

CURRICULUM VITAE

Firdos Ahmad, PhD

Associate Professor

Basic Medical Sciences

College of Medicine

University of Sharjah, Sharjah, UAE

E-mails: fahmad@sharjah.ac.ae

Phone # +971 6 505 7752

Professional Experience

Associate Professor College of Medicine, University of Sharjah, Sharjah, UAE	2023- Present
Associate Professor College of Health Sciences, Abu Dhabi University, Abu Dhabi, UAE	2023- 2023
Associate Professor College of Medicine, University of Sharjah, Sharjah, UAE	2021- 2022
Assistant Professor College of Medicine, University of Sharjah, Sharjah, UAE	2017- 2021
Assistant Professor Division of Cardiovascular Medicine, Vanderbilt University, Nashville, TN, USA	2014- 2016
Post-Doctoral Fellows Center for Translational Medicine, Temple University, Philadelphia, PA, USA	2012- 2014
Post-Doctoral Fellow Department of Medicine, Thomas Jefferson University, Philadelphia, PA, USA	2009- 2012
Senior Research Fellow All India Institute of Medical Sciences, New Delhi, India	2008- 2009
Visiting Scientist (Prof. Gunther Landbeck Fellow) University Medical Center Eppendorf, Hamburg, Germany	2007- 2008
Junior Research Fellow All India Institute of Medical Sciences, New Delhi, India	2004- 2007

Research area:

Molecular Cardiology, Genetics, Cell and Molecular Biology, Thrombosis and Hemostasis, Biomarkers

Education

Ph. D. (Clinical Genetics, Hematology): All India Institute of Medical Sciences, New Delhi, India

M.Sc. (Toxicology): Hamdard University, New Delhi, India, 2004

B.Sc. (Biology, Chemistry): Lucknow University, Lucknow, India, 2000

Administrative experience:

1. Coordinator of Neuroscience unit in MBBS program: Sep 2018- Aug 2021
2. Co-coordinator of Neuroscience unit in MBBS program: Sep 2021- Present
3. Co-coordinator of Special Senses & Neuropsychiatry Unit in MBBS program: Sep 2017- Aug 2018
4. Coordinator of Basic Medical Sciences Seminar series: Sept 2018 – Aug 2019, Sept 2023-Aug 2024

Member of University & College Committees:

1. Animal Care and Use Committee, University of Sharjah (Nov 2017-2022, Aug, 2023- Present)
2. Research Committee of College of Medicine, University of Sharjah (Oct 2017-2022, 2023- Present)
3. Student success committee of College of Medicine, University of Sharjah (Aug, 2025- Present)
4. Promotion committee of College of Medicine, University of Sharjah (Sep 2024- Aug, 2025)
5. Curriculum committee College of Medicine University of Sharjah (Sep 2019- Aug 2021)
6. Program Evaluation & Educational Quality Assurance & Accreditation (Sep 2021- Dec 2022)
7. College of Medicine Annual Research Day committee (Jan-Feb 2019)
8. Served several other promotion and recruitment-related sub-committees

Honors/Awards

- **Paul Dudley White International Scholar award** from American Heart Association for Highest Ranked Abstract from UAE at AHA's BCVS Scientific Session, August 2021.
- **Pier M. Mannucci Young Investigator award** for research article "Relative contribution of STIM1 and CalDAG-GEFI to calcium-dependent platelet activation and thrombosis. *J Thromb Haemost.* 2011;9(10):2077-86" as one of the best-published articles in 2011
- **U.S. New Investigator Travel Award** from Boston International Society of Thrombosis and Hemostasis (ISTH) Committee for high-rated research abstract for XXIII conference of ISTH held (July 23-28th 2011) in Kyoto Japan (conference not attended)
- **American Society of Hematology (ASH) Travel Award** by ASH committee 2010 for high-rated research abstract at the annual meeting held (Dec 4-7, 2010) in Orlando, Florida, USA
- **Developing World Scientist award** by 22nd International Society of Thrombosis and Hemostasis (ISTH) committee, meeting held (July 11th-16th 2009) in Boston, USA
- **Reach the world Young Scientist award** by 54th Annual Committee Meeting of the Scientific and Standardization Committee (SSC) of the International Society of Thrombosis and Hemostasis (ISTH) held (July 2nd-5th 2008) in Vienna, Austria
- **Prof. Guenther Landbeck Fellowship award** by University Medical Center Eppendorf, Hamburg, Germany (Sept 2007-March 2008)

Publications:

1. **Ahmad F**, Marzook H, Idris M, Dawuod OI, Srinivas M, Karim A, Saleh MA, Qaisar R. GSK-3 α regulates miRNAs associated with transcriptional and metabolic processes in human cardiomyocytes under hypoxia. *Biochem J.* 2025;482:1321-1336. [IF= 4.3], Scopus, SJR (**Q1**)
 2. Taneera J, Huwajjah HS, Qannita R, Alalami A, Dib A, AlHajji A, Alhajji A, El-Tahrawi R, Saleh MA, Ramadan MM, Ibrahim AS, **Ahamd F**, Hamad M. The Association between β -Thalassemia Major and Cardiac Complications: Recent Insights. *Curr Cardiol Reviews* 2025; in press. [IF= 2.2], Scopus, SJR (**Q2**)
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3. Qaisar R, Khan I, Khattak A, Iqbal S, **Ahmad F**, Karim A. Semaglutide Use is Associated with Neuromuscular Junction Degradation in Older Adults with Type II Diabetes Mellitus. *Br J Clin Pharmacol* 2025; *in press*. [IF= 3.0], Scopus, SJR (Q1)
4. Fayyaz K, Saeed ud Din M, usnain Bashir H, **Ahmad F**, Barrow CJ, Khalid N. Personalized Nutrition Biomarkers and Dietary Strategies for Atherosclerosis Risk Management: A Systematic Review. *Nutrients* 2025, *17(17)*, 2804. [IF= 5.0], Scopus, SJR (Q1)
5. Gouda NA, Zhakupova A, Abdelaal AM, **Ahmad F**, Elkamhawy A. The interplay involving oxidative stress and autophagy: Mechanisms, implications, and therapeutic opportunities. *Exp Mol Pathol*. 2025;143:104989. [IF= 3.7], Scopus, SJR (Q1)
6. **Ahmad F**, Karim A, Khan J, Qaisar R. Irisin Predicts Cardiac Contractile and Postural Dysfunction in Patients with Chronic Heart Failure. *Arch Med Res*. 2025;56(5):103203. [IF= 3.4], Scopus, SJR (Q1)
7. Khan SA, Ranade A, Karim A. **Ahmad F**, Rawas-Qalaji MM, Qaisar R. Curcumin Nanoparticles Alleviate Bronchial Epithelial Atrophy and ER Stress in a Novel Mouse Model of Concomitant Hypoxia and Simulated Microgravity. *J Drug Deliv Sci Technol*. 2025;111:107093. [IF= 4.9], Scopus, SJR (Q1)
8. Qaisar R, Karim A, Muhammad T, Alkahtani SA, **Ahmad F**. The interface of a leaky gut with neuromuscular junction degradation; implications for severe sarcopenia. *J Clin Densitom*. 2025;28(4):101618. [IF= 1.6], Scopus, SJR (Q2)
9. Qaisar R, Srinivas M, Gul MT, Khan AA, Ranade A, Jose J, Ramachandran G, Ebby S, **Ahmad F**, Karim A. Mesenchymal stem cell transplant as an intervention to ameliorate disuse-induced muscle atrophy in a mouse model of simulated microgravity. *Acta Astronautica* 2025;226; 275 – 282. [IF= 3.4], Scopus, SJR (Q1)
10. Qaisar R, Burki A, Karim A, Ustrana S, **Ahmad F**. Angiotensin Receptor Blockers Improve Sarcopenia-related Quality of Life by Repairing Intestinal Leak in Patients with Chronic Kidney Disease. *SN Comprehen Clin Med* 2025; *7(1)*;97.
11. **Ahmad F**, Karim A, Khan J, Qaisar R. ACE inhibitors attenuate circulating CAF22 and physical decline in congestive heart failure: Diagnostic implications of CAF22. *Br J. Clin Pharmacol*. 2025; *91(2)*:409-419. [IF= 3.0], Scopus, SJR (Q1)
12. Khan SA, Jose J, Ramachandran G, Rawas-Qalaji M, Ranade A, Karim A, **Ahmad F**, Qaisar R. Effects of concomitant hypoxia and simulated microgravity on skeletal muscle, liver, and lungs in a novel experimental mouse model. *Acta Astronautica* 2025; *232*, 580 – 587. [IF= 3.4], Scopus, SJR (Q1).
13. Qaisar R, Karim A, Alkahtani SA, Khan IU, **Ahmad F**. The improvement in muscle function following statin withdrawal might involve the repair of the neuromuscular junction. *Br J Clin Pharmacol*. 2025;91(8):2458-2468. [IF= 3.0], Scopus, SJR (Q1)
14. Qaisar R, Karim A, Muhammad T, **Ahmad F**, Marinho DA, Arkadianos I, Alkahtani S. The Interface of a Leaky Gut with Reduced Sarcopenia-Related Quality of Life (SarQoL) in Patients with Chronic Obstructive Pulmonary Disease. *Int J Chron Obstruct Pulmon Dis*. 2025 Jun 24;20:2049-2059. [IF= 3.5], Scopus, SJR (Q1)
15. Qaisar R, Iqbal MS, **Ahmad F**, Karim A. Oral butyrate improves postural balance by repairing leaky gut in geriatric adults. *Gait Posture*. 2025;121:370-376. [IF= 2.4], Scopus, SJR (Q1)

16. Qaisar R, Hussain MA, Franzese F, Karim A, **Ahmad F**, Awad A, Alsaeed M, Alkahtani SA. The simple task of lifting five kilograms serves as a predictor of age-related disorders in old adults. *Sci Rep*. 2025;15(1):17833. [IF= 3.9], Scopus, SJR (Q1)
17. Qaisar R, Hussain MA, Karim A, **Ahmad F**, Awad A, Alsaeed M, Alkahtani SA. Cystatin-c / total cholesterol ratio as a predictor of probable sarcopenia in geriatric population from 12 European countries. *Aging Clin Exp Res*. 2025;37(1):94. [IF= 3.4], Scopus, SJR (Q2)
18. **Ahmad F**, Karim A, Khan J, Qaisar R. Circulating osteonectin predicts postural imbalance and cardiac dysfunction in heart failure. *Vascul Pharmacol*. 2025;158:107468. [IF= 3.5], Scopus, SJR (Q2)
19. Qaisar R, Zuhra H, Karim A, **Ahmad F**. Butyrate improves handgrip strength and physical performance by reducing intestinal leak in post-menopausal women, a randomized controlled trial. *Eur J Nutr*. 2025;64(3):141. [IF= 4.3], Scopus, SJR (Q1)
20. Karim A, Hussain MA, **Ahmad F**, Qaisar R. Predictors of Osteoarthritis in Older Europeans: Insights From the SHARE Survey. *Musculoskeletal Care*. 2025 Jun;23(2):e70093. [IF= 1.6], Scopus, SJR (Q1)
21. Qaisar R, Hussain MA, Franzese F, Karim A, **Ahmad F**, Awad A, Alkahtani SA. Accelerometry 24-hour movement behaviours and health markers in the European old population: iso-temporal substitution regression. *Arch Public Health*. 2025;83(1):4. [IF= 3.2], Scopus, SJR (Q1)
22. Qaisar R, Karim A, Iqbal MS, Alkahtani SA, **Ahmad F**. Associations of plasma Neurofilament light chain with sarcopenia and physical capacity in patients with Alzheimer's diseases. *Acta Neurol Belg*. 2025. In press. [IF= 2.1], Scopus, SJR (Q2)
23. Karim A, Khan HA, **Ahmad F**, Qaisar R. Butyrate (short-chain fatty acid) alleviates lipopolysaccharide-binding proteins and improves physical function in knee osteoarthritis patients. *Int J Biol Macromol*. 2025;307(Pt 2):142017. [IF= 8.5], Scopus, SJR (Q1)
24. Karim A, Iqbal MS, Khan HA, **Ahmad F**, Qaisar R. Plasma zonulin levels forecast sarcopenia and physical performance in patients with knee osteoarthritis. *Geriatr Nurs*. 2025;62(Pt A):115-122. [IF= 2.4], Scopus, SJR (Q1)
25. Leary PJ, Lindstrom M, Johnson CO...**Ahmad F** et al., Global, regional, and national burden of pulmonary arterial hypertension, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet Respir Med*. 2025 Jan;13(1):69-79. [IF= 32.8], Scopus, SJR (Q1)
26. **Ahmad F**, Qaisar R. Nicotinamide riboside kinase 2: A unique target for skeletal muscle and cardiometabolic diseases. *Biochim Biophys Acta: Mol Basis Dis*. 2024;1870(8):167487. [IF= 4.2], Scopus, SJR (Q1)
27. Marzook H, Gupta A, Jayakumar MN, Saleh MA, Tomar D, Qaisar R, **Ahmad F**. GSK-3 α -BNIP3 axis promotes mitophagy in human cardiomyocytes under hypoxia. *Free Radic Biol Med*. 2024; 221:235-244. [IF= 8.2], Scopus, SJR (Q1)
28. Karim A, Khan HA, Iqbal MS, **Ahmad F**, Qaisar R. Probiotics' supplementation alleviates disease severity and improves postural balance by repairing intestinal leak in patients suffering from osteoarthritis: A double-blinded clinical trial. *Br J Nutr*. 2024;132(12):1602-1610. [IF= 3.0], Scopus, SJR (Q2)
29. Karim A, Waheed A, **Ahmad F**, Qaisar R. Metformin effects on plasma zonulin levels correlate with enhanced physical performance in osteoarthritis patients with diabetes. *Inflammopharmacology*. 2024 Oct;32(5):3195-3203. [IF= 5.3], Scopus, SJR (Q1)

30. Qaisar R, Hussain MA, Franzese F, Karim A, **Ahmad F**, Awad A, Al-Masri AA, Alkahtani SA. Predictors of the onset of low handgrip strength in Europe: a longitudinal study of 42,183 older adults from 15 countries. *Aging Clin Exp Res*. 2024 Aug 7;36(1):162. [IF= 3.4], Scopus, SJR (Q2)
31. Brauer M, Roth GA, Aravkin AY...**Ahmad F** et al., GBD 2021 Risk Factors Collaborators: Global burden and strength of evidence for 88 risk factors in 204 countries and 811 subnational locations, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):2162-2203. [IF= 88.5], Scopus, SJR (Q1)
32. **Ahmad F**, Gupta A, Marzook H, Saleh MA, Woodgett JR, Qaisar R. Natural compound screening predicts novel GSK-3 isoform-specific inhibitors. *Biochimie*. 2024; 225:68-80. [IF= 3.0], Scopus, SJR (Q2)
33. Qaisar R, Javed M, Khan IM, **Ahmad F**, Karim A. Metformin improves skeletal muscle and physical capacity by stabilizing neuromuscular junction in older adults. *Arch Gerontol Geriatr*. 2024 Jul 25;127:105587. [IF= 3.8], Scopus, SJR (Q1)
34. Hussain MA, Qaisar R, Karim A, **Ahmad F**, Franzese F, Awad A, Al-Masri AA, Alsaeed M, Alkahtani SA. Predictors of hip fracture in 15 European countries: a longitudinal study of 48,533 geriatric adults using SHARE dataset. *Arch Osteoporos*. 2024 Jul 18;19(1):60. [IF= 2.8], Scopus, SJR (Q1)
35. Qaisar R, Karim A, Iqbal MS, Muhammad T, **Ahmad F**, Alkahtani SA. The Pathology of Intestinal Mucosal Disruption; Implications for Muscle Loss and Physical Dependency from Late Adolescence to Octogenarians. *Int J Gen Med*. 2024 Dec 12;17:6117-6126. [IF= 2.8], Scopus, SJR (Q1)
36. Vollset SE, Ababneh HS, Abate YH...**Ahmad F** et al., GBD 2021 Forecasting Collaborators. Burden of disease scenarios for 204 countries and territories, 2022–2050: a forecasting analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):2204-2256. [IF= 88.5], Scopus, SJR (Q1)
37. Qaisar R, Karim A, Iqbal MS, **Ahmad F**, Hussain MA. Tracking the Plasma C-Terminal Agrin Fragment as a Biomarker of Neuromuscular Decline in 18- to 87-Year-Old Men. *Mol Diagn Ther*. 2024 Sep;28(5):611-620. [IF= 4.4], Scopus, SJR (Q1)
38. Qaisar R, Burki A, Karim A, Ustrana S, **Ahmad F**. The Association of Intestinal Leak with Sarcopenia and Physical Disability in Patients with Various Stages of Chronic Kidney Disease. *Calcif Tissue Int*. 2024, 115(2), pp. 132–141. [IF= 3.2], Scopus, SJR (Q1)
39. Qaisar R, Hussain S, Karim A, Muhammad T, Ustrana S, Azhar Hussain M, **Ahmad F**. A leaky gut contributes to postural imbalance in male patients with chronic obstructive pulmonary disease. *Clin Nutr ESPEN*. 2024; 62:157-163. [IF= 2.6], Scopus, SJR (Q2)
40. Ferrari AJ, Santomauro DF, Amirali Aali A...**Ahmad F** et al., GBD 2021 Diseases and Injuries Collaborators. Global incidence, prevalence, years lived with disability (YLDs), disability-adjusted life-years (DALYs), and healthy life expectancy (HALE) for 371 diseases and injuries in 204 countries and territories and 811 subnational locations, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):2133-2161. [IF= 88.5], Scopus, SJR (Q1)
41. Qaisar R, Iqbal MS, Karim A, **Ahmad F**. Resistance Exercise Reduces Sarcopenia by Repairing Leaky Gut in Patients With Alzheimer's Disease. *Arch Med Res*. 2024 Jun 15;55(5):103025. [IF= 3.4], Scopus, SJR (Q1)
42. Qaisar R, Hussain S, Burki A, Karim A, Muhammad T, **Ahmad F**. Plasma levels of Neurofilament light chain correlate with handgrip strength and sarcopenia in patients with chronic obstructive pulmonary disease. *Respir Investig*. 2024 Apr 24;62(4):566-571. [IF= 2.0], Scopus, SJR (Q2)

43. Qaisar R, Hussain S, Karim A, **Ahmad F**. Association of neuromuscular disjunction with cachexia in patients with gynecological cancers. *Arch Gerontol and Geriatrics Plus*. 2024; 1(3):100034.
44. Qaisar R, Burki A, Karim A, Iqbal MS, **Ahmad F**. Probiotics Supplements Improve the Sarcopenia-Related Quality of Life in Older Adults with Age-Related Muscle Decline. *Calcif Tissue Int*. 2024 Jun;114(6):583-591. [IF= 3.2], Scopus, SJR (Q1)
45. Naghavi M, Ong KL, Aali A ...**Ahmad F** et al., GBD 2021 Causes of Death Collaborators. Global burden of 288 causes of death and life expectancy decomposition in 204 countries and territories and 811 subnational locations, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):2100-2132. [IF= 88.5], Scopus, SJR (Q1)
46. Qaisar R, Karim A, Muhammad T, Iqbal MS, **Ahmad F**. Metformin Improves Sarcopenia-Related Quality of Life in Geriatric Adults: A Randomized Controlled Trial. *Arch Med Res*. 2024 Apr 13;55(4):102998. [IF= 3.4], Scopus, SJR (Q1)
47. Qaisar R, Khan IM, Karim A, Muhammad T, **Ahmad F**. Lipid-Lowering Medications are Associated with Reduced Sarcopenia-Related Quality of Life in Older Adults with Hyperlipidemia. *Drugs Aging*. 2024 May;41(5):443-453. [IF= 3.8], Scopus, SJR (Q1)
48. Khan S, **Ahmad F**, Khalid N. Applications of Strain-Specific Probiotics in the Management of Cardiovascular Diseases: A Systemic Review. *Mol Nutr Food Res*. 2024 Apr;68(8):e2300675. [IF= 4.2], Scopus, SJR (Q1)
49. Hussain MA, Qaisar R, Karim A, **Ahmad F**, Franzese F, Alsaad SM, Al-Masri AA, Alkahtani SA. Biomarkers of Physical and Mental Health for Prediction of Parkinson's Disease: A Population-Based Study from 15 European Countries. *Arch Med Res*. 2024 Apr;55(3):102988. [IF= 3.4], Scopus, SJR (Q1)
50. Schumacher AE, Kyu HH, Aali A ...**Ahmad F** et al., et al., GBD 2021 Demographics Collaborators. Global age-sex-specific mortality, life expectancy, and population estimates in 204 countries and territories and 811 subnational locations, 1950–2021, and the impact of the COVID-19 pandemic: a comprehensive demographic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):1989-2056. [IF= 88.5], Scopus, SJR (Q1)
51. Bhattacharjee NV, Schumacher AE, Aali A et al., GBD 2021 Fertility and Forecasting Collaborators. Global fertility in 204 countries and territories, 1950–2021, with forecasts to 2100: a comprehensive demographic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024;403(10440):2057-2099. [IF= 88.5], Scopus, SJR (Q1)
52. Qaisar R, Karim A, Tahir M, **Ahmad F**. Butyrate supplementation reduces sarcopenia by repairing neuromuscular junction in patients with chronic obstructive pulmonary disease. *Respir Med*. 2024 Feb;222:107510. [IF= 3.1], Scopus, SJR (Q1)
53. Qaisar R, Iqbal MS, Karim A, Tahir M, **Ahmad F**. A leaky gut contributes to reduced sarcopenia-related quality of life (SarQoL) in geriatric older adults. *Qual Life Res*. 2024 Feb;33(2):551-559. [IF= 2.7], Scopus, SJR (Q1)
54. Marzook H, Gupta A, Saleh MA, Patil K, Semreen MH, Hamoudi R, Soares NC, Qaisar R, **Ahmad F**. Nicotinamide riboside kinase-2 is essential for metabolic adaptation in the ischemic heart. *J Mol Med* 2023;101(3):311-326. [IF= 4.2], Scopus, SJR (Q1)
55. Mensah GA, Fuster V, Murray CJL, **Ahmad F**, Roth GA, et al., Global Burden of Cardiovascular Diseases and Risks, 1990-2022. *J Am Coll Cardiol*. 2023;82(25):2350-2473. [IF= 22.3], Scopus, SJR (Q1)

56. **Ahmad F**. Dietary Patterns and the Risk of Cardiovascular Diseases. *Nutr Health*. 2023;29(4):609-610. [IF= 1.4], Scopus, SJR (Q3)
57. **Ahmad F**, Marzook H, Gupta A, Aref A, Patil K, Khan AA, Saleh MA, Koch WJ, Woodgett JR, Qaisar R. GSK-3 α aggravates inflammation, metabolic derangement and cardiac injury post-ischemia/reperfusion. *J Mol Med* 2023; 101:1379–1396. [IF= 4.2], Scopus, SJR (Q1) (Journal Cover Page)
58. Kannan M, **Ahmad F**, Shankar EM. Editorial: Innate immunity: platelets and their interaction with other cellular elements in host defense and disease pathogenesis. *Front Immunol*. 2023;14:1292316. [IF= 5.9], Scopus, SJR (Q1)
59. **Ahmad F**, Karim A, Khan J, Qaisar R. Circulating H-FABP as a biomarker of frailty in patients with chronic heart failure. *Exp Biol Med (Maywood)*. 2023;248(16):1383-1392. [IF= 2.7], Scopus, SJR (Q2)
60. Qaisar R, Kamli H, Karim A, Muhammad T, **Ahmad F**, Shaikh A. Angiotensin receptor blockers restore skeletal muscle by stabilizing neuromuscular junction in patients with chronic obstructive pulmonary disease. *Arch Med Res*. 2023 Sep 21;54(7):102890. [IF= 3.4], Scopus, SJR (Q1)
61. **Ahmad F**, Karim A, Khan J, Qaisar R. Statin therapy induces gut leakage and neuromuscular disjunction in patients with chronic heart failure. *J Cardiovasc Pharmacol*. 2023 Sep 1;82(3):189-195. [IF= 2.2], Scopus, SJR (Q2)
62. Ranade A, Khan AA, Gul MT, Suresh S, Qaisar R, **Ahmad F**, Karim A. Suppression of endoplasmic reticulum stress reverses hindlimb unloading-induced hepatic cellular processes in mice. *Biochim Biophys Acta Gen Subj*. 2023 Sep;1867(9):130422. [IF= 2.2], Scopus, SJR (Q2)
63. Qaisar R, Karim A, Iqbal MS, **Ahmad F**, Shaikh A, Kamli H, Khamjan NA. A leaky gut contributes to postural dysfunction in patients with Alzheimer's disease. *Heliyon*. 2023;9(9):e19485. [IF= 3.6], Scopus, SJR (Q1)
64. Qaisar R, Hussain MA, Karim A, **Ahmad F**, Franzese F, Al-Masri AA, Alsaad SM, Alkahtani SA. The quality of life in Alzheimer's disease is not associated with handgrip strength but with activities of daily living-a composite study from 28 European countries. *BMC Geriatr*. 2023 Sep 4;23(1):536. [IF= 3.8], Scopus, SJR (Q1)
65. Qaisar R, Karim A, Muhammad T, Alkahtani SA, Kamli H, **Ahmad F**. Degradation of neuromuscular junction contributes to muscle weakness but not physical compromise in chronic obstructive pulmonary disease patients taking lipids-lowering medications. *Respir Med*. 2023;215:107298. [IF= 3.1], Scopus, SJR (Q1)
66. Qaisar R, Karim A, Iqbal MS, Alkahtani SA, **Ahmad F**, Kamli H. ACE Inhibitors Improve Skeletal Muscle by Preserving Neuromuscular Junctions in Patients with Alzheimer's Disease. *J Alzheimers Dis*. 2023;94(2):641-650. [IF= 3.1], Scopus, SJR (Q1)
67. Saleh MA, Shaaban AA, Talaat IM, Elmougy A, Adra SF, **Ahmad F**, Qaisar R, Elmoselhi AB, Abu-Gharbieh E, El-Huneidi W, Eladl MA, Shehatou G, Kafli HE. RhoA/ROCK inhibition attenuates endothelin-1-induced glomerulopathy in the rats. *Life Sciences*. 2023;323:121687. [IF= 5.1], Scopus, SJR (Q1)
68. **Ahmad F**, Karim A, Khan J, Qaisar R. Plasma Galectin-3 and H-FABP correlate with poor physical performance in patients with congestive heart failure. *Exp Biol Med (Maywood)*. 2023 Mar;248(6):532-540. [IF= 2.7], Scopus, SJR (Q2)

69. Ranade AV., Khan AA, Gul, MT, Jose J, Ramachandran G, Qaisar R, Karim A, **Ahmad F**, Abdel-Rahman WM. Pharmacological inhibition of endoplasmic reticulum stress mitigates testicular pathology in a mouse model of simulated microgravity. *Acta Astronautica*, 2023;204:466–476. [IF= 3.4], Scopus, SJR (Q1)
70. Maharana S, Roy CL, Kishore K, Ranjan R, **Ahmad F**, Mahapatra M, Saxena R, Kannan M. Depolarized mitochondrial membrane potential and elevated calcium in platelets of Sickle Cell Disease. *Indian J Hematol Blood Transfus*. 2023;39(4):565-571. [IF= 0.6], Scopus, SJR (Q3)
71. Shahzadi SK, Marzook H, Qaisar R, **Ahmad F**. Nicotinamide riboside kinase-2 inhibits JNK pathway and limits dilated cardiomyopathy in mice with chronic pressure overload *Clin Sci (Lond)*. 2022;136(2):181-196. [IF= 7.7], Scopus, SJR (Q1) (Journal Cover Page)
72. **Ahmad F**, Kannan M, Ansari AW. Role of SARS-CoV-2 -induced cytokines and growth factors in coagulopathy and thromboembolism. *Cytokine Growth Factor Rev*. 2022;63:58-68. [IF= 11.8], Scopus, SJR (Q1)
73. Yusuf AM, Qaisar R, Al-Tamimi AO, Jayakumar MN, Woodgett JR, Koch WJ, **Ahmad F**. Cardiomyocyte-GSK-3 β deficiency induces cardiac progenitor cell proliferation in the ischemic heart through paracrine mechanisms. *J Cell Physiol*. 2022;237(3):1804-1817. [IF= 4.0], Scopus, SJR (Q1)
74. **Ahmad F**, Karim A, Khan J, Qaisar R. Plasma zonulin predicts cardiac dysfunction and poor physical performance in patients with congestive heart failure. *Life Sciences*. 2022;311(Pt A):121150. [IF= 5.1], Scopus, SJR (Q1)
75. Ranade A, Qaisar R, Azeem M, Jose J, Ramachandran G, Ibrahim Z, Elmoselhi A, **Ahmad F**, Abdul-Rahman W, Karim A. Hindlimb unloading induces time-dependent disruption of testicular histology in mice. *Scie Rep* 2022;12:17406. [IF= 3.9], Scopus, SJR (Q1)
76. Gupta A, Qaisar R, Halwani R, Kannan M, **Ahmad F**. TFPI and FXIII negatively and S100A8/A9 and Cystatin C positively correlate with D-dimer in COVID-19. *Exp Biol Med*. 2022 Sep;247(17):1570-1576. [IF= 2.7], Scopus, SJR (Q2)
77. Gupta A, Jayakumar MN, Saleh MA, Kannan M, Halwani R, Qaisar R, **Ahmad F**. SARS-CoV-2 infection-induced growth factors play differential roles in COVID-19 pathogenesis. *Life Sci*. 2022 Sep 1;304:120703. [IF= 5.2], Scopus, SJR (Q1)
78. Gupta A, Marzook H, **Ahmad F**. Comorbidities and clinical complications associated with SARS-CoV-2 infection: an overview. *Clin Exp Med*. 2022 Apr 1:1-19. [IF= 3.5], Scopus, SJR (Q1)
79. Gupta A, Al-Tamimi AO, Halwani R, Alsaidi H, Kannan M, **Ahmad F**. Lipocalin-2, S100A8/A9 and Cystatin C: potential predictive biomarkers of cardiovascular complications in COVID-19. *Exp Biol Med (Maywood)*. 2022 Jul;247(14):1205-1213. [IF= 2.7], Scopus, SJR (Q2)
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87. **Ahmad F**, Kannan M, Obser T, Budde U, Schneppenheim S, Saxena R, Schneppenheim R. Characterization of VWF gene conversions causing von Willebrand disease. *Br J Haematol*. 2019 Mar;184(5):817-825. [IF= 3.8], Scopus, SJR (Q1)
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Conference abstracts published in Journals:

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2. Gupta A, Marzook H, Ferrante R, Numan Z, Shaban MA, Almadani F, Al-Mashjari S, Alsuwaidi N, Alkaabi M, Alowais F, Alqaidi M, Elshafey MA, Alshamsi A, Ranade A, Elmoselhi A, Qaisar R, **Ahmad F**, Saleh MA. Cardio-protective role of rosmarinic acid on isoprenaline induced cardiac dysfunction. *Atherosclerosis* 2024; 399:118722.
3. Shahzadi SK, Qaisar R, **Ahmad F**. Nicotinamide Riboside Kinase-2 Deficiency Promotes Pressure Overload- Induced Dilated Cardiomyopathy and Heart Failure. *Circ Res.* 2021;129: AP326. doi: 10.1161/res.129.suppl_1. P326.
4. Al-Tamimi AO, Yusuf AM, Jayakumar MN, Ansari AW, Elhassan M, AbdulKarim F, Kannan M, Rabih Halwani R, **Ahmad F**. Abstract P357: Induction Of Soluble P-selectin And CD40 Ligand And, FXIII Deficiency Promote Aberrant Coagulation And Thromboembolism In Severe COVID-19. *Circ Res.* 2021;129: AP357. DOI: 10.1161/res.129.suppl_1. P357.
5. Yusuf AM, Qaisar R, Woodgett JR, **Ahmad F**. GSK-3β Deficiency In Cardiomyocyte Induces Cardiac Progenitor Cell Proliferation In The Ischemic Heart. *Circ Res.* 2021;129: AP409. /doi.org/10.1161/res.129.suppl_1. P409.

6. Gupta M, Tumuluru S, Singh AP, Umbarkar P, Zhang Q, **Ahmad F**, Parikh P, Force T, Lal H, Cardiomyocyte-specific Conditional Deletion of GSK-3 β Leads to Cardiac Dysfunction in a High Fat Diet Induced Obesity Model. *Circ Res* 2017; 121 (Suppl 1), A41.
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9. Lal H, **Ahmad F**, Verma VK, Tumuluru S, Parikh S, Zhang Q, Force T. Cardiomyocyte-specific Conditional Deletion of GSK-3 β Leads to Global Metabolic Defects and Cardiac Dysfunction in a HFD Induced Obesity Model. *Circ Res* 2016;119: A75
10. Verma VK, **Ahmad F**, Zhang Q, Force T, Lal H. Cardiac fibroblast-specific deletion of GSK-3 α alleviate from cardiac dysfunction and fibrotic remodeling in ischemic heart. *Circ Res* 2016;2016;119:A280.
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12. **Ahmad F**, Lal H, Vagnozzi RJ, Zhou J, Woodgett J, Gao E, Force T. Cardiac specific deletion of Glycogen Synthase Kinase-3 α attenuates post myocardial infarction-induced ventricular remodeling and preserves heart function. *Circ Res* 2012;111(e1-e9):22990
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14. **Ahmad F**, Stefanini L, Ouellette TD, Greene TK, Feske S, and Bergmeier W. STIM1 Deficiency Results In Impaired Platelet Procoagulant Activity and Protection From Arterial Thrombosis. *J Thromb Haemost* 2011;9(S2):736
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17. Stolla M, Stefanini L, Ouellette TD, **Ahmad F**, Reilly MP, McKenzie S, and Bergmeier W. Critical Role of CalDAG-GEFI in FC γ RIIa-dependent platelet Activation and thrombosis. *Blood* 2010;116: 3196
18. **Ahmad F**, Schneppenheim R, Oyen F, Obser T, Budde U, Hasan I, Kannan M and Saxena R. Mutation spectrum and molecular studies of type 2 von Willebrand disease: *J ThrombHaemost* 2009;7:638
19. Kannan M, Yadav BK, **Ahmad F**, Fareed J and Saxena R. Thrombogenic mutations in glanzmann's thrombasthenia patients. *J Thromb Haemost* 2009;7:037
20. **Ahmad F**, Schneppenheim R, Oyen F, Obser T, Budde U, Kannan M and Saxena R. Mutation spectrum of severe von Willebrand disease type 3 in India. *Haematologica* 2009;94(2):43
21. **Ahmad F**, Schneppenheim R, Oyen F, Obser T, Kannan Mand Saxena R. Characterization of two novel large deletions causing von Willebrand disease type 3. *Hämostaseologie* 2009;29:3.2-1

22. Kannan M, **Ahmad F**, Saxena R, Fareed J. Higher Prevalence of Heparin-Induced Thrombocytopenia Antibodies in Asian Indian Population: Is This Due to Contaminated Heparin? *Blood* (2009) 114 (22): 4182
23. **Ahmad F**, Kannan M, Yadav BK and Saxena R. Variable number of tandem repeats and other polymorphic linkage are not accurate markers for carrier detection of von Willebrand disease. *Am J Clin Pathol* 2008;130:652
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25. Kannan M, **Ahmad F**, Yadav BK, Kumar R, Fareed J and Saxena R. Mutation Screening of GPIIb and GPIIIa Exons by Conformation Sensitive Gel Electrophoresis. *Blood*2007; 110: 3218
26. Kannan M, **Ahmad F**, Yadav BK, Kumar R and Saxena R. Evaluation of molecular genetics of Indian Glanzmann's Thrombasthenia and determination of its role for carrier detection. Selected for Dr. JC Patel best paper award, 48th Annual conference of Indian Society of Hematology and Transfusion Medicine at Lucknow, 15th to 17th Nov 2007
27. Kannan M, **Ahmad F**, Kumar R, Choudhry VP and Saxena R. Use of CSGE, TspRI- RFLP and Western blot in Carrier Detection in an Indian family with Type I Glanzmann Thrombasthenia. *Blood* 2006; 108: 3975
28. Kannan M, **Ahmad F**, Ahmad S, Kale S, Fareed J and Saxena R. FcγRIIa Platelet Polymorphism in Asian Indians: Its Association with Development of Heparin Induced Thrombocytopenia. *J Thromb Haemost* 2005; 3(1):913
29. M. Kannan, S. Ahmad, **Ahmad F**, S. Kale, J. Fareed, R. Saxena, Testing of heparin-PF4 antibodies in Indian HIT patients: Relevance to FcγRIIa polymorphism and inflammation. *Pathophysiol Haemos Thromb* 2006;35:199-248
30. Kannan M, **Ahmad F**, Kale S, Saxena R. Fc gamma RIIa polymorphism and its association with Heparin Induced Thrombocytopenia in Asian Indians. *ISARCON* 2005, New Delhi, India

Seminars delivered in meetings/ conferences:

- Delivered an invited talk on “Role of STIM1 in platelet signaling and thrombosis” in the **National Haematology Update conference** (February 1st, 2025) at AIIMS, New Delhi, India.
- Delivered an invited talk on “Glycogen Synthase Kinase-3α, A Promising Therapeutic Target for Cardiac Diseases” in the **Dubai Pharmacy and Technology conference** (January 2025), Dubai, UAE.
- Delivered an invited talk on “NRK-2, a Novel Regulator of Ischemic Cardiac Disease” in the **7th Emirati-German conference** (November 2019) at the University of Sharjah.
- Delivered a seminar on “Novel roles of glycogen synthase kinase-3α in hypertensive cardiac disease” (March 2019) at the College of Medicine, University of Sharjah.
- Delivered a talk on “Potential therapeutic targets in cardiovascular diseases” (January 2018) at Sharjah Institute for Medical Research (SIMR), University of Sharjah.
- Delivered a talk at the “Late Breaking Oral session” of the **American Heart Association Scientific Session** 2012 meeting at Los Angeles, CA, USA.

- Presented our work on “STIM1 deficiency results in impaired platelet procoagulant activity and protection from arterial thrombosis” at 52nd annual meeting of the **American Society of Hematology (ASH)** held at Orlando, Florida (Dec 4-7, 2010), USA.
- Delivered a talk at the **40th Annual Workshop on Hemostasis, Thrombosis and Atherosclerosis** (Friday, Nov 19 2010) held at Temple University, Philadelphia, USA.
- Presented our research work on ‘**Stromal Interaction molecule 1 in Platelet regulate pro-coagulation and thrombosis**’ in Platelet meeting, University of Pennsylvania, Philadelphia, USA.

Scientific Memberships

1. International Society on Thrombosis & Haemostasis, Academic member, 2015-Present
2. Society for Experimental Biology and Medicine 2021-2023
3. American Heart Association (AHA) 2012-2020
4. European Society of Cardiology (ESC) 2021-2022
5. American Society of Hematology (ASH) 2010-2012

Active Research grants:

1. *Role of GSK-3 α in diabetic cardiomyopathy*

Role: Principal Investigator

Budget: AED 120,000

Funding Agency: University of Sharjah (Competitive research grant)

Period: Nov 2024- Oct 2026

2. *Novel roles of Nicotinamide Riboside Kinase-2 in cardiometabolic disorders*

Role: Principal Investigator

Budget: AED 402,000

Funding Agency: University of Sharjah (Collaborative research grant)

Period: Sep 2022- Feb 2026

Previous Research grants:

1. *Investigating the cause of coagulation dysfunction and venous thrombosis in severe COVID-19*

Role: Principal Investigator

Budget: AED 210,000

Funding Agency: University of Sharjah (COVID-19 research grant)

Period: September 2020- November 2022

2. *GSK-3 α in the pathophysiology of ischemic and hypertensive cardiac diseases*

Role: Principal Investigator

Budget: AED 199,999

Funding Agency: University of Sharjah (Targeted research grant)

Period: Oct 2018- Dec 2022

3. *Role of GSK-3 α in ischemia/reperfusion-induced necroptosis*

Role: Principal Investigator

Funding Agency: University of Sharjah (Seed grant)

Period: April 2018- March 2020

4. *Targeting Nicotinamide Riboside Kinase-2 in ischemic cardiac diseases*

Role: Principal Investigator

Funding Agency: University of Sharjah (Competitive research grant)

Period: November 2019- May 2022

5. Effect of GLP-1 agonist and pitavastatin on the expression of the scavenger receptor CD36 on macrophages

Role: Principal Investigator

Funding Agency: Boehringer Ingelheim- University of Sharjah undergraduate research award

Period: January 2018- September 2018

Ad-hoc Reviewer in International Journals:

- | | |
|------------------------------------|--|
| 1. <i>Frontiers in Physiology</i> | 2. <i>Circulation,</i> |
| 3. <i>Circulation Research,</i> | 4. <i>Frontiers in Pharmacology</i> |
| 5. <i>J. Am Heart Association,</i> | 7. <i>Molecular and Cellular Biochemistry</i> |
| 8. <i>European Heart Journal,</i> | 9. <i>Journal of Molecular and Cellular Cardiology</i> |

Teaching Specialties:

Seven years of teaching experience in interactive class sessions.

1. **Course delivered to undergrad students**

- *Medical Genetic Counseling, Clinical Genetics, Human and Evolutionary Genetics, Principle of Medical Genetics*

2. **Courses delivered to graduate (Masters and Ph.D.) students**

- *Biomedical Genomics, Animal models in Biomedical Research, Human Molecular Genetics, Advanced Techniques in Molecular Biology Lab, Cell Biology, Vascular Biology*

3. Teach integrated and traditional curriculum.

4. **Problem-based learning (PBL) facilitator:** MBBS curriculum (2017- present)

5. Conducting PBL, TBL, Practical and professional development sessions.

6. Assess student learning and assignment of grades based on acceptable evaluation tools.

7. Delivery of undergrad and postgraduate course content in medical, and dental programs.

8. Contribution to the design, construction and implementation of learning modules in integrated medical curriculum.

9. **Mode of teaching:** Interactive smart board, LCD, projector, Blackboard, MS Teams.

Master thesis supervision (Molecular Medicine):

1. **Thesis title:** *Glycogen Synthase Kinase-3 α Regulates Cardiomyopathy in a Model of Ischemia/Reperfusion.*

Academic session: 2018-2020

Role: Supervisor

2. **Thesis title:** *Glycogen Synthase Kinase-3 β Dysregulates Cardiac Regenerative Paracrine Factors in a Model of Myocardial Infarction.*

Academic session: 2020-2022

Role: Supervisor

3. **Thesis title:** *Pathomechanism of thrombotic complications in severe COVID-19.*

Academic session: 2020-2022

Role: Supervisor

4. **Thesis title:** *Role of Glycogen Synthase Kinase-3 α in Doxorubicin-induced cardiomyopathy.*

Academic session: 2023-2025

Role: Supervisor

Co-supervised several other master's and PhD students.