

*** PERSONAL INFORMATION**

*Family name, First name:	Nymo, Siren		
*Date of birth:	25.01.62	*Sex:	Women
*Nationality:	Norwegian		
Researcher unique identifier(s) (ORCID, ResearcherID, etc.):	Siren Nymo (researchgate.net)		
URL for personal website:			

*** EDUCATION**

	Name of faculty/department, name of university/institution, country
2018	Ph.D. Clinical and Molecular Medicine, Faculty of Medicine, Norwegian University of Science and Technology (NTNU), Trondheim, Norway
2007	Master's Faculty of Medicine, University of Oslo, Norway

*** POSITIONS** (academic, business, industry, public sector, national or international organisations)**Current Position**

	Job title/name of employer/country
2005- to date	Clinical Dietitian, Obesity Outpatient Clinic, Department of Surgery, Nord-Trøndelag Hospital Trust (HNT)
2020- to date	Førsteamanuensis II, KLINFORSK, Norwegian University of Science and Technology (NTNU), Trondheim, Norway
2018- to date	Researcher, Regional Obesity Centre, Trondheim University Hospital

Previous positions held (list)

	Job title/name of employer/country
2014 - 2018	Ph.D Fellow in Clinical Medicine, NTNU, Trondheim
2000 – to date	Establishment of own company "Mett Med Vett" with establishment scholarship and education from Innovation Norway
1981 - 2004	Air traffic service agent, Air Traffic control, Avinor
1991-98	Assistant, Sjømannskirken / Norwegian Church Abroad in New Orleans, USA and Kobe, Japan

FELLOWSHIPS, AWARDS AND PRIZES (if applicable)

	Name of institution/country
yyyy(-yyyy)	

yyyy(-yyyy)	
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MOBILITY (if applicable)

Research stays abroad lasting more than three months

	Name of faculty/department/centre, name of university/institution/country
2022 – 6 months	Department of Nutrition, Exercise and Sports Faculty of Science University of Copenhagen Denmark

Stays abroad related to positions outside academia

	Name of host (business, industry, public sector, national or international organisation/country)
1991-1998	Norwegian Church Abroad in New Orleans, USA and Kobe, Japan

PROJECT MANAGEMENT EXPERIENCE (if applicable)

Projects funded by Research Council of Norway, international research programmes, private or public organisations

	Project and role, funding from
2005	Establishment grant NOK 125 000, Innovation Norway
2005	Operating funds for the development of green prescription (GLUP), The Norwegian Directorate of Health
2014-2018	VLCD-Study, leader (PhD), Clinical and Molecular Medicine, Faculty of Medicine, Norwegian University of Science and Technology (NTNU), Trondheim, Norway and the Liaison Committee for education, research and innovation in Central Norway
2020-to date	SUB10WL, leader (PostDoc), Nord-Trøndelag Hospital Trust, Norway and the Liaison Committee for education, research and innovation in Central Norway
2021-to date	LIPODIET, initiator and leader for protocol and planning. Funding for operation by Nord-Trøndelag Hospital Trust
2021	HYPOGLIKEMI, leader. Innovation grant. by Nord-Trøndelag Hospital Trust

SUPERVISION OF GRADUATE STUDENTS AND RESEARCH FELLOWS (if applicable)

	No. of	Master's students/ Ph.D./Postdocs	Name of faculty/department/centre, name of university/institution/country
2014 – to date	10	MSc	Clinical and Molecular Medicine, Faculty of Medicine, Norwegian University of Science and Technology (NTNU), Trondheim (6) Faculty of Medicine, University of Oslo (1) Faculty of Medicine, University of Bergen (1) Faculty of medicine, University of Tromsø (2)
2019- to date	1	Ph.D	Clinical and Molecular Medicine, Faculty of Medicine, Norwegian University of Science and Technology (NTNU), Trondheim

TEACHING ACTIVITIES (if applicable)

	Teaching position – topic, name of university/institution/country
2020	The Norwegian LIPODIET - Study Effect of a low carbohydrate, high fat diet on pain and quality of life in patients with lipoedema. Ketogenic Solution for Lymphatic / Fat Disorders Virtual Symposium 2020
2020	Nymo «What is the risk of weight gain one year after dieting». Research day Nord-Trøndelag hospital Trust
2019	Food and Diabetes. For healthcare professionals arranged by Nokulus
2018	Lip- and lymphedema association, dept. Trøndelag
2018	"Nine crucial months in the mother's life" on a subject day in "Obesity in mother and child". Arranged by professional council for pregnancy, birth and maternity care in Nord-Trøndelag

ORGANISATION OF MEETINGS (if applicable)

	Role and name of event/number of participants/country
2014	Chair and responsible for program (1,5 h) in a national diabetes research conference (100 participants), Norway
2016	Planning and implementation of a national further education course in “Overweight and metabolism”, Trondheim (30h), Norway
2021	Chair and responsible for program (1,5 h) in a national diabetes research conference (400 participants), Norway

INSTITUTIONAL RESPONSIBILITIES (if applicable)**Member of a committee/graduate student advisor etc.**

	Name of university/institution/country
2020- to date	Clinical and Molecular Medicine, Faculty of Medicine, Norwegian University of Science and Technology (NTNU), Trondheim, Norway

COMMISSIONS OF TRUST IN ACADEMIC, PUBLIC OR PRIVATE ORGANISATIONS (if applicable)**Scientific advisory board/review board/review panel member/editorial board/scientific advisory board/reviewer/scientific evaluation/etc.**

	Name of university/institution/country – and role
2019	APPETITE, Reviewer
2018	Editorial committee of Diabetes Fag (journal), Norway
2017 – to date	Member of the control group for the BAROBS-study and responsible for data collection for HNT

2020	European Journal of Nutrition, Reviewer
2020	Physiological Reports, Reviewer

Other commissions of trust - in business, organisations or public life

	Name of board/body/country – and role

MEMBERSHIPS OF ACADEMIES / SCIENTIFIC SOCIETIES / NETWORKS (if applicable)

	Name of academies, scientific societies, networks
2010	Norsk Forening for Fedmeforskning/AESO
2018	Norsk forening for fedmekirurgi/ IFSO

MAJOR COLLABORATIONS (if applicable)

Name of university/ institution/ faculty/ department/ centre, company/ governmental or non-governmental organisation	Topic
Prof. Helen Truby, Obesity weight management, Monash University	Obesity
Prof. Jens Holst, GLP-1 secretion/action, Copenhagen University, Denmark	Appetite
Prof. Graham Finlayson, , University of Leeds, UK	Psychological aspects of appetite
Prof. Knut Rudi, Norges miljø- og biovitenskaplige, NIBU, Norway	Experimental Molecular Microbiology
Prof. Ingrid Larsson, , Sahlgrenska University Hospital, Gothenburg, Sweden	Diabetology and Metabolism
Prof. Kjetil Retterstøl, University of Oslo, Norway	lipids and lipidomics
Researcher Rachelle Crescenzi, Vanderbilt University, USA	Imaging Science

Track record

Publikasjoner (total 12)

1. Vilde Sørlie, Ann Kristin De Soysa, Åsne Ask Hyldmo, Catia Martins, Kjetil Retterstøl, [Siren Nymo](#). “Lipodiet, a pilot study: Effect of a Low-Carbohydrate High Fat-diet on pain and quality of life in patients with lipedema.” Accepted for publication, *Obesity Science & Practice*, September 2021.
2. Brit Thorsen, Kari Hanne Gjeilo, Jorunn Sandvik, MD, Turid Follestad, Hallvard Græslie, [Siren Nymo](#). “Self-Reported Gastrointestinal Symptoms Two To Four Years After Bariatric Surgery. A Cross-Sectional Study Comparing Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy.” *Obesity Surgery*, August 2021. [Self-Reported Gastrointestinal Symptoms Two To Four Years After Bariatric Surgery. A Cross-Sectional Study Comparing Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy | SpringerLink](#)
3. [Nymo S*](#), Kleppe MM*, Coutinho SR, Rehfeld JF and Kulseng B and Martins C. Association between habitual sleep duration/quality and appetite markers in individuals with obesity. *Physiol Behav* 2021 Apr 1;232:113345. [Association between habitual sleep duration/quality and appetite markers in individuals with obesity - PubMed \(nih.gov\)](#)

4. Catia Martins, Siren Nymo, Helen Truby, Jens J Rehfeld, Gary R Hunter and Barbara A Gower
 “Association between ketosis and changes in appetite markers with weight loss following a very low-energy diet.” [Association Between Ketosis and Changes in Appetite Markers with Weight Loss Following a Very Low-Energy Diet - Martins - 2020 - Obesity - Wiley Online Library](#)
5. DeBenedictis JN, Nymo S, Ollestad K, Boyesen GA, Holst JJ, Rehfeld JF, Truby H, Kulseng B, and Martins C. "Changes in the homeostatic appetite system after weight loss reflect a normalization towards a lower body weight." Accepted 17.04.20 in “The Journal of Clinical endocrinology & Metabolism” <https://doi.org/10.1210/clinem/dgaa202>
6. Nymo S, Coutinho SR, Rehfeld JF, Truby H, Kulseng B and Martins C. Physiological predictors of weight regain at 1 year follow-up in weight-reduced obese adults. 2019 Jun;27(6):925-931
<https://doi.org/10.1002/oby.22476>
7. Anna Lyngstad*, Siren Nymo*, Silvia R. Coutinho, Jens F. Rehfeld, Helen Truby, Bård Kulseng and Catia Martins. The appetite suppressant effect of ketosis during weight loss is sex dependent.
<https://doi.org/10.1093/ajcn/nqz002>
8. Nymo S, Coutinho SR, Eknes PH, Vestbostad I, Rehfeld JF, Truby H, Kulseng B and Martins C. Investigation of the long-term sustainability of changes in appetite after weight loss. Int J Obes. 2018; 42,1489–1499 <http://www.nature.com/articles/s41366-018-0119-9>
9. Nymo S, Coutinho SR, Torgersen LH, Bomo OB, Haugvaldstad I, Truby H, Kulseng B and Martins. Timeline of changes in adaptive physiological responses, at the level of energy expenditure, with progressive weight loss. Br J Nutr. 2018;120(2):141-149
<https://www.ncbi.nlm.nih.gov/pubmed/29733003>
10. Nymo S, Coutinho SR, Jørgensen J, Rehfeld JF, Truby H, Kulseng B, and Martins C. Timeline of changes in appetite during weight loss with a ketogenic diet. Int J Obes. 2017;41 (8) 1224-1231.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5550564/pdf/ijo201796a.pdf>