



**Huda Mohamad Ismail Abo-Elfadl**  
Associate Professor of Biochemistry  
Ph.D. in Biochemistry & Nutrition

## Professional Summary

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Dynamic lecturer with successful experience in the biochemistry and nutrition fields. Possessing excellent administrative, verbal communication, and written skills along with constructive and effective teaching methods that promote a stimulating learning environment. Able to work independently and as part of a team and can successfully work to tight schedules and deadlines.

## Education and academic background

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- 2017: **Ph.D. of Science**, Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.
- 2013: **Masters** of Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.
- 2009: **Bachelor of Science**, Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.

## Occupational background

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- 2023: **Associate Professor** of Biochemistry, Faculty of Women, Ain Shams University, Egypt.
- 2017: **Lecturer** of Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.
- 2013: **Assistant lecturer** of Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.
- 2010: **Demonstrator** of Biochemistry and Nutrition, Faculty of Women, Ain Shams University, Egypt.

## Contact Information

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**Address:**

Faculty of women, Heliopolis, Cairo, Egypt.

Postal code: 11757

**Phone:**

+201111947450

**Email:**

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huda.mohamad2010@yahoo.com

**Country:**

Egypt

## Languages

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- Arabic (mother language)
- English (very good)

## Skills

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- Highly motivated
- Organizational skills
- Lesson planning
- Classroom & E-learning
- Academic advisement
- Effective Presentation skills
- Time management
- Faculty Collaboration
- Scientific research
- Scientific writing.
- Work independently and as part of a team.
- Work to tight schedules and deadlines

## Experience

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- Having more than 6 years of experience in theoretical lecturing and up to 14 years of experience in academic lecturing (including practical sections).
- Able to use advanced teaching tools including, data show, presentation, and interactive screen.
- Able to use current tools of E-learning including Zoom and Microsoft Teams.
- Wrote and modernized course specifications in biochemistry and nutrition.
- Effective academic and scientific writing skills using Microsoft Office tools; Word, PowerPoint, Excel, and Forms.
- Supervising several Masters and Doctorate theses.
- Involved in developing course specifications and curriculum development for the Bachelor and postgraduate programs.
- Worked as programs coordinator of postgraduate programs.
- Able to use several bioanalytical techniques including spectrophotometers.
- Able to use molecular biology techniques such as DNA/RNA extraction, PCR, and gel-electrophoresis.
- Have experience in food analysis using several techniques such as protein and fat extraction.
- Statistical analysis using SPSS.
- Have experience in applying therapeutic nutrition practically.
- Wrote and published several scientific articles in Scopus and WOS-indexed journals.
- Organization of seminars, conferences, and workshops.
- Membership of various committees in the college.

## Personal Information

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**Gender:**

Female

**Nationality:**

Egyptian

**Birth date:**

1-7-1988

**Marital status:**

Married

**Number of dependences:**

Three children

**Age of dependence:**

Twins born at 26-6-2018

The last one born at 25-2-2021

## Three Referee:

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- **Gehan M. Morsy**, Associate Professor of biochemistry, Faculty of Women, Ain Shams University, [morsy.gehan67@gmail.com](mailto:morsy.gehan67@gmail.com), +201125119911
- **Nora Elsheikh**, Professor of nutrition, Faculty of Women, Ain Shams University, [elsheikh\\_nora@yahoo.com](mailto:elsheikh_nora@yahoo.com), +201000353845
- **Soha Nassar**, Lecturer of biochemistry and nutrition, Faculty of Women, Ain Shams University, [bio\\_2010s@yahoo.com](mailto:bio_2010s@yahoo.com), +201015965633

## Teaching Experience in theory and laboratory classes

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- Involved in teaching several theoretical and practical courses in biochemistry and nutrition fields relevant to undergraduate and postgraduate programs.
- Wrote and developed several course materials including specifications, matrix, assignments, and exams.
- Able to apply E-learning systems using the developed faculty and university platforms (Moodle and ASU2Learn) along with the use of virtual labs, virtual microscope, social media (WhatsApp), Microsoft 365 applications (teams, stream, forms), and Zoom application.
- The use of variable learning and assessment methods (including online systems) for student educational evaluation (Discussion, Presentation, assignments, oral exams, written exams, & online exams).

### Theoretical Courses Taught

- Teaching Biochemistry and metabolic disorders for Pre-Ph.D students.
- Teaching Functional genomics for Pre-Ph.D students.
- Teaching Chemistry of tumors for Diploma of analytical biochemistry students.
- Teaching Genetic biochemistry disorders for Diploma of analytical biochemistry students.
- Teaching Nutritional Biochemistry for Diploma of Diet Therapy students.
- Teaching Medical biochemistry for Diploma of medical microbiology students.
- Teaching Human Nutrition (1) for 3<sup>rd</sup> level undergraduate students.
- Teaching Genetic Nutrition for 3<sup>rd</sup> level undergraduate students.
- Teaching Food Quality and control for 3<sup>rd</sup> level undergraduate students.
- Teaching Chemistry of Tumors for 3<sup>rd</sup> level undergraduate students.
- Teaching Basics of biochemistry for 2<sup>nd</sup> level undergraduate students.
- Teaching Analytical chemistry for 2<sup>nd</sup> level undergraduate students.
- Teaching Genetic engineering for 2<sup>nd</sup> level undergraduate students.

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### Practical Courses Taught

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| <ul style="list-style-type: none"><li>• Biochemistry</li><li>• Clinical biochemistry</li><li>• Human physiology</li><li>• Human Nutrition</li><li>• Therapeutic nutrition</li><li>• Nutrition throughout life cycle</li><li>• Basics of biochemistry</li><li>• Human physiology</li><li>• Cytology</li></ul> | <ul style="list-style-type: none"><li>• Food quality and control</li><li>• Food analysis</li><li>• Analytical chemistry</li><li>• Food microbiology</li><li>• Organic chemistry</li><li>• General chemistry</li><li>• Metabolism of protein, carbohydrates and fats</li><li>• Medical biochemistry</li></ul> |
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## Published Original Research Articles

Title	Journal
Impact of Different Dietary Components on Gene Expression of Leptin and Adiponectin in Adipose Tissue of Obese Rats (First author & corresponding author)	International Journal of Biochemistry Research & Review. 15(2): 1-15, 2016
Neuro-Protective Impact of Rutin Against Methionine-Induced Hyperhomocysteinemia in Rat Model (First author)	Systematic Reviews in Pharmacy;11(12):1042-1051, (2020)
The chondroprotective role of pecans (carya illinoensis) and pistachio (pistacia vera) against experimentally induced animal model of knee osteoarthritis (Co-author)	EurAsian Journal of BioSciences 14, 1221-1231 (2020)
Omega-3 Rich Oils Attenuate ADHD-like behaviour Induced by Dietary Monosodium Glutamate in Rats (Co-author & Corresponding author)	Pakistan Journal of Biological Sciences; 24(8):868-880,2021
Moringa, Rosemary and Purslane Leaves Extracts Alleviate Metabolic Syndrome in Rats Induced by High Fat-High Fructose Diet. (Co-author)	Pakistan Journal of Biological Sciences; 24: 1022-1033,2021
Comparative Study of Native or Nano Quercetin on Epigenetic Modification and Nephropathy Biomarkers post Challenges in Diabetic Hamsters. (Co-author)	Journal of Pharmaceutical Research International, 33(33B):140-153, 2021
Targeting Endoplasmic Reticulum Stress, Nrf-2/HO-1 and NF-κB by Myristicin and its Role in Attenuation of Ulcerative Colitis in Rats (First author & corresponding author)	<b>Life Sciences, 311 (2022) 121187</b>
Thymol Nanoemulsion Altered DNA and ATP Production through Oxidative Toxicity in Male and Female Reproductive Organs (Co-author & Corresponding author)	Azerbaijan medical journal, Volume 62, Issue 09, 4535- 4551, 2022
Attenuation of MMP-9 and fibronectin expression by Eugenol nanoemulsion in bleomycin-induced pulmonary fibrosis (First author & Corresponding author)	Teikyo medical journal, Volume 45, Issue 09, 7385- 7400, 2022
Altered Insulin , IRS/PI3K/AKT/mTOR Signaling, ACE2 and Angiotensin II, Correlating with Vitamin K Status and Severity in Metabolically Disordered COVID 19 Egyptian patients (First author & Corresponding author)	Egypt. Acad. J. Biolog. Sci., 15(2):453-469 (2023)
Tumor Growth, Glycolytic and Cell Cycle Inhibitory Effects of Ketogenic Diet in Ehrlich Solid Tumor-Bearing Female Mice (Co-author)	Egyptian Journal of Chemistry, published online 22 may 2024 <a href="https://doi.org/10.21608/EJCHEM.2024.279337.9512">10.21608/EJCHEM.2024.279337.9512</a>

## Participation in funded projects

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Participated in the COVID-19 Research Project of the Faculty of Women for Arts, Science, and Education, with an applied research proposal (Acting as the principal investigator of the research) funded by Ain Shams University.

## Social Accounts and IDs

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- <https://orcid.org/0000-0002-3567-6030>
- **Scopus ID:** 57223448686 (Ismail Abo El-Fadl, Huda M.)
- **Web of Science Researcher ID:** GYA-2612-2022
- <https://scholar.google.com.eg/citations?hl=ar&imq=Huda+Mohamad+Ismail+Abo+El-fadl&user=eLbQwBAAAAAJ>
- <https://www.researchgate.net/profile/Huda-Ismail-Abo-El-Fadl>
- <https://www.linkedin.com/in/huda-mohamad-ismail-abo-el-fadl-52456413a/>

## H-Index and i10-index

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- Google Scholar h-index: **3**
- Google scholar i10-index: **1**
- Scopus h-index: **3**

## Peer-Review Activities in International Journals

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- **Life Sciences;** Elsevier publisher, ISSN: 1879-0631, indexed in Scopus and Web of Science (Q1).
- **International Journal of Biological Macromolecules;** Elsevier publisher, indexed in Scopus and Web of Science (Q1).
- **Beni-Suef University Journal of Basic and Applied Sciences;** Springer, ISSN: 2314-8543, indexed in Web of Science (Q2).
- **Journal of Experimental Pharmacology;** Dove Medical Press Ltd., ISSN: 1179-1454, indexed in Scopus (Q2).
- **Cell biochemistry and function;** Wiley, ISSN:1099-0844, indexed in web of science (Q3)
- **Egyptian journal of chemistry;** Egyptian Chemical Society, ISSN2357-0245, indexed in Scopus (Q3).

## Supervision of Masters and Ph.D. Theses

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- I have supervised 2 Ph.D. & one MSc graduated students and supervising 2 Ph.D. and 2 MSc students.
- **Ph.D. Theses Entitled:**
  - Comparative Study of Native or Nano Quercetin on Epigenetic Modification and Nephropathy Biomarkers post Challenges in Diabetic Hamsters.
  - Impact of Moringa, Rosemary and Purslane leaves aqueous extracts on metabolic syndrome induced by high fat high fructose diet in rats.
  - Metabolic response, Genetic and Immunological Impacts of Resistant Starch Diet in Malnourished Elderly Rats.
  - Proteo-Genomic Effects of High Inulin Fiber Intake and Magnesium Supplementation on Brain-Gut Microbiota Axis in Parkinson's Disease Induced Experimentally.
- **Masters Theses Entitled:**
  - A Comparative study of Fish, Walnuts and Fenugreek oils on Attention Deficit Hyperactivity Disorder (ADHD)-like behavior induced by Monosodium glutamate in Rats.
  - Effect of Quinoa and Moringa seeds extracts on neurotoxicity induced by titanium dioxide nanoparticles in rats.
  - Effect of ketogenic diet and/or  $\gamma$ -radiation on Ehrlich solid carcinoma in female mice.

## Participation in Faculty Environmental service and community development

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- Participate in assessing the nutritional and health status and dissemination of nutritional awareness among female college students through participation in a workshop entitled (Evaluating the health status and improving nutritional awareness of women) at Faculty of women - Ain Shams University.
- Participation in evaluating the nutritional and health status of female college students by measuring weight and height and body mass index in the "Physical Measurements" workshop at the Faculty of women - Ain Shams University.
- Giving an educational lecture to raise the awareness of the importance of nutrition to improve the psychological state entitled (Food and Mood - and Mood) for college students at Faculty of women - Ain Shams University.
- Participation in the eighth annual conference of Biochemistry and Nutrition Department by presenting a lecture entitled (Your food is your medicine for anemia) in the Faculty of Women - Ain Shams University.
- Participation in delivering an awareness seminar in the comprehensive development convoy in the village of Bahada, Al-Qanater Charity Center, Governorate Qalyub, Egypt, within the activities of the Environmental service and community development Affairs at the Faculty of Women - Ain Shams University.
- Participate in spreading food and health education among college students through participating in a workshop entitled (Your health is in the health of your food) presented to college students and members at the Faculty of Women - Ain Shams University.

## Certifications

Year	Certificate
2013	Attendance of the 11th Annual Congress of Medical Sciences- Medical Research between Theory & applications: Challenges and Innovations
2013	Attendance of 10th annual Conference "Diabetes: Gut and Liver" - Managing Diabetes & Liver Disease Association Guidelines (Consensus) Development
2013	Masters of Biochemistry and Nutrition
2014	Attendance of training program about principles of application tests of molecular biology
2014	Attendance of the scientific conference on "Molecular biology and malignancy updates"
2014	Thanks and appreciation for your participation in the activities of the 11th environmental festival at the college
2014	Attendance of the 18th Pan Arab Conference on Diabetes
2015	Attendance of the 12th Annual conference "Diabetes: Gut and liver"
2015	For participation in the organization of the 5th scientific conference of biochemistry and nutrition department
2016	Attendance of a workshop about "Quality control and quality assurance"
2016	Attendance of workshop about "introduction to chromatography (GC, HPLC, IC)"
2016	Participation in the organization of the 6th scientific conference of biochemistry and nutrition department
2019	Attendance of workshop about " Elsevier Research & Health Solutions "
2019	Attendance of workshop about "Egyptian knowledge bank training program"
2019	Attendance of seminar about "food quality control"
2019	Participation in the organization of the 7th scientific conference of biochemistry and nutrition department
2019	Thanks and appreciation for the fruitful efforts and outstanding performance in supporting and enhancing the Quality Assurance unit in the faculty
2020	Attending the 16th annual international conference "The Egyptian Society of Experimental Biology"

## Certifications (continued)

Year	Certificate
2020	Attendance of workshop about " Digital signature"
2020	Attendance of webinar entitled " Impact of nutrition in enhancement of immunity during and post Covid-19"
2020	Attendance of online workshop about "Question banks"
2020	Attendance of webinar entitled " Enhance your research with Elsevier: Discover the solutions"
2020	Attendance of webinar entitled " Tips and tricks to write and apply a successful research proposal"
2020	Attendance of workshop about "E-learning"
2020	Attendance of webinar entitled " How to select the right journal to submit your manuscript"
2020	Attendance of workshop about " Microsoft teams"
2021	Attendance of workshop about "Towards a Deeper Research Impact "A Smart Method to Target your Readers when Publishing"
2021	Attendance of Badr University in Cairo 1st Conference of Pharmaceutical Sciences
2021	Attendance of 2nd NRC International Conference on Science and Sustainable Development, an online conference under the theme of "Scientific Research, Technology & Innovation for Knowledge Creation"
2021	Attendance of the nature conference on "waste management and valorisation for a sustainable future", Seoul, Korea
2021	Attendance of online workshop about "Preparation and quality of course content on the electronic platform"
2021	Attendance of online workshop entitled " How to use camtasia studio"
2021	Participation and organization of the 8th scientific conference of biochemistry and nutrition department
2021	Participation in the College's week of science by a workshop about "Evaluation of health status and improvement of nutritional awareness in women"
2021	Attendance of online webinar entitled " Real-time PCR assay: Principle and Applications"
2021	Attendance of the 3rd Egyptian International Conference on Microbiota & Microbiome in Health and Diseases
2021	Attendance of the online workshop about: استخدام التقنيات التكنولوجية الحديثة لزيادة الثقة بالنفس بالمحاضرات عن بعد
2022	Attendance of Nature Research Academies workshop "Systematic Reviews and Meta-analyses"

## Certifications (continued)

Year	Certificate
2022	Attendance of online webinar entitled “ Radiation Hazards and safety in healthcare”
2022	Attendance of “ The perfect sampling techniques by using SPSS statistics program and how to deal with parametric and nonparametric variables”
2022	Attendance of workshop entitled “An Introduction to Data Analysis and Artificial Intelligence”
2022	Attendance of webinar entitled “Towards research excellence with Elsevier: Identify Trending research topics and find grants in your research area of interest”
2022	Attendance of the 8th annual conference of faculty of women for arts, science and education
2022	Attendance of workshop entitled “Planning a successful world class research article”
2022	Attendance of workshop entitled “Sustainable Development Goals in Higher Education”
2022	Attendance of workshop entitled “Developing a Research Strategy”
2022	Attendance of workshop entitled “Organization of conferences”
2022	Attendance of the National Nutrition Institute conference at the “International Week of breastfeeding 2022”
2023	Attendance of workshop titled “Preparation of effective presentation using Prezi”
2023	Attendance of webinar titled “Uses of artificial intelligence tools to develop scientific research and generate research ideas”
2023	Attendance of workshop titled “The Ultimate Guide to under-weight Management”
2024	Attendance of the educational course (20 h.) about “Bioinformatics”
2024	Attendance of the online training session on “writing professional responses to editor and reviewer’s report”
2024	Attendance of the online international webinar entitled “ Biotechnology and genetic engineering”