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Research:

Epidemiology and prevention of lifestyle-related disease, nutritional and social Epidemiology.

Education:

2002 Bachelor of Medicine and Surgery (MBBS), Faculty of Medicine, Minia University.

2006 Master of Public Health (MSc), Faculty of Medicine, Minia University.

2013 Doctorate degree (PhD), Graduate School of Medicine, Osaka University.

Employment:

2002-2006 Physician and Demonstrator of Public Health, Minia University.

2006-2014 Assistant Lecturer, Minia University.

2014- Present Lecturer, MiniaUniversity.

Membership:

Board of Japan Public Health Association Board of Japan Epidemiological Association

Board of American Society of Nutrition Board of Egyptian Public Health Association

Board of Egyptian Medical Syndicate Board of Egyptian Association of Community Medicine

Grants, Awards and Honors:

The Japan Cardiovascular Research Foundation grant 2013-2014, The Egyptian Ministry of Higher Education grant, 2016-2017.

Best International Publication Award, Minia University for the years 2014-2016.

Best Reviewer for the British Medical Journal for the years 2016/2017.

Appendix (1) Sample Publications:

1-**Eshak ES**, Arafa AE. Thiamine deficiency and cardiovascular disorders: A review. Nutr Metab Cardiovasc Dis. 2018 In Press.

2-Baba S, **Eshak ES**, Iso H. Successful reduction of blood pressure levels and stroke risk by a community-based program in Japan for APRU (Book chapter). In press, Elsevier press.

3-**Eshak ES**, Sayed SI, Kamel EG, El-Sheref MA. Non-medical predictors for the ever-and the current-use of contraceptives among women in Minia, Upper Egypt. J Public Health (2018). <https://doi.org/10.1007/s10389-018-0912-x>

- 4-**Eshak ES**, Kamal NN, Sedhom AE, Kamal NN. Work-family conflict and self-rated health among dwellers in Minia, Egypt: Financial strain vs social support. Public Health. 2018 [In Press].
- 5-Cui R, Yamagishi K, Umesawa M, Imano H, Li Y, **Eshak ES**, Ohira T, Kiyama M, Okada T, Kitamura A, Tanigawa T, Iso H, for CIRCS investigators. Association between markers of arterial stiffness and atrial fibrillation in the Circulatory Risk in Communities Study (CIRCS). Atherosclerosis. 2017; 263:244-248.
- 6-**Eshak ES**, Honjo K, Iso H, Ikeda A, Inoue M, Sawada N, Tsugane S. Changes in the Employment Status and Risk of Stroke and Stroke Types. Stroke. 2017 48(5):1176-1182.
- 7-Gero K, **Eshak ES**, Ma E, Takahashi H, Noda H, Iso H. Health Disparities in Ischaemic Heart Disease Mortality in Hungary From 1970 to 2010: An Age-Period-Cohort Analysis. J Epidemiol. 2015;25(6):399-406.
- 8-**Eshak ES**, Iso H, Yamagishi K, Kokubo Y, Saito I, Yatsuya H, Sawada N, Inoue M, Tsugane S; JPHC Study Group. Modification of the excess risk of coronary heart diseases due to smoking by seafood/fish intake. Am J Epidemiol. 2014;179(10):1173-81.
- 9-**Eshak ES**, Iso H, Mizoue T, Inoue M, Noda M, Tsugane S. Soft drink, 100% fruit juice, and vegetable juice intakes and risk of diabetes mellitus. Clin Nutr. 2013; 32(2):300-8.
- 10-**Eshak ES**, Iso H, Date C, Kikuchi S, Watanabe Y, Wada Y, Wakai K, Tamakoshi A; JACC Study Group. Dietary fiber intake is associated with reduced risk of mortality from cardiovascular disease among Japanese men and women. J Nutr. 2010 ;140(8):1445-53.

Appendix (2) Public Health Services:

**Yearly in January from 2009 to 2014:* Public Health annual surveillance in Yao city Osaka, Japan for the CIRCS study, Japan.

**Yearly in September from 2003-2007:* Comprehensive Health Campaign in several Villages in Minia, Egypt, organized by Public Health Department, Minia University, in collaboration with MOPH (Ministry of Population & Health), Minia, Egypt.