**Curriculum Vitae**

**Dr. Asfandyar Khan Niazi.**

**MBBS. MRes (Health & Social care), MsPH (UK), MRCP (UK), SCE Neurology (UK).**

**Department of Neurology,**

**Shifa International Hospital,**

**Islamabad, Pakistan.**

[**niazi.asfand@gmail.com**](mailto:niazi.asfand@gmail.com)

**Education:**

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| **Degree** | **Institution** | **Year of Completion** |
| MBBS | Shifa College of Medicine, Pakistan | December, 2014 |
| Masters in Healthcare and Social Research | University of Dundee, UK | December, 2014 |
| Masters in Science – Public Health | University of London, UK | June, 2016 |
| MRCP UK  (Membership of Royal College of Physicians, UK) | Royal College of Physicians, UK | December, 2017 |
| Specialty Certificate Examination, Neurology (UK) | Royal College of Physicians, UK | June, 2019 |

**Work Experience:**

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| **Position Held** | **Institution** | **Duration** |
| House Officer | Pakistan Institute of Medical Sciences | February 2015 – February 2016 |
| Postgraduate Resident, Internal Medicine | Federal Government Polyclinic Hospital | June 2016 – June 2018 |
| Postgraduate Resident, Neurology | Shifa International Hospital, Islamabad, Pakistan | July 2018 – To date |

**Courses:**

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| **Courses** | **Date** |
| 11th Epilepsy Mini-fellowship Workshop | 30th August – 1st September, 2019 at Nathia Gali |
| 1st MENA-MYO practical teaching course in Myology | 12th – 14th October, 2019 at Dubai, UAE. |

**Editorial Experience:**

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| **Position** | **Date** |
| Freelance editor at Accdon | 2013-2021 |
| Freelance editor at TextCheck Inc. | 2020-2021 |
| Freelance editor at NAI | 2020-2021 |
| Editor-in-chief & Founding Editor of Healthcare in Low-Resource Settings | 2013 |
| Editor at Journal of Cancer Prevention & Current Research | 2019-2020 |
| Editor at Journal of Basic & Clinical Reproductive Sciences | 2017-2021 |
| Associate Editor at Journal of Basic and Clinical Reproductive Sciences | 2012-2021 |
| Associate Editor at Annals of Medicine & Health Sciences Research | 2014-2021 |

**Publications in peer reviewed journals:**

|  |  |  |
| --- | --- | --- |
| **Authors** | **Title of Article** | **Reference** |
| Noon MJ,. Khawaja HA, Ishtiaq O, Khawaja Q, Minhas S, **Niazi AK**, Minhas AMK, Malhi UR. | Fasting with diabetes: a prospective observational study | BMJ Global Health. 2016;1:e000009. |
| Khan HH, Assad S, Rahman MA, **Niazi AK.** | Rolipram: Eotaxin and phosphodiesterase IV inhibitor versus bronchial hyper-reactivity response | Adv Biomed Res. 2015 Oct 7;4:224. |
| DiNicolantonio JJ, Fares H, **Niazi AK,** Chatterjee S, D'Ascenzo F, Cerrato E, Biondi-Zoccai G, Lavie CJ, Bell DS, O'Keefe JH. | β-Blockers in hypertension, diabetes, heart failure and acute myocardial infarction: a review of the literature | Open Heart 2015;2: doi:10.1136/openhrt-2014-000230 |
| Sheikh A, **Niazi AK**, Ahmed MZ, Iqbal B, Anwer SMS, Khan HH. | The role of Wnt signaling pathway in carcinogenesis and implications for anticancer therapeutics. | Hered Cancer Clin Pract. 2014 Apr 22;12(1):13. |
| DiNicolantonio JJ, **Niazi AK**, Lavie CJ, Serebruany VL, Liberopoulos E, O’Keefe JH. | The Pros and Cons of Intensive Statin Therapy: A Review of the Literature. | Journal of clinical trial results 2015; 1:1. |
| Dinicolantonio JJ, Norgard NB, Meier P, Lavie CJ, O'Keefe JH, **Niazi AK**, Chatterjee S, Packard KA, D'Ascenzo F, Cerrato E, Biondi-Zoccai G, Bangalore S, Fuchs FD, Serebruany VL. | Optimal aspirin dose in acute coronary syndromes: an emerging consensus. | Future Cardiol. 2014 Mar;10(2):291-300. |
| Dinicolantonio JJ, **Niazi AK**, McCarty MF, Lavie CJ, Liberopoulos E, O'Keefe JH. | L-carnitine for the Treatment of Acute Myocardial Infarction. | Rev Cardiovasc Med. 2014;15(1):52-62. |
| Jadotte YT, Abdel Hay R, Salphale P, Mocellin S, Kumar S, **Niazi AK**, Pilati P. | Interventions for cutaneous sarcoidosis. | Cochrane  Database of Systematic Reviews 2013, Issue 11. Art. No.: CD010817. |
| **Niazi AK,** Bhutani J, Bhutani S, Niazi SK. | The revival of postpartum intrauterine contraceptive devices. | Archives of Gynecology and Obstetrics 2014; 10.1007/s00404-014-3160-5 |
| **Niazi AK**. | Increased risk of diabetes with statin use: reconsidering the use of high potency statins. | Advanced Biomedical Research 2014; 37113. |
| Bhutani J, Bhutani S, **Niazi AK**, Sawhney K. | The holy prasad: Healthier options. | Journal of Medical Nutrition and Nutraceuticals 2014; 3(1): 51-52. |
| **Niazi AK**, Sadaf R. | Measles epidemic in Pakistan: In search of solutions. | Annals of Medical and Health Sciences Research 2014; 4(1): 1-2. |
| Bhutani JK, Sheikh A, **Niazi AK** | Akt inhibitors: mechanism of action and implications for anticancer therapeutics | Infectious Agents and Cancer 2013, 8:49 |
| **Niazi AK**, Andelova M, Sprenger T. | Is the migrainous brain normal outside of acute attacks? Lessons learned from psychophysical, neurochemical and functional neuroimaging studies. | Expert Review of Neurotherapeutics 2013; 13(9): 1061-1067 |
| **Niazi AK**, DiNicolantonio JJ, Lavie CJ, O'Keefe JH, Meier P, Bangalore S. | Triple versus Dual Antiplatelet Therapy in Acute Coronary Syndromes: Adding Cilostazol to Aspirin and Clopidogrel. | Cardiology 2013;126:233-243. |
| DiNicolantonio JJ, Lavie CJ, **Niazi AK**, O’Keefe JH, Hu T. | Effects of Thiamine on Cardiac Function in Patients With  Systolic Heart Failure: Systematic Review and  Metaanalysis of Randomized, Double-Blind, PlaceboControlled Trials. | The Ochsner Journal 2013; 13(4): 1-6. |
| **Niazi AK**. | The diverse issues of healthcare in low-resource settings. | Healthcare in Low-resource Settings 2013; 1(1): e15. |
| DiNicolantonio JJ, **Niazi AK**, Sadaf R, O’ Keefe JH, Lucan SC, Lavie CJ | Dietary Sodium Restriction: Take It with a Grain of Salt | American Journal of Medicine 2013 Nov;126(11):951-5. |
| DiNicolantonio JJ, **Niazi AK**, Lavie CJ, O'Keefe JH, Ventura HO. | Thiamine Supplementation for the Treatment of Heart Failure: A Review of the Literature | Congestive Heart Failure 2013; 19(4): 214–222. |
| DiNicolantonio JJ, D'Ascenzo F, Tomek A, Chatterjee S, **Niazi AK**, Biondi-Zoccai G. | Clopidogrel is safer than ticagrelor in regard to bleeds: A closer look at the PLATO trial | International Journal of Cardiology (2013) doi: 10.1016/j.ijcard.2013.06.135 |
| DiNicolantonio JJ, **Niazi AK**, Lavie CJ, O’Keefe JH. | Problems With the American Heart Association Presidential  Advisory Advocating Sodium Restriction | American Journal of Hypertension (2013)  doi: 10.1093/ajh/hpt101 |
| **Niazi AK**, Kalra S. | Patient centered care in Islam: distinguishing between religious and sociocultural factors | Journal of Diabetes & Metabolic Disorders 2013; 12:30 |
| Islam A, Hanif A, Ehsan A, Arif S, Niazi SK, **Niazi AK**. | Morbidity from episiotomy | Journal of Pakistan Medical Association 2013; 63: 696 |
| **Niazi AK**, Kalra S. | Patient centred care in diabetology: an Islamic perspective from South Asia. | Journal of Diabetes & Metabolic Disorders 2012;11:30. |
| Ahmed W, Ali IS, Riaz M, Younas A, Sadeque A, **Niazi AK**, Niazi SH, Ali SHB, Azam M, Qamar R. | Association of ANRIL polymorphism (rs1333049:C>G) with myocardial infarction and its pharmacogenomics role in hypercholesterolemia. | Gene 2013;515(2):416-420. |
| **Niazi AK**, Kalra S. | Diabetes and tuberculosis: a review of the role of optimal glycemic control. | Journal of Diabetes & Metabolic Disorders 2012; 11:28. |
| Assad S, **Niazi AK**, Assad S. | Health and Islam. | J Midlife Health 2013; 4(1): 65. |
| DiNicolantonio JJ, **Niazi AK**, O’Keefe JH, Lavie CJ. | Explaining the Recent Fish Oil Trial “Failures”. | J Glycomics Lipidomics 2012; 2:4. |
| Kalra S, Baruah MP, **Niazi AK**. | Degludec: A novel basal insulin. | Recent patents on endocrine, metabolic and immune drug discovery 2012;6(1): 18-23. |
| **Niazi AK**, Niazi SH. | A novel strategy for the treatment of diabetes mellitus - sodium glucose co-transport inhibitors. | North Am J Med Sci. 2010; 2(12): 556-560. |
| **Niazi AK**, Niazi SK. | Mindfulness-based stress reduction: a non-pharmacological approach for chronic illnesses. | North Am J Med Sci 2011; 3(1): 20-23. |
| **Niazi AK**, Niazi SK. | Endocrine effects of Fukushima: radiation- induced endocrinopathy. | Ind J Endo Metabol. 2011;15(2): 91-95. |
| **Niazi AK**. | Role of medical students in creating awareness regarding diabetes. | Int J Clin Cas Inves. Mar 2011; 2(2): 6-9. |
| **Niazi AK.** | Lingering industry influence on tobacco regulations. | Canadian Medical Association Journal DOI:10.1503/cmaj.109-4547 |
| **Niazi AK**, Kalra S, Irfan A, Islam A. | Thyroidology over the ages. | Indian J Endocr Metab 2011;15:121-6 |
| Lodhi O, **Niazi AK**, Niazi SK, Islam A. | Recent developments in pathogenesis of PCOS. | Int J Clin Cases Investig 2011; 3(2): 32-40. |
| **Niazi AK**, Niazi SK. | A grand dame with hidden aces: Non-diabetic uses of insulin. | Ind J Endo Met 2012;16(1): S57-S59. |
| **Niazi AK**. | Cadavers. | Student British Medical Journal. (28 April 2011) DOI: 10.1136/sbmj.d19 |
| **Niazi AK**. | More than just a figure; a visit to an Urban slum. | Asian Stud Med J. 2010;3:7 |
| Mushahid A, Irfan A, **Niazi AK**. | Do Energy Drinks With Active Ingredient Taurine Enhance Concentration Span and Short-term Memory. | Rawal Med J 2012; 37(2): 228-232. |
| **Niazi AK**, Niazi Sk. | Need for Ramadan guidelines in various aspects of health. | Indian J Endocr Metab 2012; 16(4): 663-664. |
| **Niazi AK**, Niazi SK, Baber A. | Nutritional programmes in Pakistan: a review. | J Med Nutr Nutraceut 2012; 1(2): 98-100. |
| **Niazi AK**, Niazi SK, Islam A, Assad S, Qadeer K, Hiba N. | How heart (un)healthy is the Facebook diet. | J Med Nutr Nutraceut 2012; 1(2): 115-116. |
| **Niazi AK**, Noon MJ. | Obstacles to the psychosocial management of diabetes in Pakistan. | J Social Health and Diabetes 2013; 1(2): 100-101. |
| Khan HH, **Niazi AK,** Ghazanfar H, Khan GH, Chaudhry MA, Khan ZH, Assad S, Khan LH, Qureshi MO, Orakzai SH. | Use of complementary and alternative medicine in orthopedic patients in Pakistan: A cross-sectional study. | RMJ. 2015; 40(3): 294-298 |

**Poster Presentations:**

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| **Poster Title** | **Conference** | **Organizers** |
| Thrombophilia profile in young patients with acute ischemic stroke in a tertiary care hospital in Pakistan | UK Stroke Forum Conference, 3rd - 5th December 2019, The International Centre, Telford | Stroke Association, UK |
| Causes of acute ischemic stroke in young patients: a retrospective chart review | UK Stroke Forum Conference, 3rd - 5th December 2019, The International Centre, Telford | Stroke Association, UK |
| Decompressive hemicraniectomy for cerebral venous sinus thrombosis: a single center experience | UK Stroke Forum Conference, 3rd - 5th December 2019, The International Centre, Telford | Stroke Association, UK |
| Causes of acute ischemic stroke in the young Pakistani population. | 26th National Neurology Conference held on March 29 - 31, 2019 | Pakistan society of Neurology |
| Seizures and stroke: tip of the iceberg? | 13th Annual Neurology Research Day held on August 24th, 2019 | Shifa International Hospital/Shifa College of Medicine |
| Use of Complementary and Alternative Medicine by the patients attending the outpatient orthopedic department of a tertiary care center in Islamabad, Pakistan. | 3rd Annual Scholars Day. 2009. | Shifa International Hospital/Shifa College of Medicine |
| Do energy drinks with Taurine enhance concentration span and short-term memory? | 6th Annual Neurology Research day for medical students and residents. 19th May 2012. | Shifa International Hospital/Shifa College of Medicine |

**Book chapters:**

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| **Chapter title** | **Book title** | **URL** |
| Public Policy of ALS: A Pakistani perspective. | Public Policy in ALS/MND care. | https://link.springer.com/chapter/10.1007/978-981-15-5840-5\_15 |
| Stroke, seizure and migraine: A management dilemma. | Puzzling cases in stroke. | https://www.amazon.com/Puzzling-Cases-Stroke-Mohan-Mehindiratta/dp/9383989157 |
| Seizure and Stroke: tip of the iceberg? | Puzzling cases in stroke. | https://www.amazon.com/Puzzling-Cases-Stroke-Mohan-Mehindiratta/dp/9383989157 |

**Grants:**

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| **Grants** | **Awarding department** |
| Center of Arab Genomic Studies (CAGS) Fellowship | Center of Arab Genomic Studies, UAE. |
| Neuro-cognitive effects of Taurine. | Department of Neurology, Shifa International Hospital, Islamabad, Pakistan. |
| Neurological adverse effects of Mefloquine. | Department of Neurology, Shifa International Hospital, Islamabad, Pakistan. |

**Awards:**

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| **Awards** | **Details** |
| Best member | Best member of the department of Neurology at Shifa International Hospital for October 2018 |
| Best poster presentation. | 13th Annual Neurology Research Day held on August 24th, 2019.  Shifa International Hospital/Shifa College of Medicine. |
| Best oral abstract presentation. | 6th Annual Neurology research day for medical students and residents.  Department of Neurology, Shifa International Hospital, Islamabad, Pakistan. |
| Best poster presentation. | 3rd annual scholars day. Shifa College of Medicine, Islamabad, Pakistan. |

**Publications in Newspapers:**

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| --- | --- | --- |
| **Title of article** | **Name of newspaper** | **Link** |
| You & the rest of Pakistan should have been tested for HIV years ago | The Express Tribune (with the International New York Times) | http://tribune.com.pk/story/947236/you-the-rest-of-pakistan-should-have-been-tested-for-hiv-years-ago/ |
| Lingering industry influence on tobacco regulations | Canadian Medical Association Journal (News section) | http://www.cmaj.ca/content/early/2013/07/29/cmaj.109-4547.full.pdf |