

# Amanda R. Brown Tortorici

## Curriculum Vitae

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### EDUCATION

**Ph.D.** candidate, Public Health, University of California, Irvine

**M.S.**, Nutritional Science, California State University, Long Beach

Thesis: Calcium Intake and Eating Attitudes in Male and Female High School Athletes

**Registered Dietitian**, Academy of Nutrition and Dietetics

**B.A.**, Psychology, Loyola University Maryland, Baltimore, Maryland

### Certifications:

Certified Strength & Conditioning Specialist, National Strength & Conditioning Association

Functional Movement Systems Level 1 Certification, Functional Movement Systems

Level 1 Kettlebell Certification, Orange Kettlebell Club

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### AWARDS & HONORS

NIH Ruth L. Kirschstein National Research Service Award (F31) Fellow (2017 - Current)

American Society of Nephrology, Network of Minority Research Investigators Workshop Travel Award (2018)

American Society of Nephrology, STARS Recipient (2017)

American Society of Nephrology, TREK Scholar (2016)

UC Irvine Public Health Fellowship (Fall 2016)

UC Irvine Public Health Summer Research Grant (Summers 2015, 2016, 2017, 2018)

UC Irvine First Year Fee Fellowship (Fall 2014 – Spring 2015)

Patricia Rathmann Hartford Endowed Registered Dietitian Scholarship (2010)

UCI Post-Baccalaureate Biomedical Research Education Program (Summer 2004 – Summer 2005)

Who's Who Among Students in American Universities and Colleges (Spring 2004)

Loyola College Emerging Woman Leader (Spring 2001; Spring 2004)

Hearst Foundation Scholarship (Fall 2001-Spring 2004)

Loyola College First Year Biology Honors (Fall 2001)

Excellence in Upper Level Spanish (Spring 2001)

Loyola College Dean's List (Fall 2000-Spring 2003, Spring 2004)

Loyola College African, Latino, Asian, & Native American Scholar (Fall 2000-Spring 2003, Spring 2004)

Episcopal Diocese of Washington Scholarship (Fall 2000-Spring 2002; Fall 2003-Spring 2004)

St. Peter Claver Scholarship (Fall 2000-Spring 2004)

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### PROFESSIONAL EXPERIENCE

#### **UC Irvine, Graduate Teaching Assistant**

**2015 to Present**

- Assist professors by conducting discussions, holding office hours, and corresponding to student emails
- Assist in creating course activities, exam content, and paper rubrics
- Grade assignments, papers, and examinations
- Courses: Public Health 1 & 2, Nutrition & Global Health, Health Behavior Theories

#### **UC Irvine Campus & Medical Center, Occupational Wellness Dietitian**

**2012 to Present**

- Facilitate communication between injured employees, workers' compensation specialists, occupational health physicians, & department supervisors to reduce employee's risk of future work-related injuries
- Perform initial nutrition, physical activity, and anthropometric assessment of each referred employee

- Provide guidance to personal trainers and massage therapists in care program most appropriate for injured employee
- Assist injured employees in achieving positive nutrition-related outcomes using motivational interviewing techniques

- Grappler's Studio, Youth Jiu Jitsu & Wrestling Assistant Coach** **2014 to Present**
- Teach jiu jitsu & wrestling techniques to children aged 5 to 16 years old
- Oasis Active Adult Fitness Center, Fitness & Nutrition Coach** **2010 to Present**
- Create individualized fitness and nutrition programs for clients over 50 years of age
  - Emphasis on mobility & flexibility training, balance & coordination, and maintenance of muscle mass
- Orange County, California, Independent Nutrition Consultant** **2010 to Present**
- Private nutrition counseling for a variety of active adults & athletes including professional martial artists, field hockey players, baseball players, and runners
  - Guest lecturer on the topic of performance nutrition for athletic training students at California State University, Long Beach and the Kaiser Permanente Orthopedic Sports Medicine Fellowship
  - Development of sports nutrition materials for student athletes at CSU Long Beach and various other student athletic teams. Sports nutrition presentations given to local youth sports teams including FBC Elite Basketball Club (coached by Michael Cage) and Mulligan Field Hockey Academy
- Innovative Results Strength & Conditioning, Fitness & Nutrition Coach** **2010 to 2013**
- Use of unconventional training systems including battling ropes, suspension trainers, and resistance bands to create unique fitness programs
- Quakes Baseball Academy, Strength & Conditioning Coach** **2011 to 2012**
- Created strength and conditioning program for athletes aged 10-18 years old
  - Emphasis on sport specific mobility training, injury prevention, and correct lifting techniques
- Career College Of California, Wellness Elective Instructor** **2011 to 2012**
- Developed and taught a 10-week wellness & weight loss program for the career college's students
  - Topics included physical activity recommendations, meal planning, healthy food preparation, goal setting, and mindset as related to overall health
- Hoag Hospital, Nutrition Assistant** **2008 to 2010**
- Responsible for delivering nutrition service to patients, such as menu processing, tray line accuracy, delivering meals to patients and documenting I&O's as retrieving patient's trays after meals
- 24 Hour Fitness, Personal Trainer** **2007 to 2010**
- Trained, educated, and motivated clients to reach their fitness goals
  - Administered fitness assessments to test body fat, strength, and posture
- Green Physical Therapy, Physical Therapy Aide** **2005 to 2007**
- Set up patients on modalities, performed ultrasound, laser light treatment, and instructed patients on proper use of equipment
- University Of California, Staff Research Associate** **2004 to 2005**
- Served as technician in molecular biology and biochemistry lab working on research to determine role of protein amyloid-beta in neurodegeneration of Alzheimer's disease
- Loyola University of Maryland, Athletic Training Assistant** **2000 to 2004**
- Aided trainers and physical therapists in care of varsity athletes

## RESEARCH EXPERIENCE

### **University of California, Irvine, *Principal Investigator***

**April 2017 - Present**

Current project funded through the National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases (F31) Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Project # 5F31DK113794-03). Total amount of funding is \$117,378 over 3 years. The proposed study will assess the dietary phosphorus intake and sources of dietary phosphorus among prevalent hemodialysis patients and within different races and ethnicities. I will assess dietary P intake and sources of dietary P by a food frequency questionnaire in 450 HD patients and through a 3-day diet record with interview in a randomly selected subgroup of 120 patients.

### **University of California, Irvine, *Registered Dietitian***

**June 2014 - Present**

Nutrition assessments completed for dialysis patient participants enrolled in the Malnutrition, Diet and Racial Disparities in Chronic Kidney Disease (CKD) (MADRAD) study, under the direction of Dr. Kamyar Kalantar-Zadeh. Assessments include measurement of body fat, lean mass, and Subjective Global Assessment. Primary recruitment of dialysis patients for 3-day diet records. Conducted interviews for diet records and analyzed data. Data analysis of dialysis patient food frequency questionnaires. Study objectives include highlighting any differences in dietary intake, muscle wasting, serum biomarkers, and survival between dialysis patients of difference races/ethnicities.

### **California State University, Long Beach, *Master of Science Thesis***

**Spring 2012 – Spring 2013**

The purpose of this study was to investigate calcium intake and eating disorder risk in male and female high school athletes. Calcium intake and eating disorder risk was compared between high school athletes in sports emphasizing a lean physique or weight-class and athletes in sports without this emphasis. These variables were also investigated relative to number of years the athlete has been competing. Thirty-seven participants were in lean or weight-class sports and 31 participants were in non-lean sports. Results suggested that non-lean sport athletes had a significantly greater amount of calcium intake than the lean and weight-class athletes. There was no significant difference in EAT-26 scores between groups. No significant relationship was found between EAT-26 scores or calcium intake and number of years competing.

### **Harbor-UCLA Medical Center, *Dietetic Research Rotation***

**March 2010**

Under the direction of Dr. Rachelle Bross, we tested the effect of acute consumption of food and fluid on percent body fat and percent lean body mass as measured by BIA. Based on the traditional pretest guidelines, it was hypothesized that there will be no difference between BIA measurements at time zero and 4 hours post food and fluid consumption. The results of the study supported our hypothesis that there would be no difference between baseline BIA measurements and 4 hours following consumption of a meal.

### **University of California, Irvine, *Research Lab Assistant***

**July 2004 – Dec 2005**

Served as a technician in the Molecular Biology and Biochemistry lab of Dr. Charles Glabe. Objective of research was to determine the role of the protein amyloid-beta in the neurodegeneration of Alzheimer's disease. Work will lead to a biological mechanism for early detection of Alzheimer's and possibly for the vaccination of this disease and other amyloid-related diseases. Specific tasks included reacting specific types and conformations of proteins with antibodies to determine their presence *in vivo*. Participation in weekly lab meetings to discuss scientific literature related to our research. Presentations were given of results obtained in the previous week with opportunities for feedback and thoughts for further experimentation.

### **University of California, Irvine, *Research Assistant***

**July 2004 – Jan 2005**

Under the direction of Dr. Claudia Kawas, participated in weekly meetings for research in Clinical and Pathological Studies in the Oldest Old (90+). This is a \$9 million federally funded study monitoring the health and wellbeing of people 90 and older in Laguna Woods. Observation of neuropsychological exams. Provided suggestions for university presentations pertaining to dementia.

**Johns Hopkins Bayview, Research Intern****Spring 2004**

Worked in Teen Tobacco Clinic for National Institute on Drug Abuse (NIDA) at Johns Hopkins Bayview. Input participant data. Generated ideas for recruitment and teaching materials for participants. Aided in revision of posters and presentations for conferences.

**UC, San Diego, Summer Training Academy for Research in the Sciences****Summer 2003**

Conducted research in the alcohol research lab of Dr. Tamara Wall at University of California, San Diego. Title of research project was, "The acute effects of alcohol on spatial working memory in Asian Americans." Attended participant interviews using the Semi-Structured Assessment for the Genetics of Alcoholism (SSAGA). Participant data was organized and analyzed using Statistical Products and Service Solutions (SPSS). Project funded by National Institute of Health (NIH).

**Loyola University of Maryland, Research Assistant****Spring 2003**

Research assistant for professor of psychology, Dr. John Mohr. Study focused on attitudes of psychotherapists towards gay, lesbian, and bisexual clients. Helped revise questionnaire given to therapists. Input data for over 300 therapists from 10 different states. Attended weekly meetings to discuss research team's progress and future objectives.

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**SCIENTIFIC PUBLICATIONS**

Ko, G. J., Obi, Y., **Tortorici, A. R.**, & Kalantar-Zadeh, K. (2017). Dietary protein intake and chronic kidney disease. *Current Opinion in Clinical Nutrition & Metabolic Care*, 20(1), 77-85.

Eriguchi, R., Obi, Y., Streja, E., **Tortorici, A. R.**, Rhee, C. M., Soohoo, M., ... & Kalantar-Zadeh, K. (2017). Longitudinal Associations among Renal Urea Clearance–Corrected Normalized Protein Catabolic Rate, Serum Albumin, and Mortality in Patients on Hemodialysis. *Clinical Journal of the American Society of Nephrology*, CJN-13141216.

Kim, T., Rhee, C.M., Streja, E., Soohoo, M., Obi, Y., Chou, J.A., **Tortorici, A.R.**, Ravel, V.A., Kovesdy, C.P. and Kalantar-Zadeh, K. (2017). Racial and ethnic differences in mortality associated with serum potassium in a large hemodialysis cohort. *American Journal of Nephrology*, 45(6), pp.509-521.

Chang, T. I., Ngo, V., Streja, E., Chou, J. A., **Tortorici, A. R.**, Kim, T. H., ... & Kovesdy, C. P. (2016). Association of body weight changes with mortality in incident hemodialysis patients. *Nephrology Dialysis Transplantation*, gfw373.

Eriguchi, R., Obi, Y., Rhee, C. M., Chou, J. A., **Tortorici, A. R.**, Mathew, A. T., ... & Kalantar-Zadeh, K. (2016). Changes in urine volume and serum albumin in incident hemodialysis patients. *Hemodialysis International*.

Rhee, C. M., You, A. S., Koontz Parsons, T., **Tortorici, A. R.**, Bross, R., St-Jules, D. E., ... & Mehrotra, R. (2016). Effect of high-protein meals during hemodialysis combined with lanthanum carbonate in hypoalbuminemic dialysis patients: findings from the FrEDI randomized controlled trial. *Nephrology Dialysis Transplantation*, gfw323.

Kalantar-Zadeh K, Moore L, **Tortorici A**, Chou J, St. Jules D, Aoun A, Rojas-Bautista V, Tschida A, Rhee C, Shah A, Crowley S, Vassalotti J, Kovesdy C. (2016). North American experience with low protein diet for non-dialysis-dependent chronic kidney disease. *BMC Nephrology*. 17:90 doi: 10.1186/s12882-016-0304-9.

Kalantar-Zadeh K, **Tortorici AR**, Chen JL, Kamgar M, Lau WL, Moradi H, Rhee CM, Streja E, Kovesdy CP. (2015). Dietary restrictions in dialysis patients: is there anything left to eat? *Semin Dial.* 28(2):159-68. doi: 10.1111/sdi.12348.

## CONFERENCE POSTER PRESENTATIONS

**Tortorici A**, Kalantar-Zadeh K, Streja E, Juarez K, Novoa A, Nakata T, You A, Rhee C. Dietary Phosphorus & Protein Intake In A Diverse Cohort Of Hemodialysis Patients. Poster presentation at American Society of Nephrology 2018 Kidney Week Annual Meeting.

**Tortorici A**, Kalantar-Zadeh K. Qualitative Analysis of Diet and Adherence in Veteran End-Stage Renal Disease Hemodialysis Patients. Poster presentation at 2017 NIDDK Network of Minority Health Research Investigators West Regional Meeting.

**Tortorici A**, Streja E, Soohoo M, Gillen D, Rhee C, Norris K, Kalantar-Zadeh K. Serum Albumin Concentration, Estimated Glomerular Filtration Rate, and Cardiovascular Mortality among 1999-2010 NHANES Participants. Poster presentation at American Society of Nephrology 2017 Kidney Week Annual Meeting.

**Tortorici A**, Streja E, Soohoo M, Gillen D, Rhee C, Kalantar-Zadeh K. Serum Albumin Concentration, Estimated Glomerular Filtration Rate, and Survival among 1999-2010 NHANES Participants. Poster presentation at American Society of Nephrology 2016 Kidney Week Annual Meeting.

**Tortorici AR**, Streja E, Rhee C, Soohoo M, Lau WL, Obi Y, Sim J, Gillen D, Norris KC, Kovesdy C, Kalantar-Zadeh K. Both Low and Very High Serum Phosphorous Levels Prior to Transition to Dialysis are Associated with Early Dialysis Hospitalization in US Veterans: A Transition of Care in CKD Study. Poster presentation at American Society of Nephrology 2016 Kidney Week Annual Meeting.

**Tortorici AR**, Streja E, Soohoo M, Rhee C, Eriguchi R, Obi Y, Gillen D, Kovesdy C, Kalantar-Zadeh K. Low Albumin Levels Prior to Transition to Dialysis and Early Dialysis Hospitalization among US Veterans: A Transition of Care in CKD Study. Poster presentation at American Society of Nephrology 2016 Kidney Week Annual Meeting.

Obi Y, **Tortorici A**, Rhee CM, Streja E, Gillen D, Kovesdy CP, Mehrotra R, Kalantar-Zadeh K. Morbid Obesity and Time to Transfer to Hemodialysis among Incident Peritoneal Dialysis Patients. Poster presentation at American Society of Nephrology 2016 Kidney Week Annual Meeting.

**Tortorici AR**. Calcium intake and risk of eating disorder in male and female high school athletes. April 2016. Presentation at 2016 Sports, Cardiovascular, and Wellness Nutrition (SCAN) practice group annual symposium.

**Tortorici AR**, Obi Y, Soohoo M, Rhee C, Streja E, Jing J, Saran R, Robinson BM, Li Y, Nguyen DV, Norris KC, Kovesdy CP, and Kalantar-Zadeh K. November 2015. Serum phosphorous levels prior to transition to dialysis and early dialysis mortality among us veterans: A transition of care in CKD study. Poster presentation at American Society of Nephrology (ASN) Kidney Week 2015 Annual Meeting.

Streja E, Soohoo M, Rhee C, Chen J, **Tortorici AR**, Jing J, Nguyen D, Kovesdy C, Kalantar-Zadeh, K. November 2015. Associations of prelude (Pre-ESRD) BMI and weight change with early dialysis mortality among US veterans: A transition of care in CKD study. Poster presentation at American Society of Nephrology (ASN) Kidney Week 2015 Annual Meeting.

**Tortorici AR**, Rhee C, Streja E, Soohoo M, Jing J, Nguyen D, Norris K, Kopple JD, Kovesdy C, Kalantar-Zadeh K. December 2015. Associations of Pre-ESRD Serum Albumin Levels and Changes over Time with Mortality in the first 3 months of Transition to Dialysis: A Transition of Care in CKD Study. Poster presentation at 8<sup>th</sup> Cachexia Conference and published in December issue of the Journal of Cachexia, Sarcopenia and Muscle.

**Brown, A.**, Kayed, R., Glabe, C. (2005, February). Characterization, specificity, and affinity evaluation of conformation specific antibodies against different amyloid species, using ELISA, Dot blot, and Western. Poster presentation at American Association for the Advancement of Science Annual Meeting; Washington DC.

**Brown, A.** (2004, March). The acute effects of alcohol on spatial working memory in Asian Americans. Poster presented at the Maryland Undergraduate Psychology Conference; Carroll County Community College, MD.

**Brown, A.** (2003, August). The acute effects of alcohol on spatial working memory in Asian Americans. Presented at summer research conference; University of CA, San Diego.

**Brown, A.** et al. (2002, July). The needs of African American students at predominantly White institutions. Symposium presented at the Association of Black Psychologists National Convention; San Diego, CA.

## **SPEAKING ENGAGEMENTS**

- **Success in Creating Research Proposals**, University of California, Irvine, Program in Public Health, April 2019
- **NIH F31 Fellowship Recipient Panel**, University of California, Irvine, March 2019
- **Plant-Based Diets & Chronic Kidney Disease**, University of California, Irvine Medical Center, January 2019
- **Dietary Assessment Methods in CKD Patients**, University of California, Irvine Medical Center, January 2018
- **WorkStrong Occupational Wellness Dietitian Panel**, University of California, Irvine, Campus Recreation, September 2017
- **NIH F31 Ruth L. Kirschstein National Research Service Award Workshop**, University of California, Irvine, Department of Psychology and Social Behavior, February 2017
- **Sources of Dietary Phosphorus and Management of Dietary Phosphorus in ESRD Hemodialysis Patients**, University of California, Irvine Medical Center, March 2016.
- **Performance Nutrition for Wrestling**, Olympian Marcie Van Dusen Women's Wrestling Camp, Lake Arrowhead, CA June 2015
- **Performance Nutrition for Basketball**, FBC Elite Youth Basketball Club, Westminster, CA, Aug 2014
- **Low protein diet to help control disease progression and to attenuate protein energy wasting in CKD patients**, Veterans Affairs Long Beach Health Care System, June 2014
- **Genetically Modified Organisms Lecture & Fruit/Veggie Healthy Smoothie Workshop**, Sage Hill High School, Newport Beach, CA, May 2014
- **Healthy Eating on a Budget**, Cambridge College, Rancho Cucamonga, May 2014
- **Fueling the Plant-Based Athlete**, Inland District Dietetic Association, Rancho Cucamonga, May 2014
- **Youth Performance Nutrition**, "Fight Like a Girl" Clinic, United States Fight League, Santa Ana, March 2014
- **Performance Nutrition**, Kaiser Permanente Sports Medicine Practice Group Continuing Education Series, Orange, CA, Nov 2013
- **Vegan Thai Cooking**, Anteater Recreation Center, University of California, Irvine Nov 2013
- **Benefits of a Plant-based Diet**, Health & Fitness Fridays at University of California, Irvine, April 2013

- **9 Habits for a Healthier You**, Health & Fitness Fridays at University of California, Irvine, Jan 2013
  - **Performance Nutrition**, Kaiser Permanente Sports Medicine Practice Group Continuing Education Series, Orange, CA, Nov 2011
  - **Performance Nutrition**, Spoke to athletic training students at California State University, Long Beach, Oct 2011
  - **Nutrition for Optimal Aging**, Oasis Senior Center, Newport Beach, CA, Aug 2011
  - **7 Steps to a Sexy Back**, Innovative Results Women's Health Seminar, Costa Mesa, CA, May 2011
  - **Nutrition for Optimal Performance in Field Hockey**, Mulligan Youth Field Hockey Club, Simi Valley, CA, May 2011
  - **Nutrition for Optimal Performance in Basketball**, FBC Elite Youth Basketball Club, Newport Coast, CA, April 2010
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## **COMMITTEES**

The International Society of Renal Nutrition and Metabolism, Kidney Disease Outcome Quality Initiative nutrition review panel (December 2015 – Present)

United States Fight League, Medical Advisory Committee (January 2012 – Present)

## **ACADEMY MEMBERSHIPS**

Academy of Nutrition and Dietetics

Sports, Cardiovascular, and Wellness Nutrition Practice Group

American Society of Nephrology

## **ACTIVITIES**

Alliance Brazilian Jiu Jitsu Athlete (Jan 2014 – Present)

- Masters-level World Champion (Purple belt), National Champion (Blue belt), Pan American Champion (Blue belt)
-