

CURRICULUM VITAE**1. BIODATA**

Name: ARTHUR OTHIENO OBEL
Date of Birth: 21 May 1946
Nationality: Kenyan
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2. PROFESSIONAL RECORD

2008: Nomination for Who's Who in the World – 2009

1995 – 2000: Chief Scientist Office of the President

1990: Chief government advisor on Aids prevention and policy document presented at 43rd World health Assembly in Geneva in May 1990 (this point in time I have focused my research on HIV/AIDS prevention and management upto date).

1989 – 2004: Chief Research Officer, Kenya Medical Research Institute.

1988: Associate Professor, Department of Medicine, University of Nairobi.

1987: Fellow, Royal Society of Chemists.

1986: Fellow, International Diabetes Federation.

1986: Fellow, Joint Global Pharmaceutical Society.

1983: Fellow, Asian Diabetes Federation.

1983: Fellow, Epidemiological Society of Diabetes.

1980: Senior Lecturer, Department of Medicine, UoN

1978: Member, Royal Colleges of Physicians of the U.K.

1978: Lecturer, Department of Medicine, UoN.

1975: Lecturer, Department of Medicine, UoN.
Tutorial Fellow, Department of Medicine, UoN

3. ACADEMIC RECORD

1989: Diploma in Public administration – Kenya Institute of Administration.

1987: Doctor of Medicine in Clinical Medicine – University of Nairobi

1986: Fellowship – International Diabetes Federation.

1983 (December): Diploma in Epidemiology of Diabetes in Africa – Sendai University, Japan.

1983: (February and March): Fellowship – Epidemiology – Cambridge University, Downing College.

1978 (December 27 February 1979): Membership of the Royal Colleges of Physicians of the United Kingdom.

1978 (October – November): Certificate in Endocrinology – Royal Infirmary, Glasgow University, Scotland.

May 1 1975 – July 27 1978: Doctor of Philosophy – The Royal London Medical College, White Chapel, London University.

May 1969 – April 1974: MBChB – University of Nairobi.

1972 (July – September): Certificate in Advanced Chemistry – Hadassah Medical Centre, Hebrew University, Israel.

1963 – 1968: Secondary ‘O’ and ‘A’ level schooling – Friends School Kamusinga.

4. SCHOLASHIPS

5. POSTGRADUATE SUPERVISION

CURRENT STUDENTS UNDER MY SUPERVISION ENROLLED IN JULY 2008

- | Name | Topic |
|-----------------------|---|
| 1. Levy Herxheimer: | Role of modified cofactor characteristics in enzyme involvement in oxythiocyanate production. |
| 2. David Littlejohns: | Immunochemistry of oxythiocynate |
| 3. Lionell Richards: | Analysis of enzymological characteristics of products extracted from cow's milk. |
| 4. Conrad Hamilton: | Processes involved in deactivating sources of SCN (Unicynate). |
| 5. Allan Hamilton: | Immunochemistry of cofactor used in producing oxythiocynate. |

CURRENT STUDENTS UNDER MY M.PHILOSOPY SUPERVISION AT SOUTHERPTON UNIVERSITY -ENROLLED JULY 2008

- | | |
|----------------------|--|
| 1. Fredrick Jackson: | Histochemical hypocampal characteristics in type II diabetics compared with nondiabetics matched for age and gender. |
| 2. Linda Brown: | Comparative specifics of electrophoretic techniques versus HPLC in monitoring in ELISA in immunodeficiency syndrome. |

2008 FINALISTS BATCH OF MMED STUDENT SUPERVISED

- | | |
|------------------------|---|
| 1. Dr. Paul Etau: | Prevalence of articular manifestations in human immuno-deficiency virus type – 1 infection. |
| 2. Dr. Martin Murage: | The prevalence of community acquired urinary tract infections among HIV positive patients at KNH. |
| 3. Dr. Loice Achieng: | Adequacy of blood pressure control, level of adherence & adherence to antihypertensive therapy at KNH. |
| 4. Dr. Anthony Etyang: | Comparison of bedside inoculation of culture media with traditional cerebrospinal timing culture method in patients with suspected bacterial meningitis at KNH. |

- (A) Israel government scholarship to Hadassah Medical Center Hebrew University, Tel Hashmere, Tel Aviv University and Beersheba University (rotational in various aspects of organic chemistry): 1972 (intercalated programme)
- (B) World Health Organization Fellowship to London and Cambridge Universities: 1975.
- (C) World Health Organization Fellowship to Royal Infirmary Glasgow: 1978.
- (D) World Health Organization Fellowship to Yale University in the United States of America for postdoctoral work for three years. (Persuaded WHO coordinator, Dr. Tee lock, to transfer the Fellowship to a colleague, Dr. Adam Adam, as I was already, registered for an MD at UoN. He agreed): 1980.
- (E) International Diabetes Federation Fellowship to Downing College, Cambridge University: 1983.

POSITIONS HELD AT THE UNIVERSITY OF NAIROBI

- (a) Associate Professor since 1988 to date.
- (b) Leave of absence from 1989 January to 1999 seconded to Office of the President as a Researcher in HIV/AIDS
- (c) Senior Lecturer in Medicine August 1978 –May 1980.
- (d) Physician –in-charge, Diabetic Clinic 1982-1988.
- (e) [Honorary consultant, KNH, 1978 to date].

6. POSTGRADUATE SUPERVISION

7. RESEARCH GRANTS OBTAINED

1. **SMITH KLINE AND LABORATORIES**, U.K Subsidiary and U.S.A. Evaluation of Diazide in Hypertension.

Period: 1979 – 1980

Grant: Kshs. 42,000.00

2. **CIBA-GIEGY**, Basel Switzerland. Grant to carry out research on oxprenolol combined with chlorthalidone and hydralazine [“TREPRESS”]

Period: 1982 – 1985
Grant: Kshs. 1,000,000.00

3. **BOEHRINGER MANHEIM:** Supplied Metipranolol and Butizide to evaluate in hypertensive patients and tools for carrying out the work. No monetary award.
4. **MERK SHAPE AND DOWNE,** United Kingdom. Grant to evaluate a combination of amiloride, timolol and hydrochlorothiazide against alpha methyldopa in essential hypertension in man.

Period: 1980 -1983
Grant: Kshs. 500,000.00

5. **ROUSSEL,** France: Grant to evaluate glafenine versus a placebo as an analgesic agent in man.

Period: 1981 (6 months)
Grant: Kshs. 200,000.00

6. **DOW MERELL,** Switzerland: Grant to evaluate terfenadine versus a placebo as an antihistaminic agent in man.

Period: 1983
Grant: Kshs. 100,000.00

7. **ROUSEL,** France: Grant to evaluate Tiaprofenic acid as a non-steroidal anti-inflammatory agent versus a placebo.

Period: 1983 — 1984
Grant: Kshs. 100,000.00

8. **HOECHST,** West Germany: Grant to evaluate slow — release Frusemide against Bendrafluazide in essential hypertension in man.

Period: 1983 — 1984
Grant: Kshs. 250,000.00

9. **ROUSSEL,** France: Grant to evaluate Clobazam as an Anxiolytic agent in man in comparison to a placebo. Grant was as per requirement after all

agents were supplied including air tickets to present results in various fora globally.

10. **CIBA-GEIGY**, Basel, Switzerland: Grant to carry out research on rengasil (Pirprofen) as a well-tolerated and efficacious non-steroidal anti-inflammatory agent versus ibuprofen which was then the gold-standard of NSAIDs.

Period: 1984 (6 months)

Grant: Kshs. 800,000.00

11. **WARNER LAMBERT USA/UK**: Grant to evaluate isoxicam versus piroxicam specifically for rheumatoid arthritis and degenerative joint disease in man.

Period: 1984 (6 months)

Grant: Kshs. 2,500,000.00

This was a multi centre study globally. A centre in the Far East reported an adverse effect which made the project to be stopped for a while to see whether any other centre had observed the same adverse effect. Finally the study was completed when the reaction was found to be unrelated to either isoxicam or piroxicam.

12. **CIBAGEIGY**: Basel switzerland. A further grant to specifically evaluate the efficacy of and tolerability of a combination of oxprenolol, chiorthalidofle and hydralazifle in **SEVERE HYPERTENSION IN MAN**. These patients were monitored as in-patients with a view to instituting other measures if the blood pressure did not fall to an acceptable range.

Period: 1984 — 1986

Grant: Kshs. 1, 800,000.00

13. National Council for Science and Technology. Grant to formulate a potassium-based antihypertensive agent.

Period: 1984 — 1990

Grant: Kshs. 114,000.00 with a provision for more money should the need arise.

14. Kenya Medical Institute: Grant to develop and evaluate modulated natural human Interferon alfa (KEMRON) as a therapeutic agent for acquired immunodeficiency Syndrome.

Period: 1989

Grant: Kshs. 4,000,000.00

15. **CIBA-GEIGY** Basel Switzerland: Grant to evaluate phase II in BENAZEPRIL, an ACE inhibitor, in mild to moderate hypertension.

Period: 1990

Grant: Kshs.4, 000,000.00

16. **JANSSEN RESEARCH FOUNDATION**, Beerse, Belgium: To evaluate the efficacy and tolerability of itraconazole in oral candidosis and in HIV patients.

Period: January 1991 September 1991

Grant; Kshs. 500,000.00

Thereafter, I declined to offer my services to pharmaceutical companies as I was extensively involved in working on PEARL OMEGA'S role in acquired immuno deficiency Syndrome as well as teaching at the Medical School.

PUBLICATIONS

A1. BOOKS PUBLISHED

- (i) **Obel A.O.**, The Paragon of Wickedness. Circuit City Publishers, Published in 1997.
- (ii) **Obel A.O.**, Kenya's industrialization Cost Benefit Strategy, City Circuit Publishers. published in 1997.
- (iii) **Obel A.O.**, Curbing the HIV/AIDS Menace Effectively, printed by Circuit City Limited ISBN 996630 0 2. Pages 246: published in 1996.
- (iv) **Obel A.O.**, High blood pressure: Management and control strategies, pp. 246, 1993. Published by ICIPE Science Press.
- (v) **Obel A.O.**, Power and Intrigue, Circuit City Publishers. Pages 72, 1996.
- (vi) **Obel A.O.** A Textbook of pharmacology & Therapeutics, Published by East African publishing House, English Press, NrObi, pp. 240, 1984.

- (vii) **Obel A.O.**, Pearl Omega: The Anti -Illu5ive Aids Agent, Pp. 74, 1996.
- (viii) **Obel A.O.**, Power and Academia, Circuit City Publishers. Pages 76, 1997.
- (ix) **Obel A.O.**, Resilient Manhood Dynamism: The basis of a rapid take-off., Circuit City publishers pages 144, 1998.
- (x) **Obel A.O.**, Role Model Strategy, Circuit City Publishers. Pages 75, 1998.

B1. ORIGINAL PAPERS

1. **Obel A.O.** Anti-mycotic agents and their relevance to HIV- infected patients. *Medicine in Africa 1993; 2:6-8.*
2. Koech D. K, **Obel A.O.**: Outcome of intervention with or without low dose oral Interferon alpha in thirty-two HIV- 1 seropositive patients in a referral hospital. *East African Medical Journal 1990; 67 ss71 -ss76.*
3. Koech K.D, **Obel A.O.** Efficacy of Kemron (Low dose oral natural human interferon alpha) in the management of HIV- 1 infection and acquired immune deficiency syndrome (AIDS). *East African Medical Journal 1990; 67: ss 67-ss 70.*
4. Koech D.K, **Obel A.O.** Treatment of HIV infections and AIDS: New Horizons. *East African Medical Journal 1990; 67: ss-77-ss 81.*
5. **Obel A.O.** Koech D.K: Potassium supplementation versus bendrofluazide in mildly to moderately hypertensive Kenyans. *Journal of Cardiovascular pharmacology 1991; 17: 504-507.*
6. **Obel A.O.** Efficacy and tolerability of long term exprenolol and chiorthalidone singly and in combination ifl hypertensive blacks. *Japanese Heart Journal 1990; 3 1(2): 183-192.*
7. Koech K.D, **Obel A.O.** Minowada J, HutchiflSon VA, Cummifls JM: Low dose oral alphasiflterfel0n therapy for patients seropositive for human immuno deficiency virus type-1(HIV- 1). *Molecular Biotherapy 1990; 2:91-95.*
8. **Obel A.O.** Placebocontrohled trial of potassium supplements in black patients with mild essential hypertension. *Journal of Cardiovascular pharmacology 1989; 14 (No.2) 294-296.*
9. **Obel A.O.** Body mass index in Non-Insulin Dependent Diabetes in Kenya. *Tropical and Geographical Medicine 1988; 40(2):9396.*

10. **Obel A.O.** Effects of Chlorthalidone, Oxprenol and their combinations in hypertensive blacks. A randomized double-blind cross-over study. *Journal of Cardiovascular pharmacology* 1989; 13 (No.3) 465-470.
11. **Obel A.O.** Predictive role of plasma renin activity in untreated early and established hypertension. *Tropical Cardiology* 1989; 15(60): 13-15.
12. **Obel A.O.** Kofi-Tsekpo W.M, Ellison R.H, Mugambi M: Dietary sodium/potassium ratios in salt substitute and its putative significance in essential hypertension. *East African Medical Journal* 1985; 62:507-514.
13. **Obel A.O.**, Griffin L, Were J: Comparison of slow-release frusemide (Lasic Retard) and bendrofluide in the treatment of moderate hypertension in Kenya Negroes. *Clinical Trial Journal* 1984; 2 1:443-50.
14. **Obel A.O.** Epidemiology and diabetes mellitus in referral hospital in a tropical developing country. *Tohoku Journal of Experimental Medicine* 1983; 14 suppl: 207-10.
15. **Obel A.O.** A comparison of timolol plus hydrochlorothiazide plus amiloride and methyldopa in essential hypertension in black Africans. *Tropical and Geographical Medicine* 1893; 35:285-9 1.
16. **Obel A.O.**, Gitau W. comparison of the antihypertensive effect of metipronolol, butizide and torrat in Kenyan Africans. *East African Medical Journal* 1981; 58:867-7 1.
17. **Obel A.O.**, Nganga J, Gitau W: Antipyrine half-life in hyperthyroidism. *East African Medical Journal* 1981; 58:258-62.
18. **Obel A.O.**, Machage EG. Double-blind placebo controlled trial of glafeinine in acute pain. *East African Medical Journal* 1981; 58:226-30.
19. **Obel A.O.** The efficacy of Dyazide in the Management of hypertension and fluid retention. *East African Medical Journal* 1980; 57:174-77.
20. **Obel A.O.** Cushing's Syndrome in Africans. *East African Medical Journal* 1980; 57,:495-99.
21. **Obel A.O.**, Were DW. Antipyrine and progranolol disposition in malnutrition. *East African Medical Journal* 1978; 55:20-24.

22. **Obel A.O.** Recent advances in mechanisms of causation of diabetes mellitus in a man and *Acomys cahirinus*. *East African Medical Journal* 1973;50:425-28.
23. **Obel A.O.** East African Variant Glucose-6-phosphate Dehydrogenase Deficiency. *East African Medical Journal* 1972; 49:230-34.

C. CASE REPORTS

- (i) **Obel A.O.** Shariff SL, McLigeyo SO, Gitonga E, Shah MV, Gitau WP. Acquired Immuno Deficiency Syndrome in Africa. *East African Medical Journal* 1984; 61: 724-25.
- (ii) **Obel A.O.**, Ogada T: Hyperprolactinaemic diabetes Insipidus like syndrome. *East African Medical Journal* 1981; 58:156-62.

D. REVIEWS

1. Rees P.H. and Obel A.O. HIV/AIDS. The first 25 years – a review form Nairobi. *East African Medical Journal*, 2008; 85: 292-300.
2. **Obel A.O.** Pesticide positioning in Kenya and other EAS Countries. In: Pesticide Management in East and Southern Africa. USAID/REDSO/ESA publication.
3. **Obel A.O.** The use of antithyroid drugs. *East African Medical Journal* 1985; 62:864-68.
4. **Obel A.O.**, Odwako BA. The use of carbamazepine in effective disorders.
5. **Obel A.O.** Therapeutic in essential hypertension. *East African Medical Journal* 1984; 61:864-68.
6. **Obel A.O.** Pitfall in medicine. *East African Medical Journal* 1984; 6 1:589-90.
7. **Obel A.O.** Ethnopharmacology. *East African Medical Journal* 1984;6 1:501-2.
8. **Obel A.O.** The use of histamine receptor antagonist in contemporary times. *East African Medical Journal* 1984; 61:578-82.
9. **Obel A.O.** First aid and therapy of poisoning from agricultural insecticide and herbicides. *East African Medical Journal* 1984; 61:578-82.

10. **Obel A.O.** Approach to the therapy of diarrhoeal disease. *East African Medical Journal* 1984; 61:578-82.
11. **Obel A.O.** The role of adrenergic blockers in hypertension. *Medicom* 1984; 6:119-20.
12. **Obel A.O.** Poisons information and treatment. *East African Medical Journal* 1983; 60:825-26.
13. **Obel A.O.** The role of diuretics in current in current medicine. *East African Medical Journal* 1983; 60:825-26.
14. **Obel A.O.** Benefit/risk comparisons in therapy. *East African Medical Journal* 1983; 60:775-77.
15. **Obel A.O.** Presumed analgesic-induced agranulocytosis. *East African Medical Journal* 1983; 60:20 1-2.
16. **Obel A.O.** The concept of me too. *East African Medical Journal* 1982;59:775-77.
17. **Obel A.O.** Pharmacokinetics in medicine. *East African Medical Journal*1983; 59:639.
18. **Obel A.O.** 1 1th IDF Congress in Kenya. *East African Medical Journal* 1983;59:703 -4.
19. **Obel A.O.** Management of chronic pain. *East African Medical Journal* 1982;59:773-78.
20. **Obel A.O.** Advantages in antibiotics therapy. *East African Medical Journal* 1982; 59:429-34.
21. **Obel A.O.** The newer nonsteroidal anti-inflammatory drugs. *East African Medical Journal* 1982; 59:363-65.
22. **Obel A.O.** Goiter and fluorosis in Kenya. *East African Medical Journal* 1982;59:36365.
23. **Obel A.O.** Registration of drugs rules, 1981. *East African Medical Journal* 1982; 59-5.
24. **Obel A.O.** The use of insulin. *East African Medical Journal* 1982; 59:301-5.

25. **Obel A.O.** Use of anti-diabetic agents. *East African Medical Journal* 1982;59-5.
26. **Obel A.O.** Clinical trials in medicine. *East African Medical Journal* 1981;58:8090 13.
27. **Obel A.O.** Clinical trials in medicine. *East African Medical Journal* 1981;58:629-30.
28. **Obel A.O.** Rational utilization of limited resources. *East African Medical Journal* 1981; 58:5516.
29. **Obel A.O.** New anxiolytic drugs. *East African Medical Journal* 1981;58:551-6.
30. **Obel A.O.** Current concepts in the management bronchial asthma. *East African Medical Journal* 1981; 58:55 1-6.
31. **Obel A.O.** Diabetes Mellitus. *East African Medical journal* 1981; 58:7 13-14.
32. **Obel A.O.** Treatment of gout. *East African Medical Journal* 1981; 58:151-5.
33. **Obel A.O.** Continuing education in Medicine. *East African Medical Journal* 1981; 58: 149-50.
34. **Obel A.O.** Medical treatment of peptic ulcers. *East African Medical Journal* 1981; 58:84-9.
35. **Obel A.O.** Current medical management of hypertension. *East African Medical Journal* 1981; 58:8-11.
36. **Obel A.O.** Therapeutics — a non-starter? *Medicom* 1980; 2:85.
37. **Obel A.O.** Drug regulatory authority in Kenya. *East African Medical Journal* 1980; 57:448-9.
38. **Obel A.O.** Current management of Diabetes mellitus. *Medicom* 1980;2:711.
39. **Obel A.O.** Management of hypertension. *Medicom* 1979; 1: 15-9.
40. **Obel A.O.** Glycerol versus dexamethasone in acute cerebral. *Lancet* 1975; 11304.

E. CONFERENCE PAPERS PRESENTED

- (i) **Obel AO**, Koech DK, Kofi-Tsopko W: Efficacy and tolerability of Kemsion in hypertension XI world congress of Cardiology, Manila, Philippine, February 11-17, 1990.
- (ii) **Obel AO**: Medical Researchers' Impact on National and Global Development and progress. Forty third World Assembly, Geneva, Switzerland, May 7-22, 1990.
- (iii) **Obel AO**: Recent advances in therapeutic approach to acquired immunodeficiency syndrome (AIDS) and pre-AIDS. Symposium on Science and Technology, Research Council of Zimbabwe, Zimbabwe International Convention Centre, Harare, September 11-13, 1990.
- (iv) **Obel AO**: Health ethics in the education of the physician — Ethical Criteria for Clinical Research Conference on Health Law and Ethics organized by Medical Practitioners & Dentists Board. May 24-25, 1990.
- (v) **Obel AO**: Clinical experience with Kemron: a ten Month experience. Official launching of Kemron; Scientific Programme, Kenyatta International Conference Centre, July 27, 1990.

F. ABSTRACTS

- (i) **Obel AO**: The use of beta-adrenoceptor blocking agents in black Africans. Pan African Congress of Cardiology held at ASCON, Badagry, Nigeria, June 1981.
- (ii) **Obel AO**. Muthaura G: Serum lipid profile in newly diagnosed diabetic Africans. 11th congress of the International diabetes Federation, November 10-17, 1985, Nairobi, Kenya. Excerpta Medica International Congress Series No. 577. Amsterdam, 1982, 225p.
- (iii) Lotay PS, **Obel AO**: Epidemiology of diabetes mellitus in Kenya. 11th Congress of the International Diabetes Federation, November 10-17, 1985, Nairobi, Kenya. Excerpta Medica International Congress Series No. 577. Amsterdam, 1982, 164p.
- (iv) **Obel AO**, Ellison R, Griffin L, Poulter N: The role of plasma rennin as a determinant of response to antihypertensive treatment in black Africans. 10th Scientific Meeting. International Society of Hypertension, Interlaken, Switzerland. June 17-21, 1984, 658p.

- (v) **Obel AO**, Ellison RH, Kofi-Tsekpo WM, Mugambi M: The role of papyrus reed ash in the prophylaxis of essential hypertension in Kenya. 10th Society of Hypertension, Interlaken, Switzerland, June 17-21, 1984, 650p.

HONOUR

The global community has nominated me thus: "A.O.K. Obel of Kenya: For the 26th Edition of Who's Who in the World" to be published in November 2008 titled "Who's Who in the World – 2009.

Global experts intimated that: "this is the ultimate achievement that is afforded to very few individuals in the course of a lifetime"

ULTIMATELY

CONVERTING IDEA INTO A MASS-MANUFACTURED PRODUCT

All through, it was my view that **OXYTHIOCYANATE** could, if adequately purified from natural sources, have the capacity to mopp up retroviral virions effectively enabling seropositive patients to remit. This has come to pass.

Oxythiocyanate underwent meticulously thorough scrutiny by the British Committee on Safety of Medicines. It passed the test and was patented, registered and given permission for mass production. It is produced as **OsceauN® 500** in Bostock Chesire England. Mass production commenced in July 2007 in England. **Oxythiocyanate**, like radioiodine (for thyrotoxicosis), is a one-course therapy for HIV/Aids. Even patients in Stage IV of the disease have benefited. Over 1000 previously seropositive patients have already remitted after a course of **Oxythiocyanate**.

Oxythiocyanate is also known as **THIOCYNATE PEROXIDE** my legacy in therapeutics, in public health and in the global village.

REFEREES:

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