Dr. Sofia Urner

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Brief Personal Profile

- Full-time freelance scientific and medical writer with a specialization in medical communications
- Molecular biologist with a Ph.D. (*summa cum laude)* and 4.5 years of postdoctoral experience
- Extensive knowledge in cardiovascular diseases, diabetes, and diabetic complications
- Author of scientific publications (e.g., first-author in *EMBO Journal*, co-author in *Nature*, 3 first-author reviews, co-author book chapter) and successful applicant of grants (of around 55.000€)
- Winner of the Edens Prize 2019 for outstanding scientific work in cardiovascular research
- International working experience (6 months in the USA, 5 months in Australia)
- Soft skills: Project and time management, leadership, collaboration, problem-solving, flexibility, and attention to detail

Work Experience and Education

07/2022 - present	**Freelance Scientific and Medical Writer** at Dr. Sofia Urner – Scientific & Medical Writing, Düsseldorf, Germany
02/2019 - 07/2022	**Postdoc** at the Institute for Clinical Diabetology (Prof. Dr. Michael Roden), Diabetic Nephropathy (Prof. Dr. Karin Jandeleit-Dahm), German Diabetes Center (DDZ) in Düsseldorf, Germany Responsibilities: Establishment & management of a research group; Project on new therapeutic strategies in the prevention & treatment of diabetic nephropathy
	International research visits (01/2020 - 02/2020; 04/2019 - 07/2019) at the Department of Diabetes (Prof. Dr. Karin Jandeleit-Dahm, Prof. Dr. Mark Cooper), The Alfred Centre, Monash University, Melbourne, VIC, Australia
02/2018 - 12/2018	**Postdoc** at the Institute for Metabolic Physiology (Prof. Dr. Eckhard Lammert), Heinrich Heine University (HHU) Düsseldorf, Germany
10/2013 - 02/2018	**Ph.D. in Biology** (*Summa cum laude*) at the Institute for Metabolic Physiology (Prof. Dr. Eckhard Lammert), HHU Düsseldorf, Germany Thesis: 'Role of integrin-linked kinase (ILK) in VEGFR3 signaling and lymphatic vascular growth'
	International research visit (07/2016 - 12/2016) at the Department for Biomedical Engineering (Prof. Dr. Shayn Peirce-Cottler), University of Virginia, Charlottesville, VA, USA
10/2011 - 09/2013	**Master of Science (M.Sc.)** in Biology (Grade: 1.25), HHU Düsseldorf Master thesis at the Institute for Metabolic Physiology
10/2008 - 09/2011	**Bachelor of Science (B.Sc.)** in Biology (Grade: 1.5), HHU Düsseldorf

Grants and Prizes

02/2021	General project funding by the German Diabetes Society (DDG), 12.000 €
02/2021	Training and Feasibility Grant (TFG) by the German Diabetes Center, 15.000 €

11/2020	Funding for project-related personal exchange and research stays in Australia 2021-2022 by the German Academic Exchange Service (DAAD), 23.914 €
06/2020	Edens Prize 2019 for outstanding scientific work in cardiovascular research, Eberhard-Igler-Stiftung, HHU Düsseldorf, 10.000 €
04/2019 - 07/2019	Heine Research Academies (HeRA) travel grant for postdoctoral research stays abroad, HHU Düsseldorf, 4.500 €
09/2012 - 09/2013	Grant Deutschlandstipendium 'Chancen nutzen' by HHU Düsseldorf, 3.600 €

Memberships, Responsibilities, and Qualifications

03/2023 - present	Member of the European Medical Writers Association (EMWA) and American Medical Writers Association (AMWA)
06/2021 - 07/2022	Ombudsperson for good scientific practice at the German Diabetes Center
11/2020 - 07/2022	Project leader of an ethically approved research project according to the Protection of Animal Act (§ 8 Abs. 1 Tierschutzgesetz, TierSchG)
11/2020 - present	Member of the German Diabetes Society (Dt. Diabetes Gesellschaft, DDG)
06/2019 - 12/2019	Member of the European Association for the Study of Diabetes e.V. (EASD)
02/2019 - present	Member of the Interdisciplinary Graduate and Research Academy Düsseldorf (iGRAD) for Postdocs, HHU Düsseldorf
10/2014 - 07/2016	Member of the Selma Meyer Mentoring Program for female scientists, HHU Düsseldorf
01/2014 - 12/2016	Member of the International Research Training Group 1902 (IRTG1902), Deutsche Forschungsgemeinschaft (DFG), HHU Düsseldorf
05/2013 - 12/2016	Participation in Workshops including Good Scientific Practice, Scientific Presenting and Discussing, Scientific Image Processing and Analysis, Statistics for Medical Scientists, Scientific English Training, Leadership, Conflict and Team Management, Intercultural Communication, Lab animal training
Languages	German (native), English (fluent), Russian (fluent), Italian (beginner)

Supervision and Teaching

Supervision	1 Ph.D. Molecular Medicine (expected 2023); 1 M.Sc. Biology (2017); 2 B.Sc. Biology (2020, 2015); 2 Lab Technicians (2020-2022; 2016)
Teaching	M.Sc. Biology Class "Molecular Cell Biology of Inner Organs" (2014-2018); B.Sc. Biology Class "Physiological and Cellular Interfaces" (2014)

Selected Conferences and Presentations

05/2022	53rd European Medical Writers Association (EMWA) Conference, Berlin – *Participation*
09/2019	55th Annual Meeting of the European Association for the Study of Diabetes (EASD), Barcelona, Spain – *Participation*

06/2019	Central Clinical School Scientific Seminar, The Alfred Centre Medical Precinct, Monash University, Melbourne, VIC, Australia – *Invited oral presentation*
04/2019	ISN World Congress of Nephrology, Satellite Symposia on Diabetic Nephropathy, Melbourne, VIC, Australia – *Participation*
09/2017	DFG evaluation for IRTG1902, HHU Düsseldorf, Germany – *Oral and poster presentation*
11/2016	19th International Vascular Biology Meeting, Boston, MA, USA – *Poster presentation*

Publications

Urner S (2022): Good or bad – how does coffee influence our health? *Medical Writing 31(3):83-85*.

Jha CJ, Garzarella J, Charlton A, Dai A, **Urner S**, Ostergaard J, Okabe J, Holterman CE, Skene A, Power D, Ekinci EI, Coughlan M, Schmidt H, Cooper M, Touyz RM, Kennedy C, Jandeleit-Dahm K (2022): NAPDH oxidase-NOX5 exaggerates renal inflammation and fibrosis in diabetes independent of NOX4 by activating redox-sensitive pathways. *Diabetes 71(6):1282-1298*.

Aboolian A, **Urner S**, Roden M, Jha JC, Jandeleit-Dahm K (2022): Diabetic kidney disease – From pathogenesis to novel treatment possibilities. *Handb Exp Pharmacol 274:269-307*.

Jandeleit-Dahm K, **Urner S** (2021): Diabetische Nephropathie bei den neuen Diabetessubphänotypen. *Der Diabetologe 17:3-10*.

Maalmi H, Herder C, Strassburger K, **Urner S**, Jandeleit-Dahm K, Zaharia OP, Karusheva Y, Bongaerts BWC, Rathmann W, Burkart V, Szendroedi, Roden M (2020): Biomarkers of inflammation and glomerular filtration rate in individuals with recent-onset type 1 and type 2 diabetes. *J Clin Endocrinol Metab 105(12):dgaa622*.

Urner S*, Ho F*, Jha J, Ziegler D, Jandeleit-Dahm K (2020): NOX inhibition: Pre-clinical and clinical studies in diabetic complications. *Antioxid Redox Signal 33(6):415-434*. (*Equal contribution)

Urner S*, Planas-Paz L*, Hilger L, Henning C, Branopolski A, Kelly-Goss M, Stanczuk L, Pitter B, Montanez E, Peirce SM, Mäkinen T, Lammert E (2019): Identification of integrin-linked kinase as a critical regulator of VEGFR3 signalling and lymphatic vascular growth. *EMBO J 38(2):e99322.* (*Equal contribution)

Lorenz L*, Axnick J*, Buschmann T, Henning C, **Urner S**, Fang S, Nurmi H, Eichhorst N, Holtmeier R, Bodis K, Hwang JH, Müssig K, Eberhard D, Stypmann J, Kuss O, Roden M, Alitalo K, Häussinger D, Lammert E (2018): Mechanosensing by β1 integrin induces angiocrine signals for liver growth and survival. *Nature 562(7725):128-132.* (*Equal contribution)

Urner S, Kelly-Goss M, Peirce SM, Lammert E (2018): Mechanotransduction in blood and lymphatic vascular development and disease. *Adv Pharmacol 81:155-208*.

Neufeld S, Planas-Paz L, Lammert E (2014): Blood and lymphatic vascular tube formation in mouse. *Semin Cell Dev Biol 31:115-23.*