

Adrian Soto Mota, MD, PhD, FACP

CURRENT ACADEMIC INFORMATION

1. Coordinator of the Statistics and Data Analysis Laboratory of the Metabolic Diseases Research Unit of the National Institute of Medical Sciences and Nutrition Salvador Zubirán. Mexico City.
2. Internal Medicine Professor at the National Instituto of Medical Sciences and Nutrition Salvador Zubiran. Mexico City.
3. Clinical Medicine Professor at the Monterrey Institute of Technology and Higher Education, and the National Autonomous University of Mexico. Mexico City. Lecturing Critical Interpretation of Biomedical Evidence and Bioethics.

EDUCATION

1. Medical Doctor at the National Autonomous University of Mexico (UNAM, 2007-2013) Faculty of Medicine. GPA: 9.3 (scale of 10 and equivalent to a UK first-class grade). Honorable mention for being among my cohort's highest three GPAs in 2010 (among more than 600 alumni).
2. Medical Internship with the Emerging Leaders in the Americas Program scholarship to the Université de Montreal.
3. Fundamental Critical Care Support (FCCS) certification.
4. ACLS Experienced provider certification.
5. MOOC of Statistics in Medicine and Scientific Writing at Stanford University.
6. Internal Medicine Specialist. National Institute of Medical Sciences and Nutrition Salvador Zubiran. (Four years residency program between 2013 – 2017)
7. PhD in Physiology, Anatomy and Genetics. The University of Oxford (2017-2020).
8. PostGraduate Specialization Program in Data Science. Harvard University (2019-2021).

WORK EXPERIENCE

1. Cellular Biology instructor at the UNAM's School of Medicine (2008 - 2009).
2. Lecturer of Basic Sciences Integration at the UNAM's School of Medicine (2012).
3. Lecturer of Physiology and Pharmacology for the postgraduate nurse specialization of Adult Critical Care (2014 – 2023).
4. AHA-certified instructor for BLS and ACLS instructor (2014 – 2023).
5. Human Biochemistry tutor. Wadham College, University of Oxford (TT2018) and Pembroke College, University of Oxford (TT 2020).
6. Sleep Physiology Research Assistant at the Oxford Sleep and Circadian Neuroscience Institute (2019-2020).

ACADEMIC OUTPUT

Published papers: 65, **Current citations:**>750, **Current H-index:** 15, **i10-index:** 22.

Relevant publications:

- Safety and tolerability of sustained exogenous ketosis using ketone monoester drinks for 28 days in healthy adults. <https://doi.org/10.1016/j.yrtph.2019.104506>
- Multi-Loop Model of Alzheimer Disease: An Integrated Perspective on the Wnt/GSK3 β , α -Synuclein, and Type 3 Diabetes Hypotheses. <https://doi.org/10.3389/fnagi.2019.00184>
- Exogenous ketosis in patients with type 2 diabetes: Safety, tolerability and effect on glycaemic control. Endocrinology, diabetes & metabolism. <https://doi.org/10.1002/edm2.264> .

- Exogenous D - β - hydroxybutyrate lowers blood glucose in part by decreasing the availability of L - alanine for gluconeogenesis. *Endocrinology, Diabetes & Metabolism*. <https://doi.org/10.1002/edm2.300> .
- The low-harm score for predicting mortality in patients diagnosed with COVID-19: A multicentric validation study. <https://doi.org/10.1002/emp2.12259>
- Elevated LDL Cholesterol with a Carbohydrate-Restricted Diet: Evidence for a “Lean Mass Hyper-Responder” Phenotype. <https://doi.org/10.1093/cdn/nzab144>
- Prospective Predictive Performance Comparison between Clinical Gestalt and Validated COVID-19 Mortality Scores. <https://doi.org/10.1136/jim-2021-002037>
- Restricting carbohydrates and calories in the treatment of type 2 diabetes: a systematic review of the effectiveness of ‘low-carbohydrate’ interventions with differing energy levels. <https://doi.org/10.1017/jns.2021.67>
- Evidence for the carbohydrate–insulin model in a reanalysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial. <https://doi.org/10.1016/j.ajcnut.2022.12.014>
- Harm of early dexamethasone for COVID-19 and bias in randomized trials. <https://doi.org/10.1016/j.ejim.2022.09.014>

SCHOLARSHIPS, DISTINCTIONS, OR AWARDS RECEIVED

1. Scholarship: Emerging Leaders of the Americas. Awarded by the Canadian Bureau for International Education.
2. Domus Watson Scholarship. University of Oxford, St Anne’s College.
3. CONACYT doctoral scholarship for doctoral students.
4. Top Cited Article in the *Journal of the American Journal of Emergency Physicians* (2020–2021).
5. Top Downloaded Author in the journal *Physiological Reports* (2022).
6. Top Cited Author in the journal *Endocrinology, Diabetes, and Metabolism* (2023).
7. Recognition from the Ministry of Foreign Affairs for collaboration in the VSZ-20 ventilator development project (2023).
8. Fellowship of the American College of Physicians (2024).

LANGUAGES

Fluent in English, Spanish, and French. Currently studying A2 German.

COMPUTER SKILLS

Proficient user of R, Python, MySQL SPSS, STATA, Matlab, and Office Suite.

POSTGRADUATE STUDENTS

Vidal Soberon MD (Master in Clinical Sciences)
 Juan Alberto Godinez MD (Master in Clinical Sciences)
 David Morales Arango (Master in Clinical Sciences)

PERSONAL LINKS

LinkedIn: <https://www.linkedin.com/in/adriansotomota/>

OrcID: <https://orcid.org/0000-0002-9173-7440>

Google Scholar: <https://scholar.google.com/citations?user=u8InIkAAAAAJ&hl=en>

GitHub: <https://github.com/AdrianSotoM?tab=repositories>

CITI Program Good Clinical Practice (U.S. FDA FOCUS):

<https://www.citiprogram.org/verify/?w7fcd59c9-2a1b-4a32-b29b-c81aecb8950a-38454881>