

Dr A R M Saifuddin Ekram

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Professional Summary**Adjunct Research Fellow | PhD & Overseas Trained Internal Medicine Specialist**

Clinical researcher, overseas-trained medicine specialist, and Monash-trained PhD with more than a decade of leadership in high-impact ageing research. As former lead for clinical endpoint adjudication in the landmark ASPREE and ASPREE-XT programs, I combine clinical reasoning, large-scale trial operations, ICH-GCP expertise, and scientific rigour. My fellowship program focuses on longitudinal associations of sleep duration, sleep disturbance, sleep medication use, cognitive decline, and incident dementia in older adults, generating a strong platform for externally funded sleep, dementia, and prevention research. I have authored 37 peer-reviewed publications (h-index 16; FWCI 2.13) and hold editorial roles with *BMC Geriatrics* and *Frontiers in Medicine*. Recognised by *Springer Nature* for editorial distinction, I translate complex evidence into patient-centred solutions and build global research partnerships.

Profile authenticators**Scopus ID:** 6507044828**ORCID:** 0000-0003-4267-1286**Strengths**

- **Clinical Research Leadership:** Over a decade of experience with the ASPREE trial, leading complex clinical adjudication workflows and contributing to impactful research on aging and chronic disease outcomes.
- **Mentorship & Team Stewardship:** Led multidisciplinary research teams, mentored staff, and maintained excellence in protocol-driven project execution.
- **Analytical Expertise:** Sound foundation in biostatistics, clinical epidemiology, and longitudinal data analysis, supporting robust interpretation of chronic disease and frailty-related evidence.
- **Scholarly Publishing & Peer Review:** Author of 37 peer-reviewed publications with high citation impact, with editorial board roles at *BMC Geriatrics* and *Frontiers in Medicine* (Geriatric Medicine).
- **Collaborative & Global Outlook:** Experienced in interdisciplinary environments, with research collaborations across Australia, the US, Europe, and Asia driving innovation in chronic disease research.

Professional Experience**Senior Clinical Research Consultant, ASPREE - Monash University, Australia (2019 – 2024)**

As Senior Clinical Research Consultant for the ASPREE trial, I led a team of 12–16 staff overseeing the endpoint adjudication of major clinical events, including myocardial infarction, stroke, heart failure, dementia, and cancer, in over 19,000 older adults. I coordinated all aspects of the adjudication workflow—ensuring protocol adherence, training new staff, and maintaining high standards in clinical documentation and data integrity.

I collaborated with clinicians, biostatisticians, and data managers to validate outcome data and support longitudinal analyses. I implemented quality assurance measures, contributed to refining case definitions, and helped ensure alignment with Good Clinical Practice and ethical standards.

My role involved contributing to peer-reviewed publications and supporting research translation. This position sharpened my leadership, project management, and epidemiological skills, and played a key role in delivering impactful evidence on aging and chronic disease outcomes.

- **Clinical Research Team Leader, ASPREE - Monash University, Australia (2013 – 2019)**
As Clinical Research Team Leader for the ASPREE trial at Monash University (2013–2019), I played a pivotal role in managing the preparation and integrity of clinical endpoint data for adjudication across a large-scale, multi-site study of over 19,000 older adults. I led a dedicated team responsible for extracting, reviewing, and validating clinical data related to cardiovascular events, cancer, bleeding, dementia, and other aging-related outcomes. I provided training and ongoing supervision to junior staff, ensuring strict adherence to standard operating procedures (SOPs) and Good Clinical Practice (GCP) guidelines. I collaborated with clinicians, data managers, and epidemiologists to troubleshoot complex cases, streamline workflows, and uphold data accuracy. My role involved contributing to protocol development, maintaining audit readiness, and supporting ethical compliance. This experience deepened my capabilities in clinical research operations, team mentoring, and the delivery of high-quality, publishable research outputs.
- **Professor in charge & HoD, Medicine - Rajshahi Medical College, Bangladesh (2004 – 2012)**
As Professor in Charge and Head of the Department of Medicine at Rajshahi Medical College (2004–2012), I led a dynamic clinical and academic unit in one of Bangladesh's major teaching hospitals. I was overseeing comprehensive inpatient and outpatient care, ensuring lofty standards from admission to discharge for adult patients with complex, multi-system conditions. In parallel, I supervised the medical course for both undergraduate and postgraduate programs, delivering bedside teaching, lectures, and clinical mentoring. I guided diagnostic and therapeutic decisions in challenging cases, promoted evidence-based practice, and introduced quality improvement initiatives. Under my leadership, the department strengthened its academic output and clinical efficiency. I remained actively engaged in continuing professional development, participating in national medical forums, and fostering a culture of lifelong learning among staff and trainees.

Education

- **PhD (Medicine)** – Monash University, Australia, 2024
- **FRCP (General Medicine)** – Royal College of Physicians, Edinburgh, UK, 2010
- **FACP (Adult Medicine)** – American College of Physicians, USA, 2005
- **FCPS (Internal Medicine)** – Bangladesh College of Physicians and Surgeons, 1995
- **MBBS** – Dhaka Medical College, Dhaka University, Bangladesh, 1989

Adjunct & Visiting Positions

- **Adjunct Research Fellow (Chronic Disease and Aging)**, School of Public Health and Preventive Medicine, Monash University, 2024 – *Present*
- **Visiting Fellow**, SPHPM, Monash University, 2013 – 2014
- **Visiting Fellow**, Royal Melbourne Hospital, 2012 – 2013

Editorial Activities

- **Editorial Board Member** – BMC Geriatrics
- **Associate Editor** – Frontiers in Medicine (Geriatric Medicine)
- **Peer Reviewer** – Manuscripts for journals like *Archives of Gerontology and Geriatrics*, *BMJ Open*, *Cancers*, and others

Publications

My recent top FIVE publications are listed below:

1. Ekram ARMS, Tonkin AM, Ryan J, Beilin L, Ernst ME, Espinoza SE, et al. The association between frailty and incident cardiovascular disease events in community-dwelling healthy older adults. *Am Heart J Plus*. 2023; 28. DOI: 10.1016/j.ahjo.2023.100289

2. **Ekram ARMS**, Ryan J, Espinoza SE, Newman AB, Murray AM, Orchard SG, et al. The Association between Frailty and Dementia-Free and Physical Disability-Free Survival in Community-Dwelling Older Adults. *Gerontology*. 2023;69(5): 549-60. DOI: 10.1159/000528984
3. **Ekram ARMS**, Espinoza SE, Ernst ME, Ryan J, Beilin L, Stocks NP, et al. The Association between Metabolic Syndrome, Frailty and Disability-Free Survival in Healthy Community-dwelling Older Adults. *J Nutr Health Aging*. 2023;27(1): 1-9. DOI: 10.1007/s12603-022-1860-2
4. **Ekram ARMS**, Woods RL, Ryan J, Espinoza SE, Gilmartin-Thomas JFM, Shah RC, et al. The association between polypharmacy, frailty, and disability-free survival in community-dwelling healthy older individuals. *Arch Gerontol Geriatr*. 2022; 101: 104694. DOI: 10.1016/j.archger.2022.104694
5. **Ekram ARMS**, Woods RL, Britt C, Espinoza S, Ernst ME, Ryan J. The Association between Frailty and All-Cause Mortality in Community-Dwelling Older Individuals: An Umbrella Review. *J Frailty Aging*. 2021;10 (4): 320-6. DOI: 10.14283/jfa.2021.20

Other publications

6. Debele, G. R., N. Davoodian, M. Lotfaliany, R. Wolfe, M. Berk, A. M. Tonkin, P. Gibbs, Z. Zhou, R. L. Woods, S. G. Orchard, **A. R. M. S. Ekram**, A. M. Murray, M. Nelson, J. L. Millar, A. R. Kent, W. L. Ong, C. M. Reid, R. C. Shah, A. Chan, D. Clayton-Chubb, S. Zoungas, J. J. McNeil and M. Mohebbi (2026). "Association between statin use and risk of incident cancer in healthy older adults: a target trial emulation using data from a multicentre, randomised trial of community-dwelling older adults in Australia and the USA." *eClinicalMedicine* 91.
7. Phyto AZZ, Tonkin A, Espinoza SE, **Ekram ARMS**, Woods RL, Ryan J. Frailty Risk After a Cardiovascular Event Among Community-Dwelling Older People: Influence of Sociodemographic, Polypharmacy, and Pre-event Frailty. *Canadian Journal of Cardiology*. 2025;41(10):2074–81.
8. Ryan J, Espinoza S, Ernst ME, **Ekram ARMS**, Wolfe R, Murray AM, et al. Validation of a Deficit-Accumulation Frailty Index in the ASPIrin in Reducing Events in the Elderly Study and Its Predictive Capacity for Disability-Free Survival. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*. 2022;77(1):19–26.
9. Espinoza SE, Woods RL, **Ekram ARMS**, Ernst ME, Polekhina G, Wolfe R, et al. The Effect of Low-Dose Aspirin on Frailty Phenotype and Frailty Index in Community-Dwelling Older Adults in the ASPIrin in Reducing Events in the Elderly Study. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*. 2022;77(10):2007–14.
10. **Ekram ARMS**, Woods RL, Britt C, Espinoza S, Ernst ME, Ryan J. The Association Between Frailty and All-Cause Mortality in Community-Dwelling Older Individuals: An Umbrella Review. *J Frailty Aging*. 2021;10(4):320–6.
11. Fravel, M. A., M. E. Ernst, R. L. Woods, L. Beilin, Z. Zhou, S. G. Orchard, E. Chowdhury, C. M. Reid, **A. R. M. Saifuddin Ekram**, S. E. Espinoza, M. R. Nelson, N. Stocks, K. R. Polkinghorne, R. Wolfe and J. Ryan (2024). "Long-term blood pressure variability and frailty risk in older adults." *Journal of Hypertension* 42(2): 244–251.
12. Margolis, K. L., S. E. Mahady, M. R. Nelson, D. G. Ives, S. Satterfield, C. Britt, **ARMS Ekram**, J. Lockery, E. C. Schwartz, R. L. Woods, J. J. McNeil and E. M. Wood (2018). "Development of a standardized definition for clinically significant bleeding in the ASPIrin in Reducing Events in the Elderly (ASPRE) trial." *Contemporary Clinical Trials Communications* 11: 30–36.
13. Hossain SM, Hussain SM, **Ekram ARMS**. Duloxetine in painful diabetic neuropathy a systematic review. *Clinical Journal of Pain*. 2016;32(11):1005–10.
14. **Ekram ARMS**, Cicuttini FM, Teichtahl AJ, Crammond BR, Lombard CB, Liew SM, et al. Weight satisfaction, management strategies and health beliefs in knee osteoarthritis patients attending an outpatient clinic. *Internal Medicine Journal*. 2016;46(4):435–42.

15. Bhuiyan, M. U., S. P. Luby, R. U. Zaman, M. W. Rahman, M. A. Y. Sharker, M. J. Hossain, C. H. Rasul, **A. R. M. S. Ekram**, M. Rahman, K. Sturm-Ramirez, E. Azziz-Baumgartner and E. S. Gurley (2014). "Incidence of and Risk Factors for Hospital-Acquired Diarrhea in Three Tertiary Care Public Hospitals in Bangladesh." *American Journal of Tropical Medicine and Hygiene* 91(1): 165–172.
16. Harun-Or-Rashid, M., S. M. F. Akbar, K. Takahashi, M. Al-Mahtab, M. S. I. Khan, M. A. Alim, **A. R. M. S. Ekram**, M. M. R. Khan, M. Arai and S. Mishiro (2013). "Epidemiological and molecular analyses of a non-seasonal outbreak of acute icteric hepatitis E in Bangladesh." *Journal of Medical Virology* 85(8): 1369–1376.
17. Islam MZ, Itoh M, Islam MAU, **Ekram ARMS**, Rahman MA, Takagi H, et al. ELISA with recombinant rKRP42 antigen using urine samples: A tool for predicting clinical visceral leishmaniasis cases and its outbreak. *American Journal of Tropical Medicine and Hygiene*. 2012;87(4):658–62.
18. Haque MA, Sharmin LS, Amin Z, Saifuddin **Ekram ARM**. Noonan syndrome presenting as lymphoedema precox. *J Med*. 2012;13(2):243–5.
19. Siddiqui MNA, Sultana S, Sharif T, **Ekram ARMS**. Smoking habits of medical students in a private medical college of Bangladesh. *Bangladesh Journal of Medical Science*. 2011;10(4):280–3.
20. Haque MA, Sharmin LS, Rashid MHO, Alim MA, **Ekram ARMS**, Mowla SGM. Crigler-Najjar syndrome type 2 in a young adult. *Journal of Medicine*. 2011;12(1):86–8.
21. Haque AF, Haque MZ, **Ekram ARMS**, Hoque MA, Islam QT. Comparison between effect of glimepiride and pioglitazone on the C-reactive protein level of type 2 diabetic patient. *Journal of Medicine*. 2011;12(1):30–3.
22. Ahad MA, Ahmed KU, Kamal SM, **Ekram ARMS**. Study of prognostic factors of acute pancreatitis in a teaching hospital. *Journal of Medicine*. 2011;12(1):21–5.
23. Salam MA, Mondal D, Kabir M, **Ekram ARMS**, Haque R. PCR for diagnosis and assessment of cure in kala-azar patients in Bangladesh. *Acta Tropica*. 2010;113(1):52–5.
24. Hossain, M. J., E. S. Gurley, S. Montgomery, L. Petersen, J. Sejvar, M. Fischer, A. Panella, A. M. Powers, N. Nahar, A. K. M. R. Uddin, M. E. Rahman, **A. R. M. S. Ekram**, S. P. Luby and R. F. Breiman (2010). "Hospital-based surveillance for Japanese encephalitis at four sites in Bangladesh, 2003-2005." *American Journal of Tropical Medicine and Hygiene* 82(2): 344–349.
25. Hossain, M. J., E. S. Gurley, S. Montgomery, L. Petersen, J. Sejvar, M. Fischer, A. Panella, A. M. Powers, N. Nahar, A. K. Rafique Uddin, M. E. Rahman, **A. R. M. Saifuddin Ekram**, S. P. Luby and R. F. Breiman (2010). "In response." *American Journal of Tropical Medicine and Hygiene* 83(2): 446.
26. Haque MA, Sharmi LS, **Ekram ARMS**, Islam MS. Tuberous sclerosis complex in a family. *Journal of Medicine*. 2010;11(1):94–8.
27. Haque MA, Islam MA, **Ekram ARMS**, Sharmin LS, Tabassum M, Alam SM. Kyphoscoliosis type of Ehlers-Danlos syndrome in a family. *Pakistan Journal of Medical Sciences*. 2010;26(4):978–81.
28. Haque MA, **Ekram ARMS**, Sharmin LS, Belaluddin M, Salam MA. Congenital visceral leishmaniasis. *Pakistan Journal of Medical Sciences*. 2010;26(2):485–7.
29. Fazlul Haque AKM, **Saifuddin Ekram ARM**, Islam QT, Jahan MS, Haque MZ. Evaluation of serum high sensitivity C - Reactive protein (hs-CRP) in type-2 diabetic patient. *Journal of Medicine*. 2010;11(1):20–3.
30. Azizul Haque M, Golam Mostafa M, **Ekram ARMS**, Tarafdar ASR. Löfgren's syndrome: Acute variant of sarcoidosis. *Journal of Medicine*. 2010;11(2):193–5.
31. Takagi H, Itoh M, Islam MZ, Razzaque A, **Ekram ARMS**, Hashighuchi Y, et al. Sensitive, specific, and rapid detection of *Leishmania donovani* DNA by loop-mediated isothermal amplification. *American Journal of Tropical Medicine and Hygiene*. 2009;81(4):578–82.

32. Islam QT, Haque MA, Ali AS, **Ekram ARMS**, Hussain SM, Azad KAK, et al. Pattern of metabolic syndrome in clinical practice. *Journal of Medicine*. 2009;10(2):48–51.
33. Gurley, E. S., M. J. Hossain, S. P. Montgomery, L. R. Petersen, J. J. Sejvar, L. W. Mayer, A. Whitney, P. Dull, N. Nahar, A. K. M. R. Uddin, M. E. Rahman, **A. R. M. S. Ekram**, S. P. Luby and R. F. Breiman (2009). "Etiologies of bacterial meningitis in Bangladesh: Results from a hospital-based study." *American Journal of Tropical Medicine and Hygiene* 81(3): 475–483.
34. Islam MZ, Itoh M, Takagi H, Islam AU, Saifuddin **Ekram ARM**, Rahman A, et al. Enzyme-linked immunosorbent assay to detect urinary antibody against recombinant rKRP42 antigen made from *Leishmania donovani* for the diagnosis of visceral leishmaniasis. *American Journal of Tropical Medicine and Hygiene*. 2008;79(4):599–604.
35. Takagi H, Islam MZ, Itoh M, Islam AU, **Ekram ARMS**, Hussain SM, et al. Short report: Production of recombinant kinesin-related protein of *Leishmania donovani* and its application in the serodiagnosis of visceral leishmaniasis. *American Journal of Tropical Medicine and Hygiene*. 2007;76(5):902–5.
36. Islam MZ, Itoh M, Mirza R, Ahmed I, **Ekram ARMS**, Sarder AH, et al. Direct agglutination test with urine samples for the diagnosis of visceral leishmaniasis. *American Journal of Tropical Medicine and Hygiene*. 2004;70(1):78–82.
37. Ahmed S, Amin MAA, **Ekram ARMS**, Begum SMKN. Calcinosis cutis in a child of nephrotic syndrome due to repeated use of steroid and cyclophosphamide - A case report. *Bangladesh Renal Journal*. 2000;19(2):64–6.

Presentations at National/International Conferences

- **Ekram ARMS**. Understanding and embracing frailty in older adults. AAG Vic Division Regional Conference 28th March 2025; Ballarat, Vic 3350
- **Ekram ARMS**, Espinoza S, Ryan J, et al. Frailty and Cardiovascular Disease Events in Community-Dwelling Healthy Older Adults. *Innovation in Aging*. 2022; 6 (Supplement_1): 329-30. The Gerontological Society of America (GSA) 2022 Annual Scientific Meeting, Indianapolis, USA
- **Ekram ARMS**, Espinoza S, Ernst M, et al. The Association Between Metabolic Syndrome and Frailty in Healthy Community-Dwelling Older Adults. *Innov Aging*. 2021; 5 (Supplement_1): 534. The Gerontological Society of America (GSA) 2021 Annual Scientific Meeting, Phoenix, Arizona, USA
- **Ekram ARMS**, Ryan J, Espinoza S, et al. Frailty and Mortality in a Community-Dwelling Relatively Healthy Older Population. *Innov Aging*. 2021; 5 (Supplement_1): 573. The Gerontological Society of America (GSA) 2021 Annual Scientific Meeting, Phoenix, Arizona, USA
- **Ekram ARMS**, Ryan J, Espinoza S, et al. Factors Associated with Frailty Status in Relatively Healthy Community-Dwelling Older Adults. *Innov Aging*. 2020; 4 (Supplement_1): 488. The Gerontological Society of America (GSA) 2020; Annual Scientific Meeting, Philadelphia, Pennsylvania, the USA.
- **Ekram ARMS**, Ryan J, Britt C, et al. Frailty status and all-cause mortality in the community-dwelling individuals: An umbrella review. *International Journal of Epidemiology*. 2021; 50 (Supplement_1): dyab168. 90. International Epidemiological Associations (IEA) 2020-21 World Congress of Epidemiology, Melbourne, Victoria, Australia

Editorial Activities

- Editorial Board Member, *BMC Geriatrics* (Q1 in aging research), 2024 ~
- Associate Editor, *Frontiers in Medicine* (Geriatric Medicine), 2023 ~
- Editorial Board Member, *Discover Aging*, 2025 ~

Teaching Activities

- **Teaching Associate** - Evidence-Based Clinical Practice, Monash University (2024 - Present)
- **Assessor** - BBiomedSc (Hons) Oral Presentations, Monash University, 2024-2025
- **Examiner** - BMedSc (Hons) Literature Review Assessment, Monash University, 2024-2025
- **Examiner** - BMedSc Hons - Thesis Assessment, Monash University, 2025

- **PhD Review Panel Member** - Monash University, 2025
- **Supervision** - Supervised and trained medical students and junior doctors, providing bedside tuition and didactic lectures as Head of General Medicine, Rajshahi Medical College, Bangladesh.

Professional Associations

- Member, Australian Association of Gerontology, 2024 – *Present*
- Member, Gerontological Society of America, 2020 – *Present*
- Life Member, Bangladesh Society of Medicine, and Association of Physicians of Bangladesh

Grants, Awards and Collaborations

- **Springer Nature Editor of Distinction Award 2026:** Recognized as an '*Editor of Distinction*' (Top 20% globally) for exceptional stewardship of the peer review process, rigorous evaluation, and handling of manuscript submissions.
- **Travel Grant** – Monash University, 2022, for attending the Gerontological Society of America Annual Meeting, Indianapolis, USA
- **Research Collaborations** – Involved in multiple research partnerships across institutions in Australia, USA, Japan, and Germany (Alphabetically):
 - Berman Center for Clinical Outcomes and Research, Hennepin Health Research Institute, Division of Geriatrics, Department of Medicine, Hennepin Healthcare, University of Minnesota, Minneapolis, MN, USA
 - Centre for Disease Control, Atlanta, Ft Collins, through International Centre for Diarrhoeal Research, Bangladesh
 - Curtin School of Population Health, Faculty of Health Sciences, Curtin University, Kent Street, Bentley, WA 6102, Australia
 - Department of Cardiology, University Heart & Vascular Centre Hamburg, Hamburg, Germany
 - Department of Parasitology, Aichi Med. Univ. School of Medicine, Nagakute, Aichi-ken 480-1195, Japan
 - Department of Pharmacy Practice and Science, College of Pharmacy, The University of Iowa, Iowa City, IA, USA
 - Discipline of General Practice, Adelaide Medical School, University of Adelaide, Adelaide, Australia
 - Geriatrics Research, Education and Clinical Center, South Texas Veterans Health Care System, San Antonio, TX, USA
 - Medical School Royal Perth Hospital Unit, University of Western Australia (M570), 35 Stirling Highway, Perth, WA 6009, Australia.
 - Menzies Institute for Medical Research, University of Tasmania, Hobart, Tasmania 7001, Australia
 - Rush Alzheimer's Disease Center, Rush University, Chicago, IL, USA
 - Sam and Ann Barshop Institute for Longevity and Aging Studies, University of Texas Health Science Center at San Antonio, San Antonio, TX, USA.

Yours sincerely,



Dr A R M Saifuddin Ekram

19 August 2026