

Manal Mohammed Alem

Nationality: Saudi

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Dammam 31478
Saudi Arabia

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Current Position **Assistant Professor of Clinical Pharmacology**
Dept. of Pharmacology
College of Medicine
Alfaisal University
Riyadh, KSA
Sept 1st, 2013-Present
“Consulting Service”

Qualifications

MRCP (UK), Membership of the Royal College of Physicians
Royal College of Physicians of Edinburgh
Edinburgh, UK
Nov, 22nd, 2007

Doctor of Philosophy (Ph.D.)
Division of Cardiovascular and Medical Sciences
University of Glasgow
Glasgow, UK
Dec, 2nd, 2005

King Faisal University Diploma (Internal Medicine) (KFUD)
Dept. of Internal Medicine
King Fahd Hospital of the University
Al Khobar, KSA
Sept, 2000

M.B.B.S.
College of Medicine
King Faisal University
Dammam, KSA
Aug, 1st, 1995

Posts & Professional Experience

Assistant Professor of Clinical Pharmacology

Dept. of Pharmacology
College of Medicine
University of Dammam
Dammam, KSA
Nov 17th, 2007-Present

Assistant Professor of Clinical Pharmacology

Dept. of Pharmaceutical Sciences
College of Pharmacy
Princes Nora bint Abdulrahman University
Riyadh, KSA
Feb 18th, 2012-Feb 6th, 2013
“Consulting Service”

Honorary Senior House Officer (Internal Medicine)

Division of Cardiovascular and Medical Sciences
Western Infirmary, Glasgow, UK
February 2006- March 2007

Honorary Research Fellow

Division of Cardiovascular and Medical Sciences
University of Glasgow, UK
January 2006 until December 2006

Ph.D. student

Clinical Researcher in Cardiovascular Pharmacology
Division of Cardiovascular and Medical Sciences
Western Infirmary, Glasgow, UK
October 2001- December 2005

MSc. Student

Clinical Pharmacology
Division of Cardiovascular and Medical Sciences
Western Infirmary, Glasgow, UK
October 2000- September 2001

Resident (Internal Medicine)
Department of Internal Medicine
King Fahd Hospital of the University
Al Khobar, KSA
October 1998- September 2000

Demonstrator
Department of Pharmacology
College of Medicine
King Faisal University
Dammam, KSA
October 1996- October 2007

Intern
King Fahd Hospital of the University
Al Khobar, KSA
October 1995- September 1996

Administrative Experience

Vice Dean for Students Affairs University of Dammam, KSA
Mar 8th, 2008- Feb, 15th, 2012

Member of the Curriculum Committee College of Medicine
University of Dammam, KSA
Aug, 24th, 2009-Oct, 22nd, 2011

Member of the Pharmacy and Therapeutic Committee
King Fahd Hospital of the University
University of Dammam, KSA
Sept, 12th, 2009- Sept 1st, 2013

Participation in International and National Conferences

Participation in International conferences

Conference	Date	Location	Type of participation
23rd European meeting on Hypertension & Cardiovascular protection	14-17 th June, 2013	Milan, Italy	Attendance
Artery 12 th , 12 th European Conference of the Association for Research into Arterial Structure and Physiology	18-20 th Oct, 2012	Vienna, Austria	Attendance
Artery 11 th , 11 th European Conference of the Association for Research into Arterial Structure and Physiology	13-15 th Oct, 2011	Paris, France	Attendance
The 19th European Society of Hypertension Meeting	12-16 th June, 2009	Milan, Italy	Attendance
14 th European Stroke Conference	25-28 May, 2005	Bologna, Italy	Poster presentation
The 32 nd British Hypertension and Vascular Research Group Meeting	January, 2005	Gleneagles-Scotland, UK	Oral presentation
Artery 4 4 TH European Conference of the Association for Research into Arterial Structure and Physiology	October, 2004	London, UK	Poster presentation
The American Diabetes association- 64th Scientific Sessions	June, 2004	Orlando, Florida, USA	Poster presentation
The 14 th European Society of Hypertension Meeting	June, 2004	Paris, France	Poster presentation

Participation in National Meetings

Meeting	Date	Location	Type of Participation
The Saudi International Conference for Medical Technology	29-30 th Sept, 2013	King Abdulaziz city for Science & technology KACST , Riyadh, KSA	Attendance
Teaching skills in the 21 st century "Deanship of Education Development workshops"	17-20 th Feb, 2013	University of Dammam, KSA	Attendance
Strengthening leadership & faculty collaboration in the 21 st century university "PNU workshop series"	22 nd -24 th Sept, 2012	Princess Nora University Riyadh, KSA	Attendance
A beginner's Guide to Endnote X5 "PNU workshop series"	28 th May, 2012	Princess Nora University Riyadh, KSA	Attendance
Performance indicators and benchmarking "PNU workshop series"	20-21 st Mar, 2012	Princess Nora University Riyadh, KSA	Attendance
"National Olympiad for Scientific Creativity" King Abdulaziz & his Companions Foundation for Giftedness & Creativity	18 th -19 th Mar, 2012	Riyadh, Saudi Arabia	Jury
"National Olympiad for Scientific Creativity" King Abdulaziz & his Companions Foundation for Giftedness & Creativity	23-27 th Mar, 2011	Dammam, KSA	Jury
The Preparatory Meeting for the Second Scientific Conference for Ministry of Higher Education Students	29-30 th Dec, 2010	University of Dammam, KSA	Jury
"Women's Health Meeting"	11-14 th April, 2010	University of Dammam, KSA	Chairperson of a session

Research Interests

- Interested in Cardiovascular risk factors in general and arterial stiffness parameters and endothelial dysfunction, specifically. Arterial stiffness is now recognized as an independent cardiovascular risk factor, and with the development of **SphygmoCardiography** technique, it became feasible to assess it in different populations. I was trained on using SphygmoCor 2000 machine to measure *Augmentation Index* and *Pulse Wave Velocity* as arterial stiffness parameters in interventional clinical trials, however; I am very keen to learn and implement new techniques into my cardiovascular research.
- **Peer reviewer** for *British Journal of Obstetrics and Gynaecology*
Dec, 2005-present

Current research

Effect of Allopurinol on arterial stiffness indices in patients with chronic heart failure
King Fahd Hospital of University, Al Khubar, Saudi Arabia.
Sponsored by Deanship of Scientific Research, University of Dammam

Future professional plans

Establish a Cardiovascular research unit and to investigate different cardiovascular risk factors in Saudi population with regard to arterial stiffness and endothelial dysfunction.

Teaching Experience

- Involved primarily in teaching basic, systemic and clinical pharmacology courses to 3rd,4th and 5th year medical students. Lectures as well as clinical cases discussion were used.
- Involved in teaching pharmacology to other students such as; Clinical Pharmacy, Nursing, Physiotherapy as well as Respiratory therapy.
- Participated in teaching pharmacology to postgraduate nursing students, such as; higher diploma in Midwifery and Intensive care.
- Trained and participated in problem based learning to medical students

Publications

1- Comparison of the effects of diuretics on blood pressure and arterial stiffness in patients with stroke

J stroke and cerebrovascular disease. 2008; Nov; 17(6): 373-377

M Alem, P Milia, S Muir, K Lees, M Walters

2- Angiotensin-II receptor blockers: their place in hypertension

Prescriber. 2007 Aug; 18 (15): 24-29

Manal Alem and Henry Elliott

3- Inhibition of nitric oxide increases arterial stiffness in type 2 diabetic patients

Diabetic Med. 2007 Jul; 24 (7): 803-804

M Alem, S Cleland, F Nazir, M Small, M Walters

4- Blunted response to systemic nitric oxide synthase inhibition in the cerebral circulation of patients with type 2 diabetes

Diabetic Med. 2006 April; 23 (4): 398-402

F Nazir, **M Alem**, M Small, J Connell, M Walters, S Cleland

5- Comparison of the effect of diuretics on carotid blood flow in stroke patients

J Cardiovasc Pharmacol. 2006 Mar; 47 (3):446-469

P Milia, S Muir, **M Alem**, K Lees, M Walters

6- AIIAS: their place in hypertension, nephropathy and heart failure

Prescriber. 2004 Jul; 15 (14): 14-21

Manal Alem and Henry Elliott

Memberships:

1- Member of the European society of Hypertension
June, 2009-present

2- Member of the Artery society
The association for research into arterial structure and physiology
January 2009- present

3- Member of the Royal College of Physicians of Edinburgh
Edinburgh, UK
February 2008-present

References: *available upon request*