CURRICULUM VITAE
dr. Verawati Sudarma, M. Gizi., Sp.GK



Name: Dr. dr. VERAWATI SUDARMA, M. Gizi, Sp.GK

Educational Background:
- Medical Faculty of Trisakti University (1997-2003)
- Master Degree of Clinical Nutrition from Faculty of Medicine Indonesian University (2008-2010)
- Clinical Nutrition Specialist from Faculty of Medicine Indonesian University (2011-2013)
- Doctoral Program of Nutrition Faculty of Medicine Indonesian University (2018 – 2023)

Working Experiences :
- Lecturer di Medical Faculty, Trisakti University
- Nutrition specialist in Siloam Hospital Simatupang from January 2014 – now
- Nutrition specialist in Kemang Medical Care – Mother & Child Hospital from 2015 – now
- Nutrition specialist in AMS Clinic – Kemang from 2020 – now

Organization :
- Team of Professional Committee – Clinical Nutrition Association Jakarta (2015 – 2018)
- Secretary of Indonesian Medical Nutrition Society (2017 – now)
- Member of Indonesia Doctor Association
- Member of American Society of Nutrition

Rewards :
- First place winner writing competition for master class's participant (2018)
- Cum laude Doctorate Program of Nutrition Faculty of Medicine Universitas Indonesia (2023)

Writing and Presentation Skills :

- General Surgery for Dentis, Hand Out
- Medical Emergency in Dental Practice. Science and Technology Journal Faculty of Dentistry – Prof. Dr. Moestopo (Beragama) University. 2005;2(2):33-37.
- Shock : Diagnosis and therapy. Science and Technology Journal Faculty of Dentistry – Prof. Dr. Moestopo (Beragama) University. 2006;3(1):213-18.
- Treatment for Dental Surgery Patient with Antithrombotic and Anticoagulant Therapy. Science and Technology Journal Faculty of Dentistry – Prof. Dr. Moestopo (Beragama) University. 2006;3(2): 408-15.

Publications :

1. Sudarma V, Sukmaniah S, Parlindungan S. Dark Chocolate effect on NOx serum level and Blood Pressure in Prehypretension. Acta Medica Indonesiana 2011;43(4):224-228(Pubmed).
2. Sudarma V, Halim L. High skeletal muscle mass is associated with increased serum 25(OH)D levels in elderly. Universa Medicina 2017;36(3):236-242.
3. Wahid BDJ, Sudarma V. Hubungan status gizi dan penurunan fungsi kognitif pada lansia. Seminar National Pakar 2018. ISSN (P): 2615-2584. ISSN (E) : 2615-3343.
4. Chrisanti F, Sudarma V. Hubungan konsumsi susu dengan usia menarche pada anak usia 12-15 tahun. Seminar National Pakar 2018. ISSN (P): 2615-2584. ISSN (E) : 2615-3343.
5. Sudarma V, Hegar B, Hidayat A, Agustina R. Human milk oligosaccharides as a missing piece in combating nutritional issues during exclusive breastfeeding. Pediatr Gastroenterol Hepatol Nutr 2021 Nov;24(6):501-09.
6. Theresia GN, Sudarma V. Immunization status lowers the incidence of stunting in children 1-5 years. World Nutrition Journal 2022,6(1). DOI:10.25220/WNJ.V06.il.0003
7. Sudarma V, Sunardi D, Marzuki NS, Munasir Z, Asmarinah, Hidayat A, Hegar B. Human Milk Oligosaccharide Profiles and the Secretor and Lewis Gene Status of Indonesian Lactating Mothers. Pediatr Gastroenterol Hepatol Nutr. 2023 Sep;26(5):266-276. doi: 10.5223/pghn.2023.26.5.266. Epub 2023 Sep 1. PMID: 37736221; PMCID: PMC10509021.
8. Sudarma V, Hegar B, Hidayat A, Agustina R. Human Milk Oligosaccharides as a Missing Piece in Combating Nutritional Issues during Exclusive

Breastfeeding. Pediatr Gastroenterol Hepatol Nutr. 2021 Nov;24(6):501-509. doi: 10.5223/pghn.2021.24.6.501. Epub 2021 Nov 5. PMID: 34796094; PMCID: PMC8593363.
9. Widyantara K, Sudarma V. Relationship between Spacing of Pregnancy and Incidence of Anemia in Multipara. World Nutrition Journal. 2023;7(S1). Selected Conference Proceedings of The Nutri Symposium 2023.
10. Istriana E, Sudarma V. The Challenges in Treating Obesity Patients with Major Depressive Disorders (MDD). Jurnal Biomedika dan Kesehatan. 2024;7(1):98-103.

International Speaker :

- 5th World congress on nutrition, dietetics and nutraceuticals (Sydney, January 2020)
- Micronutrient Forum 6th Global Conference, The Hague, the Netherlands, 16 – 20 October 2023

Researchs :

1. Dark Chocolate effect on NOx serum level and Blood Pressure in Prehypretension. (March 2010)
2. Relationship between 25(OH)D with insulin resistance/sensitivity in elderly with diabetes mellitus (2016-2018).
3. Relationship between human milk oligosaccharides profiles and weight growth indicators of infants aged 0 – 4 months – a prospective longitudinal study (2021-2022).
4. Perbandingan akurasi pengukuran estimasi berat badan dan tinggi badan pada usia profuktif. (2024)
5. Korelasi antara gejala depresi dengan fungsi ginjal pada usia produktif. (2024)
6. Korelasi indeks massa tubuh dengan kadar 25(OH)D pada ibu hamil (2023).