

## CURRICULUM VITAE

### CONTACT INFORMATION

Name: Nishan Sudheera Kalupahana  
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Affiliation: Professor, United Arab Emirates, United Arab Emirates  
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### EDUCATION

2012 **Postdoc**, Immunology, St. Jude Children's Research Hospital, Memphis, Tennessee, USA  
2011 **Ph.D.**, - Nutritional Sciences, University of Tennessee, Knoxville, USA  
2006 **M.Phil.** (Master of Philosophy), Physiology, University of Peradeniya, Sri Lanka  
2001 **M.B.B.S.** (Bachelor of Medicine and Surgery), University of Peradeniya, Sri Lanka, Graduated with honors

### PROFESSIONAL QUALIFICATIONS

2020 SCOPE national fellow - World Obesity Federation  
<https://www.worldobesity.org/news/professor-nishan-sudheera-kalupahana-awarded-scope-national-fellowship>

### EMPLOYMENT DETAILS

2023 to date **Professor**, Department of Nutrition and Health, College of Medicine and Health Sciences, United Arab Emirates University, United Arab Emirates  
2021 to 2023 **Senior Professor in Human Nutrition**, Faculty of Medicine, University of Peradeniya, Sri Lanka  
2013 to 2021 **Professor in Human Nutrition**, Faculty of Medicine, University of Peradeniya, Sri Lanka  
2014 **Visiting Associate Professor**, Department of Nutritional Sciences, Texas Tech University, Lubbock, TX, USA

## **Nishan Sudheera Kalupahana, MBBS, Ph.D.**

- 2003 - 2013      **Lecturer / Senior Lecturer**, Department of Physiology, Faculty of Medicine, University of Peradeniya, Sri Lanka
- 2011 – 2012      **Research Fellow**, Department of Immunology, St. Jude Children's Hospital, Memphis, TN, USA
- 2006 – 2011      **Graduate Teaching Assistant**  
University of Tennessee, Knoxville, TN, USA
- 2002 – 2003      **Intern Medical Officer**, Ministry of Health, Sri Lanka  
(Residency in Pediatrics and Obstetrics & Gynecology)

### RESEARCH APPOINTMENTS

- 2015 to date      **Adjunct professor and graduate faculty**, Nutritional Sciences, Texas Tech University, USA  
<https://www.depts.ttu.edu/research/obesityresearch/faculty/nishan.php>

### TEACHING EXPERIENCE

- 2003 to date      Teaching human nutrition and physiology to undergraduate and graduate students.

### HONORS AND AWARDS

#### TEACHING AWARDS

- 2018      Best pre-clinical teacher of the year, Faculty of Medicine, University of Peradeniya

#### RESEARCH AND PROFESSIONAL AWARDS

- 2023      Elected as a Fellow of the Sri Lanka College of Nutrition Physicians
- 2020      Highest tier researcher award, University of Peradeniya
- 2018, 2019      Presidential award for scientific publication, 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      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<sup>st</sup> place
- 2011      ASN energy and macronutrient metabolism research interest section Student and Postdoc Abstract Award
- 2010      ASN Graduate Student Research Award

#### DELIVERED ORATIONS

- 2019      A.C.E. Koch memorial oration, Physiological Society of Sri Lanka
- 2016      Henry Rajaratnam oration, Sri Lanka College of Endocrinologists
- 2015      Bible Memorial Oration, Kandy Society of Medicine, Sri Lanka

**MEMBERSHIP OF PROFESSIONAL SOCIETIES**

World Obesity Federation  
American Society for Nutrition  
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)  
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 date: Member of Curriculum development committee for MD clinical nutrition, PGIM, University of Colombo

**POSTGRADUATE EXAMINER**

MD (surgery) Part I examination (physiology component), 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 Jayawardenapura, Sri Lanka

**GRANT REVIEW COMMITTEES**

2015 to date: Reviewer, National Research Council, Sri Lanka  
2012: Reviewer, Medical Research Council (MRC) – UK

**NATIONAL GUIDELINE COMMITTEES**

2013: Diabetes mellitus, glucose control - Endocrine Society of Sri Lanka  
2014: Management of Obesity - Endocrine Society of Sri Lanka  
2018: National guideline on Management of Hyperlipidemia  
2019: Food based dietary guidelines for Sri Lankans  
2022: Diabetes Guidelines – Ceylon College of Physicians  
2022: Hypertension Guidelines - Ceylon College of Physicians

**CONSULTANT**

2017: Nutrition consultant, Plan International Country Strategic Plan for Sri Lanka  
2018: Health consultant, Central Provincial Council of Sri Lanka, 5-year plan

**EDITOR**

2015 to 2016: *Sri Lanka Journal of Medicine*

**EDITORIAL BOARD MEMBER**

2016 to date: *Journal of Nutritional Biochemistry* (Impact Factor: 6.05)

2022 to date: Review Editor on the Editorial Board of Nutritional Immunology (specialty section of *Frontiers in Nutrition* and *Frontiers in Immunology*)

**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)**

Sadique Abdallah, Texas Tech University, USA – Ph.D  
Ashti Morovati, Texas Tech University, USA – Ph.D  
Maryam Seifishahpar, Texas Tech University, USA – Ph.D.  
Shadab Nejat, Texas Tech University, USA – Ph.D.  
Fitia Razafimanjato, Texas Tech University, USA – Ph.D.  
Vasana Kiridana, University of Peradeniya, Sri Lanka – Ph.D.  
Ranil Jayawardene, University of Peradeniya, Sri Lanka – Ph.D.

**POSTGRADUATE STUDENTS (graduated)**

Mahsa Yavari, Texas Tech University, USA – Ph.D.  
Tariful Islam, Texas Tech University, USA – Ph.D.  
Upul Senarath, University of Colombo, Sri Lanka – Ph.D.  
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, 3<sup>rd</sup> 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 2<sup>nd</sup> international conference on science and technology for society organized by Vishwashanthi multipurpose society, India, May 2015
6. “Enteral Nutrition in the Intensive Care Unit” 2<sup>nd</sup> SAARC Critical Care Congress hosted by Sri Lankan Society of Critical Care and Emergency Medicine, 31<sup>st</sup> July, 2016
7. “Nutritional Considerations in Aging-related Sarcopenia” 19<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA 2018), Seoul, Korea, 15<sup>th</sup> June, 2018.
8. “Nutrition in Metabolic syndrome”, plenary lecture at Apollo International Clinical Nutrition Update (AICNU) 2018, Chennai, India, 5<sup>th</sup> August, 2018
9. “Dietary Bioactive Compounds”, Philippine Society for Parenteral and Enteral Nutrition (PhilSPEN) 12<sup>th</sup> Annual Convention, November 2018

RESEARCH METRICS (as of October, 2023)

Full text publications in international peer-reviewed journals: 57

<https://pubmed.ncbi.nlm.nih.gov/?term=Kalupahana+N%5Bau%5D&sort=date>

h-index: 26; i10- index: 43; Citations: 4032 (Accessed 11/10/2023)

<https://scholar.google.com/citations?user=qqxhk9sAAAAJ&hl=en>

Book chapters: 5

LIST OF 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- $\kappa$ 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 hypotrophy 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. *Comprehensive Physiology* 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, Rajapakshe 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.
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 Jul 1;150(7):1693-1704
49. **Kalupahana NS**, Goonapienuwala BL and Moustaid-Moussa N. Omega-3 Fatty Acids and Adipose Tissue: Inflammation and Browning. *Annual Review of Nutrition*, 2020 Sep 23;40:25-49
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
52. Ramalho T, Pahlavani M, **Kalupahana N**, Wijayatunga N, Ramalingam L, Jancar S, Moustaid-Moussa N. Eicosapentaenoic Acid Regulates Inflammatory Pathways through Modulation of Transcripts and miRNA in Adipose Tissue of Obese Mice. *Biomolecules*. 2020 Sep 7;10(9):E1292
53. Senarath U, Katulanda P, Fernando D, **Kalupahana NS**, Partheepan K, Katulanda G, Dibley M. Undiagnosed diabetes, hypertension, and hypercholesterolaemia in an overweight or obese population: implications for cardiovascular disease risk screening programme. *Ceylon Medical Journal* 2020; 65: 46-55
54. Adikari SB, Wickramage SP, **Kalupahana NS**, Pussepitiya D, Antonypillai C. Dietary adjustments: a dilemma faced by both Buddhist monastics with diabetes and the clinicians managing them. *Sri Lanka Journal of Medicine* 2020; 29 (2)
55. Kumarathunga PADM, **Kalupahana NS**, Antonypillai CN. Over-the-counter protein supplement resulting in impaired thyroxine absorption in a hypothyroid patient. *Endocrinol Diabetes Metab Case Rep*. 2021(21-0070):21-0070
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