
BIOGRAPHICAL SKETCH

NAME	POSITION TITLE
Dobos, Gustav Jurgen	Professor of Internal Medicine Head of Department Program Director

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
Institute for Traditional Chinese Medicine Beijing	Diploma	1983	TCM-training
University of Freiburg, Department of Medicine	M.D.	1986	Medicine
University of California, San Diego Department of Gastroenterology	Research Fellow	1990	signal transduction in neutrophils

A. Positions and Honors.

Positions and Employment

1986 - 1990	Medical Residency, Internal Medicine, University Hospital of Freiburg
1990 - 1992	Research Fellowship, University of California, Department of Gastroenterology, San Diego, U.S.A.
1994	Board Certification Internal Medicine
1992 - 1994	Fellow in Medicine, Department of Nephrology, University Hospital of Freiburg
1994	Venia legendi, University of Baden Württemberg, Freiburg, Titel: Alterations in neutrophil signal transduction in hemodialysis patients.
1994 - 1997	Chief, Nephrology Laboratory on Signal Transduction and Biocompatibility, University Hospital of Freiburg
1995	Board Certification in Nephrology
1995 - 1997	Professor in Nephrology, University Hospital of Freiburg
1996	Board Certification in Intensive Care Medicine
1997	Medical Director of the Köhler-Park-Klinik Bad Elster, research and clinical institution for Complementary and Alternative Medicine of the Center for Research in Complementary Medicine, University of Munich
1999 -	Medical Director of the Department of Internal and Integrative Medicine, model institution for Complementary and Alternative Medicine of the County Northrhine-Westphalia, Academic Teaching Hospital of the University of Essen
2000 -	Faculty member, Assistant Professor University of Essen <u>Teaching appointments:</u> Internal Medicine for medical students Introduction in Integrative Medicine: Classical Naturopathy Mind/Body Medicine and Lifestyle modification Traditional Chinese Medicine
2003 -	Appointment as associate professor of the University of Duisburg-Essen, Germany
2004 -	Appointment to the Chair of Complementary and Integrative Medicine, Alfried Krupp von Bohlen und Halbach-Foundation of the University of Duisburg-Essen

Other Experience and Professional Memberships

1986 - 1990	Clinical training in Nutritional Medicine (licensed)
1989 - 1995	Clinical training in Classical Naturopathy (licensed)
1993 - 1997	Clinical training in Chirotherapy (licensed)

1994 - 1997	Clinical training in Physical Therapy (licensed)
1993 - 1999	American Society of Nephrology (ASN)
1998 -	Editorial Board of the Journal Research in Complementary and Classical Natural Medicine
1998 -	Board Member of the European Society for Classical Natural Medicine
2000 -	Board Member of the Eden-Foundation
2001	Licensed physician acupuncturist

Honors

1990 Research Scholarship of the German Kidney Foundation

B. Selected peer-reviewed publications (in chronological order).

(Publications selected from 45 peer-reviewed publications)

1. **Dobos GJ**, Norgauer J, Eberle M, Schollmeyer PJ, Traynor-Kaplan A (1992): C5a reduces formyl peptide induced actin polymerization and PIP₃ formation, but not PIP₂ hydrolysis and superoxide production in human neutrophils. *J Immunol* 149: 609-614
2. **Dobos GJ**, Wu XR, Traynor-Kaplan A (1993): A product of phosphatidylinositol-3-kinase is elevated in dividing HT29 colonic epithelial cells. *FEBS Letters* 324: 143-146
3. Norgauer J, **Dobos GJ**, Kownatzki E, Dahinten C, Burger R, Kupper R, Gierschik P (1993): Complement fragment C3a stimulates Ca²⁺-influx in neutrophils via a pertussis toxin-sensitive G-protein. *Eur J Biochem* 217: 289-294
4. Elsner J, Norgauer J, **Dobos GJ**, Emmendorfer A, Schöpf E, Kapp A, Roesler J (1993): Flow cytometry reveals different lag times in rapid cytoplasmic calcium elevations in human neutrophils in response to N-formyl peptide. *J Cell Physiol* 157: 637-643
5. **Dobos GJ**, Böhler J, Kuhlmann J, Elsner J, Andre M, Passlick-Deetjen J, Schollmeyer PJ (1994): Bicarbonate-based dialysis solution preserves granulocyte function. *Perit Dial Int* 14, Vol 4: 366-370
6. Gawaz MP, **Dobos GJ**, Späth M, Schollmeyer PJ, Gurland HJ, Mujais S (1994): Impaired function of platelet membrane glycoprotein IIb-IIIa in end-stage renal disease. *JASN* 5:36-46
7. Elsner J, Sach M, Knopf HP, Norgauer J, Kapp A, Schollmeyer P, **Dobos GJ** (1995): Synthesis and surface expression of ICAM-1 in polymorphonuclear neutrophilic leukocytes in normal subject and during inflammatory disease. *Immunobiology* Vol. 193, pp. 456-464
8. Zwirner J, **Dobos GJ**, Goetze O (1995): A novel elisa for the assessment of classical pathway of complement activation in vivo by measurement of C4-C3 complexes. *J. Immunol Meth* 186: 55-63
9. Böhler J, Schollmeyer P, Dressel B, **Dobos GJ**, Hörl WH (1996) Reduction of granulocyte activation during hemodialysis with regional citrate anticoagulation: Dissociation of complement activation and neutropenia from neutrophil degranulation. *JASN* 7: 234-241
10. Elsner J, Dichmann S, **Dobos GJ**, Kapp A (1996) Actin polymerization in human eosinophils, unlike human neutrophils, depend on intracellular Calcium mobilization. *J Cell Phys.* 167(3): 548-555
11. Sach M, Bauermeister K, Burger JA, Loetscher P, Elsner J, Schollmeyer J, **Dobos GJ** (1997): Inverse MCP-1/IL-8-ratio in effluents of CAPD-patients with peritonitis and in isolated cultured human peritoneal macrophages. *NDT* 12: 315-320
12. **Dobos GJ**, Burger M, Kuhlmann J, Passlick-Deetjen J, Schollmeyer PJ, Böhler J (1997): Improved cytosolic free calcium mobilization and superoxide production in bicarbonate-based peritoneal dialysis-solution. *NDT* 12 (5):973-977
13. Bauermeister K, Burger M, Almanasreh N, Knopf HP, Schumann R, Schollmeyer P, **Dobos GJ** (1998) Distinct regulation of IL-8 and MCP-1 by LPS and Interferon-Gamma treated human peritoneal macrophages. *NDT* 13 (6):1412-1419
14. Schäfer K, Schumann RR, Stöteknel S, Schollmeyer P, **Dobos GJ** (1998): Lipopolysaccharide-binding protein is present in effluents of patients with Gram-negative and Gram-positive CAPD peritonitis. *NDT* 13 (4): 969-74
15. Burger M, Almanasreh N, Bauermeister K, Knopf HP, Schollmeyer P, **Dobos GJ** (1999): In vitro differentiation and characterization of human peritoneal macrophages from CAPD-peritonitis patients. *Immunobiol.* Vol 200: 62-76
16. Höchsstetter R, **Dobos GJ**, Kimmig D, Dulkys Y, Kapp A, Elsner J (2000): The CC Chemokine Receptor 3 CCR3 is functionally expressed on eosinophils but not on neutrophils. *Europ. J. Immunol.* 30(10): 2759-64
17. Michalsen A, Deuse U, Esch T, Moebus S, **Dobos GJ** (2001) Effect of leeches therapy (*Hirudo medicinalis*) in painful osteoarthritis of the knee: a pilot study. *Ann Rheum Dis.* 2001 Oct;60(10):986.
18. Michalsen A, Moebus S, Spahn G, Esch T, Langhorst, J, **Dobos GJ** : (2002) Leech therapy for symptomatic treatment of knee osteoarthritis. *Alternative Therapies in Health and Medicine* 8: 84-88

19. Michalsen A, Richarz B, Reichardt H, Spahn G, Konietzko N, **Dobos GJ** : (2002) Smoking cessation for hospital staff. A controlled intervention study. *Dtsch Med Wochenschr* 127, 1742-1747.
20. Bäcker M, Hammes MG, Valet M, Deppe M, Conrad B, Tölle TR, **Dobos GJ**: (2002) Different modes of manual acupuncture stimulation differentially modulate cerebral blood flow velocity, arterial blood pressure and heart rate in human subjects. *Neuroscience Letters*. 333, 203 – 206.
21. Michalsen A, Schneider S, Rodenbeck A, Lüdtkke R, Huether G, **Dobos GJ** : (2003) The short term effects of fasting on the neuroendocrine system in patients with chronic pain syndromes. *Nutritional Neuroscience* (in press)
22. Michalsen A, Lüdtkke R, Bühring M, Spahn G, Langhorst J, **Dobos GJ** : (2003) Thermal hydrotherapy improves quality of life and hemodynamic function in patients with chronic heart failure. *Am Heart Journal* (in press)
23. Michalsen A, Schlegel F, Rodenbeck A, Lüdtkke R, Huether G, Teschler H, **Dobos GJ**: (2003) Effects of controlled underfeeding (fasting) on sleep patterns and quality of sleep in non-obese subjects without sleep disorders. *Annals of Nutrition and Metabolism* (in press)

C. Ongoing Research Support

- I. Dobos (PI) Ministry of Health, North Rhine-Westphalia
4/1/02 – 3/31/04

Status and establishing of quality measurement for Institutions for Traditional Chinese Medicine in North Rhine-Westphalia.

Interest in TCM is growing in Germany while there are no quality measurements for Institutions for TCM existing until now. The aim of this study is to establish transparency and quality measurements for these Institutions in North Rhine-Westphalia.

- II. 02-1882 Dobos (PI) Stoll-VITA Foundation
1/7/02 – 6/30/03

Effect of acupuncture on the modulation of heart-rate-variability in migraine patients: A controlled randomized trial.

Aim of the study is to investigate the effect on the modulation in heart rate variability in migraine patients.

- III. Dobos (PI) Bundesministerium für Bildung und Forschung (BMBF)
1/7/04 - 1/7/06
State Ministry for Education and Research

Effect of lifestyle modification in severe migraine.

The aim of this study is to investigate the effect of lifestyle intervention in patients suffering from severe migraine.

- IV. 01-137-1737 Dobos (PI) Alfried Krupp von Bohlen und Halbach-Foundation
10/1/2001 – 9/30/2004

Stress and factors of life style in coronary patients: Evaluation of lifestyle Intervention on endothelial/autonomic Function, EBT and Quality of Life (SAFE-LIFE-Study).

Ornish et al. (1990) and Haskell et al. (1994) could show a positive effect of lifestyle modification in patients with coronary heart disease. The aim of this study was to investigate a modified lifestyle intervention program combining mediterranean diet, exercise, yoga, relaxation response and cognitive therapy in 100 subjects in a controlled-randomized trial.

The intervention period of one year has been finished.

- V. 02-1895 Dobos (PI) German Crohn Colitis Association
10/1/02 – 6/30/03

Complementary and Alternative Medicine (CAM) in patients suffering from chronic inflammatory bowel disease in Germany: A structured questionnaire.

The interest in CAM-therapies in Germany are growing continuously. Yet the incidence of CAM-users in patients with chronic inflammatory bowel disease is not known. The aim of the study was by means of a structured questionnaire sent to 1000 randomized members of the German Crohn Colitis Association to find out the incidence and predictors of CAM-use.

VI. 02-1866 Dobos (PI) Karl und Veronica Carstens-Foundation
4/1/02 – 3/31/03

Complementary and Alternative Medicine (CAM) in cancer patients in Germany: A structured questionnaire.

The aim of the study was to find out the incidence of CAM-users in relationship to the cancer entity (breast cancer, prostate cancer colon cancer and lung cancer).

VII. 02-1882 Dobos (PI) German Crohn Colitis Association
6/1/02 – 3/31/03

Lifestyle modification in patients suffering from Crohn´s disease: Effect on quality of life and stress-induced immune response, a pilot study.

Stressful situations seem to be one predictor of acute onset of Crohn´s disease. Aim of this pilot-study was to investigate the effect on quality of life and the immunological effects of a 10-week lifestyle intervention program, according to the concept of the Mind/Body Medical Institute, Boston (Harvard Medical School, Head of Dep.: Herbert Benson)

Completed Research Support

I. 01-247-1847 Dobos (PI) Karl und Veronica Carstens-Foundation
1/07/01- 6/30/01

Leech therapy for symptomatic treatment in knee osteoarthritis: Results and implication of a pilot study.

As pain treatment by means of leech therapy is well known traditional therapy in many countries and well established in the German Naturopathy the aim of the pilot-study was to evaluate possible pain-relieving effects in order to calculate the subject number of a controlled-randomized trial. The pilot study has been published as a Letter and a full paper (21, 22).

II. 02-1882 Dobos (PI) Karl und Veronica Carstens-Foundation
1/7/00 – 10/31/00

The short-term effect of fasting on the neuroendocrine system in patients with chronic pain syndrome.

As fasting is a very popular therapy in classical German naturopathy, showing interesting clinical effects, as for example euphoria and alertness a specific neuroendocrine regulation was suggested. The major goal of this project was to investigate this neuroendocrine effect.

The project has been completed, the first manuscript has been published (21).

III. 00-62-1417 Dobos (PI) Karl und Veronica Carstens-Foundation
7/1/01 – 3/1/02

Effects of controlled underfeeding (fasting) on sleep patterns and quality of sleep on non-obese subjects without sleep disorder.

As we could previously show a specific neuroendocrine effect of fasting paralleled with changes in subjective sleep intensity the aim of this study was to investigate by means of polysomnography the effect of fasting on sleep patterns. The project has been completed, the first manuscript has been published (23).

IV. Michalsen (PI), Dobos (Co-I), Karl und Veronica Carstens-Foundation 1/7/01 – 6/30/02

Serial thermal hydrotherapy improves quality of life and hemodynamic function in patients with chronic heart failure.

Aim of the study was to investigate the adaptive effect of serial hydrotherapy on patients with congestive heart disease.

The project has been completed, the first manuscript has been published (22).

V. 00-67-1422 Dobos (PI) Fresenius Kabi Company Germany
1/7/01 - 6/30/02
Karl und Veronica Carstens-Foundation

Mind/Body interventions in cystic fibrosis: A prospective controlled-randomized trial.

The aim of the study was to investigate the effect of Mind/Body Interventions resp. Meditation, Qigong and nutritional therapy in patients with cystic fibrosis. Publication in preparation.

VI. 00-195-1550-Z Dobos (PI) Pharmacia Company
6/1/01 – 11/30/01

The Essen Hospital Integrative Approach for Smoking Cessation Study (EASY).

Hospital worker do have a high incidence of smoking. Beside others stressful working situation seem to be one cause for this phenomenon. The aim of this controlled study was to evaluate the effect of nicotine replacement therapy with or without an intensive training in mindfulness-based stress reduction according to Kabat-Zinn in 117 hospital worker.

The study has been completed, the first manuscript has been published (19).

VII. 02-1882 Dobos (PI) German acupuncture association (DÄGfA)
1/7/02 – 6/30/02

Effect of different modes of manual acupuncture stimulation on cerebral blood flow velocity, arterial blood pressure and heart rate in human subjects.

The aim of the study was to investigate the theorems of the Traditional Chinese Medicine.
The study has been published (20).