

Dr Amal Rajab Agila

Professor of Food Science and Nutrition

Department of Biochemistry, Faculty of Medicine, Derna University

Editor-in-Chief of Derna University Journal of Medical Sciences

E.mail: a.khalil@uod.edu.ly, amal_agela@yahoo.com

WhattsApp phone: +218915094655

Google Scholar:
=https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Amal+Agila&btnG

ORCID: https://www.scopus.com/authid/detail.uri?authorId=40760912000

Research Gate: https://www.researchgate.net/profile/Amal-Agila

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Biography

I am an active nutritionist with over 14 years of experience. I have an extensive knowledge and a spacious understanding in scientific studies that connect diet to human health. My research career involves working closely to determine appropriate nutrition for people with diseases to protect society and develop the right diet. I also work in researches that are connected to study food contamination with heavy elements and their danger to human health and public health. Also, I am interested in research related to determine aroma volatiles in food products that are beneficial to human health and meet the desire of consumers.

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Personal Details

Nationality: Libyan

Marital status: Married

Language: Arabic and English

Education:

- **2012:** PhD in Food Science (with honor) - Department of Food Science and Nutrition, The Ohio State University, Columbus, USA.
- **2004:** MSc in Instrumental Analysis (Research: Food Analysis) with High Honors, University of Malaya, Kuala Lumpur, Malaysia.
- **1996:** Bachelor of Laboratory Medicine (first place in the class) - Faculty of Medical Technology - Omar Al-Mukhtar University - Derna.

Academic Degrees:

- **2025 – Present**: Professor – Department of Biochemistry – Faculty of Medicine –Derna University; and Libyan Academy of Higher Studies – Derna, Faculty of Basic Sciences, Department of Biomedicine.
- **2021-2024**: Associate Professor - Department of Biochemistry - Faculty of Medicine - University of Derna.
- **2016 – 2020**: Assistant Professor – Department of Nutrition – Faculty of Medical Technology – University of Tobruk.
- **2013 – 2015**: Lecturer – Department of Nutrition – Faculty of Medical Technology – Misurata.
- **2012 – 2013**: Lecturer – College of Medical Technology – Derna.
- **2004 – 2007**: Assistant Lecturer – College of Medical Technology – Derna
- **1998**: Teaching Assistant - Department of Laboratory Medicine - Faculty of Medical Technology - Omar Al-Mukhtar University - Derna.

Awards and Certificates:

- Certificate of Commendation for High Academic Excellence in the field of Food Science and Nutrition, issued by the Governor of Ohio, USA, 2012.
- Certificate of Excellence in Scientific Research (Best Scientific Research) - Scientific Research Conference in Engineering, Science and Management - Dubai - United Arab Emirates - 2014.

Scientific Conferences:

- The Scientific Conference of Breastfeeding (World Breastfeeding Week) – Derna – August, 2025.
- The Second Annual Conference on Therapeutic Nutrition - Summit Academy for Education, Training and Research - Tripoli - 2022.
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- Medical Laboratories Conference – Misurata – 2018.
- The Third Annual Conference on Scientific Research – Department of Community Health Medicine – Faculty of Human Medicine – University of Tripoli – 2017.
- Autism Spectrum Disorder Conference "Between Reality and Hope" – Tobruk – 2016.
- The First Annual Conference on Scientific Research – Department of Community Health Medicine – Faculty of Human Medicine – University of Tripoli – 2015.
- International Conference on Research in Engineering, Science and Management - Dubai - United Arab Emirates - 2014.
- Annual Scientific Conference of Food Scientists - New Orleans - Louisiana - USA - 2011.
- Annual Scientific Conference of Food Scientists - Las Vegas - Nevada - USA - 2010.
- The First Pharmacists Conference – Tripoli – 1998.

Administrative Positions:

2025 - present:

- Editor-in-Chief of the University of Derna Journal of Medical Sciences.
- Member of the Arab Classification Committee, Derna University.
- Member of the Academic Affairs and Community Service Committee.
- Lecturer of Biochemistry and Medicinal Chemistry, Department of Chemistry and Department of Biomedicine, Libyan Academy of Graduate Studies, Derna.
- Academic Supervisor and Evaluator of Master's Thesis, Libyan Academy of Graduate Studies, Derna and Department of Chemistry, Omar Al-Mukhtar University, Al-Bayda.

2023 – 2024:

- Dean of the Faculty of Medicine, University of Derna.
- Editor-in-Chief of the University of Derna Journal of Medical Sciences.
- Lecturer of Biochemistry, Department of Internal Medicine, Graduate Studies/Master's, Faculty of Medicine, University of Derna.

- Academic Supervisor and Evaluator/Master's Research, Academy of Graduate Studies, Benghazi, Omar Al-Mukhtar University, Al-Bayda, University of Tobruk.
- Head of the Department of Biochemistry, Faculty of Medicine, University of Derna.

2020 – 2022:

- Member of the Main Committee - Epidemiological Framework Plan - University of Derna.
- Head of the Department of Biochemistry - Faculty of Medicine - University of Derna.
- Member of Investigation Committees - Faculty of Medicine - University of Derna.
- Head of the Quality and Performance Evaluation Department - Faculty of Medicine - University of Derna.

2018-2020

- Member of the Scientific Committee, Tobruk University.
- Deputy Editor-in-Chief of the Tobruk University Journal of Medical Sciences.
- Dean of the Faculty of Medical Technology, Tobruk University.
- Dean of the Faculty of Pharmacy, Tobruk University.
- Clinical Nutritionist and Meal Planner, Al-Shifa Specialized Clinic, Tobruk.

2016 – 2017

- Vice Dean for Academic Affairs, Faculty of Medical Technology, Tobruk University.
- Clinical Nutritionist and Meal Planner, Al-Shimaa Specialized Clinic, Tobruk.

2015 -2016

- Head of the Nutrition Department, Faculty of Medical Technology, Tobruk University.
- Chairman of the Nutrition Department Curriculum Development Committee, Faculty of Medical Technology, Tobruk University.
- Working in the field of therapeutic nutrition and meal planning at Al-Shimaa Specialized Clinic, Tobruk.

2013 -2014

- Member of the Nutrition Department Curriculum Development Committee, College of Medical Technology, Misrata.
- Working in the field of therapeutic nutrition and meal planning, Misrata.
- Reviewer for the International Journal of Food Preservation and Processing, New York, USA.
- Reviewer for the Scientific Research Conference in Medicine, Health, and Science, Dubai, United Arab Emirates.
- Member of the Arbitration Committee, Scientific Research Conference in Engineering, Science, and Management, Dubai, United Arab Emirates.

Scientific Activities:

- An awareness seminar on "Positive and Negative Food and the Impact of Negative Phenomena in Society on People's Health" - Faculty of Human Medicine - University of Derna - 2021.
- Workshop on "The Outbreak of Viral Hepatitis in the City of Derna and the Role of Healthy Nutrition in Treating Patients" - Bab Derna Medical Center for Motherhood and Childhood - Tobruk - 2020.
- Workshop on "The incidence of cancer in western and eastern Libya, the role of proper nutrition in improving patients' health, and the importance of nutritionists" – Tobruk University – 2019.
- Awareness programs on the importance of therapeutic nutrition for human health under the slogan "Let's Heal with Food" – Radio Al Watan – Tobruk – 2017.
- The first exhibition of therapeutic nutrition - Department of Nutrition - Faculty of Medical Technology - University of Tobruk - 2016.
- Awareness programs on the importance of nutrition for human health under the slogan "Let's heal with food" – Radio Misurata – Misurata – 2014
- Seminar on "The Role of Healthy Nutrition in Improving the Health of Diabetic Patients" - Diabetes Hospital - Misurata - 2014.
- Seminar on "The Role of Healthy Nutrition in Treating Obesity in Adults" - Misurata - 2014.
- Seminar on "The Role of Healthy Nutrition in Treating Obesity in Children" - Misurata - 2013.

Scientific Publications:

1. **Amal Agila.** 2025. Study about Food Poisoning in East and West Libya and Healthy Foods. *Academy Journal for Applied Sciences*, 3(2): 148 – 152.

2. **Amal Agila** , Ambarka Kreim. 2024. Nutritionist's Role in Dietary Management of Patients with Cancer. *AlQalam Journal Medical Applied Sciences,* 7(3) :550 – 555.

3. **Amal R. Agila**, Ambaraka Eid.H. Kreim. 2024. Benefits and Risks of Green Tea in Libyan Meals and the Safe Method of Preparing it and Nutritive Advices. *Tobruk University Journal of Medical Sciences (TUJMS)* , 8 (1): 51 – 58. ISSN No 2789-2093.

4. Ambarka Eid. H. Kreim and **Amal Agila**. 2024. A Comparative Study on Calcium Level among Diabetic and Non-Diabetic Children in Tripoli. Derna University Journal of Medical Sciences [DUJMS], 2(1): 86-91.

5. **Amal R. Agila**, .Ambaraka E. Elferjani, Manal AbuagelaKnowledge. 2024. Attitude, and Practice of Food Safety toward Foodborne Diseases among Libyan Adults in Tripol. *Bayan Journal,* 18(1): 251 – 257.

6. **Amal R. Agila**, Ambarka Eid.H Kreim. 2024. Nutritional status among Paediatric Age Group with Chronic Renal Failure Undergoing Hemodialysis. *Tobruk University Journal for Medical Sciences (TUMJS),* 7(1) : 1 – 11. ISSN No 27892093.

7. **Amal R. Agila**, Ambarka Eid. H Kreim. 2024. Diet and Lifestyle on Blood Pressure Control among Hypertensive patients under care in Tripoli. *Derna Academy Journal for Applied Sciences,* 2(1): 21 – 28.

8. **Amal Agila**. 2023. The Responsibility of Incorrect Nutrition in the Expansion of Bowel Tumors: A Nutritional Survey Study. *Bayan Journal,* 15 (1): 243 – 250. ISSN: 2790 – 0614.

9. **Amal Agila**. 2023. Hepatitis (A) Rates in Derna, Libya in 2019 and Suitable Nourishment. *Tobruk University Journal of Medical Sciences,* 15, 243-250. ISSN No: 2789-2093.

10. **Amal Agila**. 2023. Dietary Guidelines and Optimum Vaccine to Withstand Corona Virus in Libya: Nutritional-Based Survey. *Journal*

of Clinical Case Reports Medical Images and Health Sciences, 4(1): 1 – 5.

11. **Amal Agila**. 2023. Healthy Nutrition for Corona Virus Patients with Chronic Diseases: A Nutritional Interview in Tobruk, Libya. *African Journal of Advanced Pure and Applied Sciences (AJAPAS)*, 2(1): 150-155. ISSN: 2957 – 644X.

12. **Amal R. Agila**, Mohamed M. Younis, Fawzia A. Mohamed, Emad Salehmousa Gaballa Elgabaily, Salmah Mftah Omar Basheer. 2023. Side Effects and Adverse Events of Vaccines against COVID-19. *Derna University Journal of Medical Sciences*, 2(1): 89-97.

13. **Amal Agila,** Embarka Eid Elferjani, and Fawzia Ahmed Mohamed**. 2023.** Nutritional Benefits and Health Risks of Libyan Green Tea Drinks. *Libyan Journal of Food & Nutrition*, (In Press), WWW.LSFN.LY/LJFN.

14. **Amal Agila**. 2022. A Review Study on Hepatitis (A) Occurrence in Derna, Libya and Fitting Nutrition. *International Journal of Nutrition and Agriculture Research*, 9(1): 1-7. ISSN: 2393 – 9540.

15. **Amal Agila**. 2022. Six Months Survey Study on Wrong Eating and Living Routine of Patients with Food Related Malignancy. *Tobruk University for Medical Journal*, Vol. 4: 100 – 107. ISSN No: 27892093.

16. **Amal Agila,** Embarka Eid Elferjani, and Fawzia Ahmed Mohamed**.** 2021. Study on Percentage of Tannin and Caffeine in Libyan Green Tea Beverages and their Nutritional Effect on Human Health. *Tobruk University Journal of Medical Science* TUJMS, 55 – 65. ISSN No: 27892093.

17. **Amal Agila**. 2020. Estimation of Food Outline in Patients Infected by Hepatitis B and C. *International Journal of Innovative Research in Science, Engineering and Technology*, 9(1): 13238 – 13243.

18. **Amal Agila.** 2020. Cancer Commonness in Eastern and Western Libya and Effect of Eating Way on Patients. *World Journal of Advanced Research and Reviews*, 5(02): 186–192.

19. **Amal Agila.** 2020. Dietetic Cross Section Study on Vitamin D Deficiency in Tobruk, Libya. *International Journal of Science and Research*, 9(3): 292 – 296.

20. **Amal Agila**. 2018. Autism Rate in Libya and Foodstuff Options to Progress Children with Autism Spectrum Disorder. Tobruk University Journal for Medical Sciences TUJMS, 1 (1): 1 – 16. Published 2018-12-13.

21. **Amal Agila**, Fatma Alsharif, Salim Almayhope, Mohammed Rajab, Ahmed Manfour, Rana Mohammed, Asma Saad, Fatma Abdulati **.** 2017. HBV and HCV Infections among Individuals Attending Tobruk Medical Center, Tobruk (2003 – 2016)**.** Third Medical Research "Conference Book". (17-18th Nov), 2017.

22. **Amal Agila**,' Anwar Almahdi, Hajer Mohammed, Zaynab Saleh, Safaa Safe, Asma Abdesalem & Faisal Ismail. 2018. Urinary Tract Infection in Eastern Libya During One Decade and Preventive Healthy Diet. Medical Laboratory Conference, Misurata (14 – 15th) April, 2018.

23. Mohamed K. Shambesh, Ezzadin A Franka, **Amal R. Agila**, Faisal F. Ismail. 2018. Frequency of Hepatitis B Core Antibody and Hepatitis B Virus DNA among Apparently Healthy Male Blood Donors in Eastern Libya. *Libyan Journal of Medical Science*, 2(1): 13 – 15.

24. **Amal Agila**. 2017. Autism Spectrum Disorder Incidence in East Libya and Its Relation with Age and Gender and Study the Appropriated healthy Nutrition. First Conference for Autism Spectrum Disorder Book. National Society of Autism Spectrum Disorder, Tobruk, Libya.

25. **Amal Agila**, Salem Benyounis, Faisal Ismail. 2015. Colorectal Cancer Incidence in West Libya during One Decade and the Influence of Dietary Habits on Patients Diagnosed with Colorectal Cancer. First Medical Research Conference Book. University of Tripoli, Faculty of Medicine, Department of Faculty and Community Medicine, Tripoli, Libya. www.uot.edu.ly. P 52 – 57.

26. **Amal Agila**, Salem Benyounis. 2015**.** Effect of sex of patients on the injuries and deaths of certain types of cancers and nutritional instructions to protect from cancer. *Medical Science Journal*, 19(75): 5 -12.

27. **Amal Agila,** Mohamed Elawayeb, Yousef Elgitait**.** 2015**.** Cancer magnitude in west Libya and study the effect of dietary habits in cancer incidence and cancer treatment using nanotechnology. *International Journal of Research in Science*, 1(2): 6 -10**.**

28. **Amal Agila**, Sheryl Barringer 2013 ."Effect of Adulteration versus Storage on Volatiles in Unifloral Honeys from Different Origins and Locations. Journal of Food Science, 78(2): C184 – C191. doi: 10.1111/1750-3841.12033.

29. **Amal Agila,** Sheryl Barringer. 2012. "Effect of Roasting Conditions on Color and Volatile Profile Including HMF Level in Sweet Almonds (Prunus dulcis). *Journal of Food Science*, 77(4): C461 – C467.

30. **Amal Agila,** Sheryl Barringer. 2012. "Application of Selected on Flow Tube Mass Spectrometry (SIFT-MS) Coupled with Chemometrics to Study the Effect of Location and Botanical Origin on Volatile Profile of Unifloral American Honeys". *Journal of food Science*, 77(10): C1103 – C1108.

31. **Amal Agila**, Sheryl Barringer. 2011. "Volatile Profile of Cashews (Anacardium occidentale L.) from Different Geographical Origins during Roasting". *Journal of Food Science*, 76 (5): C768 – C 774.

32. **Amal Agila,** Chuah Cheng Hock, Lo Kong Mun. Transesterification of Vegetable Oils by Selected Catalysts. Thesis, (M.Sc). University of Malaya, Malaysia, 2004. Available from: http://www.diglib.um.edu.my/umtheses/browse.asp?page=4&level=all&faculty=S&year=2004.

<u>Supervision of Master's Theses</u>:

1. Determination of Heavy Metals in Watercress and Parsley in Vegetable Farms in Tobruk, Libya.

International Research Reviewer:

- Samuel Ryo, Sheryl A. Barringer. 2014. Effect of Storage, Oxygen and Concentration on the Levels of Key Volatiles in Processed Orange Juice. ***Journal of Food Processing and Preservation***. DOI: 10.1111/jfpp.12255

- Sujatha Shanmugasundaram. 2014. Knowledge of palliative care: An Indians' perspective. **Peer Review Conference Proceeding, No: SHM14021**. International Research Conference on Science, Health and Medicine (IRCSHM), 15^{th} – 16^{th} 2014, Dubai, Emirates.

- Rita Mirondo, Sheryl A. Barringer. 2015. Effect of peels on quality attributes of mango puree held for different times. ***Journal of Food Processing and Preservation*.** Manuscript ID: JFPP-11-15-1216.

- Rita Mirondo, Sheryl Barringer. 2016. Effect of peels on quality attributes of mango puree held for different times. ***Journal of Food Processing and Preservation***. Manuscript ID: JFPP-11-15-1216.

- Rodrigues, D., Veríssimo, B., Pinheiro, A.C., Souza, V. 2018. Drivers of liking by TDS and acceptance of orange juice subject to different preservation processes. In Press, ***Journal of Food Processing and Preservation***. Manuscript ID JFPP-12-17-1356.

- Nutsuda Sumonsiri, Wiphawee Danpongprasert, Kamonwan Thaidech. 2019. Comparision of sweet orange (citrus sinensis) and lemon (citrus limonum) essential oils on qualities of fresh-cut applied during storage. ***Scientific Study & Research***. ISSN 1582-540X.

Master's Research Evaluation:

- Protective role of vitamin E against the toxic effect of chlorpy rifos on semen quality and hormone levels of male rabbits. August 13, 2022. Omar Almukhtar University, Faculty of Sciences, Department of Chemistry, "Biochemistry Option".

- Role of vitamin E in ameliorating the chloropyrfios-induced changes in hematological and biochemical parameters of male rabbits. November 19, 2022. Omar Almukhtar University, Faculty of Sciences, Department of Chemistry, “Biochemistry Option”.

- Role of propolis in ameliorating the aluminium-induced changes in oxidative stress and semen quality of male rabbits. January 24, 2023. Omar Almukhtar University, Faculty of Sciences, Department of Chemistry, “Biochemistry Option”.

- Toxic effect of chloropyrpheus deltamethrn and dimethoate on biochemical and hematological parameters in male rabbits. February 21, 2023.

- Chemical properties of moringa oleifera and the influence on biochemical parameters in male rabbits. July 8, 2023.