

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, and obtained a Certificate in Clinical Investigation at the Sackler School of Biomedical Sciences at Tufts University in 2011.

Former and Current Position(s) and Academic Interests

Dr El Sayed is currently the Associate Director of the Harvard Medical Faculty Physicians' International Initiatives, the Director of international training programs, a staff physician at Joslin Diabetes Clinic, and Instructor in Medicine at Harvard Medical School. Furthermore at the Joslin Diabetes Center, Dr. El Sayed specializes in caring for overweight and obese diabetes patients, and leads a team of dietitians, exercise physiologists, nurses and behavioral therapists that focus on weight and intensive treatment of diabetes through the Joslin Obesity Clinic.

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

she 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. Dr El Sayed directed many educational courses for health care providers in Kuwait and was a speaker in international conferences. She is also collaborating with the Dasman Diabetes Institute in Kuwait on several research projects including technology topics and diabetes prevention in the young. In 2013, Dr. El Sayed launched a one year long certificate program that she designed with her Joslin team to function as a blended distance learning tool for educating primary health care providers in the Middle East. The program ends in November 2014 and another cohort of primary health care workers will join hoping to eventually cover the entire primary health care work force. She is also launching 2 blended learning programs for dietitians, pharmacists, exercise physiologists and nurses in basic diabetes education and lifestyle coaching.

Dr El Sayed also designed a 2 week immersion curriculum and elective rotation for all Kuwaiti medical graduates in diabetes as an effort to make all medical graduates comfortable dealing with patients with diabetes and improve diabetes patient outcomes.

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 (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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- 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, Weight Reduction through Novel Non-Surgical Approach Increased Satiety Hormones GLP-1 and Amylin, Abstracts of the 69th Scientific Session ADA, June 2009.
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