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Fluent in Arabic, French, and English.

EDUCATION:

- **2017- present:** Master of Science in **Disaster Medicine**, Universita del piemonte orientale, Italy and Vrije Universiteit Brussel.
- **2017: Clinical Simulation** Diploma, Lebanese American University, Lebanon.
- **2011: Emergency Medicine** Capacity, University of Picardie Jules Verne, France.
- **2010: Family Medicine** diploma, Saint Joseph University, Lebanon.
- **2006:** Doctor of Medicine diploma, Saint Joseph University, Lebanon.
- **1999:** Lebanese and French baccalaureate, “math elem”, Zahrat el Ihsan School, Lebanon.

PROFESSIONAL EXPERIENCE:

- **June 2015-present:** Head of the Emergency Division, LAUMC-RH (Lebanese American University Medical Center, Rizk Hospital), Beirut, Lebanon.
- **April 2015- present:** Instructor in the School of Medicine, Lebanese American University, Byblos campus, Lebanon.
- **February 2014- present:** Emergency doctor at LAUMC-RH, Beirut, Lebanon.
- **November 2011-present:** Workers medicine at “Centre Notre Dame”, geriatric and physiotherapy center, Hadath, Lebanon.
- **October 2011-present:** Family doctor approved by the consulate of Kenya.
- **July 2010- present:** Family doctor at “Centre Notre Dame”, geriatric and physiotherapy center, Hadath, Lebanon.
- **July 2010- June 2016:** Emergency doctor at Saint Charles Hospital, Fayadieh, Lebanon.
- **August 2009 and August 2010:** Clinical practice at El Ghanem Medical Center, Bhamadoun.
- **July 2007- June 2010:** Family Medicine residency, Hotel Dieu de France Hospital, Beirut, Lebanon.
- **July 2006- June 2007:** Internal Medicine residency, Hotel Dieu de France Hospital, Beirut, Lebanon.

TEACHING EXPERIENCE:

- **June 2015- present:** ACLS instructor, simulation center, LAU school of medicine.
- **June 2015- present:** Emergency Medicine clerkship director, LAU school of medicine.

POST GRADUATE CLINICAL TRAINING:

- **November 2009-June 2011:** Clinical training in Emergency Medicine, SAMU 80, CHU Nord, Amiens, France.
- **2007-2010:** Clinical practice of Family Medicine at :
Family Medicine Department, Hotel Dieu de France Hospital;
Outpatient clinical practice and minor surgeries, Military Hospital, Badaro;
Addiction Center: Skoun, Monot;
Geriatric and rehabilitation center: Centre Notre-Dame, Hadath.
- **2006-2008:** Rotations in departments of Internal Medicine, ICU, Emergency, Pediatrics, and Surgery at many hospitals: Hôtel-Dieu de France Hospital, Saint Joseph Hospital, Mont Liban Hospital, Khoury Hospital.
- **2007:** Rotation in the Psychiatric Hospital de La Croix, Jal el Dib, 1 month.
- **Oct 2005:** Elective: Rotation in Oncology, Queen of the valley Hospital, California, USA.

MEDICAL ACTIVITIES:

- Coordinator of the School Health Program with the ministry of Health: Cana project (2008), Baskinta project (2009 and 2010).
- Volunteer in the “Operation 7eme jour” Programs, launched by Saint Joseph University.
- Participated at the Health Project for the prisoners of Roumieh, 2009.

PUBLICATIONS :

- El Hajj C, Chardigny JM, Boirie Y, Yammine K, Helou M, Walrand S. Effect of vitamin D treatment on glucose homeostasis and metabolism in Lebanese older adults: A randomized controlled trial. *The Journal of Nutrition, Health and Aging*. 2018. Accepted. In press.
- Platt DE, Hariri E, Salameh P, Helou M, Sabbah N, Merhi M, Chammas E, Ammar W, Abchee AB, Zalloua PA. Association of waterpipe smoking with myocardial infarction and determinants of metabolic syndrome among catheterized patients. *Inhal Toxicol*. 2017 Oct 24 :1-6.
- Helou M, Sakr R, Tanios A. Health status of Lebanese university students. *Int J Community Med Public Health* 2017; 4: 2554-7.
- Helou MC, Adib SM. Primary health problems in rural school children in Lebanon. *Int J Community Med Public Health* 2017; 4:1442-4.
- Platt D, Hariri E, Salameh P, Merhi M, Sabbah N, Helou M, Mouzaya F, Nemr R, Al Sarraj Y, El Shanti H, Abchee A, Zalloua P. Type II diabetes mellitus and hyperhomocysteinemia : A complex interaction. *Diabetol Metab Syndr*. 2017;9:19.
- Helou M, Rizk GA. State of family medicine practice in Lebanon. *J Family Med Prim Care* 2016;5:51-5.

ABSTRACTS:

- Helou M, Adib S. « Primary health care problems in rural schoolchildren : Findings from the Qana area in South Lebanon ». Presented : Annual conference of the Lebanese Epidemiological Association. Beirut dec 2016.
- Helou M, Rizk GA. « State of Family Medicine Practice in Lebanon ». Presented: Annual Conference of the Lebanese Society of Family Medicine, Beirut nov 2015.
- Kesrouani A, Helou M, Nemr E. « Evaluation globale des examens par les étudiants en fin de cursus médical ». Presented: SIFEM « Société internationale francophone d'éducation médicale ». Beirut 31 may- 2 june 2006.

PRESENTATIONS :

- Advanced cardiac life support. Franco-Lebanese Medical Association Congress. Beirut. July 2016.