

SLAVA BERGER



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AREAS OF EXPERTISE

- **Low-Carb/Ketogenic Diet**
- **Metabolism and Obesity**
- **Sleep and Breathing**
- **Immunology and Inflammation**

AWARDS

2014 DTI-IMPORT Postdoctoral Fellowship 2014 by the European Community within the Marie Curie Actions of the 7FWP.

2011 International Trainee Travel Award, American Thoracic Society.

2005 M.Med.Sc. – Cum Laude, Ben-Gurion University of the Negev.

LANGUAGES

- **English, Hebrew, Russian** - Fluent
- **Italian** - Basic communication

SUMMARY

- Health and Nutrition PhD Entrepreneur focused in Metabolic-based therapies for Chronic Diseases.
- Skilled with multiple expertise in Low Carb/Ketogenic Diet, Metabolic Diseases, Sleep and Breathing Disorders, Obesity and Immunology.
- Collaborator and Exclusive representative of the International Center for Medical Nutritional Intervention - Medical center for treatment of metabolic diseases with the Paleolithic Ketogenic Diet (Paleomedicina Hungary) .
- Owner of Facebook Group: Paleolithic Ketogenic Diet (PKD) - @PKDIsrael, and founder of the PKD community in Israel.
- Personal Health and Nutrition Coach with a focus on Paleo, Low-carb, Keto and PKD approaches.
- Health and Nutrition Speaker - conducting informal talks on Low-carb eating for the general public on social media, workshops, group meetings and educational seminars.
- Broad international expertise in inflammatory and cardiovascular diseases, metabolism, obesity and sleep disorders.
- High track record of scientific publications, grant applications and oral data presentation.

WORK EXPERIENCE

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| 2020 | Health & Nutrition Life Coach
Personal and group health and nutritional coaching with a focus on Paleo, Low-carb, Keto and PKD approaches. |
| 01/2019 -
04/2020 | Senior Research Associate
Technion - Israel Institute of Technology
Head of Sleep Research. Developing and setting up a Mouse Sleep Laboratory and studying the effects of medicinal cannabis on sleep. |
| 11/2016 -
12/2018 | Postdoctoral Research Fellow
Johns Hopkins University School of Medicine
Roles of leptin in central control of breathing during sleep. Developing a unique intranasal and exosome-based molecular approaches of leptin delivery and using chemogenetics to explore central leptin signaling in a unique mouse model of sleep-disordered breathing. |
| 10/2014 -
10/2016 | Postdoctoral Research Fellow
Dulbecco Telethon Institute, University of Pisa
Leading a project on studying metabolic and immune mechanisms in Lipodystrophy, a rare genetic disorder. Projects: 1) Characterizing the metabolic and immune modifications in patients with lipodystrophy. 2) Analyzing the inflammation profile of the adipose tissue in obese mice. |
| 10/2012 -
09/2014 | Postdoctoral Research Fellow
Technion - Israel Institute of Technology
Effects of intermittent hypoxia on the development of neutrophil-derived giant phagocytes. Using an <i>in vitro</i> model of intermittent hypoxia and studying cellular and molecular mechanisms of neutrophil-derived phagocytes. |

PRESENTATIONS

- 2011 American Thoracic Society International Conference, Denver, Colorado. **Oral presentation**
- 2011, 12th International Symposium "Sleep and Breathing", Barcelona, Spain. **Oral presentation**
- 2016, European Consortium of Lipodystrophies Annual Meeting, Santiago de Compostela, Spain. 2016. **Invited lecture**
- 2018, American Thoracic Society International Conference, San Diego, California. **RAPID poster oral presentation**
- 2019, **Invited Seminar**, Department of Endocrinology and Metabolism, University of Pisa, Italy

TEACHING

2008–2012: **Teaching Assistant** of Undergraduate Course Laboratory: The Cells - structure and function.

2010–2011: **Teaching Assistant** of the Graduate Course: Principles and application in Flow Cytometry.

2013–2014: **Supervisor** at SciTech for two years, the Technion Summer Science Program for young outstanding international students.

2018: **Research Mentoring** summer student, Johns Hopkins University School of Medicine.

PROFESSIONAL ACTIVITIES

Guest editor at Frontiers in Endocrinology in the Research Topic: The Role of Hypoxia in the Regulation of Metabolism.

Ad-Hoc Reviewer at scientific journals including Frontiers in Endocrinology, Oxidative Medicine and Cellular Longevity, Molecular Medicine, Journal of Endocrinological Investigation (JENI), SLEEP, Journal of Clinical Medicine.

EDUCATION

- 2008 - 2012 Ph.D. in Medical Sciences
Technion - Israel Institute of Technology
Head of Sleep Research at the Sleep and Psychoneuroimmunology Laboratory. Developing and setting up a Mouse Sleep Laboratory and studying the effects of medicinal cannabis on sleep.
- 2005 - 2007 M.Med.Sc. in Clinical Biochemistry
Ben-Gurion University of the Negev
The role of cytosolic Phospholipase A2 in collagen-induced arthritis in mice.
- 2002 - 2005 B.Sc. in Biology
Ben-Gurion University of the Negev

SELECTED PUBLICATIONS

- Slava Berger**, Huy Pho, Thomaz Fleury-Curado, Shannon Bevans-Fonti, Haris Younas, Mi-kyung Shin, Frederick Anokye-Danso, Rexford S. Ahima, David Mendelowitz, Alan R Schwartz, and Vsevolod Y. Polotsky. Intranasal leptin relieves sleep disordered breathing in mice with diet induced obesity. **Am J Respir Crit Care Med.** 2019 Mar 15;199(6):773-783.
- Slava Berger**, Vsevolod Y Polotsky: Leptin and Leptin Resistance in the Pathogenesis of Obstructive Sleep Apnea: A Possible Link to Oxidative Stress and Cardiovascular Complications. **Oxidative Medicine and Cellular Longevity** 02/2018; 2018(3).
- Berger S**, Ceccarini G, Scabia G, Barone I, Pelosini C, Ferrari F, Magno S, Dattilo A, Chiovato L, Vitti P, Santini F, Maffei M. Lipodystrophy and obesity are associated with decreased number of T cells with regulatory function and pro-inflammatory macrophage phenotype. **Int J Obes (Lond)**. 2017 Jul 10.
- Berger S**, Aronson D, Lavie P, Lavie L. Endothelial progenitor cells in acute myocardial infarction and sleep apnea. **Am J Respir Crit Care Med.** 2013 1;187(1):90-8.
- Berger S**, Dyugovskaya L*, Polyakov A, Lavie L. Short-term fibronectin treatment induces endothelial-like and angiogenic properties in monocyte-derived immature dendritic cells: Involvement of intracellular VEGF and MAPK regulation. **Eur J Cell Biol.** 2012 Aug;91(8):640-53.
- Calliope Hologue, Alexandra Wennberg, **Slava Berger**, Vsevolod Y. Polotsky, Adam P. Spira: Disturbed Sleep and Diabetes: A Potential Nexus of Dementia. **Metabolism.** 02/2018
- Berger S**, Lavie L. Endothelial progenitor cells in cardiovascular disease and hypoxia—potential implications to obstructive sleep apnea. **Transl Res.** 2011; 158(1):1-13.
- Berger S** and Lavie L. Sleep apnea, oxidative stress, pro-inflammatory vascular risk factors and endothelial disease. Book Chapter. **Cambridge University Press.**

SKILLS



Creativity and Problem-solving

Visionary with a good ability of connecting dots and finding creative solutions to achieving goals



Flexibility and adaptation

Ability of working in and fast adjustment to the dynamic and new environment.



Communication

Written and interpersonal communication skills. Oral speaking and data presentation.



Teamwork

Responsible, reliable team player, ready to collaborate.



Leadership

Confidence, decision making, honesty, responsibility, transparency, ability to inspire others.



Organization

Planning ahead, time management.