

## **Biographical**

**Name:** Nuha Abd Al Majeed Al-Wardat

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**Address:** Alramtha-Jordan

**Date of Birth:** 16/05/1990

**Place of Birth:** Alrmtha-Jordan

**Nationality:** Jordan

## **Education**

- 1) Doctor of Philosophy (Ph.D.) in Biological Sciences- Molecular Biology, February 2020, University of Rome Tor Vergata, Rome-Italy.
- 2) Bachelor of science in Biology, 2012, Yarmuk University, Irbid- Jordan

*Title of PhD dissertation:* Influences of Lipedema on quality of life, psychological status and genetics

## **Academic Experiences**

**Research Assistant:** Department of Clinical Nutrition and Nutrigenomics, University of Rome Tor Vergata, Rome-Italy (October 2016- December 2019).

Responsibilities: conduct research project related to biological sciences filed (collect, enter and analyze data).

**Teaching Assistant,** Department of Biomedicine and Prevention, Faculty of Medicine and Surgery and Faculty of Pharmacy, University of Rome Tor Vergata, Rome-Italy (2016-2019).

**Laboratory Supervisor:** Department of Biomedicine and Prevention, Faculty of Medicine and Surgery, University of Rome Tor Vergata, Rome-Italy (October 2016 - December 2019).

Responsibilities:

- Performed Polymerase chain reaction (PCR) technique for the departments research projects
- Contribute to molecular biology team efforts in the nutrigenomics department and other projects as they arise.
- Prepare data summaries and present results in weekly meetings if necessary.
- Keep an accurate and up-to-date notebook documenting lab results.

## **PROFESSIONAL SKILLS**

- Excellent team working skills, good at problem solving and able to quickly recognize and flag-up issues when they arise
- Demonstrate effective leadership skills and work successfully independently and in cross-functional teams, as needed
- Support validation of new methods and verification of existing methods where appropriate
- Ability and willingness to publish a basic research and scientific literature, to learn advanced molecular biology techniques, to master biomedical assays and problem-solving skills
- Prior technical research experience in academia or industry
- Leadership, supervisory, project management, and program management skills

## **Publications**

- 1) Di Renzo L, Gualtieri P, **Alwardat N**, De Santis G, Zomparelli S, Romano L, Marchetti M, Michelin S, Capacci A, Piccioni A, Costacurta M. The role of IL-6 gene polymorphisms in the risk of lipedema. *European Review for Medical and Pharmacological Sciences*. 2020 Mar 1;24(6):3236-44.
- 2) **Alwardat N**, Di Renzo L, Alwardat M, Romano L, De Santis GL, Gualtieri P, Carrano E, Nocerino P, De Lorenzo A. The effect of lipedema on health-related quality of life and psychological status: A narrative review of the literature. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2020 Aug;25(4):851-6.
- 3) **Alwardat N**, Di Renzo L, de Miranda RC, Alwardat S, Salimei PS, De Lorenzo A. Association between hypertension and metabolic disorders among elderly patients in North Jordan. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2018 Sep 1;12(5):661-6.
- 4) Abenavoli L, Di Renzo L, Boccuto L, **Alwardat N**, Gratteri S, De Lorenzo A. Health benefits of Mediterranean diet in nonalcoholic fatty liver disease. *Expert review of gastroenterology & hepatology*. 2018 Sep 2;12(9):873-81.
- 5) **Alwardat N**, Di Renzo L, De Lorenzo A. Comment on “The gut microbiome profile in obesity: a systematic review”. *International journal of endocrinology*. 2018;2018.
- 6) **Alwardat N**, Di Renzo L, Alwardat S, Sinibaldi SP, De Lorenzo A. Comments on: "Effect of resveratrol on lipid profile: An updated systematic review and meta-analysis on randomized clinical trials". *Pharmacological research*. 2018.

- 7) **Alwardat N**, Di Renzo L, De Lorenzo A. Comments on:“Oral Vitamin B 12 Supplementation After Roux-en-Y Gastric Bypass: a Systematic Review”. Obesity surgery. 2018 Jul 1;28(7):2056-7.
- 8) Alwardat M, **Alwardat N**. Comment on:“Effects of interventions with a physical activity component on bone health in obese children and adolescents: a systematic review and meta-analysis”. Journal of bone and mineral metabolism. 2018 Mar 30:1-2.
- 9) Kavvadia M, Santis GL, **Alwardat N**, Cascapera S, Lorenzo AD. Psychobiotics as integrative therapy for neuropsychiatric disorders with special emphasis on the microbiota-gut-brain axis. Biomed. Prev. 2017;2(8).

### References

<b>Reference</b>	<b>E-Mail</b>	<b>Institution</b>
<b>Prof. Antonino Di Lorenzo, MD, Ph.D.</b>	<b>delorenzo@uniroma2.it</b>	<b>University of Rome Tor Vergata</b>
<b>Prof. Laura Di Renzo, Ph.D.</b>	<b>laura.di.renzo@uniroma2.it</b>	<b>University of Rome Tor Vergata</b>
<b>Prof. Paola Sinibaldi, Ph.D.</b>	<b>Paola.sinibaldi@uniroma2.it</b>	<b>University of Rome Tor Vergata</b>