

## **Professor Paul Nestel AO MD FRACP FTSE FAHA FCSANZ**



### **Brief Bibliography.**

Professor Nestel is currently Head of Cardiovascular Nutrition at the Baker Medical Research Institute, Melbourne. He was formerly Chief, CSIRO Division of Human Nutrition (the premier Government institution for nutrition research) and Clinical Professor of Medicine, Flinders University, Adelaide. Prior to that he was deputy Director of the Baker Medical Research Institute and had held a professorial appointment at the Australian National University, Canberra.

He has served on numerous national and international Working Parties related to establishing policies in nutrition and cardiovascular disease prevention.

He received the Order of Australia for research and policy development to prevent heart disease and the Australian Centenary Medal for contributions to the Australian community.

He was Chair of the IAS Congress held in Melbourne in 1985 and Chair of the International Union of Nutritional Sciences Congress held in Adelaide in 1994.

He has served as Vice-President of IAS

He was a founding member of the Australian Atherosclerosis Society and was elected the Society's first Life Member in 2005. He was awarded the Australian National Heart Foundation's inaugural Distinguished Lifetime Research Achievement Award in 2006.

He has won several national and international prizes for his research.

He was elected to the Academy of Technological Sciences and Engineering (FTSE) for services to the Food Industry recognising his scientific contributions to improving the nutritional profile of manufactured foods.

He currently serves as a non-executive director on two biotechnology companies and is President of the International Life Sciences Institute (Australasia).

He has enjoyed several sabbatical periods of between half and one year working with Dr Richard Havel at UC San Francisco, Dr Dan Steinberg at NIH, Dr Peter Ahrens at Rockefeller Institute and Dr Scott Grundy at UC San Diego.

He has published over 400 scientific papers dealing with lipid metabolism, atherosclerosis, nutrition, cardiovascular disease and its prevention. In recent years his main research projects have dealt with the effects of nutritional and pharmacological interventions on arterial functions in at risk human populations, defining novel biomarkers that predict cardiovascular outcomes, factors influencing HDL metabolism, lipid and energy metabolism in obese subjects and nutritional interventions in experimental atherosclerosis.

He was among the first lipid researchers to utilise kinetic models for measurements of cholesterol, free fatty acid and triglyceride turnover in humans.

He is a Consultant Physician in the Heart Centre, Alfred Hospital, Melbourne.

He attributes his long career in research to support from his wife Lydia and to his many colleagues around the world.