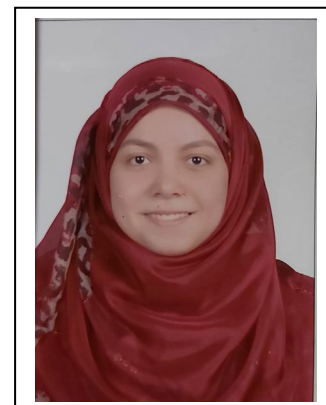

Heba S. Youssef

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PERSONAL INFORMATION

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

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.

Positions:

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

member of 1st year Control team. College of Medicine, Benha National University, Egypt

Coordinator of Question bank

2023-2024: member of 1st 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.

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.

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 programme (Benha University, Egypt).

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

2020 Basics level of assesment for staff in health sector

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.

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 9th 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.

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 1stQuality 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.

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 γ /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- κ 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 α /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- γ 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 AlCl₃-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 α /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.