

## Personal Data

Name	Dr. Nida Suhail Anwer
Department	Medical Laboratory Technology
Nationality	Indian
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## Language proficiency

Language	Read	Write	Speak
English	Very good	Very good	Very good
Urdu	Very good	Very good	Very good
Hindi	Very good	Very good	Very good

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of issue	Address
26/6/2012	PhD	Aligarh, India	Aligarh Muslim University, Aligarh, India
06/07/2007	Masters	Aligarh, India	Aligarh Muslim University, Aligarh, India
13/06/2005	Bachelors	Aligarh, India	Aligarh Muslim University, Aligarh, India

PhD, Master or Fellowship Research Title

PhD	Biochemical studies on the effect of stress on DMBA-TPA induced carcinogenesis.
Master	Studies on aminoglycoside antibiotic mediated caprine alpha-2-macroglobulin damage.

### Professional Record(Beginning with the most recent)

Job Rank	Place And Address of work	Date
Associate Professor	Department of Medical Laboratory Technology, Faculty of Applied Medical Sciences, Northern Border University, Arar, KSA	14/09/2023-till now

Assistant Professor	Department of Medical Laboratory Technology, Faculty of Applied Medical Sciences, Northern Border University, Arar, KSA	08/03/2014- 13/09/2023
Assistant Professor	Department of Biochemistry, Aligarh Muslim University	5/2012-8/2013

Management Position(Beginning with the most recent)

Administrative position	The disk	Date
Examination controller	Female section, Faculty of Applied Medical Sciences, NBU, Arar	March 2021- ongoing

Scientific Achievements (Published Refereed Scientific Research)

Name of Investigators	Research Title	Publisher and Date of Application
Suhail N, Aftab T, Alruwaili A, Alruwaili D	Effects of Multivitamin-Mineral Supplementation on Chronic	Cureus. 2024

	Stress-Induced Oxidative Damage in Swiss Albino Mice.	
Aftab T, Khyzer E, Suhail N, Abdullah Alanzy H	Knowledge About Cervical Cancer and Awareness About Human Papillomavirus Vaccination Among Medical Students at the Northern Border University, Arar, Kingdom of Saudi Arabia.	Cureus. 2024
Suhail N, Agarwal A, Abu Alsel BT, Aftab T	Trends and types of dietary supplements usage among people visiting fitness centres in the Northern Border Region of Saudi Arabia	Tropical Journal of Pharmaceutical Research. 2024
Kizilbash N, Suhail N, Alzahrani AK, Soliman M, Basha, J	Natural regulatory T cells increase significantly in pediatric patients with parasitic infections: Flow Cytometry study	Indian Journal of Pathology and Microbiology. 2023
Suhail N	Evaluation of glycated hemoglobin (HbA1C) as a predictor of dyslipidemia in type 2 diabetic patients	Annals of Clinical and Analytical Medicine. 2022
Suhail N, Fatima S, Alsharidah AS, Aftab T, Banu N	Effect of Chronic Unpredictable Stress on the chemopreventive potential of Quercetin in experimental carcinogenesis	Toxicology and Environmental Health Sciences. 2022
Imran M, Fatima W, Alzahrani AK, Suhail N, Alshammari MK, Alghitran AA, Alshammari FN, Ghoneim MM, Alshehri S, Shakeel F	Development of Therapeutic and Prophylactic Zinc Compositions Against COVID-19: A Glimpse on the Trends, Inventions, and Patent	Nutrients. 2022
Shabir M, Kizilbash N, Alzahrani AK, Suhail N, Ambreen J	Microemulsion-based Transdermal Drug Delivery System Incorporating Levofloxacin Hemihydrate for Skin Infections	Research Journal of Biotechnology. 2022
Suhail N, Alzahrani AK, Basha WJ, Kizilbash N, Zaidi A, Ambreen J, Khachfe HM	Microemulsions: Unique Properties, Pharmacological	Frontiers in Nanotechnology. 2021

	Applications, and Targeted Drug Delivery	
Suhail N	Breast Cancer Awareness, Attitude, Perception and Screening Practices among Female Undergraduate Students	Pharmacophore. 2021
Suhail N, Abu Alsel BT, Batool S	Influence of renal impairment on serum Parathyroid hormone (PTH) and vitamin D status and their association with serum creatinine in patients undergoing hemodialysis: A case control study	Journal of Clinical and Diagnostic Research. 2021
Fatima S, Suhail N, Alrashed M, Wasi S, Aljaser FS, AlSubki RA, Alsharidah AS, Banu N	Epigallocatechin gallate and coenzyme Q10 attenuate cisplatin-induced hepatotoxicity in rats via targeting mitochondrial stress and apoptosis	Journal of Biochemical and Molecular Toxicology. 2021
Suhail N, Abu Alsel BT, Batool S	Prevalence and Association of Thyroid Dysfunction with Anemia/Body Iron Status among Northern Border Saudi Population	International Journal of Medical Research & Health Sciences. 2020
Suhail N, Bilal N, Hasan S, Banu N	Pre-exposure to chronic unpredictable stress suppresses the chemopreventive potential of Aloe vera (Av) leaf gel against 7, 12-dimethylbenz (a) anthracene (DMBA) induced carcinogenesis	Nutrition and Cancer. 2019
Fatima W, Fatima R, Suhail N	Disordered Eating Attitude and Body Dissatisfaction among Adolescents of Arab Countries: A Review	Asian Journal of Biological Sciences. 2019
Suhail N, Batool S, Fatima W	Knowledge, Attitude and Practice of Female Students towards CVD and Prevalence of Obesity and Hypertension in Arar, Saudi Arabia	International Journal of Medical Research & Health Sciences. 2018
Fatima W, Fatima R, Suhail N	Subclinical eating disorders and association with vegetarianism in	IOSR Journal of Nursing and Health Science. 2018

	female students of Saudi Arabia: A cross-sectional study	
Fatima W, Fatima R, Suhail N	Prevalence of Eating Disorders among Female College Students of Northern Border University, Arar, Kingdom of Saudi Arabia	International Journal of Child Health and Nutrition. 2018
Bilal N, Suhail N, Hasan S, Ashraf GM, Fatima S, Khan HY, Alharbi MS, Alexiou A, Banu N]	Exacerbation of N-nitrosodiethylamine Induced Hepatotoxicity and DNA Damage in Mice Exposed to Chronic Unpredictable Stress	Frontiers in Pharmacology. 2017
Suhail N, Bilal N, Hasan S, Ahmad A, Ahsraf GM, Banu N	Chronic Unpredictable Stress (CUS) enhances the carcinogenic potential of 7,12-dimethylbenz (a) anthracene (DMBA) and accelerates the onset of tumor development in Swiss albino mice	Cell Stress and Chaperones. 2015
Hasan S, Suhail N, Bilal N, Ashraf GM, Zaidi SK, AlNohair S, Banu N	Chronic unpredictable stress deteriorates the chemopreventive efficacy of pomegranate through oxidative stress pathway	Tumor Biology. 2016
Hassan S, Fatima N, Bilal N, Suhail N, Fatima S, Morgan EN, Aldebasy Y, Alzohairy MA, Banu N	Effect of chronic unpredictable stress on short term dietary restriction and its modulation by multivitamin-mineral supplementation	Appetite. 2013
Suhail N, Bilal N, Khan HY, Hasan S, Sharma S, Khan F, Mansoor T, Banu N	Effect of vitamins C and E on antioxidant status of breast-cancer patients undergoing chemotherapy	Journal of Clinical Pharmacy and Therapeutics. 2012
Ahmad M, Suhail N, Mansoor T, Banu N, Ahmad S	Evaluation of Oxidative Stress and DNA Damage in Benign Prostatic Hyperplasia Patients and Comparison with Controls	Indian Journal of Clinical Biochemistry. 2012
Suhail N, Bilal N, Hasan S, Banu N	Chronic unpredictable stress exacerbates 7, 12- Dimethylbenz (a) anthracene (DMBA) induced	Molecular and Cellular Biochemistry. 2011

	hepatotoxicity and nephrotoxicity in Swiss albino mice	
Hasan S, Bilal N, Naqvi S, Ashraf GM, Suhail N, Sharma S, Banu N	Multivitamin-Mineral and Vitamins (E+C) Supplementation Modulate Chronic Unpredictable Stress-Induced Oxidative Damage in Brain and Heart of Mice	Biological Trace Element Research. 2011
Hasan S, Bilal N, Fatima S, Suhail N, Anwar K, Sharma S, Banu N	Multivitamin-mineral supplement is more efficacious than vitamins (E+C) in the prevention of chronic unpredictable stress induced oxidative damage in mice	Journal of Cell Membranes and Free Radical Research. 2011
Ashraf GM, Rizvi S, Naqvi S, Suhail N, Bilal N, Hasan S, Tabish M, Banu N	Purification, characterization, structural analysis and protein chemistry of a buffalo heart galectin-1	Amino Acids. 2010
Ashraf GM, Bilal N, Suhail N, Hasan S, Banu N	Glycosylation of Purified Buffalo Heart Galectin-1 Plays Crucial Role in Maintaining Its Structural and Functional Integrity	Biochemistry (Moscow). 2010

### Scientific Achievements (Scientific Research accept for publication)

Name of Investigators	Research Title	Date	The magazine
Kizilbash N, Suhail N, Soliman M, Elmagzoub RM, Marsh M, Farooq R	Nanoparticles as Delivery Vehicles for Vaccines: Use of Gold Nanoparticles.	Nov 2024	Current Pharmaceutical Biotechnology


Scientific Achievements(Scientific Research submitted for Arbitration of specialized )

Name of Investigators	Research Title	Plot And Date of publication
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Scientific Achievements(Finished Research Projects)

Name of Investigators	Research Title	Date Title
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Nida Suhail, Shiza Batool , Waseem Fatima	Prevalence of obesity and hypertension among NBU students (Arar) and their knowledge and attitude towards risk factors of Cardiovascular Disease (CVD)	2017
Nida Suhail, Baraah Tomah Abu Alsel, Shiza Batool	Prevalence and association of thyroid dysfunction with anemia/body iron status among Saudi population	2018
Nida Suhail, Baraah Tomah Abu Alsel, Shiza Batool	Influence of renal impairment on serum Parathyroid hormone (PTH) and vitamin D status and their association with serum creatinine in patients undergoing hemodialysis- a case control study	2019
Nida Suhail	Breast Cancer Awareness, Attitude, Perception and Screening Practices among Female Undergraduate Students	2021
Nida Suhail, Anshoo Agarwal, Baraah Tomah Abu Alsel, Tehreem Aftab	Trends and types of dietary supplements usage among people visiting Fitness centers in The Northern Border Region of Saudi Arabia	2022
Nida Suhail, Tehreem Aftab, Anwar Alruwaili, Dalayah Alruwaili	Effects of Multivitamin-Mineral Supplementation on Chronic Stress-Induced Oxidative Damage in Swiss Albino Mice.	2023
Tehreem Aftab, Ehtisham Khyzer, Nida Suhail, Abdullah Alanzy H	Knowledge About Cervical Cancer and Awareness About Human Papillomavirus Vaccination Among Medical Students at the Northern Border University, Arar, Kingdom of Saudi Arabia.	2023

### Scientific Achievements(Current Research)

Name of Investigators	Research Title
Mariah N. Hafiz, Nida Suhail, Zakariya M. S. Mohammed, Husham O. Elzein, Hibah A. Almassoum, Awad E. Abass, Mohammed M, Jawad, Saoussen Trabelsi	Awareness and attitude of general population towards inherited hemoglobinopathies in premarital screening program in the Northern Region of Saudi Arabia

### Scientific Achievements (Contribution to Scientific Conference and symposia)

Conference Title	Place And Date of the Conference	Extent of Contribution
workshop "Time Management for Students and Teachers"	organized by Medical Education Unit, Deanship of Development and Quality, Northern Border University, Arar, Saudi Arabia on 29th October 2024.	Attendance
workshop "WORKPLACE BASED ASSESSMENT (WPBA)"	organized by Medical Education Unit, Deanship of Development and Quality, Northern Border University, Arar, Saudi Arabia on 12th September 2024.	Attendance
workshop "Evaluation Health Professional Education Glossary"	organized by Medical Education Unit, Deanship of Development and Quality, Northern Border University, Arar, Saudi Arabia on 1st May 2024.	Attendance
workshop "Global Classification - Saqr"	organized by The Vice Presidency for Postgraduate Studies and Scientific Research, Northern Border University, Arar, Saudi Arabia on 21th December 2023.	Attendance
workshop "Evaluation on Artificial intelligence in medicine: Practical challenges and its incorporation in the HPE"	organized by Health Professional Education Committee, Deanship of Development and Quality, Northern Border University, Arar, Saudi Arabia on 20th December 2023.	Attendance

webinar "Problem based learning: Are we doing the right practice?"	organized by Health Professional Education Committee, Deanship of Development and Quality, Northern Border University, Arar, Saudi Arabia on 8th November 2023	Attendance
Webinar "From Vision to Success: Designing Impactful Learning Outcomes"	Organized by National Center for Academic Accreditation and Evaluation (NCAAA) on 25th October 2023.	Attendance
Webinar "Health Interprofessional Education and Collaborative Practice"	Organized by Saudi Society for Medical Education on 24th October 2023	Attendance
8th Annual Conference of Saudi Society of Clinical Chemistry (SSCC) & 4th International Meeting on Clinical Chemistry and Laboratory Medicine	Organized by SSCC, Riyadh, Saudi Arabia on 6th -8th December 2022	Attendance
Workshop "Ethical considerations in the applications of artificial intelligence and big data in biological and medical research"	The National Committee of Bioethics (NCBE) at King Abdulaziz City, Saudi Arabia, 29th September 2022	Attendance
2nd Annual Saudi Laboratory and Diagnostic Congress	Saudi Arabia, 20th-22nd February 2022	Attendance
International Euroasia Congress on Scientific Researches and Recent Trends-IX	18th-20th February 2022, Turkey	Participant
High Impact Educational Practices	Dhahran, Saudi Arabia, 15th -16th February 2022.	Attendance
The Middle Eastern and North African Breast Symposium organized	Saudi Arabia, 30th October 2021	Attendance
Workshop "Writing a case report"	King Saud University, Saudi Arabia, 27th October 2021.	Attendance

Workshop "Questionnaire-Based Research"	King Saud University, Saudi Arabia, 13th October 2021.	Attendance
Workshop "Mentorship, Principles and Practical Tips"	King Saud University, Saudi Arabia, 3rd October 2021.	Attendance
Workshop "Becoming a Scholarly Peer-Reviewer"	King Saud University, Saudi Arabia, 29th September 2021	Attendance
Workshop "Writing a systematic review"	King Saud University, Saudi Arabia, 15th September 2021.	Attendance
Workshop "6th Master Class on Evidence Based Medicine"	Prince Sultan Military Medical City, Riyadh, Saudi Arabia, 26th August 2021.	Attendance
Workshop "Blackboard learn workshop"	Northern Border University, Arar, Saudi Arabia, 17th October 2017	Attendance
Workshop "Quality of scientific publication culture and its importance in the Universities"	Northern Border University, Arar, Saudi Arabia, 22nd February 2017.	Attendance
Workshop "How to motivate students to increase their performance"	Northern Border University, Arar, Saudi Arabia, 20th December 2016.	Attendance
"Blackboard learn workshop"	Northern Border University, Arar, Saudi Arabia, 23rd -24th November 2014	Attendance

### Scientific Achievements (Membership and Committees participating in)

1- Member of Saudi Society of Clinical Chemistry

2-	
3-	

### Teaching Activities(Undergraduate)

Course	Course Number	Extent of Contribution
Biochemistry-1	1301211	Instructor
Biochemistry-2	1301212	Instructor
Clinical Chemistry-1	1301314	Instructor
Clinical Chemistry-2	1301315	Instructor
Urinalysis and body fluids	1301313	Instructor
Medical Biochemistry	MLT211	Instructor
Principles of Biochemistry	BCHM111	Instructor

### Brief Description of the Undergraduate Courses taught

1-	<p>Biochemistry 1: The course focuses on the structure and function of glucose, amino acids, fatty acids, proteins, nucleic acids, carbohydrates, enzymes and hormones.</p> <p>Biochemistry 2: The course focuses on metabolism of main components of food including carbohydrates, lipid, and proteins.</p>
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2-	<p><b>Clinical Chemistry 1:</b> This course focuses on the role of clinical chemistry in diagnosis of diseases and explaining terms and units used in clinical chemistry. It covers the reagents preparation and storage, identification and description of different types of specimens used in clinical laboratories. In addition, it provides the student with knowledge about biochemical changes and their association with organ diseases. Moreover, it correlates between functions of these organs and laboratory tests, and metabolism and determination of carbohydrates, vitamins, and proteins.</p> <p><b>Clinical Chemistry 2:</b> This course provides the student with the knowledge of liver function, kidney function, gastrointestinal tract function (GIT), pancreatic function, tumor markers, toxicology, drug monitoring, vitamins, minerals, trace elements, metabolic and systemic diseases. Studies of hormones, their classification, action, and hormonal assays, also provide the student with advanced knowledge and skills to perform, investigate and diagnose diseases and biochemical change of malignancy, elderly, and pediatrics disorders.</p>
3-	<p><b>Urinalysis and Body Fluids:</b> This course will provide the students with the skills needed to perform a routine urinalysis and to properly analyze other body fluids commonly encountered in the clinical laboratory. The urinary system, formation of urine, the physical, chemical and microscopic examination of urine are discussed. A detailed study of cellular elements and physical and chemical characteristics of urine are presented and correlated with the structure and physiology of the kidney in normal and diseased states. Also included are specimen collection, preservation of the urine sample and quality control in urinalysis. Analysis of other body fluids include seminal fluid and cerebrospinal fluid.</p>

### Teaching Activities (Scientific Studies)

Course	Course Number	Extent of Contribution

### Teaching Activities (academic advising for Student)

Stage	Number of Students	Form	To me
2nd year	1		
3rd year	6		
4th year	2		

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### Teaching Activities(Supervision of master and doctoral theses)

Scientific Certificate	The Side	The address	Date

### Teaching Activities(Supervision of Ongoing Research)

Scientific Certificate	The Side	The address	Date



### Administrative Tasks And Community Service

The Side	Position	Form	To me
"Gulf Diabetes Day" in Al-Othaim Mall, Arar	Health volunteer	7th March 2024	8th March 2024
"Breast Cancer Awareness" in Al-Othaim Mall, Arar,	Health volunteer	1st Oct 2024	
Educational campaign in Al-Othaim Mall, Arar, to educate the community about "celiac disease"	Health volunteer	8th Dec 2022	
Conducted a workshop entitled "Infection Control" for nursing students	Resource Person	April, 2022	



Supervision of students of Faculty of Applied Medical Sciences	Academic Supervisor	2018	Ongoing
Coordinator of Man and his environment module), Faculty of Medicine, Northern Border University, Arar, Saudi Arabia	Coordinator	2014	

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#### Administrative Tasks and Community Service (Committee membership)

The Side	Position	Form	To me
Examination committee, female side	Head	Jan, 2023	Ongoing
Quality Committee, MLT department	Committee member	2024	ongoing
Quality Committee, Faculty of Applied Medical Sciences	Committee member	2024	ongoing
Accreditation committee, MLT department	Committee member	2022	Ongoing
MLT Department council	Council member	2018	Ongoing
Saudi Society of Clinical Chemistry	Member	2021	Ongoing




Administrative Tasks and Community Service (Educational Consultancy)

Time-full Partial-time	The Side	Form	To me

Administrative Tasks and Community Service (Volunteer Work)

The Side	Volunteer Type	Form	To me


### Voluntary Competencies and Skills

1-	
2-	
3-	

