

March 3<sup>rd</sup> 2009

Dr. Ashok Agarwal  
Director, Center for Reproductive Medicine,  
Glickman Urological and Kidney Institute,  
Cleveland Clinic  
9500 Euclid Avenue,  
Cleveland, OH 44195, USA

Dear Dr. Agarwal,

My stay at the prestigious Cleveland Clinic started in the winter months of 2007 just before the X-mas celebrations. I was so excited to join the Center for Reproductive Medicine with which I had active research collaboration since 2004.

The strengths of this program are impressive and are made so by the constituent research and technical staff. In my opinion, the unique aspect of the research fellowship program is intensive training in various facets of Andrology, coupled with outstanding mentors, good balance of clinical research, and excellent program director that is always looking for ways to improve the quality of cutting edge application oriented research.

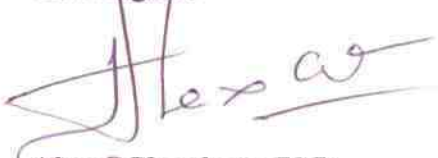
Providing a healthy mix of problem-based learning, clinical and research exposure, gives the fellows from both clinical and basic science fields, the expertise in the reproductive science and technology. One will be enthralled by how fast the peer reviewed publications comes out of this center every week or other and when you log on to your workstation in the morning after a walk through the snow-laden Euclid, you will be excited to see the forward email message from the Program Director, Dr. Agarwal, saying.. "Congratulations".. Your paper has been accepted... which make your stay exhilarating all along.

The program offers numerous learning and educational opportunities in the form of learning sessions several times a week, various conferences, a rich diversity of clinical

cases, and multiple research opportunities, both in clinical and basic research. I truly have learned so much at the end of my tenure there. The program supports exciting and novel research that will lay the groundwork for the understanding of male infertility and help to define the best route to approach treatment in this age of evidence-based medicine.

The program also helped me to interact with many experts in the field of ART from around the world and I am glad that my stay at Cleveland Clinic helped me to bag the position of Scientific Director of a leading corporate Hospital's IVF program back in India. I can say with surety that this is the program where one can get ample training for those aspiring to establish a career in Reproductive research or technology and those young talents who wish to pursue a career in research.

Best Regards

A handwritten signature in black ink, appearing to read 'Alex C Varghese', with a stylized flourish at the end.

**Alex C Varghese, PhD**  
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## LIST OF PUBLICATIONS OF DR. ALEX C VARGHESE, PhD, 2007-2008

### Original Research Manuscripts:

1. Varghese AC, Bragais FM, Mukhopadhyay D, Kundu S, Pal M, Bhattacharyya AK, Agarwal A (2009) Human sperm DNA integrity in normal and abnormal semen samples and its correlation with sperm quality. *Andrologia*, 41, 1-9.
2. Mukhopadhyay D, Alex C. Varghese, Manisha Pal, Sudip K. Banerjee, Asok K. Bhattacharyya, Rakesh K. Sharma and Ashok Agarwal, (2009) Semen quality and age-specific changes: A study between two decades on 3729 male partners of couples with normal sperm count and attending an andrology laboratory for infertility-related problems in an Indian city. *Fertility and Sterility* (doi:10.1016/j.fertnstert.2009.01.135 In press)
3. Agarwal A, Desai N, Makker K, Varghese A and Murandi R (2008) Effect of cell phone radiation on sperm function, ROS and DNA integrity: an in vitro study. *Fertility and Sterility*, doi:10.1016/j.fertnstert.2008.08.022 (In press)

### Reviews

1. Varghese AC, Stefan du Plessis, Agarwal A (2008) Male Gamete Survival at Stake- causes and solutions, *Reproductive Biomedicine Online*, 17 (6), 866-880.
2. Makker K, Varghese AC, Murandi R, Desai N and Agarwal A (2009) Cell phone usage-Modern man's nemesis, *RBM online*, 18, 148-157.
3. Alex C Varghese, Stephen du Plessis, Tomasso Falcone, Ashok Agarwal (2008) Cryopreservation of ovarian tissues and in vitro follicle culture: challenges for fertility preservation *Reproductive Biology & Endocrinology*, 6, 47

4. Alex C Varghese, Peter Nagy and Agarwal A (2008) Current trends, biological foundations and future prospects of human oocyte and embryo cryopreservation (RBM online- In press).
5. Varghese AC, Amir Arsalan and Agarwal A (2008) An update on developments and future prospects of ICSI. Archives of Medical Science (In press)
6. Alex C Varghese, Daniel de Matis, Shabana Sayed, Sakkas Denny, Ashok Agarwal (2008) Novel Strategies and Biological Foundations for selecting human gametes and embryos in Assisted Conception Technologies: A Mini-review. Human Reproduction Update (*invited review*)
7. Kathelene O'Brian, Varghese AC, Agarwal A (2008) Advances in genetics of male infertility. Fertility & Sterility (under review)

#### **Book Chapters**

1. Vaghese AC, Sharma R and Agarwal A (2008) **Markers of oxidative stress and sperm chromatin integrity**. In: Methods in Molecular Biology, USA (In perss)
2. Makker K, Varghese AC, Sharma R and Agarwal A (2008) **Interaction between reactive oxygen species and male germ cells**. Edts- Glander, Germany (In press)
3. Alex C Varghese, Furquan Pathan, Jeat Lee (2008). **Human Semen Analysis** in, Agarwal & Kamini Rao (editor): Andrology Laboratory manual, Jaypee Medical Publishers (In press)
4. Alex C Varghese, Jeat Lee, Furquan Pathan (2008). **Physiology of testicular function** in, Agarwal A & Kamini Rao (editor): Andrology Laboratory manual, Jaypee Medical Publishers (In press)
5. Kelly Athayde and Alex C Varghese, Agarwal A (2008). **Quality control management in Andrology Lab** in, Agarwal & Kamini Rao (editor): Andrology Laboratory manual, Jaypee Medical Publishers (In press)
6. Alex C Varghese, Parag Nandi, Reda Mahfous, Kelly Athayde, Ashok Bhattacharyya and Agarwal A (2008) **Human semen cryopreservation** in,

Agarwal & Kamini Rao (editor): Andrology Laboratory manual, Jaypee Medical Publishers (In press)

### **Presentations in Scientific Meetings**

1. Mosammat Begum, David Miller, M A Salam, Ehsam Quadir, **Alex C. Varghese**, Ashok Agarwal Antibiotics and micronutritional blend to enhance fertility potential in men with abnormal semen quality (64th Annual Meeting San Francisco, California November 8-12, 2008.)
2. Israel Maldonado, Alexandra Bermudez, **Alex Varghese**, Jose Gaytan, Rakesh Sharma, Ashok Agarwal Oocyte dysmorphism is not a limiting factor for post-thaw survival following vitrification by cryotop method (64th Annual Meeting San Francisco, California November 8-12,2008.)
3. Asok Bhattacharya, S Suresh, V Vineetha, Bijoy Sebastian, **Alex Varghese**, Ashok Agarwal Antioxidant effects of Triphala, Brahmi and Triphala- Brahmi combination in blood and seminal plasma of high glucose fed rats (64th Annual Meeting San Francisco, California November 8-12,2008).

### **Grants:**

1. Effect of radiofrequency electromagnetic waves (RF-EMW) from the cell phone on human semen parameters, reactive oxygen species and DNA damage- an in vitro study, IRB # 08-231
2. Efficacy of L Carnitine before sperm processing for assisted reproduction techniques in reducing sperm DNA damage, RPC # 2008-1007, IRB # 08-225