

PROFILE FOR INSTITUTE WEBSITE

Current photo in graphic file e.g. 2024, 2023.	
Name and surname, Title	Poławska Ewa, PhD
Position	Assistant Professor
Hirsch Index and Number of citations (according to Scopus) on the day of completing the form	H index - 18, number of citations -1316
Research areas (in points, min. 200 characters, max. 500 characters)	– Nutrigenomics and nutrigenetics – Lipidomics and lipid metabolism, with particular emphasis on polyunsaturated fatty acids – Nutritional value of animal products and food improvement
Total number of completed research projects; currently implemented research projects (title and number) and selected max. 3 completed projects (title and number) from the newest ones, i.e. 2024, 2023, 2022...	– 6 projects (2 leader, 4 co-investigator) – "Metabolism pathways of omega-6 and omega-3 fatty acids in mice liver in relation to fatty acids content in the diet.", KNOW/IGHZ/RMK/ESR/2015/02, as a part of ESR KNOW „HEALTHY ANIMAL – SAFE FOOD”, 2015, leader – "Changes in fatty acids metabolic pathways during growth of Japanese quails (<i>Coturnix coturnix japonica</i>)", 2011/01/D/NZ9/00676, 2012-2015, leader
Total number of publications; ORCID (number and hyperlink to the profile); SCOPUS (number and hyperlink to the profile); indicate selected publications (max. 5)	– 67 publications – 0000-0002-6097-9826, https://orcid.org/0000-0002-6097-9826 – 36342753500, https://www.scopus.com/authid/detail.uri?authorId=36342753500 1. Liput, K. P., Lepczyński, A., Ogłuszka, M., Nawrocka, A., Poławska, E., Grzesiak, A., ... & Pierzchała, M. (2021). Effects of dietary n–3 and n–6 polyunsaturated fatty acids in inflammation and cancerogenesis. <i>International journal of molecular sciences</i>, 22(13), 6965. 2. Poławska, E. (2018). Changes in fat and individual fatty acids digestibility during the growth of Japanese quails. <i>Animal Science Papers and Reports</i>, 36(4), 421-429. 3. Ciepłoch, A., Rutkowska, K., Oprządek, J., & Poławska, E. (2017). Genetic disorders in beef cattle: a review. <i>Genes & genomics</i>, 39, 461-471. 4. Poławska, E., Cooper, R. G., Jóźwik, A., & Pomianowski, J. (2013). Meat from alternative species– nutritive and dietetic value, and its benefit for human health—a review. <i>CyTA-Journal of Food</i>, 11(1), 37-42.
Total number of patents; selected patents (max. 2) and a hyperlink to personal patent achievements (UP RP), on the day of completing the form	– Number of patents 9 – P.410125, Method for the production high quality product from the ostrich meat – P.414678, Method for producing a ready for consumption meal from ostrich meat and the ready for consumption meal from ostrich meat

Selected scientific achievements from the newest, i.e. 2023, 2022, 2021... (in points, min. 800 characters, max. 1000 characters)	– Co-author of 9 patents regarding the production of high-quality pork and ostrich meat products, awarded with numerous awards at the World Invention Expo, including: in Brussels and Pittsburgh – Development of an original method for the analysis of fatty acids in various tissues of farm and laboratory animals as well as products of animal and plant origin – Determination of the optimal proportion of omega-6 and omega-3 fatty acids in studies on mice – Verification of the assumption that the selection of the optimal period of bird growth based on the level of FA metabolism in the selected period allows for optimal modifications of the FA profile without changes in other meat quality parameters. Creation of a model of fatty acid metabolism in quail tissues. Supported by research on other animal species, including ostriches and pigs.
Number and list of defended PhD students from the latest, i.e. 2024, 2023, 2022...	– 2, co-supervisor – 2018, Dominika Toilk-Karlikowska, The effect of diet supplementation on the fatty acid profile and selected quality parameters of pates with ostrich liver, Supervisor Prof. dr hab. Mirosław Słowiński – 2015, Monika Marcinkowska-Lesiak, The impact of packaging and storage conditions on selected physicochemical properties of pork meat, Supervisor Prof. dr hab. Agnieszka Wierzbicka
Organizational activities, dissemination of knowledge and others (in points, min. 300 characters, max. 1000 characters)	– Popular science works, lectures for practitioners at conferences and trade fairs – A long-time reviewer of projects of the Polish-American Fulbright Commission https://fulbright.edu.pl/recenzenci/ – Senior Award of the Polish-American Fulbright Commission at the Medical Faculty of Harvard University, 2014, project implementation „The effect of docosahexaenoic acid (DHA) on structural changes in brain associated with aging in mice model.” https://fulbrightscholars.org/grantee/ewa-polawska – Recipient of the Scholarship of the Ministry of Science and Higher Education for outstanding young scientists in 2015 – Recipient of the Prof. Chomczyński Award in 2016 – Scientific internships in Belgium, Italy and the USA