

# CURRICULUM VITAE

## RAGNAR MARTIN JOAKIMSEN

Born: 100166

Address: Home: Kvitungeveien 26    Work1: Department of Clinical Medicine  
9018 Tromsø    University of Tromsø  
Tlf: 77 67 08 06    9037 Tromsø, Tlf: 77 64 40 00

Work2: Department of Internal Medicine  
University hospital of North Norway  
9038 Tromsø

Married 1992, Three Children (born 1992, 1995 and 1998).

### Education:

Medical doctor (laudabilis) Oslo 1991.

9 credit ours of epidemiology and biostatistics ("18 vekttall") during PhD.

Dr. med. (PhD) 1999.

### Appointments:

|                                                                                            |           |      |
|--------------------------------------------------------------------------------------------|-----------|------|
| Internship, hospital Hamar Sykehus                                                         | 12 mnd    | 1992 |
| Internship, general practise Bardu kommune                                                 | 6 mnd     | 1993 |
| Lieutenant, battalions doctor, Brig. N., Bardu<br>(National Service)                       | 1993-94   |      |
| Research Fellow                                                                            | 1994-1999 |      |
| Researcher                                                                                 | 1999-2001 |      |
| General practitioner 30% position                                                          | 1994-2001 |      |
| Resident, Dep. int. med.                                                                   | 2001-2008 |      |
| 24 mth endo, 12 mth heart, 44 mth kidney                                                   |           |      |
| Consultant (Overlege) nephrology                                                           | 2008-2009 |      |
| Consultant (Overlege) endocrinology                                                        | 2009-     |      |
| Associate professor, institute of clinical medicine<br>university of Tromsø, 20 % position | 2003-     |      |
| Researcher, centre of clinical documentation and<br>evaluation, 20% position               | 2004-6    |      |

### Thesis:

Joakimsen RM. Risk factors for non-vertebral fractures in a middle-aged population.  
ISM-series nr. 47. Institute of Community Medicine, University of Tromsø, Tromsø,  
Norway.

## Papers:

1: Omsland TK, Ahmed LA, Grønskag A, Schei B, Emaus N, Langhammer A, Joakimsen RM, Jørgensen L, Sjøgaard AJ, Gjesdal CG, Meyer HE. More forearm fractures among urban than rural women: The NOREPOS study based on the Tromsø study and the HUNT study. *J Bone Miner Res.* 2011 Apr;26(4):850-6. doi: 10.1002/jbmr.280. PubMed PMID: 21061241.

2: Grimnes G, Emaus N, Joakimsen RM, Figenschau Y, Jenssen T, Njølstad I, Schirmer H, Jorde R. Baseline serum 25-hydroxyvitamin D concentrations in the Tromsø Study 1994-95 and risk of developing type 2 diabetes mellitus during 11 years of follow-up. *Diabet Med.* 2010 Oct;27(10):1107-15. doi: 10.1111/j.1464-5491.2010.03092.x. PubMed PMID: 20854377.

3: Jørgensen L, Joakimsen R, Ahmed L, Størmer J, Jacobsen BK. Smoking is a strong risk factor for non-vertebral fractures in women with diabetes: the Tromsø Study. *Osteoporos Int.* 2011 Apr;22(4):1247-53. Epub 2010 Jul 6. PubMed PMID: 20607217.

4: Wilsgaard T, Jacobsen BK, Ahmed LA, Joakimsen RM, Størmer J, Jørgensen L. BMI change is associated with fracture incidence, but only in non-smokers. The Tromsø Study. *Osteoporos Int.* 2011 Apr;22(4):1237-45. Epub 2010 Jun 12. PubMed PMID: 20549486.

5: Hutchinson MS, Grimnes G, Joakimsen RM, Figenschau Y, Jorde R. Low serum 25-hydroxyvitamin D levels are associated with increased all-cause mortality risk in a general population: the Tromsø study. *Eur J Endocrinol.* 2010 May;162(5):935-42. Epub 2010 Feb 25. PubMed PMID: 20185562.

6: Jørgensen L, Skjelbakken T, Løchen ML, Ahmed L, Bjørnerem A, Joakimsen R, Jacobsen BK. Anemia and the risk of non-vertebral fractures: the Tromsø Study. *Osteoporos Int.* 2010 Oct;21(10):1761-8. Epub 2009 Dec 3. PubMed PMID: 19957163.

7: Ahmed LA, Emaus N, Berntsen GK, Bjørnerem A, Fønnebø V, Jørgensen L, Schirmer H, Størmer J, Joakimsen RM. Bone loss and the risk of non-vertebral fractures in women and men: the Tromsø study. *Osteoporos Int.* 2010 Sep;21(9):1503-11. Epub 2009 Nov 21. PubMed PMID: 19936871. 8: Ahmed LA, Schirmer H, Bjørnerem A, Emaus N, Jørgensen L, Størmer J, Joakimsen RM. The gender- and age-specific 10-year and lifetime absolute fracture risk in Tromsø, Norway. *Eur J Epidemiol.* 2009;24(8):441-8. Epub 2009 May 30. PubMed PMID: 19484362.

9: Wilsgaard T, Emaus N, Ahmed LA, Grimnes G, Joakimsen RM, Omsland TK, Berntsen GR. Lifestyle impact on lifetime bone loss in women and men: the Tromsø Study. *Am J Epidemiol.* 2009 Apr 1;169(7):877-86. Epub 2009 Jan 27. PubMed PMID: 19174426.

10: Grimnes G, Emaus N, Joakimsen RM, Figenschau Y, Jorde R. The relationship between serum TSH and bone mineral density in men and postmenopausal women: the Tromsø study. *Thyroid*. 2008 Nov;18(11):1147-55. PubMed PMID: 18925834.

11: Sneve M, Emaus N, Joakimsen RM, Jorde R. The association between serum parathyroid hormone and bone mineral density, and the impact of smoking: the Tromsø Study. *Eur J Endocrinol*. 2008 Mar;158(3):401-9. PubMed PMID: 18299475.

12: Jørgensen L, Jenssen T, Ahmed L, Bjørnerem A, Joakimsen R, Jacobsen BK. Albuminuria and risk of nonvertebral fractures. *Arch Intern Med*. 2007 Jul 9;167(13):1379-85. PubMed PMID: 17620531.

13: Bjørnerem A, Emaus N, Berntsen GK, Joakimsen RM, Fønnebø V, Wilsgaard T, Oian P, Seeman E, Straume B. Circulating sex steroids, sex hormone-binding globulin, and longitudinal changes in forearm bone mineral density in postmenopausal women and men: the Tromsø study. *Calcif Tissue Int*. 2007 Aug;81(2):65-72. Epub 2007 Jul 6. PubMed PMID: 17612780.

14: Bjørnerem A, Ahmed LA, Joakimsen RM, Berntsen GK, Fønnebø V, Jørgensen L, Øian P, Seeman E, Straume B. A prospective study of sex steroids, sex hormone-binding globulin, and non-vertebral fractures in women and men: the Tromsø Study. *Eur J Endocrinol*. 2007 Jul;157(1):119-25. Erratum in: *Eur J Endocrinol*. 2011 Mar;164(3):445. PubMed PMID: 17609411.

15: Thrane G, Joakimsen RM, Thornquist E. The association between timed up and go test and history of falls: the Tromsø study. *BMC Geriatr*. 2007 Jan 12;7:1. PubMed PMID: 17222340; PubMed Central PMCID: PMC1781456.

16: Ahmed LA, Schirmer H, Fønnebø V, Joakimsen RM, Berntsen GK. Validation of the Cummings' risk score; how well does it identify women with high risk of hip fracture: the Tromsø Study. *Eur J Epidemiol*. 2006;21(11):815-22. Epub 2006 Nov 22. PubMed PMID: 17119878.

17: Jørgensen L, Joakimsen O, Mathiesen EB, Ahmed L, Berntsen GK, Fønnebø V, Joakimsen R, Njølstad I, Schirmer H, Jacobsen BK. Carotid plaque echogenicity and risk of nonvertebral fractures in women: a longitudinal population-based study. *Calcif Tissue Int*. 2006 Oct;79(4):207-13. Epub 2006 Oct 10. Erratum in: *Calcif Tissue Int*. 2009 Jul;85(1):84. PubMed PMID: 17048067.

18: Ahmed LA, Schirmer H, Berntsen GK, Fønnebø V, Joakimsen RM. Features of the metabolic syndrome and the risk of non-vertebral fractures: the Tromsø study. *Osteoporos Int*. 2006;17(3):426-32. Epub 2005 Dec 31. Erratum in: *Osteoporos Int*. 2009 May;20(5):839. PubMed PMID: 16437192.

19: Emaus N, Berntsen GK, Joakimsen R, Fønnebø V. Longitudinal changes in forearm bone mineral density in women and men aged 45-84 years: the Tromsø

Study, a population-based study. *Am J Epidemiol.* 2006 Mar 1;163(5):441-9. Epub 2006 Jan 4. PubMed PMID: 16394202.

20: Ahmed LA, Joakimsen RM, Berntsen GK, Fønnebø V, Schirmer H. Diabetes mellitus and the risk of non-vertebral fractures: the Tromsø study. *Osteoporos Int.* 2006;17(4):495-500. Epub 2005 Nov 10. Erratum in: *Osteoporos Int.* 2009 May;20(5):841. PubMed PMID: 16283065.

21: Emaus N, Berntsen GK, Joakimsen RM, Fønnebø V. Longitudinal changes in forearm bone mineral density in women and men aged 25-44 years: the Tromsø study: a population-based study. *Am J Epidemiol.* 2005 Oct 1;162(7):633-43. Epub 2005 Aug 24. PubMed PMID: 16120708.

22: Emaus N, Berntsen GK, Joakimsen R, Fønnebø V. Bone mineral density measures in longitudinal studies: the choice of phantom is crucial for quality assessment. The Tromsø study, a population-based study. *Osteoporos Int.* 2005 Dec;16(12):1597-603. Epub 2005 May 11. PubMed PMID: 15886862.

23: Ahmed LA, Schirmer H, Berntsen GK, Fønnebø V, Joakimsen RM. Self-reported diseases and the risk of non-vertebral fractures: the Tromsø study. *Osteoporos Int.* 2006 Jan;17(1):46-53. Epub 2005 Apr 19. Erratum in: *Osteoporos Int.* 2009 May;20(5):837. PubMed PMID: 15838716.

24: Sjøgaard AJ, Joakimsen RM, Tverdal A, Fønnebø V, Magnus JH, Berntsen GK. Long-term mental distress, bone mineral density and non-vertebral fractures. The Tromsø Study. *Osteoporos Int.* 2005 Aug;16(8):887-97. Epub 2004 Dec 24. PubMed PMID: 15618997.

25: Svartberg J, Midtby M, Bønnaa KH, Sundsfjord J, Joakimsen RM, Jorde R. The associations of age, lifestyle factors and chronic disease with testosterone in men: the Tromsø Study. *Eur J Endocrinol.* 2003 Aug;149(2):145-52. PubMed PMID: 12887292.

26: Kamycheva E, Joakimsen RM, Jorde R. Intakes of calcium and vitamin d predict body mass index in the population of Northern Norway. *J Nutr.* 2003 Jan;133(1):102-6. PubMed PMID: 12514276.

27: Joakimsen RM, Fønnebø V, Sjøgaard AJ, Tøllan A, Størmer J, Magnus JH. The Tromsø study: registration of fractures, how good are self-reports, a computerized radiographic register and a discharge register? *Osteoporos Int.* 2001 Dec;12(12):1001-5. PubMed PMID: 11846324.

28: Midtby M, Magnus JH, Joakimsen RM. The Tromsø Study: a population-based study on the variation in bone formation markers with age, gender, anthropometry and season in both men and women. *Osteoporos Int.* 2001;12(10):835-43. PubMed PMID: 11716186.

- 29: Joakimsen RM, Fønnebø V. [Screening for osteoporosis in Norway?]. Tidsskr Nor Laegeforen. 2001 Feb 20;121(5):615-8. Norwegian. PubMed PMID: 11301622.
- 30: Joakimsen RM, Berntsen GK, Fønnebø V. [Vertebral fractures--a big health problem for elderly women?]. Tidsskr Nor Laegeforen. 2001 Feb 20;121(5):598-602. Review. Norwegian. PubMed PMID: 11301617.
- 31: Rosvold Berntsen GK, Fønnebø V, Tollan A, Sjøgaard AJ, Joakimsen RM, Magnus JH. The Tromsø study: determinants of precision in bone densitometry. J Clin Epidemiol. 2000 Nov;53(11):1104-12. PubMed PMID: 11106883.
- 32: Joakimsen RM, Fønnebø V, Magnus JH, Tollan A, Sjøgaard AJ. The Tromsø Study: body height, body mass index and fractures. Osteoporos Int. 1998;8(5):436-42. PubMed PMID: 9850351.
- 33: Joakimsen RM, Fønnebø V, Magnus JH, Størmer J, Tollan A, Sjøgaard AJ. The Tromsø Study: physical activity and the incidence of fractures in a middle-aged population. J Bone Miner Res. 1998 Jul;13(7):1149-57. PubMed PMID: 9661079.
- 34: Joakimsen RM. [Fracture--just bone density?]. Tidsskr Nor Laegeforen. 1997 Oct 30;117(26):3850-1. Norwegian. PubMed PMID: 9417697.
- 35: Joakimsen RM, Magnus JH, Fønnebø V. Physical activity and predisposition for hip fractures: a review. Osteoporos Int. 1997;7(6):503-13. Review. PubMed PMID: 9604045.
- 36: Joakimsen RM, Sjøgaard AJ, Tollan A, Magnus JH. [Osteoporosis. Knowledge and attitudes of the Norwegian population]. Tidsskr Nor Laegeforen. 1996 Jun 30;116(17):2013-6. Norwegian. PubMed PMID: 8766643.
- 37: Magnus JH, Joakimsen RM, Berntsen GK, Tollan A, Sjøgaard AJ. What do Norwegian women and men know about osteoporosis? Osteoporos Int. 1996;6(1):32-6. PubMed PMID: 8845597.
- 38: Joakimsen RM, Magnus JH. [Rheumatic fever--does it exist in Norway today?]. Tidsskr Nor Laegeforen. 1994 Oct 10;114(24):2854-6. Norwegian. PubMed PMID: 7998035.

### ***Clinical Studies***

Principal investigator Tromsø, The Origin study, 12 study-patients, 2004-  
National coordinator:

A multicentre, international, randomised, parallel group, double blind study to evaluate Cardiovascular safety of linagliptin versus glimepiride in patients with type 2 diabetes mellitus at high cardiovascular risk.

The CAROLINA Trial.

### ***Invited speaker:***

3<sup>rd</sup> Baltic Bone Conference in Ronneby 1999: Fracture risk assessment: Bone mass measurements are essential – true or false.

Physical activity and fracture risk in older populations. Fifth annual congress of the European College of Sport Science, Finland, 2000.

Osteoporosis in the Tromsø Study. Norsk Endokrinologisk Selskap 23. mars 2001.

Mb Addison. Årsmøte i Addison-foreningen, Tromsø, 24/8-02.

Hypothyroidism. Hypothyreoseforeningen i Alta. Alta, 12/11-02.

Thyroid diseases. Tromsø forening for pasienter med thyroideasykdommer. Tromsø, 26/2-03.

Kidney transplanted patients and osteoporosis. Norwegian nephrologists meeting 2007.

Osteoporosis and breast cancer. Tromsø forening for pasienter med brystkreft. 2008

### ***Referee:***

Norsk Epidemiologi  
Preventive Medicine  
Calcified Tissue International  
Clinical Drug investigation  
Tidsskrift den norske Lægeforening

### ***Opposition:***

Dissertation Clara Gram Gjesdal: Epidemiologic studies of osteoporosis in Hordaland. Issues related to body composition and B-vitamins.

### ***Affiliations:***

Member of organizing committee of course II at medical school in Tromsø spring 2000-fall 2001.

Member of organizing committee of course XVII at medical school in Tromsø spring 2000-fall 2001

Member of committee supervising the last (and finishing) exam of the medical study in Tromsø spring 2000-fall 2001

Member of steering committee of Tromsø Osteoporosis Study spring 2001-3.

Member of steering committee of Norwegian Endocrine Society fall 2002-fall 2003.

Member of faculty committee (Programstyret) of medical faculty of Tromsø fall 2004-6

Leader of research council of Norwegian Osteoporosis Foundation from fall 2003-

Member of planning committee for odontological education in Tromsø 2004-

Head of 120 hour course in “diseases and illnesses”, part of one-year study from 2006-2008

Leader of committee for revision of Tromsø Medical School, 2009 (Febr-Dec)

Member of leaderteam, Institute of Clinical Medicine, University of Tromsø, 2009

### ***Supervision:***

PhD-students:

Monica Midtby: On biological markers and osteoporosis. Monica died aug. 2002.

Luai Awad Ahmed: Risk factors for fractures. Finished dec. 2005.

Nina Emaus: Predictors of bone loss. Finished May 2006.

Master (physiotherapy):

Gyrd Thrane: Timed up and go test as predictor of falls. Finished grade B Dec. 2004.

Medical students:

Ann Iren Hugstmyr and Lena Glasø: Blood glucosis measurement and fracture risk.

Accepted fall 2001.

Lillian Iversen: Milk intake and fracture risk. 2007

Anders Hennig: HbA1c and fracture risk. 2007

### **Teaching:**

All my years as research fellow I have had lectures on topics like osteoporosis, epidemiology, medical statistics, and also some lectures on cardiovascular disease and general practice. The students have been studying medicine, dental medicine, pharmacy, physiotherapy, nursing or they have been postgraduates. The last years I have also participated in lectures on endocrinological topics, general internal

medicine and kidney medicine. I have been a coordinator for internal medicine I practice for medical students, and I have been head of a 120 hours course in basic medical knowledge.

During 2009 and 2010 I participated in the planning and implementation of a series of postgraduate courses for general practitioners on the theme of diabetes.

Yours Sincerely

Ragnar Martin Joakimsen  
Tromsø, April 19, 2011