



# Vegard Lysne

CLINICAL DIETITIAN, PhD

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## Professional summary

Clinical Dietitian (RD) from Norway, currently working as a Senior Advisor at the Norwegian Institute of Public Health ([www.fhi.no](http://www.fhi.no)). I also hold positions as editorial board member at The Norwegian Journal of Nutrition ([www.ntfe.no](http://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](http://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

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- 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

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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 multicentre 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. PMID: 35043936
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**, Khatrar 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.  $\beta$ -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  $\alpha$  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  $\alpha$  and  $\gamma$  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. Puaschitz 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)	Poster presentation
2020	Sunn Idrett, Oslo, Norway	Oral presentation
2019	The European Nutrition Conference (FENS), Dublin, Ireland	Poster presentation
2019	12th International Conference on homocysteine and one-carbon metabolism, Tarragona, Spain	Poster presentation
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	Poster presentation
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	Poster presentation
2017	Norwegian Society for Epidemiology conference, Tromsø, Norway	
2017	The conference of the Norwegian Association of Clinical Dietitians (KEFF), Oslo, Norway	Oral presentation
2016	Nordic Nutrition Conference, Gotenburg, Sweden	
2016	FASEB Science research conference: Folic Acid, Vitamin B12 and One Carbon Metabolism, Steamboat Springs, CO, USA	Oral presentation
2015	10th International Conference on homocysteine and one-carbon metabolism, Nancy, France	Oral presentation
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	Poster presentation
2014	Nordic Congress for Dietitians, Bergen, Norway	
2013	9th International Conference on homocysteine and one-carbon metabolism, Dublin, Ireland	Poster presentation
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

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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

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2020- Anthea Van Parys

*Main supervisor*

2020- Åslaug O Matre

*Main Supervisor*

## Student supervision

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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

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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

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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

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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

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On request