

ABRAR ALAM

aalam@ualberta.ca

Edmonton, AB, Canada

EDUCATION

Doctor of Medicine, University of Alberta	2022-2026
Master of Public Health Candidate, University of Alberta	2021-2022
Bachelor of Science, University of Alberta	2017-2021

COMMUNITY SERVICES & VOLUNTEERING

Surgery & Cardiology Club Leader University of Alberta	2023-present
<ul style="list-style-type: none"> Coordinating simulation sessions, skills nights, and presentations to educate medical students about each respective specialty 	
MD Program Ambassador University of Alberta	2023-present
<ul style="list-style-type: none"> Coordinating efforts to promote the University of Alberta MD Program to high school and post-secondary students 	
Research Representative University of Alberta	2023-present
<ul style="list-style-type: none"> Elected to the University of Alberta MD Class of 2026 Council to develop, highlight, and assist students in finding research opportunities. Also responsible for planning the Community of Research Elective. 	
Research Events Assistant University of Alberta Undergraduate Research Initiative	2021-2022
<ul style="list-style-type: none"> Planning events that promote and celebrate undergraduate research at the University of Alberta. 	
University of Alberta Student Ambassador Office of the Registrar	2020-Present
<ul style="list-style-type: none"> Led campus tours and represented the university through student recruitment initiatives 	
Crisis Responder Kids Help Phone	2020-2022
<ul style="list-style-type: none"> Provided support by text message and assisted in emergency rescue for youth across Canada going through any crisis e.g. depression, anxiety, suicide 	
Administrative Assistant and Team Captain Heart and Stroke Foundation	2020-2022
<ul style="list-style-type: none"> Collected donor packages, input computer data, answered inquiries over phone 	
Councillor and Director University of Alberta Interdepartmental Science Students' Society	2018-2021
<ul style="list-style-type: none"> Elected to a 2-year tenure to represent 6000 undergraduate students through weekly meetings discussing budget and policy change. Co-led 40 volunteers with a \$9000 budget. 	
University of Alberta Orientation Leader Students' Union	2018-2021

- Led a yearly cohort of 20 students to facilitate a transition to university. Supervised at the annual “beer garden” festival by monitoring for safe drinking practices

Executive and Chair of the Board of Governors **2017-2021**
TeamUP Science Society of Edmonton

- Led a team of 60 volunteers in executing 4 interactive workshops in the fields of medicine, engineering, and computer science (collectively attended by 450 high school students)
- Currently leading a 7-member board to uphold our mandate (targeting underprivileged populations)

Head Coach of the Reach for the Top Trivia Program **2015-2020**
Edmonton Public School (Grandview Heights & Lillian Osborne)

- Coached a 20-member roster in a general trivia competition through weekly practices (qualified for 2017 Canadian National Finals and 2020 provincial championships)

Cardiovascular ICU Liaison & Friends Volunteer **2014-2022**
Alberta Health Services

- Controlled patient visitors entering the unit by communicating with nursing staff. Handled confidential patient information & developed an appreciation for quality patient care

RESEARCH POSITIONS

Summer Student **2017-2021**
Supervisor: Dr. Jason R.B. Dyck, University of Alberta (Department of Pediatrics)

- Investigated the impacts of resveratrol and empagliflozin on NLRP3 inflammasome activation in rodents with heart failure

Research Assistant **2019-2020**
Supervisor: Dr. Esther Fujiwara, University of Alberta (Department of Psychiatry)
Course-based project

- Assisted in the development of a systematic review looking at the effects of acute exercise on long-term memory

Summer Student **2016-2016**
Supervisor: Dr. Vincent Biron, University of Alberta (Department of Surgery)

- Explored the effect of epigenetic inhibitors on oropharyngeal cancer cell lines

PEER-REVIEWED PUBLICATIONS

1. Maayah ZH, Ferdaoussi M, **Alam A**, Takahara S, Silver H, Soni S, Martens MD, Eurich DT, Dyck JRB. Cannabidiol Suppresses Cytokine Storm and Protects Against Cardiac and Renal Injury Associated with Sepsis. *Cannabis Cannabinoid Res.* 2022 Dec 30. doi: 10.1089/can.2022.0170. Epub ahead of print. PMID: 36594988.
2. Maayah ZH, Raposo PJF, Silver H, Mandal R, Ellis L, Alam AS, Takahara S, Ferdaoussi M, Mathewson KE, Eurich DT, Fouad K, Wishart DS, Dyck JRB. Metabolomic Fingerprint of Behavioral Changes in Response to Full-Spectrum Cannabis Extracts. *Front Pharmacol.* 2022 Jan 25;13:831052. doi: 10.3389/fphar.2022.831052. PMID: 35145419; PMCID: PMC8822156.
3. Maayah ZH, **Alam AS**, Takahara S, Soni S, Ferdaoussi M, Matsumura N, Zordoky BN, Eisenstat DD, Dyck JRB. Resveratrol reduces cardiac NLRP3-inflammasome activation and systemic inflammation to lessen doxorubicin-induced cardiotoxicity in juvenile mice. *FEBS Lett.* 2021 Apr 20. doi: 10.1002/1873-3468.14091. Epub ahead of print. PMID: 33876420.
4. Maayah ZH, Takahara S, **Alam AS**, Ferdaoussi M, Sutendra G, El-Kadi AOS, Mackey JR, Pituskin E, Paterson DI, Dyck JRB. Breast cancer diagnosis is associated with relative left ventricular hypertrophy and elevated endothelin-1 signaling. *BMC Cancer.* 2020 Aug 12;20(1):751. doi: 10.1186/s12885-020-07217-1. PMID: 32787791; PMCID: PMC7425133.
5. Byrne NJ, Soni S, Takahara S, Ferdaoussi M, Al Batran R, Darwesh AM, Levasseur JL, Beker D, Vos DY, Schmidt MA, **Alam AS**, Maayah ZH, Schertzer JD, Seubert JM, Ussher JR, Dyck JRB. Chronically Elevating Circulating Ketones Can Reduce Cardiac Inflammation and Blunt the Development of Heart Failure. *Circ Heart Fail.* 2020 Jun;13(6):e006573. doi: 10.1161/CIRCHEARTFAILURE.119.006573. Epub 2020 Jun 4. PMID: 32493060.