

# CURRICULUM VITAE

**Monika Kolář, MSc**



## Contact

**Name** Monika Kolar

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## Research interest

Age-related biomarkers and their role as indicators of cognitive decline and overall health. Prevention of neurodegenerative diseases through lifestyle factors, especially nutrition and exercise.

## Current position

PhD student in the EU funded project BrainHealth, at the Department of Nutritional Sciences, University of Vienna

## Higher education

2022 Graduation from University of Vienna (Master's degree, Nutritional Sciences, Specialization in Public Health nutrition)

2014 Graduation from Masaryk University in Brno (Bachelor's degree, Clinical nutrition)

## Work experience

05/2024 – 7/2024 Dietitian at the Slovak Academy of Sciences – participated in the development of educational materials on the MIND diet and its practical application in everyday life for participants in planned studies.

07/2022 – 03/2024 Team dietitian at Zhiva j.s.a. – developing project educational content for a nationwide (Slovak) project (Active.me) focused on promoting healthy habits among older adults. Contributing to the development of a prototype for an AI-powered screening tool for the diagnosis of non-alcoholic fatty liver disease.

03/2020 – 05/2024 Dietitian and external project assistant at Vitadio Health Technologies, GmbH – a digital platform dedicated to innovative therapeutic approaches for type II diabetes.

since 2016 – Freelance dietitian and social media content creator focused on evidence based nutrition.

## Lab skills

- Animal tissue processing (muscle, kidney, liver, blood)
- Gene expression analysis via RT-qPCR (RNA isolation, quality control, and quantification, primer design, reference gene determination, reverse transcription)
- Statistical analysis and data visualisation (GraphPad Prism)

## Language

- German – fluent
- English – fluent
- Slovak and Czech – native