

Curriculum Vitae

Name : Associate Professor Gayani Liyanage
Date of Birth : 18.11.1977
Gender : Female
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Civil Status : Married
Current post : Associate Professor
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Present Post

Associate professor in the Department of Pharmacology, Faculty of Medicine, University of Ruhuna, Sri Lanka

Educational Qualification

- PhD from University of Ruhuna (2014)
- Bachelor of Medicine and Bachelor of Surgery (MBBS) - Faculty of Medicine, University of Ruhuna, Sri Lanka

Professional experiences

- 2019 – present : Associate Professor, Department of Pharmacology, Faculty of Medicine, University of Ruhuna, Sri Lanka
- 2014 - 2019 : Senior Lecturer, Department of Pharmacology, Faculty of Medicine, University of Ruhuna, Sri Lanka
- 2007 - 2014 : Lecturer in Pharmacology, Faculty of Medicine, University of Ruhuna, Sri Lanka
- 2007- 2006 : Medical officer Pathology Department, General Hospital Matara, Sri Lanka
- 2005 - 2006 : House officer in the surgical and professorial medical unit, Teaching Hospital Karapitiya, Sri Lanka
- 2004 – 2005 : Demonstrator - Department of Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka

Awards

- Obtained the Lionel memorial Award for the best student in Pharmacology in 2003
- Obtained Caroline Mohotti Gold Medal for the highest aggregate at the final MBBS examination
- Best oral presentation award - Galle Medical Organization, 2013

Orations

“Exploring the pleiotropic effects of vitamin D in diabetes” was presented on 11th October 2017 at the inaugural ceremony of Annual Academic Sessions of the Galle Medical Association

Special Training

1. International Training course on “promotion of rational use of drugs in the community” Organized by WHO on 23rd March to 3rd April 2008, Jaipur, India
2. International Training Course on Medication Management in Hospitals. organized by Delhi Society for Rational Use of Drugs (DSRUD) with the collaboration of world Health Organization during the period of December 8, 2008 to December 11, 2008
3. Completed the certificate course in professional development in higher education at the University of Ruhuna, Sri Lanka
4. Participated in the workshop on Good Clinical Practices organized by the FERCSL on 1st and 2nd November 2017
5. Participated as a survey trainee in the “International Course on Surveying and Evaluating Ethical Review Practices of the Ethics Review Committee, Sri Lanka Medical Association”, Colombo, Sri Lanka, 5th to 8th May 2019

Memberships of councils

1. Council member of Sri Lanka Association of Clinical Pharmacology and Therapeutics 2017
2. Joint Secretary of Galle Medical Association 2019 and 2020
3. Executive committee member of Galle Medical Association 2018, 2019 and 2020
4. Committee member of Ruhuna Medical School Alumni Association
5. Committee member of Forum for Ethics Review Committees in Sri Lanka (FERCSL), from August 2017
6. Member of Board of studies in Clinical Pharmacology, Postgraduate Institute of Medicine, University of Colombo from October 2018

Current Clinical Research

1. Univariate and Bivariate Meta-Analyses on the Effect of Abaloparatide and Romosozumab on Bone Mineral Density and Fracture Occurrence

Books authored

1. 101 MCQ in Pharmacology by **Gayani Liyanage** & Sudheera Jayasinghe, Vijitha Yapa publication, ISBN 978-955-665-326-7.
2. Learning objectives in Pharmacology, By Sudheera Jayasinghe, Menik Hettihewa, Jeevantha Nanayakkara, **Gayani Liyanage**, Isuru Amarasinghe, ISBN 978-955-43652-0-9.

Invited speaker

1. 9th Conference of Asian Society for Pigment Cell Research (ASPCR) & 26th Annual Academic Sessions of Sri Lanka College of Dermatologists 2018 Conference and delivered a lecture on “Update on depigmenting agents” on 18.08.2018.

Publications

Full articles

1. **P.L. Gayani C. Liyanage**, Sarath Lekamwasam, Thilak P. Weerathna. Validity of the Diabetic Neuropathy score and Diabetic Neuropathy Examination score as screening tools for the detection of distal symmetrical diabetic neuropathy. *Journal of Diabetes*, 2012 (4);64-265
2. **Liyanage PLGC**, Lekamwasam S, Sathananthan PP. Prevalence of myocardial ischaemia among diabetics determined by validated Sinhala version of the WHO Rose angina questionnaire. *Galle Medical Journal*, 2013(18:1);12-15
3. **Liyanage PLGC**, Weerathna TP. Vitamin D: Can we use higher doses for wider indications? *Galle Medical Journal*, 2013(18:2); 23-24
4. Weerathna TP, **Liyanage PLGC**, Herath HMM. Association of male gender and younger age at diagnosis of diabetes mellitus with more atherogenic lipid profile. *International Archives of Medicine*, 2015, (8:176); 1-8
5. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Minipura T. Vitamin D and diabetes: review. *The Galle Medical Journal*. Oct 2015(20:2);21-25
6. **Liyanage P.L.G.C.** Vitamin D therapy on diabetic nephropathy. *Ruhuna Journal of Medicine (FMAS)*, 2016(04: 01), 7-16
7. **Gayani C. Liyanage**, Sarath Lekamwasam, Thilak P. Weerathna, Chandrani E. Liyanage. Effects of high-dose parenteral vitamin D therapy on lipid profile and blood pressure in patients with diabetic nephropathy: A randomized double-blind clinical

- trial. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 2017 (11S);S767-S770
8. Thilak Priyantha Weerathna, Herath Mudiyansele Meththananda Herath, **Gayani Liyanage**. Prevalence of low HDL cholesterol and its associations among Sri Lankan patients with diabetes mellitus on statin therapy. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* Volume 2017(11);S253-S256
 9. Liyanage P, Lekamwasam S, Weerathna TP, **Liyanage C**. Effect of vitamin D therapy on urinary albumin excretion, renal functions and plasma renin among patients with diabetic nephropathy; a randomized, double-blind clinical trial. *Journal of Postgraduate Medicine* 2018 Jan - March 64 (1);10 -15
 10. Dahanayake M.U., Weerathna T.P., **Liyanage P.L.G.C.**, Herath H.M.M. Diagnostic performance of four different screening tools in detecting pre-diabetes and diabetes among the first degree relatives of patients with Type 2 diabetes. *SLSJ* (1:1); June 2018
 11. **Polwatta Liyanage Gayani Chandima Liyanage**, Sarath Lekamwasam, Thilak Priyantha Weerathna, Dodanduwa Waduge Shyamli Yashodara Srikantha. Prevalence of normoalbuminuric renal insufficiency and associated clinical factors in adult onset diabetes. *BMC Nephrology* 2018;19-200
 12. Thilak Weerathna, **Gayani Liyanage**, Meththananda Herath, Miyuru Weerathna, Isuru Amarasinghe. Value of Estimated Glomerular Filtration Rate and Albuminuria in Predicting Cardiovascular Risk in Patients with Type 2 Diabetes without Cardiovascular Disease. *BioMed Research International* Volume 2018, Article ID 8178043, 5 pages.
 13. Thilak Priyantha Weerathna, Herath Mudiyansele Meththananda Herath, **Gayani Liyanage**, Miyuru Kavinda Weerathna, Vidarsha Senadheera. Attainment of recommended therapeutic targets of modifiable cardiovascular risk factors among individuals with type 2 diabetes mellitus screened at a diabetes clinic in Sri Lanka. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 2018(11);409-415
 14. Thilak Priyantha Weerathna, Miyuru Kavinda Weerathna, Vidarsha Senadheera, Herath Mudiyansele Meththananda Herath, **Gayani Liyanage**. Association of Self-Reported Dietary and Drug Compliance with Optimal Metabolic Control in Patients with Type 2 Diabetes: Clinic-Based Single-Center Study in a Developing Country. *Journal of Nutrition and Metabolism*. 2018, Article ID 3421476. 5 pages
 15. Herath Mudiyansele Meththananda Herath, Iroshani Kodikara, Thilak Priyantha Weerathna, **Gayani Liyanage**. Prevalence and associations of non-alcoholic fatty liver disease (NAFLD) in Sri Lankan patients with type 2 diabetes: A single center

study. Diabetes & Metabolic Syndrome: Clinical Research & Reviews; 2019(13);246-250

16. Meththananda Herath, Thilak Weerathna, **Gayani Liyanage**, Vidarsha Senadheera. Prevalence and Associations of Subclinical Peripheral Artery Disease among Patients with Type 2 Diabetes without Clinical Macrovascular Disease: International journal of preventive medicine 2019 June DOI: 10.4103/ijpvm.IJPVM_427_18
17. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Samarawickrama BY. Association between bone mineral density and vertebral fractures among patients with diabetes attending Teaching Hospital, Karapitiya. The Galle Medical Journal. September 2020 (25:3); 104 -109
18. **Gayani Liyanage**, Sarath Lekamwasam, Thilak Weerathna, Chandrani Liyanage. Effect of Vitamin D therapy on bone mineral density in patients with diabetic nephropathy; a randomized, double-blind placebo controlled clinical trial. Journal of Diabetes & Metabolic Disorders. 19 January 2021
19. Liyanage A, Verni S, **Liyanage G**, De Silva V, Akarawita J, Gunasekera C, Rubasinghe J, Imafuku S, Lekamwasam S. Validation of Sinhala version of Psoriasis Epidemiology Screening Tool. Clin Rheumatol. 2021 Feb 16. doi: 10.1007/s10067-021-05633-7. Epub ahead of print. PMID: 33594634.
20. Liyanage A, **Liyanage G**, De Silva V, Akarawita J, Gunasekera C, Imafuku S, Lekamwasam S. Validation of psoriasis disability index (PDI) questionnaire Sinhala version. Arch Dermatol Res. 2021 Mar 6. doi: 10.1007/s00403-021-02210-5. Epub ahead of print. PMID: 33675385.

Oral Presentations

1. TP Weerathna, **PLGC Liyanage**, LS Basnayake. Prevalence of post prandial hyperglycemia and the value of assessing post prandial blood glucose in patient clinic. The 63rd annual academic session of Galle Medical Association September 2004(9:1)
2. TP Weerathna, LS Basnayake, **PLGC Liyanage**. Prevalence and pattern of diabetic dyslipidemia among newly diagnosed patients with type diabetes under the age of 40 years. The 63rd annual academic session of Galle Medical Association September 2004 (9:1)

3. KD Pathirana, LS Basnayake, **PLGC Liyanage**. Prevalence of migraine among advanced level students. The 63rd annual academic session of Galle Medical Association September 2004(9:1)
4. CK Bodhinayake, TP Weerathna, **PLGC Liyanage**, Basnayake LS. Value of C-reactive protein in predicting adverse outcomes in dengue fever. The Second Annual Academic Session of University of Ruhuna, Faculty of Medicine, December 2004.
5. Kithsiri Dedduwa Pathirana, Basnayake LS, **Liyanage PLGC**. Prevalence of migraine among senior secondary school children in Sri Lanka. 11th Asian and Oceanic Congress of Neurology, Singapore 2004
6. **PLGC Liyanage**, KD Pathirana, M Senaviratne, L Abeywardene, LS Basnayake. Feasibility of thrombolytic therapy at tertiary care centers in Sri Lanka. The annual academic session of Galle Medical Association 2005,54
7. **PLGC Liyanage**, KD Pathirana, LS Basnayake. Precipitating factors of migraine in young migraine sufferers in southern Sri Lanka. Galle Medical Association 2005;68
8. K D Pathirana, K G Somasiri, R P Bandusiri, L S Basnayaka, **P G L C Liyanage**. Quality of life in patients opted for Botulinum Toxin injections for hemi-facial spasms. 38th Annual Academic Sessions Ceylon College of Physicians Sep. 2005, Page 38
9. **Liyanage PLGC**, Lekamwasam S, Weerathna TP. Validity of Diabetic Neuropathy Symptom (DNS) and Diabetic Neuropathy Examination (DNE) scores as screening tools of diabetic neuropathy., The annual academic sessions of Galle Medical Association, Galle Medical Journal, 2011(16:2);59
10. **Liyanage PLGC**, Lekamwasam S, Weerathna TP. Prevalence of autonomic neuropathy among diabetics attending medical clinics in Teaching Hospital Karapitiya The annual academic sessions of Galle Medical Association. Galle Medical Journal, 2011(16:2);60
11. **Liyanage PLGC**, Lekamwasam S, Abeygunawardhana SNW, Weerathna TP. Prevalence of periodontal disease in diabetic patients attending medical clinics, Teaching Hospital Galle. The Sri Lanka Medical Association (SLMA). The Ceylon Medical Journal, 2012(57:1), 21
12. **Liyanage PLGC**, Lekamwasam S, Sathananthan PP Validation of a Sinhala Version of the WHO Rose Angina Questionnaire. The annual academic sessions of Ceylon College of Physicians (CCP) 2012;76-77

13. TP Weerathna, HMM Herath, **PLGCLiyanage**, Ariyaratne MHB. Prevalence and predictors of high density lipoprotein levels among individuals with type 2 diabetes. The annual academic sessions Sri Lanka Medical Association 2012(57:1),20
14. Weerathna TP, Herath HMM, **Liyanage PLGC**, Ariyaratne MHB. Variations in the modifiable cardiovascular risk factors in different phenotypes of type 2 diabetes. The Sri Lanka Medical Association 2012 (57:1),22
15. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, C Liyanage. Prevalence of normoalbuminuric renal insufficiency and associated clinical factors in adult onset diabetes. The annual academic sessions of Galle Medical Association 2013(18:2);35 (in type 2 diabetes)
16. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Liyanage C. Comparison of Cockcroft-Gault and modification of diet in renal disease study equations in estimating glomerular filtration rate among patients with diabetes. The annual academic sessions of Galle Medical Association 2013(18:2);36
17. Weerathna TP, Herath HMM, **Liyanage PLGC**, Kariyawasam AGTA, Ganegoda VR. Prevalence and determinants of abnormalities in the resting electrocardiogram in subjects with diabetes. The 127th International Medical Congress of the Sri Lanka Medical Association in 2014
18. Weerathna TP, Herath HMM, **Liyanage PLGC**, Kariyawasam AGTA, Ganegoda VR. Association of carotid intima media thickness with calculated cardiovascular risk score in subjects with type 2 diabetes. The 127th International Medical Congress of the Sri Lanka Medical Association in 2014,115
19. Dahanayake M, Rathnayake M, Edirisinghe U, Jayawardhana M, Bethmiarachchi D, **Liyanage G**, Weerathna T. What anthropometric parameters and lipid parameters predict abnormal glucose tolerance in the first-degree relatives of patients with type 2 diabetes? Annual Academic Sessions, Anuradhapura Clinical Society, Anuradhapura, Sri Lanka; 2015(9)
20. **PLGC Liyanage**, S Lekamwasam, TP Weerathna T, C Liyanage. Effect of vitamin D therapy on bone mineral density among people with diabetic nephropathy; a randomized, double-blind placebo controlled clinical trial. Annual academic sessions of Galle Medical Association 2015(20:2);59
21. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Liyanage C. Effect of vitamin D therapy on bone mineral density among patients with diabetic nephropathy: a randomized, double-blind placebo controlled clinical trial. Osteoporos Int. 2015; 1: S230
22. **G Liyanage**, S Lekamwasam, T Weerathna, C Liyanage. Effect of vitamin D therapy on urinary albumin excretion, renal functions and plasma renin among

patients with diabetic nephropathy; A randomized double-blind clinical trial. The 9th International Conference on Advanced Technologies and treatments for diabetes, Milan, Italy, 3-6 February 2016

23. **Liyanage PLGC**, Lekamwasam S, Weerarathna TP, Liyanage C. Effects of six months, high dose parenteral vitamin D therapy on cardiovascular Risk Scores in patients with diabetic nephropathy; A randomized double blind placebo Controlled clinical trial. 14th Academic Sessions, University of Ruhuna, 1st March 2017
24. **Liyanage PLGC**, Lekamwasam S, Weerarathna TP, Nafla MNF, Srikantha DWSY. Prevalence of peripheral vascular disease among patients with diabetes attending medical clinics in Teaching Hospital Karapitiya. The annual academic sessions of Galle Medical Association 2017.
25. PLAN Liyanage, **PLGC Liyanage**, GMP Sirimanna, N Schurer. Comparative study of skin lightening agents on skin of color. 9th Conference of Asian Society for Pigment Cell Research and 26th Annual Academic Sessions of Sri Lanka College of Dermatologists, 15th-18th August 2018,125
26. Herath HMM, Kodikara I, Weerarathna TP, **Liyanage G**, Wickramathilake M. Diagnostic accuracy of aminotransferase as marker for nonalcoholic fatty liver disease among patients with type 2 diabetes mellitus. 77th Annual academic sessions of the Galle Medical association 10th -12th October 2018(23:1);4
27. Herath HMM, Kodikara I, Weerarathna TP, **Liyanage G**, Wickramathilake M. Prevalence and factors associated with nonalcoholic fatty liver disease among type 2 diabetes patients in Sri Lanka. 77th Annual academic sessions of the Galle Medical association 10th-12th October 2018(23:1);14
28. **Liyanage PLGC**, Prasanna HT, Lekamwasam S. Inappropriate prescribing in elderly attending medical clinics, Teaching Hospital Karapitiya; an analysis based on STOPP/START Criteria. 77th Annual academic sessions of the Galle Medical association 10th-12th October 2018(23:1);17
29. Lekamwasam Sarath, **Liyanage Gayani**, Impact of health literacy on patient centered care, 6th AHILA International Health Literacy Conference, Taichung, Taiwan DOI: 10.6881/AHLA.201810.SC03
30. C.M.Wickramathilake, T.P. Weerarathna, I. Kodikara, **G. Liyanage**. Subclinical Atherosclerosis in Patients with Type 2 Diabetes is Significantly Associated with Visceral Fat. 17th Academic Sessions, University of Ruhuna, 2020; 57
31. Samarawickrama BY, Amarasinghe ATI, Jayasinghe SS, **Liyanage PLGC**, Mendis SA. Adverse drug reactions reported during the active surveillance in teaching Hospital, Karapitiya. 79th Annual Academic Sessions of the Galle Medical Association 25th September 2020 (25:1);13

Poster Presentations

1. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Liyanage C, Prevalence of diabetic nephropathy among diabetics attending medical clinics, Teaching Hospital Galle. The annual academic sessions of Ceylon College of Physicians (CCP) 2012;68
2. **Liyanage PLGC**, Liyanage C, Lekamwasam S, Weerathna TP, Sirisena AHBA. Adherence to American Diabetes Association (ADA) dietary recommendations among patients with diabetes attending medical clinics in Teaching Hospital Galle. Poster presentation, Galle Medical Association. Galle Medical journal, Oct 2012(17:2);68
3. **G Liyanage**, S Lekamwasam, C Liyanage, T Weerathna. Vertebral fractures among adult diabetics: Prevalence and Risk factors. The 3rd Asia Pacific Osteoporosis Meeting, Kuala Lumpur, Malaysia 2012. Osteoporos Int. 2012(7);S772-S773
4. **Liyanage PLGC**, Lekamwasam S, Weerathna TP, Liyanage C. Effects of six months, high dose parenteral vitamin D therapy on lipid profile and blood pressure in patients with diabetic nephropathy; A randomized double-blind clinical trial. Presented at 16th Annual Academic Sessions and Sri Lanka intervention meeting of Sri Lanka Heart Association. Colombo Sri Lanka, June 2016;39
5. Nafla MNF, Srikantha DWSY, Amarasinghe ATIM, **Liyanage PLGC**, Jayasinghe SS, Active surveillance of adverse drug reactions—severity and triggering drugs. 76th Annual Academic Sessions of the Galle Medical Association 11th -13th October 2017; 64
6. Srikantha DWSY, Nafla MNF, Amarasinghe ATIM, **Liyanage PLGC**, Jayasinghe SS, Active surveillance of adverse drug reactions in Teaching Hospital Karapitiya for a six month period. 76th Annual Academic Sessions of the Galle Medical Association 11th -13th October 2017; 864
7. **Liyanage PLGC**, Dasanayake DLW, Ponnampereuma T. Effectiveness of misoprostol in the managements of miscarriages, in patients admitted to Teaching Hospital, Mahamodara. 51st Annual Scientific Congress, Sri Lanka College of Obstetricians and Gynaecologists, August 2018(40:1);79-80
8. Jayaweera LJ, **Liyanage PLGC**, Kumarasinghe P. A study of the outcomes of dengue infection in patients with diabetes mellitus. Sri Lanka Medical Association 131st Annual International Medical Congress, 2018(63:1);125-126)

9. Liyanage AKG, Lakshan KD, Lakshan JMH, Liyanage ELHP, Loshani UKC, Maddumage MKKT, Madhubhashini JP, **Liyanage GC**, Ponnampereuma T. Knowledge, practices and attitudes regarding inhaler usage among adult patients attending medical clinics, Teaching Hospital, Karapitiya. November 2020 (8:1)
10. Achala Liyanage, S Venri, **G Liyanage**, V De Silva, J Akarawita, C Gunasekara, J Rubasinghe, S Imafaku, S Lekamwasam. Validation of Sinhala version of Psoriasis Epidemiology Screening Tool. 18th Academic Sessions, University of Ruhuna.03rd March 2021.
11. B.Lekamwasam, **P.L.G.C. Liyanage**. Use of Traditional, Complementary and Alternative Medicine in Sri Lanka; A Systematic Review.18th Academic Sessions, University of Ruhuna.03rd March 2021.