PERSONAL PARTICULARS

Age: 42 years
Citizenship: South African
Languages: English and Afrikaans
Driver's license: Code B

CONTACT

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Institutional: 13138839@sun.ac.za
Profile Links (Click on icon):

CAREER SUMMARY

I come from a background in education (Teaching senior phase science and teaching English as a Second/Foreign Language (TES(F)L). I have experience in basic and clinical research. My research focus is on medical physiology and biomedical sciences (cardiovascular/ cardiometabolic diseases, HIV/AIDS, treatment with antiretroviral therapy (ART)) and environmental health (health effects of air pollution).

RESEARCH OUTPUTS

- Peer-reviewed journal publications: 9
- Peer-reviewed conference outputs: 26
- Other peer-reviewed research outputs: 14

Curriculum Vitae

for

Dr. Frans Pieter Everson

(BSc Biological Sciences, BMedSc Hons. Pharmacology, Post-graduate Certificate in Education (PGCE), MSc Medical Physiology, PhD Medical Physiology/Biomedical Sciences, NRF Scarce Skills and Innovation Postdoctoral Research Fellowships)

EDUCATION

High School Wolmaransstad, South Africa
- Attended from 1994 to 1998.

University of Free State (UFS, Student Number: 1999104092):
- 1999 to 2001: BSc Biological Sciences (Physiology and Biochemistry).

- 2002: BMedSc Hons. Pharmacology
  Project: The development of a gas chromatography / mass spectrometry method for the quantification of caffeine in urine samples.

North West University (NWU, Student Number: 13152238):
- 2004: Post Graduate Certificate in Education (Cum Laude).

Stellenbosch University (SU), Student Number: 13138829):
- 2014 – 2015: MSc Medical Physiology (Cum Laude)
  Project: Investigating the cardiovascular effects of antiretroviral drugs in a lean and high fat/sucrose diet rat model of obesity: An *in vivo* and *ex vivo* approach.

- 2016 – 2019: PhD Medical Physiology/Biomedical Sciences (Joint PhD with **University of Hasselt, Belgium**)
  Project: HIV/AIDS and air Pollution as emerging cardiovascular risk factors in Cape Town populations: Is endothelial function a marker of effects?

- 2020 – 2021: Postdoctoral Research Fellowship (NRF: Scarce Skills).
  Project: Investigating retinal microvascular geometric features as possible novel markers of cardiovascular risk in people living with HIV/AIDS: A longitudinal study in a Western Cape cohort.

- 2022 – 2023: Postdoctoral Research Fellowship (NRF: Innovation).
  Project: Investigation into the effects of HIV/AIDS and antiretroviral therapy (ART) on circulating chemical, biomarker and genetic markers of cardiovascular risk in a study population residing in Worcester, Western Cape Province of South Africa.

ATTRIBUTES

I have a friendly, inquisitive and outgoing personality. I am punctual, organized, career/goal-driven. I am passionate about education and research. I enjoy working with students and collaborating with colleagues. I can work independently or as a team member/leader. I have good written and verbal skills. I have good analytical, critical thinking and problem-solving skills. I am focused, but also open-minded and flexible/adaptable to change.

COURSES, SEMINARS, WORKSHOPS AND SYMPOSIUMS (LAST 6 YEARS)

1. 2016: A course in **good clinical practice** (Level 2) presented by the Clinical Research Foundation and Development at Stellenbosch University.
2. 2017: A course in **clinical research skills** at Stellenbosch University.
3. 2017: A workshop in **scientific writing skills** at Stellenbosch University.
4. 2018: A course in **methods in data collection** at the Flanders' Training Network for Methodology and Statistics (FLAMES) in Belgium.
5. 2019: A seminar in **statistical association, correlation and causation** at FLAMES in Belgium.
6. 2019: A seminar in **statistical power and sample size calculation** completed at FLAMES in Belgium.
7. 2019: A seminar in **designing comparative experiments** at FLAMES in Belgium.
8. 2019: A seminar in **basic statistical theory** at Flemish Institute for Biotechnology (VIB) in Belgium.
9. 2019: A seminar in **non-parametric statistical methods** at FLAMES in Belgium.
10. 2019: A seminar in **data transformation** at FLAMES in Belgium.
11. 2019: A short course in **responsible research and research integrity** at VIB in Belgium.
12. 2019: A short course in **biomedical research ethics** at VIB in Belgium.
13. 2019: A short course in **neuro sense and sense-ability** - Sensing and data processing technology for the brain at the Flanders Training Network Life Sciences (f-TALES) in Belgium.
14. 2020: A workshop in **grant proposal writing** at the Division for Research development, Stellenbosch University.
15. 2020: A seminar in **reflecting on biostats consulting during COVID-19** at the Division of Epidemiology and Biostatistics, Stellenbosch University.
16. 2021: Attended an international symposium themed "**Natural Products for Healthy Aging: from molecular targets to therapy**". The symposium was hosted by University of Strasbourg, Stellenbosch University and University of Adelaide.
17. 2021: Attended the Centre for Cardiometabolic Research in Africa's symposium themed "**Revelations from the COVID-19 pandemic – What we know now**".

FUNDING AWARDS

1. 2014-2015: I received a grant holders bursary from the **National Research Foundation** (NRF) for my MSc.
2. 2015: I applied and received project funding from the **Harry Crossley Foundation**.
3. 2015: I applied and received a **traveling award for travel support** by the Physiological Society of Southern Africa (PSSA) to attend the PSSA conference.
4. 2016-2018: I applied and received the **NRF Scarce Skills and Innovation** bursary for my PhD at Stellenbosch University.
5. 2017-2019: I applied and received a bursary from the **Bilateral Cooperation Fund** at the University of Hasselt to conduct research activities in Belgium pertaining to my PhD project.
6. 2019: I applied and received the **Sankie Strauss Bursary** for eye research at Stellenbosch University.
7. 2020-2021: I received the **NRF Scarce Skills** bursary a postdoctoral research fellowship at Stellenbosch University.
8. 2022-currently: I received the **NRF Innovation bursary** a postdoctoral research fellowship at Stellenbosch University.

DESCRIPTION OF RESEARCH AND LABORATORY SKILLS

- Research activities for my **BMedSc Hons. degree in Pharmacology** (Project title: *The development of a gas chromatography / mass spectrometry (GC/MS) method for the quantification of caffeine in urine samples)* were conducted at the SA Doping Control Laboratory (SADoCoL, Division of Pharmacology at UFS) under supervision of Prof. A. Walubo (HOD) and Dr. J.P. van der Merwe (Head of SADoCoL). Skills pertaining to the clinical project included urine sample collection and sample preparation and GC/MS analyses, data collection and statistical analyses for the method validation and writing a final project report that was submitted and presented for internal and external examination. The project was successfully completed.

- Research activities for my **MSc Medical Physiology** (project title: *Investigating the cardiovascular effects of antiretroviral drugs in a lean and high fat/sucrose diet rat model of obesity: An in vivo and ex vivo approach*), were conducted at the Division of Medical Physiology (Stellenbosch University) under supervision of Dr. Amanda Genis and Prof. Hans Strijdom. Research activities pertaining to the project included animal handling, feeding and care (Wistar rats), drug/dose calculations and preparations, animal sacrifice *via* exsanguination, blood collection and taking anthropometric measurements. I also isolated the hearts of the animals and conducted isolated heart perfusion experiments (Global and regional ischaemia/reperfusion), infarct-sizes determination and Western blotting of cardiac tissue. I conducted statistical analyses and the final project dissertation was submitted for examination by internal and external examiners. The project was successfully completed (*cum laude*).

- My PhD degree was a joint collaboration between **Stellenbosch University (PhD in Medical Physiology)** and the **University of Hasselt in Belgium (PhD Biomedical Sciences)** (Project title: *HIV/AIDS and air pollution as emerging cardiovascular risk factors in Cape Town populations: Is endothelial function a marker of effects?)*. Most research

activities were conducted at the Division of Medical Physiology (Stellenbosch University) under supervision of Prof. Hans Strijdom. Additional research activities were performed at the laboratories of VITO (Belgium) under supervision of Prof. Patrick De Boever and the laboratories of Hasselt University under supervision of Prof. T.S. Nawrot (Division of Environmental Sciences). The project was a longitudinal clinical study with a repeated measure design.

The skills obtained during my PhD included writing a project proposal, assisting with establishing standard operating procedures (SOPs) for the EndoAfrica Study and obtaining ethical clearance from the ethical research committee at Stellenbosch University for my PhD project. I also conducted field research activities in the Cape Town and Worcester areas that included obtaining informed consent from participants, collecting information/data *via* a comprehensive health questionnaire, taking anthropometric measures and processing samples for further chemical pathology analyses. Clinical assessments included taking flow-mediated dilation measurements of the brachial artery, retinal microvascular imaging and image analyses.
Skills pertaining to the air pollution study part of my PhD included quantifying personal ambient air pollution exposure (NO_2 and BTEX) *via* portable air quality samplers. I prepared samples and assisted with qPCR quantification of leucocyte telomere length and mitochondrial DNA content. I also did sample preparation and assisted with UPLC/MS methodology for the quantification of leucocyte DNA methylation and quantifications of urinary markers of air pollution exposure. I furthermore conducted general laboratory work pertaining to sample preparation/processing/storage, data management/validation/capturing and statistical analyses. My thesis was submitted and presented to a panel of local and international examiners. The degree was awarded according to standards set for a PhD in medical physiology at Stellenbosch University (Medical Physiology) and biomedical sciences at Hasselt University (Biomedical Sciences) and the Transnational National Limburg University (Maastricht University, The Netherlands).

- I completed an NRF Scarce Skills **postdoctoral research fellowship** at Stellenbosch University, Faculty of Medicine and Health Sciences, Division of Medical Physiology, Centre for Cardiometabolic Research in Africa (CARMA) with Prof. Hans Strijdom as my host (Project title: *Investigating retinal microvascular geometric features as possible novel markers of cardiovascular risk in people living with HIV/AIDS: A longitudinal study in a Western Cape cohort)*. The postdoctoral research project is part of a larger parent study called EndoAfrica and focuses on retinal microvascular imaging.
- I was awarded a second **postdoctoral research fellowship** (NRF: Innovation) at Stellenbosch University, Faculty of Medicine and Health Sciences, Division of Medical Physiology, Centre for Cardiometabolic Research in Africa (CARMA) with Prof. Hans Strijdom as my host (Project title: *Investigation into the effects of HIV/AIDS and antiretroviral therapy (ART) on circulating chemical, biomarker and genetic markers of cardiovascular risk in a study population residing in Worcester, Western Cape Province of South Africa.)*. The postdoctoral research project is also part of a larger parent study called EndoAfrica and focuses on biochemical markers of cardiovascular risk in people living with HIV/AIDS.

POST-GRADUATE STUDENT SUPERVISION

BSc Hons. Medical Physiology:

- Co-supervisor for Ms. Lihle Goba (2017 - Successfully completed. Project title: *Retinal imaging and carotid intima media thickness (cIMT) as markers of cardiovascular risk in HIV-negative and HIV-positive (ART-naïve) individuals)*.
- Co-supervisor for Ms. Cassidy Williams (2020 - Successfully completed. Project title: *Cardiometabolic risk in HIV-infected individuals: assessing the electrical activity of the heart)*.
- Co-supervisor for Ms. Yushra Dinnie (2021 - Successfully completed. Project title: *Investigate the temporal progression/regression of body composition in an HIV-study population form Worcester).*

MSc Medical Physiology:

- Co-supervisor for Ms. Boipelo Kgokane (2020 to 2021 – To be complete January, 2022. Project title: *Cardiovascular risk in people living with HIV: Is retinal microvascular geometric morphology a marker of effect?*).

GENERAL COMPUTER SOFWARE SKILLS

- Microsoft Word, PowerPoint, Excel, TEAMS and SharePoint.
- Statistical Software: IBM® SPSS®, GraphPad Prism and GPower.

MEMBERSHIPS

- South African Council for Educators (SACE, Member since 2005).
- Physiological Society of Southern Africa (PSSA, Member since 2015).
- Centre for Cardiometabolic Research in Africa (CARMA since 2019).
- Member of the Social Impact, Culture, Equality, Marketing and Communications (SICEMAC) work stream of the Division of Medical Physiology. Portfolio: Marketing and Communication including updating and maintaining the Division of Medical Physiology's website and social media platforms.

RESEARCH OUTPUTS

Peer Reviewed Journal Publications:

1. Williams C, Kamau FM, **Everson F**, Kgokane B, De Boever P, Goswami N, Webster I, Strijdom H. HIV and antiretroviral therapy are independently associated with cardiometabolic variables and cardiac electrical activity in adults from the Western Cape region of South Africa. J Clin Med. **2021**; 10, 4112. DOI: 10.3390/jcm10184112.
2. Lederer AM, Fredriksen P, Nkeh-Chungag NB, **Everson F**, Strijdom H, De Boever P, Goswami N. Cardiovascular effects of air pollution: current evidence from animal and human studies. Journal of the American Physiological Society. **2021**: DOI:10.1152/ajpheart.00706.2020.
3. **Everson, F**, Martens DS, Nawrot TS, Goswami N, Mthethwa M, Webster I, Mashele N, Charania S, Kamau F, De Boever P, Strijdom H. Personal exposure to NO_2 and benzene in the Cape Town region of South Africa is associated with shorter leukocyte telomere length in women. Environ. Res. **2020**, 182, 108993. DOI: 10.1016/j.envres.2019.108993.
4. **Everson, F**, De Boever, P, Nawrot, TS, Goswami N, Mthethwa M, Webster I, Martens DS, Mashele N, Charania S, Kamau F, Strijdom H. Personal NO_2 and volatile organic compounds exposure levels are associated with markers of cardiovascular risk in women in the Cape Town region of South Africa. Int. J. Environ. Res. Public Health, **2019**, 16, 2–18. DOI: 10.3390/ijerph16132284.
5. **Everson F**, Genis A, Ogundipe T, De Boever P, Gaswami N, Lochner A, Blackhurst D, Strijdom H. Treatment with fixed dose combination antiretroviral therapy containing tenofovir, emtricitabine and efavirenz is associated with cardioprotection in high calorie diet-induced obese rats. PLoS ONE **2018**, 13(12): e0208537. DOI: 10.1371/journal.pone.0208537.
6. Oyeyipo IP, Skosana BT, **Everson F**, Strijdom H and Du Plessis SS. Highly active antiretroviral therapy alters sperm parameters and testicular antioxidant status in diet-induced obese male Wistar rats. Toxicol Res. **2018**. DOI: 10.5487/TR.2018.34.1.041.
7. Strijdom H, De Boever P, Walzl G, Essop MF, Nawrot TS, Webster I, Westcott C, Mashele N, **Everson F**, Malherbe ST, Stanley K, Kessler HH, Stelzl E, Goswami N. Cardiovascular risk and endothelial function in people living with HIV/AIDS: Design of the multi-site, longitudinal EndoAfrica study in the Western Cape Province of South Africa. BMC Infect Dis 2017;17. DOI: DOI 10.1186/s12879-016-2158-y.
8. Truter D, Strijdom H, **Everson F**, Kotzé SH. Mucin secreting cells in the stomach and colon are altered by combination antiretroviral treatment in an obese rat model. Acta Histochem **2017**;119. DOI: 10.1016/j.acthis.2016.11.014.
9. Nel S, Strijdom H, Genis A, **Everson F**, Wijk R Van, Kotzé SH. A histomorphometric study on the effects of antiretroviral therapy (ART) combined with a high-calorie diet (HCD) on aortic perivascular adipose tissue (PVAT). Acta Histochem **2017**. DOI: 10.1016/j.acthis.2017.05.009.

First-Author Peer Reviewed Conference Outputs:

1. **Everson F**, De Boever P, Goswami N, Nawrot T.S, Webster A, Kamau F, Strijdom H. Urinary 1-hydroxy-pyrene (marker of polycyclic aromatic hydrocarbon exposure) is associated with poorer endothelial function in a Cape Town study population. SA-Heart Congress, Virtual Congress, South Africa, **2021**.
2. **Everson F**, De Boever P, Nawrot T.S, Goswami N, Webster W, Charania S, Kamau F, Kgokane B, Dinnie Y, Strijdom H. A first-line fixed-dose combination ART regimen containing Efavirenz/Emtricitabine/Tenofovir exhibit beneficial effects on retinal microvascular calibre in a South African HIV-infected study population. Medical Research Council of South Africa BRIP Virtual Symposium, South Africa, **2021**.
3. **Everson F**, De Boever P, Martens D.S, Nawrot T.S, Goswami N, Webster I, Charania S, Kamau F, Kgokane B, Strijdom H. Personal NO2 and BTEX exposure contribute to an increased cardiovascular risk profile in women in the Cape Town Area. Physiological Society of Southern Africa Virtual Congress, South Africa, **2021**.
4. **Everson F**, Martens D.S, Nawrot T.S, De Boever P, Goswami N, Mthethwa M, Webster I, Kamau F, Kgokane B, Strijdom H. Personal NO2 and benzene exposure is associated with molecular ageing in women in the Cape Town region. Physiological Society of Southern Africa Virtual Congress, South Africa, **2021**.
5. **Everson F,** Goswami N, De Boever P, Nawrot TS, Essop MF, Mthethwa M, Mashele N, Charania S, Espach Y, Webster I, Strijdom H. Repeated measurements study to investigate exposure to ambient air pollution and possible association with cardiovascular physiology indicators in the Cape Town region. Conference of Biomedical and Natural Sciences and Therapeutics and Physiology Society of Southern Africa Annual Conference, Stellenbosch, South Africa, **2018**.
6. **Everson F,** De Boever P, Goswami N, Nawrot TS, Essop MF, Mthethwa M, Mashele N, Charania S, Espach Y, Webster I, Strijdom H. The effect of HIV/AIDS and combination ART on retinal microvascular in a South African HIV-infected (with and without ART) study population. 12th International Symposium on Molecular Diagnostics, Graz, Austria, **2018**.
7. **Everson F,** Goswami N, De Boever P, Nawrot TS, Essop MF, Mthethwa M, Mashele N, Charania S, Espach Y, Webster I, Strijdom H. The effect of a fixed-dose combination ART regimen on retinal microvascular calibers in a South African HIV-infected study population.19th Annual SA Heart Congress. Sun City, South Africa, **2018**.
8. **Everson F,** Strijdom H, Ogundipe T, Grandjean T, Genis A. Antiretroviral therapy: The cardiometabolic effects in a high fat diet rat model of obesity. Physiology Society of Southern Africa Annual Meeting, Parys, South Africa, **2015**.

Co-Author Peer Reviewed Conference Outputs:

1. Kamau F, Williams C, **Everson F**, Kgokane B, Webster I, De Boever P, Goswami N and Strijdom H. HIV and ART are independently associated with altered cardiometabolic and cardiac electrical activity in adults from the Western Cape, South Africa. SA-Heart Virtual Congress, South Africa, **2021**.
2. Kgokane B, Kamau F, **Everson F**, Webster I, De Boever P, Nawrot T.S., Goswami N, Charania S, Dinnie Y and Strijdom H. Cardiovascular risk in people living with HIV/AIDS on antiretroviral therapy (ART): Does endothelial function play a possible role? Results from the EndoAfrica study. Medical Research Council of South Africa BRIP Virtual Symposium, South Africa, **2021**.
3. Kgokane B, Kamau F, **Everson F**, Webster I, De Boever P, Nawrot T.S., Goswami N, Charania S, Dinnie Y, Strijdom H. HIV-infected individuals are predisposed to endothelial dysfunction: Results from the EndoAfrica study. Physiological Society of Southern Africa Virtual Congress, South Africa, **2021.**
4. Kamau F, Kgokane B, Mthethwa M, Mashele N, **Everson F**, Goswami N, De Boever P, Nawrot T, Charania S, Webster I, Strijdom H. HIV-infected individual as predisposed to pro-atherosclerotic biochemical changes. European Atherosclerosis Society Virtual Conference, **2020**. doi.org/10.1016/j.atherosclerosis.2.
5. Strijdom H, De Boever P, Nawrot T, Goswami N, Webster I, Mthethwa M, Mashele N, Kamau F, Martens D, Charania S, **Everson F**. Personal air pollution exposure is associated with markers of cellular aging and cardiovascular risk: Findings from the EndoAfrica study. SA Heart Congress **2019**. SA Heart Journal, 16(3), p 241.
6. Strijdom H, Essop MF, Goswami N, De Boever P, Webster I, **Everson F**, Kamau F, Charania S, Nawrot TS. HIV-infected participants on combination ART (tenofovir, emtricitabine, efavirenz) have improved endothelial function and smaller retinal venular calibers compared to treatment naive participants. ESC Annual Conference, **2019**. doi.org/10.1093/eurheartj/ehz746.0308.
7. Strijdom H, Goswami N, De Boever P, Nawrot TS, Essop MF, Mthethwa M, Mashele N, **Everson F**, Charania S, Espach Y, Webster I. Determinants of endothelial function in a cohort of HIV-infected and HIV-free participants: the role of cardiovascular risk factors, biomarkers of inflammation and HIV-dependent parameters. 86th European Society for Atherosclerosis Congress, **2018**.
8. Strijdom H, Goswami N, De Boever P, Nawrot TS, Kessler HH, Stelzl E, Webster I, **Everson F**, Mashele N, Mthethwa M, Charania S, Espach Y, Kamau F, Essop MF. Vascular health in HIV: the role of cardiovascular risk factors, biomarkers of inflammation, HIV disease status and antiretroviral therapy (results from the EndoAfrica study, Cape Town, South Africa). 12th International Symposium on Molecular Diagnostics, **2018**.
9. Strijdom H, Kamau F, Goswami N, De Boever P, Nawrot TS, Essop FM, Mashele N, Mthethwa M, Espach Y, Charania S, **Everson F**, Webster I. Abdominal obesity and antiretroviral therapy are associated with improved endothelium-dependent vascular function in HIV-infected individuals: results from the EndoAfrica study. Annual SA Heart Congress, South Africa, **2018**.
10. Charania S, Webster I, Mashele N, Mthethwa M, Kamau F, Espach Y, **Everson F**, Cyster H, Goswami N, De Boever P, Nawrot TS, Strijdom H. Determinants of carotid intima media thickness (CIMT) in a Western Cape study population with and without HIV-infection. Annual SA Heart Congress, South Africa, **2018**.
11. Strijdom H, Charania S, Goswami N, De Boever P, Nawrot T, Mashele N, Webster I, Westcott C, **Everson F**, Mthethwa M, Essop F. Cardiovascular health and flow-mediated dilatation (FMD) in a South African cohort of HIV-infected participants: Findings from the EndoAfrica Study. 85th European Atherosclerosis Society Congress, Prague, Czech Republic, 23-26 April **2017**.
12. Webster I, Imperial E, Westcott C, **Everson F**, Mashele N, Mthethwa E, Goswami N, De Boever P, Nawrot T, Strijdom H. Effect of Aspalathus Linearis (Rooibos) supplementation on the heart and aortas of male Wistar rats exposed to antiretroviral Therapy (ART) and the effects of rooibos tea consumption on the cardiovascular risk profile of patients on ART. Cardiovascular Society of Australia and New Zealand, Perth, Australia, 10-13 August **2017**.
13. Strijdom H, Webster I, Westcott C, Mashele N, Mthethwa M, **Everson F**, Goswami N, De Boever P, Nawrot T, Essop F. HIV-infection, but not high sensitivity CRP, is associated with markers of vascular function: Results from the Western Cape cohort of the EndoAfrica study. Annual SA Heart Congress, Johannesburg, November **2017**.
14. Mashele N, Webster I, Westcott C, Mthethwa M, **Everson F**, Goswami N, De Boever P, Nawrot T, Strijdom H. Anti-retroviral treatment is associated with increased cardiovascular risk in HIV-infected individuals from the Western Cape region. Annual SA Heart Congress, Johannesburg, November **2017**.
15. Mthethwa M, Westcott C, Mashele N, Webster I, **Everson F**, Goswami N, De Boever P, Nawrot T, Strijdom H. Endothelial biomarkers and endothelial function in a South African HIV population of mixed ancestry. Annual SA Heart Congress, Johannesburg, November **2017**.
16. De Boever P, **Everson F**, Nawrot TS, Essop MF, Kessler H, Mashele N, Stelzl E, Walzl G, Webster I, Westercott C, Goswami N, Strijdom H. Effects of HIV/AIDS and antiretroviral treatment on retinal blood vessel diameters. The Association for Research in Vision and Ophthalmology Annual Meeting, **2017**.
17. Strijdom H, Goswami N, De Boever P, Ugipinde T, Westcott C, **Everson F**, Genis A. Cardiometabolic and vascular effects of treatment with a fixed-dose combination antiretroviral drug containing nucleoside and non-nucleoside reverse transcriptase inhibitors (NRTIs and NNRTIs) in adult rats. 84th European Atherosclerosis Society Congress, Innsbruck, Austria, May **2016**.
18. Genis A.; **Everson F,** Ogundipe T, Strjidom H. Investigating the cardiovascular effects of antiretroviral drugs in a lean and high fat/sucrose diet rat model of obesity. Frontiers in Cardiovascular Biology Meeting (FCVB), **2016**.

Other Research Outputs:

1. **Everson F**, Webster I, Kamau F, Kgokane B, De Boever P, Goswami N, Nawrot T.S., Dinnie Y, Strijdom H. Cardiometabolic risk and systemic inflammation (hsCRP): Is retinal vessel calibre a marker of effect? Stellenbosch University: Annual Academic day, **2021**.
2. Kgokane B, **Everson F**, Kamau F, Webster I, De Boever P, Goswami N, Nawrot T.S., Dinnie Y, Strijdom H. An Investigation into the Relationship Between Markers of HIV and Antiretroviral Therapy (ART) and Retinal Vessel Branching Features in a Western Cape Study Population. Stellenbosch University: Annual Academic day, **2021**.
3. Dinnie Y, **Everson F**, Kamau F, Webster I, Kgokane B, De Boever P, Goswami N, Nawrot T.S., Strijdom H. Investigating the Cardiometabolic Effects of HIV/AIDS and Antiretroviral Therapy in a Western Cape Study Population. Stellenbosch University: Annual Academic day, **2021.**
4. **Everson F,** De Boever P, Nawrot TS, Goswami N, Webster I, Kamau F. Kgokane B, Charania S, Strijdom H. Urinary 1-hydroxypyrene concentration independently predicts endothelial function in a Cape Town study population. Stellenbosch University: Annual Academic day, **2020**.
5. Kgokane B, **Everson F,** Kamau F, De Boever P, Nawrot TS, Goswami N, Webster I, Williams C, Strijdom H. Effects of HIV and first-line antiretroviral therapy on retinal microvascular calibre in a HIV population from the Western Cape. Stellenbosch University: Annual Academic Day, **2020**.
6. Williams C, Kamau F, **Everson F,** Kgokane B, De Boever P, Nawrot TS, Goswami N, Webster I, Strijdom H. Viral load in people living with HIV is associated with altered ventricular depolarisation/repolarisation: data from the EndoAfrica study. Stellenbosch University: Annual Academic Day, **2020**.
7. **Everson F,** De Boever P, Nawrot TS Goswami N, Mthethwa M, Webster I, Martens DS, Mashele N, Charania S, Kamau F, Strijdom H. Personal air pollution is associated with markers of cardiovascular risk: Findings from the EndoAfrica Study. Stellenbosch University: Annual Academic Day, **2019**.
8. **Everson F,** Martens DS, Nawrot TS, Goswami N, Mthethwa M, Webster I, Mashele N, Charania S, Kamau F, De Boever P, and Strijdom H. Personal exposure to NO_2 and benzene is associated with molecular ageing in women in the Cape Town region. Stellenbosch University: Department of Medical Biosciences' Annual Academic Day, **2019**.
9. **Everson F,** Goswami N, De Boever P, Nawrot TS, Essop MF, Mthethwa M, Mashele N, Charania S, Espach Y, Webster I, Strijdom H. HIV/AIDS (ART-naive) and cardiovascular risk: Are retinal microvascular geometric features markers of effects? Stellenbosch University: Annual Academic Day, **2018**.
10. Mashele N, Mthethwa M, Webster I, Westcott C, **Everson F,** Goswami N, De Boever P, Nawrot TS, Strijdom H. The effects of HIV-infection and ART treatment on endothelial function in a Western Cape cohort. Crick African network SA symposium and workshop, **2018**.
11. **Everson F,** Genis A, Ogundipe T, Strijdom H. Fixed-Dose Antiretroviral Therapy Combination (TDF, FTC and EFV) Exerts Cardioprotection in A Rat Model of Obesity. Stellenbosch University: Annual Academic Day, **2016**.
12. **Everson F**, Strijdom H, Ogundipe T, Grandjean T, Genis A. The Effects of Antiretroviral Therapy on Cardiometabolic Parameters in a High Fat Diet Rat Model of Obesity. Stellenbosch University: Annual Academic Day, **2015**.
13. **Everson F,** Strijdom H, Ogundipe T, Grandjean T, Genis A. Antiretroviral therapy: The cardiometabolic effects in a high fat diet rat model of obesity. Stellenbosch University: Department of Medical Biosciences' Annual Academic Day, **2015**.
14. **Everson F**, Ogundipe T, Grandjean T, Strijdom JG, Genis A. To investigate the cardiovascular effects of South Africa's first-line ART-drug combination in a rat model of obesity. Stellenbosch University Annual Academic Day, **2014**.

WORK EXPERIENCE

Teaching:

- 2003: Jukbyun Language Institute, South Korea – **Teacher**:
  Teaching English as a Second Language (TESL) at pre-primary, primary and secondary level.
- 2004: SEDAVEN High School, South Africa – **Teacher**:
  Teaching Biology, Science and Technology at various grades (Grade 8 to 12) and a member of the Spiritual and Social Committees.
- 2005: Jukbyun Language Institute, South Korea – **Teacher**:
  TESL at pre-primary, primary and secondary level.
- 2006: Kang's Language Institute, South Korea – **Teacher**:
  TESL at pre-primary, primary, secondary and tertiary level.
- 2007 to 2008: English Planet Language Institute, South Korea – **Teacher**:
  TESL at pre-primary, primary, secondary and tertiary level.
- 2009: Potchefstroom High School for Girls, South Africa – **Teacher**:
  Teaching Science (Grade 8, 9 and 10), Technology (Grade 8 and 9), Math Literacy (Grade 12), involved in coaching athletics and cross-country and organised the school's 2009 Science Fair.
- 2010 to 2011: Chungchul English Academy, South Korea – **Teacher**:
  TESL at pre-primary, primary, secondary, tertiary and adult level.
- 2012 to 2013: AVALON English Academy, South Korea – **Teacher**:
  TESL at pre-primary, primary and secondary level.

Research:

- 2017 to 2019 (12 months period): **Visiting Research Scientist:**
  I spent 12 months during my PhD at the Flemish Institute for Technological Research (VITO, Belgium, Reference: Prof. P De Boever, email: patrick.deboever@vito.be) and University of Hasselt (Belgium, Reference: Prof. TS Nawrot email: tim.nawrot@uhasselt.be) as a **visiting research scientist** to gain further training and experience in research and laboratory skills related to environmental epidemiology/sciences with a specific focus on air pollution and related quantitative laboratory analysis.
- 2020 to 2021: Stellenbosch University – **NRF Scarce Skills Postdoctoral Research Fellowship** as a member of the EndoAfrica research team.
- 2022 to 2023: Stellenbosch University – **NRF Innovation Postdoctoral Research Fellowship** as a member of the EndoAfrica research team.

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