

UMID KUMAR SHRESTHA, MD, PhD

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CURRICULUM VITAE



Name Umid Kumar Shrestha
Sex Male
Date of birth December 25, 1966
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Language spoken Nepali, English, Bengali, Newari, Hindi, Chinese
Membership Member of American Gastroenterological Association
Life member of Nepalese Society of Gastroenterologists
Life member of Society of Internal Medicine of Nepal
Life member of Nepal Medical Association
Life member of Nepal Cancer Relief Society

EDUCATION:

Institution	Degree	Major	Duration
Wuhan University School of Medicine, China	Ph.D. (Doctor of Philosophy)	Internal Medicine (Gastroenterology & Hepatology)	09/2006 – 06/2009
Institute of Medicine, Tribhuvan University, Nepal	M.D. (Doctor of Medicine)	Internal Medicine	04/2000 – 05/2003
Rajshahi Medical College, Rajshahi University, Bangladesh	M.B.B.S. (Bachelor of Medicine and Bachelor of Surgery)	Medicine, Surgery, Gynecology	05/1986 – 09/1992
Amrit Science College, Tribhuvan University, Nepal	Proficiency Certificate Level	Biology, Physics, Chemistry, Mathematics	05/1982 – 02/1985

CERTIFICATION:

07/2009

Received certificate of specialty registration in Internal Medicine and Gastroenterology & Hepatology from Nepal Medical Council

09/1997

Received US ECFMG certificate (valid indefinitely)

MEDICAL LICENSURE:

10/1996

Received certificate of Full Registration as a Medical Practitioner from Bangladesh Medical and Dental Council

02/1994

Received certificate of Full Registration as a Medical Practitioner from Nepal Medical Council

TRAINING:

Zhongnan Hospital of Wuhan University, China [09/2006 – 06/2009]

Doctoral training in Gastroenterology & Hepatology

Department of Health Services, Epidemiology and Disease Control Division, Nepal

[05/2004]

Training of National Ministry of Health Staff on SARS Surveillance and Hospital Infection Control

National Tuberculosis Centre/ National Tuberculosis Program, Nepal [02/2004]

“DOTS orientation for doctors” based on WHO modules

Nepal Health Research Council, Nepal [12/2003 – 01/2004]

Training on Health Research Methodology

Institute of Medicine, Tribhuvan University, Nepal [04/2000 – 05/2003]

Residency training in Internal Medicine program

Bir Hospital, Nepal [01/1993 – 01/1994]

Internship training in Surgery (6 months) and Medicine (6 months)

WORK EXPERIENCE (more than 17 years of clinical experience with 15 years of experience in internal medicine):

Manipal College of Medical Sciences & Manipal Teaching Hospital, Pokhara, Nepal (Affiliated with Kathmandu University) [12/2009 – present]

Associate Professor

- I have been working in the Department of Medicine at Manipal College of Medical Sciences & Manipal Teaching Hospital, Pokhara, Nepal as an Associate Professor since December 2009 till to date. I am responsible for the management of medical patients in the ICU, CCU, inpatient wards and outpatient clinics. I do the routine diagnostic endoscopic procedures along with the selected basic therapeutic procedures such as sclerotherapy, variceal band ligation, etc. I am also involved with the teaching of the

postgraduate MD residents of Internal Medicine.

Sarvanga Hospital, Nepal [08/2009 – 12/2009]

Consultant Physician

I worked at Sarvanga Hospital as a Consultant Physician from August 2009 to December 2009.

Wuhan University School of Medicine, China [09/2005 – 07/2009]

Associate professor

- I worked at Wuhan University School of Medicine as an Associate Professor to teach the medical students in English medium from September 2005 to July 2009. Wuhan University, one of the top ranked universities in Asia, is a key university directly under the administration of the Education Ministry of the People's Republic of China.

Shahid Gangalal National Heart Center, Nepal [06/2004 - 09/2005]

Registrar (Cardiology) / postgraduate teacher

- I worked in Shahid Gangalal National Heart Center of Nepal from June 2004 to September 2005. During this period, I had to run outpatient clinic, make rounds in CCU and medical ward, and take calls for inpatients. I used to perform all types of non-invasive diagnostic cardiac procedures, pericardiocentesis and temporary pacemaker implantation. I also performed a number of angiography procedures and participated in angioplasties and percutaneous transvenous mitral commissurotomy (PTMC). I also used to teach the postgraduate MD residents of Internal Medicine from NAMS during their posting at SG National Heart Center.

Seti Zonal Hospital, Nepal [05/2003 - 06/2004]

Physician Specialist

- I worked in the Department of Medicine of Seti Zonal Hospital from May 2003 to June 2004 and my responsibilities were to manage the medical patients in emergency ward, inpatient ward and outpatient clinic and to supervise the junior doctors in managing the medical patients.

Koshi Zonal Hospital, Nepal [07/1998 - 05/1999]

Medical Officer

- I worked in the Department of Medicine in Koshi Zonal Hospital, where I was involved in the management of the patients in outpatient clinic, emergency ward and inpatient ward including CCU and ICU.

Bir Hospital, Nepal [05/1996 - 06/1998]

Medical Officer

- I worked in the Department of Medicine in Bir Hospital for about 2 years and my responsibilities were to manage the patients in outpatient clinic, emergency ward and inpatient ward including CCU and ICU.

Kathmandu Nursing Home (Present name: B & B Hospital), Nepal [04/1995 - 05/1996]

Medical officer

- My duties entailed work up of new admissions into both medical and surgical disciplines and on call work for inpatients.

Patan Hospital, Nepal [09/1994 - 04/1995]

Medical Officer

- I worked in the Outpatient & Emergency Department in Patan Hospital. During this time, my work involved primary health care in the Male, Female and Under Fives Clinics (with referral to specialist clinics as appropriate), and management while in the Emergency Department.

VOLUNTEER EXPERIENCE:

Heart to Heart Center, Nepal [06/ 2007 – present]

Advisor

- Heart to Heart Center, Nepal is a non-profit organization, officially associated with the Government of Nepal. I have been working as an Advisor of "Heart to Heart Nepal" from June 2007 till to date. The center aims to spread social awareness related to the heart disease, organize free health camps and provide free treatments for the patients. For the last one year, the center has been working in collaboration with Shahid Gangalal National Heart Center to provide the free counseling to prevent the heart disease.

Journal of Clinical Internal Medicine [09/2005 –12/2008]

Advisor

- I worked as an 'Advisor' of the "Journal of Clinical Internal Medicine" from September 2005 to December 2008. This is a peer reviewed clinical journal of Internal Medicine, established on February 1984 and published every month by the Hubei branch of Chinese Medical Association.

Free health clinic at Godavari Village, Lalitpur, Nepal [06/ 2004 - 06/2005]

Physician Specialist

- I worked in free health clinic organized by Rotary Club of Lalitpur District at Godavari Village, Lalitpur, Nepal. I was involved in providing the health service to the indigent people of the remote village free of cost. I took measures to promote the general public health and educate the community about all the basic health awareness.

Health Promotion Center (Thecho Village, Lalitpur), Nepal [01/ 1994 - 01/1996]

Medical officer

- I used to run free health clinic of Rural Health Promotion Center (Thecho Village, Lalitpur, Nepal) arranged by Nepal Anti-Tuberculosis Association. I attended all the patients visiting this Health Center and discoursed educational classes on preventive medicine and participated in the community health activities.

AWARDS:

Received Nepal Vidhya Bhushan Gold Medal class 'A' for the academic achievement from the president of Nepal on September 8, 2009.

Received several awards from different social organizations (Patan Jaycees, Nepal Anti-Tuberculosis Association, Nepal Cancer Relief Society, etc.) for the social service in the community.

Hobbies:

Amateur runner of 5 Km (personal best: 24:00 min.) and 10 Km (personal best: 52:00 min.) road race.

PUBLICATIONS:

1. Yi Jiang, Jie Zhao, **Umid Kumar Shrestha**, et al. Low folate, hyperhomocysteinemia and related genetic polymorphisms are associated with ulcerative colitis in central China. *Clinical Genetics* 2010 (**impact factor: 3.206**) (in submission).
2. Feng Zhou, Fubing Wang, **Umid Kumar Shrestha**, et al. The prevalence and diagnostic value of anti-neutrophil cytoplasmic autoantibodies and anti-Saccharomyces cerevisiae antibodies in Chinese Patients with Inflammatory Bowel Disease. *Clinica Chimica Acta* 2010; (**impact factor: 2.601**) (in submission).
3. Zhitao Chen, **Umid Kumar Shrestha**, Steven R. Brant, et al. CTLA4 -1661A/G and 3'UTR long repeat polymorphisms are associated with ulcerative colitis and influence CTLA4 mRNA and protein expressions. *Genes & immunity* 2010 (**impact factor: 4.006**) (accepted).
4. Hui Xiao, Qi Xiao, Kejian Zhang, Xuelan Zuo, **Umid Kumar Shrestha**. Multidrug resistance reversal by curcumin in multiple myeloma cell line MOLP-2/R through FA/BRCA pathway. *Annals of Hematology* 2010;89(4):399-404 (**impact factor: 2.454**). PMID: 19756599; DOI: 10.1007/s00277-009-0831-6.
5. **Umid Kumar Shrestha**, Ouafae Karimi, J. Bart A. Crusius, et al. Distribution of Peroxisome proliferator-activated receptor-gamma polymorphisms in Chinese and Dutch patients with inflammatory bowel disease. *Inflammatory Bowel Diseases* 2010;16(2):312-9. (**impact factor: 4.975**). PMID: 19714744. DOI: 10.1002/ibd.21059.
6. **Umid Kumar Shrestha**, Rakesh Kumar Jha, Bing Xia. Evolution of novel non-steroidal anti-inflammatory drugs with reduced gastrointestinal adverse effects. *Anti-inflammatory & Anti-allergy Agents in Medicinal Chemistry* 2009;8(3):270-278. DOI: 10.2174/187152309789152011.
7. **Umid Kumar Shrestha**, Feng Zhou, Hongling Wang, et al. Association of peroxisome proliferator-activated receptor-gamma Pro12Ala and C161T polymorphisms with ulcerative colitis in Chinese population. American Gastroenterological association abstract, Digestive Disease week, May 30–June 4, 2009, Chicago (abstract ID no. S1197). *Gastroenterology* 2009;136(5,Suppl 1)A-211 (**impact factor: 11.673**).
8. Feng Zhou, Fubing Wang, **Umid K. Shrestha**, et al. The prevalence and discrimination value of perinuclear antineutrophil cytoplasmic antibodies and anti-Saccharomyces cerevisiae antibodies in a Chinese inflammatory bowel disease cohort in central China. American Gastroenterological association abstract, Digestive Disease week, May 30–June 4, 2009, Chicago (abstract ID no. M1114). *Gastroenterology* 2009;136(5,Suppl 1)A-353 (**impact factor: 11.673**).
9. **Umid Kumar Shrestha**, Liuqing Ge, Feng Zhou, et al. Correlation of peroxisome proliferator-activated receptor-gamma Pro12Ala and C161T polymorphisms with ulcerative colitis. *Journal of Clinical Internal Medicine [Linchuang Neike Zazhi]* 2009;26(4):254-256 [article in Chinese language with abstract in English]. DOI:10.3969/j.issn.1001-9057.2009.04.014

10. Z. Wang, B. Xia, **U. Shrestha**, et al. Correlation between adiponectin gene polymorphism and non-alcoholic fatty liver disease with or without metabolic syndrome in Chinese population. *Journal of Endocrinological Investigation* 2008; 31(12):1086-1091 (**impact factor: 2.021**). PMID: 19246975
11. **U. K. Shrestha**, D. L. Singh, M. D. Bhattarai. The prevalence of hypertension and diabetes defined by fasting and 2-h plasma glucose criteria in urban Nepal. *Diabetic Medicine* 2006;23(10):1130–1135 (**impact factor: 3.172**). PMID: 16978379. DOI: 10.1111/j.1464-5491.2006.01953.x [cited by 9 international journals]
12. Jagdish P. Agrawal, **Umid K. Shrestha**, K. K. Oli. Postvaccinal encephalomyelitis and MRI changes. *Journal of Institute of Medicine* 2001;23(1-2):78-81.

PRESENTATION:

1. **Umid K. Shrestha**, Feng Zhou, Hongling Wang, et al. Association of peroxisome proliferator-activated receptor-gamma Pro12Ala and C161T polymorphisms with ulcerative colitis in Chinese population. Poster Presentation at the American Gastroenterological Association, Digestive Disease Week, May 30–June 4, 2009, Chicago, USA.
2. Feng Zhou, Fubing Wang, **Umid K. Shrestha**, et al. The prevalence and discrimination value of perinuclear antineutrophil cytoplasmic antibodies and anti-Saccharomyces cerevisiae antibodies in a Chinese inflammatory bowel disease cohort in central China. Poster Presentation at the American Gastroenterological Association, Digestive Disease Week, May 30–June 4, 2009, Chicago, USA.