

Dr Abd Tahrani

Clinician Scientist

Endocrinology, Diabetes and Metabolism

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Qualifications

- MD 1998, University of Aleppo, Syria
- MRCP (UK) 2003, Royal College of Physicians
- MMedSci (2004), Keele University
- CCT in Endocrinology and Diabetes (2012), Royal College of Physicians and General Medical Council
- PhD (2012), University of Birmingham

Research

- The impact of obstructive sleep apnoea on peripheral neuropathy in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- The impact of obstructive sleep apnoea on retinopathy in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- The impact of obstructive sleep apnoea on nephropathy in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- Obstructive sleep apnoea and cardiac autonomic neuropathy (Chief investigator: Abd Tahrani)
- The impact of sleep duration on obesity in patients with type 2 diabetes (Chief investigator: Abd Tahrani)
- Ethnic differences in adiposity and complications in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- The impact of obstructive sleep apnoea on oxidative stress, nitrosative stress, PARP activation, inflammation and microvascular regulation in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- The impact of bariatric surgery on microvascular complications in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)
- The role of life style modifications on long term weight loss in patients with Type 2 diabetes (Chief investigator: Abd Tahrani)

Other activities

- Lead for medical weight management services and co-lead for the neuropathy and diabetic foot services at Heart of England NHS Foundation Trust
- Lead for the Bariatric surgery module and co-lead for the Master of Obesity and diabetes and at the University of Birmingham
- MRCP examiner
- Ex member of the Society for Endocrinology clinical committee and Young endocrinologist committee
- External reviewer to the Hong Kong research council and a peer reviewer to leading journals in the medicine diabetes and endocrinology such as Lancet, Annals of Internal Medicine, Journal of American College of Cardiology, BMJ, Canadian Medical Association Journal, Annals of Medicine, Diabetes Care, Diabetic Medicine, Clinical Endocrinology, British Journal of General Practice, BMC endocrine, Thyroid, Endocrine Practice, Journal of American Society of Nephrology, Drug and Therapeutic Bulletin, Ophthalmology, American Journal of Kidney Disease disorders, , Journal of clinical sleep medicine amongst others
- Included in the Who's Who in the World 2010, 2011, 2012 and 2013 editions
- The diabetes and metabolism section editor for BMC endocrine and an advisory editor for BMC obesity research
- The editorial consultant for the type 1 diabetes module at the American College of Physicians
- Winner of the Sleep Disordered Breathing Young Investigator Award from the American Academy of Sleep Medicine 2013, The clinical cases award from the Society of Endocrinology 2008 and a nominee to the Nick Hales Young Investigator Award from Diabetes UK in 2011
- Speaker in several major international diabetes meetings.

Publications

Tahrani AA, Ali A and Stevens MJ (2013) Obstructive sleep apnoea and diabetes: an update. *Curr Opin Pulm Med* 19(6):631-8 doi: 10.1097/MCP.0b013e3283659da5

Tahrani AA, Ali A, Raymond NT, Begum S, Dubb K, Altaf QA, Piya MK, Barnett AH and Stevens MJ (2013) Obstructive Sleep Apnea and Diabetic Nephropathy: A cohort study. *Diabetes Care* [Epub ahead of print]

Tahrani AA, Barnett AH and Bailey CJ (2013) SGLT inhibitors in management of diabetes. *The Lancet Diabetes & Endocrinology* 1(2):140-151 doi:10.1016/S2213-8587(13)70050-0

Tiganescu A, Tahrani AA, Morgan SA, Otranto M, Desmoulière A, Abrahams L, Hassan-Smith Z, Walker EA, Rabbitt EH, Cooper MS, Amrein K, Lavery GG and Stewart PM (2013) 11 β -Hydroxysteroid dehydrogenase blockade prevents age-induced skin structure and function defects. *J Clin Invest* 123(7):3051-60 doi:10.1172/JCI64162

Tahrani AA, Ali A, Raymond NT, Begum S, Dubb K, Mughal S, Jose B, Piya MK, Barnett AH and Stevens MJ (2012) Obstructive sleep apnea and diabetic neuropathy: a novel association in patients with type 2 diabetes. *Am J Respir Crit Care Med* 186(5):434-41 doi: 10.1164/rccm.201112-2135OC

Tahrani AA, Zeng W, Shakher J, Piya MK, Hughes S, Dubb K and Stevens MJ (2012) Cutaneous structural and biochemical correlates of foot complications in high-risk diabetes. *Diabetes Care* 35(9):1913-8 doi: 10.2337/dc11-2076

Tahrani AA, Bailey CJ and Barnett AH (2012) Insulin degludec: a new ultra-longacting insulin. *Lancet* 379(9825):1465-7 doi: 10.1016/S0140-6736(12)60527-3

Kahal H, Tahrani AA, George JT, Barlow IM and Malik MA (2011) Obstructive sleep apnoea; a rare cause of pseudophaeochromocytoma. *QJM* [Epub ahead of print]

Zeng W, Tahrani A, Shakher J, Varani J, Hughes S, Dubb K and Stevens MJ (2011) Effects of a synthetic retinoid on skin structure, matrix metalloproteinases, and procollagen in healthy and high-risk subjects with diabetes. *J Diabetes Complications* 25(6):398-404 doi: 10.1016/j.jdiacomp.2011.10.002

Piya MK, Shivu GN, Tahrani A, Dubb K, Abozguia K, Phan TT, Narendran P, Pop-Busui R, Frenneaux M and Stevens MJ (2011) Abnormal left ventricular torsion and cardiac autonomic dysfunction in subjects with type 1 diabetes mellitus. *Metabolism* 60(8):1115-21 doi: 10.1016/j.metabol.2010.12.004

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