

Ahmed Dalmar, MD, MS, CPI
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MD-EPIDEMIOLOGIST, SENIOR RESEARCH SCIENTIST

Focused, resourceful and erudite MD-Epidemiologist with comprehensive background in Hypertension, prevention of chronic (non-communicable) diseases, Urology / Nephrology, patient-centered care, medical research project development and implementation. Clinical trials and drug development processes (participated in numerous randomized clinical trials). Medical students and healthcare staff training and supervision. Vast experience in health education and health literacy. Member of various committees in the investigator-initiated research section, which deal regulatory issues and review grants, proposals, and papers. Help clinicians develop protocol, design study, participate in the analysis and interpretation of data and write manuscripts.

Equipped with knowledge, perseverance, resourcefulness, and commitment to clinical research, clinical epidemiology, translational medicine, FDA regulations, and Human subject Protection for continued success; well versed in program evaluation and quality improvement in healthcare. Multilingual--**Fluent and literate in English, Somali, Italian, Russian and Arabic.**

EDUCATION

- MD cum laude, Kirov Medical Military Academy, Saint Petersburg, Russia
- Urology Residency, University of Pisa Medical School, Pisa, Italy
- Postdoctoral Fellowship in Hypertension, Medical College of Wisconsin, Milwaukee, WI
- MS, Epidemiology, Medical College of Wisconsin, Milwaukee, Wisconsin

CERTIFICATIONS

- Preventive Medicine Diploma, **Academy of Health Sciences, US Army, Fort Sam, Houston, TX**
- Intermediate Epidemiology, Rollins School of Public Health of Emory University and Centers for Disease Control and Prevention Certification, **Atlanta, GA**
- Principal Investigator Certification (CPI), **Association of Clinical Research Professionals**

PROFESSIONAL EXPERIENCE

MEDICAL COLLEGE OF WISCONSIN, MILWAUKEE

Researcher Volunteer. African American Family Heart Health Program. Coronary Artery Disease in Blacks

Senior Research Associate, Department of Cardiovascular Medicine

Trainer

I have been working in research since 1995, and I conducted a study of the prevalence of Hypertension in Somalia.

I volunteered to work in the African American Family Heart Health Program- Coronary Artery Disease in Blacks sponsored by the National Institutes of Health. The principal investigator, having seen my enthusiasm and job performance, awarded me a postdoctoral fellowship in Hypertension within the grant and later gave me the position of Sr. Research associate. I accomplished a lot in this position conducting several clinical trials (stages II-IV) such as Life study and Covance, which generated several publications. As a sub-investigator, I also worked in investigator-initiated studies (familial hypercholesterolemia in African Americans in Milwaukee, in NIH-sponsored grant: CAD in blacks and transcendental meditation and stress reduction (TM1 and TM2). I also designed and carried out using the Rapid Survey Method to study the prevalence of HTN and obesity in the Somali population of Minneapolis with abstracts submitted to national scientific conferences. Throughout my work in these positions, I excelled at my job performance, and I won an award for participating in national scientific conferences in the USA and Europe.

AURORA HEALTH CARE, Milwaukee, WI April /2003 – August 2019

Clinical Research Coordinator / Mentor, **April/2003 - December/2007**

Research Scientist, Clinical Research, **January /2008 - December/ 2011**

Research Scientist Senior, Patient-Centered Research **January/2011 – May 2015**

Aurora Research Institute/AURORA HEALTH CARE May/2015-August 2019

After my mentor's retirement, in 2003, I moved to Aurora health care and worked as a clinical research coordinator. I coordinated more than 25 clinical trials phase II-IV in various clinical specialties. Because of my excellent work, I was promoted to clinical research coordinator/mentor to train new RN hires in coordinating clinical trials. After I obtained a certification as a clinical trial investigator, I also obtained a promotion to research scientist. As a scientist, I helped clinicians in protocol development and study design and participated in data analysis, interpretation, and co-authored publications.

I contributed enormously to the creation of the research institute in 2011. Because of my experience in research and familiarity with the Aurora health care system, I obtained a promotion to a Sr. research scientist, a position I held until my retirement on August 5, 2019. I continued training and helping clinicians in conducting research studies. I authored and co-authored several published studies.

UNIVERSITY OF WISCONSIN-MADISON, MEDICAL SCHOOL AND PUBLIC HEALTH

Clinical Adjunct Assistant Professor, Month/2005 – August 2019

In this position, I helped and trained residents and fellows to conduct meaningful scholarly activity. The training mainly focused on the protection of research subjects and HIPPA. Because of my medical background and particular experience in cardiovascular research, in March 2018, I was transferred to the cardiology fellowship research program to allow cardiology fellows to conduct meaningful research and comply with the graduate medical education program's research requirements.

ADDITIONAL EXPERIENCE

ST. FRANCIS HOSPITAL, Milwaukee, WI

Surgical Assistant

MIDWEST DIALYSIS CENTER, Milwaukee, WI
Renal Technician

Assessment, follow-up, and monitoring of Hemodialysis patients.

Medical interpreter and translation

Interpreted and translated Somali, Russian and Italian into English at Froedtert Hospital and as independent

Contributions to Science

My primary research is related to epidemiologic studies in general and mainly clinical epidemiology in cardiovascular diseases, Hypertension, obesity, health disparity, non-communicable diseases and vitamin D. Currently, I am studying:

- The impact of obesity on cardiovascular diseases in patients with Obstructive Sleep Apnea after bariatric surgery; a paper on this subject was published in the Sleep journal.
- Using System Science Methods to Study Cardiac Risk in the Somali Community in Minneapolis MN), an NIH grant.

SELECTED PEER-REVIEWED PUBLICATIONS

Note: In December 1999, I became a US citizen, and changed my name to Ahmed Dalmar (instead of Ahmed Dalmar Abdurahman); all my publications before that date appeared under Abdurahman A.

- Nicholas Kipshidze, MD, Ph.D., Valeri Chekanov, MD, Ph.D., Steven Kappes, MD, Ahmed **Abdurahman**, MD, Deb Hammen, RN, Paramjith S. Chawla, MD, Victor Nikolayevich, MD, Ph.D., Christian Haudenschild, MD, Michael H. Keelan, Jr., MD. Therapeutic Angiogenesis for Critical limb Ischemia to limit or Avoid Amputation. The Journal of Invasive Cardiology, Val. 11, No 1, January 1999
- **Dalmar A**, Singh M, Pandey B, Stoming C, Heis Z, Ammar KA, Jan MF, Choudhuri I, Chua TY, Sra J, Tajik AJ, Jahangir A. [The beneficial effect of weight reduction on adverse cardiovascular outcomes following bariatric surgery is attenuated in patients with obstructive sleep apnea.](#) Sleep. 2018 May 1;41(5). doi: 10.1093/sleep/zsy028. PubMed PMID: 29425382; PubMed Central PMCID: PMC5946869. **Public Access Compliance** Complete. PMCID: [PMC5946869](#)
- Nilakantan V, Singh M, Perez R, Yang S, **Dalmar A**, Last B, Sahajpal A. Racial Disparities in Outcomes Following Kidney Transplantation: A Single-Center Experience. <http://dx.doi.org/10.17294/2330-0698.1203>. *J Patient-Centered Res Rev.* 2016; 3(1):9-16. doi: 10.17294/2330-0698.1203.
- **Dalmar A**, Raff H, Chauhan SP, Singh M, Siddiqui DS. [Serum 25-hydroxyvitamin D, calcium, and calcium-regulating hormones in preeclampsia and controls during the first day postpartum.](#) Endocrine. 2015 Feb;48(1):287-92. doi: 10.1007/s12020-014-0296-9. Epub 2014 May 23. PubMed PMID: 24853885.
- Mahdavi A, Tajalli TR, **Dalmar, A**, Vasilev SA, Lentz SE, Berman ML. [Role of adjuvant chemotherapy in patients with early stage uterine papillary serous cancer.](#) Int J Gynecol Cancer. 2011 Nov;21(8):1436-40. doi: 10.1097/IGC.0b013e31822e7588. PubMed PMID: 21997174.

Prevalence of Cardiovascular Disease and Risk Factors Among Immigrants and Refugees. J Immigr Minor Health, 2020 Sep 17.

doi: 10.1007/s10903-020-01078-3. Online ahead of print.

[Bjorn Westgard](#)¹, [Brian C Martinson](#)², [Michael Maciosek](#)², [Morgan Brown](#)², [Zhiyuan Xu](#)², [Farhiya Farah](#)³, [Osman Ahmed](#)⁴, [Ahmed Dalmar](#)⁵, [Diana Dubois](#)⁶, [Laura Sanka](#)⁶, [Douglas Pryce](#). J Immigr Minor Health, 2020 Sep 17.

doi: 10.1007/s10903-020-01078-3. Online ahead of print.

Public Access Compliance

- Not applicable [Edit Status]

RESEARCH SUPPORT AND / OR SCHOLASTIC PERFORMANCE

Completed an NIH funded study "Using Systems Sciences to Study Cardiometabolic Risk in Somali Immigrants in Twin-Cities, Minnesota. Manuscript submitted to BMC Public Health Status editorial assessment.

1. **Abdurahman, A.**, Li J, Raffel L., and Grim, CE. Medical College of Wisconsin Milwaukee, Wisconsin and UCLA and Cedars-Sinai Medical Center, Los Angeles, CA. HETEROZYGOUS FAMILIAL HYPERCHOLESTEROLEMIA (HFH) IS COMMON IN AA WITH CAD IN MILWAUKEE. Ethnicity and Disease 1997; 7:S5
2. **Abdurahman, A.**, Li, J., Raffel L., Grim CE and Davis CR. Medical College of Wisconsin Milwaukee, Wisconsin and UCLA AND Cedars-Sinai Medical Center, Los Angeles, CA. HETEROZYGOUS FAMILIAL HYPERCHOLESTEROLEMIA IN AA WITH CAD IN MILWAUKEE. Poster 1131-70 JACC 1998; 31:305 A.
3. **Abdurahman, A.**, Li J, Raffel L., Grim CE and Davis CR. SYSTOLIC BP IS INCREASED IN BLACK FAMILIES WITH CAD, BUT LIPIDS NOT. Poster presented at ISHIB meeting, 1998; 8-2:267
4. **Abdurahman, A.**, Grim CE, Thiart R, De Villiers JN, Scholtz CL, Hoogendijk CF, Raffel L., and Davis, CR. LDL RECEPTOR MUTATIONS IN AMERICAN AND SOUTH AFRICAN BLACKS. Poster and paper pending. Medical College of Wisconsin Milwaukee, Wisconsin and UCLA AND Cedars-Sinai Medical Center, Los Angeles, CA, and Division of Human Genetics, University of Stellenbosch, Trygerberg, South Africa.
5. **A Dalmar, D Pryce; CE Grim; H Ali, L Hired; S Jama; A Adam; D Yusuf; F Yusuf; F Hagi; O Awale, S Omar; N Ahmed; A Hersi.** A LOW RATE OF HYPERTENSION IN SOMALI IMMIGRANTS TO THE UNITED STATES. Medical College of Wisconsin, Milwaukee, Wisconsin; Hennepin County Medical Center, Minneapolis, Minnesota. Ethnicity & Disease, Val.12 (4), S3-122, Autumn 2002
6. **Dalmar A, Pryce D, Grim CE, Ali H, Jama S, Magan S, Hussein M.** Aurora Healthcare Milwaukee WI, Hennepin County Medical Center Minneapolis, Minnesota and Medical College of Wisconsin, Milwaukee, WI. OVERWEIGHT AND OBESITY IN SOMALI IMMIGRANTS TO USA. Ethnicity & Disease, Val.16, S4-35 Summer 2006.
7. **Dalmar, Ahmed MD; Caceres, Anthony, MD; Grim Clarence, MD; Grim Carlene M, RN, MS.** Aurora Health Care and University of Wisconsin Medical School and Public Health, Milwaukee, Wisconsin. EFFECT OF TRAINING ON TERMINAL DIGIT PREFERENCE. Poster accepted at ISHIB meeting in Chicago on July 2009. Abstract number 09-012ab.

8. **A Dalmar**, A Caceres; CE Grim; CM Grim,: QUALITY IMPROVEMENT FOR BLOOD PRESSURE (BP) MEASUREMENT: EFFECT OF TRAINING ON TERMINAL DIGIT PREFERENCE IN AN URBAN INTERNAL MEDICINE CLINIC. Ethnicity & Disease Volume 19 issue 4 and S5 in the ISHIB2009 Conference Proceedings section.
9. **Ahmed Dalmar**; Grim Clarence; Caceres, Anthony; Grim Carlene M. Aurora Health Care, University of Wisconsin Medical School and Public Health, Milwaukee, Wisconsin: The EFFECT of a SINGLE STANDARDIZED BLOOD PRESSURE TRAINING and CERTIFICATION on TERMINAL DIGIT BIAS in HUMAN OBSERVERS in an INTERNAL MEDICINE CLINIC. Journal of Clinical Hypertension, Volume 12 Suppl. April 1, 2010.
10. Mahdavi, T. Tajalli, **Dalmar, A.**, U. Gujral, S. Vasilev, S. Lentz, and M.L. Berman. Patients with Early-stage Uterine Papillary Serous Cancer Benefit from Adjuvant Platinum-based Chemotherapy. Division of Gynecologic Oncology, University of California Irvine, Orange, California Division of Gynecologic Oncology and Clinical Research, Aurora Health Care, Milwaukee, Wisconsin. **Poster** presented to International Gynecologic Cancer Society (IGCS), October 2010, Prague.\
11. **DALMAR, A, MD**; Petersen, Hans, MS. Division of Clinical Research , Aurora Health Care, Milwaukee, WI; Division of Clinical and Outcomes Research, Lovelace Respiratory Research Institute Albuquerque, NM Healthcare Utilization and Cost Differences in African Americans and non-African Americans with Hypertension. Poster presented at the International Society of Hypertension in Blacks (ISHIB) annual 2011 meeting in Boston in July 2011.
12. **DALMAR, A, MD**; Siddiqui, D, MD; Chauhan, Suneet, MD; Raff, Hershel, PhD; Palani, Meenakshi, DO; Chidebe Udeozo, MD. Aurora Health Care, Milwaukee, Wisconsin; University of Wisconsin MSPH, Madison, Wisconsin. Despite a high rate of low vitamin d in pregnancy in urban Milwaukee, vitamin d is higher in African Americans with gestational hypertension/preeclampsia than in normal pregnancy. Poster presented at the International Society of Hypertension in Blacks (ISHIB) annual 2011 meeting in Boston on July 2011.
13. [Weight loss after laparoscopic adjustable gastric banding: the role of race, BMI and age](#)
Authors: **Ahmed Dalmar, Thomas Chua, Maharaj Singh**. Reviews. Proceedings of Aurora Scientific Day 20013
14. [Racial disparities in graft loss following kidney transplantation - a single center experience.](#)
Authors: **Vani Nilakantan, Brittany S. Last, Maharaj Singh, Ahmed Dalmar, Yang Shi**. [Journal of Patient-Centered Research and Reviews](#). Proceedings of Aurora Scientific Day 20013
15. [Use of guided imagery for reduction of pain and anxiety and improved quality of sleep in patients undergoing surgery: a review and meta-analysis](#)
Authors: **Maharaj Singh, Ahmed Dalmar**. Reviews. Proceedings of Aurora Scientific Day 20014
16. [Racial Disparities in Outcomes Following Kidney Transplantation: A Single-Center Experience](#)

Authors: **Vani Nilakantan, Maharaj Singh, Ruth M. Perez, Yang Shi, Ahmed Dalmar, et al.** Publication: [Journal of Patient-Centered Research and Reviews](#).
Proceedings of Aurora Scientific Day 20015

17. Intensive Community Engagement to Address Cardiovascular Disease Risk Factors in a Disadvantaged Refugee Population" was presented at AcademyHealth 2015. Bjorn Westgard, Brian Martinson, Sandi Wewerka, Farhiya Farah, Michael Maciosek, Osman Ahmed, Douglas Pryce, Laura Ehrlich, Diana Dubois, **Ahmed Dalmar**. HealthPartners Institute for Education and Research, East African Health Project, Hennepin County Medical Center, Wellshare International, Aurora Healthcare
18. Risk Factors for Cardiovascular Disease among Somalis in the USA: Is There a "Healthy Immigrant Effect" was presented at ISHIB 2015. **DALMAR A, MD1**; Pryce D, MD2; Osman A, MD2; Martinson B, PhD2; Wewerka S, MPH2; Dubois D, MPH2; Ehrlich L, MPH2; Westgard, B, MD2. Aurora Research Institute, Aurora Health Care, Milwaukee, Wisconsin. 2HealthPartners Institute for Education and Research, Minneapolis, Minnesota.
19. Fair Weight Loss after Gastric Rebanding for Slippage. Chua, T, MD1,2 ; **Dalmar, A, MD3**; Singh, M, PhD3; Roloff, S, PA1,2 Presented at Obesity Week SM 2015. 32nd Annual Meeting of the American Society for Metabolic and Bariatric Surgery. abstract #A5048, page 132.
20. **Dalmar A**, Mirza M, Heis Z, Bhatia A, Choudhuri I, Niazi I, Mortada ME, Nangia V, Chua TY, Tjik, AJ, Sra J, Jahangir A. Cardiovascular Events and Age after Bariatric Surgery in Morbid Obesity Patients. **Heart Rhythm** 2016 (in press).
21. **Dalmar A**, Singh M, Heis Z, Mirza M, Choudhuri I, Bhatia A, Mortada ME, Niazi I, Nangia V, Chua TY, Sra J, Tajik, AJ, Jahangir A. The Risk of Atrial Fibrillation After Bariatric Surgery in Patients with Morbid Obesity with and without Obstructive Sleep Apnea. **Heart Rhythm** 2016 (in press).
22. **Dalmar A**, Singh M, Chua T, Jahangir A. The Risk of Adverse Cardiovascular Outcomes after Bariatric Surgery in Patients with Morbid Obesity with and without Obstructive Sleep Apnea. **J Am Coll Cardiol** 2016;67(13_S):1885.
23. Singh M, **Dalmar A**, Heis Z, Katzoff MN, Chua TY, Tajik, AJ, Jahangir A. Middle or older age at the time of bariatric surgery for morbid obesity is associated with a higher risk for cardiovascular events. **J Am Coll Cardiol** 2016;67(13_S):1453.
24. The Role of Surgical Extirpation of the Primary Tumor in de novo stage IV Breast Cancer in the Era of Targeted Treatment. Authors: Tjoe, J; **Dalmar, A**; Greer, Danielle. Aurora Sinai Medical Center, Aurora Research Institute, Milwaukee, WI.
25. Racial Differences in Weight Loss and Its Impact on Cardiovascular Outcomes after Bariatric Surgery in Patients with Morbid Obesity . Authors: **Dalmar A, MD**; Singh M, PhD; Heis Z; Adil A, MD, Robert L, MD, Jan F, MD, Sulemanjee N, MD, Chua TY, MD; Tajik AJ, MD; Jahangir A, MD. Accepted European Society of Cardiology conference 2017 Barcelona, Spain. Manuscript is in progress
26. Living in Ethnic - Enclave Neighborhoods May Attenuate the Negative Effect of Acculturation on Blood Pressure in Refugees & Maintain Immigrant Health Effect. Manuscript is in progress Authors: **Dalmar, Ahmed, MD**; Pryce, D, MD; Martinson, BC, PhD; Farah, F, MPH; Wewerka, S, MPH; Dubois, D, MPH; Sanka, L, MPH; Osman, A, MD; Westgard, B, MD. **Presented**: September 13, 2017 at AHA Council on

Hypertension AHA Council on the Kidney in Cardiovascular Disease American Society of Hypertension Joint Scientific Sessions 2017 at S. Francisco

TECHNICAL SKILLS

Proficient in medical record, Microsoft word, Excel and statistical software (SPSS), JMP