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Education:

- Ph.D. in Biochemical and Molecular Nutrition, The Friedman School of Nutrition Science and Policy, Tufts University, 2019
- M.S. in Nutritional Sciences, Department of Nutritional Sciences, University of Toronto, 2014
- B.S in Nutritional Sciences, College of Life Sciences, Kuwait University, 2009

Peer-reviewed Publications:

Shishtar E, Rogers GT, Blumberg JB, Au R, Jacques P. Flavonoid intake and MRI markers of brain health in the Framingham Offspring Cohort. *J. Nutr.* 2020 Jun 1;150(6):1545-1553.

Shishtar E, Rogers GT, Blumberg JB, Au R, Jacques P. Long-term dietary flavonoid intake and risk of Alzheimer disease and related dementias in the Framingham Offspring Cohort. *Am. J. Clin. Nutr.* 2020 Aug 1;112(2):343-353

Shishtar E, Rogers GT, Blumberg JB, Au R, Jacques P. Long-term dietary flavonoid intake and change in cognitive function in the Framingham Offspring Cohort. *Public Health Nutr.* 2020 Jun;23(9):1576-1588.

Jovanovski E, Li D, Thanh Ho HV, Djedovic V, Ruiz Marques A de C, **Shishtar E**, Mejia SB, Sievenpiper JL, de Souza RJ, Duvnjak L, et al. The effect of alpha-linolenic acid on glycemic control in individuals with type 2 diabetes: A systematic review and meta-analysis of randomized controlled clinical trials. *Medicine (Baltimore)*. 2017 May;96(21):e6531.

Komishon AM, **Shishtar E**, Ha V, Sievenpiper JL, de Souza RJ, Jovanovski E, Ho HVT, Duvnjak LS, Vuksan V. The effect of ginseng (genus Panax) on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials. *J Hum Hypertens*. 2016 Oct;30(10):619-26.

Shishtar E, Sievenpiper JL, Djedovic V, Cozma AI, Ha V, Jayalath VH, Jenkins DJA, Mejia SB, de Souza RJ, Jovanovski E, et al. The effect of ginseng (the genus panax) on glycemic control: a systematic review and meta-analysis of randomized controlled clinical trials. *PLoS ONE*. 2014 Sep 29;9(9):e107391.

Shishtar E, Jovanovski E, Jenkins A, Vuksan V. Effects of Korean White Ginseng (Panax Ginseng C.A. Meyer) on Vascular and Glycemic Health in Type 2 Diabetes: Results of a Randomized, Double Blind, Placebo-controlled, Multiple-crossover, Acute Dose Escalation Trial. *Clin Nutr Res*. 2014 Jul;3(2):89-97.

Research in the Media:

The New York Times

The Foods That May Lower Dementia Risk

<https://www.nytimes.com/2020/05/19/well/mind/the-foods-that-may-lower-dementia-risk.html>

NBC Today online

Alzheimer's disease and diet: Why berries, tea and apples may lower your risk

<https://www.today.com/health/alzheimer-s-disease-diet-flavonoids-berries-tea-apples-may-lower-t181418>

Yahoo News

<https://news.yahoo.com/alzheimers-disease-diet-why-berries-121307745.html>

HealthDay

Can Fruits, Tea Help Fend Off Alzheimer's Disease?

<https://consumer.healthday.com/cognitive-health-information-26/alzheimer-s-news-20/can-fruits-tea-help-fend-off-alzheimer-s-disease-757637.html>

U.S. News

<https://www.usnews.com/news/health-news/articles/2020-05-13/can-fruits-tea-help-fend-off-alzheimers-disease>

WebMD

<https://www.webmd.com/alzheimers/news/20200513/fruits-tea-may-help-fend-off-alzheimers-disease#1>

Wine Spectator

Flavonoid-Rich Diet May Reduce Alzheimer's Risk

<https://www.winespectator.com/articles/flavonoid-rich-diet-may-reduce-alzheimer-s-risk>

Daily Mail

Brain food: Eating and drinking things that are rich in flavonoids such as tea, berries, red wine and dark chocolate could help to stave off dementia, study shows

<https://www.dailymail.co.uk/sciencetech/article-8293389/Flavonoids-tea-berries-red-wine-dark-chocolate-help-stave-dementia.html>

MSN

Berries, apples and tea 'could reduce Alzheimer's risk'

[Berries, apples and tea 'could reduce Alzheimer's risk'](#)

Atlanta Journal-Constitution

Study reveals eating more of these foods may protect against Alzheimer's

<https://www.ajc.com/news/study-reveals-eating-more-these-foods-may-protect-against-alzheimer/ZojZXr41GoP6aFCTAmazFN/>

Psych Central

More Green Tea, Berries and Apples May Halve Risk of Alzheimer's

<https://psychcentral.com/news/2020/05/06/more-green-tea-berries-and-apples-may-halve-risk-of-alzheimers/156293.html>

Pharmacy Times

Study: More Berries, Apples, Tea May Have Protective Benefits Against Alzheimer

<https://www.pharmacytimes.com/news/study-more-berries-apples-tea-may-have-protective-benefits-against-alzheimer>

Honors & Awards:

- Kuwait University scholarship recipient (2012-2019)
- Kuwait University honor graduate (2009)
- Kuwait University award for excellence (2006–2007)