

CURRICULUM VITAE

CONTACT INFO

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Designation: Professor in Human Nutrition,
Department of Physiology, Faculty of Medicine, University of
Peradeniya, Peradeniya, 20400 Sri Lanka

Adjunct Professor and Graduate Faculty, Nutritional
Sciences, Texas Tech University, Lubbock, TX, USA

EDUCATION

2011 **Ph.D.** Nutritional Sciences (major), Exercise Physiology
(minor), University of Tennessee, Knoxville, TN, USA
Mentor: Dr. Naima Moustaid-Moussa
Dissertation title: "Genetic and nutritional studies to elucidate
the role of adipose tissue in the pathogenesis of metabolic
syndrome."

2006 **M.Phil.** (Master of Philosophy), Human Physiology,
University of Peradeniya, Sri Lanka

2001 **M.B.B.S.** (Bachelor of Medicine and Surgery), University of
Peradeniya, Sri Lanka, Graduated with honors

1980-1993 Primary and Secondary education – Dharmaraja College,
Kandy

RESEARCH INTERESTS

Research activities are focused on identifying mechanisms responsible for obesity-associated metabolic derangements with a view of developing preventive and treatment strategies for these disorders including dietary interventions. Obesity leads to a chronic low-grade inflammation in the adipose tissue, which is in part responsible for the development of whole-body insulin resistance. However, the exact trigger of this inflammatory process is hitherto unknown. The major focus of our research program is to uncover these mechanisms. We are also interested in identifying the reasons as to why individuals of Asian origin are at a higher risk of developing cardiovascular disease

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compared to Caucasians at a given body mass index. Research areas include: T lymphocytes and the onset of adipose tissue inflammation and systemic insulin resistance; adipose tissue renin-angiotensin system (RAS) in the pathogenesis of insulin resistance; and mechanisms by which fatty acids (especially omega-3 fatty acids) modulate adipose tissue function. We employ in vivo as well as in vitro systems, with a spectrum of cellular and molecular biology techniques coupled with studies of whole-animal physiology to address important questions in the above areas of research.

PROFESSIONAL EXPERIENCE

2013 to date	Professor in Human Nutrition , Department of Physiology, Faculty of Medicine, University of Peradeniya, Sri Lanka
2015 to date	Adjunct Professor , Nutritional Sciences, Texas Tech University, Lubbock, TX, USA
2018 to date	Graduate Faculty , Texas Tech University, Lubbock, TX, USA
2012 to date	Consultant Nutritionist , Faculty of Medicine, University of Peradeniya - providing visiting clinical nutrition services to the Teaching Hospitals of Peradeniya and Kandy
2014	Visiting Associate Professor , Department of Nutritional Sciences, Texas Tech University, Lubbock, TX, USA
2008 - 2013	Senior Lecturer Department of Physiology, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka
2011 – 2012	Research Fellow , Department of Immunology, St. Jude Children’s Hospital, Memphis, TN, USA
2003 – 2008	Lecturer , Department of Physiology, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka
2006 – 2011	Graduate Assistant University of Tennessee, Knoxville, TN, USA
2002 – 2003	Intern Medical Officer , Peradeniya Teaching Hospital, Peradeniya, Sri Lanka

HONORS AND AWARDS

2020	SCOPE national fellowship, World Obesity Federation
2019	Presidential award for scientific publication, Sri Lanka
2019	A.C.E. Koch memorial orator (invited), Physiological Society of Sri Lanka
2018	Presidential award for scientific publication, Sri Lanka
2016	Henry Rajaratnam orator (invited), Sri Lanka College of Endocrinologists
2015	Bibile Memorial Orator (awarded), Kandy Society of Medicine, Sri Lanka
2015	National Research Council Merit Award for Research Publication
2014	International Association for the Study of Obesity (IASO), International Journal of Obesity (IJO) New Faculty Award for basic science research
2014	IASO Travel Fellowship
2014	Presidential Award for Scientific Publication, Sri Lanka
2013	K.N. Seneviratne Memorial Research Award, Physiological Society of Sri Lanka
2011	American Society for Nutrition (ASN) nutrient-gene interactions research interest section Poster Competition – 1 st place
2011	ASN energy and macronutrient metabolism research interest section Student and Postdoc Abstract Award
2011	University of Tennessee, College of Education, Health and Human Sciences Graduate Student Research Award
2010	ASN / Nutritional Sciences Council (NSC) Graduate Student Research Award
2010	Invited attendee, Postdoctoral Recruiting at the McGarry Symposium, UT Southwestern Medical Center
2010	The University of Tennessee Chancellor's Honors for extraordinary professional promise
2010	Gamma Sigma Delta Ph.D. graduate student Award of Merit
2010	American Society for Nutrition - nutrient gene interactions research interest section poster competition – Honorable Mention
2010	Award for Outstanding Poster Presentation (2 nd place) at Boshell Diabetes Day, Auburn University
2010	Graduate student award (2 nd place) at Comparative & Experimental Medicine and Public Health Research Symposium, University of Tennessee
2010	Ruby McKeel Rives Scholarship
2009	American Heart Association Pre-doctoral Fellowship
2009	University of Tennessee Graduate Student Senate Travel Award
2009	National Institutes of Health Travel Award to participate in the NIH / ODS research practicum
2008	Catherine Burton Chi Omega Scholarship
2005	Kandy Society of Medicine Gold medal for the best research presentation at the annual academic sessions
2005	International Federation of Clin Neurophys Travel Award

MEMBERSHIP OF PROFESSIONAL SOCIETIES

American Society for Nutrition (regular member since 2010)
Physiological Society of Sri Lanka
Sri Lanka Medical Association
Sri Lanka College of Endocrinologists (Current council member)
Sri Lanka Medical Nutrition Association (Current council member, past vice-president)
Nutrition Society of Sri Lanka
Kandy Society of Medicine – Past secretary and current council member

PROFESSIONAL SERVICE

BOARD OF STUDIES

2017 to date: Member of Specialty board on Clinical Nutrition, PGIM, University of Colombo

2015 to 2017: Member of board of study in Basic and Medical Sciences, PGIM, University of Colombo

2015 to 2017: Member of Speciality board in Physiology, PGIM, University of Colombo

2015 to date: Member of Curriculum development committee for MD clinical nutrition, PGIM, University of Colombo

EXAMINER

MD (surgery) Part I examination, University of Colombo

MD (Clinical Nutrition) Part I examination, University of Colombo

MD (Clinical Nutrition) Part II examination, University of Colombo

Ph.D. Examiner for Queensland University of Technology, Australia, University of Peradeniya, University of Colombo and University of Sri Jayawardenepura, Sri Lanka

GRANT REVIEW COMMITTEES

2015- Reviewer, National Research Council, Sri Lanka
2012 Reviewer, Medical Research Council (MRC) – UK

GUIDELINE COMMITTEES

Obesity and diabetes guidelines, Sri Lanka College of Endocrinologists; Food based dietary guidelines, Sri Lanka; Diabetes guidelines, Hypertension guidelines Ceylon College of Physicians, Sri Lanka

CONSULTANT

Nutrition consultant, Plan International Country Strategic Plan for Sri Lanka 2017-2022

Health Sector consultant, Central Provincial Council of Sri Lanka, 5-year plan, 2018

EDITOR

2015 to 2016: Sri Lanka Journal of Medicine

EDITORIAL BOARD MEMBER

2016 to date: Journal of Nutritional Biochemistry (Impact Factor: 4.8)

JOURNAL REVIEWER

International Journal of Obesity
American Journal of Physiology: Endocrinology and Metabolism
Molecular and Cellular Endocrinology
Journal of Nutritional Biochemistry
Obesity
Physiological Genomics
Gene
Nutrition and Metabolism
Scientific Reports
Diabetes Research and Clinical Practice
Hormone and Metabolic Research
Molecular Nutrition and Food Research

POSTGRADUATE STUDENTS (current)

Mahsa Yavari, Texas Tech University, USA – Ph.D.

Bimba Goonapienuwala, Texas Tech University, USA – Ph.D.

Upul Senarath, University of Colombo, Sri Lanka – Ph.D.

POSTGRADUATE STUDENTS (past)

Kalhara Menikdiwela, Texas Tech University, USA – Ph.D.

Kembra Albracht, Texas Tech University, USA – Ph.D.

Sanjeevani Fonseka, University of Peradeniya, Sri Lanka - Ph.D.

Bimba Goonapienuwala, University of Peradeniya, Sri Lanka - MPhil

Isuri Jayawardena – University of Peradeniya, Sri Lanka - MPhil

FUNDING AND GRANTS AWARDED

- 2015 – 2017 Obesity Research Custer, Texas Tech University. “Maternal Supplementation of Omega 3 Fatty Acids Alleviate Obesity-Associated Inflammation & Diabetes in the Offspring.” Total award: \$ 8000. Role: collaborator
- 2014 - 2015 International Research Center, University of Peradeniya. “Identification of mechanisms responsible for insulin resistance in Sri Lankan adults”. Total award: Rs. 500,000. Role: PI
- 2009 - 2011 American Heart Association, Greater Southeast Affiliate, predoctoral fellowship 09PRE2260238 “Metabolic effects of caloric restriction in mice overexpressing angiotensinogen in adipose tissue”. Total award: \$41,000. Role: PI
- 2004 – 2006 Kandy Society of Medicine, Sri Lanka, “Neurophysiological evaluation of cervical spondylotic myelopathy and radiculopathy”. Total award: Rs. 100,000. Role: PI

INVITED PRESENTATIONS (INTERNATIONAL)

1. “Adipose tissue inflammation as a link between obesity and metabolic syndrome”, St. Jude Children’s Research Hospital, Memphis, TN, USA, 2011
2. “Adipose Tissue as an Endocrine Organ”, symposium lecture, 3rd Biennial Conference of South Asian Association of Physiologists, Colombo, Sri Lanka, 2012
3. “At the Cross Roads of Obesity and Immunology”, FASEB Summer Conference on Nutrient Sensing and Metabolic Signaling, Big Sky, MT, USA, 2014
4. “Obesity in Asia”, Texas Tech University Obesity Cluster Seminar, Texas, USA, 2014
5. “Obesity – an emerging problem in South Asia” Keynote speech at the 2nd international conference on science and technology for society organized by Vishwashanthi multipurpose society, India, May 2015
6. “Enteral Nutrition in the Intensive Care Unit” 2nd SAARC Critical Care Congress hosted by Sri Lankan Society of Critical Care and Emergency Medicine, 31st July, 2016
7. “Nutritional Considerations in Aging-related Sarcopenia” 19th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA 2018), Seoul, Korea, 15th June, 2018.
8. “Nutrition in Metabolic syndrome”, plenary lecture at Apollo International Clinical Nutrition Update (AICNU) 2018, Chennai, India, 5th August, 2018
9. “Dietary Bioactive Compounds”, Philippine Society for Parenteral and Enteral Nutrition (PhilSPEN) 12th Annual Convention, November 2018

PUBLICATIONS

BOOK CHAPTERS:

1. **Kalupahana NS**, Moustaid-Moussa N, Voy BH, Kim JH, Bassett D, Bray MS, Lightfoot TJ. The Regulation of Physical Activity by Genetic Mechanisms: Is There a Drive to be Active? In: *Genetic and Molecular Aspects of Sports Performance*. Edited by Bouchard C, Hoffman E: Wiley-Blackwell; 2011: 283-293
2. Bray MS, Fulton JE, **Kalupahana NS**, Lightfoot TJ. Genetic Epidemiology, Physical Activity and Inactivity. In: *Genetic and Molecular Aspects of Sport Performance*. Edited by Bouchard C, Hoffman E: Wiley-Blackwell; 2011: 81-89
3. Siriwardhana N, **Kalupahana NS** and Moustaid-Moussa N. Health benefits of n-3 polyunsaturated fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). In *Handbook of Marine Medicinal Food: Applications and Implications (2nd Ed.)* Edited by Se-Kwon Kim: Elsevier; 2012
4. **Kalupahana NS**, Jayalath T, Wang S and Moustaid-Moussa N. Regulation and metabolic effects of white adipose tissue SCD expression. In: *Stearoyl Coenzyme-A Desaturase Genes in Lipid Metabolism*. Edited by James M. Ntambi: Springer; 2013: 49-60
5. **Kalupahana NS**, Wang S, Rahman S and Moustaid-Moussa N. Function and regulation of macrophage SCD in metabolic disorders. In: *Stearoyl Coenzyme-A Desaturase Genes in Lipid Metabolism*. Edited by James M. Ntambi: Springer; 2013:61-71

PUBLICATIONS IN PEER-REVIEWED JOURNALS:

1. **Kalupahana NS**, Weerasinghe VS, Dangahadeniya U, Senanayake N. Abnormal parameters of magnetically evoked motor evoked potentials in patients with cervical spondylotic myelopathy. *Spine Journal* 2008; 8(4):645-9
2. Wortman P, Miyazaki Y, **Kalupahana NS**, Kim S, Hansen-Petrik M, Saxton AM, Claycombe KJ, Voy BH, Whelan J and Moustaid-Moussa N. n3 and n6 polyunsaturated fatty acids differentially modulate prostaglandin E secretion but not markers of lipogenesis in adipocytes. *Nutrition & Metabolism* 2009; 6:5
3. **Kalupahana NS**, Claycombe K, Newman SJ, Stewart T, Siriwardhana N, Matthan N, Lichtenstein A and Moustaid-Moussa N. Eicosapentaenoic acid prevents and reverses insulin resistance in high-fat diet-induced obese mice via modulation of adipose tissue inflammation. *Journal of Nutrition* 2010; 140(11):1915-22
4. **Kalupahana NS**, Voy BH, Saxton A and Moustaid-Moussa N. Energy-restricted high-fat diets only partially improve markers of systemic and adipose tissue inflammation. *Obesity (Silver Spring)* 2011; 19(2):245-54
5. **Kalupahana NS**, Claycombe K and Moustaid-Moussa N. Omega-3 fatty acids alleviate adipose tissue inflammation and insulin resistance: mechanistic insights. *Advances in Nutrition* 2011; 2: 304-316
6. **Kalupahana NS** and Moustaid-Moussa N. Overview to Symposium "Systems Genetics in Nutrition and Obesity Research". *Journal of Nutrition* 2011; 141(3):512-4
7. **Kalupahana NS**, Moustaid-Moussa N. Genetics, Physical Activity and Chronic Diseases: an Intricate Relationship. *Sri Lanka Medical Journal*, 2011; 20(1):1-15
8. **Kalupahana NS** and Moustaid-Moussa N. The adipose tissue renin-angiotensin system and metabolic disorders: a review of molecular mechanisms. *Critical*

Reviews in Biochemistry and Molecular Biology, 2012;47(4):379-390

9. **Kalupahana NS**, Massiera F, Quignard-Boulange A, Ailhaud G, Voy BH, Wasserman DH and Moustaid-Moussa N. Overproduction of angiotensinogen from adipose tissue induces adipose tissue inflammation, glucose intolerance and insulin resistance. *Obesity (Silver Spring)*, 2012 Jan;20(1):48-56.
10. **Kalupahana NS**, Moustaid-Moussa N and Claycombe K. Immunity as a link between obesity and insulin resistance. *Molecular Aspects of Medicine*, 2012 Feb;33(1):26-34.
11. **Kalupahana NS**, Moustaid-Moussa N. The renin-angiotensin system: a link between obesity, inflammation and insulin resistance. *Obesity Reviews*, 2012 Feb;13(2):136-49.
12. Siriwardhana N, **Kalupahana NS**, Fletcher S, Xin W, Claycombe KJ, Quignard-Boulange A, Zhao L, Saxton AM, Moustaid-Moussa N. n-3 and n-6 polyunsaturated fatty acids differentially regulate adipose angiotensinogen and other inflammatory adipokines in part via NF- κ B-dependent mechanisms. *Journal of Nutritional Biochemistry*, 2012; 23(12):1661-7
13. Moustaid-Moussa N, Costello CA, Greer BP, Fitzhugh EC, Spence ML, Muenchen RA and **Kalupahana NS**. Predictors of body mass index in female parents whose children participate in a competitive, creative, problem-solving program. *Journal of Food and Nutrition Research*, 2012; 56
14. Shi LZ, **Kalupahana NS**, Turnis ME, Neale G, Hock H, Vignali DA, Chi H. Inhibitory role of the transcription repressor Gfi1 in the generation of thymus-derived regulatory T cells. *Proc Natl Acad Sci USA*. 2013; 110(34):E3198-205
15. Fletcher SJ, **Kalupahana NS**, Bejnood M, Kim JH, Saxton AM, Wasserman D, De Taeye B, Voy BH, Quignard-Boulange A and Moustaid-Moussa N. Transgenic mice overexpressing renin exhibit glucose intolerance and diet-genotype interactions. *Frontiers in Endocrinology*, 2013 Jan 7;3:166
16. Siriwardhana N, **Kalupahana NS**, Cekanova M, Lemieux M, Greer B, Moustaid-Moussa N. Modulation of adipose tissue inflammation by bioactive food compounds. *Journal of Nutritional Biochemistry*, 2013 Apr;24(4):613-23
17. Carroll WX, **Kalupahana NS**, Booker SL, Siriwardhana N, Lemieux M, Saxton AM, Moustaid-Moussa N. Angiotensinogen gene silencing reduces markers of lipid accumulation and inflammation in cultured adipocytes. *Front Endocrinol (Lausanne)*. 2013;4:10.
18. Somasundaram NP, Wijeyaratne CN, De Silva S, Siribaddana S, Illangasekera U, Rajaratnam H, Katulanda P, Bulugahapitiya U, Siyambalapitiya S, Antonypillai C, Sumanatilleke M, Katulanda G, Jayawardena P, **Kalupahana NS** et al. Diabetes Mellitus: Glucose Control. *Sri Lanka Journal of Diabetes Endocrinology and Metabolism* 2013; 3(1): 45-57
19. Abdel-Hamid T, Ankel F, Battle-Fisher M, Gibson B, Gonzalez-Parra G, Jalali M, Kaipainen K, **Kalupahana NS** et al. Public and health professionals' misconceptions about the dynamics of body weight gain/loss. *System Dynamics Review* 2014; 30(1-2): 58–74
20. Somasundaram N, Rajaratnam H, Wijeyarathne C, Katulanda P, De Silva S, Wickramasinghe P, Bulugahapitiya U, Siribaddana S, Siyambalapitiya S, Antonypillai C, Sumanathilake M, Garusinghe C, Muthukuda D, Niranjala MWS, Attapattu N, **Kalupahana NS** et al. Clinical guidelines: The Endocrine Society of Sri Lanka: Management of Obesity. *Sri Lanka Journal of Diabetes, Endocrinology and Metabolism* 2014; 1: 55-70

21. LeMieux MJ, ***Kalupahana NS***, Scoggin S and Moustaid-Moussa N. Eicosapentaenoic acid induces adipocyte hypertrophy and reduces adipocyte inflammation in an adiposity-independent manner. *Journal of Nutrition* 2015; 145(3):411-7
22. ***Kalupahana NS***, Jayalath T, Ralapanawa U. Prevention of non-communicable diseases- the time to act is now. *Sri Lanka Journal of Medicine* 2015; 24(1):1-2
23. LeMieux MJ, Mynatt R, ***Kalupahana NS***, Kim JH, Ramalingam L, and Moustaid-Moussa N. Inactivation of Adipose Angiotensinogen Reduces Adipose Tissue Macrophages and Increases Adipose Cell Metabolic Activity. *Obesity (Silver Spring)* 2016 ;24(2):359-67
24. Somasundaram NP, ***Kalupahana NS***. Population-based dietary approaches for the prevention of noncommunicable diseases. *WHO South-East Asia J Public Health* 2016; 5(1): 22–26
25. Pahlavani M, Razafimanjato F, Ramalingam L, ***Kalupahana NS***, Moussa H, Scoggin S, Moustaid-Moussa N. Eicosapentaenoic acid regulates brown adipose tissue metabolism in high-fat-fed mice and in clonal brown adipocytes. *Journal of Nutritional Biochemistry*. 2016;39:101-109
26. Ramalingam L, Menikdiwela K, LeMieux M, Dufour JM, Kaur G, ***Kalupahana NS***, Moustaid-Moussa N. The renin angiotensin system, oxidative stress and mitochondrial function in obesity and insulin resistance. *Biochim Biophys Acta*. 2016: S0925-4439(16)30187-9
27. Shi LZ, Zeng H, ***Kalupahana NS***, Neale G and Chi H. Gfi1-Foxo1 axis controls the fidelity of effector gene expression and developmental maturation of thymocytes. *Proc Natl Acad Sci U S A*. 2017 Jan 3;114(1):E67-E74.
28. Jayawardana NWIA, Jayalath WATA, Madhujith WMT, Ralapanawa U, Jayasekera RS, Alagiyawanna SASB, Bandara AMKR, ***Kalupahana NS***. Aging and obesity are associated with undiagnosed hypertension in a cohort of males in the Central Province of Sri Lanka: a cross-sectional descriptive study. *BMC Cardiovasc Disord*. 2017 Jun 21;17(1):165.
29. Goonapienuwala BL, Agampodi SB, ***Kalupahana NS***, Siribaddana S. Body image construct of Sri Lankan adolescents. *Ceylon Med J*. 2017 Mar 31;62(1):40-46.
30. Jayawardana NW, Jayalath WA, Madhujith WM, Ralapanawa U, Jayasekera RS, Alagiyawanna SA, Bandara AM, ***Kalupahana NS***. Lifestyle factors associated with obesity in a cohort of males in the central province of Sri Lanka: a cross-sectional descriptive study. *BMC Public Health*. 2017 Jan 5;17(1):27.
31. Allen L, Ramalingam L, Menikdiwela K, Scoggin S, Shen CL, Tomison MD, Kaur G, Dufour JM, Chung E, ***Kalupahana NS***, Moustaid-Moussa N. Effects of Delta-Tocotrienol on Obesity-Related Adipocyte Hypertrophy, Inflammation, and Hepatic Steatosis in High Fat Fed Mice. *J Nutr Biochem*. 2017 Oct;48:128-137.
32. Pahlavani M, ***Kalupahana NS***, Ramalingam L, Moustaid-Moussa N. Regulation and Functions of the Renin-Angiotensin System in White and Brown Adipose Tissue. *Compr Physiol*. 2017 Sep 12;7(4):1137-1150.
33. Wijayatunga NN, Pahlavani M, ***Kalupahana NS***, Kottapalli KR, Gunaratne PH, Coarfa C, Ramalingam L, Moustaid-Moussa N. An integrative transcriptomic approach to identify depot differences in genes and microRNAs in adipose tissues from high fat fed mice. *Oncotarget*. 2018 Jan 13;9(10):9246-9261.
34. Albracht-Schulte K, ***Kalupahana NS***, Ramalingam L, Wang S, Rahman SM, Robert-McComb J, Moustaid-Moussa N. Omega-3 fatty acids in obesity and metabolic syndrome: a mechanistic update. *J Nutr Biochem*. 2018 Aug;58:1-16.

35. Wijetunge S, Ratnayake RMCJ, Kotakadeniya HMSRB, Rosairo S, Albracht-Schulte K, Ramalingam L, Moustaid-Moussa N, **Kalupahana NS**. Association between serum and adipose tissue resistin with dysglycemia in South Asian women. *Nutr Diabetes*. 2019 Feb 18;9(1):5
36. Pahlavani M, Ramalingam L, Miller EK, Scoggin S, Menikdiwela KR, **Kalupahana NS**, Festuccia WT, Moustaid-Moussa N. Eicosapentaenoic Acid Reduces Adiposity, Glucose Intolerance and Increases Oxygen Consumption Independently of Uncoupling Protein 1. *Mol Nutr Food Res*. 2019 Jan 18:e1800821
37. Pahlavani M, Wijayatunga NN, **Kalupahana NS**, Ramalingam L, Gunaratne PH, Coarfa C, Rajapakse K, Kottapalli P, Moustaid-Moussa N. Transcriptomic and microRNA analyses of gene networks regulated by eicosapentaenoic acid in brown adipose tissue of diet-induced obese mice. *Biochim Biophys Acta Mol Cell Biol Lipids*. 2018 Dec;1863(12):1523-1531
38. Albracht-Schulte K, Gonzalez S, Jackson A, Wilson S, Ramalingam L, **Kalupahana NS**, Moustaid-Moussa N. Eicosapentaenoic Acid Improves Hepatic Metabolism and Reduces Inflammation Independent of Obesity in High-Fat-Fed Mice and in HepG2 Cells. *Nutrients*. 2019 Mar 12;11(3). pii: E599. doi: 10.3390/nu11030599.
39. Menikdiwela KR, Ramalingam L, Allen L, Scoggin S, **Kalupahana NS**, Moustaid-Moussa N. Angiotensin II Increases Endoplasmic Reticulum Stress in Adipose Tissue and Adipocytes. *Sci Rep*. 2019 Jun 11;9(1):8481
40. Albracht-Schulte K, Rosairo S, Ramalingam L, Wijetunge S, Ratnayake R, Kotakadeniya H, Dawson JA, **Kalupahana NS**, Moustaid-Moussa N. Obesity, adipocyte hypertrophy, fasting glucose, and resistin are potential contributors to nonalcoholic fatty liver disease in South Asian women. *Diabetes Metab Syndr Obes*. 2019 Jun 10;12:863-872
41. Senarath U, Katulanda P, Fernando DN, **Kalupahana NS**, Partheepan K, Jayawardena R, Katulanda G, Dibley MJ. mHealth nutrition and lifestyle intervention (mHENAL) to reduce cardiovascular disease risk in a middle-aged, overweight and obese population in Sri Lanka: Study protocol for a randomized controlled trial. *Contemp Clin Trials Commun*. 2019 Sep 19;16:100453
42. Goonapienuwala BL, Agampodi SB, **Kalupahana NS**, Siribaddana S. Body image perception and body dissatisfaction among rural Sri Lankan adolescents; do they have a better understanding about their weight? *Ceylon Medical Journal* 2019 Sep 30;64(3):82-90
43. Fonseka S, Subhani B, Wijeyaratne CN, Gawarammana IB, **Kalupahana NS**, Ratnatunga N, Rosairo S, Kumarasiri PV. Association between visceral adiposity index, hirsutism and cardiometabolic risk factors in women with polycystic ovarian syndrome: A cross-sectional study. *Ceylon Medical Journal* 2019 Sep 30;64(3):111-117
44. Fonseka S, Bandara DDJ, Wijeyaratne CN, Gawarammana IB, **Kalupahana NS**, Ratnatunga N, Rosairo S, Kumarasiri PV. Effects of Ethinylestradiol/Cyproterone Acetate and Ethinylestradiol/Desogestrel Alone and in Combination with Low-Dose Metformin on Glucose and Lipid Homeostasis and Androgenic Hormone Profile in Hirsute Women with Polycystic Ovary Syndrome: A Randomized, Double-Blind, Triple-Dummy Study *Journal of Biosciences and Medicines* 7 (8), 13-26
45. Somasundaram N, Ranathunga I, Gunawardana K, Ahamed M, Ediriweera D, Antonypillai CN, **Kalupahana N**. High Prevalence of Overweight/Obesity in Urban Sri Lanka: Findings from the Colombo Urban Study. *J Diabetes Res*. 2019 Nov 22;2019:2046428.

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46. Fonseka S, Wijeyaratne CN, Gawarammana IB, **Kalupahana NS**, Rosairo S, Ratnatunga N and Kumarasiri R. Effectiveness of Low-dose Ethinylestradiol/Cyproterone Acetate and Ethinylestradiol/Desogestrel with and without Metformin on Hirsutism in Polycystic Ovary Syndrome: A Randomized, Double-blind, Triple-dummy Study. *J Clin Aesthet Dermatol*. 2020;13(7):18–23
47. Menikdiwela KR, Ramalingam L, Rasha F, Wang S, Dufour JM, **Kalupahana NS**, Sunahara KKS, Martins JO, Moustaid-Moussa N. Autophagy in metabolic syndrome: breaking the wheel by targeting the renin-angiotensin system. *Cell Death Dis*. 2020 Feb 3;11(2):87
48. Claycombe-Larson KJ, Alvine T, Wu D, **Kalupahana NS**, Moustaid-Moussa N, Roemmich JN. Nutrients and Immunometabolism: Role of Macrophage NLRP3. *Journal of Nutrition*. 2020 Apr 9. pii: nxaa085. doi: 10.1093/jn/nxaa085
49. **Kalupahana NS**, Goonapienuwala BL and Moustaid-Moussa N. Omega-3 Fatty Acids and Adipose Tissue: Inflammation and Browning. *Annual Review of Nutrition*, 2020 Jun 16.
50. Yosofvand M, Liyanage S, **Kalupahana NS**, Scoggin S, Moustaid-Moussa N, Moussa H. AdipoGauge software for analysis of biological microscopic images. *Adipocyte*. 2020 Dec;9(1):360-373.
51. Menikdiwela KR, Ramalingam L, Abbas MM, Bensmail H, Scoggin S, **Kalupahana NS**, Palat A, Gunaratne P, Moustaid-Moussa N. Role of microRNA 690 in Mediating Angiotensin II Effects on Inflammation and Endoplasmic Reticulum Stress. *Cells*. 2020 May 26;9(6):1327

RESEARCH METRICS

H index: 20

Citations: 2405 (Google Scholar)