

Arnar Bragi Ingason

Curriculum vitae

Name: Arnar Bragi Ingason

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Education:

Aug 2019 – May 2022 (planned): University of Iceland, PhD in Medical Sciences

Aug 2016 – May 2019: University of Iceland, MD in Medicine, graduated first class

Aug 2013 – May 2016: University of Iceland, BS in Medicine, graduated first class with distinction

Aug 2008 – May 2013: Menntaskólinn í Reykjavík, College, graduated first class with distinction

Work Experience:

Jun 2022 – June 2028 (planned): University of Vermont, General Surgery. Residency.

Aug 2021 – Jun 2022: Landspítali University Hospital. Gastroenterology Department. Research.

Oct 2020 – Aug 2021: Landspítali University Hospital, General Surgery. Residency.

Jun 2020 – Oct 2020: Landspítali University Hospital. Gastroenterology Department. Research.

Jun 2019– Jun 2020: Husavík Rural Hospital. Primary Care Rotation. Internship.

Jun 2019– Jun 2020: Akureyri Regional Hospital. General Surgery and Internal Medicine Rotation. Internship.

Jun 2019– Jun 2020: Landspítali University Hospital. Obstetrics and Gynecology Rotation. Internship.

Jun 2018 – Aug 2018: Akureyri Regional Hospital, General Surgery. Paid Subinternship.

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Jun 2017 – Aug 2017: Hrafnista Elderly Home. Attending Nurse.

Jun 2014 – Aug 2015: Skjól Elderly Home. Elderly Care Worker.

Clinical Rotations in the US:

Feb 2019 – Mar 2019: Yale New Haven Hospital. Cardiothoracic Surgery. Subinternship.

Jan 2019 – Feb 2019: Dartmouth-Hitchcock Medical Center. Acute Surgical Care and Trauma Dept. Clinical Observership.

Research Experience:

Landspítali University Hospital, Department of Anesthesiology and Critical Care (Jun 2019 -).

PI: Martin I Sigurdsson

- Studying the risk of persistent opioid usage after cardiothoracic and general surgery.

University of Iceland, Faculty of Medicine (June 2018 -). PI: Einar S Bjornsson

- PhD thesis on the efficacy, safety, and adherence of warfarin and direct oral anticoagulants. Planned completion in May 2022.

Yale New Haven Hospital, Cardiac Surgery Division (Feb 2019 – Mar 2019). PI: Arnar Geirsson

- Studying patient-prosthesis mismatch among patients with surgical aortic valve replacements.

University of Iceland, Faculty of Medicine. Department of Neuroanatomy, Biomedical Center (Apr. 2015 – Nov. 2018). PI: Petur H Petersen

- Studying the role of MITF and mast cells in the heart.

Stanford University, Cardiothoracic Surgery Department (Feb. 2016 – Aug. 2016). PI: Y. Joseph Woo

- Studying angiogenesis and cardiomyocyte migration in heart regeneration.

Publications:

Ingason AB, Rumba E, Hreinsson JP. Ágústsson AS, Lund SH, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurson PT, Tryggvason G, Björnsson ES. Warfarin is associated

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with higher rates of epistaxis compared to direct oral anticoagulants: a nationwide propensity score-weighted study. *J Intern Med* 2022. Article in press.

Ingason AB, Geirsson A, Gudbjartsson T, Muehlschlegel JD, Sigurdsson MI. The incidence of new persistent opioid use following cardiac surgery via sternotomy. *Ann Thorac Surg* 2022;113:33-40.

Ágústsson AS, **Ingason AB**, Rumba E, et al. Causes of gastrointestinal bleeding in oral anticoagulant users compared to non-users in a population-based study. *Scand J Gastroenterol* 2022;57:239-45.

Ingason AB, Hreinsson JP, Ágústsson AS, Lund SH, Rumba E, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurson PT, Björnsson ES. Rivaroxaban Is Associated With Higher Rates of Gastrointestinal Bleeding Than Other Direct Oral Anticoagulants: A Nationwide Propensity Score-Weighted Study. *Ann Intern Med* 2021;174:1493-502.

Ingason AB, Jóhannesson JM, Halldórsson JT, Júlíusson UI, Halldórsdóttir Á, Böðvarsson Á. No transmission of SARS-CoV-2 to 23 healthcare professionals involved in advanced life support of COVID-19 patient - association with low viral RNA in respiratory specimens. *Infect Dis (Lond)* 2021;53:72-5.

Ingason AB, Magnússon MK, Ragnarsson GB. [Opioid overdose following voriconazole treatment - case report]. *Laeknabladid* 2019;105:335-7.

Ingason AB, Mehmet F, Atacho DAM, Steingrímsson E, Petersen PH. Distribution of mast cells within the mouse heart and its dependency on Mitf. *Mol Immunol* 2018;105:9-15.

Ingason AB, Theodórs A, Ágústsson AS, Arnarson A. Giant gastric lipoma successfully removed by endoscopic submucosal dissection: case report and systematic review. *Scand J Gastroenterol* 2018;53:1018-24.

Ingason AB, Sigfússon G, Torfason B. Congenital aortic stenosis due to unicuspid unicommissural aortic valve: a case report. *J Cardiothorac Surg* 2018;13:61.

Ingason AB, Goldstone AB, Paulsen MJ, Thakore A, Truong V, Edwards BB, Eskandari A, Bollig T, Steele AN, Woo YJ. Angiogenesis precedes cardiomyocyte migration in regenerating mammalian hearts. *J Thorac Cardiovasc Surg* 2018;155:1118-27 e1.

Goldstone AB, Burnett CE, Cohen JE, Paulsen MJ, Eskandari A, Edwards BE, **Ingason AB**, Steele AN, Patel JB, MacArthur JW, Shizuru JA, Woo YJ. SDF 1-alpha Attenuates Myocardial Injury Without Altering the Direct Contribution of Circulating Cells. *J Cardiovasc Transl Res* 2018;11:274-84.

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Kawamura M, Paulsen MJ, Goldstone AB, Shudo Y, Wang H, Steele AN, Stapleton LM, Edwards BB, Eskandari A, Truong VN, Jaatinen KJ, **Ingason AB**, Miyagawa S, Sawa Y, Woo YJ. Tissue-engineered smooth muscle cell and endothelial progenitor cell bi-level cell sheets prevent progression of cardiac dysfunction, microvascular dysfunction, and interstitial fibrosis in a rodent model of type 1 diabetes-induced cardiomyopathy. *Cardiovasc Diabetol* 2017;16:142.

Oral Presentations at National Conferences:

Ingason AB, Rumba E, Hreinsson JP. Ágústsson AS, Lund SH, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurason PT, Tryggvason G, Björnsson ES. *Warfarín er tengt við aukna tíðni nefblæðinga samanborið við beina storkuheimla [Warfarin is associated with higher rates of epistaxis compared to direct oral anticoagulants]*. National Surgery and Anesthesiology Conference of Iceland. 2022 April 1st. Reykjavik, Iceland. **Presentation received an award for best oral presentation of the conference.**

Ingason AB, Geirsson A, Gudbjartsson T, Muehlschlegel JD, Sigurdsson MI. *Viðvarandi ópíóíðanotkun eftir opnar hjartaaðgerðir [Persistent opioid use following open heart surgery]*. National Surgery and Anesthesiology Conference of Iceland. 2022 April 1st. Reykjavik, Iceland.

Ingason AB, Hreinsson JP, Agustsson AS, Lund SH, Reynisson IE, Gudmundsdottir BR, Onundurason PT, Bjornsson E. *Warfarin is associated with higher rates of upper but not lower gastrointestinal bleeding compared to direct oral anticoagulants: A population-based propensity score matched cohort study*". Digestive Disease Week. 2020 May 3rd. Virtual conference.

Ingason AB, Hreinsson JP, Lund SH, Bjornsson E. *Rivaroxaban is Associated with Higher Rates of Gastrointestinal Bleeding Compared to Other Non-Vitamin K Anticoagulants: A Population-Based Propensity Score-matched Cohort Study*. Digestive Disease Week. 2019 May 19th. San Diego. CA. **Presentation received the Young Investigator Award.**

Ingason AB, Goldstone AB, Paulsen MJ, Edwards BB, Eskandari A, Truong V, Bourdillon AT, Bollig T, Steele AN, Woo YJ. *Nýæðamyndun er undanfari hjartavöðvafrumuskríðs í endurnýjun hjartans [Angiogenesis precedes cardiomyocyte migration in heart regeneration]*. National Surgery and Anesthesiology Conference of Iceland. 2018 Mar 24th. Reykjavik, Iceland. **Presentation received Dr. Magnusson award for best oral presentation by a medical student or resident.**

Ingason AB, Goldstone AB, Paulsen MJ, Edwards BB, Eskandari A, Truong V, Bourdillon AT, Bollig T, Steele AN, Woo YJ. *Angiogenesis and arteriogenesis precedes cardiomyocyte*

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migration in regenerating mammalian hearts. AATS Centennia. 2017 May 2nd. Boston, MA. Boston, MA.

Posters at National Conferences Outside Iceland:

Ingason AB, Hreinsson JP, Ágústsson AS, Lund SH, Reynisson IE, Guðmundsdóttir BR, Önundarson PT, Björnsson ES. Comparison of Medication Adherence Between Different Oral Anticoagulants: A Propensity Weighted Nationwide Cohort Study. International Society of Thrombosis and Haemostasis Congress. 2020 July 12th. Virtual Conference.

Agustsson AS, **Ingason AB**, Reynisson IE, Hreinsson JP, Bjornsson ES. Is Oral anticoagulation associated with improved survival in colorectal carcinoma? Digestive Disease Week. 2020 May 2nd. Virtual Conference.

Agustsson AS, **Ingason AB**, Reynisson IE, Hreinsson JP, Bjornsson ES. Causes of upper gastrointestinal bleeding in oral anticoagulant users compared to non-users. Digestive Disease Week. 2020 May 2nd. Virtual Conference.

Agustsson AS, **Ingason AB**, Reynisson IE, Hreinsson JP, Bjornsson ES. Causes of lower gastrointestinal bleeding in oral anticoagulant users compared to non-users. Digestive Disease Week. 2020 May 2nd. Virtual Conference.

Ingason AB, Hreinsson JP, Lund SH, Bjornsson ES. Non-vitamin K oral anticoagulants have lower rates of gastrointestinal bleeding compared to warfarin: A population-based propensity score-matched cohort study. Digestive Disease Week. May 20th 2019. San Diego, CA.

Kawamura M, Goldstone AB, Shudo Y, Steele AN, Hopkins M, Edwards B, Patel J, Jensen C, Stapleton LM, Eskandari A, **Ingason AB**, Woo YJ. Transplant of smooth muscle cell-endothelial progenitor cell bi-level cell-sheet attenuated cardiac dysfunction and microvascular disease in diabetic cardiomyopathy. American Heart Association Scientific Sessions. November 12th 2016. New Orleans, LA.

Posters at National Conferences in Iceland:

Rumba E, **Ingason AB**, Björnsson ES, Tryggvason G. *Samanburður á meðferð og alvarleika nefblæðinga tengdri notkun storkuheimla: Landlæg þýðisrannsókn. [Comparison of the treatment and severity of epistaxis related to oral anticoagulation use: Nationwide cohort study].* National Surgery and Anesthesiology Conference of Iceland. 2022.

Práinsson L, Halldórsson AB, **Ingason AB**, Ísaksson HJ, Sigurðsson MI, Guðmundsson G, Guðbjartsson T. *Sýnataka með brjóstholssjá á lungum sjúklinga með lungnatrefjun er örugg aðgerð [Thoracoscopic lung biopsies in patients with pulmonary fibrosis is a safe procedure].* National Surgery and Anesthesiology Conference of Iceland. 2022.

Ingason AB, Hreinsson JP, Ágústsson AS, Lund SH, Rumba E, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurson PT, Björnsson ES. *Rivaroxaban hefur tengsl við hærrí tíðni meltingarvegsblæðinga en aðrir beinir storkuheimlar [Rivaroxaban Is Associated With Higher Rates of Gastrointestinal Bleeding Than Other Direct Oral Anticoagulants].* National Internal Medicine Conference of Iceland. 2021 November 6th. **Received an award for best abstract by a resident.**

Daðadóttir S, **Ingason AB**, Hreinsson JP, Björnsson ES. *Samanburður á blæðingum frá meltingarvegi hjá sjúklingum með skorpulifur [Comparison of gastrointestinal bleeding rates in patients with cirrhosis].* National Internal Medicine Conference of Iceland. 2021 November 6th.

Ágústsson AS, **Ingason AB**, Pálsson D, Rumba E, Reynisson IE, Hreinsson JP, Björnsson ES. *Samanburður á orsökum neðri meltingarvegsblæðinga milli einstaklinga á blóðþynningu og án blóðþynningar um munn [Causes of lower gastrointestinal bleeding in oral anticoagulant users compared to non-users].* National Internal Medicine Conference of Iceland. 2021 November 6th.

Ágústsson AS, **Ingason AB**, Pálsson D, Rumba E, Reynisson IE, Hreinsson JP, Björnsson ES. *Samanburður á orsökum efri meltingarvegsblæðinga milli einstaklinga á blóðþynningu og án blóðþynningar um munn [Causes of upper gastrointestinal bleeding in oral anticoagulant users compared to non-users].* National Internal Medicine Conference of Iceland. 2021 November 6th.

Ágústsson AS, **Ingason AB**, Pálsson D, Rumba E, Reynisson IE, Hreinsson JP, Björnsson ES. *Hefur meðferð með blóðþynningarlyfjum um munn tengsl við aukna lifun sjúklinga með ristilkrabbamein? [Is Oral anticoagulation associated with improved survival in colorectal carcinoma?].* National Internal Medicine Conference of Iceland. 2021 November 6th.

Ingason AB, Hreinsson JP, Ágústsson AS, Lund SH, Rumba E, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurson PT, Björnsson ES. *Samanburður á meðferðarhaldni*

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blóðþynningarlyfja um munn: Landlæg þýðisrannsókn [Comparison of adherence between different oral anticoagulants]. National Internal Medicine Conference of Iceland. 2021 November 5th.

Rumba E, **Ingason AB**, Hreinsson JP, Tryggvason G, Björnsson ES. *Samanburður á meðferð og alvarleika nefblæðinga tengdri notkun storkuhemla: Landlæg þýðisrannsókn [Comparison of the treatment and severity of epistaxis related to oral anticoagulation use: Nationwide cohort study]* National Internal Medicine Conference of Iceland. 2021 November 5th.

Ingason AB, Hreinsson JP, Ágústsson AS, Lund SH, Rumba E, Pálsson DA, Reynisson IE, Guðmundsdóttir BR, Öundurson PT, Björnsson ES. *Rivaroxaban hefur tengsl við hærri tíðni meltingarvegsblæðinga en aðrir beinir storkuhemlar [Rivaroxaban Is Associated With Higher Rates of Gastrointestinal Bleeding Than Other Direct Oral Anticoagulants].* Vísindi á vordögum. 2021 April 28th.

Ingason AB, Geirsson A, Guðbjartsson T, Muehlschlegel JD, Sigurðsson MI. *Nýgengi langvarandi ópíóíðanotkunar eftir opna hjartaaðgerð [The incidence of new persistent opioid use following cardiac surgery via sternotomy].* Vísindi á vordögum. 2021 April 28th.

Research Grants Received:

Agency: The Icelandic Research Fund

Project title: The efficacy and safety of oral anticoagulants: population-based study

Grant number: 207113-051

Grant type: Doctoral Student Grant

PI: Arnar Bragi Ingason (The PhD student needs to be assigned as PI for Doctoral Student Grants)

Total cost: 169,4000 USD (21,6 million ISK)

Project period: 2020-2022

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Extracurricular Activities:

IIHF Ice Hockey Men's World Championship Div II B. Reykjavik, Iceland. Event Chief Medical Officer. 2022.

IIHF Ice Hockey Women's World Championship Div II B. Akureyri, Iceland. Event Chief Medical Officer. 2020.

Læknaneminn. Editorial Board. 2017-2018.

Forvarnarfélagið Ástráður. Held lectures in sex education for freshmen at various colleges around Iceland. 2014-2015.

Federation of International Nordic Medical Students (FINO) Conference. Volunteered at the annual conference for Scandinavian medical students in Thingvellir, Iceland. 2014.

Red Cross Iceland. Held lectures in CPR and first aid in elementary schools in Iceland (Laugarnesskóli og Laugalækjarskóli). 2014.

Forvarnarfélagið Bjargráður. Held lectures in CPR and first aid for freshmen at various colleges around Iceland. 2013-2014.

Icelandic Medical Students International Committee. Secretary. 2013-2014.

Part-time tutor at the *University of Iceland.* Assisted in hands-on anatomy classes of the torso and extremities for 1st year medical students and 1st year physiotherapy students. 2013.

Awards and accolades:

Young Investigator of the Year at Landspítali University Hospital. 2022.

Award for best oral presentation at the National Surgery and Anesthesiology Conference of Iceland. 2022.

Award for best scientific abstract at the National Internal Medicine Conference of Iceland. 2021.

Award for best oral presentation at a combined conference for Icelandic and British surgical residents (U.K. - Iceland Innovation and Collaboration Conference). 2021.

Young Investigator Award for outstanding oral presentation at Digestive Disease Week. 2019.

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Dr. Magnusson award for best oral presentation by a medical student or resident at the National Surgery and Anesthesiology Conference of Iceland. 2018.

Languages:

Icelandic Fluent

English Fluent

Danish Good

German Fair

Hobbies:

I love outdoor activities, such as hiking, long-distance running, and skiing. I'm a big sports person, I played Ice Hockey from age 6-20 and played for the Icelandic National Team in five separate Junior World Championships. When I was younger, I used to play hockey in the winter and soccer in the summer, but for the past years I have turned to playing floorball, which is less time-consuming but just as fun.

I also love travelling with my wife, reading books, and cooking (and eating) good food.