

SANGEETHA SHYAM - RESUME

Education

- PhD (Clin Nutrition) from International Medical University, Kuala Lumpur.
- Master of Science (Food and Nutrition) from Women's Christian college, University Of Madras, India (Rank 1; First Class with Distinction)
- Bachelor of Science (Nutrition and Dietetics) from the University Of Madras, India (First Class)
- NIH Clinical Research Online Training Course
- Malaysian GCP (Sept 2012)
- PG Diploma In Computer Applications
- Courses in Multimedia management

Language Skills

Native Fluency in English and Tamil

IELTS (May 2009) scores- Overall band score of 8.5 (out of a max possible score of 9)

Working Fluency in Bahasa Indonesian and Malay

Skills and Competencies

Research protocol drafting, grant proposals, data management and statistical analysis using SPSS, scientific communication and report writing, using multimedia to create educational audio-visual materials. Good clinical practice certification for conduct of clinical trials from Malaysian Ministry of Health (2012).

Research Interests

Clinical Research, Carbohydrate and Lipid Nutrition, gut health, Dyslipidemia in Type 2 DM, CVD, oxidative stress and antioxidants studies

Academic Achievement

- Dr. ELEANOR MASON NUTRITION PRIZE for securing the highest total marks in the M.Sc. Foods and Nutrition class
- Women's Christian College. HOME SCIENCE DEPARTMENT ROLLING SHIELD for the M.Sc. Foods and Nutrition class.
- DR.ELEANOR MASON ENDOWMENT PRIZE for securing the highest

total of the combined marks in “Applied Statistics and Research Methodology”, “Physiology” and “Community Nutrition” in the M.Sc. Foods and Nutrition and M.Sc. Food Service Management and Dietetics Classes.

- WEIKFIELD FOOD TROPHY for securing the highest marks in “Experimental Food Science” in M.Sc. Foods and Nutrition and M.Sc. Food Service Management and Dietetics classes.
- Dr. RATNABAI ARULANANDAM AWARD for securing the highest mark in “Biochemistry” in the M.Sc. Foods and Nutrition class.
- Academic Proficiency Prize for overall academic excellence B.Sc. (Nutrition and Dietetics) class at Justice Basheer Ahmed Sayeed Women’s College, University of Madras.
- Academic Proficiency prize at Holy Angels Anglo-Indian Higher secondary school, Chennai

Association/
Membership

Member of American Society of Nutrition, member of Nutrition Society of Malaysia

Career
History

Lecturing/Teaching:

- Dec 2013- present: Lecturer at International Medical University (Courses: Contemporary Nutrition, Nutritional Immunology, Principles of Food preparation, Food Safety, Food Culture, Scientific Writing etc)

Research:

- 2009-2013 PhD candidate at International Medical University at Kuala Lumpur. Initiated and successfully completed execution of a clinical trial that included a one year follow-up, for diabetes prevention among a high risk group of subjects. Developed the project protocol, managed recruitment, subject flow, intervention administration and outcome measurement. Project also involved data management and analysis, generation of reports and publication in international peer-reviewed journals and scientific conferences.
- 2009-present: Co-researcher for undergraduate honors students for short research projects. Project proposal, statistics and SPSS consultation to undergraduate and post-graduate students.
- 2010- Research assistant at UNHCR/London School of hygiene

and Tropical Medicine's HAART (Highly Active Anti-retroviral therapy) adherence project. Project involved qualitative research. Provided an in-depth opportunity to learn about questionnaire development, techniques for administering the questionnaire and conducting in-depth focus interviews

- 1996: Research assistant for the M.S. Swaminathan Research Institute, India. Project involved nutritional assessment of pregnant women, lactating mothers and infants/babies. The project involved the administration of interview schedule to document knowledge, attitude and practice among pregnant and lactating women.
- 1994 -1996: As part of requirements for Masters Degree conducted a clinical trial project. A thesis titled "The Effect of Supplementation and Withdrawal of Fish oil capsules on Blood pressure, Hemoglobin, Serum Cholesterol and Triglyceride levels of fish eating and non-fish eating Borderline Hypercholesterolemic Subjects" was submitted to the University Of Madras. The project involved the conduct of a short-term clinical trial, including aspects of subject recruitment, follow-up, assessment of outcome measures including the conduct of biochemical analysis.

Dietetic/Nutrition Consultancy:

- 1997-1998: Dietetic consultant at a fitness clinic, Innovative Cure, in Poona, India
- 1996-1997: Consultant Nutritionist and Dietitian with Dr. Prithika Chary, Neurologist , Chennai. Apart from general dietetic counseling the job also involved Nutrition education through lectures and written articles in in-house journals
- 1994: Internship for UG requirements at Govt. Stanley General Hospital ,Chennai under chief dietitian Dr. Sabitha Anand

Academic/Medical Writing/Reviewing

- Peer reviewer for British Journal of Nutrition, International Journal of Diabetes for developing Countries etc.
- 2004-2005 UN managed Online volunteering: (writer / freelance correspondent) for a Health based website, datelineheath-africa.net. The assignment involves monitoring, posting and writing articles pertaining to Health and Nutrition from the backend administrative interface of the website. Was

awarded the Outstanding Volunteering Award by the Organization.

- 2004-2005 Formatted the flow of an online course in Nutrition for an international educational website

Journal Publications

Publications

- Sangeetha Shyam, Kock Wai Tony Ng, Arshad F. Adding Glycemic Index and Glycemic Load Functionality to DietPLUS, a Malaysian Food Composition Database and Diet Intake Calculator. *Asia Pac J Clin Nutr.* 2012;21 (2):201-208.
- Sangeetha Shyam, Fatimah Arshad, Rohana Abdul Ghani, Barakatun Nisak MY, Nik Shanita, Norasyikin Abdul Wahab, Nor Azmi Kamaruddin et al. Lowering Dietary Glycaemic Index through Nutrition Education among Malaysian Women with a History of Gestational Diabetes Mellitus. *Malaysian Journal of Nutrition* 04/2013; 19(1):9-23.
- Sangeetha Shyam, Fatimah Arshad, Rohana Abdul Ghani, Norasyikin Abdul Wahab, Nik Shanita S, Barakatun Nisak MY et al. Low Glycaemic Index diets Improve Glucose Tolerance and Body Weight in Women with Previous History of Gestational Diabetes: A Six Months Randomized Trial. *Nutrition Journal* 05/2013; 12(1):68.
- Rohana Abdul Ghani, Sangeetha Shyam, Fatimah Arshad, Norasyikin Abdul Wahab, Nik Shanita S, Barakatun Nisak MY et al. The Influence of Fasting Insulin Level in Post- Gestational Diabetes Mellitus Women Receiving Low Glycaemic Index Diets. *Nutrition and Diabetes* 02/2014;4(2):e107.
- Sangeetha Shyam, Fatimah Arshad, Rohana Abdul Ghani, Norasyikin Abdul Wahab, Karuthan Chinna et al. *Journal of Diabetes and Metabolism* 01/2014; 5(9).

Conference Abstracts

- Arshad F, Shyam S, Appetite and Obesity- Gut as an Endocrine Organ (Abstract). 2nd International Congress of Metabolic Syndrome, Obesity and Diabetes; 2010 June 16-18; Zanjan, Iran: Zanjan Metabolic Diseases Research Center.
- S. Shyam, F. Arshad, N. S. Safii, M. Y. B. Nisak, Nor Azmi K, R.A. Ghani, et al. Effect of Low GI diet Vs Low Fat Diet on Metabolic Risk Markers in Women Post Gestational Diabetes (PGDM): A Preliminary Finding. *Journal of Diabetes*. [Poster Abstract]. 2011;3 (Supplement S1, Abstracts of the 4th International Congress on

Prediabetes and the Metabolic Syndrome :89.

- Sangeetha-Shyam, Rohana AG, Norasyikin AW, Barakatun Nisak MY, NikShanita S, Fatimah A, et al. Preliminary Report on the Effects of Conventional Healthy Diets varying in Glycaemic Index on Metabolic Risk Factors in Post Gestational Diabetes Mellitus Women. Journal of endocrinology and Metabolism. [Abstract of the MEMS Annual Congress,MAC 3 (Poster Abstract)]. MAY 2011;2(Supplement issue No. 1):35.
- Sangeetha-Shyam, Fatimah A, Nik Shanita S, Barakatun Nisak MY, Nor Azmi K, AG Rohana, et al. The Effect of Lowering the Glycemic Index of Conventional Healthy Diets in Postpartum Weight Management of Gestational Diabetes Mellitus (GDM) Women: Intermediary Finding. MASO 2011 SCIENTIFIC CONFERENCE ON OBESITY[Symposium Presentation]; 28-29 June 2011; Best Western Premier Seri Pacific Hotel, Kuala Lumpur
- Fatimah Arshad, Sangeetha Shyam, Nor Azmi K, Barakatun Nisak MY, Nik Shanita S. The Role of Glycemic Index in the Dietary Management of GDM Patients[Symposium Presentation]; Malaysian Dietitians' Association 2011 Scientific Conference & 17th AGM 20th - 22nd July 2011; Borneo Convention Centre Kuching, Sarawak2011
- Sangeetha-Shyam, Fatimah A, Nik Shanita S, Barakatun Nisak MY, Rohana AG,Norasyikin AW and Nor Azmi K. The Feasibility and Practicality of Lowering Dietary Glycemic Index in Asian Post-Gestational Diabetes Mellitus (GDM) Women: A Preliminary Report. Nutrition and Dietetics, 2012, 69, Supplement S1:97-98, Poster Abstract. 16th International Congress of Dietetics Sydney, 5–8 September 2012
- Norasyikin AW, Sangeetha Shyam, Rohana AG, Fatimah A Barakatun Nisak MY, Nik Shanita S, and Nor Azmi K. Low Glycaemic Index Diet Improves Weight Loss, Glucose Tolerance, and Cardiovascular Risk Profile in Women with History of Gestational Diabetes Mellitus.Malaysia Endocrine and Metabolic Society (MEMS) Annual Congress 2012, Kota Bharu, 24 th-27th May 2012
- Sangeetha Shyam, Fatimah Arshad, Rohana Abdul Ghani, Barakatun Nisak MY, Nik Shanita, Norasyikin Abdul Wahab, Nor Azmi Kamaruddin. Low GI diets Improve Management of Body Weight and Glucose Tolerance in Women with Previous History of Gestational Diabetes Women, (Abstract Presented Orally by Sangeetha) at Malaysian Dietetics Association, Sunway Medical Centre, Kuala Lumpur, July 9-10, 2012.
- Chan Chee Shan, Fatimah Arshad and Sangeetha Shyam. Determination of the Glycaemic Index of Plain Naan and Chickpea Dhal in Malaysia. Poster Abstract Malaysian Dietetics Association,

Sunway Medical Centre, Kuala Lumpur, July 9-10, 2012 (Second Prize).

- Chin Chin Lau, Fatimah Arshad and Sangeetha Shyam Internationally Published Glycaemic Index Values and Postprandial Response of Four Malaysian Mixed Meal combinations (Poster Abstract) Malaysian Dietetics Association, Sunway Medical Centre, Kuala Lumpur, July 9-10, 2012 (First Prize).
- Sangeetha S, Fatimah A, Rohana AG, Norasyikin AW, Barakatun Nisak MY, Nik Shanita S, Karuthan C and Nor Azmi K. Low Glycaemic Index Diet Improves Management of Fasting Blood Sugar, Body Weight and Dietary Fibre Intake in Women with Previous Gestational Diabetes Mellitus. (Poster Abstract accepted for presentation at Malaysia's 1st Conference on Non-Communicable Diseases to be held in Kuala Lumpur, from 26-27 March, 2013.
- Sangeetha Shyam, Fatimah A, Rohana AG, Norasyikin AW, Barakatun Nisak MY, Nik Shanita S, Karuthan Chinna and Nor Azmi K . Low Glycaemic Index Diet Aids Management of Fasting Blood Sugar and Body Weight in Asian Women with Previous History of Gestational Diabetes Mellitus. (Poster Abstract) 5th International Congress on Prediabetes and the Metabolic Syndrome to be held in Vienna, Austria from April 18-20, 2013.
- Sangeetha Shyam, Fatimah A, Rohana AG, Norasyikin AW, Barakatun Nisak MY, Nik Shanita S, Karuthan Chinna and Nor Azmi K Low Glycaemic Index Diets Improve Fasting Blood Sugar, Triglycerides and Weight Loss among Post Gestational Diabetes Mellitus Women with Higher Fasting Insulin Levels. (Oral Presentation) at Malaysian Dietetic association Scientific Conference, Sunway Putra Hotel, Kuala Lumpur 21 – 23 June 2013.

Academic References

1. Professor Dr. Fatimah Arshad, PhD, UK RD
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2. Associate Professor Dr. Rohana Abdul Ghani, MMed
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3. Dr. Nik Shanita Safii, PhD
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Lumpur, Malaysia
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