

**Asem Hassan Ali, MBBS**

**BUSINESS ADDRESS:**

Department of Medicine and,  
Population Health Research Section, Diabetes Research  
King Abdullah International Medical Research Center,  
King Abdulaziz Medical City Riyadh, Saudi Arabia  
Tel: +966118011111 ext 14520  
Cell: +966532084189  
Email: alias@ngha.med.sa

**CURRENT POSITION:**

Consultant Endocrinology, Division of Endocrinology and Population Health Research Section, King Abdulaziz Medical City, National Guard Health Affairs, Riyadh, Kingdom of Saudi Arabia

**RESEARCH INTEREST & SUMMARY STATEMENT**

Interested in the treatment of diabetes and obesity and understanding the mechanisms bridging the two. Experience with both clinical patient care and translational research. Acquired skills include metabolic assessment techniques in humans.

**EDUCATION Medical degree (Bachelor of Medicine and Bachelor of Surgery M.B.B.S.), December 2000**  
Omdurman Islamic University, Omdurman, Sudan

**POSTGRADUATE MEDICAL EDUCATION:**

**Endocrinology Fellowship:** National Institutes of Health, NIDDK, **July 2008 to March 2011**

Bethesda, Maryland

**Internal Medicine Residency** Texas Tech University Health **July 2004 to July 2006**

Sciences Center at Amarillo, Amarillo, Texas

**Internal Medicine Internship** New York Methodist Hospital, **July 2003 to June 2004**

Brooklyn, New York

**CERTIFICATIONS:**

**Internal Medicine** **August 28<sup>th</sup>, 2006**

American Board of Internal Medicine

**Endocrinology, Diabetes, and Metabolism** **November 18<sup>th</sup>, 2010**

American Board of Internal Medicine

**Asem Hassan Ali, MBBS**

**LICENSURE:**

Ohio State Medical Board (Active)

**RESEARCH EXPERIENCE:**

**Adjunct Scientist / special volunteer (NIH)**

**July 2009 to present**

Research component of endocrinology fellowship  
Effect of betahistine on appetite in obese women, and examining the effects of Melanocortin receptor polymorphisms on fat metabolism.  
NICHD, Bethesda, Maryland  
Mentor: Jack A. Yanovski, MD, PhD

**Postdoctoral Fellow**

**July 2006 to June 2008**

NIH-funded fellowship  
Regional Free Fatty Acid Storage in Adipose Tissue  
Endocrine Research Unit, Mayo Clinic  
Rochester, Minnesota  
Mentor: Michael D. Jensen, MD

**Research Fellow**

**January 2005 to February 2005**

Research rotation during residency  
Cellular Mechanisms in Multiple Myeloma  
Harrington Cancer Center,  
Amarillo, Texas  
Mentor: Seah H. Lim, MD, PhD

**Research Fellow**

**February 2004 to March 2004**

Research rotation during internship  
Pathogenesis of Hepatocellular Carcinoma  
Mayo Clinic,  
Rochester, Minnesota  
Mentor: Lewis R. Roberts, MD, PhD

**CLINICAL EXPERIENCE**

**Assistant Professor of Medicine**

**July 2011 to April 2013**

Division of Endocrinology, Diabetes, and Metabolism,  
Ohio State University Medical Center, Columbus, Ohio  
(Currently Wexner Medical Center at the Ohio State University)

**Locum Consultant Endocrinologist**

**April 2011 to June 2011**

National Guard Health Affairs  
Riyadh, Kingdom of Saudi Arabia

**Moonlighting Hospitalist**

**March 2007 to May 2008**

Columbia Park Medical Group  
Fridley, Minnesota

**Moonlighting Hospitalist**

Allina Hospitals & Clinics, United Hospital  
St. Paul, Minnesota

**March 2007 to October 2008**

**Moonlighting Hospitalist**

Community Memorial Hospital  
Winona, Minnesota

**August 2006 to June 2008**

**Moonlighting Hospitalist**

Delta Locum Tenens (Regency Hospital, Minneapolis, MN and Immanuel St Joseph Hospital, Mankato, MN)

**September 2006 to June 2007**

**PROFESSIONAL MEMBERSHIPS/AFFILIATIONS**

American Association of Clinical Endocrinologist, Associate member  
The Endocrine Society, Associate member  
The Obesity Society, Associate member

**PUBLICATIONS**

1. Koutsari C, Mundi MS, **Ali AH**, Patterson BW, Jensen MD. Systemic free Fatty Acid disposal into very low-density lipoprotein triglycerides. *Diabetes*. 2013 Jul;62(7):2386-95. doi: 10.2337/db12-1557. Epub 2013 Feb 22. PubMed PMID: 23434937.
2. Adler-Wailes DC, Periwal V, **Ali AH**, Brady SM, McDuffie JR, Uwaifo GI, Tanofsky-Kraff M, Salaita CG, Hubbard VS, Reynolds JC, Chow CC, Sumner AE, Yanovski JA. Sex-associated differences in free fatty acid flux of obese adolescents. *J Clin Endocrinol Metab*. 2013 Apr;98(4):1676-84. doi: 10.1210/jc.2012-3817. Epub 2013 Feb 28. PubMed PMID: 23450055; PubMed Central PMCID: PMC3615213.
3. Koutsari C, **Ali AH**, Mundi MS, Jensen MD. Measuring plasma fatty acid oxidation with intravenous bolus injection of 3H- and 14C-fatty acid. *J Lipid Res*. 2013 Jan;54(1):254-64. doi: 10.1194/jlr.P031153. Epub 2012 Oct 23. PubMed PMID: 23093549; PubMed Central PMCID: PMC3520532.
4. Koutsari C, Mundi MS, **Ali AH**, Jensen MD. Storage rates of circulating free fatty acid into adipose tissue during eating or walking in humans. *Diabetes*. 2012 Feb;61(2):329-38. doi: 10.2337/db11-0748. Epub 2012 Jan 6. PubMed PMID: 22228715; PubMed Central PMCID: PMC3266422.
5. **Ali AH**, Koutsari C, Mundi M, Stegall MD, Heimbach JK, Taler SJ, Nygren J, Thorell A, Bogachus LD, Turcotte LP, Bernlohr D, Jensen MD. Free fatty acid storage in human visceral and subcutaneous adipose tissue: role of adipocyte proteins. *Diabetes*. 2011 Sep;60(9):2300-7. doi: 10.2337/db11-0219. Epub 2011 Aug 1. PubMed PMID: 21810594; PubMed Central PMCID: PMC3161316.
6. Koutsari C, **Ali AH**, Mundi MS, Jensen MD. Storage of circulating free fatty acid in adipose tissue of postabsorptive humans: quantitative measures and implications for body fat distribution. *Diabetes*. 2011 Aug;60(8):2032-40. doi: 10.2337/db11-0154. Epub 2011 Jun 9. PubMed PMID: 21659500; PubMed Central PMCID: PMC3142075.
7. Zocca JM, Shomaker LB, Tanofsky-Kraff M, Columbo KM, Raciti GR, Brady SM, Crocker MK, **Ali AH**, Matheson BE, Yanovski SZ, Yanovski JA. Links between mothers' and children's disinhibited eating and children's adiposity. *Appetite*. 2011 Apr;56(2):324-31. doi: 10.1016/j.appet.2010.12.014. Epub 2010 Dec 21. PubMed PMID: 21182882; PubMed Central PMCID: PMC3055954.
8. Allred CC, Krennmayr T, Koutsari C, Zhou L, **Ali AH**, Jensen MD. A novel ELISA for measuring CD36 protein in human adipose tissue. *J Lipid Res*. 2011 Feb;52(2):408-15. doi: 10.1194/jlr.M008995. Epub 2010 Nov 28. PubMed PMID: 21115967; PubMed Central PMCID: PMC3023563.

9. **Ali AH**, Yanoff LB, Stern EA, Akomeah A, Courville A, Kozlosky M, Brady SM, Calis KA, Reynolds JC, Crocker MK, Barak N, Yanovski JA. Acute effects of betahistine hydrochloride on food intake and appetite in obese women: a randomized, placebo-controlled trial. *Am J Clin Nutr.* 2010 Dec;92(6):1290-7. doi: 10.3945/ajcn.110.001586. Epub 2010 Sep 29. PubMed PMID: 20881066; PubMed Central PMCID: PMC2980955.
10. Shomaker LB, Tanofsky-Kraff M, Zocca JM, Courville A, Kozlosky M, Columbo KM, Wolkoff LE, Brady SM, Crocker MK, **Ali AH**, Yanovski SZ, Yanovski JA. Eating in the absence of hunger in adolescents: intake after a large-array meal compared with that after a standardized meal. *Am J Clin Nutr.* 2010 Oct;92(4):697-703. doi: 10.3945/ajcn.2010.29812. Epub 2010 Aug 18. PubMed PMID: 20720255; PubMed Central PMCID: PMC2937581.
11. Shomaker LB, Tanofsky-Kraff M, Savastano DM, Kozlosky M, Columbo KM, Wolkoff LE, Zocca JM, Brady SM, Yanovski SZ, Crocker MK, **Ali A**, Yanovski JA. Puberty and observed energy intake: boy, can they eat! *Am J Clin Nutr.* 2010 Jul;92(1):123-9. doi: 10.3945/ajcn.2010.29383. Epub 2010 May 26. PubMed PMID: 20504975; PubMed Central PMCID: PMC2884323.
12. Koutsari C, **Ali AH**, Nair KS, Rizza RA, O'Brien P, Khosla S, Jensen MD. Fatty acid metabolism in the elderly: effects of dehydroepiandrosterone and testosterone replacement in hormonally deficient men and women. *J Clin Endocrinol Metab.* 2009 Sep;94(9):3414-23. doi: 10.1210/jc.2009-0165. Epub 2009 Jun 30. PubMed PMID: 19567532; PubMed Central PMCID: PMC2741706
13. **Ali AH** and Jensen MD. Free Fatty Acid Metabolism in Visceral Obesity. Chapter 9. In: Depres JP and Di Marzo V (Eds): *Abdominal Obesity and the Endocannabinoid System : From Basic Aspects to Clinical Management of Related Cardiometabolic Risk.* Informa Health Care, London, 2008.

## **ABSTRACTS AND PRESENTATIONS**

1. Adler-Wailes, DC, Stern, EA, Periwai, V, **Ali, AH**, Spitzer, A, Akomeah, AO, Brady, SM, Chow, CC, Sumner, AE, Yanovski, JA. 2011. Intra-Abdominal Adipose Tissue Volume Predicts Insulin-Dependent Lipolysis Rates in Obese Adolescents. Obesity Society, 2011.
2. Crocker, MK, Stern, EA, Shomaker, LB, Brady, SM, **Ali, AH**, Tanofsky-Kraff, M, Hubbard, VS, Yanovski, JA. 2011. Weight and Insulin Resistance Demonstrate Divergent Associations With Puberty, Testosterone, and Gonadal Size in Girls Versus Boys. Obesity Society, 2011.
3. Mou, ZY, Morgun, E, Hyde, TM, Lipska, B, Ong, CJ, Marshall, LJ, **Ali, AH**, Stern, EA, Tsao, JW, Kleinman, JE, Yanovski, JA, Han, JC. 2011. The Brain-Derived Neurotrophic Factor (BDNF) SNP rs12291186 Minor C Allele Is Positively Associated With BMI, Negatively Associated With BDNF Expression in Human Ventromedial Hypothalamus (VMH), and Alters Yin-Yang 1 (YY1) Transcription Factor Binding. Obesity Society, 2011.
4. **Ali AH**, Yanoff LB, Stern EA, Akomeah EA, Courville AB, Kozlosky M, Brady SM Crocker MK, Barak N, and Yanovski JA. A randomized, controlled trial of the acute effects of betahistine hydrochloride on energy intake in obese women. Obesity Society, 2010.
5. Adler-Wailes DC, Periwai V, **Ali AH**, Spitzer A, Akomeah A, Brady SM, Chow C, Yanovski JA. Sex-Associated differences in free fatty acid (FFA) kinetics in obese adolescents with insulin resistance. Obesity Society, 2010.
6. Sorouri M, Mou Z, Spitzer A, Han JC, **Ali AH**, Crocker MK, Yanoff LB, Stern EA, Shomaker LB, Tanofsky-Kraff M, Yanovski JA. Association of polymorphisms in HRH3, a presynaptic receptor that autoregulates release of histamine, with BMI, body fat, and insulin sensitivity in children and adults. Obesity Society, 2010.
7. Shomaker LB, Tanofsky-Kraff M, Savastano DM, Kozlosky MS, Columbo KM, Wolkoff LE, Zocca JM, Brady SM, Yanovski SZ, Crocker MK, **Ali AH**, Yanovski JA. Puberty and observed energy intake. Obesity Society, 2010.
8. Crocker MK, Roza CA, **Ali AH**, Brady SM, Stern EA, Shomaker LB, Tanofski-Kraff M, Hubbard

VS, Yanovski JA. Relationship between body weight and puberty: a cross-sectional analysis. Obesity Society, 2010.

9. **Ali AH**, Mundi M, Koutsari C, Jensen MD. Effects of insulin on adipocyte FFA storage. American Diabetes Association, 2010.
10. **Ali AH**, Koutsari C, Mundi M, Stegall M, Heimbach J, Taler S, Jensen MD. Sex Differences in Free Fatty Acid Storage into Omental and Subcutaneous Adipose Tissue: Relationships with Lipogenic Enzyme Activity. Obesity Society, 2009.
11. **Ali AH**, Butler PW, Erdag G, Filie A, Celi FS. Primary Thyroid Lymphoma in the Absence of Thyroid Autoimmunity. ATA, 2009.
12. **Ali AH**, Koutsari C, Nair KS, Khosla S, O'Brien P, Jensen MD. Effects of Testosterone or DHEA Replacement on Adipose Storage of Meal Fatty Acids in Elderly Men with Low Plasma Testosterone and DHEA. Obesity Society, 2008.
13. Koutsari C, **Ali AH**, Nair KS, Khosla S, O'Brien P, Jensen MD. Adipose Tissue Lipolysis in the Elderly: Effects of DHEA and Testosterone. Obesity Society, 2008.
14. Koutsari C, **Ali AH**, Jensen MD. Direct FFA Storage into Subcutaneous Adipose Tissue Depots in Lean and Obese Humans. American Diabetes Association, 2008.

#### **GRANTS AND RESEARCH (current and previous)**

Metabolic Surgery vs. Medical Management for Resolution of Type 2 Diabetes; Sponsored by Covidien (Co-Investigator)

Fat Metabolism and Function-Altering Polymorphisms in MC3R; NIH Bench to Bedside 2011 (Extramural Principal Investigator).

The Effect of Dulaglutide on Major Cardiovascular Events in Patients with Type 2 Diabetes: Researching Cardiovascular Events with A Weekly Incretin in Diabetes (REWIND); Sponsored by Eli Lilly (Previous Principal Investigator)

The Effects of Sesame Oil Supplementation on Cardiovascular Risk Factors in Obese and Non-obese Otherwise Healthy Subjects; (Previous Principal Investigator)

#### **FOREIGN LANGUAGES AND SKILLS**

Fluent in Arabic, spoken and written.

Knowledgeable in EXCEL, Graphpad Prism, JMP, Sigmaplot, Statistica, and SPSS.