

# Lana Salah Al-Nimer

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**DoB:** 28/March/1999      **Nationality:** Jordanian      **Marital status:** single

## Personal Statement

Creative, ambitious and I feel that I have the potential to develop a successful career in teaching or/and in business institutions and I would like to work for a company that can offer me the necessary opportunity and, I hope, the assistance to further my studies towards a professional qualification.

## Education

**Masters, Human Nutrition and Dietetics, The University of Jordan, Jordan, (2021-2023)**

### **Major courses:**

1. Biochemistry
2. Advanced diet therapy
3. Maternal and Infant Nutrition
4. Sport Nutrition
5. Advanced Techniques in Food and Nutrition
5. Experimental Design

### **Essays:**

1. *Wilson's disease: Etiology and Management*
2. *The Impact of Selenium on Type 2 Diabetes*
3. *Role of Vitamins in Hair and Skin Health*
4. *The Prevalence of Eating Disorders Worldwide*
5. *Nutrition Management for Less Severe Perimenopausal Symptoms*
6. *Hedonic Obesity*
7. *Favism and Glucose-6-Phosphatase*
8. *Glucose -6-phosphate Dehydrogenase*
9. *Effect of Coffee on Blood Pressure*

**CGPA:** Excellent 3.95 out of 4

**Thesis:** *The Impact of Food Groups Intake On Menopause Transition State Symptoms among a Sample of Jordanian Women Aged Between 40-60 Years in Jordan.*

**Bachelors, Human Nutrition and Dietetics, The University of Jordan, Jordan (2017-2021)**

**Courses:**

1. Training in Food Service Management Institutions
2. Principal of Nutrition Science
3. Therapy 1,2
4. Nutrition through Life Cycle.
5. Contemporary Issues in Nutrition and Diets
6. Physiology
7. Counselling
8. Seminar
9. ISO

**Seminar:** *The Relation Between Vitamin D Deficiency and Gestational Diabetes Mellitus in Jordan*

**CGPA: Very Good 3.45 out of 4**

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**High School Diploma, Scientific stream, Qatar Al-Nada School, Jordan (2017)**

Graduation grade: (80 %)

<h2>Publications</h2>
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- Ghazzawi, Hadeel A., Omar A. Alhaj, **Lana S. Nemer**, Adam T. Amawi, Khaled Trabelsi, and Haitham A. Jahrami. "The Prevalence of "at Risk" Eating Disorders among Athletes in Jordan." *Sports* 10, no. 11 (2022): 182.
- Ghazzawi, Hadeel Ali, Adam Tawfiq Amawi, Hamza Alduraidi, Malik Juweid, Hussam H. Alhawari, Mousa A. Al-Abbadi, Ali M. Alabbadi, and **Lana Salah Subhi AlNemer**. "The Preventable Effect of Taekwondo Sport among Cadets and Junior' Bone Mineral Density: DEXA Assessment." *Children* 10, no. 1 (2023): 170.
- Ghazzawi HA, Alshuwaier GO, Alaqil AI, Bursais AK, Al-Nuaim AA, Alhaji JH, Gautam YR, Aljaloud KS, Alosaimi FN, Amawi AT, **Nemer LS**. Correlation of Consumption Vegetables, Fruit, and Nuts with Body Mass Index and Fat Deposition in Saudi Elite Male Soccer Players. *International Journal of Human Movement and Sports Sciences*. 2023 Apr;11(2):350-9

- Adam Tawfiq Amawi, Dania Sameer Moualla, Ghareeb O. Alshuwaier, Anwar A. Al-Nuaim, Abdulmalek K. Bursais, Khalid S. Aljaloud, Walaa Jumah Al-Kasasbeh1, **Lana Salah Subhi Nemer**, "Knowledge and Attitude of Dietary Supplements among Arab Olympic Athletes and Coaches in Preparation Program for Tokyo 2020 Olympic Games," *International Journal of Human Movement and Sports Sciences*, Vol. 11, No. 2, pp. 368 - 377, 2023. DOI: 10.13189/saj.2023.110214.
- Ghazzawi, H. A., Alhaj, O., Bragazzi, N., **Alnimer, L.**, & Jahrami, H. Menstrual cycle symptoms are associated with nutrient intake: Results from network analysis from an online survey. *Women's Health*, 19, (2023), 1745505723118562
- Ghazzawi, H. A., **Nimer, L. S.**, Sweidan, D. H., Alhaj, O. A., Abulawi, D., Amawi, A. T., Michael P. Levine, and Jahrami H. The global prevalence of screen-based disordered eating and associated risk factors among high school students: systematic review, meta-analysis, and meta-regression. *Journal of Eating Disorders*, 11, 128 (2023).

## Under-review publications

- “The effect of added sugars, salt, and oil consumption on body mass index and body fat percentage among elite Saudi soccer players.” **International Journal of Human Movement and Sports Sciences**
- A systematic review, meta-analysis, and meta-regression of the prevalence of self-reported disordered eating and related risk factors among athletes worldwide" **British Journal of Sports Medicine**.
- “An umbrella review and a meta-analysis of meta-analyses of disordered eating among medical students" **Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity**.
- “The impact of food groups intake on menopause transition state symptoms among a sample of Jordanian women aged between 40-60 years in Jordan” **Excli journal**.
- “The effect of added protein and dairy products consumption on body mass index and body fat percentage among elite Saudi soccer players” **Journal of Health**.

## Skills

### Languages:

- Fluent in English (IELTS 6.5 FROM British Council/ Jordan).
- Fluent in Arabic.

## **Personal**

- Excellent teamwork while maintaining own initiative.
- Good problem solving and functioning in a demanding environment.
- Communicational skills at all levels.
- Great client management skills.
- Excellent task management and presentation skills.
- Fluent in computer applications.

I believe that I will make a significant contribution to meet my goals, and this is for the following reasons:

1. I am a very motivated person.
2. A hard worker.
3. Love helping the others.
4. Highly respect my seniors.
5. Appreciate advice from others.
6. I do most of my work using the computer

## **Computer skills:**

- A high command in computer skills such as:  
Typing, Microsoft Office.
- Using GraphPad and SAS programs for statistical analysis.

## **Activities**

1. Doctor assistant in The University of Jordan for five months (Dr. Hadeel Ghazzawi\JU).
2. Research assistant in the university of Jordan for one year (Dr. Hadeel Ghazzawi\JU).
3. A training course in meal planning at Engineer Syndicate (9 hours).
4. A training course in Diabetic Patient Dieting at Engineer Syndicate.
5. Diet Planning at Engineer Syndicate (ONLINE).
6. English Conversations Skills for Beginners (1,2 and 3) at The British Council (ONLINE).
7. Training in the Department of Nutrition during period of 2<sup>nd</sup> April until 2<sup>nd</sup> May at the king Hussein Cancer Center Academy.

## **Laboratory skills:**

1. The knowledge regarding safety rules, harmful chemicals and how to get rid of chemicals.
2. The ability in solution preparation and standardization (Advanced Laboratory Techniques in Food and Nutrition: Postgraduate laboratory).
3. The ability to calibrate the burette.
4. The ability to prepare culture media (broth and agar).
5. An experience in vertebrate anatomy

6. The ability to work on Flame Photometer technique.
7. The ability to work on Thin Layer Chromatography (for lipids separation).
8. The ability to work on Spectroscopy technique.
9. The ability to work on Gas and Column Chromatography.
10. The ability to work on Microscopy and staining (preparation of slides).

## References

**1. Dr. Hadeel Ali Ghazzawi**

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**2. Dr. Suhaila Naim Halasa**

Associate professor in Neonatal Health Nursing, Maternal and Child Health Department, School of Nursing, The University of Jordan, Amman,

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**3. Dr. Hala Nawaiseh**

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