



FACULTY FULL NAME: APPLIED MEDICAL SCIENCES

Dr. Reham Shawky Ramadan Metwally

POSITION: Associate Professor

Personal Data

Nationality | Egyptain.

Date of Birth | 26/3/1977

Department | Clinical Nutrition

Official IAU Email | rsmetwally@iau.edu.sa

Office Phone No. |-----

Language Proficiency

Language	Read	Write	Speak
Arabic	Excellent	Excellent	Excellent
English	v.good	v.good	V,good
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2012	Assistant professor	Faculty of Home Economics	Helwan University
2007	PhD.	Faculty of Home Economics	Helwan University
2002	Master	Faculty of Home Economics	Helwan University
1998	B.Sc.	Faculty of Home Economics	Helwan University

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	The Hepatoprotective Effect of Carrot (<i>Daucus Carota L.</i>) as Antioxidant on Intoxicated rats with Ccl4.
Master	Study of the Impact of Selenium on Hypercholesterolemic Rats and Its Safety.
Fellowship	



Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work			Date
Assistant Professor	Dep. Nutrition & Food Sciences	Faculty of Home Economics	Helwan University	2012
Lecturer	Dep. Nutrition & Food Sciences	Faculty of Home Economics	Helwan University	2007
Assistant Lecturer	Dep. Nutrition & Food Sciences	Faculty of Home Economics	Helwan University	2002
Demonstrator	Dep. Nutrition & Food Sciences	Faculty of Home Economics	Helwan University	1998

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Reham Shawky Ramadan	Study the effect of Burdock (<i>Arctium lappa</i> L.) Root Aqueous Extract on Obese Male Rats.	Egyptian Journal of nutrition Vol. XXXI NO.4 (2016)
2	Reham Shawky Ramadan	Antihyperlipidemic and Antihyperglycemic Effects of Alcoholic Extract of <i>Phyllanthus virgatus</i> Leaves in Streptozotocin-Induced Diabetic Rats.	Egyptian J of nutrition and health. Vol.11 (2) 2016
3	Reham Shawky Ramadan	Gastroprotective Effect of Artichoke (<i>Cynara scolymus</i> L.) Leaves and Pulp Extracts on Peptic Ulcer in Male Rats	Research Journal Specific Education – Faculty of Specific Education – Mansoura University – Issue No.44, October.2016
4	Reham Shawky Ramadan	Protective Effect and Antioxidant activity of Some Medicinal Herbs on CCL4 –Induced Hepatotoxicity In Male Rats.	Egyptian Journal of nutrition Vol. XXXI NO.3 2016



#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
5	Maysa Mohamed El-mallah Reham Shawky Ramadan	Nephroprotective Effect of Aqueous Extract of Solanum Nigrum Linn leaves or seeds and their mixture against Gentamicin-induced Nephrotoxicity in Rats	Research Journal Specific Education – Faculty of Specific Education – Mansoura University – Issue No.34 , July. 2016
6	Reham Abo-elmahasin Arafat Reham Shawky Ramadan Maysa Mohamed El-mallah	The protective effect of white and black garlic powder against N-nitrosodiethyl amine-induced hepatocarcinoma in male rats	Home Economics J (31) December 2015
7	Reham Shawky Ramadan	Effect of diets fortified with Nigella sativa, sesame seeds and high calcium on osteoporosis in ovariectomized rats	Egyptian J of nutrition and health. Vol.9 (1) 2014
8	Reham Shawky Ramadan	Protective and Antioxidant Effects of Pomegranate and Apricot Juices against Testicular Toxicity in Male Rats	Egyptian Journal of nutrition Vol. XXVIII NO.4 (2013)
9	Reham Shawky Ramadan	Hepatoprotective and Antioxidant Effects of Sage (Salvia officinalis L.) Extract against CCl4 Intoxicated Male Rats.	Egyptian Journal of nutrition Vol. XXVII NO.1 (2012)
10	Reham Shawky Ramadan	Effect of Alcoholic Extract of Flaxseed and Sesame seedson Lipid Profile , Hepatorenal Function and Antioxidant Enzymes in Hypercholesterolemic Rats.	Egyptian J of nutrition v26 (3) 2011
11	Reham Abo-elmahasin Arafat Maysa Mohamed El-mallah Reham Shawky Ramadan	Effect of watery juice of aloe vera and opuntiaficus leaves on gastric acid secretion and healing of acute gastric ulcer in rats	Egyptian Journal of nutrition v26 (3) 2011
12	Maysa Mohamed El-mallah Reham Shawky Ramadan Reham Abo-elmahasin Arafat	Effect of adding olive oil leaves extract on stability of sunflower oil and blend oil (ration oil) during deep frying	Egyptian Journal of nutrition vol. 6 (1) 2011
13	Reham Shawky Ramadan Reham Abo-elmahasin Arafat Maysa Mohamed El-mallah	protective effect of celery oil , vitamin E and their against testicular toxicity induced by sodium valproate in male rats	Egyptian J of nutrition and health V5 (1) 20100
14	Lamia Ali Ahmed Reham Shawky Ramadan	Biochemical and Histopathological Studies	Pakistan Journal of Nutrition.



#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
	Reham Abo-elmahasin Arafat	on the Water Extracts of Marjoram and Chicory Herbs and their Mixture in Obese Rats	Vol.8 NO.10 (2009)
15	Reham Abo-elmahasin Arafat Reham Shawky Ramadan Lamia Ali Ahmed	Effect of Substituting Pumpkin Seed Protein Isolate for Casein on Serum Liver Enzymes, Lipid Profile and Antioxidant Enzymes in Ccl4 - Intoxicated Rats	Advances in Biological Research Vol.3 NO.(1- 2) – (2009)

Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date

Current Researches

#	Research Title	Name of Investigator(s)
1	The Relationship between Dietary Vitamin D Intake and Gestational Diabetes Mellitus among Female in Eastern Region of Saudi Arabia	Dr. Reham Shawky Dr.Nourah ALQahtani Norah AlShammari Alanood Mohammad Aljanahi Huda Mohammad Hudhiah Wejdan Fawzi Al-Nasr
2	The Therapeutic Impact of Flaxseed Oil and Walnuts on Osteoporosis among Postmenopausal Women in Eastern Province, Dammam,	Dr. Reham Shawky Dr.Nourah ALQahtani Dr.Layla Bashawry Fatamah Rida Al Brahim Fatimah Emad Almahfoudh Maryah Jaffer Al-Shahab Asma Barakah Alshammari



Saudi Arabia.	Sokinah Jaffer Alameen
----------------------	-------------------------------

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	symposium entitled (pediatric Nutrition)	Aramco Johns Hopkins Medical Center - 27/11/2016	Attendance
2	Scientific Symposium (Infant Nutrition).	Gosaibi Hotel Al-Khobar - Saudi Arabia.- A subsidiary of Ronesca to prepare formulas for babies 20/03/2016	Prepare and deliver the symposium
3	Scientific Symposium of the Egyptian Society for Nutrition "nutrition and food security,"	Regional Centre for Food and Feed March 27, 2016	Attendance
4	Scientific Symposium of the College of Home Economics under the title "dietary habits prevalent in Egyptian society and the Saudi society and its impact on health."	Faculty of Home Economics - Helwan University-2015.	Organizing the symposium and to participate in the conference hall effectiveness
5	scientific symposium "Academic Advising"	Faculty of Home Economics - Helwan University-2015.	Attendance
6	Scientific Symposium entitled "the best method for proper nutrition."	The National Institute of Nutrition- Tuesday, March 17, 2015	Attendance
7	Scientific Symposium entitled "The Ethics of Scientific Research"	The National Institute of Nutrition- Tuesday, December 22, 2014	Attendance
8	Scientific Symposium entitled (school feeding - special food and its relationship to health)	The National Institute of Nutrition- Tuesday, December 15, 2014	Attendance
9	Scientific Symposium of the Egyptian Society for Nutrition title(role of modern technology in nutrition)	The National Institute of Nutrition- April 16, 2014	Attendance
10	Scientific Symposium of the Department of Management family and childhood institutions "rationalize consumption and renewable	College of Home Economics October 27, 2014	Attendance



	energy."		
11	Scientific Symposium of the Department of Nutrition and Food Science entitled (Obesity problem has a solution)	College of Home Economics - Helwan University, February 26, 2014	Organizing ,Preparing and Attendance
12	Scientific Symposium entitled(New In Management Of Obesity)	Qasr Aini hospital new educational - Faculty of Medicine, Cairo University -March 5, 2013	Attendance
13	Scientific Symposium entitled "New in dietetics"	The National Institute of Nutrition- Tuesday, November 6, 2013	Attendance
14	Conference entitled (Recent trends in scientific research," development vision "	College of Home Economics Helwan University in the period from May 4 to 6 May 2015 the Third International Conference of Home Economics, Helwan University.	In the committees organizing the conference and attend its activities.
15	The third International Conference of the Center for Egyptian-Chinese research and studies under the title "The role of entrepreneurship in the Chinese experience in a comparative perspective with Egypt."	hall Hassan Hosni Helwan University from 23 to 24 December 2014	Attend and discuss the activities of the conference
16	Conference (Arab tenth seventh - International) under the title "qualitative higher education in Egypt and the Arab world and its role in the development of society."	Faculty of Specific Education, Mansoura University, in the period from April 15 to 16, 2015	Attend and discuss the activities of the conference
17	Conference Faculty of Specific Education entitled "qualitative studies and the requirements of society and the labor market."	Faculty of Specific Education, Ain Shams University in the period from April 5 to 6 2015	Attend and discuss the activities of the conference
18	the first International Conference of the Faculty of Specific Education, Alexandria University, under the theme "Quality Education for Sustainable Development"	Faculty of Specific Education, Alexandria University from 12 - November 13 2014	Attend and discuss the activities of the conference
19	The Second International Conference on Home Economics Helwan University under the title of "human development and	College of Home Economics, Helwan University in the period from May 5 to 7, 2014	In the committees organizing the conference and attend the conference



	the requirements of a labor market"		
20	the first International Conference on Home Economics Helwan University under the title (Applied Human Sciences and Technology in the Third Millennium)	College of Home Economics, Helwan University in the period from May 8 to 9, 2013	In the committees organizing the conference and attend the conference
21	Third Conference of Clinical Nutrition under the title "Healthy food security-free society from cancer."	The Egyptian Center for Food Consulting in collaboration with the Clinical Dietitian Association in the period from September 24 to 25, 2013	Attend and discuss the activities of the conference
22	Second International Conference - Arab sixth Home Economics Monofia University titled "Home Economics in the service industry "	College of Home Economics University of Menoufiya in the period from 10. September 11 2013	Attend and discuss the activities of the conference
23	The fifteenth First International Conference - titled "Home Economics and youth issues."	College of Home Economics Menoufia University from March 28 to 27, 2012	Attend and discuss the activities of the conference
24	The Third International Conference of Home Economics, Helwan University, primarily under the heading "Recent trends in scientific research," development vision "	College of Home Economics Helwan University in the period from May 4 to 6 May 2015	In the committees organizing the conference and attend the conference
25	Conference (sixth Arab - International III) the Specific Education – Mansoura University - entitled "The development of higher education quality programs in Egypt and the Arab world in the light of the knowledge age requirements"	Mansoura University in the period from April 13 to 14, 2011	Attend and discuss the activities of the conference
26	Fourteenth Arab Conference for Home Economics Monofia place under the title "small industries, present and future in Egypt and the Arab world."	College of Home Economics Monofia from 2 to 3 November 2011	Attend and discuss the activities of the conference
27	Annual conference of the College of Nursing,	College of Nursing Port Said University	Attend and discuss the activities of the conference



	University of Port Said and place under the title Up Date Prevention and Care of Liver Disease.	9 December 2010	
28	First International Conference of the Faculty of Agriculture, Alexandria University under the title of "a better life for poor women and family"	Faculty of Agriculture - Alexandria University in the period from April 19 to 20, 2010.	Attend and discuss the activities of the conference
29	"Fourth International Scientific Conference of the Division of Food Industries National Center for Research under the title Innovation in Food Science and Nutrition: Future Challenges	National Research Center In the period from September 27 to 29, 2010 .	Attend and discuss the activities of the conference
30	Fifth Conference of the Arab - Second International Faculty of Specific Education, Mansoura University, entitled "Recent trends in the development of institutional and academic performance in qualitative higher education institutions in Egypt and the Arab world."	College Spesific education Mansoura University in the period from April 14 to 15, 2010	Attend and discuss the activities of the conference
31	Fourth environmental conference of Home Economics, University of Helwan figures within a week the college environment and the preparation and supervision of the Agency Dean for Community Service and Environmental Development	College of Home Economics, Helwan University in the period from May 17 -23.	In the committees organizing the conference and attend the conference
32	Second Arab Conference tenth of Home Economics - Monofia titled "Home Economics and Human Development	College of Home Economics University of Menoufiya in the period from August 18 to 19, 2009	Attend and discuss the activities of the conference



Membership of Scientific and Professional Societies and Organizations

- Member of Scientific Research Committee – Clinical Nutrition Department - Faculty of APPLIED MEDICAL SCIENCES- Dammam University.
- Member of Quality assurance and academic accreditation Committee – Clinical Nutrition Department - Faculty of APPLIED MEDICAL SCIENCES- Dammam University.

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Food Services & Quality management	NUTR 313	Lectures- Clinics
2	Nutritional Pharmacology	NUTR 411	Lectures
3	Nutritional Genomics	NUTR 416	Lectures
4	Enteral and Parenteral Nutrition	NUTR 325	Lectures- Clinics
5	Nutrition through Life Cycle	NUTR 223	Lectures
6	Professional ethics in dietetics	NUTR 423	Lectures

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	<p>Food Services & Quality management- NUTR 313: This course focus on food services management and kitchen operation, which include receiving raw materials, storing, monitoring equipments. The course provides a general knowledge of the health specifications needed to guarantee quality control.</p>
2	<p>Nutritional Pharmacology- NUTR 411: Basic knowledge on pharmacotherapy, nutrient drug interaction will prepare dietitians for clinical practice in the hospital. cardio, endocrine (obesity), renal, liver, digestive drugs with</p>



	emphasis on metabolic interactions between nutrients and drugs.
3	<p>Nutritional Genomics- NUTR 416: This course will introduce students to the basic concepts and principles of nutritional related Human genetics and their clinical applications, followed by an overview of nutritional genomics to develop an understanding of gene regulations with respect to diet and its relationship to some common nutritional diseases and understanding the role of nutrition in prevention of polygenic diseases.</p>
4	<p>Enteral and Parenteral Nutrition- NUTR 325: This course establishes the rationale and the criteria for appropriate nutrition support. It will focus on enteral and parenteral nutrition, formula composition, giving medication, monitoring and complications. Also, it will discuss nutritional support in long –term and home concern.</p>
5	<p>Nutrition through Life Cycle- NUTR 223: This course is designed to provide students with scientific information about the impact of nutrition across the life span from preconception to late adulthood. Normal growth and development use of growth charts, nutrition assessment, nutrient needs and deficiencies will be studied for every phase of life.</p>
6	<p>Professional ethics in dietetics- NUTR 423: In this course students will learn how to develop leadership characteristics towards achieving their deemed vision in dietetics’ field. They will learn their rights and duties as health care practitioners. They will also know how to attain a strong motivation, service orientation, and how to adhere to the dietitians’ code of ethics and belongs to a professional association. This course will also highlight the role of nutritionists and dietitians and prepare students for job seeking.</p>

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)

Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	
---	--



2

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Master	Does Methionine Supplementation Alter Beta Amyloid Level in Brain Cells , Liver and Kidney Functions ?	Faculty of Home Economics- Helwan University	2012
2	Master	Effect of Pomegranate Juice, Vitamin E and Their combination on Experimental Oxidative Stress in Male Rats.	Faculty of Home Economics- Helwan University	2015
3	Master	Protective Effect of Ginger (Zingiber Officinale) and Cinnamon (cinnamomum cassia) on Gastric Ulcer in Male Rats.	Faculty of Home Economics- Helwan University	2015
4	Master	Impact of Moringa Oleifera Leaves And	Faculty of Home Economics- Helwan University	2015



		Curcumin on immunomodulatory Activity In Male Rats.		
--	--	---	--	--

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	PhD	Effect of Bitter Orange (Citrus Aurantium L.) and Grapefruit (Citrus Paradisi L.) on Acute Renal failure in Male Rats	Faculty of Home Economics- Helwan University	Registered on 2014

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization

Committee Membership

#	From	To	Position	Organization
1	2015	Until now	Member of the Committee of Scientific Research, Department of Clinical Nutrition, Faculty of Applied Medical Sciences	University of Dammam - Saudi Arabia
2	2015	Until now	Member of the Commission Quality and Accreditation Department of Clinical Nutrition, Faculty of Applied Medical Sciences	University of Dammam - Saudi Arabia
3	2013	2015	A member of the committee overseeing the nutrition business restaurants Helwan University, Central and restaurant emanating from the Council of the League	College of Home Economics - Helwan University - Cairo



4	2008	2015	A member of the Council of Scientific Section "Nutrition and Food Science Department."	College of Home Economics - Helwan University – Cairo
5	2012	2014	Academic advisor to the stage of Master Nutrition	College of Home Economics - Helwan University - Cairo
6	2012	2015	Student Leadership for undergraduate students (the first - the second and third years)	College of Home Economics - Helwan University - Cairo
7	2013	2015	A member of the organizing committee of the functioning of the educational process, "the conduct of the study," the department	College of Home Economics - Helwan University - Cairo
8	4 May 2015	6 May 2015	Head of the exhibition department of nutrition in the third modern trends in scientific research international conference "development vision" primarily college	College of Home Economics - Helwan University – Cairo
9	2013	2015	A member of the exam paper evaluation of the two phases of bachelor's and graduate of the Department of Nutrition and Food Science	College of Home Economics - Helwan University - Cairo
10	5 May 2014	7 May 2014	Chairman of the Nutrition Fair at the Second International Conference "Human Development and the requirements of the labor market."	College of Home Economics - Helwan University - Cairo
11	2011	2014	A member of the Committee for the purchase of books on nutrition and food science department of the Book Fair and received for the college library	College of Home Economics - Helwan University - Cairo
12	8 May 2013	9 May 2013	Head of the exhibition department of nutrition at the first international conference "Applied Human Sciences and Technology in the Third Millennium."	College of Home Economics - Helwan University - Cairo
13	9 May	10 May 2012	A member of the	College of Home Economics - Helwan University



	2012		Committee on Nutrition of the Arab Scientific Conference entitled "Prospects for Arab cooperation for the development of society."	- Cairo
14	2008	2015	A member within the standard physical resources and human resources team within the axis of the unity of the institutional capacity to ensure the quality of the College of Home Economics, Helwan University	College of Home Economics - Helwan University - Cairo
15	2014	2015	Member within the working group charged with preparing the curriculum maps to the decisions of the stage for the Bachelor of Science, Department of Nutrition and foods - College of Home Economics - Helwan University	College of Home Economics - Helwan University - Cairo
16	2012	2014	A member of the review and amend the educational output target and examine the structure of the balance of nutrition program undergraduate department in the light of national academic standards NARS)) espoused by the college.	College of Home Economics - Helwan University - Cairo
17	2013	2014	A member in the Development Committee course nutritional education for the third year the Department of Nutrition and Food Science - College of Home Economics - Helwan University	College of Home Economics - Helwan University - Cairo
18	2014	2015	Member committee to inspect and review courses for students of bachelor file the first level and second-level	College of Home Economics - Helwan University - Cairo



			therapeutic feeding program's expenses stage	
19	2014	2015	A member of the Internal Audit Committee team of nutrition and food science department to issue audit reports for graduate courses food science graduate	College of Home Economics - Helwan University - Cairo
20	2014	2015	Member of the internal audit team of nutrition and food science department problem is to review the reports of courses for Master Food Science graduate	College of Home Economics - Helwan University - Cairo
21	2014	2015	A member of the internal audit team problem Nutrition and Science Department foods to review the reports of the curriculum for the diploma stage therapeutic feeding	College of Home Economics - Helwan University - Cairo
22	2014	2015	A member of the Internal Audit Committee to review the reports of the problem courses Division IV (bachelor's) and phase program of the Department of Nutrition and Food Science	College of Home Economics - Helwan University - Cairo
23	2012	2015	Chairman of the committee preparing the comprehensive plan maintenance for infrastructure development of the College of Home Economics	College of Home Economics - Helwan University - Cairo
24	2013	2015	Chairman of the Group headquarters unit within the Environmental Protection furnishing the development works at the Faculty of Home Economics	College of Home Economics - Helwan University - Cairo
25	2010	2012	A member of the project benchmarking Academy graduates home	College of Home Economics - Helwan University - Cairo



			economics at the college level	
--	--	--	--------------------------------	--

Scientific Consultations

#	From	To	Institute	Full-time or Part-time

Volunteer Work

#	From	To	Type of Volunteer	Organization
1	26 November 2016	27 November 2016	Participation in the World Day of obesity under the slogan of nutrition and obesity.	Rashed Mall - Khobar- Saudi Arabia.
2	18 October 2016		Participation in the World Food Day.	Building 55. Faculty of Applied Medical Sciences - University of Dammam.
3	22 March 2016		Participation in World Water Day.	Building 55. Faculty of Applied Medical Sciences - University of Dammam.

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Win 7-Office 2010 (Word - Excel- Power point) .	
2	Internet-Spss	

Last Update

.....1../...12.../2016