



Vegard Lysne

CLINICAL DIETITIAN, PhD

☎ +47 41 66 82 18 | ✉ vegard.lysne@gmail.com | 🏠 www.vegardlysne.no | 📷 [vegardlysne](#) | 📺 [vegard-lysne](#) | 🐦 [VegardLysne](#)

Professional summary

Clinical Dietitian (RD) from Norway, currently working as a Senior Advisor at the Norwegian Institute of Public Health (www.fhi.no). I also hold positions as editorial board member at The Norwegian Journal of Nutrition (www.ntfe.no), member of the Scientific Panel on Nutrition, Dietetic Products, Novel Food and Allergy at the Norwegian Scientific Committee for Food and Environment (www.vkm.no), and chapter expert on riboflavin, niacin, and vitamin B12 in the Nordic Nutrition Recommendations 2022. I'm the primary investigator of the Postprandial Metabolism in Healthy Young Subjects (PoMet) study ([ClinicalTrials.gov: NCT04989478](https://clinicaltrials.gov/ct2/show/study/NCT04989478)). My main professional interests are methods in nutritional epidemiology and statistics, including programming in the R language, data reporting, and visualization.

Education

- PhD** Norway
DEPARTMENT OF CLINICAL SCIENCE, UNIVERSITY OF BERGEN 2015-2019
- Thesis title: Biomarkers of one-carbon metabolism and B-vitamin status - Targeted metabolomics in rats and humans exploring the effects of PPAR alpha-activation and dietary composition
- MSc, Clinical Nutrition** Norway
UNIVERSITY OF BERGEN, FACULTY OF MEDICINE 2012-2014
- Thesis title: Treatment with a Peroxisome Proliferator-Activated Receptor agonist influences one-carbon metabolism and markers of B-vitamin status in rats
- BSc, Human Nutrition** Norway
UNIVERSITY OF BERGEN, FACULTY OF MEDICINE 2009-2012

Work experience

- Senior Advisor**
DEPARTMENT OF HEALTH AND INEQUALITY, NORWEGIAN INSTITUTE OF PUBLIC HEALTH 2022-
- Postdoctoral researcher**
DEPARTMENT OF HEART DISEASE, HAUKELAND UNIVERSITY HOSPITAL, BERGEN, NORWAY 2020-2022
- Researcher**
DEPARTMENT OF CLINICAL SCIENCE, UNIVERSITY OF BERGEN, BERGEN, NORWAY 2019-2019
- PhD candidate**
DEPARTMENT OF CLINICAL SCIENCE, UNIVERSITY OF BERGEN, BERGEN, NORWAY 2015-2019
- Research assistant**
DEPARTMENT OF HEART DISEASE, HAUKELAND UNIVERSITY HOSPITAL, BERGEN, NORWAY 2014-2015

Courses attended

- 2021 ENLP Essentials
- 2019 Building Tidy Tools, RStudio::conf workshop
- 2018 Data Science in the Tidyverse, RStudio::conf workshop
- 2017 Competing Risks, Introduction to Flexible Parametric Survival Analysis and Cancer Screening, EPINOR annual meeting
- 2017 New statistical methods for causal inference, University of Oslo
- 2017 Logistic regression, survival analysis and Cox-regression, University of Oslo
- 2017 The Art of Scientific Investigation, EPINOR summer school
- 2017 University pedagogy for PhD candidates, University of Bergen
- 2017 Epidemiology - beyond the basics, University of Oslo
- 2016 6th International course in Nutritional Epidemiology, Imperial College, London
- 2016 Experimental Design and Statistical Analysis, FRAME training school
- 2016 Basic course in Medical and Health Related Research, University of Bergen

Publications in international peer-reviewed journals

1. Hjorth T, Schadow A, Revheim I, Spielau U, Thomassen LM, Meyer M, Piotrowski K, Rosendahl-Riise H, Rieder A, Varela P, **Lysne V**, Ballance S, Koerner A, Landberg R, Buyken A, Dierkes J. Sixteen-week multi-centre randomised controlled trial to study the effect of the consumption of an oat beta-glucan-enriched bread versus a whole-grain wheat bread on glycaemic control among persons with pre-diabetes: a study protocol of the CarbHealth study. *BMJ Open* 2022. PMID: 35998955
2. **Lysne V**, Anfinssen ÅM, Van Parys A. Should we all adopt the DASH diet? *Eur J Prev Cardiol*. 2022
3. Van Parys A, Brække MS, Karlsson T, Vinknes KJ, Tell GS, Haugsgjerd TR, Ueland PM, Øyen J, Dierkes J, Nygård O, **Lysne V**. Assessment of Dietary Choline Intake, Contributing Food Items and Associations with One-carbon and Lipid Metabolites in Middle-aged and Elderly Adults: The Hordaland Health Study. *J Nutr*, 2022. PMID: 34643705
4. Hilvo M, Dhar I, Lääperi M, **Lysne V**, Sulo G, Tell GS, Jousilahti P, Nygård OK, Brenner H, Schöttker B, Laaksonen R. Primary cardiovascular risk prediction by LDL-cholesterol in Caucasian middle-aged and older adults: a joint analysis of three cohorts. *Eur J Prev Cardiol*, 2022. PMID: 34060615
5. Van Parys A, Karlsson T, Vinknes KJ, Olsen T, Øyen J, Dierkes J, Nygård O, **Lysne V**. Food Sources Contributing to Intake of Choline and Individual Choline Forms in a Norwegian Cohort of Patients With Stable Angina Pectoris. *Front Nutr*, 2021. PMID: 34055860
6. Saeed S, Vamvakidou A, Zidros S, Papasozomenos G, **Lysne V**, Khattar RS, Senior R. Sex differences in transaortic flow rate and association with all-cause mortality in patients with severe aortic stenosis. *Eur Heart J Cardiovasc Imaging*, 2021. PMID: 33734325
7. Matre ÅO, Parys AV, Olsen T, Haugsgjerd TR, Baravelli CM, Nygård O, Dierkes J, **Lysne V**. The Association of Meat Intake With All-Cause Mortality and Acute Myocardial Infarction Is Age-Dependent in Patients With Stable Angina Pectoris. *Front Nutr*, 2021. PMID: 33748176
8. Dhar I, Svingen GFT, Olsen T, **Lysne V**, Bjørnstad EØ, Ueland, PM, Nygård, O. β -blocker use and risk of all-cause mortality in patients with coronary heart disease: effect modification by serum vitamin A. *Eur J Prev Cardiol*, 2021. PMID: 33709106
9. Haugsgjerd TR, Egeland GM, Nygård OK, Igland J, Sulo G, **Lysne V**, Vinknes KJ, Bjørnevik K, Tell GS. Intake of carbohydrates and SFA and risk of CHD in middle-age adults: the Hordaland Health Study (HUSK). *Public Health Nutr*, 2020. PMID: 32907659
10. Saeed S, Smith J, Grigoryan K, **Lysne V**, Rajani R, Chambers JB. The tricuspid annular plane systolic excursion to systolic pulmonary artery pressure index: Association with all-cause mortality in patients with moderate or severe tricuspid regurgitation. *Int J Cardiol*, 2020. PMID: 32512064
11. Parys AV, **Lysne V**, Øyen J, Dierkes J, Nygård O. No effect of plasma trimethylamine N-Oxide (TMAO) and plasma trimethyllysine (TML) on the association between choline intake and acute myocardial infarction risk in patients with stable angina pectoris. *Human Nutrition & Metabolism*, 2020. doi: j.hnm.2020.200112

12. Haugsgjerd TR, Egeland GM, Nygård OK, Vinknes KJ, Sulo G, **Lysne V**, Igland J and Tell GS. Association of Dietary Vitamin K and Risk of Coronary Heart Disease in Middle-Age Adults: The Hordaland Health Study Cohort. *BMJ Open*, 2020. PMID: 32444431
13. Svenningsson MM, Svingen GFT, **Lysne V**, Ueland PM, Tell GS, Pedersen ER, Dhar I, Nilsen DW and Nygård O. Transsulfuration metabolites and the association with incident atrial fibrillation - An observational cohort study among Norwegian patients with stable angina pectoris. *Int J Cardiol*, 2020. PMID: 32389762
14. Dhar I, Siddique S, Pedersen ER, Svingen GFT, **Lysne V**, Olsen T, Nilsen DW, Nordrehaug JE, Midttun Ø, Ueland PM, Tell GS and Nygård O. Lipid parameters and vitamin A modify cardiovascular risk prediction by plasma neopterin. *Heart*, 2020. PMID: 32398245
15. **Lysne V**, Bjørndal B, Grinna ML, Midttun Ø, Ueland PM, Berge RK, Dierkes J, Nygård O and Strand E. Short-term treatment with a peroxisome proliferator-activated receptor α agonist influences plasma one-carbon metabolites and B-vitamin status in rats. *PLoS One*, 2019. PMID: 31805132
16. Parys AV, **Lysne V**, Svingen GFT, Ueland PM, Dhar I, Øyen J, Dierkes J and Nygård O. Dietary choline is related to increased risk of acute myocardial infarction in patients with stable angina pectoris. *Biochimie*, 2019. PMID: 31707100
17. Olsen T, Vinknes KJ, Blomhoff R, **Lysne V**, Midttun Ø, Dhar I, Ueland PM, Svingen GFT, Pedersen ER, Drevon CA, Refsum H, Nygård O. Creatinine, total cysteine and uric acid are associated with serum retinol in patients with cardiovascular disease. *Eur J Nutr*, 2019. PMID: 31502058
18. Strand E, **Lysne V**, Grinna ML, Bohov P, Svardal A, Nygård O, Berge RK, Bjørndal B. Short-Term Activation of Peroxisome Proliferator-Activated Receptors α and γ Induces Tissue-Specific Effects on Lipid Metabolism and Fatty Acid Composition in Male Wistar Rats. *PPAR res*, 2019. PMID: 31308847
19. Ulven SM, Christensen JJ, Nygård O, Svardal A, Leder L, Ottestad I, **Lysne V**, Laupsa-Borge J, Ueland PM, Midttun Ø, Meyer K, McCann A, Andersen LF, Holven KB. Using metabolic profiling and gene expression analyses to explore molecular effects of replacing saturated fat with polyunsaturated fat-a randomized controlled dietary intervention study. *Am J Clin Nutr*, 2019. PMID: 31051508
20. Dhar I, **Lysne V**, Svingen GFT, Ueland PM, Gregory JF, Bønaa KH, Nygård OK. Elevated plasma cystathionine is associated with increased risk of mortality among patients with suspected or established coronary heart disease. *Am J Clin Nutr*, 2019. PMID: 31005968
21. Pulaschitz NG, Assmus J, Strand E, Karlsson T, Vinknes KJ, **Lysne V**, Drevon CA, Tell GS, Dierkes J, Nygård O. Adherence to the Healthy Nordic Food Index and the incidence of acute myocardial infarction and mortality among patients with stable angina pectoris. *J Hum Nutr Diet*, 2019. PMID: 30091209
22. Dhar I, Svingen GFT, Ueland PM, **Lysne V**, Svenningsson MM, Tell GS, Nygård OK. Plasma Cystathionine and Risk of Incident Stroke in Patients With Suspected Stable Angina Pectoris. *J Am Heart Assoc*, 2018. PMID: 30371177
23. Bjørndal B, Bruheim I, **Lysne V**, Ramsvik MS, Ueland PM, Nordrehaug JE, Nygård OK, Berge RK. Plasma choline, homocysteine and vitamin status in healthy adults supplemented with krill oil: a pilot study. *Scand J Clin Lab Invest*, 2018. PMID: 30261756
24. Dhar I, **Lysne V**, Seifert R, Svingen GFT, Ueland PM, Nygård OK. Plasma methionine and risk of acute myocardial infarction: Effect modification by established risk factors. *Atherosclerosis*, 2018. PMID: 29621698
25. Strauss P, Marti HP, Beisland C, Scherer A, **Lysne V**, Leh S, Flatberg A, Koch E, Beisvag V, Landolt L, Skogstrand T, Eikrem ØS. Expanding the Utilization of Formalin-Fixed, Paraffin-Embedded Archives: Feasibility of miR-Seq for Disease Exploration and Biomarker Development from Biopsies with Clear Cell Renal Cell Carcinoma. *Int J Mol Sci*, 2018. PMID: 29534467
26. Strand E, Rebnord EW, Flygel MR, **Lysne V**, Svingen GFT, Tell GS, Løland KH, Berge RK, Svardal A, Nygård O, Pedersen ER. Serum Carnitine Metabolites and Incident Type 2 Diabetes Mellitus in Patients With Suspected Stable Angina Pectoris. *J Clin Endocrinol Metab*, 2018. PMID: 29325058
27. DeRatt BN, Ralat MA, **Lysne V**, Tayyari F, Dhar I, Edison AS, Garrett TJ, Midttun Ø, Ueland PM, Nygård OK, Gregory JF 3rd. Metabolomic Evaluation of the Consequences of Plasma Cystathionine Elevation in Adults with Stable Angina Pectoris. *J Nutr*, 2017. PMID: 28794210

28. Hannibal L, **Lysne V**, Bjørke-Monsen AL, Behringer S, Grünert SC, Spiekerkoetter U, Jacobsen DW, Blom HJ. Biomarkers and Algorithms for the Diagnosis of Vitamin B12 Deficiency. *Front Mol Biosci*, 2016. PMID: 27446930
29. **Lysne V**, Strand E, Svingen GF, Bjørndal B, Pedersen ER, Midttun Ø, Olsen T, Ueland PM, Berge RK, Nygård O. Peroxisome Proliferator-Activated Receptor Activation is Associated with Altered Plasma One-Carbon Metabolites and B-Vitamin Status in Rats. *Nutrients*, 2016. PMID: 26742069
30. **Lysne V**, Bjørndal B, Vik R, Nordrehaug JE, Skorve J, Nygård O, Berge RK. A Protein Extract from Chicken Reduces Plasma Homocysteine in Rats. *Nutrients*, 2015. PMID: 26053618
31. Øyen J, Svingen GF, Gjesdal CG, Tell GS, Ueland PM, **Lysne V**, Apalset EM, Meyer K, Vollset SE, Nygård OK. Plasma dimethylglycine, nicotine exposure and risk of low bone mineral density and hip fracture: the Hordaland Health Study. *Osteoporos Int*, 2015. PMID: 25616506

Other publications

1. **Lysne V**, Olsen T, Habumugisha T, Engebretsen IMS, Dierkes J. Food choices and life expectancy: is it just beans? *OSF Prepr*. 2022; doi: 10.31219/OSF.IO/5WDFP
2. Matre ÅO, Dierkes J, **Lysne V**. Ernæringsforskning er ikke som annen forskning. *Norsk Tidsskrift for Ernæring*, 2020(2)
3. Myklebust-Hansen T, **Lysne V**. FENS 2019: Malnutrition in an obese world - European perspective. *Norsk Tidsskrift for Ernæring*, 2019(4)
4. Matre ÅO, **Lysne V**. B12-tilskudd uten B12-mangel. *Norsk Tidsskrift for Ernæring*, 2019(3).
5. **Lysne V**. 12. Internasjonale konferanse om enkarbonmetabolisme, B-vitaminer og homocystein. *Norsk Tidsskrift for Ernæring*, 2019(3).
6. **Lysne V**, Marienborg I, Olsen T. FASEB-konferanse om folat, vitamin B12 og enkarbonmetabolisme. *Norsk Tidsskrift for Ernæring*, 2018(3).
7. **Lysne V**, Olsen T. Feilkilder i ernæringsepidemiologi. *Norsk Tidsskrift for Ernæring*, 2018(2).
8. **Lysne V**. Glimt fra den 11. internasjonale konferansen om homocystein og enkarbonmetabolisme i Århus. *Norsk tidsskrift for Ernæring*, 2017(3).
9. **Lysne V**, Olsen T. Konfidensintervaller – hva kan de fortelle deg? *Norsk Tidsskrift for Ernæring*, 2017(1)
10. **Lysne V**, Olsen T. P-verdier. Veiledende eller villedende? En simulert studie. *Norsk Tidsskrift for Ernæring*, 2016(4).
11. Christensen JJ, **Lysne V**. Støtter lørdagsgodt. *Den Norske Tannlegeforenings Tidende*, 2016(5).
12. Olsen T, **Lysne V**. Ta faget tilbake. *Norsk Tidsskrift for Ernæring*, 2015(3).
13. Kverneland M, Christensen JJ, **Lysne V**. Lavkarbodietter har kommet for å bli, men hører hjemme i klinikken. *Norsk Tidsskrift for Ernæring*, 2015(2).

Conference attendance

2021	The conference of the Norwegian Association of Clinical Dietitians (KEFF), virtual meeting	
2020	Nordic Nutrition Conference 2020 (virtual)	<i>Poster presentation</i>
2020	Sunn Idrett, Oslo, Norway	<i>Oral presentation</i>
2019	The European Nutrition Conference (FENS), Dublin, Ireland	<i>Poster presentation</i>
2019	12th International Conference on homocysteine and one-carbon metabolism, Tarragona, Spain	<i>Poster presentation</i>
2019	RStudio::conf2019, Austin, TX, USA	
2019	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Bergen, Norway	
2018	FASEB Science research conference: Folic Acid, Vitamin B12 and One Carbon Metabolism, Halifax, Nova Scotia, Canada	<i>Poster presentation</i>
2018	RStudio::conf, San Diego, CA, USA	
2018	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Kristiansand, Norway	
2017	11th International Conference on homocysteine and one-carbon metabolism, Aarhus, Denmark	<i>Poster presentation</i>
2017	Norwegian Society for Epidemiology conference, Tromsø, Norway	
2017	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Oslo, Norway	<i>Oral presentation</i>
2016	Nordic Nutrition Conference, Gotenburg, Sweden	
2016	FASEB Science research conference: Folic Acid, Vitamin B12 and One Carbon Metabolism, Steamboat Springs, CO, USA	<i>Oral presentation</i>
2015	10th International Conference on homocysteine and one-carbon metabolism, Nancy, France	<i>Oral presentation</i>
2015	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Oslo, Norway	
2014	FASEB Science research conference: Folic Acid, Vitamin B12 and One Carbon Metabolism, Steamboat Springs, CO, USA	<i>Poster presentation</i>
2014	Nordic Congress for Dietitians, Bergen, Norway	
2013	9th International Conference on homocysteine and one-carbon metabolism, Dublin, Ireland	<i>Poster presentation</i>
2013	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Oslo, Norway	
2012	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Oslo, Norway	

Teaching experience

In the period 2015-current, I have taught courses at every semester of the bachelor and masters program in clinical nutrition at University of Bergen. I've held lectures on topics such as methods in nutrition research, nutritional biochemistry, food science, micronutrient metabolism, genetic disorders in nutrient metabolism and general nutrition in health and disease.

PhD candidate supervision

2020- Anthea Van Parys

Main supervisor

2020- Åslaug O Matre

Main Supervisor

Student supervision

2021- Christina Osland Johannesen

MSc

2021- Mia Mårteig

MSc

2021- Sunniva Grønnslett

MSc

2021- Vilde Haugen Myklebust

MSc

2021 Vilde R Strøm

BSc

2020-21 Marianne Braatveit

MSc

2020-21 Marie Kulseth

MSc

2020 Rosemarie Aaby and Ann Helen Børseth

BSc

2019-20 Åslaug O Matre

MSc

2018 Åslaug O Matre and Henriette Holm

BSc

2017-18 Ingvild Marienborg

MSc

2016-17 Jostein Sæle

MSc

2016-17 Kristine S. Samuelsen

MSc

2016-17 Marcela Palma

MSc

2016 Turid Bjørnsen Iversen

BSc

2015 Jostein Sæle, Helene Dahl, Caroline K Jacobsen and Silje S Vabø

BSc

Thesis committees

2021 Sol Bjørkevoll, Stella Rasmussen, Eirin S Gjerde

MSc theses

2021 Hanna H Danielsen, Kristin L Nilsen

BSc theses

2020 Maren T Aase, Andrea H Kalås

MSc theses

2020 Elise Frederich

BSc thesis

2018 Eirin S Gjerde, Emilie H Markhus

BSc theses

2017 Trine Larsen, Helene Søiland, Miriam H Brandt

MSc theses

2017 Amalie Moxness, Maria-Anna F Holmefjord, Benedicte Wirkola

BSc theses

2016 Tonje N Hustoft, Anita E Smette

MSc theses

2016 Synnøve Næss, Ingrid Revheim, Charlotte Z Tøssebro, Renate D Laumann

BSc theses

2015 Anette Hetlevik, Maria B Songve

BSc theses

Organizations and committees

2021- Member of the Norwegian Scientific Committee for Food and Environment (VKM), the Scientific Panel on Nutrition, Dietetic Products, Novel Food and Allergy

2020- Nordic Nutrition Recommendations 2022, Chapter author, Cobalamin

2020- Nordic Nutrition Recommendations 2022, Chapter author, Niacin

2020- Nordic Nutrition Recommendations 2022, Chapter author, Riboflavin

2020- Review Editor, Frontiers in Nutrition

2019 Leader of the Organizing committee of the annual conference of The Norwegian Association of Dietitians

2018- Member of the editorial board, Norwegian Journal of Nutrition (NTFE)

2015-2018 Member of the academic policy board, The Norwegian Association of Dietitians affiliated with The Norwegian Association of Researchers

Skills and languages

R/Rstudio: Statistical programming, data handling and visualization

Experienced

SPSS: Statistical software

Experienced

STATA: Statistical software

Basic knowledge

Microsoft Office: Word, Excel, Powerpoint, Outlook

Experienced

Inkscape: Vector graphics

Intermediate

Git/GitHub: Version control

Basic

Norwegian, Written and oral

First language

English, Written and oral

Fluent

References

On request