sup>th</sup> State of the Art Pediatric International Conference, King Faisal Specialist Hospital & Research Center
Oct 2022	AI and Technology in Diabetes Management	2 <sup>nd</sup> Forum of the Saudi National Diabetes Center
Oct 2022	What's New in Diabetes Technology	2 <sup>nd</sup> Forum of the Saudi National Diabetes Center
Oct 2022	Diabetes Telehealth	2 <sup>nd</sup> Forum of the Saudi National Diabetes Center
Oct 2022	The Impact of Novel Glucose-Lowering Agents on Cardiovascular Risk in Older Adults with Type 2 Diabetes	2 <sup>nd</sup> Conference of the Saudi Society of Geriatrics
Nov 2022	Endocrinology Board Review Course	Gulf Association of Endocrinology & Diabetes (GAED), Virtual
Dec 2022	Telemedicine & Telehealth in Diabetes Care	Dubai, UAE, Sponsored by Sanofi
Dec 2022	Affordable Treatment Model for Type 2 Diabetes in Resource-Limited Setting	International Diabetes Federation (IDF) Meeting, Lisbon, Portugal
Jun 2023	How to best utilize continuous glucose monitoring systems (CGMs) in a busy clinic	The Diabetes Technology Summit in Abu Dhabi, UAE
Sep 2023	How to best utilize the MiniMed 780G System in Clinic Practice	ASPED Medtronic 1 <sup>st</sup> Diabetes Technology Expert Class
Oct 2023	Multiple Daily Injections (MDI) or Pod Therapy?	Oral Presentation at the 2023 meeting of the European Association of the Study of Diabetes (EASD)
Oct 2023	The role of Automated Insulin Delivery (AID) systems during Ramadan Intermittent Fasting	Oral Presentation at the 2023 meeting of the European Association of the Study of Diabetes (EASD)
Oct 2023	Real-World Evidence on the use of MiniMed 780G During Ramadan Intermittent Fasting	Oral Presentation at the 2023 meeting of the European Association of the Study of Diabetes (EASD)
Nov 2023	Role of Diabetes Technology and Digital Health	World Diabetes Day by the University Diabetes Center at King Saud University
Nov 2023	Type 1 diabetes: Role of autoimmunity and screening	Experts meeting organized by Sanofi
Dec 2023	Continuous Glucose Monitoring (CGM) Workshop	Ministry of Health, Saudi Arabia
Dec 2023	Insulin Pump Workshop	Ministry of Health, Saudi Arabia
Dec 2023	Emerging Diabetes Technologies	The annual meeting of the Saudi Diabetes Society and International Diabetes Federation
Jan 2024	Expert Recommendations on the Use of Automated Insulin	The 2024 Diabetes and Ramadan Alliance Meeting, Asia Chapter.

Jan 2024	Delivery Systems During Ramadan Fasting Expert Recommendations on the Use of Automated Insulin Delivery Systems During Ramadan Fasting	The 2024 Diabetes and Ramadan Alliance Meeting, Middle East and North Africa.
Jan 2024	MiniMed 780G Pump Use During Ramadan Intermittent Fasting	The Diabetes Innovation Summit (DISTINCT-PRO 2024), Istanbul, Turkey
Feb 2024	Role of Diabetes Digital Health During Ramadan Intermittent Fasting	The 2024 Middle East Diabetes and Obesity Conference (MEDOC)
Mar 2024	OmniPod Insulin Pump Use During Ramadan Intermittent Fasting	Ramadan and Diabetes Webinar, Sponsored by Insulet
May 2024	Continuous Glucose Monitoring (CGM) Workshop	Ministry of Health, Saudi Arabia
May 2024	Insulin Pump Workshop	Ministry of Health, Saudi Arabia

### **Non-CME Accredited Invited Talks:**

Nov 2019	Speaker, King Saud University-Nephrology Grand Rounds, "SGLT-2 inhibitors & Renal Outcomes. Riyadh, Saudi Arabia.	
Jan 2020	Speaker, Endocrinology Fellowship Programs and Diabetes Fellowship Programs in Riyadh, "Continuous Glucose Monitoring as the Standard of Care in Type 1 Diabetes"	
Mar 2020	Speaker, Endocrinology Fellowship Programs in Saudi Arabia, "Pheochromocytoma and Paraganglioma"	
Aug 2020	Speaker, Internal Medicine Grand Round, "Obesity and Diabetes: Thinking Beyond BMI"	
Sep 2020	Speaker, Middle East 2020 Virtual Diabetes Exchange & Experience Event, "Remote Support Through the Eyes of a Clinician"	
Sep 2020	Speaker, Educational Activity for Patients with Type 1 Diabetes on How to Better Control Glucose Using Diabetes Technology, Organized by The Society of Diabetes Patient Friends and Medtronic.	
Oct 2020	Speaker, Internal Medicine Grand Round, "The Four Waves of COVID-19 and Diabetes Care in Saudi Arabia: Lessons for the Future"	
Feb 2021	Speaker, Endocrinology Fellowship Crash Course, "The Inpatient Management of Diabetes"	
March 2021	Speaker, Al-Habib Medical Group Insulin Pump Webinar, "Diabetes Technology & Digital Health During the COVID-19 Outbreak in Saudi Arabia"	
June 2021	Speaker, Intensive Insulin Pump Educational Course at King Faisal Specialist Hospital & Research Center, "Updates on Insulin Pump Therapy & Closed Loop Technology"	
Oct 2021	Speaker, Diabetes Board Review Course at King Faisal Specialist Hospital & Research Center, "Pathophysiology of Type 1 Diabetes and Prevention Trials".	
Oct 2021	Speaker, Diabetes Board Review Course at King Faisal Specialist Hospital & Research Center, "Achieving glycemic Control in Patients with Type 1 Diabetes: focusing on the role of CGMs".	
Apr 2022	Precision in Diabetes Care: Role of Digital Solutions	Endocrinology Grandrounds, University of California-Los Angeles (UCLA)-VA, Virtual talk.

Sep 2022	Launch of the DoseCheck Automated Basal Insulin Titration Program	Sponsored by NovoNordisk, Makkah, Saudi Arabia
Oct 2022	Time in Range and Diabetes Complications	Sponsored by Sanofi, Dubai, UAE
Oct 2022	Ultra-rapid Insulin Therapy	Lyumjev launch in Saudi Arabia, Sponsored by Eli Lilly, Riyadh. Saudi Arabia
Nov 2022	Ultra-rapid Insulin Therapy	Al-Habib Medical Group, Riyadh. Saudi Arabia, Sponsored by Eli Lilly
Jan 2023	Ultra-rapid Insulin Therapy	King Salman Hospital, Hail, Saudi Arabia, Sponsored by Eli Lilly, Riyadh. Saudi Arabia
July 2023	Role of insulin pump therapy in diabetes care in Saudi Arabia	A webinar for payers including the leadership of various insurance companies in Saudi Arabia. Sponsored by Insulin, USA
July 2023	Cost-effectiveness of insulin pump therapy	A webinar for payers including the leadership of various insurance companies in Saudi Arabia. Sponsored by Insulin, USA
Feb 2024	Pathophysiology of Type 1 Diabetes	Sponsored by Sanofi

**Workshops/Seminars:**

Aug 2020	Speaker and Organizer, Insulin Pump Workshop for Endocrinology Fellows at King Saud University (1 Week Hands-on training)
Dec 2020	Speaker and Organizer, Insulin Pump Workshop for Endocrinologists at King Saud Medical City Hospital (1 Week Hands-on training)
May/2021	Speaker and Organizer, Insulin Pump Workshop for Endocrine Fellows (1 Week Hands-on training)
Aug/2021	Director and Speaker, Insulin Pump Workshop for All Endocrine Fellows in Riyadh (1 Day Hands-on training). Attendees: 40 endocrine fellows
Oct/2022	Director and Speaker, Insulin Pump Workshop for All Endocrine Fellows in Saudi (2 Day Hands-on training). Attendees: 75 physicians, diabetes educators, and dietitians. Sponsored by the Saudi Society of Endocrinology & Metabolism (SSEM)
May/2023	Director and Speaker, Deep Dive into the MiniMed 780G Insulin Pump for a selected group of Adult and Pediatric Endocrinologists. Attendees: 15 practicing physicians who prescribe insulin pumps. Sponsored by Medtronic.
Sep/2023	Director and Speaker, Insulin Pump Workshop for All Endocrine Fellows in Saudi (2 Day Hands-on training). Attendees: 70 physicians, diabetes educators, and dietitians. Sponsored by the Saudi Society of Endocrinology & Metabolism (SSEM) and the Saudi Commission for Health Specialties (SCFHS)
May/2024	Director and Speaker, Insulin Pump Workshop for the Adult Endocrine Fellows, Pediatric Endocrine Fellows, and Diabetes Fellows at King Saud University Medical City, Riyadh (1 Day Hands-on training). Attendees: 30 physicians

**OTHER PROFESSIONAL ACCOMPLISHMENTS**

**Oral/Podium Presentations**

- 2017 **Mohammed Al-Sofiani**, Pinkstaff SM, Jan De Beur SM. Development of Tertiary Hyperparathyroidism in a Patient with Pseudohypoparathyroidism Type 1a. Oral presentation at the **Maryland Endocrine Society** Meeting. April 2017.
- 2018 **Mohammed E. Al-Sofiani**, Lisa R. Yanek, Nauder Faraday, Brian G. Kral, Rasika Mathias, Lewis C. Becker, Diane M. Becker, Dhananjay Vaidya, Rita R. Kalyani. Diabetes and platelet response to low-dose aspirin therapy: The GeneSTAR Study. Oral presentation at the **Endocrine Society's** 100<sup>th</sup> Annual Meeting, March 17-20, 2018.  
*\*\*Awarded the Clinical Fellow Abstract Award in Diabetes from the Endocrine Society\*\**
- 2018 **Mohammed E. Al-Sofiani**, Susan Langan, Alka M. Kanaya, Namratha R. Kandula, Belinda L Needham, Catherine Kim, Diane M. Becker, Dhananjay Vaidya, Sherita H. Golden, Kimberly A. Gudzone, Clare J. Lee, Rita R. Kalyani. The Relationship of Acculturation to Cardiometabolic Risk Factors among U.S. South Asians: Findings from the MASALA study. Oral presentation at **the American Diabetes Association (ADA)** annual meeting. June 2018.  
*\*\* Awarded the American Diabetes Association's Vivian Fonesca Scholar Award \*\**
- 2020 Sahar Alharthi, Ebtihal Y. Alyusuf, Abdullah M Alguwaihes, Assim Alfadda, **Mohammed E. Al-Sofiani**. The Impact of a Prolonged Lockdown and Use of Telemedicine on Glycemic Control in People with Type 1 Diabetes During the COVID-19 Outbreak in Saudi Arabia. Oral presentation at the Diabetes Technology Meeting. Diabetes Technology Society. Presented by my Mentee: Dr. Sahar Alharthi  
*\*\*Selected among the tops Abstracts submitted to the 2020 Diabetes Technology Meeting. Diabetes Technology Society\*\**
- 2021 Sahar Alharthi, Areej Alrajeh, Ebtihal Y. Alyusuf, Abdullah M Alguwaihes, Anwar Jammah, **Mohammed E. Al-Sofiani**. "Pre-Ramadan" Telemedicine: Effect on fasting experience and glycemic control during Ramadan in people with type 1 Diabetes. Oral presentation at the Diabetes Technology Meeting. Diabetes Technology Society. Presented by my Mentee: Dr. Sahar Alharthi  
*\*\*Selected among the tops Abstracts submitted to the 2020 Diabetes Technology Meeting. Diabetes Technology Society\*\**
- 2023 **Mohammed E. Al-Sofiani**, Sahar Alharthi, Sarah Albunyan, Naweed Alzaman, David C. Klonoff, Abdullah Alguwaihes. A Real-World Prospective Study of the Effectiveness and Safety of Automated Insulin Delivery Compared With Other Modalities of Type 1 Diabetes Treatment During Ramadan Intermittent Fasting. Oral presentation at **the American Diabetes Association (ADA)** annual meeting. June 2023.
- 2023 **Mohammed E. Al-Sofiani**, Goran Petrovski, Abdulrahman Al Shaikh, Abdullah Alguwaihes, Mohammad Al Harbi, Dabia Al Mohannadi, Alero Adjene, Abdulmoen Alagha, Sareea Al Remeithi, Naji Alamuddin, Arcelia Arrieta, Javier Castañeda, Wael Chaar, Tim van den Heuvel, Ohad Cohen. Real-World Evidence on the use of MiniMed 780G During Ramadan Intermittent Fasting. Oral Presentation at the 2023 meeting of the European Association of the Study of Diabetes (EASD).

## Posters

- 2013 **Al-Sofiani ME**, Jammah A, Racz M, et al. Effect of Vitamin D Supplementation on Glucose Control and Inflammatory Response in Type II Diabetes: A Double Blind, Randomized Clinical Trial. Poster presentation at the **New York American College of Physician (NYACP) Chapter** 2013 Poster Competition.

- 2014 Shabnam Rehman, Moghniuddin Mohammed, **Mohammed Al-Sofiani**, Khalid J Qazi, Anteroposterior Aortic Arch: A Rare Anatomic Anomaly. Poster presentation at the **GME Scholarly Exchange Day at University at Buffalo**, May 18, 2014.
- 2014 **Mohammed Al-Sofiani**, Mohammed Moghniuddin, Stephen Chrzanowski. A Rare but Still There Differential Diagnosis of Septic Shock. Poster presentation at the **GME Scholarly Exchange Day at University at Buffalo**. May 18, 2014.
- 2015 **Mohammed Al-Sofiani**, Peterkin Lee Kwen. Isolated medial rectus nuclear palsy as a rare presentation of midbrain infarction. Poster presentation at the **New York American College of Physician (NYACP) Chapter 2015 Poster Competition**.
- 2015 **Mohammed Al-Sofiani**, Dhimitri Nikolla, Ramesh Metta. Hypothyroidism and Non-Cardiogenic Pulmonary Oedema: Are We Missing Something Here? Poster presentation at the **Catholic Health System Research Symposium**, 2015.
- 2015 Meghan Leslie, **Mohammed Al-Sofiani**, Michael Hocko. Salmonella Discitis in an Immunocompetent Adult Without Sickle Cell Disease. Poster presentation at the **Catholic Health System Research Symposium**, 2015.
- 2015 Janelle Duah and **Mohammed Al-Sofiani**. Follicular Thyroid Carcinoma: atypical presentation. Poster presentation at the **Catholic Health System Research Symposium**, 2015
- 2016 **Mohammed Al-Sofiani**, James Stephen. Acute Renal Failure Associated with the Concurrent Use of Sglt-2 Inhibitor and Chlorthalidone. Poster presentation at **the Endocrine Society's 98<sup>th</sup> Annual Meeting**, April 1-4, 2016.
- 2016 **Mohammed Al-Sofiani**, Shabnam Rehman, Howard Lippes. Effectiveness of U-500 Regular Insulin via Continuous Subcutaneous Insulin Infusion Using V-Go. Oral presentation at **the Endocrine Society's 98<sup>th</sup> Annual Meeting**, April 1-4, 2016.
- 2017 **Mohammed Al-Sofiani**, Sara MacLeod, Husam Ghanim, Nancy Stecker, John Hall, Howard Lippes. Type 1 Diabetes and Hearing Loss: Audiometric Assessment and Measurement of Circulating Levels of Soluble Receptor for Advanced Glycation End Products. Poster presentation at **the American Diabetes Association (ADA) annual meeting**. June 2017.
- 2020 **Mohammed Al-Sofiani**, Dhananjay Vaidya, Alka Kanaya, Lisa R. Yanek, Morgana Mongraw-Chaffin, Namratha Kandula, Lewis Becker, Brian Kral, Diane Becker, Chiadi E. Ndumele, Nisa Marisa Maruthur, Clare Lee. Obesity Phenotypes and Subclinical Atherosclerosis Among Whites, African Americans, and South Asians: The GeneSTAR and MASALA Studies. ePoster presentation at **the American Diabetes Association (ADA) annual meeting**. June 2020.
- 2020 Ebtihal Y. Alyusuf, Sahar Alharthi, Abdullah M Alguwaihes, Assim Alfadda, **Mohammed E. Al-Sofiani**. Predictors of Use and Improvement in Glycemic Indices After Initiating Continuous Glucose Monitoring in Real World: Data from Saudi Arabia. ePoster presentation at the Diabetes Technology Meeting. Diabetes Technology Society. Presented by my Mentee: Dr. Ebtihal AlYusuf.
- 2021 Alanood A. Asiri, Abdullah M. Alguwaihes, Anwar A. Jammah, Assim A. Alfadda, **Mohammed E. Al-Sofiani**. Assessment of the Effectiveness of a Protocol to Manage Dexamethasone-induced Hyperglycemia among Hospitalized Patients with COVID-19. ePoster presentation at the 2021 Endocrinology Society Meeting. Endocrinology Society. Presented by my Mentee: Dr. Alanood Asiri.
- \*\*Awarded the Endocrine Society Outstanding Abstract Award\*\**
- 2021 **Mohammed E. Al-Sofiani**, Rawan AlMisned, Marwa Bafadhel, Abdullah M. Alguwaihes, Assim Alfadda. The impact of a prolonged lockdown and utilization of a simplified diabetes telemedicine clinic on cardiometabolic health in people with diabetes during the COVID-19

- outbreak in Saudi Arabia. ePoster presentation at the 2021 AACE Cardiometabolic Conference.
- 2022 Sahar Alharthi, Bashayer Zuhair AlShirah, Yasser Abdullah BinMuneif, Eman Ibrahim, **Mohammed E. Al-Sofiani**. Asynchronous Diabetes Virtual Interventions, Support, & Empowerment (ADVISE) Program to Improve Glycemic Control in High-Risk Youth and Adults with Type 1 Diabetes. ePoster On-Demand presentation at the 2022 Endocrinology Society Meeting. Endocrinology Society. Presented by my Mentee: Dr. Sahar Alharthi. **\*\*Awarded the Endocrine Society Outstanding Abstract Award\*\***
- 2022 Eman Albasri, **Mohammed E. Al-Sofiani**. Acute Foot Drop in an Adolescent with Type 1 Diabetes Mellitus at Time of Diagnosis: A case Report. ePoster On-Demand presentation at the 2022 Endocrinology Society Meeting. Endocrinology Society. Presented by my Mentee: Dr. Eman Albasri
- 2022 Ibraheem Ahmed Aldeeri, Khalid M. Al-Qahtani, Amal M. Alshaibi, Norah Salman Alshabib, Ebtihal Y. Alyusuf, **Mohammed E. Al-Sofiani**, Anwar A. Jammah, Abdullah M. Alguwaihes. Quality of Life and Treatment Satisfaction in Patients with Type 1 Diabetes Experiencing Different Models of Care in Saudi Arabia. ePoster On-Demand presentation at the 2022 Endocrinology Society Meeting. Endocrinology Society. Presented by: Dr. Ibraheem Ahmed Aldeeri
- 2022 Sara AlShehri, Jawaher Anani, Assim Alfadda, **Mohammed E. Al-Sofiani**. Evaluation of Artifactual Hypoglycemia. ePoster On-Demand presentation at the 2022 Endocrinology Society Meeting. Endocrinology Society. Presented by: Dr. Sara AlShehri
- 2022 Joud A. Abudahesh, Joud A. AlJebreen, Danah Z. AlHalees, Ghaida M. AlBraithen, Ghada S. Bamogaddam, **Mohammed E. Al-Sofiani**. Factors Influencing the Selection of Glucose-Lowering Medications among Physicians Treating Patients with Type 2 Diabetes in Real World. Poster presentation at the American Diabetes Association (ADA) annual meeting. June 2022. Presented by my Mentee: Joud Abudahesh.
- 2022 Ghadah Alsuwailem, Mae Barakeh, Ghaida Almarshoud, Alia Zawawi, Rawan Bakade, **Mohammed E. Al-Sofiani**. The Prevalence and Predictors of Improper Sharps Disposal among People with Diabetes in Saudi Arabia. Poster presentation at the American Diabetes Association (ADA) annual meeting. June 2022. Presented by my Mentee: Ghadah Alsuwailem.
- 2023 **Mohammed E. Al-Sofiani**, Sara Almuammar. Comparing the Impact of a Diabetes Telenutrition Clinic versus an In-person Nutrition Clinic on Glycemic Control Among People with Type 1 Diabetes in Saudi Arabia. Poster presentation at **the American Diabetes Association (ADA)** annual meeting. June 2023
- 2023 **Mohammed E. Al-Sofiani**, Sahar Alharthi, Sarah Albunyan, Naweed Alzaman, David C. Klonoff, Abdullah Alguwaihes. Predictors of Successful Fasting and Attaining Glycemic Target during the Month of Ramadan among People with Type 1 Diabetes. Poster presentation at **the American Diabetes Association (ADA)** annual meeting. June 2023.
- 2023 **Mohammed E. Al-Sofiani**, Sahar Alharthi, Sarah Albunyan, Naweed Alzaman, David C. Klonoff, Abdullah Alguwaihes. Hybrid Closed-Loop Therapy vs Other Modalities of Therapy During Ramadan Intermittent Fasting in Adults and Adolescents with Type 1 Diabetes. Poster presentation at **the American Diabetes Association (ADA)** annual meeting. June 2023.
- 2023 **Mohammed E. Al-Sofiani**, Martin Haluzík, Juan Pablo Frias, Alice Y. Y. Cheng, Felipe Lauand, Lydie Melas-Melt, Elisabeth Souhami, Julio Rosenstock. Predictors of HbA 1c and dTIR Responses with iGlarLixi in Type 2 Diabetes: Patient-Level Exploratory Analyses of the LixiLan-L trial. 59th Annual Meeting of the European Association for the Study of Diabetes (EASD). Oct 2023.

- 2023 Martin Haluzík, Juan Pablo Frias, **Mohammed E. Al-Sofiani**, Felipe Lauand, Lydie Melas-Melt, Elisabeth Souhami, Agustina Alvarez, Alice Y. Y. Cheng. Derived Time in Range in older people with type 2 diabetes advancing to iGlarLixi: a pooled analysis of the LixiLan clinical trial program. 59th Annual Meeting of the European Association for the Study of Diabetes (EASD). Oct 2023.
- 2024 Timothy Bailey, Alice Cheng, Didac Mauricio, Robert Ritzel, **Mohammed Al-Sofiani**, Maria Aileen Mabunay, Mireille Bonnemaire, Lydie Melas-Melt, Safia Mimouni, Melanie Davies. Efficacy And Safety of Insulin Glargine 300 U/MI In Insulin-Naïve People With Type 2 Diabetes With/Without Prior Use Of Glucagon-Like Peptide-1 Receptor Agonist Therapy. 17<sup>th</sup> International Conference on Advanced Technologies and Treatments for Diabetes (ATTD). Mar 2024.
- 2024 Alice Cheng, Didac Mauricio, Robert Ritzel, **Mohammed E. Al-Sofiani**, Timothy Bailey, Maria Aileen Mabunay, Mireille Bonnemaire, Lydie Melas-Melt, Safia Mimouni, Melanie Davies. Efficacy And Safety Of Insulin Glargine 300 U/MI In Insulin-Naïve People With Type 2 Diabetes With/Without Prior Use Of Glucagon-Like Peptide-1 Receptor Agonist Therapy. 60<sup>th</sup> Annual Meeting European Association for the Study of Diabetes. Sep 2024.

### Podcasts

- 2022 Guest of the Johns Hopkins Podcast Special Edition on the World Diabetes Day, The Johns Hopkins Patient Guide To Diabetes.

### OTHER PROFESSIONAL ACCOMPLISHMENTS

- 2014 Certificate of Achievement from The Saudi Arabian Cultural Mission for outstanding residency performance at Sisters of Charity Hospital.
- 2003 Certificate of Excellence from King AbdulAziz University, Jeddah, Saudi Arabia.
- 2002 Certificate of Excellence from King AbdulAziz University, Jeddah, Saudi Arabia

### SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES

#### Quality Improvement efforts and System Innovation

- 2013-2016 Member of the Resident Patient Safety and Quality Improvement Program at Sisters of Charity Hospital. University at Buffalo., Buffalo, NY to improve the safety and quality of patient care.
- 2019-Present Member of the Research Committee in the Internal Medicine Department at King Saud University, Riyadh, Saudi Arabia to improve the scholarly activities in the department and promote national and international research collaboration across the various division within the Internal Medicine Department.
- 2019-Present Member, College of Medicine Branding Committee, King Saud University.
- 2020-2021 Implementing a Diabetes Telemedicine Clinic at the Specialized Diabetes Clinic at King Saud University Medical City to improve diabetes care during the COVID-19 pandemic.
- 2020-Present Developed and implemented a three-month educational program for the Saudi Society of Endocrinology and Metabolism, titled “Diabetes Management for Physicians”.
- 2020-Present Developed and implemented a one-year educational program for the Saudi Society of Endocrinology and Metabolism, titled “Diabetes Forum”.

2021-Present Member of the Strategic Planning Unit, College of Medicine, King Saud University  
2021-Present Established the Adult Insulin Pump Clinic at Dr. Sulaiman Al-Habib Medical Group,  
Riyadh, Saudi Arabia