

## Michelle Micallef

From the Newcastle Regional group of the Nutrition Society of Australia



Michelle Micallef completed a Bachelor of Biomedical Sciences (honours) at Victoria University, Melbourne, before commencing a PhD with Professor Manohar Garg at the University of Newcastle in 2006.

Her research focuses on a novel treatment for the management of hyperlipidemia, and to date, she has demonstrated the efficacy, safety and adherence to a phytosterol-enriched spread combined with omega-3 fatty acid supplementation. Her work hopes to highlight the importance of prevention/treatment of hyperlipidemia, using new therapeutic strategies to further optimise patient outcome.

Throughout her time as a PhD student, she has been employed as a dietary/nutrition associate in both a clinical and community setting and at present tutors students in the area of nutraceutical medicine. Michelle has published a number of research articles and presented at national and international conferences in both nutrition and cardiovascular fields. She has been an active member of the Nutrition Society of Australia since 2005 and was appointed Honorary Secretary of the Newcastle group in 2008. Michelle is also a member of the Local Organising Committee for the National conference, to be hosted this year in Newcastle.

*2008: awarded the Nestlé Nutrition Institute Emerging Researcher Award, for her paper Micallef MA, Garg ML. The lipid-lowering effects of phytosterols and (n-3) polyunsaturated fatty acids are synergistic and complementary in hyperlipidemic men and women. J Nutr. 2008 Jun;138(6):1086-90*

*2008: awarded an NSA Early Career Scholarships to attend an international nutrition-related conference, for her paper Micallef MA, Garg ML. Anti-inflammatory and cardioprotective effects of n-3 polyunsaturated fatty acids and plant sterols in hyperlipidemic individuals. Atherosclerosis. 2008; advance online publication Sep 27*