

Curriculum Vitae

Name: Nuno Pedro Garcia Fernandes Bento Borges

Date of Birth: September 17th 1966

Academic degrees:

Degree in Nutrition Sciences, University of Porto, 1989

PhD Human Biology, Faculty of Medicine, University of Porto, 1995

Present Positions:

Associate Professor, Faculty of Nutrition and Food Sciences, University of Porto

Invited Associate Professor, School of Medicine, University of Minho

President of the Scientific Committee, Faculty of Nutrition and Food Sciences, University of Porto

Researcher at CINTESIS, Faculty of Medicine, University of Porto

Member of the Directory Board of the Portuguese Association of Nutritionists

Current projects

Nutritional status, metabolic syndrome and inflammation in patients with phenylketonuria, with Faculty of Medicine, UP and Centro Hospitalar do Porto, EPE

Project *Deus ex Machina*, in CINTESIS research unit, University of Porto

Study of Glycemic Index of foods and influencing dietary factors, with Faculty of Nutrition and Food Sciences, UP

Nutrition UP 65, Faculty of Nutrition and Food Sciences, University of Porto

Relevant Publications:

1. Rocha JC, Almeida MF, Carmona C, Cardoso ML, Borges N, Soares I, Salcedo G, Lima MR, Azevedo I, van Spronsen FJ. (2010) The use of prealbumin concentration as a biomarker of nutritional status in treated phenylketonuric patients.; *Ann NutrMetab.* 56(3):207-11. Epub 2010 Mar 8.
2. Carreira H, Amaral TF, Brás-Silva C, Oliveira BM, Borges N. (2010) [Hand grip strength in a sample of 11 to 14 years old children] *Acta Med Port.* Sep-Oct;23(5):811-8. Epub 2010 Oct 22. Portuguese.
3. Gaspar MJ, Amaral T, Oliveira B, Borges N (2011) Protective effect of physical activity on dissatisfaction with body image in children - A cross-sectional study. *Psychology of Sport and Exercise*, p.: 563, 2011
4. Silva A, Borges N, Santos A, Alves A (2012) Method Validation for Cafestol and Kahweol Quantification in Coffee Brews by HPLC-DAD. *Food analytical methods*, 2012

5. Rocha, Júlio C; van Spronsen, F; Almeida, Manuela F; Soares, Gabriela; Quelhas, Dulce; Ramos, Elisabete; Guimarães, João T; Borges, Nuno. (2012) Dietary treatment in phenylketonuria does not lead to increased risk of obesity or metabolic syndrome, *Molecular Genetics and Metabolism* 107, 4: 659 - 663.
6. Araújo JR, Martel F, Borges N, Araújo JM, Keating E, (2015) Folates and Ageing: role in mild cognitive impairment, dementia and depression. *Ageing research reviews*
7. Moeenfar, M, Silva, JA, Borges, N, Santos, A, Alves, A (2015) Diterpenes in espresso coffee: impact of preparation parameters. *240(4) 763-773*.
8. Sousa-Santos, AR (Outra), Afonso, Cláudia (FCNAUP), Borges, Nuno (FCNAUP), Santos, Alejandro (ICBAS), Padrão, Patrícia (FCNAUP), Moreira, Pedro (FCNAUP), Amaral, Teresa (FCNAUP) Sarcopenia and Undernutrition Among Portuguese Older Adults: Results From Nutrition UP 65 Study *FOOD AND NUTRITION BULLETIN*, Vol. 35 nº 4, 2018
9. Barcellos, P (Outra), Borges, Nuno (FCNAUP), Torres, Duarte (FCNAUP) Resting energy expenditure in patients with pancreatitis *Clinical Nutrition*, Vol. 37, p.: - S216, 2018
10. Mendes, J (Outra), Borges, Nuno (FCNAUP), Santos, Alejandro (FCNAUP), Padrão, Patrícia (FCNAUP), Moreira, Pedro (FCNAUP), Afonso, Cláudia (FCNAUP), Negrão, R (Outra), Amaral, Teresa (FCNAUP) Nutritional status and gait speed in a nationwide population-based sample of older adults *Scientific Reports*, Vol. 51, 2018
11. Moreira, Pedro (FCNAUP), Sousa, AS (Outra), Guerra, RS (Outra), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Afonso, Cláudia (FCNAUP), Amaral, Teresa (FCNAUP), Padrão, Patrícia (FCNAUP) Sodium and potassium urinary excretion and their ratio in the elderly: results from the Nutrition UP 65 study *Food & Nutrition Research*, Vol. 62, p.: 1288, 2018
12. Sousa Santos, AR (Outra), Afonso, Cláudia (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Amaral, Teresa (FCNAUP) Weakness: The most frequent criterion among pre-frail and frail older Portuguese *Archives of Gerontology and Geriatrics*, Vol. 74, p.: 162 - 168, 7 páginas, 2018
13. Sousa Barbosa, C (Outra), Almeida, MF (Outra), Sousa, C (Outra), Rocha, S (Outra), Guimas, A (Outra), Ribeiro, R (Outra), Martins, E (Outra), Bandeira, A (Outra), Bruno M P M Oliveira (FCNAUP), Borges, Nuno (FCNAUP), MacDonald, A (Outra), Rocha, JC (Outra) Metabolic Control in Patients With Phenylketonuria Pre- and Post-Sapropterin Loading Test *Journal of Inborn Errors of Metabolism and Screening*, Vol. 6, 2018
14. Santos, A.R.S. (FCNAUP), Afonso, Cláudia (FCNAUP), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Fonseca, I (Outra), Amaral, Teresa (FCNAUP) The association between 25(OH)D levels, frailty status and adiposity indices in older adults 2018
15. Sousa Santos, AR (Outra), Afonso, Cláudia (FCNAUP), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Fonseca, I (Outra), Amaral, Teresa (FCNAUP) The association between 25(OH)D levels, frailty status and obesity indices in older adults *PLoS ONE*, Vol. 13 nº 1, 16 páginas, 2018
16. Mendes, J (Outra), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Afonso, Cláudia (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Negrão, R (Outra), Amaral, Teresa (FCNAUP) Vitamin D status and functional parameters: A cross-sectional study in an older population *PLoS ONE*, Vol. 13 nº 1, 17 páginas, 2018
17. Mendes, J (Outra), Afonso, Cláudia (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Negrão, R (Outra), Amaral, Teresa (FCNAUP) Association of Anthropometric and Nutrition Status Indicators with Hand Grip Strength and Gait Speed in Older Adults *Journal of Parenteral and Enteral Nutrition*, Vol. 38 nº 4, 2018

18. Sadeghi, L. (Outra), Espanhol, R.G. (Outra), Schwarz, P.O. (Outra), Borges, Nuno (FCNAUP), Jenzer, H. (Outra) Nutritional Genomics for Dietitians: Bridging the Gap *Canadian Journal of Clinical Nutrition*, Vol. 5 n° 2, p.: 6 - 21, 2017
19. Barcellos, P (Outra), Borges, Nuno (FCNAUP), Torres, Duarte (FCNAUP) MON-P142: Validation of Predictive Equations for Resting Energy Expenditure in Adults and Elderly non-Critically ILL Portuguese Patients *Clinical Nutrition*, Vol. 36 n° 4, p.: S231 - S232, 2017
20. Santos, Alejandro (FCNAUP), Amaral, Teresa (FCNAUP), Moreira, Pedro (FCNAUP), Padrão, Patrícia (FCNAUP), Afonso, Cláudia (FCNAUP), Guerra, RS (Outra), Alvares, L (Outra), Sousa, AS (Outra), Borges, Nuno (FCNAUP) Vitamin D Status And Associated Factors Among Portuguese Older Adults: Results From The Nutrition Up 65 Study *BMJ Open*, Vol. 7, 1 páginas, 2017
21. Padrão, Patrícia (FCNAUP), Sousa, AS (Outra), Guerra, RS (Outra), Álvares, L (Outra), Santos, Alejandro (FCNAUP), Borges, Nuno (FCNAUP), Afonso, Cláudia (FCNAUP), Amaral, Teresa (FCNAUP), Moreira, Pedro (FCNAUP) A cross-sectional study on the association between 24-h urine osmolality and weight status in older adults *Nutrients*, Vol. 9, p.: - 1272, 2017
22. Cardoso, S (Outra), Santos, Alejandro (FCNAUP), Guerra, RS (Outra), Sousa, AS (Outra), Padrão, Patrícia (FCNAUP), Moreira, Pedro (FCNAUP), Afonso, Cláudia (FCNAUP), Amaral, Teresa (FCNAUP), Borges, Nuno (FCNAUP) Association between serum 25-hydroxyvitamin D concentrations and ultraviolet index in Portuguese older adults: a cross-sectional study *BMC GERIATRICS*, Vol. 17, 11 páginas, 2017
23. Mendes, J (Outra), Amaral, Teresa (FCNAUP), Borges, Nuno (FCNAUP), Santos, Alejandro (FCNAUP), Padrão, Patrícia (FCNAUP), Moreira, Pedro (FCNAUP), Afonso, Cláudia (FCNAUP), Negro, R (Outra) Handgrip strength values of Portuguese older adults: a population based study *BMC GERIATRICS*, Vol. 17, 12 páginas, 2017
24. Moeenfar, M. (FEUP), Cortez, Alice (FMUP), Machado, Vera (FMUP), Costa, Raquel (Outra), Luis, Carla (Outra), Coelho, Pedro (Outra), Soares, R. (FMUP), Arminda Alves (FEUP), Borges, Nuno (FCNAUP), Santos, Alejandro (FCNAUP) Anti-angiogenic properties of cafestol and kahweol palmitated diterpene esters *Journal of Cellular Biochemistry*, Vol. 117 n° 12, p.: 2748 - 2756, 9 páginas, 2016
25. Barcellos, P (Outra), Borges, Nuno (FCNAUP), Torres, Duarte (FCNAUP) MON-P094: Comparison between Resting Energy Predictive Equations and Indirect Calorimetry in Non-Critically Ill Portuguese Patients *Clinical Nutrition*, Vol. 35, p.: - S188, 2016
26. Moeenfar, M. (FEUP), Silva, J. (FEUP), Borges, Nuno (FCNAUP), Santos, Alejandro (FCNAUP), Alves, A. (FEUP) Quantification of Diterpenes and their Palmitate Esters in Coffee Brews by HPLC-DAD *INTERNATIONAL JOURNAL OF FOOD PROPERTIES*, Vol. 18 n° 10, p.: 2284 - 2299, 2015
27. Santos, ALM (Outra), Amaral, Teresa (FCNAUP), Borges, Nuno (FCNAUP) Undernutrition and associated factors in a Portuguese older adult community *Revista de Nutricao*, Vol. 28, p.: 231 - 240, 2015
28. Araujo, J.R. (Outra), Martel, F. (FMUP), Borges, Nuno (FCNAUP), Araujo, J.M (Outra), Keating, E. (Outra) Folate and aging: Role in mild cognitive impairment, dementia and depression *AGEING RESEARCH REVIEWS*, Vol. 22, p.: 9 - 19, 2015
29. Pena, MJ (Outra), Rocha, JC (Outra), Borges, Nuno (FCNAUP) Amino acids, glucose metabolism and clinical relevance for phenylketonuria management *Annals of Nutritional Disorders & Therapy*, Vol. 2 n° 3, p.: 1026 [1 - 4], 2015
30. Moeenfar, M. (FEUP), Silva, J. (FEUP), Borges, Nuno (FCNAUP), Santos, Alejandro (FCNAUP), Alves, A. (FEUP) Diterpenes in espresso coffee: impact of preparation parameters *European Food Research and Technology*, Vol. 240 n° 4, p.: 763 - 773, 2015

31. rocha, jc (FMUP), van spronsen, fj (Outra), almeida, mf (Outra), ramos, e (FMUP), guimaraes, jt (FCNAUP), borges, n (FCNAUP) Early dietary treated patients with phenylketonuria can achieve normal growth and body composition *Molecular Genetics and Metabolism*, Vol. 110 n° Suppl, p.: S40 - S43, 4 páginas, 2013
32. José Silva (FEUP), Nuno Borges (FCNAUP), Alejandro Santos (FCNAUP), Arminda Alves (FEUP) Method Validation for Cafestol and Kahweol Quantification in Coffee Brews by HPLC-DAD *Food Analytical Methods*, Vol. 5 n° 3, p.: 1404 - 1410, 7 páginas, 2012
33. rocha, jc (FMUP), van spronsen, fj (Outra), almeida, mf (Outra), soares, g (Outra), quelhas, d (Outra), ramos, e (FMUP), guimaraes, jt (FCNAUP), borges, n (FCNAUP) Dietary treatment in phenylketonuria does not lead to increased risk of obesity or metabolic syndrome *Molecular Genetics and Metabolism*, Vol. 107 n° 4, p.: 659 - 663, 5 páginas, 2012
34. Marisa J M Monteiro Gaspar (Outra), Teresa F Amaral (FCNAUP), Bruno M P M Oliveira (FCNAUP), Nuno Borges (FCNAUP) Protective effect of physical activity on dissatisfaction with body image in children - A cross-sectional study *Psychology of Sport and Exercise*, Vol. 12, p.: 563 - 569, 7 páginas, 2011
35. Rocha, J.C. (FCNAUP), Almeida, M.F. (Outra), Carmona, C. (Outra), Cardoso, M.L. (Outra), Borges, Nuno (FCNAUP), Soares, I. (Outra), Salcedo, G. (Outra), Lima, M.R. (Outra), Azevedo, I. (Outra), van Spronsen, F.J. (Outra) The use of prealbumin concentration as a biomarker of nutritional status in treated phenylketonuric patients *Annals of Nutrition and Metabolism*, Vol. 56 n° 3, p.: 207 - 211, 2010
36. Helena Carreira (Outra), Teresa F Amaral (FCNAUP), Carmen Bras Silva (FMUP), Bruno M P M Oliveira (FCNAUP), Nuno Borges (FCNAUP) HAND GRIP STRENGTH IN A SAMPLE OF 11 TO 14 YEARS OLD CHILDREN *Acta medicaportuguesa*, Vol. 23 n° 5, p.: 811 - 818, 8 páginas, 2010
37. Carreira, H (Outra), Amaral, TF (FCNAUP), Bras Silva, C (FMUP), Oliveira, BMPM (FCNAUP), Borges, N (FCNAUP) Handgrip strength in a sample of 11 to 14 years old children [Força da preensão da mão numa amostra de crianças dos 11 aos 14 anos] *ACTA MEDICA PORTUGUESA*, Vol. 23, p.: 811 - 818, 2010
38. Andrade, Sara (FCNAUP), Borges, Nuno (FCNAUP) Effect of fermented milk containing *Lactobacillus acidophilus* and *Bifidobacterium longum* on plasma lipids of women with normal or moderately elevated cholesterol. *Journal of Dairy Science*, Vol. 76 n° 4, p.: 469 - 474, 2009
39. Joana Guimaraes (FMUP), Eduarda Matos (Outra), Maria Jose Rosas (Outra), Augusta Vieira Coelho (FMUP), Nuno Borges (FCNAUP), Flora Correia (FCNAUP), Rui Vaz (Outra), Carolina Garrett (FMUP) Modulation of nutritional state in Parkinsonian patients with bilateral subthalamic nucleus stimulation *Journal of Neurology*, Vol. 256 n° 12, p.: 2072 - 2078, 7 páginas, 2009
40. Santos A, Borges N, Cerejo A, Sarmiento A, Azevedo I (2005) Catalase Activity and Thiobarbituric Acid Reactive Substances (TBARS) Production in a Rat Model of Diffuse Axonal Injury. Effect of Gadolinium and Amiloride. *Neurochem Res* 30(5):625-31
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42. Borges N, Cerejo A, Santos A, Sarmiento A, Azevedo I (2004) Changes in rat cerebral mitochondrial succinate dehydrogenase activity after brain trauma. *Int J Neurosci* 114(2):217-27
43. Borges N (2003) Tolcapone-related liver dysfunction: implications for use in Parkinson's disease therapy. *Drug Saf* 26(11):743-7
44. Learmonth D, Vieira-Coelho MA, Benes J, Alves PC, Borges N, Freitas AP, Soares-da-Silva P (2002) Synthesis of 1-(3,4-Dihydroxy-5-nitrophenyl)-2-phenyl-ethanone and

derivatives as potent and long-acting peripheral inhibitors of catechol-O-methyltransferase. *J Med Chem* 45:685-695

45. Bonifácio MJ, Vieira-Coelho MA, Borges N, Soares-da-Silva P (2000) Kinetics of rat brain and liver solubilized membrane-bound catechol-O-methyltransferase. *ArchBiochemBiophys* 384:361-367
46. Vaz R, Sarmiento A, Borges N, Cruz C, Azevedo I (1998) Effect of mechanogated membrane ion channel blockers on experimental traumatic brain oedema. *ActaNeurochir (Wien)* 140(4):371-374
47. Borges N, Vieira-Coelho MA, Parada A, Soares-da-Silva P (1998) Rat liver catechol-O-methyltransferase kinetics and assay methodology. *J EnzymInhib* 13(6):473-483
48. Borges N, Vieira-Coelho MA, Parada A, Soares-da-Silva P (1997) Studies on the tight-binding nature of tolcapone inhibition of soluble and membrane bound rat brain catechol-O-methyltransferase. *J Pharmacol Exp Therap* 282:812-817
49. Sarmiento A, Borges N, Lima D (1994) Influence of electrical stimulation of locus coeruleus on the rat blood-brain barrier permeability to sodium fluorescein. *Acta Neurochir (Wien)* 127:215-219
50. Borges N, Shi F, Azevedo I, Audus KL (1994) Changes in brain microvessel endothelial cell monolayer permeability induced by adrenergic drugs. *Eur J Pharmacol (Molecular Pharmacology Section)* 269:243-248