Rizwan Qaisar, MBBS, Ph.D.

Department of Basic Medical Sciences, College of Medicine, University of Sharjah, United Arab Emirates.

Cell: +971 50 867 5702, email: rqaisar@sharjah.ac.ae/rizzzq@gmail.com

Employment history:

- Associate Professor (Physiology): College of Medicine, University of Sharjah, UAE (Jan 2024 – to date).
- Assistant Professor (Physiology): College of Medicine, University of Sharjah, UAE (Jan 2019 – Jan 2024).
- Research Assistant Member: Ageing and Metabolism Research Department, Oklahoma Medical Research Foundation, Oklahoma City, USA (June 2018 – Jan 2019).
- Post-doctoral researcher: Ageing and Metabolism Research Department, Oklahoma Medical Research Foundation, Oklahoma City, USA (Aug 2015 - May 2018).
- Post-doctoral researcher: Department of Molecular Medicine, University of Pavia, Italy (Sep 2012 – June 2014).
- Senior Lecturer (Physiology): Khyber Medical University, Peshawar, Pakistan (April – Sep 2012)
- Junior Lecturer (Physiology): Kohat University of Science & Technology, Kohat, Pakistan (April 2007 – Jan 2008)

Education:

- Doctor of Philosophy (Ph.D.): Faculty of Medicine, Department of Clinical Neurophysiology, Uppsala University Hospital, University of Uppsala, Sweden (March 2012). (Title of Ph.D. thesis: "Myonuclear Organization and Regulation of Muscle Contraction in Single Muscle Fibers; Effects of Aging, Gender, Species, Endocrine Factors and Muscle Size'')
- Bachelor of Medicine & Surgery (MBBS): Khyber Medical College, University of Peshawar, Pakistan (Dec 2005).

Research Interests:

- Sarcopenia, Ageing, Age-related diseases, Skeletal muscle, Biomarkers of sarcopenia, Sarcoplasmic reticulum, Neuromuscular junction, Oxidative stress, Regulation of muscle contraction, Myonuclei, Muscle stem cells, Bioenergetics.

Teaching experience:

- Muscle and multi-organ physiology for undergraduate medical and dental students and human biology for foundation year students at the University of Sharjah, UAE.
- 'Muscle Biology course' to undergraduate medical, nursing, and physiotherapy students on a yearly basis for four years at the University of Uppsala, Sweden.
- 'Geroscience' course emphasizes skeletal muscle aging for Ph.D. students at the University of Oklahoma Health Science Center in Oklahoma City, USA.
- Physiology of multiple body systems to undergraduate medical students at Khyber Medical University and Kohat University of Science & Technology in Pakistan.

Research supervision:

Ph.D.:

- ''Modulating the gut microbiome with novel bacterial metabolites from hardy species using murine stress models.''. University of Sharjah, UAE.

MSc (selected):

- ''Pharmacological inhibition of endoplasmic reticulum stress prevents osteoporosis in a mouse model of hindlimb suspension.''. University of Sharjah, UAE.
- ''Mitigating SR stress as an intervention to disuse-induced muscle loss in a mouse model of hindlimb unloading.''. University of Sharjah, UAE.
- ''Distribution of myosin heavy chain isoforms in the hindlimb muscles of unloaded mice.''. University of Pavia, Italy.

- ''Effects of steroids-induced muscle damage on the distribution of myosin heavy chain isoforms in the rat skeletal muscle.''. University of Pavia, Italy.
- ''Characterization of myonuclear apoptosis in a rat intensive care model.'' University of Uppsala, Sweden.

Undergraduate (selected published work):

- ''The association of visceral adiposity with handgrip strength in community dwellers of the United Arab Emirates'' (Advances in Biomedical and Health Sciences, 2023, DOI: 10.4103/abhs.abhs_54_22).
- ''Is the myonuclear domain ceiling hypothesis dead?''. (Singapore Medical Journal, 2021, DOI: 10.11622/smedj.2021103).
- ''Relation of plasma high-density lipoprotein-cholesterol with sarcopenia in patients with chronic obstructive pulmonary disease.''. (Indian J of Respiratory Care, 2022, DOI: 10.4103/ijrc_62_22).
- ''Pulmonary rehabilitation reduces the sarcopenia phenotype in COPD.''. (Indian J of Respiratory Care, 2022, DOI: 10.4103/ijrc_20_22).

Honors and Awards

- Awarded the Irene Diamond fund/AFAR Post-doctoral Transition Award in Aging by the American Federation for Aging Research (AFAR) (USD 120,000 for two years).
- Awarded the Targeted grant by the University of Sharjah, UAE, for the project on ''Mitigation of SR stress as an intervention to disuse-induced muscle loss'' (AED: 200,000 for two years).
- Awarded a Competitive grant by the University of Sharjah, UAE, for the project on ''Restoring the interface between SR and mitochondria to boost muscle mass in disuse-induced muscle atrophy'' (AED: 80,000 for two years).
- Awarded a Competitive grant by the University of Sharjah, UAE, for the project on ''Mesenchymal Stem Cells transplant as an intervention to ameliorate disuse-induced muscle atrophy in hindlimb unloaded mice'' (AED: 120,000 for two years).
- Awarded a Competitive grant by the University of Sharjah, UAE, for the project on ''Circulating biomarkers of muscle health in elite runners'' (AED: 80,000 for two years).
- Awarded the Seed grant by the University of Sharjah, UAE, for the project on ''Targeting SR stress and redox imbalance in myoblast culture'' (AED: 40,000 for two years).
- Member – American Association of Aging
- Member – American Physiological Society

Patent

Treatment for age- and oxidative stress-associated muscle atrophy and weakness
Inventors: Holly Van Remmen, Rizwan Qaisar
Publication date: 2021/03/25
Patent Office: US
Application number: 16970607
Description: The present invention includes methods and compositions for treating skeletal muscular atrophy caused by a defect in the function of one or more sarco/endoplasmic reticulum Ca 2+-ATPase (SERCA) pumps comprising: identifying a subject having muscular atrophy caused by a defect in the function of the one or more SERCA pumps and providing the subject with an adequate amount of an activator that enhances activity of the one or more SERCA pumps.
US Patent APP: 16/970, 607, 2021

Editorial Work for Journals

- Guest Editor, *Scientific Reports* Journal (Impact Factor = 5.51, Scopus SJR ranking = Q1)
- Guest Editor for the special issue of *Frontiers in Physiology* Journal (Impact Factor = 4.13, Scopus SJR ranking = Q1) on ''Skeletal muscle in age-related diseases: from molecular pathogenesis to potential interventions''. The final editorial for this issue can be found here.
- Editorial Board Member, *Khyber Medical University Journal* since July 2013.

Referee for Journals

- Acta Physiologica, Scientific Reports, BMC Musculoskeletal Disorders, Experimental Gerontology, Histochemistry and Cell Biology, International Journal of General Medicine, Clinical Sciences, Journal of Men's Health, Annals of Biomedical Engineering, and Equine Veterinary Journal.

Referee for Granting Agencies

- University College London, UK
- Swiss National Science Foundation, Switzerland
- University of Sharjah, United Arab Emirates

List of Publications (Chronological order):

For my profile on Google Scholar, please click here

1. Archives of Geriatrics and Gerontology Plus. (accepted for publication), **(IF =), Scopus, SJR ()**
   Association of neuromuscular disjunction with cachexia in patients with gynecological cancers
   Qaisar R, Hussain S, Karim A, Ahmad F

2. Biochime. (accepted for publication), **(IF = 3.9), Scopus, SJR (Q2)**
   Natural compound screening predicts novel GSK-3 isoform-specific inhibitors
   Ahmad F, Gupta A, Marzook H, Woodgett J, Saleh M, **Qaisar R**

3. Respiratory Investigations. doi.org/10.1016/j.resinv.2024.04.014, **(IF = 3.1), Scopus, SJR (Q2)**
   Plasma levels of Neurofilament light chain correlate with handgrip strength and sarcopenia in patients with chronic obstructive pulmonary disease
   Qaisar R, Hussain S, Burki A, Karim A, Muhammad T, Ahmad F

4. Archives of Medical Research. doi.org/10.1016/k.arcmed.2024.102998, **(IF = 7.7), Scopus, SJR (Q1)**
   Metformin improves sarcopenia-related quality of life in geriatric adults: a randomized controlled trial
   Qaisar R, Karim A, Muhammad T, Iqbal MS, Ahmad F

5. Asian J of Social Health & Behavior. doi.org/10.4103/shb.shb_377_23, **(IF = 9.72), Scopus, SJR (Q1)**
   Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome Knowledge among Followers of Various Religions in India
   Karim A, **Qaisar R,** Khalid A, Ahmad F, Hussain MA

6. Calcified Tissue International. doi.org/10.1007/s00223-024-01211-6, **(IF = 3.94), Scopus, SJR (Q1)**
   Probiotics supplements improve the sarcopenia-related quality of life in older adults with age-related muscle decline
   Qaisar R, Burki A, Karim A, Iqbal MS, Ahmad F

7. The Lancet. doi.org/10.1016/S0140-6736(24)00476-8. **(IF = 168.5), Scopus, SJR (Q1)**
   Global age-sex-specific mortality. Life expectancy, and population estimates in 204 countries and territories and 811 subnational locations, 1950-2021, and the impact of the COVID-19 pandemic: a comprehensive analysis for the Global Burden of Disease Study 2021
   Multiple authors

8. Archives of Medical Research. doi.org/10.1016/j.arcmed.2024.102988, **(IF = 7.7), Scopus, SJR (Q1)**
   Biomarkers of Physical and Mental Health for Prediction of Prediction of Parkinson's disease: A population-based study from 15 European countries
   Hussain M, **Qaisar R,** Franzese F, Alsaad S, Alkahtani S

9. Drugs and Aging, doi.org/10.1007/s40266j-024-01111-2, **(IF = 3.35), Scopus, SJR (Q1)**

Lipid-lowering medications are associated with reduced sarcopenia-related quality of life in older adults with hyperlipidemia
Qaisar R, Imran M. Khan, Karim A, Muhammad T, Ahmad F

10. The Aging Male. doi.org/10.1080/13685538.2024.2325146. **(IF = 2.48), Scopus, SJR (Q2)**
Association between handgrip strength and Metabolic Syndrome in relation to gender and adiposity among middle aged and older Saudi populations
Alkahtani S, Alshammari G, Alzuwaydi A, Alfuhaid A, Al-Masri A, **Qaisar R,** Habib S

11. Scientific Reports. doi.org/10.1038/s41589-024-54944-7. **(IF = 5.51), Scopus, SJR (Q1)**
Pharmacological inhibition of endoplasmic reticulum stress mitigates osteoporosis in a mouse model of hindlimb suspension
Al-Daghestani H, **Qaisar R,** Al Kawas S, Ghani N, Rani A, Azeem M, Hasnan HK, Kassim NK, Samsudin R

12. Cells. doi.org/10.3390/cells13020174. **(IF = 6), Scopus, SJR (Q1)**
Towards understanding the development of breast cancer – the Role of RhoJ in the obesity microenvironment
Bou Malhab L, Nair V, **Qaisar R,** Pintus G, Abdel-Rahman W

13. Respiratory Medicine. doi.org/10.1016/j.rmed.2023.107510 **(IF = 4.58), Scopus, SJR (Q1)**
Butyrate supplementation reduces sarcopenia by repairing neuromuscular junction in patients with chronic obstructive pulmonary disease
Qaisar R, Karim A, Muhammad T, Ahmad F

14. Heliyon. doi.org/10.1016/j.heliyon.2023.e23592, **(IF = 4), Scopus, SJR (Q1)**
Serum multi-omics analysis in hindlimb unloading mice model: Insight into systemic molecular changes and potential diagnostic and therapeutic biomarkers
Ibrahim Z, Khan N, **Qaisar R,** Saleh M, Siddiqui R, Al-Hroub H, Giddey A, Soares N, Elmoselhi A

15. Life sciences. doi.org/10.1016/j.lfs.2023.122186, **(IF = 6.78), Scopus, SJR (Q1)**
Targeting neuromuscular junction to treat neuromuscular disorders
Qaisar R,

16. Quality of Life Research. doi.org/10.1007/s11136-023-03547-2, **(IF = 4.18), Scopus, SJR (Q1)**
A leaky gut contributes to reduced sarcopenia-related quality of life (SarQoL) in geriatric older adults
Qaisar R, MS. Iqbal, Karim A, Muhammad T, Ahmad F

17. Life Sci in Space Res. doi.org/10.1016/j.lssr.2023.09.003, **(IF = 2.73), Scopus, SJR (Q2)**
Cardiovascular changes under the microgravity environment and the gut microbiome
Siddiqui R*, **Qaisar R*,** Al-Dahash K, Altelly AH, Elmoselhi A, Khan NA
(*, authors contributed equally)

18. J of Mol. Med. doi.org/10.1007/s00109-023-02373-w, **(IF = 4.7), Scopus, SJR (Q1)**
GSK-3a aggravates inflammation, metabolic derangement and cardiac injury post-ischemia/reperfusion
Ahmad F, Marzook H, Gupta A, Aref A, Patil K, Khan AA, Saleh M, Koch W, Woodgett J, **Qaisar R**

19. Life Sci in Space Res. doi.org/10.1016/j.lssr.2023.08.006 **(IF = 2.73), Scopus, SJR (Q2)**
Enhancing microbial diversity as well as multi-organ health in hind-limb unloaded mice
Shama S, Ranade A, **Qaisar R,** Khan NA, Tauseef I, Elmoselhi A, Siddiqui R

20. Heliyon. doi.org/10.1016/j.heliyon.2023.e19485, **(IF = 4), Scopus, SJR (Q1)**
A leaky gut contributes to postural dysfunction in patients with Alzheimer's disease
Qaisar R, Karim A, Iqbal MS, Ahmad F, Kamli H, Khamjan N

21. Archives of Medical Research. doi.org/10.1016/j.arcmed.2023.102890, **(IF = 7.7), Scopus, SJR (Q1)**
Angiotensin receptor blockers restore skeletal muscle by stabilizing neuromuscular junction in patients with chronic obstructive pulmonary disease
Qaisar R, Kamli H, Karim A, Muhammad T, Ahmad F, Shaikh A

22. BMC Geriatrics. doi.org/10.1186/s12877-023-04233-1 **(IF = 4.12), Scopus, SJR (Q1)**
The quality of life in Alzheimer's disease is not associated with handgrip strength but with activities of daily living – a composite study from 28 European countries
Qaisar R, Hussain MA, Karim A, Ahmad F, Franzese f, Al-Masri a, Alsaad s, Alkahtani S

23. Future Trends in Education Post COVID-19 (book chapter). doi.org/10.1007/978-981-99-1927-7_3
Evaluation of the Hybrid Learning Model to Teach Human Physiology Experiments
Kamath D, Qaisar R, Karim A, Elmoselhi A, Mussa BM

24. Exp Biol & Med. doi.org/10.1177/15353702231198080, **(IF = 4.3), Scopus, SJR (Q1)**
Circulating H-FABP as a biomarker of frailty in patients with chronic heart failure
Ahmad F, Karim A, Khan J, **Qaisar R**

25. BBA- General Subjects. doi.org/10.1016/j.bbagen.2023.130422, **(IF = 4.11), Scopus, SJR (Q1)**
Suppression of endoplasmic reticulum stress reveres hindlimb unloading-induced hepatic cellular processes in mice
Ranade A, Khan A, Gul M, Suresh S, **Qaisar R,** Ahmad F, Karim A

26. J of Cardiovascular Pharmacology, doi.org/10.1097/FJC.0000000000001445 **(IF = 3.27), Scopus, SJR (Q2)**
Statin therapy induces gut leakage and neuromuscular disjunction in patients with chronic heart failure
Ahmad F, Karim A, Khan J, **Qaisar R**

27. Respiratory Medicine. doi.org/10.1016/j.rmed.2023.107298. **(IF = 4.58), Scopus, SJR (Q1)**
Degradation of neuromuscular junction contributes to muscle weakness but not physical compromise in chronic obstructive pulmonary disease patients taking lipids-lowering medications
Qaisar R, Karim A, Muhammad T, Alkahtani S, Kamli H, Ahmad F

28. F1000Research. doi.org/10.12688/f1000research.133584.1 **(IF = 2.95), Scopus, SJR (Q1)**
The interface of dementia and physical disability; causative factors and associations in the elderly population from Pakistan: Evidence from the nationally representative cross-sectional Demographic and Health Survey (DHS) 2017-18 of Pakistan
Khalid A, Karim A, Ahmad F, **Qaisar R,** Hussain M.A,

29. F1000Research. doi.org/10.12688/f1000research.133585 **(IF = 2.95), Scopus, SJR (Q1)**
Time-related changes in the knowledge of HIV/AIDS among followers of various religions in India
Khalid A, **Qaisar R,** Ahmad F, Hussain M.A, Karim A

30. Journal of Alzheimer's disease. doi.org/10.3233/JAD-230201 **(IF = 4.69), Scopus, SJR (Q1)**
ACE inhibitors improve skeletal muscle by preserving neuromuscular junction in patients with Alzheimer's disease
Qaisar R, Karim A, Iqbal M.S, Alkahtani S, Ahmad F, Kamli H

31. Heliyon. doi.org/10.1016/j.heliyon.2023.e15293 **(IF = 3.77), Scopus, SJR (Q1)**
Circulating follicle stimulating hormone levels influence body growth in pre-menarcheal girls in a latitude-dependent manner
Khalid A, **Qaisar R,** Hussain M, Karim A

32. Life Sciences. doi.org/10.1016/j.lfs.2023.121687 **(IF = 6.78), Scopus, SJR (Q1)**
RhoA/ROCK inhibition attenuates endothelin-1-induced glomerulopathy in the rats
Saleh M, Shaaban A, Talaat I, Elmougy A, Adra S, Ahmad F, **Qaisar R,** Elmoselhi A, Abu-Gharbieh E, El-Huneidi W, Eladl M, Shehatou G, Kafl H

33. Osteoporosis and Sarcopenia. doi.org/10.1016/j.afos.2023.03.008 **(IF = 2.5)**
The elusive role of myostatin signaling for muscle regeneration and maintenance of muscle homeostasis
Mitra A, **Qaisar R,** Bose B, Shenoy S

34. J of Mol Medicine. doi.org/10.1007/s00109-023-02296-6, **(IF = 5.6), Scopus, SJR (Q1)**
Nicotinamide riboside kinase-2 regulates metabolic adaptation in the ischemic heart

Marzook H, Gupta A, Tomar D, Saleh M, Patil K, Semreen M, Hamoudi R, Soares N, **Qaisar R,** Ahmad F

35. Acta Astronautica. doi.org/10.1016/j.actaastro.2023.01.011, **(IF = 2.95), Scopus, SJR (Q1)**
Pharmacological inhibition of endoplasmic reticulum stress mitigates testicular pathology in a mouse model of simulated microgravity
Ranade A, Khan A, Gul M, Jose J, Ramachandran G, **Qaisar R,** Karim A, Ahmad F, Abdel-Rahman W

36. Exp Biol & Med. doi.org/10.1177/15353702231151980, **(IF = 4.3), Scopus, SJR (Q1)**
Plasma Galectin-3 and H-FABP correlate with poor physical performance in patients with congestive heart failure
Ahmad F, Karim A, Khan J, **Qaisar R**

37. Redox Biol. doi.org/10.1016/j.redox.2022.102550, **(IF = 11.79), Scopus, SJR (Q1)**
Neuronal deletion of MnSOD in mice leads to demyelination, inflammation and progressive paralysis that mimics phenotypes associated with progressive multiple sclerosis
Bhaskaran S, Kumar G, Thadathil N, Piekarz K, Mohammed S, Lopez S, **Qaisar R,** Walton D, Brown J, Murphy A, Smith N, Saunders D, Beckstead M, Plafker S, Lewis T, Towner R, Sathyaseelan D, Richardson A, Axtell R, Van Remmen H

38. Experimental Gerontology. doi.org/10.1016/j.exger.2022.112034, **(IF = 4.25), Scopus, SJR (Q2)**
Elevated plasma CAF22 are incompletely restored six months after COVID-19 infection in older men
Karim A, Muhammad T, Iqbal M, **Qaisar R,**

39. Life. doi.org/10.3390/life12111865, **(IF = 3.77), Scopus, SJR (Q2)**
Effect of microgravity on the gut microbiota bacterial composition in a hindlimb unloading model
Khan NA, **Qaisar R,** Siddiqui R, Al-Harbi A, Alfahemi H, Elmoselhi A

40. Life Sciences doi.org: 10.1016/j.lfs.2022.121150, **(IF = 6.78), Scopus, SJR (Q1)**
Plasma zonulin correlates with cardiac dysfunction and poor physical performance in patients with chronic heart failure
Ahmad F, Karim A, Khan J, **Qaisar R,**

41. Scientific Reports. doi.org: 10.1038/241598-022-22385-9, **(IF = 5.51), Scopus, SJR (Q1)**
Hindlimb unloading induces time-dependent disruption of testicular histology in mice
Karim A, **Qaisar R,** Azeem M, Jose J, Ramachandran G, Ibrahim Z, Elmoselhi A, Ahmed F, Abdel-Rahman W, Ranade A,

42. Int J Mol Sci. doi.org: 10.3390/ijms.231912039 **(IF = 6.20), Scopus, SJR (Q1)**
Nanomedicine for Treating Muscle Dystrophies: Opportunities, Challenges, and Future Perspectives
Ahmad Z, **Qaisar R**

43. Frontiers in Physiology doi.org: 10.3389/fphys.2022.1056479, **(IF = 4.56), Scopus, SJR (Q1)**
Skeletal muscle in Age-related Diseases: From Molecular Pathogenesis to Potential Interventions
Pravatiyar M, **Qaisar R**

44. Life, doi.org: 10.3390/life 1201301, **(IF = 3.77), Scopus, SJR (Q2)**
The role of 4-phenyl butyric acid in gut microbial dysbiosis in a mouse model of simulated microgravity
Khan S, **Qaisar R,** Khan NA, Tauseef I, Siddiqui R

45. Neuroscience research, doi.org: 10.1016/j.neures.2022.08.004 **(IF = 3.30), Scopus, SJR (Q1)**
Elevated plasma zonulin and CAF22 are correlated with sarcopenia and functional dependency at various stages of Alzheimer's disease
Karim A, Iqbal M, Muhammad T, Ahmad F, **Qaisar R**

46. Life sciences in space research, doi.org: 10.1016/j.issr.2022.06.005 **(IF = 2.08), Scopus, SJR (Q2)**
Suppression of endoplasmic reticulum stress prevents disuse muscle atrophy in a mouse model of microgravity
Ibrahim Z, Ramachandran G, El-Huneidi W, Elmoselhi A, **Qaisar R**

47. NPJ microgravity doi.org: 10.1038/s41526-022-00211-w **(IF = 4.37), Scopus, SJR (Q1)**

Mitigating sarcoplasmic reticulum stress limits disuse-induced muscle loss in hindlimb unloaded mice
Khan AA, Gul MT, Karim A, Ranade A, Azeem M, Ibrahim Z, Ramachandran G, Nair V, Ahmad F, Elmoselhi A, **Qaisar R**

48. J of Cardiology. doi.org: 10.1016/j.jjcc.2022.06.006 **(IF = 3.15), Scopus, SJR (Q1)**
A multistrain probiotic reduces sarcopenia by modulating WnT signaling biomarkers in patients with chronic heart failure
Karim A, Muhammad T, Shah I, Khan J, **Qaisar R**

49. Life Sciences. doi.org: 10.1016/j.ifs.2022.120703 **(IF = 6.78), Scopus, SJR (Q1)**
SARS-CoV-2-infection induced growth factors play differential roles in COVID-19 pathogenesis
Gupta A, Jayakumar M, Saleh M, Kannan M, Halwani R, **Qaisar R,** Ahmad F

50. Archives of Gerontology and Geriatrics. doi.org: 10.1016/j.archger.2022.104721 **(IF = 3.25), Scopus, SJR (Q1)**
A multistrain probiotic improves handgrip strength and functional capacity in patients with COPD: a randomized control trial
Karim A, Muhammad T, Iqbal MS, **Qaisar R**

51. The FASEB Journal. doi.org: 10.1096/fasebj.2022.36.S1.R4388 **(IF = 5.19), Scopus, SJR (Q1)**
Pharmacological inhibition of ER stress mitigates testicular pathology in hind-limb unloaded mice
Ranade A, **Qaisar R,** Khan AA, Karim A, Gul MT, Azeem M, Jose J, Ramachandran G, Ibrahim Z, Nair VA, Elmoselhi A, Hassan WA

52. Exp Biol n Med. doi.org: 10.177/15353702221102117 **(IF = 2.69), Scopus, SJR (Q1)**
TFP1 and FXII negatively and S100A8/A9 and Cystatin positively correlate with D-Dimer in COVID-19
Gupta A, **Qaisar R,** Halwani R, Kannan M, Ahmad F

53. Int J Mol Sci. doi.org: 10.3390/ijms.23084408 **(IF = 6.20), Scopus, SJR (Q1)**
Synergistic anti-angiogenic effect of combined VEGFR kinase inhibitors, Lenvatinib, and Regorafenib: A therapeutic potential for breast cancer
Bajbouj K*, **Qaisar R*,** Alshura MA*, Ibrahim Z, Alebaji MB, Al Ani AW, Janajrah HM, Bilalaga MB, Omara AI, Abou Assaleh RS, Saber-Ayad M, Elmoselhi AB.
(*, authors contributed equally)

54. Scientific Reports. doi.org: 10.1038/s41598-022-09511-3 **(IF = 4.99), Scopus, SJR (Q1)**
A comparison of international and national references to measure the prevalence of stunting in Pakistani school-age girls
Qaisar R, Karim A.

55. J of Orthopedic Research. doi.org: 10.1002/jor.25323 **(IF = 3.49), Scopus, SJR (Q2)**
The role of disrupted iron homeostasis in the development and progression of arthropathy
Karim A, Bajbouj K, **Qaisar R,** Hall A, Hamad M

56. Acta Astronautica. 2022, doi: 10.1016/j.actaastro.2022.03.008 **(IF = 2.41), Scopus, SJR (Q1)**
Hind-limb unloading in rodents: Current evidence and perspective
Hawliczek A, Brix B, Al Mutawan S, Alsuwaidi H, Du Plessis S, Gao Y, **Qaisar R,** Siddiqui R, Elmoselhi A, Goswami N

57. Spectroscopy Santa Monica. doi.org:10.2139/ssrn.3968037 **(IF = 1.91)**
Density functional model of the Raman spectra for the seminiferous tubules of hindlimb unloaded mouse
Azeem M, **Qaisar R,** Karim A, Ranade A, Elmoselhi A

58. Frontiers in Cell & Develop. Biol 2022, doi:10.3389/fcell.2022.821014 **(IF = 6.68), Scopus, SJR (Q1)**
Iron overload induces oxidative stress, cell cycle arrest and apoptosis in chondrocytes
Karim A, Bajbouj K, Shafarin J, **Qaisar R,** Hall A, Hamad M

59. Clinical Science (Long). 2022, doi:10.1042/CS20210964 **(IF = 6.12), Scopus, SJR (Q1)**
Nicotinamide riboside kinase-2 inhibits JNK pathway and limits dilated cardiomyopathy in mice with chronic pressure overload
Shahzadi SK, Marzook H, **Qaisar R,** Ahmad F

60. Heart, Lung & Circ. doi:10.1016/j.hlc.2022.01.003 **(IF = 2.97), Scopus, SJR (Q2)**

Relationship of haptoglobin phenotypes with sarcopenia in patients with congestive heart failure
Karim A, Muhammad T, Shah I, Khan J, **Qaisar R,**

61. J Mol Neurosci. 2022, doi:10.1007/s12031-022-01970-7 **(IF = 3.44), Scopus, SJR (Q2)**
Evaluation of sarcopenia using multiple biomarkers of the neuromuscular junction in Parkinson's disease
Karim A, Iqbal M.S, Muhammad T, **Qaisar R,**

62. BMC Pediatr. 2021 (21:535), doi:10.10186/s12887-021-03017-z **(IF = 2.03), Scopus, SJR (Q2)**
BMI status relative to international and national growth references among Pakistani school-age girls.
Qaisar R, Karim A,

63. Circulation Research. 2021; 129: AP326, Nov 2021, Abstract, doi:10.1161/res.129.suppl_1.P326
Nicotinamide riboside kinase-2 deficiency promotes pressure overload- induced dilated cardiomyopathy and heart failure
Shahzadi SK, **Qaisar R,** Ahmad F

64. J of Cellular Physiol. Nov 2021, doi:10.1002/jcp30644 **(IF = 6.38), Scopus, SJR (Q1)**
Cardiomyocte-GSK-3b deficiency induces cardiac progenitor cell proliferation in the ischemic heart through paracrine mechanism
Yusuf A, **Qaisar R**, Al-Tamimi A, Jayakumar M, Woodgett J, Koch W, Ahmad F.

65. Histo Chem and Cell Biol. Oct 2021, doi:10.1007/s00418-021-02043-3 **(IF = 4.3), Scopus, SJR (Q1)**
Sarcopenia in pulmonary disease is associated with elevated sarcoplasmic reticulum stress and myonuclear disorganization
Qaisar R, Ustrana S, Muhammad T, Shah I.

66. Proceedings of the International Astronautical Congress, volume A2, 2021, Dubai
Effects of microgravity on the gut microbiota bacterial composition in a hindlimb unloaded model
Khan NA, **Qaisar R**, Siddiqui R, Elmoselhi A.

67. Proceedings of the International Astronautical Congress, volume A2, 2021, Dubai
Pharmacological inhibition of ER stress mitigates testicular pathology in hind-limb unloaded mice
Ranade A, **Qaisar R**, Karim A, Elmoselhi A, Nair V, Jose J, Ramachandran G, Ibrahim Z, Gul MT, Hassan WA, Azeem M, Khan A.

68. Resp. Med. Oct 2021, doi:10.1016/j.rmed.2021.106662 **(IF = 3.41), Scopus, SJR (Q1)**
Intestinal permeability marker zonulin as a predictor of sarcopenia in chronic obstructive pulmonary disease
Karim A, Muhammad T, Ustrana S, **Qaisar R**.

69. Circulation Research. 2021; 129: AP409, Sep 2021, Abstract, doi:10.1161/res.129.suppl_1.P409
GSK-3b deficiency in cardiomyocytes induces cardiac progenitor cell proliferation in the ischemic heart
Yusuf A, **Qaisar R**, Woodgett J, Ahmad F.

70. Life. Sep 2021, doi:10.3390/life11101008 **(IF = 3.77), Scopus, SJR (Q2)**
Effects of microgravity environment on gut microbiome and angiogenesis
Siddiqui R, **Qaisar R,** Goswami N, Khan NA, Elmoselhi A.

71. Eu. J of Internal Med. Sep 2021, doi:10.1016/j.ejim.2021.09.009 **(IF = 4.48), Scopus, SJR (Q1)**
The coupling between sarcopenia and COVID-19 is the real problem
Qaisar R, Karim A, Muhammad T, Shah I, Iqbal M.

72. Singapore Medical Journal 2021, 1-24, doi:10.11622/smjedj.2021103 **(IF = 1.85), Scopus, SJR (Q3)**
Is the myonuclear domain ceiling hypothesis dead?
Aman F, El Khatib E, AlNeaimi A, Mohamed A, Almulla A, Zaidan A, Alshafei J, Habbal O, Eldesouki S, **Qaisar R,**

73. Khyber Med Univ J. 2021, 13(3), 173-178; doi:10.35845/kmuj.2021.20319 **(Cite score = 0.1)**
Cellular and Molecular Mechanisms of Muscle Regeneration
Qaisar R,

74. J of Pers Med. 2021, 11(9), 919; doi:10.3390/jpm1190919 **(IF = 4.45), Scopus, SJR (Q2)**
Prediction of sarcopenia using multiple biomarkers of neuromuscular junction deterioration in chronic obstructive pulmonary disease
Karim A, Muhammad T, **Qaisar R,**

75. Global Heart Journal 2021; 16(1): 56. doi: 10.5334/gh.943 **(IF = 3.42), Scopus, SJR (Q1)**
Circulating microRNAs as biomarkers of accelerated sarcopenia in chronic heart failure
Qaisar R, Karim A, Muhammad T, Shah I, Khan J.

76. Scientific Reports. 2021 Apr 21;11(1):8632. doi: 10.1038/s41598-021-87974-6 **(IF = 4.37), Scopus, SJR (Q1)**
Prediction of sarcopenia using a battery of circulating biomarkers
Qaisar R, Karim A, Muhammad T, Shah I, Khan J.

77. Life Sci. 2021 May 15;273:119296. doi:10.1016/j.lfs.2021.119296. Epub 2021 Mar 3.7 **(IF = 6.78), Scopus, SJR (Q1)**
Reduced sarcoplasmic Ca2+ ATPase activity underlies skeletal muscle wasting in asthma
Qaisar R, Qayum M, Muhammad T.

78. Biochem Biophy Rep. 2021 Jan 29'25:100930. doi: 10.1016/j.bbrep.2021.100930.eCollection 2021 Mar. **(IF = 2.61), Scopus, SJR (Q3)**
Signature molecular changes in the skeletal muscle of hindlimb unloaded mice
Azeem M, **Qaisar R,** Karim A, Ranade A, Elmoselhi A.

79. Int J Mol Sci. 2020 Dec 22;22(1): 37. doi: 10.3390/ijms22010037 **(IF = 6.20), Scopus, SJR (Q1)**
Restoration of Sarcoplasmic Reticulum Ca2+ ATPase (SERCA) Activity Prevents Age-Related Muscle Atrophy and Weakness in Mice
Qaisar R, Pharaoh G, Bhaskaran S, Xu H, Ranjit R, Bian J, Ahn B, Georgescu C, Wren JD, Van Remmen H.

80. J Adolesc. 2020 Dec 9;86:40-53. doi: 10.1016/j.adolescence.2020.12.001 **(IF = 3.25), Scopus, SJR (Q1)**
Growth and socio-economic status, influence on the age at menarche in school going girls
Karim A, **Qaisar R,** Hussain MA

81. Biology (Basel). 2020 Oct 3;9(10)322. doi: 10.3390/biology9100322 **(IF = 5.07), Scopus, SJR (Q1)**
Circulating biomarkers of accelerated sarcopenia in respiratory diseases
Qaisar R, Karim A, Muhammad T, Shah I

82. J Cachexia Sarcopenia Muscle. 2020 Sep 12. doi: 10.1002/jcsm.12615 **(IF = 12.91), Scopus, SJR (Q1)**
Cancer cachexia in a mouse model of oxidative stress
Brown JL, Lawrence MM, Ahn B, Kneis P, **Qaisar R,** Ranjit R, Bian J, Pharaoh G, Brown S, Peelor FF, Kinter MT, Miller BF, Richardson A, Van Remmen H.

83. Aging Cell. 2020 Sep 4:e13225. doi: 10.1111/acel.13225 **(IF = 9.3), Scopus, SJR (Q1)**
Neuron-specific deletion of CuZnSOD leads to an advanced sarcopenic phenotype in older mice
Bhaskaran S, Pollock N, C Macpherson P, Ahn B, Piekarz KM, Staunton CA, Brown JL, **Qaisar R,** Vasilaki A, Richardson A, McArdle A, Jackson MJ, Brooks SV, Van Remmen H.

84. Biology (Basel). 2020 Jul 15;9(7)B:166. doi: 10.3390/biology9070166 **(IF = 5.07), Scopus, SJR (Q1)**
Plasma CAF22 levels as a useful predictor of muscle health in patients with chronic obstructive pulmonary disease
Qaisar R, Karim A, Muhammad T

85. BMC Pediatr. 2020 May 16; 20(1):223. doi: 10.1186/s12887-020-02135-4 **(IF = 2.03), Scopus, SJR (Q2)**
Anthropometric measurements of school-going-girls of the Punjab, Pakistan
Karim A, **Qaisar R**

86. Int J Chron Obstruct Pulmon Dis. 2020 Feb 11; 15:311-321. doi: 10.2147/COPD.S225765 **(IF = 3.35), Scopus, SJR (Q2)**
Circulating biomarkers of handgrip strength & lung function in chronic obstructive pulmonary disease
Qaisar R, Karim A, Muhammad T

87. Acta Physiol (Oxf). 2020 March; 228(3): e13431. doi: 10.1111/alpha **(IF = 6.31), Scopus, SJR (Q1)**
Muscle unloading: A comparison between spaceflight and ground-based models
Qaisar R, Karim A, Elmoselhi AB

88. Innovation in Aging, Vol 2, Issue Suppl_1, Nov 2018. Doi: 10.1093/geroni/igy023.1277
SERCA activation as an intervention to reduce muscle atrophy and weakness
H Van Remmen, **Qaisar R**, Bhaskaran S, Ranjit R, Natarajan KS, Premkumar P, Huseman K

89. Redox Biol J, 2018 Sep 27;20:68-74. doi: 10.1016/j.redox.2018.09.018 **(IF = 11.79), Scopus, SJR (Q1)**
Restoration of SERCA ATPase to prevent oxidative stress-related muscle atrophy and weakness
Qaisar R, Bhaskaran S, Ranjit R, Natarajan KS, Premkumar P, Huseman K, Van Remmen H

90. J Cachexia Sarcopenia Muscle. 2018 Aug 2. doi: 10.1002/jcsm. 12339 **(IF = 12.91), Scopus, SJR (Q1)**
Oxidative stress-induced dysregulation of excitation-contraction coupling contributes to muscle weakness
Qaisar R, Bhaskaran S, Premkumar P, Ranjit R, Natarajan KS, Ahn B, Riddle K, Claflin DR, Richardson A, Brooks SV, Van Remmen H

91. Free Radic Biol Med. 2017 Nov; 112:48-49. doi: 10. 1016/j.freeradbiomed.2017.10.063 **(IF = 7.37), Scopus, SJR (Q1)**
Inducible motor neuron specific deletion of CuZN Superoxide dismutase accelerates muscle atrophy in mice
Bhaskaran S, Li H, Ahn B, Piekarz K, Ranjit R, **Qaisar R**, Premkumar P, Forbes B, Riddle K, Richardson A, Van Remmen H.

92. Free Radic Biol Med. 2017 April 26; 108:704-714. doi: 10. 1016/j.freeradbiomed.2017.04.028 **(IF = 7.37), Scopus, SJR (Q1)**
A fish oil diet induces mitochondrial uncoupling and mitochondrial unfolded protein response in epididymal white adipose tissues of mice
Bhaskaran S, Unnikrishnan A, Ranjit R, **Qaisar R**, Pharaoh G, Matyi S, Kinter M, Deepa SS.

93. Diabetes. 2016 Dec;65(12):3585-3597. Epub 2016 Sep 27 **(IF = 9.46), Scopus, SJR (Q1)**
Enhanced GLUT-4Dependent Glucose Transport Relieves Nutrient Stress in Obese Mice Through Changes in Lipid and Amino Acid Metabolism
Gurley JM, Illayeva O, Jackson RM, Griesel BA, White P, Mastuzaki S, **Qaisar R**, Van Remmen H, Humphries KM, Newgard CB, Olson AL.

94. Free Radic Biol Med. 2016, doi: 10.1016/j.freeradbiomed.2016.03.25 **(IF = 7.37), Scopus, SJR (Q1)**
Muscle fiber type diversification during exercise and regeneration
Qaisar R*, Bhaskaran S, Van Remmen H.

95. Free Radic Biol Med. 2016 Feb;91:281-92. doi: 10.1016/j.freeradbiomed.2015.12.021 **(IF = 7.37), Scopus, SJR (Q1)**
Down-regulation of the mitochondrial matrix peptidase ClpP in muscle cells causes mitochondrial dysfunction and decreases cell proliferation
Deepa SS, Bhaskaran S, Ranjit R, **Qaisar R**, Nair BC, Liu Y, Walsh ME, Fok WC, Van Remmen H.

96. Aging Cell. 2015 Dec;14(6):957-70. doi: 10.1111/acel.12387.Epub 2015 Aug 20 **(IF = 9.3), Scopus, SJR (Q1)**
The histone deacetylase inhibitor butyrate improves metabolism and reduces muscle atrophy during aging
Walash ME, Bhattacharya A, Sataranatarajan K, **Qaisar R**, Sloane L, Rahman MM, Kinter M, Van Remmen H.

97. Redox Biol. 2015 Apr 15;5:140-148. doi: 10.1016/j.redox.2015.04.005 PMID: 25917273 **(IF = 11.79), Scopus, SJR (Q1)**
Neuron specific reduction in CuZnSOD is not sufficient to initiate a full sarcopenia phenotype
Sataranatarajan K*, **Qaisar R***, Davis C, Sakellariou GK, Vasilaki A, Zhang Y, Liu Y, Bhaskaran S, McArdle A, Jackson M, Brooks SV, Richardson A, Van Remmen H.
(*, authors contributed equally)

98. Muscle Nerve. 2015 Jan 16. doi: 10.1002/mus.24572 **(IF = 3.21), Scopus, SJR (Q2)**
Quantitative and qualitative adaptations of muscle fibers to glucocorticoids
Minetto MA*, **Qaisar R***, Agoni V, Motta G, Longa E, Miotti D, Pellegrino MA, Bottinelli R
(*, authors contributed equally)

99. Indian J of Physiol and Pharmacol 2014, 58 (1), 1-12 **(IF = 0.25), Scopus, SJR (Q4)**

What determines myonuclear domains size?
Qaisar R, Larsson L

100. Acta Physiol (Oxf). 2014 Dec;212(4):316-29. doi: 10.1111/apha. 12320. Epub 2014 June 30 **(IF = 6.31), Scopus, SJR (Q1)**
Actin sliding velocity on pure myosin isoforms from hindlimb unloaded mice
Maffei M, Longa E, **Qaisar R**, Agno V, Desaphy JF, Camerino DC, Bottinelli R, Canepari M.

101. J Physiol. 2013 May 1;591(Pt 9):2333-44. doi: 10.1113/jphysiol.2012.250092. **(IF = 5.18), Scopus, SJR (Q1)**
Hormone replacement therapy improves contractile function and myonuclear organization of single muscle fibers from postmenopausal monozygotic female twin pairs
Qaisar R, Hedstrom Y, Pöllänen E, Ronkainen P, Kaprio J, Alen M, Larsson L

102. Am J Physiol Regul Integr Comp Physiol. 2012 Nov;303(10):R1090-9. doi: 10.1152/ajpregu.00636.2011. **(IF = 3.61), Scopus, SJR (Q1)**
Loss of muscle strength during sepsis is in part regulated by glucocorticoids and is associated with reduced expression of myosin heavy chain type IIb
Alamdari, N, Toraldo G, Aversa Z, Renaud G, **Qaisar R**, Larsson L, Jasuja R, Hasselgren P

103. FASEB J. 2012 Mar;26(3):1077-85. doi: 10.1096/fj.11-192195. Epub 2011 Nov 28. **(IF = 5.19), Scopus, SJR (Q1)**
Is functional hypertrophy and specific force coupled with addition of myonuclei? A single fiber study of myostatin knock-out and IGF-1 over-expressing mice
Qaisar R, Renaud G, Morine K, Barton ER, Sweeney H.L, Larsson L

104. J Physiol. 2011 Apr 15;589(Pt 8):2007-26. Epub 2011 Feb 14. **(IF = 5.18), Scopus, SJR (Q1)**
Preferential skeletal muscle myosin loss in response to mechanical silencing in a novel rat intensive care unit model: Underlying mechanisms
Ochala J, Gustafson AM, Llano Diez M, Renaud G, Li M, Aare S, **Qaisar R**, Banduseela VC, Hedström Y, Tang X, Dworkin B, Ford CG, Nair SN, Perera S, Gautel M, Larsson L.

105. Biophysical society journal (2011)
Myonuclear domain size and 3D myonuclear organization in single muscle fibers from myostatin deficient or IGF1 overexpressing mice
R. Qaisar

106. Aging Cell. 2010 Oct;9(5):685-97. doi: 10.1111/j.1474-9726.2010.00594.x. Epub 2010 Jul 2. **(IF = 9.3), Scopus, SJR (Q1)**
Effects of ageing and gender on the spatial organization of nuclei in single human skeletal muscle cells
A Cristea, R Qaisar, PK Edlund, J Lindblad, E Bengtsson, L Larsson.
(*, authors contributed equally)

107. Neuromuscular disorders. 2009
Effects of ageing and gender on the spatial organization of nuclei in single human skeletal muscle cells
A Cristea, PK Edlund, J Lindblad, R Qaisar, E Bengtsson, L Larsson.

108. Neuromuscular disorders. 2009
Acute Quadriplegic Myopathy: Underlying mechanisms, improved diagnostic methods and specific intervention strategies
AM Gustafson, J Ochala, ML Diez, G Renaud, M Li, S Aare, **R Qaisar**, VC Banduseela, Y Hedstrom, X Tang, B Dworkin, GC Ford, KS Nair, G Perera, M Gautel, L Larsson

109. Exp Physiol. 2009 Jan;94(1):117-29. Epub 2008 Sep 26. **(IF = 2.96), Scopus, SJR (Q2)**
Myonuclear domain size and myosin isoform expression in muscle fibres from mammals representing a 100,000 fold difference in body size
Liu JX, Höglund AS, Karlsson P, Lindblad J, **Qaisar R**, Aare S, Bengtsson E, Larsson L.

Seminars and conferences:

I presented my research work (speaker and/or poster) in following seminars and conferences.

1. 22nd IAA Humans in Space Symposium ''Together to Mars'', Dubai, UAE (Nov 2019)
   Targeting SR stress to mitigate disuse-induced muscle atrophy in simulated microgravity.
   R Qaisar, Bajbouj K, Elmoselhi A

2. NIA summer training course, Buck Institute, Novato, CA, USA (June 2017)
   Defining the role(s) of ER stress in age- and oxidative stress-related skeletal muscle impairment.
   R Qaisar.

3. Experimental Biology Conference, San Diego, USA (April 2017)
   Restoration of SERCA ATPase as an intervention to muscle atrophy and weakness.
   R Qaisar, Bhaskaran S, Ranjit R, Sataranatarajan K, Premkumar P, Huseman K, H Van Remmen.

4. Oklahoma Medical Research Foundation Retreat, Oklahoma City, USA (March 2017)
   Restoration of SERCA ATPase as an intervention to muscle atrophy and weakness.
   R Qaisar, Bhaskaran S, Ranjit R, Sataranatarajan K, Premkumar P, Huseman K, H Van Remmen.

5. Oklahoma Medical Research Foundation Retreat, Oklahoma City, USA (March 2016)
   Oxidative stress-induced dysregulation of excitation-contraction coupling contributes to muscle weakness.
   R Qaisar, Bhaskaran S, Ranjit R, Riddle K, H Van Remmen

6. 7. Advance in Skeletal Muscle Biology in health and disease, University of Florida, USA (March 2017)
   8. *Oxidative stress-induced dysregulation of excitation-contraction coupling contributes to muscle weakness.*
   R Qaisar, Bhaskaran S, Ranjit R, Riddle K, H Van Remmen.

7. Oklahoma Medical Research Foundation Retreat, Oklahoma City, USA (March 2016)
   Mechanism(s) of force deficit in mouse models of muscle specific deletion of CuZnSod1.
   R Qaisar, Sataranatarajan K, Riddle K, H Van Remmen.

8. American Aging Association, Marina Del Rey, LA, USA (2015)
   Neuron specific reduction in CuZnSOD is not sufficient to initiate a full sarcopenia phenotype.
   K Sataranatarajan, **R Qaisar**, C Davis, GK Sakellariou, A Vasilaki, Y Zhang, Y Liu, S Bhaskaran, A McArdle, M Jackson, SV Brooks, A Richardson, H Van Remmen.

9. IIM Conference, Siena, Italy (2014)
   Quantitative and qualitative adaptations of muscle fibers to glucocorticoids.
   R Qaisar, MA Minetto, V Agoni, G Motta, E Longa, D Miotti, MA Pellegrino, R Bottinelli.

10. MyoAge workshop, Jyvaskyla, Finland (2011)
    Contractile function and myonuclear organization in single fibers from monozygotic female twins discordant for hormone replacement therapy.
    Qaisar R, Hedstrom Y, Sipilä S, Kovanen V, Larsson L.

11. MyoAge workshop, Lecce, Italy (2011)
    Is functional hypertrophy and specific force coupled with addition of myonuclei at the single muscle fiber level.
    R Qaisar.

12. Biophysical society, Baltimore, USA (2011)
    Myonuclear domain size and 3D myonuclear organization in single muscle fibers from myostatin deficient or IGF1 overexpressing mice.
    R Qaisar.

13. European Muscle Congress, Padova, Italy (2010)
    Myonuclear domain size and 3D myonuclear organization in single muscle fibers from myostatin deficient or IGF1 overexpressing mice.

R Qaisar.

14. World Muscle Society, Geneva, Switzerland (2009)
Effects of muscle hypertrophy on individual myonuclear domain sizes in single muscle fibers from myostatin deficient or IGF-1 over-expressing mice.
R Qaisar, K Morine, ER Barton, HL Sweeney, L Larsson.

15. World Muscle Society, Geneva, Switzerland (2009)
Acute quadriplegic myopathy: underlying mechanisms, improved diagnostic methods and specific intervention strategies.
L Larsson, AM Gustafson, J Ochala, V Banduseela, M Li, S Aare, Y Hedstrom, **R Qaisar**, M Llano Diaz, X Tang, BR Dworkin.

16. European Muscle Congress, Oxford, London, UK (2008)
Effects of aging and gender on the spatial organization of nuclei in single human skeletal muscle fibers.
Qaisar R, Cristea A, Edlund PK, Lindblad J, Bengtsson E, Larsson L.

Training & Courses.

- NIA summer training course on grant writing, June 2018, Buck Institute, Novato CA, USA,
- Medical Epidemiology (one week), 2012, University of Uppsala, Sweden
- Introduction to doctoral studies & scientific research (five weeks), 2010, University of Uppsala, Sweden
- Immune, gene and cell therapy (two weeks), 2009, University of Uppsala, Sweden
- Digital Imaging System (three weeks), 2009, University of Uppsala, Sweden
- Confocal microscopy (one week), 2009, University of Uppsala, Sweden
- As a junior internee doctor in Surgery (six months), 2006, Lady Reading Hospital, Peshawar, Pakistan
- As a junior internee doctor in Cardiology (six months), 2006, Lady Reading Hospital, Peshawar, Pakistan

Computer Skills

Windows, MS Office, Graphics (Adobe Illustrator, Adobe Photoshop), Biostatistics (Sigma plot, Sigma stat, GraphPad prism)

Co-curricular activities

Mountaineering, Literature, poetry, Science, Astrophysics, Music, Photography, Cricket, Table tennis

References

(Available on request)