

**Curriculum Vitae / Soo-Wan Chae, M.D., Ph.D.**

**Soo-Wan Chae, M.D., Ph.D.**

President, CEO / Clinical Trial Center for Functional Foods  
Clinical Research Professor / Jeonbuk National University Hospital  
Co-representative / Korean Society of Lifestyle Medicine

**AFFILIATIONS**

Clinical Trial Center for Functional Foods  
Jeonbuk National University Hospital  
Korean Society of Lifestyle Medicine

**EDUCATION**

1972 – 1978  
Jeonbuk National University Medical School (undergraduate)  
1978 – 1980  
Jeonbuk National University, Department of Pharmacology (M.D.)  
1980 – 1984  
Chonnam National University, Department of Pharmacology (M.D.,Ph.D.)  
1987 – 1989  
Cornell University Medical School, Department of Physiology (Post-Doc)

**PROFESSIONAL EXPERIENCE**

**President, CEO** , 2004 – present  
Clinical Trial Center for Functional Foods, Jeonbuk National University hospital

**Director** , 2006 – 2018  
Clinical Trial Center, Jeonbuk National University Hospital

**Professor, 1996 – 2020**

Jeonbuk National University Department of Pharmacology

**Honorary Professor, 2020 – present**

Jeonbuk National University

**Co-representative, 2020 – 2020**

Korean Society of Cancer Prevention

**Clinical Research Professor, 2018 – present**

Jeonbuk National University Hospital

**Co-representative, 2016 – present**

Korean Society of Lifestyle Medicine

## **BOOKS PUBLICATIONS**

Health Benefits of Fermented Foods and Beverages

(ISBN 978-1-4665-8809-7) USA – 2015

Evaluation of efficacy and individually approved of functional foods.

(ISBN 979-11-5692-096-0) Korea – 2014

Lifestyle Medicine (ISBN 978-89-97140-37-4) Korea – 2012

Pharmacology for Dentistry (ISBN 89-58-81026-2) Korea – 2005

Pharmacology for Dentistry (ISBN 89-95-07939-8 93510) Korea - 2004

Katzung's Clinical Pharmacology (ISBN 978-89-95254-31-8) Korea - 2002

### **CLINICAL TRIAL EXPERIENCE**

- 1) A randomized, double-blind, placebo-controlled clinical trial Assessing the effects of Angelica gigas Nakai extract on blood triglycerides. *Nutrients*, 2020
- 2) The Effects of Steamed Ginger Ethanolic Extract on Weight and Body Fat Loss: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *Food Science and Biotechnology*, 2019
- 3) Effects of Cordyceps militaris supplementation on the immune response and upper respiratory infection in healthy adults: a randomized, double-blind, placebo-controlled study. *J Nutrition&Health*, 2019
- 4) Randomized, double-blind, placebo-controlled pilot study to assess the effects of protopanaxadiol saponin-enriched ginseng extract and pentose -processed ginseng extract on the prevention of acute respiratory illness in healthy people. *J Ginseng*, 2019
- 5) Mulberry extract attenuates endothelial dysfunction through the regulation of uncoupling endothelial nitric oxide synthase in high fat diet rats. *Nutrients*, 2019
- 6) Supplementaion with extract of Gynosremma pentaphyllum leaves reduces anxiety in healthy subjects with chronic psychological stress: A randomized, double-blind, placebo-controlled clinical trial. *Phytomedicine*, 2019
- 7) Immunomodulatory effects of a mycelium extract of Cordyceps (Paecilomyces hepiali; CBG-CS-2): a randomized and double-blind clinical trial. *BMC Complementary and Alternative Medicine*, 2019
- 8) Efficacy and Safety of Lactobacillus Plantarum C29-Fermented Soybean (DW2009) in Individuals with Mild

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Cognitive Impairment: A 12-Week, Multi-Center, Randomized, Double-Blind, Placebo-Controlled Clinical Trial Nutrients, 2019

- 9) Wheat Bran Improves Cognition in Older Adults with Memory Impairment: A Randomized Controlled Trial. *International Journal of Pharmacology* 14 (7): 922-928, 2018
- 10) A standardized extract of the fruit of *Hovenia dulcis* alleviated alcohol-induced hangover in healthy subjects with heterozygous ALDH2: A randomized, controlled, crossover trial. *Journal of Ethnopharmacology* 209 167–174, 2017
- 11) *Eriobotrya japonica* Improves Cognitive Function in Healthy Adolescents: A 12-week, Randomized Double-blind, Placebo-controlled Clinical Trial. *International Journal of Pharmacology*. 12 (4): 370-378, 2016
- 12) Randomized, double-blind, placebo-controlled trial of *Ficus carica* paste for the management of functional constipation. *Asia Pac J Clin Nutr*, 2016
- 13) A randomized, double-blind, placebo-controlled clinical trial to investigate the anti-diabetic effect of *Citrus junos* Tanaka peel. *Journal of Functional Foods* 18 532–537, 2015
- 14) Rice-based Korean meals (bibimbap and kimbab) have lower glycemic responses and postprandial-triglyceride effects than energy-matched Western meals. *Journal of Ethnic Foods*, 2015
- 15) Clinical Trial of the Hypolipidemic Effects of a Brown Alga *Ecklonia cava* Extract in Patients with Hypercholesterolemia. *International Journal of Pharmacology*, 11(7): 798-805, 2015
- 16) Mixed grain containing giant embryonic brown rice improves postprandial glycaemic response in healthy subjects. *Nutrition & Dietetics*, 2015
- 17) Hypoglycemic effects of aqueous persimmon leaf extract in a murine model of diabetes. *MOLECULAR MEDICINE REPORTS* 12: 2547-2554, 2015
- 18) Effectiveness of *Hizikia fusiformis* Extract on Erosive Gastritis: A 4-week, Randomized, Double-blind and Placebo-controlled Trial. *International Journal of Pharmacology* 11 (7): 719-725, 2015

- 19) Supplementation with *Aspergillus oryzae*-fermented kochujang lowers serum cholesterol in subjects with hyperlipidemia. *Clin Nutr.* Jun;34(3):383-7, 2015
- 20) Effect of Chongkukjang on histamine-induced skin wheal response: A randomized, double-blind, placebo-controlled trial. *J Ethn Foods* 2 52~57, 2015
- 21) Aqueous ginseng extract has a preventive role in RANKL-induced osteoclast differentiation and estrogen deficiency-induced osteoporosis. *Journal of functional foods* 13 192-203, 2015
- 22) Physiochemical and Quality Characteristics of Young Radish(Yulmoo) Kimchi Cultivated Organic Farming. *J Korean Soc Food Sci Nutr.* 43(8), 1197-1206, 2014
- 23) Postprandial glucose-lowering effects of fermented red ginseng in subjects with impaired fasting glucose or type 2 diabetes: a randomized, double-blind, placebo-controlled clinical trial. *BMC Complement Altern Med.* Jul 11; 14:237, 2014
- 24) Fermented milk of *Lactobacillus helveticus* IDCC3801 improves cognitive functioning during cognitive fatigue tests in healthy older adults. *J Functional Foods* Volume 10, 465–474, September 2014
- 25) An 8-wk, randomized, double-blind, placebo-controlled clinical trial for the antidiabetic effects of hydrolyzed ginseng extract. *J Ginseng Res.* 38:239-243, 2014
- 26) Reduction of blood lipid parameters by a 12-wk supplementation of aged black garlic: A randomized controlled trial. *Nutrition* 30 1034–1039, 2014
- 27) Beneficial Effects of Korean Traditional Diets in Hypertensive and Type 2 Diabetic Patients. *J Med Food* 17 (1) 161–171, 2014
- 28) Doenjang, a Korean fermented soy food, exerts antiobesity and antioxidative activities in overweight subjects with the PPAR- $\gamma$ 2 C1431T polymorphism: 12-week, double-blind randomized clinical trial. *J Med Food.* 119-27, 2014
- 29) Comparison of the pharmacokinetics, safety, and tolerability of vitamin D3 in DP-R206 (150-mg ibandronate/24,000-IU vitamin D3 tablet) and as monotherapy (24,000 iu) in healthy male Korean adults. *Clin Ther.* 48-57, 2014
- 30) Antiobesity effect of *Gynostemma pentaphyllum* extract (actiponin): a randomized, double-blind, placebo-controlled trial. *Obesity (Silver Spring).* 63-71, 2014
- 31) Kochujang, fermented soybean-based red pepper paste, decreases visceral fat and improves blood lipid profiles in overweight adults. *Nutrition & Metabolism.* 10:24, 2013

- 32) The effectiveness of fermented turmeric powder in subjects with elevated alanine transaminase levels: a randomised controlled study. *BMC Complementary and Alternative Medicine*, 13:58, 2013
- 33) Visceral fat and body weight are reduced in overweight adults by the supplementation of Doenjang, a fermented soybean paste. *Nutrition Research and Practice*. 6(6):520-526. 2012
- 34) Preventive Effect of Korean Red Ginseng for Acute Respiratory Illness: A Randomized and Double-Blind Clinical Trial. *J Korean Med Sci*. 27: 1472-1478, 2012
- 35) Visceral fat and body weight are reduced in overweight adults by the supplementation of Doenjang, a fermented soybean paste. *Nutr Res Pract*. 520-6, 2012
- 36) Pharmacokinetic Properties and Bioequivalence of Candesartan Cilexetil in Korean Healthy Volunteers. *Drug Dev Ind Pharm*, 2012
- 37) Improved cognitive performance following supplementation with a mixed-grain diet in high school students: A randomized controlled trial. *Nutrition*.: 165–172, 2012
- 38) A placebo-controlled trial of Korean red ginseng extract for preventing Influenza-like illness in healthy adults. *BMC Complementary and Alternative Medicine*, 12:10, 2012
- 39) Supplementation of Korean fermented soy paste doenjang reduces visceral fat in overweight subjects with mutant uncoupling protein-1 allele. *Nutrition Research*. 8-14, 2012
- 40) Influence of the Chungkookjang on histamine-induced wheal and flare skin response: a randomized, double-blind, placebo controlled trial. *BMC Complementary and Alternative Medicine* 11:125, 2011
- 41) Effects of Polycan on bone Metabolism in healthy Perimenopausal Women: a 12-week Randomized, Double-blind, Placebo-controlled study. *Kor. J. Clin. Pharm.*, Vol. 21, No. 4. 2011
- 42) Pharmacokinetic Properties of Entecavir 1 mg in Korean Healthy Volunteers. *Kor. J. Clin. Pharm.*, Vol. 21, No. 3. 2011
- 43) Improving Effects of Multigrain Feed on Endurance. *J Korean Soc Food Sci Nutr*, 40(12), 1700-1707, 2011
- 44) Actual Status of Constipation and Life Factors Affecting Constipation by Diagnosis of Rome in Female University Students in Korea. *Korean J Nutr*.:428-442. 2011
- 45) Effects of Chungkookjang Supplementation on Obesity and Atherosclerotic Indices in Overweight/Obese Subjects: A 12-Week, Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *J Med Food*. 14(5):1–6, 2011

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