

Lamia Medhat Afifi

Professor of Clinical Neurophysiology, Cairo University

Nationality: Egyptian
Birth Date: January 26, 1974
Address: 7th Dr. Shahin Street, Agouza, Giza, Egypt
Phone: (+2) 1223938134
E-mail: lafifi2@kasralainy.edu.eg
lafifi2@yahoo.com

EDUCATION

- 2000 – 2004** **MD degree in clinical neurophysiology**, Clinical Neurophysiology Unit, Department of Neurology, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt.
M.D. Thesis: “Cortical responsiveness in obstructive sleep apnea syndrome”
- 2001 –2002** **American Board of sleep disorders medicine**, This exam is composed of two parts. The first part covers the basic sciences of sleep medicine (e.g. physiology and pharmacology). The second part covers the clinical and practical aspects of sleep medicine including case solving and polysomnography reading.
- 2001** **United States Medical Licensing Exam (USMLE), Step III.** This is the final part of the USMLE tests which is required to practice in the USA.
- 1997 – 1999** **Master of Science in clinical neurophysiology**, Clinical Neurophysiology Unit, Department of Neurology, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt. *With a graduation merit of Very good.*
Graduation Thesis: “Multiple sleep latency test in diabetics”.
- 1996** **United States Medical Licensing Exam (USMLE), Steps I & II.**

1989 – 1995 **M.B.B.Ch**, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt. *With a graduation merit of Excellent* with high honour degree.

1988 **GCE degree.** Passed from the British council in Abu Dhabi, UAE.

**WORKING
PLACES**

Clinical Neurophysiology Unit, Department of Neurology, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt

The department serves all parts of the main hospital, the New Kasr EL Aini Teaching hospital and the vast outpatient clinic.

Divisions and Equipment:

- Conventional and digital EEG: This includes Video –EEG systems.
- Conventional and computerised EMG systems
- Multi-modality evoked potential systems including auditory, visual, somatosensory and motor evoked potential studies and event related potentials.
- Electroretinography.
- Transcranial Doppler ultrasound.
- Autonomic system testing.
- Polysomnography (sleep studies)

Stanford University Sleep Disorders Center, Palo Alto, California.

Stanford university sleep disorders center is a center of excellence in sleep disorders medicine. It is accredited by the American Academy of Sleep Medicine. It includes a sleep disorders clinic which includes an outpatient clinic and a busy 8 bedroom polysomnography unit. The sleep research center includes a 4 bedroom polysomnography laboratory for sleep research. In addition there is a sleep research center in which research is carried out on animals.

**PROFESSIONAL
EXPERIENCE**

- 1995-1996** **Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**
House officer
 In clinical neurophysiology, General Surgery, Gyn. & Obs., Paediatrics, General Medicine departments, each for 2 months, and in Emergency Medicine and Anesthesia, each for 1 month.
- 1997 – 2000** **Clinical Neurophysiology unit, Neurology Department, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**
 Resident:.
- 2000-2004** **Clinical Neurophysiology unit, Neurology Department, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**
Assistant Lecturer:
- 2000-2001** **Sleep Disorders Center, Stanford University, Palo Alto, California**
Fellow:
 . Polysomnography reading
 . Attend outpatient clinic
 . Carry out polysomnography techniques for the research subjects
 . Recruit subjects for different research studies.
 . Attend and present weekly conference meetings.
- 2004-2010** **Clinical Neurophysiology unit, Neurology Department, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**
Lecturer
- 2010-2016** **Clinical Neurophysiology unit, Neurology Department, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**
Assistant Professor

2016-Currently **Clinical Neurophysiology unit, Neurology Department, Kasr El-Aini Faculty of Medicine, Cairo University, Egypt**

Professor :

- Report writing
- Supervising the work of Ass. Lecturers, residents and house officers.
- Supervision of M.Sc. and M.D. theses.

PUBLICATIONS

BOOK CHAPTERS

- Afifi, L., 2023. Demyelinating diseases and sleep–update. In: Kushida, C.A. (Ed.), Encyclopedia of Sleep and Circadian Rhythms, Second Edition (SLS2), vol. 5. Elsevier, Academic Press, pp. 320–329. <https://dx.doi.org/10.1016/B978-0-12-822963-7.00057-8>.
- Obstructive Sleep Apnea (OSA): Adapted Egyptian Clinical Practice Guidelines, 2022. Higher Council of Egyptian Universities.
- Afifi L and Guilleminault (2013): Demyelinating Diseases and Sleep. In The Encyclopedia of Sleep, In: Kushida C. (ed.) The Encyclopedia of Sleep, vol. 4, Waltham, MA: Academic Press.
- Afifi L and Kushida C (2005): The Multiple Sleep Latency Test. In Sleep Disorders; Handbook of Clinical Neurophysiology, (ed) Christian Guilleminault. Elsevier Publishing Company, Amsterdam.
- Afifi L and Kushida C (2003)- Afifi L, Kushida C and Carskadon M (2004): The Multiple Sleep Latency Test. In Sleep Deprivation, (ed) Kushida C. Marcel Dekker, New York.

JOURNALS

Articles

- Endorsement of "European Respiratory Society guideline on non-CPAP therapies for obstructive sleep apnoea" by World Sleep Society. Ofer Jacobowitz , Lamia Afifi , Uri Alkan ,

Thomas Penzel , Dalva Poyares , Clete Kushida ; on behalf
Governing Council of the World Sleep Society. *Sleep Med.*
2024 Jan;113:293-298. doi: 10.1016/j.sleep.2023.10.004.

- The need to promote sleep health in public health agendas across the globe. Diane C Lim , Arezu Najafi , Lamia Afifi , Claudio LA Bassetti , Daniel J Buysse , Fang Han , Birgit Högl , Yohannes Adama Melaku , Charles M Morin , Allan I Pack , Dalva Poyares , Virend K Somers , Peter R Eastwood , Phyllis C Zee , Chandra L Jackson. World Sleep Society Global Sleep Health Taskforce ; *Lancet Public Health.* 2023 Oct;8(10):e820-e826. doi: 10.1016/S2468-2667(23)00182-2.
- Concentric Macro-EMG role in electrodiagnostic evaluation of inflammatory myopathies. Hussein AF, Afifi L, el Zamarany E, Atteia E, Ahmad S. WE-161. *Clinical Neurophysiology.* 2022 Sep 1;141:S77.
- Sleep architecture in children with Diabetes Mellitus Type 1. Hanan Abdel Aleem, Lamia Afifi, Gehad Gamal, Hiam Bayoumi. *Egyptian Journal of Medical Research* 2022. 3(1):222-235
- Endorsement of: “Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure: An American Academy of Sleep Medicine Clinical Practice Guideline” by World Sleep Society. Jacobowitz O, Afifi L, Penzel T, Poyares D, Marklund M, Kushida C; Governing Council of the World Sleep Society. *Sleep Med.* 2022 Jan;89:19-22. doi: 10.1016/j.sleep.2021.10.007.
- A study of diffusion tensor imaging of median nerve in diabetic peripheral neuropathy. Ramy Edward, Ahmed Abdelalim, Amal S. Ashour, Lamia Afifi, Aussen Al-Athwari, .*The Egyptian Journal of Neurology Psychiatry and Neurosurgery,* 2020. 56(1). DOI: 10.1186/s41983-020-00172-5.
- Role of diffusion tensor imaging in carpal tunnel syndrome: A case control comparative study to electrophysiological tests and clinical assessment , Ahmad Wafaie, Lamia Afifi, Kareem Moussa, Ayman Mansour, Hoda Abbas. *The Egyptian Journal of Radiology and Nuclear Medicine,*

2018, Volume 49, Issue 4, Pages 1068-1075.
<https://doi.org/10.1016/j.ejnm.2018.06.008>.

- Role of concentric needle Single Fiber Electromyography in detection of subclinical motor involvement in carpal tunnel syndrome .
Tawfeek A, Nawito A, Azmy R, Hassan A, Afifi L, Elkholy S. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery 2018 54:2.
- Correlation between clinical neuropathy scores and nerve conduction studies in patients with diabetic peripheral neuropathy. Afifi L, Abdelalim AM, Ashour A, Al-Athwari A. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. 2016, Volume 53, Issue 4 [p. 248-252]
- Motor Cortex rTMS Improves Dexterity in Relapsing-Remitting and Secondary Progressive Multiple Sclerosis. Elzamarany E, Afifi L, El-Fayoumy NM, Salah H, Nada M. Acta Neurologica Belgica. Published online. Acta Neurol Belg. 2016 Jun;116(2):145-50
- El-Habashy HA, Raafat OM, Afifi LA, Raafat H, Abdullah K. Quantitive EEG Ratios and Power in Children with Autistic Spectrum Disorder. Medical Journal of Cairo University. 2016 Sep;84:1017-27.
-
- Sleep disorders in chronic kidney disease patients. Eltawdy M, Rabah A , Nada M, Refaat R, Afifi L. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. 2016, Volume 53, Issue 1 ,p. 48-53.
- Polysomnography and antidiuretic hormone secretion pattern in children with primary nocturnal enuresis. Hamed H, Abd Al-Aziz A, Motawie A, Fatouh A, Awad M, Afifi L. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. 2015, 52(4): 258-26.
- Sleep Related Breathing Disorders in Stage II Essential Hypertension. Labib A, Afifi L, Shamlool R, Nada M, Amer

H, ElKholy S. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. 2015, 52 (4): 232-237

- Assessment of Precipitating Factors of Breakthrough Seizures in Epileptic Patients. Al-Kattan M, Afifi L, Shamloul R, Mostafa E. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. July 2015. 52 (3): 165-171.
- Quantitative EEG in Autistic Children. Elhabashy H, Raafat O, Afifi L, Raafat H, Abdullah K. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. July 2015. 52 (3): 176-182.
- Sleep associated breathing problems in primary nocturnal enuresis: A polysomnographic study. Amany Abd Al-Aziz, Hanan Hamed, Ayat Motawie, Amany Fatouh, Lamia Afifi. European Respiratory Journal 2014 44: P4914
- Presurgical evaluation of refractory temporal lobe epilepsy: Comparison of MR imaging, PET and ictal SPECT in localization of the epileptogenic substrate. The Egyptian Journal of Radiology and Nuclear Medicine. September 2013, 44 (3) :641–649
- Clinical relevance of Obstructive sleep apnea in epilepsy. Egypt J. Neurol. Psychiat. Neurosurg. July 2010 Vol. 47 3 : 461 - 469
- Case Control Series of Intrathecal Autologous Bone Marrow Mesenchymal Stem Cell Therapy for Chronic Spinal Cord Injury. Neurorehabil Neural Repair. 2010 Oct;24(8):702-8.
- Sleep evoked delta frequency responses show a linear decline in amplitude across the adult lifespan. Neurobiology of Aging, May 2010, 31: 874-883.
- Sleep disturbances in Parkinson's disease. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. January 2010, 47 (1): 197-205.
- Predictive value of multimodality evoked potentials in asphyxiated term newborns. The Egyptian Journal of

Neurology, Psychiatry and Neurosurgery. July 2009, 46 (2): 385-393.

-Exploring the relationship between fatigue and sleep disturbances in multiple sclerosis. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. Jan 2009, 46 (1): 193-202.

- A Study of post-ictal sleep architecture in epileptic patients. The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. July 2007, 44 (2): 661-673

Abstracts

- Afifi L, Kreutzer M, Fowler M, Guilleminault C (2003). The impact of nasal CPAP/Bi-Level in stage III and IV Cardiac failure . Sleep 26: A369.
- Afifi L, Fowler M, Poyares D and Guilleminault (2002): The use of nasal CPAP/BIPAP in stage III and IV cardiac failure. J Sleep Res 11, S1.
- Rosa A, Poyares D, Koster U and Guilleminault C (2002): Are K complexes and delta waves different? A mathematical model and its application. Sleep 25; A 414.
- Rosa A, Guilleminault C, Poyares D, Afifi L and Koester U (2001): Are K complexes and delta waves different? A mathematical modelisation and its application. Actas de fisiologica 7, 163

SKILLS

LANGUAGE SKILLS

Arabic: Mother tongue
English: Proficiency in spoken and written English

TEACHING TRAINING COURSES ATTENDED

1 - The use of technology in teaching - Cairo University- 2007

2 - Scientific Writing Course and the international publication - Cairo University- 2007

3 - Preparation of a research project - Cairo University- 2007

4 - Time management and handling work pressures - Cairo University- 2007

5 - Examination systems and evaluating the students - Cairo University- 2009

6 - Ethics of practice- Cairo University- 2010

7- Financial and Legal Aspects in University administration-2012

8- Communication skills – 2014

9- Creative thinking- 2014

10- Emotional intelligence – 2014

11- E-learning- 2015

12- Presentation skills- 2015

MEDICAL SOCIETIES JOINED

- Egyptian Society of Neurology, Psychiatry and Neurosurgery

- World Society of Sleep Medicine. (Served as African officer in the governing council for 3 terms , current officer)

- Egyptian Scientific Society of Sleep Medicine and Research (I was a founding member and currently I am the secretary of the society).

- Egyptian society of clinical neurophysiology.

CONFERENCES ATTENDED

- Associated professional sleep societies meeting, Chicago, 6-10 June, 2001.

- Fourth Meeting of the Egyptian Society of Bronchology. Cairo, 8 to 10 December 2004 and **I delivered a lecture on the motor symptoms of obstructive sleep apnea.**

- The third annual meeting of the neuropsychiatry department , Faculty of Medicine, South Valley University, Sohag, in collaboration with The Egyptian Society of neurology, psychiatry and neurosurgery, Department of Neuropsychiatry, University of Alexandria, 22 to 24 September 2004
- Training on EMG and nerve conduction by Prof. Jun Kimura in the military center for rheumatology and rehabilitation. 18 to 20 November 2006
- Conference of the Egyptian Society for Ear, Nose, throat Surgery : 6 to 8 November 2008, Alexandria. **I delivered a lecture on the medical treatment of obstructive sleep apnea .**
- 51st annual meeting of the Egyptian Society of Chest Diseases and TB, 24 to 27 March 2009 Fairmont Hotel Heliopolis - Cairo, where **I gave a lecture on non-respiratory sleep disorders.**
- 52nd Annual Meeting of the Egyptian Society of Chest Diseases and Tuberculosis. Cairo, April 1, 2010
- International child neurology congress in conjunction with the Egyptian Society of Child Neurology , Cairo 2 to 7 May 2010.
- Neurodiagnostic Conference (Neuro - Diagnost 2011) Collaborative meeting of : 42ndConference of Egyptian Society of Radiology & Nuclear Medicine, 11thConference of Dept. of Diagnostic Radiology, Faculty of Medicine, Cairo University, 14thConference of Egyptian Society of Child Neuropsychiatry , 1stConference of Dept. of Clinical Neurophysiology, Faculty of Medicine, Cairo University, Ain Sokhna, 21-22 September, 2011. **I gave a lecture about :Sleep Disorders in Neurological Diseases.**
- The Annual Meeting of The Department of Neurology, Cairo University, Cairo 15-16 December 2011.

- The Annual Meeting of The Department of Neurology, Cairo University, Cairo December 19-20, 2012. **I gave a lecture “ Is this EEG really abnormal?”**
- Associated Professional Sleep Societies meeting. Baltimore USA, 1-5 June 2013.
- Meeting of the members of the WHO committee for preparing the Classification of sleep disorders in the upcoming ICD- 11. Baltimore USA, 6-7 June 2013.
- 15th Cairo international neurology conference of the The Egyptian Society of neurology, psychiatry and neurosurgery. Cairo Egypt, 19-21 February, 2014.
- 16th Cairo international neurology conference of the The Egyptian Society of neurology, psychiatry and neurosurgery. Cairo Egypt, 18-20 March, 2015. I gave the lecture: **“The Impact of rTMS on Hand Dexterity in Multiple Sclerosis Patients with Cerebellar Impairment”**.
- Annual Kasralainy meeting 7 May 2015, Cairo, Egypt.
- Annual Summit on Sleep disorders and medicine. San Francisco, USA 10-12 August, 2015. **I gave an oral presentation about “ Polysomnography and anti-diuretic hormone secretion pattern in children with primary nocturnal enuresis”**.
- **7th World congress of World Sleep Federation. Oct31-Nov 3, 2015. Istanbul, Turkey.**
- Egypt rhinology society meeting - March 2016- Cairo Egypt- **I gave lecture about “ understanding polysomnography”**.
- **3rd International conference of neuropsychiatry department, Ain Shams University. September 20-22, 2016.**
- Chairperson in 1st scientific day of the Egyptian society of clinical neurophysiology. October 14, 2016. Cairo.**

-15th Assembly of Egyptian Scientific Society of Bronchology. Gave a lecture : ‘Abnormal Behavior with Sleep disordered breathing’ .December 7, 2016. Cairo.

- The 8th Annual Meeting of The Department of Neurology, Cairo University, Cairo December 8-9, 2016.

-**18th** Cairo international neurology conference of The Egyptian Society of neurology, psychiatry and neurosurgery. February 8-10, 2017. Cairo Egypt.

- **23rd Rhino Egypt meeting, March 9, 2017. I gave a lecture titled: Polysomnography: basic cconcepts and clinical correlation.**

- The 9th Annual Meeting of The Department of Neurology, Cairo University, Cairo December 13, 2017.

-**19th** Cairo international neurology conference of The Egyptian Society of neurology, psychiatry and neurosurgery. February 7-9, 2018. Cairo Egypt,

- **1st International conference of pediatric neurology ‘Advances in neuropediatrics’. April 5th , 2018. Cairo, Egypt**

- The 10th Annual Meeting of The Department of Neurology, Cairo University, Cairo December 13, 2018.

-**20th** Cairo international neurology conference of The Egyptian Society of neurology, psychiatry and neurosurgery. 13-15 February, 2019. Cairo Egypt.

-2nd neurophysiology conference of Egyptian society of clinical neurophysiology in collaboration with international federation of clinical neurophysiology (chairperson). Cairo, Egypt 2-3 march, 2019.

-- The International conference of pediatric neurology ‘Advances in neuropediatrics’. March 7-8 , 2019. Cairo, Egypt.

- 5th ECPG ORLAP : Panelist in “ OSA: Adapted Egyptian Clinical Practice Guidelines, 10-11 Nov, 2022. Cairo

- - **27th Rhino Egypt meeting & 12th Pan Arab Rhinology Society. I gave a lecture titled: Polysomnography: what otolaryngologists need to know: 4-6 March, 2021.**

- **28th Rhino Egypt meeting, March 9, 2017. Chairperson of Sleep surgery Session , 4 March,, 2022**

-- **29th Rhino Egypt meeting, March 8, 2023. I gave a lecture titled: ‘Polysomnography’. Cairo**

TEACHING TRAINING COURSES PARTICIPATION

- Teaching The Egyptian Board Physicians. Lectures about obstructive sleep apnea and PLM & RLS. March 2013

- Electromyography: Basics nerve injuries and root pathology. 20-22 June 2013. Toxicology Center, Kasralainy, Cairo, Egypt.

-Neurology department monthly meeting. I gave the lecture: **“Transcranial magnetic stimulation”**. Novemeber, 2014.

- EMG and NC...Meet the Expertise. 24 December, 2014. Learning resource center, Kasralainy Cairo, Egypt

- Nerve conduction studies workshop. 8-9 April, 2015. Kasralainy Cairo, Egypt

‘ Updates on Sleep Disorders in adults and children’ workshop **director**.
15th Assembly of Egyptian Scientific Society of Bronchology. December
5-6, 2016. Cairo University.

-‘Sleep Medicine: From Theory to practice’ workshop. Gave a lecture:
‘Polysomnography’. 10th Kasr Al Ainy annual international conference.
February 15, 2017. Cairo University.

-‘ Snoring and OSA’ workshop. Egyptian Rhinology Society . I gave a
lecture : ‘polysomnography and its indications’. September 17, 2017.
Military Medical Academy. Cairo.

- ‘Neurophysiological assessment of neuromuscular junction disorders’.
Chairperson. - The 9th Annual Meeting of The Department of Neurology,
Cairo University, Cairo December 13, 2017.

- Moderator of the teaching course: “EEG in ICU”, Cairo international
neurology conference of the The Egyptian Society of neurology,
psychiatry and neurosurgery. March 12, 2019, Cairo, Egypt.

- Moderator of the teaching course: “Electrophysiological studies in
upper extremities”, 16th international conference of the The Egyptian
Society for surgery of the Hand and Microsurgery. 22 Feb 2023, Cairo .

- Moderator of the workshop: “An Introduction to PSG”, Faculty of
Medicine, Cairo Univeristy. March 9, 2023, Cairo, Egypt.

Medical Workshops attended.

- ‘EEG monitoring’ workshop. **18th** Cairo international
neurology conference of The Egyptian Society of
neurology, psychiatry and neurosurgery. February 8, 2017.
Cairo Egypt.

-
- ‘Neonatal EEG’ workshop. Held by the Egyptian clinical neurophysiology society. Kasr Al-ainy hospital, May 4, 2017, Cairo
- ‘Electrodiagnosis and neuromuscular ultrasound in polyneuropathies and motor neuron disease’ scientific day. Ain Shams University, July 19th, 2018. Cairo.
- ‘Focal neuropathies’ course: The 10th Annual Meeting of The Department of Neurology, Cairo University, Cairo December 12, 2018.
- ‘Neuromuscular ultrasound, Diagnostic and therapeutic utility’ workshop. Cairo international neurology conference of The Egyptian Society of neurology, psychiatry and neurosurgery. March 12, 2019, Cairo, Egypt

Publishing, research and statistics workshops:

- ‘Publishing Academy for Clinical Research’ workshop. Springer Nature in collaboration with Egyptian Knowledge Bank. March 6, 2017. Cairo University.
- ‘Publishing Academy for Publication Strategies’ workshop. Springer Nature in collaboration with Egyptian Knowledge Bank. April 11, 2017. Cairo University.
- ‘Publishing Academy for Peer Review’ workshop. Springer Nature in collaboration with Egyptian Knowledge Bank. May 11, 2017. Cairo University.
- ‘Research Design and Methodology’ workshop. Knowledge E in collaboration with Egyptian Knowledge Bank. April 5-6, 2017.

- ‘Using Statistical Analysis in Academic Research’ workshop. Knowledge E in collaboration with Egyptian Knowledge Bank. July 10-11, 2017. Cairo University.
- ‘Research Methodology’ workshop. Nature research Academics in collaboration with Egyptian Knowledge Bank. September 2017, Ain Shams University, Cairo.
- ‘Peer Review’ workshop. Nature research Academics in collaboration with Egyptian Knowledge Bank. December 13, 2017. Cairo University.
- ‘Advanced Statistics’. Pfizer Learning Series Statistics workshop. November 23-24, 2018. Cairo.