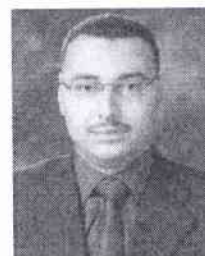


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 The Holy Makkah, Saudi Arabia



Firas Sultan Ibrahim Al-Azzeh

Ph.D. in Nutrition and Food Science

Date Updated: Nov/ 2012

Personal Data

Date of Birth: Feb / 12 / 1981
Place of Birth: Masqat / Oman

Nationality: Jordanian
Marital Status: Married (one son)

Degrees

| | | |
|------|-------|---|
| 2008 | Ph.D. | Nutrition and Food Science University of Jordan. (Amman, Jordan) Gradated Rate: Very Good (3.52/4.00) |
| 2002 | B.Sc. | Nutrition and Food Science University of Jordan. (Amman, Jordan) Gradated Rate: Very Good (3.37/4.00) |

Current Employment

Sep/ 2009 – to date

Assistant Prof., Department of Clinical Nutrition, Faculty of Applied Medical Sciences,
 Umm Al-Qura University, The Holy Makkah, Saudi Arabia.

Main Duties:

- Teaching Courses: Functional Foods, Medical Nutrition Therapy 2 (Theoretical part of Genetic Metabolic Disorders), MNT Practices in Hospitals, Applied Nutrition for Pharmacy, Basics of Nutrition for Laboratory Medicine
- Supervisor the 4th Year Training Program in Hospitals (Semester Training)
- Coordinator the 5th Year Training Internship with Hospitals (One Year Training)
- Supervisor Undergraduate Clinical Nutrition Research Projects (9 Projects)

Others:

- Preparing Internship Regulations, Guidelines and Formats for Interns and Trainees
- Preparing Nutrition Care Process Screening Log-Book According to A-D-I-M-E Format for 4th Year and Internship Students
- Working in establishing Diploma in Clinical Nutrition
- Working in Academic Accreditation of Saudi (NCAAA) and International (ACEND formerly CADE) Committees
- Taught Active Learning Course (1 semester) for the Preparatory Year Students
- Discussed Research Projects for Clinical Nutrition and Laboratory Medicine Departments (7 projects)
- Participating in Prepare New Clinical Nutrition Curriculum

Participated Committees:

- Advertising Committee in the Faculty
- Committee of Higher Education and Scholarship
- Committee of Quality and Evaluation of Academic Accreditation Standards
- Committee of Students Training in the Hospitals

Last Positions

Second Semester of 2008/2009 Year

Part-Time Assistant Prof., Instructed Food Microbiology Course (Theoretic and Practice) in the Department of Nutrition, Faculty of Pharmacy, Petra University. Amman, Jordan.

Worked in **Teaching and Research Activities** in the Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan, for 8 Semesters.

Title of Researches and Publications

Undergraduate Project: "Meat as a Source of Pathogens"

Ph.D. Thesis: "Preservation of Semolina with Gamma Irradiation and Studying its Effect on Pasta Quality"

Publications:

1. **Azzeh, F. S.** and Amr, A. S. (2009). Effect of Gamma Irradiation on Physical Characteristics of Jordanian Durum Wheat and Quality of Semolina and Lasagna Products. *Radiation Physics and Chemistry*, 78: 818-822.
2. **Azzeh, F. S.** and Amr, A. S. (2009). Preservation of Semolina with Gamma Irradiation and Studying its Effect on Physiochemical and Rheological Properties of Semolina During Six Months Storage Period. *Dirasat: Agricultural Sciences*, 36(2): 77-88.
3. **Azzeh, F. S.** and Amr, A. S. (2009). Evaluation of Protein Content, Lysine and Sulfur-Containing Amino Acids and Electrophoretic Patterns of Soluble Proteins for Gamma Irradiated Semolina Before and After Milling of Durum Wheat. *Radiation Physics and Chemistry*, 78: 971-975.
4. **Azzeh, F. S.**, Amr, A. S. and A. Y. AlAzzeh. (2011). Disinfestation of Semolina and Wheat Grains Using Gamma Irradiation and its Effect Before and After Milling of Jordanian Durum Wheat on Semolina and Lasagna Quality. *Journal of Food Processing and Preservation*, 35(5): 656-664.
5. Amr, A. S. and **Azzeh, F. S.** (2011). Effect of Gamma Irradiation on the Molecular Composition of Semolina Soluble Protein Fractions. *Jordan Journal for Agricultural Sciences*, 7(1): 9-18.
6. Awfa Y. AlAzzeh, SALAM A. IBRAHIM, **FIRAS S. AZZEH**, DANDFENG SONG, ABOLGHASEM SHAHBAZI AND AMER A. ABU-GHAZALEH. (2011). The effect of chemical mutagenesis on the activity of - and -galactosidases in *Lactobacillus reuteri*. *Milchwissenschaft (Milk Science International)*, 66(3): 251-253.
7. Osama Adnan Kensarah and **Firas Sultan Azzeh**. (2012). Vitamin D Status of Healthy School Children from Western Saudi Arabia. *Pakistan Journal of Nutrition*, 11 (3): 288-292.

8. **Firas Sultan Azzeh**. (2012). Relationship between Vitamin D and Rheumatoid Arthritis Disease: Review Paper. *Pakistan Journal of Nutrition*, 11(3): 293-300.
9. Osama Adnan Kensarah and **Firas Sultan Azzeh**. (2012). Implementing High Vitamin C Treatments to Decrease Blood Uric Acid Levels in Hyperuricemic Saudi Patients. *Journal of American Science*, 8(5): 462-467.
10. **Azzeh, F. S.** (2012). Camel Milk as Functional Food: Review Paper (In Arabic). *Arab Journal of Food and Nutrition*, 29: 94-111.
11. **Azzeh, F. S.** (2013). Synergistic Effect of Green Tea, Cinnamon and Ginger Combination on Enhancing Postprandial Blood Glucose. *Pakistan Journal of Biological Sciences*, 16(2): 74-79.
12. **Azzeh, F. S.** (2013). Assessment of Nutritional Status of Low-Birth-Weight Newborns from Western Saudi Arabia. *Malaysian Journal of Nutrition*, Submitted paper.
13. **Azzeh, F. S.** (2013). Risk Factors Associated with Delivering Low Birth Weight Infants among Pregnant Women: A Preliminary Study in Western Saudi Arabia. *Pakistan Journal of Biological Sciences*, Submitted paper.

Advanced Courses Attended in Ph.D.

Food Science Courses

| | | |
|---------------------------------|--------------------|------------------|
| Advanced Lab. Techniques | Food Microbiology | Food Enzymes |
| Food Quality and Safety Systems | Food Toxicology | Functional Foods |
| Processing and Food Quality | Food Biotechnology | |

Nutrition Courses

| | | |
|------------------------|--------------------------|-----------------------|
| Minerals and Vitamins | Nutritional Biochemistry | Advanced Diet Therapy |
| Nutritional Assessment | Energy in Nutrition | Proteins in Nutrition |

Conferences and Workshops

- Presented a scientific lecture entitled: "**Monitoring of Enteral Nutrition with its Relation to Health Complications: Focusing on Low-Birth-Weight Infants**", at *Enteral Nutrition Therapy Workshop* in King Faisal Hospital - Makkah, KSA, on 7/1/2013.
- Presented a scientific lecture entitled: "**Vitamin D and Drugs Interactions**", at *Nutrient-Drug Interactions, Clinical Implications and Dietary Strategies Symposium* in AL Noor Specialist Hospital – Makkah, KSA, on 4-5/9/2012.
- Attended the *1st Scientific Meeting for Students Achievements*, Faculty of Applied Medical Sciences, Umm Al-Qura University– Makkah, KSA, on 10-11/4/2012.
- Presented a scientific lecture entitled: "**Natural Antibiotics: The Safe Alternative**", at the *7th Scientific Symposium in Increasing the Performance of Families and Specialists for Special Need People* in Alamal Almanshod Foundation – Makkah, KSA, on 15-16/2/2012.
- Presented 2 scientific lectures entitled: "**Food Spoilage**" and "**Food Preservations**", at the *Recent Management of Healthy Nutrition and Food Safety Symposium* in AL Noor Specialist Hospital – Makkah, KSA, on 3-4/5/2011.
- Discussed a poster entitled: "**Camel Milk as Functional Food**", at the *4th Arabic Conference of Nutrition* in the University of Jordan – Amman, Jordan, during 5-7 April 2011.

- Attended the 7th Annual Conference of Holy Makkah Laboratories, Obesity; Laboratory Aspects and Management Issue, an Update in Grand Coral Hotel, Holy Makkah, during 8-12 January 2011.
- Presented a scientific lecture entitled: "**Ginger, Tea, Onion and Garlic as Functional Foods**", at *Scientific Day for Therapeutic Foods* in Hera'a Hospital - Makkah, KSA, 14/2/2010.
- Attended the 5th Saudi Conference for Food and Nutrition: Food Technology, Control and Healthy Nutrition, The Saudi Society for Food and Nutrition at King Saud University (Riyadh, KSA), during 9-11/2/2010
- Presented a scientific lecture entitled "**Malnutrition in Kidney diseases**", in Saudi German Hospitals Group, 2nd International Nutritional Symposium and Workshop, Jeddah-KSA, 27th – 29th Oct. 2009.
- Submitted a paper in the 2nd Graduate Studies Research Conference (GSRC), held at the University of Jordan-Amman-Jordan, entitle: "**Effect of Gamma Irradiation on Physical Characteristics of Jordanian Durum Wheat and Quality of Semolina and Lasagna Products**", 27-29 Oct. 2009.

Courses

- **Strategies for Increasing Student Success Through Active and Collaborative Learning** for 1 day in Leading Excellence in Undergraduate Education Workshop Series, Ministry of Higher Education, Academic Leadership Center. 8 Apr 2012, Jeddah, Saudi Arabia.
- **Leading Excellence Through Innovative and High-Impact Practices** for 1 day in Leading Excellence in Undergraduate Education Workshop Series, Ministry of Higher Education, Academic Leadership Center. 7 Apr 2012, Jeddah, Saudi Arabia.
- **Practical Application on How to Use SPSS Program**, for 1 day in Dean of Academic Development and Community Service, Faculty of Applied Medical Sciences, Umm Al-Qura University- Makkah, KSA. 28/4/2012.
- **Active Learning Workshop** for 33 hours in Collage of Administrative Sciences and Tourism, Umm Al-Qura University. Jan 2010, Makkah, Saudi Arabia.
- **Working Toward Academic Accreditation Course** for 3 days from Prince Naif Institute for Research and Counseling Services, Imam Mohammed bin Saud Islamic University. Dec 2009, Makkah, Saudi Arabia.
- **Teaching and Learning Skills for Online Education Course** for 2 days from King Fahad University of Petroleum and Minerals, Deanship of Academic Development. Dec 2009, Makkah, Saudi Arabia.
- Trained in "Isolation and Counting the Main Microorganisms in Foods", at Jordan Food and Drug Administration (JFDA) for 5 days. March 2009, Amman, Jordan.
- Training Course in "**Applying ISO9000 & HACCP Systems**". Agricultural Engineers Association, May 2004, Amman, Jordan.
- **English Course** in the American Language Center, Amman, Jordan (Listening & Speaking), May 2003, Amman, Jordan.

Funded Research Projects

- The Relationship Between Motor Balance and Vitamin D Levels in Saudi Men from Makkah Region, November/2012. (C.I: 1,171,000 RS: King Abd-Alaziz City for Science and Technology (KACST), General Administration of Research Grants, Riyadh, Saudi Arabia).
- Implementing High Vitamin C Treatment to Decrease Blood Uric Acid Levels in Hyperuricemic Patients, September/2012. (P.I: 174.200 RS: Institute of Scientific Research and Revival of Islamic Heritage, Umm Al-Qura University, Makkah, Saudi Arabia).
- Vitamin D Status in a Sample of Healthy Saudi Volunteers, January/2012. (P.I: 155.000 RS: Institute of Scientific Research and Revival of Islamic Heritage, Umm Al-Qura University, Makkah, Saudi Arabia).
- Measuring the awareness of the colon cancer in the academic staff, students and individuals from the community of Mekkah, March/2011. (C.I: 173.000 RS: Scientific chair of Sheikh Jamil Khoker for colon diseases and colon cancer, Umm Al-Qura University, Makkah, Saudi Arabia).
- Comparison of the Nutritional and Healthy Status for Pilgrims who Eating and don't Eating from Tawafah Establishments during Hajj, 1430 h, November/2010. (C.I: 50.000 RS: The Institute of the Custodian of the Two Holy Mosques for Hajj Research, Umm Al-Qura University, Makkah, Saudi Arabia).

Unfunded Research Projects (Student Research Projects)

- Vitamin D status of Rheumatoid arthritis patients in Jeddah. Department of Clinical Nutrition, Umm Al-Qura University (2013).
- Comparison of uric acid treatment by high dose of vitamin C between hyperuricemic and gouty patients in Jeddah. Department of Clinical Nutrition, Umm Al-Qura University (2013).
- Glycemic index of some selected herbs. Department of Clinical Nutrition, Umm Al-Qura University (2012).
- Determination risk factors associated with low birth weight infants in Makkah area. Department of Clinical Nutrition, Umm Al-Qura University (2012).
- Implementing vitamin C-rich treatments to decrease blood uric acid levels in hyperuricemic patients. Department of Clinical Nutrition, Umm Al-Qura University (2011).
- Evaluation of nutritional status of low birth weight infants during hospital care. Department of Clinical Nutrition, Umm Al-Qura University (2011).
- Determination the accuracy and reliability of mini-sun device IDEEA 2 using for physical activity and energy expenditure measurements. Department of Clinical Nutrition, Umm Al-Qura University (2011).
- Vitamin D status of healthy school children males and females in Makkah area. Department of Laboratory Medicine, Umm Al-Qura University (2010).

Community Activity

- Participating with the Activities of the Department in the *Second Open Day* of the Faculty (May/ 2010). Supervising Student's Papers about Some Selected Functional Foods.
- Published a Short Scientific Paper Entitled "Food Irradiation: Definition, Facts and Applications", in the *Agricultural Engineer Journal*, no. 86, February 2009. Amman, Jordan.

- Presented a Scientific Note about "The Role of Food Additives in Cancer Development" at *Open Scientific Day in Food and Disease*, Agricultural Engineers Association, Irbid-Jordan. July 2006.

Association and Editorial Board Membership

- Editorial Board Member of International Journal of Nutrition and Food Sciences (Science Publishing group), since December 2012.
- Agricultural Engineers Association of Jordan, Amman-Jordan, since August 2003.

Skills

- Excellent technical and background knowledge in nutritional consultation.
- Good with SAS software statistical analysis
- Good communication skills which are very important factor affecting trainer and trainee.
- Strong interpersonal skills - hardworking, persistent, never gives up and dynamic personality. Likes to learn and not afraid to ask.
- Fast problem solving.
- Computer literate, familiar with Word, PowerPoint, Excel, Windows and internet.
- Fluent in Arabic and very good in English.

Interested Areas

- Functional Foods
- Micronutrients Availability and Health Consequences; especially vitamin D
- Food Preservations by Gamma Irradiation (Non-thermal food preservation)

Referrers

- **Prof. Ayed Amr (PhD Advisor)**

A lecturer in the Department of Food Science and Technology, Faculty of Agriculture, University of Jordan. Amman, Jordan.

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E-mail: ayedamr@ju.edu.jo

- **Dr. Hassan Bukhary**

Head of the Department of Clinical Nutrition, Faculty of Applied Medical Sciences, Umm Al-Qura University, The Holy Makkah, Saudi Arabia.

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