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## CURRICULUM VITAE

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### 1. Personal Particulars

FULL NAME: DR. ZABLON ELIAS MASESA.

DATE OF BIRTH: 15th OCTOBER, 1944.

PLACE OF BIRTH: SHINYANGA; TANZANIA.

NATIONALITY: TANZANIAN.

MARITAL STATUS: MARRIED.

NO. OF CHILDREN: THREE.

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EDUCATION	YEARS	QUALIFICATION
<b>Primary</b>		
Bwiru Boy's Middle School	1957 to 1960	Std VIII leaving Certificate
<b>Secondary</b>		
Bwiru Boy's secondary School	1961 - 1964	G.C.E. Cambridge.
Mkwawa High School	1965 - 1966	H.S.C. Cambridge
<b>University</b>		
Makerere University Kampala	1967 - 1972	MB.ChB. Degree
<b>Postgraduate</b>		
University of London	1976 - 1981	Ph.D. Degree

## 1. Personal Statement

I completed my undergraduate medical training at Makerere Medical School in 1972, where I was awarded the degree of Bachelor of Medicine and Bachelor of Surgery (MB.ChB). I did a one year Internship at Muhimbili Hospital in Dar es Salaam. I was posted to Mtwara Region where I was part of the medical team responsible for the provision of curative and preventive health services to the community. In 1974 I was appointed the District Medical Officer, Magu District where I was responsible for overseeing the curative and preventive services in the District and organizing the health care system in the District in accordance with Government Policies.

In October, 1976; I received a WHO Fellowship award to pursue PhD studies in Physiology at Sherrington School of Physiology, St. Thomas's Hospital, University of London. I investigated the effects of ischaemia, immobilization and steroid hormones on skeletal muscle fibres plasticity. After my PhD, I joined the Department of Physiology at Faculty of Medicine, Muhimbili (University of Dar es Salaam) as a lecturer in Medical Physiology where I participated in teaching physiology to undergraduate and postgraduate students.

I participated in the following research activities: WHO collaborative CARDIAC STUDY (multi-center study) in Tanzania on cardiovascular diseases, lifestyle and diets (1989), EFAMOL MARINES for the treatment of AIDS patients in Tanzania (1985), Anthropometric growth of Tanzanian School children (1985), Anaemia in Tanzania as related to Nutrition and Physical Activity: The influence of free fatty acids and albumin in the causation of anaemia (1993), Salt Sensitivity study and Tanzania HEART Study (Mwanza 2007).

While I was at Muhimbili, I managed to supervise Julia Anneth Mbalika who was doing her PhD study on the comparison of the risk factors for coronary heart diseases in rural and urban population of Tanzania. After successfully completion of her study, she went on to obtain a postdoctoral fellowship at Karolinska Institute, Center for Family and Community Medicine.

I served in various administrative capacities in the University of Dar es Salaam. I was Head Department of Physiology (1997-2003), Chairman of the Faculty of Medicine Teaching Learning Improvement Committee (1991- 1994), I was acting PMU (Institutional Transformation Programme) manager for MUCHS (1997 – 2003). I was a member of the following committees at MUCHS: Senate, Faculty of Medicine Library Committee, College Curriculum Review, Joint Academic Affairs Committee, UDSM Student Enrolment Expansion Team, UDSM Facts and Figures Team.

In 2004 I joined the Department of Physiology at Bugando University College of Health Sciences, where I continued to teach physiology to undergraduate and postgraduate students. At Bugando, I have held various administrative posts including: Head of Department of Physiology, Acting Head BUCHS Computing Center, Director of Postgraduate Studies and Director of Quality Assurance.

## 2. Positions and Honors

### Positions and Employment

- 1973 Medical Officer, Mtwara Regional Hospital and Newala District Hospital
- 1974 District Medical Officer, Magu District, Mwanza Region
- 1976 Research Fellow, Sherrington School of Physiology, St. Thomas's Hospital, University London.
- 1981 Lecturer, Medical Physiology, Faculty of Medicine, UDSM.
- 1987 Senior Lecturer, Medical Physiology, Faculty of Medicine, UDSM.
- 1993 Study Tour, Norwegian University of Sports and Physical Education, Oslo.
- 2004 Associate Professor in Medical Physiology, Bugando University College of Health Sciences (BUCHS).

- 2008 Study Tour, Department of Physiology, Weill Cornell Medical College, New York.  
2010 Visiting Professor; Department of Physiology, School of Medicine and Nursing UDOM

### Honors

- 1984 Acting Head Department of Physiology, Faculty of Medicine University of Dar es Salaam  
1985 Acting Head Department of Biochemistry, Faculty of Medicine University of Dar es Salaam  
1991 Chairman Faculty of Medicine Teaching Learning Improvement Committee, Muhimbili  
1997 Head Department of Physiology, Faculty of Medicine University of Dar es Salaam  
2004 Head Department of Physiology, Bugando University College of Health Sciences (BUCHS)  
2008 Director Postgraduate Studies, Bugando University College of Health Sciences (BUCHS)  
2010 Director Quality Assurance, Bugando University College of Health Sciences (BUCHS)

### C. Publications

1. Alfa Muhihi, Marina Njelekela, Rose Mpembeni, **Zablon Masesa**, Kazuya Kitamori, Mari Mori, Norihiro Kato, Jacob Mtabaji, Yukio Yamori. Physical activity and cardiovascular disease risk factors among young and middle-aged men in urban Mwanza, Tanzania. *The Pan African Medical Journal*. 2012;11:11
2. E. Kamugisha, M. Manyama, P. Rambau, HD Mzigo, SE Mshana, **Z. Masesa**: Prevalence of Sickle cell, malaria and glucose – 6 – phosphate dehydrogenase deficiency among primary school children in Nyamagana District, Mwanza- Tanzania. *Tanzania Medical Journal*, 25(1): 1-4, June, 2011
3. Marina A Njelekela, Alfa Muhihi, Rose Mpembeni, **Zablon Masesa**, Kazuya Kitamori, Mari Mori Yamori, Norihiro Kato, Jacob Mtabaji, Yukio Yamori.: Prevalence of cardiovascular disease risk factors among young and middle aged men in Urban Mwanza, Tanzania; *J. Public Health (DOI:10.1007/s10389-011-0419-1)*, Published online 08 April 2011.
4. Marina A Njelekela, Alfa Muhihi, Rose Mpembeni, **Zablon Masesa**, Kazuya Kitamori, Mari Mori Yamori, Norihiro Kato, Jacob Mtabaji, Yukio Yamori.: Prevalence of cardiovascular disease risk factors among young and middle aged men in Urban Mwanza, Tanzania. *Abstract; The Lancet*, Published online March 14, 2011
5. Hamada A, Mori Mi, Mori H, Muhihi A, Njelekela M, **Masesa Z**, Mtabaji J, Yamori Y.: Deterioration of traditional dietary custom increases the risk of lifestyle-related diseases in young male Africans. *J. Biomed. Sc.* 2010 Aug 24; 17 Suppl 1:S34
6. Mbalilaki JA, **Masesa Z**, Strømme SB, Høstmark AT, Sundquist J, Wändell P, Rosengren A, Hellenius ML.: Daily Energy Expenditure and the Cardiovascular risk in Masaai, Rura and urban Bantu Tanzanians. *Br J Sports Med.* 2008 Jun 3.
7. J.A. Mbalilaki, M.-L. Hellenius, **Z. Masesa**, A.T. Hostmark, J. Sundquist, S.B. Stromme: Physical activity and blood lipids in rural and urban Tanzanians. *J. Nutrition, Metabolism & Cardiovascular Diseases* 2007 Jun; 17(5):344-8
8. Mbalilaki JA, Hellenius M-L, **Masesa Z**, Hostmark AT, Sundquist J, and Stromme SB: Physical Activity and Prevalence of Metabolic Syndrome in Middle Aged Men and Women in Rural and Urban Tanzania. *Finnish Sports and Exercise Medicine e-Magazine. The International XVIII Puijo Symposium Special Issue 2005*

9. Marina Njelekela, Toshiaki Sato, Tomohiro Miki, Sachiko Kuga, Takanori Noguchi, Tomo Kanda, Masashi Yamori, Josiah Ntogwisangu, **Zablon Masesa**, Yohana Mashalla, Jacob Mtabaji, Yukio Yamori: Nutritional variation and cardiovascular risk factors in Tanzania- Rural- Urban difference. *S. Afr. Med. J.* 2003; 93:295 – 299
10. Njelekela M.; Kuga S.;Hiraoka, J.; **Masesa Z.**; Ntogwisangu J.; Mashalla Y.; Ikeda K.; Mtabaji J.; Nara Y.; Yamori Y. and Tsuda K. : Determinants Of Hyperleptinaemia In An African Population. *East African Medical Journal* 2003; 80:195 – 199
11. Njelekela M.; Kuga S.; Nara Y.; Ntogwisangu J.; **Masesa Z.**; Mashalla Y.; Ikeda K.; Mtabaji J.; Yamori Y. and Tsuda K. Prevalence of Obesity and Dyslipidemia in Middle-Aged Men and Women in Tanzania, Africa: Relationship with Resting Energy Expenditure and Dietary Factors. *J. Nutr. Sc. Vitaminol. Vol48 (5) 352 – 358.* 2002.
12. Mashalla, YJS, **Masesa, ZEN.** Delayed reversibility of Respiratory Indices following cigarette smoking in healthy young adults. *Tanzania Medical Journal, 16(3): 14 - 16, 2001*
13. Leshabari, MT and **Masesa, ZE.** The Impact of Deteriorating Quality of Education in Schools on Training of Medical Doctors in Tanzania; In Galabawa, JCJ, Senkoro, FEMK and Lwaitama, AFL (Editors) **The Quality of Education in Tanzania: Issues and experiences.** University of Dar es Salaam Press. Pages 135 - 144, 2000
14. Mtabaji, JP; Mashalla,YS.; Ntogwisangu, JH.; **Masesa, ZE.**; Masesa, PC.; Nara, Y.; Tsoubouch, T and Yamori, Y: Dietary life-style and hypertension. In Yamori, Y and Strasser, T. (eds). *New Horizons in Preventing Cardiovascular diseases.* Elsevier Science Publishers, Amsterdam. pp 95 - 99, 1989
15. Mashalla, YJS and **Masesa ZE:** The effect of posture on the forced spiogram in normal subjects. *African Journal of Hospital Medicine (MEDICOM) vol. 9 (2): 51 - 54, 1987*
16. Mashalla, YJS and **Masesa, ZE** The magnitude of residual volume underestimation by the single breath test in adult male Tanzanian: A comparison with the forced re-breathing methods. *African Journal of Hospital Medicine (MEDICOM) vol. 8 (1): 5 - 9, 1986*
17. **Masesa Z.E:** The effects of Ischaemia, Immobilization and Steroid hormones on skeletal muscle fibre types. *PhD Thesis, University of London.1981*

#### **D Conferences and Seminars:**

1. Presented a paper at the 27th Postgraduate Neurology Seminar at K.C.M.C. in October 1985 on **the control of muscle tone and movements.**
2. Presented a paper at the Muhimbili Medical Centre Saturday symposium on the Role of Lipids in Hypertension (on March, 1986) Jointly presented by Dr. JP Mtabaji; Dr. ZE Masesa and Mr. AE. Munhambo.
3. Attended **The international workshop on Renal and electrolyte disorders** in Nairobi Kenya (June, 1986).
4. Presented a paper on the **Pathogenesis of Edema in Kwashiorkor.** At the PAEDIATRIC ASSOCIATION OF TANZANIA meeting held at Muhimbili Medical Centre (14 - 15th May, 1987).
5. Presented a paper at the Muhimbili Medical Centre Saturday Symposium on **The maintenance of the normal intracranial pressure.** (15-07-1987).

6. Presented a paper at the Annual Scientific Conference of THE MEDICAL ASSOCIATION OF TANZANIA held in Arusha (sept. 1988) **On the prediction of normal maximal mid expiratory flow in health textile workers of African origin.** Jointly presented by Mashalla, YJS and Masesa, ZE.
7. Presented a paper at the Annual Scientific Conference of THE MEDICAL ASSOCIATION OF TANZANIA held at Muhimbili Medical Centre (20 23rd Sept. 1988) **On the Anthropometric growth in school children aged 9 - 15 years.** Jointly presented by Mashalla, YJS and Masesa, ZE.
8. Attended Sports Medicine Conference during the 5th All Africa Games; Cairo: **How to make a Champion** (24 - 25 Sept. 1991).
9. Attended **the third International Conference on Preventive Cardiology** June 27, to July 1, 1993. OSLO, NORWAY.
10. Presented a paper at the Conference on the Quality of Education in Tanzania held in Arusha March 17<sup>th</sup> to 19<sup>th</sup>, 1997: **On The impact of deteriorating quality of Education in schools on training of Medical Doctors in Tanzania.** Jointly presented by Z. E. Masesa and M. T. Leshabari.
11. Presented a paper at a seminar for Promotion of Community Bases Physical Education and Sports in the Tanzanian society. Held in Dar es Salaam November 1997: **On the role of Physical activity and the prevention of Diseases**

## **E Technical Reports**

1. Report on the probe committee on student's poor performance at the Faculty of Medicine MUCHS (April 1997) By Prof MT Leshabari, Prof HN Mgaya, Prof. EPY Muhondwa and **Dr. ZE Masesa**
2. University of Dar es Salaam Institutional Transformation Programme: Facts and Figure 1999/2000.
3. Proposed Priority Future Support Areas for Funding of University of Dar es Salaam (covering Main Campus and Constituent Colleges); June 2000
4. University of Dar es Salaam Institutional Transformation Programme: Facts and Figure 2000/2001
5. Muhimbili University College of Health Sciences Five Year Rolling Strategic Plan 1999/2000 - 2003/2004.
5. Muhimbili University College of Health Sciences Profile for the UDSM Investment Forum May 2001.
6. Muhimbili University College of Health Sciences Tenth Anniversary 1991 - 2001. Booklet
7. Ministry of Science, Technology and Higher Education Statistics from Institution of Higher Learning: MUCHS statistics for the year 2001/2002.
8. Muhimbili University College of Health Sciences: Summary of the Implementation of the College Level Five year Rolling Strategic Plan for the period of July to December 2001. Presented at the Workshop to Review the Progress of Implementation of UDSM Strategic Plans. Held at UCLAS on the 10<sup>th</sup> to 11<sup>th</sup> January 2002.
9. Ministry of Science, Technology and Higher Education Statistics from Institution of Higher Learning: MUCHS statistics for the year 2002/2003.

## **External Examiner**

2004 – 2007 External Examiner Department of Medial Physiology, University of Nairobi for undergraduate and postgraduate students.

- 2008 External Examiner Department of Medial Physiology, Makerere University for undergraduate students.
- 2010 - External Examiner Department of Physiology, Muhimbili University of Health and Allied Sciences (MUHAS) for undergraduate and postgraduate students.
- 2011- External Examiner Department of Physiology, Saint Francis University of Health and Allied Sciences (SFUCHAS) for undergraduate.

**External Examiner for M.Sc. (Medical Physiology) Thesis**

- 2005 **Dr. Eren Omurunga Oyungu's:** (University of Nairobi) Whose Thesis was on: *The Effects of Catha Edulis (Khat) on Pentylentetrazole Induced Seizure Threshold and EEG Pattern of Catha Edulis Induced Seizures in rats.*
- 2006 **Mr. Mwangi Peter Waweru:** (University of Nairobi) Whose Thesis was on: *The Evaluation of Cognitive Effects of Rhamnus Prinoides*
- 2006 **Dr. Titus Msoka;**(from KCMC) whose thesis was on: *Non-Invasive assessment of endothelial function in patients with metabolic syndrome in Tanzania and the Netherlands.*
- 2007 **Mr. Kimani Samuel Thuo:** (University of Nairobi) Whose Thesis was on: *The Evaluation of the Effects of Khat (Catha Edulis Forsk) on Spatial Learning and Memory on Morris Water Maze in CBA mice.*
- 2008 **Dr. Harun Dika:** (Makerere University) who's Thesis was on: *Thyroid Hormone Profiles in Students of Makerere Medical School.*
- 2011 **Dr. Iddi Shabani:** (Makerere University) who's Thesis was on: *The effect of consuming groundnut (Arachis Hypogaca) on Serum Testosterone Levels and lipid profile in Male Rats*

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