

Nuha El Sayed, MD
Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes & Metabolism
2007 - 2009



Education

Dr. El Sayed received her M.D. / M.B.B.Ch from Alexandria University, Egypt in 2001. She completed both her Internal Medicine Residency at Boston University's Roger Williams Medical Center and a Clinical Research Fellowship in Obesity & Diabetes at the Joslin Diabetes clinic in 2007. She then completed her clinical training in Endocrinology, Diabetes and Metabolism as a Friedman Fellow at Tufts Medical Center in August 2009. She is now pursuing a Masters in Clinical Investigation at the Sackler School of Biomedical Sciences at Tufts University.

Former and Current Position(s) and Academic Interests

Dr El Sayed is currently the Associate Director of the obesity clinic at the Joslin Diabetes Center in Boston, MA and an instructor in Medicine at Harvard Medical School. She is also on staff at Harvard Medical Faculty physicians. At the Joslin Diabetes clinic, Dr. El Sayed focuses on the care of overweight and obese type 2 diabetes patients. She leads a team of dietitians, exercise physiologists, nurses and behavioral therapists that focus on weight and intensive treatment of diabetes through the Joslin clinic's Obesity Clinic. She is also involved in clinical research comparing medical to surgical weight loss in a randomized controlled trial.

At Harvard Medical Faculty Physicians (HMFP), she works on various international projects involving diabetes care including projects in the Middle East and Asia where she designs, helps to implement

diabetes care models, programs and diabetes prevention initiatives, consults on various clinical activities, and coordinates the efforts of different Harvard institutions to facilitate the delivery of diabetes care worldwide.

Honors & Awards

- Top student IGCSE, 1995 – Cambridge University, UK
- Award of Honors, Faculty of Medicine, Alexandria University 2001.
- Award of Merit- Rotary international 1999
- Head of Orphan Sponsorship Program (Gami'a Shari'a 1995-2001) Alexandria, Egypt
- Head of Vocational Committee- Rotar-Act International 1998-2000
- Head of the Fund Raising Committees at various organizations including Rotar-Act International, the English Girls' College Foundation, WHO campaigns for Iraq during sanctions, Friends of the Pediatrics Dialysis unit at Alexandria University, Friends of the Pediatrics Leukemia unit at Alexandria University and Girls' Care Institute.

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Obese Patients with Type 2 Diabetes, Diabetes Suppl 1221-P, 2008.

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- Osama Hamdy, MD, PhD, Ahmed Elshebiny, MD, Amr Morsi, MD, **Nuha Elsayed**, MD, Manal Abushady, MD, Joanna Mitri, MD, Voula Mentzelopoulos, MD and Martin J. Abrahamson, MD, The Anti-inflammatory Effect of Weight Reduction in Obese Diabetic Patients after an Innovative 12-week of Intensive Lifestyle Intervention, AbstractS of the 69th Scientific Session ADA, June 2009.

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