




Laboratory Name	Biochemistry Laboratory	
Main Goals	<p>The Lab aims are to study:</p> <ul style="list-style-type: none">- saliva as a fluid to study a potential biomarkers disease- functional food properties- hypoglycemic effect in different cooking process- effect of anti-inflammatory diet in disease	 BIOQUILAB CiiEM Egas Moniz, Cooperativa de Ensino Superior, Crl

Lab Head	Maria Fernanda de Mesquita, PhD
Group	Ana Cristina Manso (PhD) Carla Ascenso (PhD) Carlos Monteiro (PhD) Margarida C. Moncada (PhD) Maria Alexandra Bernardo (PhD) Maria Leonor Silva (PhD) Paula C. Pereira (PhD) Renata Ramalho (PhD) Ana Rita Silva (PhD Student) Alexandra Cardoso (PhD Student) Paula Santos (Master Student) Sílvia Carvalho (Master Student) Cláudia Duarte (Master Student) Suzaneth Pedro (Master Student) Adenylson Fonseca (Master Student) Ana Lúcia Monteiro (Health Sciences Student) Celina Gaspar (Health Sciences Student)
Senior Researchers	Ana Cristina Manso (PhD) Carla Ascenso (PhD) Carlos Monteiro (PhD) Margarida C. Moncada (PhD) Maria Alexandra Bernardo (PhD) Maria Leonor Silva (PhD) Paula C. Pereira (PhD) Renata Ramalho (PhD) Veronique Sena (PhD)
PhD Students	Ana Rita Silva (PhD Student) Alexandra Cardoso (PhD Student)



Research Projects (from
2013)

- 1 – Assessment of risk factors of preterm birth (ARFPTB). Partnership: MAC.
- 2 - Assessment of risk factors of Ankylosing Spondylitis (ARisF_AS). Partnership: FCNAUP e IPR
- 3 - Study on the perception of health students about the sugar content in commercial drinks. Partnership: Unilever – Jerónimo Martins
- 4 – Effects of an anti-inflammatory dietary intervention in disease evaluation parameters, inflammatory biomarkers and quality of life of patients with Fibromyalgia. Partnership: FCNAUP e IPR
- 5 – Effects of a starch-poor nutritional intervention in disease activity parameters, quality of life and biomarkers and serum antibodies, in the presence of intestinal *Klebsiella Pneumoniae*, of patients with Ankylosing Spondylitis. Partnership: FCNAUP e IPR
- 6 - Relationship between ingestion of monosodium glutamate and quality of life in women with Fibromyalgia. Partnership: IPR
- 7 - Development and study of the antioxidant activity of a food based on Barbela wheat. Partnership: Escola de Hotelaria e Turismo de Setúbal
- 8 – In vitro study of the effect of food extracts with antioxidant properties on colon cancer cell lines. Partnership: Interna- Prof. Doutora Alexandra Maia e Silva; Externa - IPO de Lisboa
- 9 - Beneficial uses of cinamon (translational studies) - PhD thesis
- 10 - Clinical Nutrition Masters
- 11 - Assessment of Saliva Biomarkers, namely TNF α and IL6 and 10
- 12 - Intervention in communities in the field of Nutrition Health



**Publications (10
most relevant, last 5
years)**

- 1 - Silva, M.L., Bernardo, M.A., Singh, J., Mesquita, M.F. (2019) Chapter 33, “Beneficial uses of cinnamon in health and diseases: An interdisciplinary approach”. In Functional Food Security in Global Health. Ronald R. Watson, Ram B Singh, and D. W. Wilson (Eds), Elsevier S&T Books.
- 2 - Silva A.R., Bernardo A., Costa J., Cardoso A., Santos P., Mesquita M.F., Vaz Pato J., Moreira P., Silva M.L., Padrão P. (2019): Dietary interventions in Fibromyalgia: a systematic review, *Annals of Medicine*, 8:1-29.
- 3 - Machado V., Mesquita M.F., Bernardo M.A., Casal E., Proença L., Mendes J.J. (2018). IL-6 and TNF- α salivary levels according to the periodontal status in Portuguese pregnant women. *Peer J*, 6:e4710
- 4 - Silva M., Moncada M., Bernardo M.A., Silva M.L., Proença L., Mesquita M.F. (2018) Effect of a ginger infusion in smokers with reduced salivary flow rate. *International International Journal of Clinical Research & Trials*, 3:121.
- 5 - Silva M.L., Carrapico B, Bernardo A., Moncada M., Borrecho G., Martins dos Santos J., Singh J., Mesquita M.F. (2018). Beneficial effects of an aqueous extract from *Cinnamomum burmannii* in STZ-induced type 1 diabetic rats. *Translational Research and Innovation in Human and Health Science, Annals of Medicine*, 50:sup1, S10-S170
- 6 - Silva M.L., Rachid A.P., Bernardo M.A., Moncada M., Mesquita M.F. (2018) Effect of *Cinnamomum burmannii* tea on postprandial glycaemia in type 2 diabetic adults. *Translational Research and Innovation in Human and Health Science, Annals of Medicine*, 50:sup1, S10-S170
- 7 - Ascenso C., Ascenso M.P., Manso A.C., Mesquita M.F. (2018). The efficacy of the *Cinnamomum burmannii* aqueous extract in the reduction of halitosis of intra oral cause, in young adults: a pilot clinical .*Translational Research and Innovation in Human and Health Science, Annals of Medicine*, 50:sup1, S10-S170
- 8 - Moncada M., Bernardo M.A., Silva M.L., Jorge A.R., Pereira P., Brito J., Singh J., Mesquita M.F. (2017) Effect of Cinnamon Powder Addition to a Portuguese Custard Tart (Pastel de Nata) on Healthy Adults’ Postprandial Glycemia. *World Heart Journal*, 9(2): 135144.
- 9 - Bernardo M.A., Amaral C., Moncada M., Silva M.L., Mesquita M.F. (2017) Effect of cinnamon addition to an highsugar meal on the postprandial blood glucose response of healthy subjects. *International Journal Clinical Research & Trials*, 2: 113.
- 10 - Bernardo M.A., Silva M.L., Santos E., Moncada M., Brito J., Proença L., Singh J., Mesquita M.F. (2015) Effect of cinnamon tea on postprandial glucose concentration. *Journal of Diabetes Research*, ID 913651, 1-6.



Equipment/Techniques	Espectrofluorímetro, Perkin-Elmer IMMULITE, Sistema de Imunoensaio Automatizado de Quimioiluminescência, Siemens
Announcements	
Some Pictures	
Location	Egas Moniz Cooperativa de Ensino Superior- Piso 3 –Lab 305
Links	http://ciem.egasmoniz.edu.pt/pt-pt/research/research-labs.aspx