

**Heba S. Youssef**

**Lecturer of Medical Physiology  
Benha College of Medicine  
Benha University, Egypt**



Phone: Cellular :(002)01022272694

E.Mail: [salemheba4@gmail.com](mailto:salemheba4@gmail.com)  
[heba.youssef@fmed.bu.edu.eg](mailto:heba.youssef@fmed.bu.edu.eg).

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**PERSONAL INFORMATION**

<b>Nationality</b>	Egyptian
<b>Language (s)</b>	Arabic/English
<b>Date of birth</b>	19.4.1991
<b>Family Status</b>	Married
<b>Children</b>	2 girls.

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**Education:**

**2022 (September)**

**M.D. (Medical Physiology)  
(Excellent) (GPA=4)**

College of Medicine, Benha University. Egypt.

**2019 (Mars)**

**M.Sc. (Medical Physiology)  
(Excellent)**

College of Medicine, Benha University. Egypt.

**2014 (Dec.)**

**MBBS(Medicine and Surgery)  
(Excellent)**

College of Medicine, Benha University. Egypt.

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**Positions:**

**2024-2025:** module coordinator of cardiovascular module College of Medicine, Benha University, Egypt

member of 1<sup>st</sup> year Control team. College of Medicine, Benha National University, Egypt

Coordinator of Question bank

**2023-2024:** member of 1<sup>st</sup> year Control team. College of Medicine, Benha University, Egypt

**2022-2023** member of Strategic Planning Committee College of Medicine, Benha University, Egypt

**2022-2023** Coordination member in physiology department quality

**2018- 2022** Associate member in the quality file for postgraduates.

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## Employment:

**2022- till now** Present Lecturer of Medical Physiology, Benha University, Egypt

**2023-2024** Lecturer of Medical Physiology in Benha national University

**2019- 2022** Assistant Lecturer of Medical Physiology, Benha University, Egypt

**2015 – 2019** Demonstrator, Medical Physiology, College of Medicine, Benha University, Egypt

**2014-2015** Postgraduate Internship, College of Medicine, Benha University, Egypt.

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## Further courses attended, workshops and training:

**2025** Preparing Program & course specifications based on NARS competency framework(Benha University, Egypt)

**2025** module specification workshop (College of Medicine, Benha National University, Egypt)

**2025** blueprint workshop (faculty of medicine Benha University, Egypt).

**2024** Question bank workshop (faculty of medicine Benha University, Egypt) .

**2024** Control training workshop (Benha University)

**2024** Method of learning workshop ( Benha national University)

**2023** Perfect thesis writing webinar (faculty of medicine Benha University, Egypt) .

**2023** Teaching and learning (faculty of medicine Benha University, Egypt) .

**2022** How to prepare a paper for international publication to prof dr mohammed haidara (faculty of medicine Benha University, Egypt) .

**2022** Article submission to Dr. Ahmed Abdeen (faculty of Veterinarian medicine Benha University, Egypt) .

**2022** TOEFL in (Benha University, Egypt).

**2021** Preparing programs and courses for postgraduates(Benha University, Egypt) .

**2021** Preparing reports for postgraduates program (Benha University, Egypt).

**2020** How to select the right journal to submit your manuscript (National research center, Cairo Sept. )

**2020** Basics level of assessment for staff in health sector

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**2020** The Use of HTML in (Benha University, Egypt).

**2020** Time managing course (Benha University, Egypt).

**2020** Conferences course (Benha University, Egypt).

2020 Rating and sites courses (Benha University, Egypt).

**2019** University Teacher Preparation Course (Faculty of Education, Benha University, Egypt).

**2017** Statistical Analysis ( Faculty of Engineering, Benha University, Egypt).

**2017** Website Management( Benha University, Egypt).

**2017** Effective communication skills (Benha University, Egypt).

**2016** Self Evaluation and External Review (Benha University, Egypt).

**2015** Statistical Analysis (Benha University, Egypt).

**2015** The Use of Technology (Teaching in Benha University, Egypt).

**2015** TOEFL in Benha University, Egypt.

**2015** ICDL in Palace of Culture in Benha, Egypt.

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## Recent conferences:

**2025** speaker in 12 annual medical conference “ Health improvement back to nature” 29-31 July 2025, Faculty of Medicine, Benha University.

**2025** speaker in AAPS-ESPS Congress “Towards a New Horizon of Physiology in Africa” 13 - 16 February 2025 Ismailia, Egypt

**2024** The Tenth Annual Conference of the Department of Physiology - Faculty of Medicine - Mansoura University - within the activities of the Tenth Annual Medical Conference of Mansoura University, held in the period from September 31 - August 1, 2023

**2024** 11th annual conference Faculty of Medicine, Benha University in 4-5 March .

**2023** Ain Shams medical congress

**2023** Speaker in the 10th annual conference Faculty of Medicine, Benha University in 28 Feb.

**2022** The 9<sup>th</sup> Annual Conference of the Department of Physiology - Faculty of Medicine - Mansoura University - within the activities of the Ninth Annual Medical Conference of Mansoura University, held from September 14 - 16, 2022.

**2022** 1st annual conference of post graduate studies for applied science Benha University in 7-8 May.

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**2022** The 5th annual conference of medical physiology Ain Shams University , Faculty of Medicine in 19-25 Mars.

**2019** Active participation in 8th Annual Medical Conference of physiology department, Faculty of Medicine, Benha University titled “Bridging the gap between theory and practice in medicine” in November.

**2018** Attendance in the 1st Quality conference of Faculty of Medicine, Benha University in October.

2018 The 5th Medical Integrated Students Ain Shams University , Faculty of Medicine.

Editing Clinical Scenario Workshop at armed forces College of medicine September 2018.

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## **Publications:**

### **2018**

- The effect of Phosphodiesterase type 5 inhibitor, Sildenafil and vitamin E on Isoprenaline induced Myocardial Infarction in male Rats.** Benha medical journal, 38(2), 532-547.

### **2022**

- Targeting PPAR $\gamma$ /Irisin pathway in the potential effect of metformin on D-galactose-induced hepatic aging in rats.** Benha Medical Journal, 39(Special issue (Academic)), 266-276.

### **2023**

- The potential effects of quercetin-loaded nanoliposomes on amoxicillin/clavulanate-induced hepatic damage: Targeting the SIRT1/Nrf2/NF- $\kappa$ B**

signaling pathway and microbiota modulation. *Antioxidants*, 12(8), 1487.

- **Hematological consequences of polyethylene microplastics toxicity in male rats: Oxidative stress, genetic, and epigenetic links.** *Toxicology*, 492, 153545.

2024

- **Melatonin counteracts polyethylene microplastics induced adreno-cortical damage in male albino rats.** *Ecotoxicology and Environmental Safety*, 279, 116499.
- **Role of IRE1 $\alpha$ /XBP1/CHOP/NLRP3 Signalling Pathway in Neonicotinoid Imidacloprid-Induced Pancreatic Dysfunction in Rats and Antagonism of Lycopene: In Vivo and Molecular Docking Simulation Approaches.** *Toxics* 12(7):445.
- **Berberine chloride loaded nano-PEGylated liposomes attenuates imidacloprid-induced neurotoxicity by inhibiting NLRP3/Caspase-1/GSDMD-mediated pyroptosis.** *BioFactors (Oxford, England)*.
- **An AMPK activator, Metformin, ameliorates aging-related oxidative hepatic injury induced by D-galactose via Irisin/SIRT1 pathway, a possible role of PPAR- $\gamma$  besides its antioxidant potency in rats.** *Bulletin of Egyptian Society for Physiological Sciences*, 44(4), 212-227.

- **Cardioprotective impact of L-carnitine against isoprenaline-induced myocardial infarction by focusing on Nrf2/parkin-mediated mitophagy.** *Bulletin of Egyptian Society for Physiological Sciences, 45(1), 32-50.*

## 2025

- **Targeting Ferroptosis/Nrf2 Pathway Ameliorates AlCl<sub>3</sub>-Induced Alzheimer's Disease in Rats: Neuroprotective Effect of Morin Hydrate, Zeolite Clinoptilolite, and Physical Plus Mental Activities.** *International Journal of Molecular Sciences, 26(3), 1260.*
- **Ellagic Acid Alleviates Imidacloprid-Induced Thyroid Dysfunction via PI3K/Akt/mTOR-Mediated Autophagy.** *Toxics, 13(5), 355.*
- **Adropin contributes to the nephro-protective effect of vitamin D in renal aging in a rat model via MAPK/HIF $\alpha$ /VEGF/eNOS mechanism.** *The Journal of Nutritional Biochemistry, 109957.*
- **The neonicotinoid Imidacloprid provokes Ferritinophagy/Ferroptosis Axis disruption in rats' liver: The attenuation impact of Berberine chloride-loaded nano-liposomes.** *Toxicology and Applied Pharmacology, 117622.*