

**MAY FARAJ, P.DT, PH.D.****CURRICULUM VITAE**

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**EDUCATION, TRAINING AND CREDENTIALS**

- 03/2004- 03/2007 *Post-doctoral training, Nutrition, Unit Director: Dr. Rémi Rabasa-Lhoret, Faculty of Medicine, University of Montréal, Montréal, Q*
- 09/1999- 12/2003 *Ph.D. Experimental Medicine, Supervisor: Dr. Katherine Cianflone Faculty of Medicine, McGill University, Montréal, QC*
- 09/1996- 10/1999 *M.Sc. Dietetics and Human Nutrition, Supervisors: Dr. Katherine Cianflone and Dr Peter Jones, Faculty of Agriculture, McGill University, Montréal, QC*
- 10/1999 - present *Member of L'Ordre Professionnel des Diététistes du Québec (OPDQ)*

**POSITIONS HELD**

- 10/2008 - present *Invited Scientist, Clinical Research Institute of Montréal (IRCM)*
- 04/2007 - present *Junior Scientist, Department of Nutrition, University of Montréal*
- 04/2007 - 12/2008 *Junior Scientist, Research Centre- Montréal University Hospital Centre (CHUM)*
- 01/1995 - 08/1996 *Clinical Nutritionist, Al-Jazeera Hospital, Abu Dhabi, United Arab Emirates*

**TEACHING**

- 09/2010 - 12/2010 *« Syndrome Métabolique, Obésité and Diabète », University of Montréal, Professor in charge*
- 09/2007 - present *« Initiation à la recherche en nutrition », University of Montréal*
- 02/1999 *« Metabolism and Nutrition », Medicine I, McGill University*

**COMMITTEE MEMBERSHIP**

- 09/2009 - present *Graduate Studies and Awards, Department of Nutrition, University of Montréal*
- 09/2009 - 06/2011 *Allied Health Professionals Fellowships- Peer Review, Canadian Institutes for Health Research (CIHR)*
- 03/2003 - 06/2003 *Nomination Committee- Chair, American University of Beirut Association in North America*
- 09/2002 - 09/2003 *Experimental Medicine Graduate Student Society, McGill University*
- 09/2001 - 09/2002 *Postgraduate Student Society, McGill University*
- 09/2000 - 12/2001 *Let's Talk Science Organisation in Montréal*

## FELLOWSHIPS AND AWARDS

- 07/2008- 06/2013 *New Investigator Award*, Canadian Institutes for Health Research (CIHR) (\$300,000)
- 03/2007 *Post-doctoral Travel Award*, International Association for the Study of Obesity, Bangkok, Thailand
- 10/2006 *Post-doctoral Travel Award*, Canadian Obesity Network, Québec City, QC
- 07/2006 *Post-doctoral Travel Award*, Canadian Obesity Network, Duchesnay, QC
- 01/2006 *Post-doctoral Travel Award*, Association de La Langue Française pour L'Étude du Diabète et des Maladies Métaboliques (ALFEDIAM), Chantilly, France
- 04/2004-03/2007 *Post-doctorate Fellowship*, Canadian Institutes for Health Research (CIHR) (\$140,000)
- 05/2004 *Dean's Honour List for Academic Excellence - Ph.D. degree*, McGill University
- 10/2003 *Best PhD Poster Presentation*, Canadian Lipoprotein Conference, Muskoka, ON (\$1,500)
- 03/2003 *Sara L. Strathmore Excellence Prize - PhD Project*, Cardiology Department, McGill University Health Centre Montréal (\$400)
- 10/2001 *Colonel Edward T. Renouf Research Fellowship - PhD project*, McGill University Health Centre
- 06/2001-06/2002 *PhD Fellowship*, McGill University Hospital Center (MUHC) (\$7,500)

## FUNDING

- 04/2009 *Leaders Opportunity Fund for infrastructure*, Canadian Foundation for Innovation (CFI) (\$328,209)
- 04/2009-03/2012 *Operating Grant*, Canadian Institutes for Health Research (CIHR) (\$404,970)
- 07/2008- 06/2013 *New Investigator Award Top-up fund*, Canadian Institutes for Health Research (CIHR) (\$50,000)

## PUBLICATIONS

1. **Faraj M**, Lavoie ME, Messier L, Bastard JP, Prud'Homme D 2010. Reduction in serum apoB is associated with reduced inflammation and insulin resistance in postmenopausal women: A MONET Study. *Atherosclerosis* 211(2): 682-688.
2. Lavoie ME, Rabasa-Lhoret R, Doucet E, Mignault D, Messier L, Bastard JP, **Faraj M**. Association between physical activity energy expenditure and inflammatory markers in sedentary overweight and obese women. *International Journal of Obesity (London)*. April 2010 [epub ahead of publication].
3. Bouchard L, Rabasa-Lhoret R, **Faraj M**, Lavoie ME, Mill Jonathan, Peruse L, Vohl MC 2009. Differential Epigenomic and Transcriptomic Responses in Subcutaneous Adipose Tissue Between Low and High Responders to Caloric Restriction. *The American Journal of Clinical Nutrition* 91(2):309-20.
4. Antuna-Puente B, Disse E, **Faraj M**, Lavoie ME, Laville M, Rabasa-Lhoret R, Bastard JP 2009. Evaluation of insulin sensitivity with a new lipid-based index in postmenopausal overweight and obese women before and after a weight loss intervention. *European Journal of Endocrinology* 161(1):51-6.

5. St-Onge M, Mathieu ME, Tousignant B, **Faraj M**, Lavoie JM. Variability of strength measurement in overweight or obese postmenopausal women 2009. *Journal of Strength and Conditioning Research* 23(9):2710-7
6. Messier V, Karelis A, Lavoie A, Brochu M, **Faraj M**, Strychar I, Rabasa-Lhoret R. 2009 Metabolic Profile and Quality of Life in Class I Sarcopenic Postmenopausal Women: a MONET Pilot Study. *Applied Physiology Nutrition and Metabolism* 34(1):18-24.
7. Tousignant B, **Faraj M**, Conus F, Garrel D, Brochu M, Rabasa-Lhoret R and Coderre L. 2008. Body fat distribution modulates insulin sensitivity in post-menopausal overweight and obese women: A MONET study. *International Journal of Obesity* 32(11):1626-32.
8. **Faraj M**, Beaugregard G, Tardif A, Loizon E, Goudbout A, Cianflone K, Vidal H and Rabasa-Lhoret R. 2008 Regulation of leptin, adiponectin and ASP by hyperinsulinaemia and hyperglycaemia *in vivo* in healthy young men. *Diabetes and Metabolism* 34(4 Pt 1):334-42.
9. Antuna-Puente B, **Faraj M**, Karelis AD, Garrel D, Prud'homme D, Rabasa-Lhoret R, Bastard JP. 2008. HOMA or QUICKI: is it useful to test reproducibility of formulas? *Diabetes and Metabolism* 34(3):294-6.
10. Sniderman AD and **Faraj M**. 2007. ApoB, ApoA-I, Insulin Resistance and the Metabolic Syndrome. *Current Opinion in Lipidology* 18(6):633-7.
11. Bastard JP, **Faraj M**, Karelis AD, Lavoie J, Garrel D, Prud'homme D, Rabasa-Lhoret R. 2007. Muscle and liver insulin resistance indexes derived from the oral glucose tolerance test: response to Abdul-Ghani et al. *Diabetes Care* 30(7):e83.
12. Lavoie ME, Karelis A, **Faraj M**, Messier L, Mignault D, Lavoie J, Viens M, Rabasa-Lhoret R. 2007. Des obèses insulino-sensibles: qui, comment et pourquoi? *Médecine Clinique, Endocrinologie & Diabète* Hors-série Jan: 2-5.
13. Bastard JP, Vandernotte JM, **Faraj M**, Karelis AD, Messier L, Garrel D, Prud'homme D and Rabasa-Lhoret R. Relationship between the Hyperinsulinemic-euglycemic Clamp and a New Simple Index Assessing Insulin Sensitivity in Overweight and Obese Postmenopausal Women. *Diabetes and Metabolism* 2007;33(4):261-8.
14. Meugnier E, **Faraj M**, Rome S, Beaugregard G, Michaut A, Besson J, Pelloux V, Chiasson JL, Barsh GS, Laville M, Clement K, Vidal H and Rabasa-Lhoret R. 2007 Acute hyperglycemia induces a global down-regulation of gene expression in adipose tissue and in skeletal muscle of healthy subjects. *Diabetes* 56(4):992-9.
15. **Faraj M**, Beaugregard G, Loizon E, Moldes M, Clément K, Tahiri Y, Cianflone K, Vidal H, Rabasa-Lhoret R. 2006. Insulin Regulation of Gene Expression and Concentrations of white Adipose Tissue-Derived Factors in Healthy Men: Relation to Adiponutrin. *Journal of Endocrinology* 191:427-435.
16. Moldes M, Beaugregard G, **Faraj M**, Perretti N, Ducluzeau PH, Laville M, Rabasa-Lhoret R, Vidal H and Clément K. 2006 Adiponutrin gene is regulated by insulin and glucose in human adipose tissue. *European Journal of Endocrinology* 155(3):461-468.
17. **Faraj M**, Messier L, Bastard JP, Tardif A, Goudbout A, Prud'homme D and Rabasa-Lhoret R. 2006 Apolipoprotein B: a predictor of inflammatory status in post-menopausal overweight and obese women. *Diabetologia* 49(7):1637-46.
18. St-Pierre HD, **Faraj M**, Karelis AD, Conus F, Henry JF, St-Onge M, Tremblay-Lebeau A, Cianflone K, and Rabasa-Lhoret R. 2006. Life style behaviours and components of energy balance as independent predictors of ghrelin and adiponectin in young non-obese women. *Diabetes and Metabolism*. 32(2):131-139.
19. Karelis AD, **Faraj M**, Bastard JP, St-Pierre DH, Brochu M, Prud'homme D and Rabasa-Lhoret R. 2005. The Metabolically Healthy, but Obese Individual presents a favourable inflammation profile. *Journal of Clinical Endocrinology and Metabolism*. 90(7): 4145 - 4150

20. **Faraj M**, and Cianflone K 2004. Differential regulation of fatty acid trapping in mouse adipose tissue and muscle by ASP. *American Journal of Physiology: Endocrinology and Metabolism*. 287(1):E150-159.
21. **Faraj M**, Lu HL, and Cianflone K 2004. Diabetes, lipids, and adipocyte secretagogues. *Biochemistry and Cell Biology*. 82(1):170-190. Review.
22. **Faraj M**, Sniderman A, and Cianflone K 2004. ASP enhances *in situ* lipoprotein lipase activity by increasing fatty acid trapping in adipocytes. *Journal of Lipid Research* 45(4):657 - 666.
23. **Faraj M**, Havel PJ, Phelis S, Blank D, Sniderman AD, and Cianflone K 2003. Plasma acylation-stimulating protein, adiponectin, leptin, and ghrelin before and after weight loss induced by gastric bypass surgery in morbidly obese subjects. *Journal of Clinical Endocrinology and Metabolism* Apr 88 (4): 1594 -1602.
24. **Faraj M**, Jones P, Sniderman AD and Cianflone K 2001. Enhanced dietary fat clearance in post-obese women. *Journal of Lipid Research* Apr 42 (4): 571 - 580.

### SUBMITTED MANUSCRIPTS

1. Doyon CY, Messier V, Lavoie ME, **Faraj M**, Doucet E, Rabasa-Lhoret R, Brochu M, Dionne IJ Association between abdominal adipose tissue (DXA) and its subcomponents (CT scan) before and after weight loss in obese postmenopausal women: a MONET study. Submitted July 2010 *International Journal of Obesity*.

### INVITED ORAL PRESENTATIONS

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| 12/2010 | <i>BIT's 2<sup>nd</sup> Annual International Congress of Cardiology (ICC)</i> , Shanghai, China<br>“Atherogenic lipoproteins, inflammation and insulin resistance”- Inflammation in Atherosclerosis Session, Chair.  |
| 09/2010 | <i>12<sup>th</sup> National Atherosclerosis Forum (NAF)</i> , Montréal, QC, “HyperapoB and the risk for type 2 diabetes”   |
| 05/2010 | <i>Dietitians of Canada National Conference</i> , Montréal, QC, “Weight loss to reduce the risk for type 2 diabetes in obesity; who should we target?”   |
| 05/2010 | <i>Clinical Research Institute of Montreal (IRCM)- Nutrition, Metabolism and Atherosclerosis Clinic Scientific Meeting</i> , “HyperapoB and the risk for type 2 diabetes; evidence to date”                          |
| 05/2009 | <i>Clinical Research Institute of Montreal (IRCM)- Nutrition, Metabolism and Atherosclerosis Clinic Scientific Meeting</i> , “Targeting hyperapoB to reduce the risk of type 2 diabetes in obese subjects”           |
| 04/2009 | <i>Clinical Research Institute of Montreal (IRCM) Scientific Retreat</i> - Orford, QC, “ApoB100-related lipoproteins and insulin resistance”   |
| 03/2009 | <i>Sherbrook, Ottawa Montreal Emerging Team (SOMET) Conferences Series</i> , CHUM, Montréal, QC, “Association of atherogenic lipoproteins with inflammation and insulin resistance: evidence from the MONET study”.  |
| 02/2008 | <i>Research Center of Montreal University Hospital Center (CR-CHUM) Scientific Retreat</i> , Bromont, QC, “ApoB and Insulin resistance”.   |
| 11/2007 | <i>CIHR 6<sup>th</sup> New Principle Investigators Meeting</i> , Jackson’s Point, ON, “Targeting hyperapoB versus hypercholesterolemia to reduce the risk of type 2 diabetes in obese subjects; mechanism of action” |

- 03/2007 *Conference of Future Scientists – Research Center of Laval University Hospital Center (CR-CHUL), Québec City, QC, “Apolipoprotein B (apoB); from ineffective fatty acid trapping to insulin resistance”*
- 03/2003 *Grand Round- Royal Victoria Hospital, Montréal, QC, “The role of acylation stimulating protein in the regulation of triglyceride clearance”*

### **OTHER ORAL PRESENTATIONS**

- 06/2010 *Clinical Research Institute of Montreal (IRCM)- Metabolic and Cardiovascular Disease Axe Conferences, “HyperapoB and the risk for type 2 diabetes; the roles of LDL and apoC-I”*
- 07/2007 *10<sup>th</sup> European Nutrition Conference, Paris, France, “Changes in inflammatory markers after diet-induced weight loss are predicted by changes in apolipoprotein B independent fat loss in post-menopausal obese women”.*
- 04/2007 *2<sup>nd</sup> International Conference on Prediabetes and Metabolic Syndrome, Barcelona, Spain, “The change in serum apolipoprotein B100 (apoB) predicts the change in insulin sensitivity in non-diabetic postmenopausal women; a MONET study”.*
- 09/2005 *Canadian Lipoprotein Conference (CLC), Montebello, QC, ‘Apolipoprotein B: a better predictor of inflammatory state than traditional cardiovascular risk factors in post-menopausal obese women”*
- 10/2000 *North American Association for the Study of Obesity (NAASO), Long Beach, California, “Enhanced Dietary Fat Clearance in Post-Obese Women”*
- 05/1999 *3<sup>rd</sup> Annual Nutrition Day, University of Montréal, Montréal, QC, “Postprandial Acylation Stimulating Protein Response and Fat Metabolism in Post-Obese Women”*