

CURRICULUM VITAE



1. Personal details

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2. Education

2006-2011 Master of Science (Physiology), Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand.
2002-2004 Bachelor of Science (Health education), Bansomdejchaophraya Rajabhat University, Bangkok, Thailand.
2000-2002 The Certificate of Medical Science Technician, The School of Medical Science Technician, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand.

3. Work Experiences

2013-present Medical Scientist, Central laboratory, Department of Physiology, Faculty of Medicine Siriraj Hospital, Mahidol University.
2002-2013 Medical Science Technician, Central laboratory, Department of Physiology, Faculty of Medicine Siriraj Hospital, Mahidol University.

4. Trainings

June 2023 Ethics in Human Research (Basic Course), Faculty of Medicine Siriraj Hospital, Mahidol University.

5. Publications

1. **Pongwattanapakin K**, Care C, Sitticharoon C, Wilasrusmee K, Keadkraichaiwat I, Maikaew P, Sriwichitchai R. Interplay between key metabolic hormones, metabolic factors, renal function, and heart rate variability in humans with obesity. *Scientific Reports*. 2025;15.
2. Chaikomin R, Muangchan N, Chatree S, Khiewwan B, Suksri K, **Pongwattanapakin K**, Kunlaket N, Dokmai T. Postprandial effects of Riceberry rice and white rice on plasma ghrelin and appetite in healthy adults. *Nutrire*. 2025;50.
3. Wilasrusmee KT, Sitticharoon C, Keadkraichaiwat I, Maikaew P, **Pongwattanapakin K**, Chatree S, et al. Epigallocatechin gallate enhances sympathetic heart rate variability and decreases blood pressure in obese subjects: a randomized control trial. *Sci Rep*. 2024;14(1):21628.
4. Muangchan N, Khiewwan B, Chatree S, **Pongwattanapakin K**, Kunlaket N, Dokmai T, et al. Riceberry rice (*Oryza sativa* L.) slows gastric emptying and improves the postprandial glycaemic response. *Br J Nutr*. 2022;128(3):424-32.
5. Chatree S, Sitticharoon C, Maikaew P, **Pongwattanapakin K**, Keadkraichaiwat I, Churintaraphan M, Sripong C, Sriwichitchai R, Tapechum S. Epigallocatechin gallate decreases plasma triglyceride, blood pressure, and serum kisspeptin in obese human subjects. *Experimental Biology and Medicine*. 2021;246:163–76.
6. Chatree S, Sitticharoon C, Maikaew P, **Pongwattanapakin K**, Keadkraichaiwat I, Churintaraphan M, et al. *Cissus Quadrangularis* enhances UCP1 mRNA, indicative of white adipocyte browning and decreases central obesity in humans in a randomized trial. *Sci Rep*. 2021;11(1):2008.
7. Muangchan N, Kooptiwut S, Tapechum S, Akarasereenont P, Vongsopanagul N, **Pongwattanapakin K**, et al. (13)C-Acetic Acid Breath Test Monitoring of Gastric Emptying during Disease Progression in Diabetic Rats. *Biol Pharm Bull*. 2017;40(9):1506-14.
8. **Pongwattanapakin K (Bunnan K)**, Chaikomin R, Lohsiriwat S, Chomchai S, Akarasereenont P. Effect of Ayurved Siriraj Herbal Recipe “Wattana” on Gastric Emptying Rate. *Siriraj Medical Journal*. 2017.

6. Prizes and Distinctions

none

7. Conference

none