

سيرة ذاتية

أ.م.د. عمار وهم عاشور

بكالوريوس طب وجراحة عامة. كلية الطب - الجامعة المستنصرية ٢٠٠٢

ماجستير ادوية. كلية الطب - جامعة بغداد ٢٠٠٥

دكتوراه تغذية علاجية. جامعة نيوكاسل- المملكة المتحدة ٢٠١٧

تدريب تخصصي

1. NuGO Short Course in Personalized Nutrition, Newcastle University (5-7th July 2016)
2. Nitric Oxide Analysis Using Chemiluminescence, National Institutes of Health, Bethesda, USA (March-April 2016)
3. Molecular Nutrition and Regulation of Cardiometabolic Health, University College Dublin, Dublin, Ireland (2-4th June 2015)
4. Good Clinical Practice Course (October 2013)
5. The Nottingham Systematic Review Course, The University of Nottingham (2-5th July 2013)

الجوائز

1. HNRC 20th Anniversary travel grant award (11/05/2015)
2. NuGo travel grant award (31/03/2015)
3. FMS travel grant award (06/08/2015)
4. HNRC Research Day poster competition, 2nd place (26.10.2016)

الكتب المنشورة

Ashor, A. W., Siervo, M. and Mathers, J. C. (2016) 'Chapter 43 - Vitamin C, Antioxidant Status, and Cardiovascular Aging - Malavolta, Marco', in Mocchegiani, E. (ed.) Molecular Basis of Nutrition and Aging. San Diego: Academic Press, pp. 609-619

المؤتمرات

1. Keenan, P., Morales, C. C., Ashor, A., Lara-Gallegos, J., Willis, N. and Mathers, J. (2015) 'Nutrigenetic factors associated with type 2 diabetes and obesity in Amerindian populations: A systematic review'.
2. Celis-Morales, C., Abraham, S., Keenan, P., Ashor, A., Livingstone, K., Lara, J. and Mathers, J. (2015) 'Effect of web-based tailored lifestyle interventions on fruit and vegetable consumption in adults: A systematic review and meta-analysis of randomised controlled trials', Proceedings of the Nutrition Society, 74(OCE1), p. E41.

3. Ashor, A. W., Siervo, M., Oggioni, C., Lara, J. and Mathers, J. C. (2015) 'Antioxidant vitamins supplementation and arterial stiffness: A systematic review and meta-analysis of randomised controlled trials', *Proceedings of the Nutrition Society*, 74(OCE1), p. E56.
4. Ashor, A. W., Siervo, M., Lara, J., Oggioni, C., Afshar, S. and Mathers, J. C. (2015) 'Effects of Vitamins C and E on Endothelial Function: Systematic Review & Meta-analysis of randomised controlled trials', *Proceedings of the Nutrition Society*, 74(OCE1), p. E8.
5. Ashor, A. (2016) 'Inorganic nitrate does not affect glucose and insulin regulation but lowers oxidative stress in obese adults during acute hyperglycaemia', *Atherosclerosis*, 252, p. e94.
6. Al-Ansary KA, Khudhair MS, Ashor AW. The correlation of pro-and anti-inflammatory markers with glycaemic indices in healthy participants and in patients with type 2 diabetes mellitus. *JPMA. The Journal of the Pakistan Medical Association*. 2021 Dec;71(12):S72-6.
7. Abd Alhadi NA, Khudhair MS, Ashor AW. Bone mineral density in adult patients with type I diabetes mellitus attending specialized center for endocrinology and diabetes in Baghdad. *JPMA. The Journal of the Pakistan Medical Association*. 2019 Aug;69(8):S17-21.
8. Khalaf KM, Khudhair MS, Ashor AW. Vitamin B12 status and peripheral neuropathy in patients with type 2 diabetes mellitus. *JPMA. The Journal of the Pakistan Medical Association*. 2019 Aug;69(8):S40-4.

البحوث المنشورة

1. Abd Alhadi, N. A., M. S. Khudhair and A. W. **Ashor** (2019). "Bone mineral density in adult patients with type I diabetes mellitus attending specialized center for endocrinology and diabetes in Baghdad." *J Pak Med Assoc* **69(Suppl 3)**(8): S17-s21.
2. Abusaib, M., M. Ahmed, H. A. Nwayyir and H. A. Alidrisi (2020). "Iraqi Experts Consensus on the Management of Type 2 Diabetes/Prediabetes in Adults." *Int J Food Sci Nutr* **13**: 1179551420942232.
3. Al-Hendawi, M. M., H. H. Abbas and A. W. **Ashor** (2012). "A clinicopathological review of amiodarone-induced thyroid disorders." *Mustansiriya Medical Journal* **11**(1): 37-41.
4. Al-Kuraishy, H. M., A. I. Al-Gareeb and A. W. **Ashor** (2012). "Effect of a single dose of dextromethorphan on psychomotor performance and working memory capacity." *Indian J Psychol Med* **34**(2): 140-143.
5. **Ashor**, A. W. (2011). "Degree of dependence influences the effects of smoking on psychomotor performance and working memory capacity." *Neurosciences (Riyadh)* **16**(4): 353-357.
6. **Ashor**, A. W. (2011). "The placebo effect on psychomotor performance and working memory capacity: randomized single blind cross-over trial." *Ann Neurosci* **18**(4): 141-144.
7. **Ashor**, A. W. (2012). "Variable influence of the degree of smoking dependence on adult attention deficit/hyperactivity disorder in Iraqi medical students." *Neurosciences (Riyadh)* **17**(3): 241-247.
8. **Ashor**, A. W. (2013). "Inverted U shaped effect of nicotine on the severity of depressive symptoms: A population-based survey." *J Young Pharm* **5**(2): 60-63.
9. **Ashor**, A. W. and A. I. Al-Gareeb (2012). "Serotonin and obesity." *Mustansiriya Medical Journal* **11**(1): 99-100.
10. **Ashor**, A. W., R. Brown, P. D. Keenan, N. D. Willis, M. Siervo and J. C. Mathers (2019). "Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses." *Nutr Res* **61**: 1-12.
11. **Ashor**, A. W., S. Chowdhury, C. Oggioni, O. Qadir, K. Brandt, A. Ishaq, J. C. Mathers, G. Saretzki and M. Siervo (2016). "Inorganic Nitrate Supplementation in Young and Old Obese Adults Does Not Affect Acute Glucose and Insulin Responses but Lowers Oxidative Stress." *J Nutr* **146**(11): 2224-2232.
12. **Ashor**, A. W., A. Jajja, A. Sutyarjoko and K. Brandt (2015). "Effects of beetroot juice supplementation on microvascular blood flow in older overweight and obese subjects: a pilot randomised controlled study." *29*(8): 511-513.
13. **Ashor**, A. W., J. Lara, J. C. Mathers and M. Siervo (2014). "Effect of vitamin C on endothelial function in health

- and disease: a systematic review and meta-analysis of randomised controlled trials." *Atherosclerosis* **235**(1): 9-20.
14. **Ashor**, A. W., J. Lara and M. Siervo (2017). "Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis." *J Hypertens* **35**(7): 1353-1359.
 15. **Ashor**, A. W., J. Lara, M. Siervo, C. Celis-Morales and J. C. Mathers (2014). "Effects of exercise modalities on arterial stiffness and wave reflection: a systematic review and meta-analysis of randomized controlled trials." *PLoS One* **9**(10): e110034.
 16. **Ashor**, A. W., J. Lara, M. Siervo, C. Celis-Morales, C. Oggioni, D. G. Jakovljevic and J. C. Mathers (2015). "Exercise modalities and endothelial function: a systematic review and dose-response meta-analysis of randomized controlled trials." *Sports Med* **45**(2): 279-296.
 17. **Ashor**, A. W., J. A. Lovegrove, J. A. Martinez, W. H. Saris, M. Gibney, Y. Manios, I. Traczyk, C. A. Drevon, H. Daniel, E. R. Gibney, L. Brennan, J. Bouwman, K. A. Grimaldi, J. C. Mathers, M. Siervo, J. Lara, A. Jajja, A. Sutyarjoko, A. W. **Ashor**, K. Brandt, O. Qadir, J. C. Mathers, N. Benjamin, P. G. Winyard, C. Anning, A. Shore and M. Gilchrist (2015). "Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis." *Obes Rev* **47**: 97-105.
 18. **Ashor**, A. W., O. M. Shannon, A. D. Werner, F. Scialo, C. N. Gilliard, K. S. Cassel, C. J. Seal, D. Zheng, J. C. Mathers and M. Siervo (2020). "Effects of inorganic nitrate and vitamin C co-supplementation on blood pressure and vascular function in younger and older healthy adults: A randomised double-blind crossover trial." *Clin Nutr* **39**(3): 708-717.
 19. **Ashor**, A. W., M. Siervo, J. Lara, C. Oggioni, S. Afshar and J. C. Mathers (2015). "Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials." *Br J Nutr* **113**(8): 1182-1194.
 20. **Ashor**, A. W., M. Siervo, J. Lara, C. Oggioni and J. C. Mathers (2014). "Antioxidant vitamin supplementation reduces arterial stiffness in adults: a systematic review and meta-analysis of randomized controlled trials." *J Nutr* **144**(10): 1594-1602.
 21. **Ashor**, A. W., M. Siervo, F. van der Velde, N. D. Willis and J. C. Mathers (2016). "Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids." *Clin Nutr* **35**(3): 626-637.
 22. **Ashor**, A. W., A. D. Werner, J. Lara, N. D. Willis, J. C. Mathers and M. Siervo (2017). "Effects of vitamin C supplementation on glycaemic control: a systematic review and meta-analysis of randomised controlled trials." *Eur J Clin Nutr* **71**(12): 1371-1380.
 23. Cheng, H. M., G. Koutsidis, J. K. Lodge, A. **Ashor**, M. Siervo and J. Lara (2017). "Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis." *Atherosclerosis* **257**: 100-108.
 24. Cheng, H. M., G. Koutsidis, J. K. Lodge, A. W. **Ashor** and M. Siervo (2019). "Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence." *Crit Rev Food Sci Nutr* **59**(1): 141-158.
 25. Clifford, T., A. Babateen, O. M. Shannon, T. Capper, A. **Ashor**, B. Stephan, L. Robinson and J. P. O'Hara (2019). "Effects of inorganic nitrate and nitrite consumption on cognitive function and cerebral blood flow: A systematic review and meta-analysis of randomized clinical trials." **59**(15): 2400-2410.
 26. Hadi, N. A. and A. W. **Ashor** (2010). "Nigella Sativa Oil Lotion 20% vs. Benzoyl Peroxide Lotion 5% in the Treatment of Mild to Moderate Acne Vulgaris." *Iraqi Postgraduate Medical Journal* **9**(4).
 27. Hussin, A. M., A. W. **Ashor**, I. Schoenmakers, T. Hill, J. C. Mathers and M. Siervo (2017). "Effects of vitamin D supplementation on endothelial function: a systematic review and meta-analysis of randomised clinical trials." *Eur J Nutr* **56**(3): 1095-1104.
 28. Khalaf, K. M., M. S. Khudhair and A. W. **Ashor** (2019). "Vitamin B12 status and peripheral neuropathy in patients with type 2 diabetes mellitus." *J Pak Med Assoc* **69**(Suppl 3)(8): S40-s44.
 29. Kimble, R., P. Gouinguenet, A. **Ashor**, C. Stewart, K. Deighton, J. Matu, A. Griffiths, F. C. Malcomson, A. Joel, D. Houghton, E. Stevenson, A. M. Minihane and M. Siervo (2022). "Effects of a mediterranean diet on the gut microbiota and microbial metabolites: A systematic review of randomized controlled trials and observational studies." 1-22.
 30. Lara, J., A. W. **Ashor**, C. Oggioni, A. Ahluwalia, J. C. Mathers and M. Siervo (2016). "Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis." *Eur J Nutr*

- 55(2): 451-459.
31. Lara, J., I. Ogbonmwan, C. Oggioni, D. Zheng, O. Qadir, A. **Ashor**, K. Brandt, J. C. Mathers and M. Siervo (2015). "Effects of handgrip exercise or inorganic nitrate supplementation on 24-h ambulatory blood pressure and peripheral arterial function in overweight and obese middle age and older adults: A pilot RCT." Maturitas **82**(2): 228-235.
 32. Livingstone, K. M., C. Celis-Morales and J. Lara (2015). "Associations between FTO genotype and total energy and macronutrient intake in adults: a systematic review and meta-analysis." **16**(8): 666-678.
 33. Oggioni, C., D. G. Jakovljevic, M. Klonizakis, A. W. **Ashor**, A. Ruddock, M. Ranchordas, E. Williams and M. Siervo (2018). "Dietary nitrate does not modify blood pressure and cardiac output at rest and during exercise in older adults: a randomised cross-over study." Crit Rev Food Sci Nutr **69**(1): 74-83.
 34. Qadir, O., J. Lara, M. Siervo, M. Siervo, J. Lara, S. Chowdhury, A. **Ashor**, C. Oggioni and J. C. Mathers (2015). "Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis." J Hum Hypertens **113**(1): 1-15.
 35. Shannon, O. M., A. W. **Ashor**, F. Scialo and G. Saretzki (2021). "Mediterranean diet and the hallmarks of ageing." **75**(8): 1176-1192.
 36. Shannon, O. M., J. C. Mathers, K. A. Hussein Al-Ansary, M. S. Khudhair and A. W. **Ashor** (2021). "The correlation of pro- and anti-inflammatory markers with glycaemic indices in healthy participants and in patients with type 2 diabetes mellitus." Crit Rev Food Sci Nutr **71(Suppl 8)**(12): S72-s76.
 37. Shannon, O. M., I. Mendes, C. Köchl, M. Mazidi, A. W. **Ashor**, S. Rubele, A. M. Minihane, J. C. Mathers and M. Siervo (2020). "Mediterranean Diet Increases Endothelial Function in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." Clin Med Insights Endocrinol Diabetes **150**(5): 1151-1159.
 38. Siervo, M., C. Oggioni, D. G. Jakovljevic, M. Trenell, J. C. Mathers, D. Houghton, C. Celis-Morales, A. W. **Ashor**, A. Ruddock, M. Ranchordas, M. Klonizakis and E. A. Williams (2016). "Dietary nitrate does not affect physical activity or outcomes in healthy older adults in a randomized, cross-over trial." Nutr Res **36**(12): 1361-1369.
 39. Siervo, M., F. Scialò, O. M. Shannon, B. C. M. Stephan and A. W. **Ashor** (2018). "Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research." Proc Nutr Soc **77**(2): 112-123.
 40. Stevenson, E., B. C. M. Stephan, A. M. Minihane, M. Siervo, J. C. Mathers, L. C. R. Pereira, O. M. Shannon, M. Mazidi, A. M. Babateen, A. W. **Ashor**, B. C. M. Stephan and M. Siervo (2021). "Relationship between urinary nitrate concentrations and cognitive function in older adults: findings from the NHANES survey." Eur J Clin Nutr **72**(6): 805-815.