

ESPGHAN Head Office

Durford Mill Petersfield

Hampshire GU31 5AZ,

United Kingdom London,

Lahore, 30<sup>th</sup> January, 2018

To whom it may concern,

I spent 3 weeks in Munich, Germany at the end of last year to undergo a short-term fellowship placement at the Division of Metabolic and Nutritional Medicine- Dr. von Hauner Children's Hospital Ludwig Maximilian University, (LMU) Germany. During this period, I also got the opportunity to visit Helmholtz Zentrum Munich. Mainly we had already discussed and agreed on a research topic which we wanted to investigate. This gave me an exceptional opportunity to interact with different scientific groups from LMU and Helmholtz Zentrum. During these weeks, I completed a comprehensive literature review on the inflammation in combination with fatty acids and phospholipid species, with the aim to identify the most promising further analysis of available data of the LISA Cohort of children aged 10 years. Harris and colleagues from the same research groups had recently documented positive associations of saturated fatty acids and arachidonic, respectively, acid with low grade inflammation marker c-reactive protein in children (Harris, Demmelmair et al. 2017). Based on the literature review we analyzed the association of different species of lyso-phospholipids (LPCs) with inflammation biomarkers (IL-6 and hs-CRP). Initial results indicate that most of the associations found for LPCs can be explained by the already described associations of total phospholipid fatty acids.

I am currently working as an Assistant Professor at department of Food Science and Human Nutrition in Lahore Pakistan. I am looking for the opportunity to plan a long-term post-doc research project. This will be very valuable in adding new perspective to my research experience. I also attended their weekly scientific meeting where all team members discussed recent research trends in our field. This placement experience was extremely valuable for future collaborations and my own professional development. All the team members and medical staff shared their unique knowledge and experience with me. I am indebted to have been awarded this opportunity by ESPGHAN, without which I would not have been able to attend the placement. The grant was used to cover my travel expenses from Lahore to Munich, local travel in Germany, and accommodation costs. Thank you once again.

Yours sincerely,

Zahra Khan

Assistant Professor

Department of Food Science and Human Nutrition

University of Veterinary and Animal Sciences, Lahore. Pakistan

Harris, C., H. Demmelmair, A. von Berg, I. Lehmann, C. Flexeder, B. Koletzko, J. Heinrich and M. Standl (2017). Associations between fatty acids and low-grade inflammation in children from the LISAplus birth cohort study. Eur J Clin Nutr 71(11): 1303-1311.

to whom it may concern

Dr. Hans Demmelmair  
Division of Metabolic and Nutritional Medicine  
Dr. von Hauner Children's Hospital

Zhara and me had together planned her work here in Munich. We have together with further colleagues under the supervision of Prof. Koletzko worked on the project. Zahra's description of her work and her stay in Munich is correct.

Do not hesitate to contact me in case of further questions ([hans.demmelmair@med.uni-muenchen.de](mailto:hans.demmelmair@med.uni-muenchen.de)).

Munich, Feb 14, 2018

  
Hans Demmelmair