



# CV

*Current as of: May 2025*

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## PERSONAL

Born 1974

Icelandic citizen

Speak and write Icelandic and English fluently

## EXPERIENCE

**Physician** at SAA- hospital and clinics for addiction treatment, Society for Treatment of Alcoholism and other addictions (2022-present)

**Physician & Co-founder** at HÚÐIN Skin Clinic (2017-present)

**Author & Publisher** (2012-present)

- Author of the manuscripts for educational videos on nicotine “Martröð í munni” (2025)
- Co-author of the book Hættu nú alveg! (about smoking cessation) (Tómas Guðbjartsson, 2024)
- Co-author of a chapter in the book Lungnakrabbamein (Lung Cancer) (Tómas Guðbjartsson, 2024)
- Author of the book “Húðbókin” (Forlagið, November 2022)

- Author of the manuscripts for educational videos on energy drinks “Draumur í dós” that was first shown on the national TV station Rúv:  
<https://www.ruv.is/sjonvarp/spila/draumur-i-dos/32678>
- Columnist at the newspaper Fréttablaðið (2018-2023), the Icelandic Web of Science (Vísindavefurinn), and mbl.is
- Co-author and publisher of books about time together and activities for families: Reykjavik with Kids (April 2017) & Útivist og afþreying fyrir börn (November 2012)
- Co-creator of websites: One of the creators and founders of the following websites: [www.samvera.is](http://www.samvera.is) intending to improve the social connection between people, [www.heilsanokkar.is](http://www.heilsanokkar.is) which delivers evidence-based information on health (2015-present) & [www.utipukar.is](http://www.utipukar.is) which provides information on family activities (2012-present)

### **Project manager (2014-)**

- Coordinator of two symposiums in tobacco control: HÆTTU NÚ ALVEG! Málþing um tóbaksvarnir 2017 and Nammibar með nikótíni 2023
- Publicity supervisor and project manager at the Icelandic Cancer Society where I worked on several projects, such as designing and writing manuscripts for educational videos and health-promoting campaigns (2015-2017)
- Hosted two outdoor family festivals in Öskjuhlíð to encourage families to engage in outdoor activities and spend quality time together

### **Physician & Researcher (from 1998-)**

- Physician at SÁÁ
- Physician at Húðin skin clinic
- Physician at the Screening center of the Icelandic Cancer Society
- Assistant researcher at the Icelandic Cancer Registry
- Senior house officer at the operating theatre at Landspítali University Hospital
- Physician at Heilsuvernd clinic
- District physician
- Intern at the department of psychiatry at Landspítali University Hospital

### **Teaching/Lectures (2001-present)**

- Physiology of wellbeing: Positive psychology, Continuing studies at the University of Iceland
- Sleep, shiftwork, and health: Starfsmennt and the University of Iceland
- Lectures on the association between lifestyle and health
- Vocational training for medical students
- Instructor for MPH student
- Assistant teacher
- Vocational training and lectures for medical students

## **WORK PERMIT**

**2005** Swedish medical license

**2002** Icelandic medical license

## **EDUCATION**

### **King's College London (2024-)**

- MSc student in Applied Neuroscience

### **Functional Medicine (2020-present)**

- Level 1 at the School of Applied Functional Medicine, currently at Level 2

### **PhD in Public Health Sciences (2008-2015)**

- Thesis: The role of circadian system, sleep, and melatonin in prostate cancer development
- Collaboration of the University of Iceland, Harvard School of Public Health, Harvard Medical School, and Icelandic Heart Association

### **Surgery (2005-2007)**

- Surgical resident at Landspítali University Hospital: Basic surgical training and research projects

### **Cand. med. et chir. (1995-2001)**

- Medical Faculty at the University of Iceland

### **Yoga teacher (2013-2016)**

- Yin yoga (150h, 2023)
- Yin yoga (50h, 2016)
- Rocket yoga (50h, 2015)
- Ashtanga yoga (200h, 2013)

### **Undergraduate (1990-1994)**

- Advanced level from the Icelandic Business School
- Mathematics and physics as a major subject
- Editor for the school newspaper and a photographer for the school newspaper and main events

## COURSES

- The Herbert Benson, MD course in mind-body medicine (Harvard, 2022)
- Motivational Interviewing (SÁÁ, 2022)
- Beginning Italian I (Stanford, 2019)
- Capturing the hearts of young readers: writing with humor and emotion (Stanford, 2019)
- The Science of being memorable and influencing decisions (Stanford, 2019)
- Mindfulness-based stress reduction (California, 2018)
- The Herbert Benson, MD course in mind-body medicine (Harvard, 2018)
- Writing, Publishing, and Social Media for Healthcare Professionals (Harvard, 2018)
- Compassion Focused Therapy - Advanced Clinical Skills (UK, 2017)
- Intensive Compassionate Mind Training and Meditation (Iceland, 2017)
- Meditation for Everyday Living and Peak Performance for Mental Health, Medical, and Surgical Practices (Harvard, 2016)
- Positive Psychology Coaching (Iceland, 2016)
- Active Lives: Transforming Ourselves and Our Patients (Harvard, 2015)
- To bring bad news from Strathcarron Hospice and the Icelandic Cancer Society (Iceland, 2013)
- Nordic Summer School in Cancer Epidemiology (Denmark, 2011)
- 2010 Biostatistic III: Survival analysis for epidemiologists (Sweden, 2010)

## SCHOLARSHIP

### Peer reviewed manuscripts in English

- Nygard M, Hansen BT, Kjaer SK, Hortlund M, Tryggvadottir L, Munk C, Lagheden C, Sigurdardottir LG, Campbell S, Liaw KL & Dillner J (2020). **Human papillomavirus genotype-specific risks for cervical intraepithelial lesions.** *Human Vaccines & Immunotherapeutics*; Sept 29th 2020
- Dickerman BA, Torfadottir JE, Valdimarsdottir UA, Giovanucci E, Wilson KM, Aspelund T, Tryggvadottir L, Sigurdardottir LG, Harris TB, Launer LJ, Gudnason V, Markt SC, Mucci LA (2019). **Body fat distribution on computed tomography imaging and prostate cancer risk and mortality in the AGES-Reykjavik study.** *Cancer* 2019; Aug 15; 125(16):2877-2885
- Dickerman BA, Torfadottir JE, Valdimarsdottir UA, Wilson KM, Steingrimsdottir L, Aspelund T, Batista JL, Fall K, Giovannucci E, Sigurdardottir LG, Tryggvadottir L, Gudnason V, Markt SC, Mucci LA (2018). **Midlife metabolic factors and prostate cancer later in life.** *Int J Cancer*; Mar 15
- Kjaer SK, Nygard M, Dillner J, Brooke Marshall J, Radler D, Li M, Munk C, Hansen BT, Sigurdardottir LG, Hortlund M, Tryggvadottir L, Joshi A, Das R, Saah AJ (2017). **A 12-Year Follow-up on the Long-Term Effectiveness of the Quadrivalent Human Papillomavirus Vaccine in 4 Nordic Countries.** *Clin Infect Dis*; Oct 1
- Kjartansdottir OJ, Sigurdardottir LG, Olafsdottir EJ, Jonasson JG, Ursin G, Tryggvadottir L (2017). **Estrogen-progestin use and breast cancer characteristics in lean and overweight postmenopausal women.** *Breast Cancer Res Treat*; ahead of print

- Sigurdardottir LG, Markt SC, Sigurdsson S, Aspelund T, Fall K, Schernhammer E, Rider JR, Launer L, Harris T, Stampfer MJ, Gudnason V, Czeisler CA, Lockley SW, Valdimarsdottir UA, Mucci LA. (2016) **Pineal Gland Volume Assessed by MRI and Its Correlation with 6-Sulfatoxymelatonin Levels among Older Men.** *J Biol Rhythms*; ahead of print
- Markt SC, Flynn-Evans EE, Valdimarsdottir UA, Sigurdardottir LG, Tamimi RM, Batista JL, Haneuse S, Lockley SW, Stampfer M, Wilson KM, Czeisler CA, Rider JR, Mucci LA (2015). **Sleep Duration and Disruption and Prostate Cancer Risk: a 23-Year Prospective Study.** *Cancer Epidemiol Biomarkers Prev*; 2016 Feb;25(2):302-8
- Nygard M, Saah A, Munk C, Tryggvadottir L, Enerly E, Hortlund M, Sigurdardottir LG, Vuocolo S, Kjaer SK, Dillner J. (2015). **Evaluation of the Long-Term Anti-HPV 6, 11, 16, and 18 Immune Responses Generated by Gardasil.** *Clin Vaccine Immunol*; ahead of print
- Markt SC, Valdimarsdottir UA, Shui IM, Sigurdardottir LG, Rider JR, Tamimi RM, Batista JL, Haneuse S, Flynn-Evans E, Lockley SW, Czeisler CA, Stampfer MJ, Launer L, Harris T, Smith AV, Gudnason V, Lindstrom S, Kraft P, Mucci LA. (2015) **Circadian Clock Genes and Risk of Fatal Prostate Cancer.** *Cancer Causes Control*; 26(1):25-33
- Markt SC, Valdimarsdottir UA, Sigurdardottir LG, Rider JR, Shui IM, Kasperzyk JL, Lockley SW, Czeisler CA, Stampfer MJ, Aspelund AV, Smith AV, Gudnason V, Mucci LA. (2015) **Abstract B90: Variation in circadian rhythm genes and risk of prostate cancer in the AGES-Reykjavik cohort.** *Cancer Prevention Research*; 01/2014; 5(11\_Supplement): B90-B90
- Sigurdardottir LG, Markt SC, Rider JR, Haneuse S, Fall K, Schernhammer ES, Tamimi RM, Flynn-Evans E, Batista JL, Launer L, Harris T, Aspelund T, Stampfer MJ, Gudnason V, Czeisler CA, Lockley SW, Valdimarsdottir UA, Mucci LA. (2014) **Urinary Melatonin Levels, Sleep Disruption, and Risk of Prostate Cancer in Elderly Men.** *Eur Urol*; 67(2):191-4
- Mucci LA, Markt S, Sigurdardottir L, Lockley SW, Fall K, Stampfer MJ, Gudnason V, Kraft P, Rider JR, Czeisler CA, Valdimarsdottir UA (2014). **Circadian dysrhythm and advanced prostate cancer.** *Journal of Clinical Oncology*;32(4)199-199
- Sigurdardottir LG, Valdimarsdottir UA, Mucci LA, Fall K, Rider JR, Schernhammer E, Czeisler CA, Launer L, Harris T, Stampfer MJ, Gudnason V, Lockley SW. (2013). **Sleep Disruption among Older Men and Risk of Prostate Cancer.** *Cancer Epidemiol Biomarkers Prev*; 22(5):872-9
- Sigurdardottir LG, Jonasson JG, Stefansdottir S, Jonsdottir A, Olafsdottir GH, Olafsdottir EJ, Tryggvadottir L. (2012). **Data quality at the Icelandic Cancer Registry: Comparability, validity, timeliness and completeness.** *Acta Oncol*; 51(2):880-9
- Sigurdardottir LG, Valdimarsdottir UA, Fall K, Rider JR, Lockley SW, Schernhammer E, Mucci LA. (2012). **Circadian disruption, sleep loss, and prostate cancer risk: a systematic review of epidemiologic studies.** *Cancer Epidemiol Biomarkers Prev*; 21(7):1002-11

## Peer reviewed manuscripts in Icelandic

- Gunnþórsdóttir E, Sigurðardóttir LG, Rúnarsdóttir (VR). **Þessir óþíóíðar! Skima þarf fyrir fíknsjúkdómi, greina og meðhöndla hann. Þrír lækmar SÁÁ skrifa.** *Læknablaðið*. 6.tbl. 109 árg.
- Torfadóttir JE, Sigurdardottir LG. (2014). **Ávaxtasykur og lífsstíllssjúkdómar: skiptir máli hvaðan sykurrinn kemur?** *Læknablaðið*. 10.tbl.100 árg.

## CONFERENCE PROCEEDINGS

- **Conference of the Icelandic Medical Association: Læknadagar 2024.** Lecture: Samfélagsskaði áfengis og tengsl við efnaskiptaaðgerðir. Harpa, Iceland

- **Conference of the Ministry of Health: Alcohol and Public Health in the Nordics.** Lecture: Health Consequences of Increased Alcohol Consumption in Iceland and Public Health Strategies. September 19th 2023. Grand Hotel, Iceland
- **Conference of the Icelandic Medical Association: Læknadagar 2023.** Lecture: NIKÓTÍNFÍKN UNGA FÓLKSINS – ÞURFUM VIÐ AÐ SKIPTA OKKUR AF? Harpa, Iceland
- **The 10th European Conference on Positive Psychology, Iceland 2022.** Lecture: Cognitive Neurophysiology for Enhanced Wellbeing. Harpa, Iceland
- **Symposium on alcohol burden / Málþing Áfengi, heilsa og samfélag, Reykjavík, May 9th 2017.** Lecture: Disease burden of alcohol and WHO strategies in the prevention of alcohol burden
- **World Cancer Congress, Paris, France 2016.** UICC. Lecture. Abstract on sleep, melatonin, and prostate cancer
- **Symposium on e-cigarettes and smokeless tobacco / Málþing um rafsígarettur og reyklaust tóbak, November 28th 2016.** E-cigarettes – new way of life or aggressive marketing? (Rafrettur og munntóbak – nýr lífsstíll eða óvægin markaðssetning?)
- **Symposium on alcohol and the community / Málþing um áfengi og samfélagið, Reykjavík, April 13th 2016.** Lecture: Does alcohol access improve our community? / Bætir aukið aðgengi að áfengi samfélagið?
- **II. Science Conference of the Icelandic Public Health Association, 2014.** Lecture. Urinary Melatonin Levels and Risk of Prostate Cancer. E04  
[http://www.lydheilsa.is/um\\_lydheilsu/frettir/rastefna\\_felags\\_lheilsufraeinga-1/](http://www.lydheilsa.is/um_lydheilsu/frettir/rastefna_felags_lheilsufraeinga-1/)
- **ANRC 2013, June 13-14, Reykjavík, Iceland.** Lecture. Association between Urinary 6-sulfatoxymelatonin Levels, Sleep Disruption and Risk of Prostate Cancer. Abstract on page 12: <http://www.krabbameinsskra.is/resources/pdf/ancr-programme-2013.pdf>
- **XVI conference on research in bio- and health science at the University of Iceland, 2013.** Lecture. E172 Er hátt melatónín-gildi í morgunþvagi verndandi fyrir krabbamein í blöðruhálskirtli. Abstract on <http://www.laeknabladid.is/media/fylgirit-2013/fylgirit-73-net.pdf> page 64
- **Genitourinary Cancers Symposium, 2012.** Poster session. Sleep Disruption Among Older men and Risk of Prostate Cancer
- **NordicEpi 2011,** Lecture. The 5th Nordic Meeting in Epidemiology and Register-based Health Research. <http://www.fltf.is/nordicepi/> Do Sleep Disturbances Increase the Risk of Prostate Cancer? Abstract on page 13 in literary work
- **The 14th Nordic Sleep Conference, 2011,** Reykjavík, Iceland. <http://asp.artegis.com/nsc2011>. Do Sleep Disturbances Increase the Risk of Prostate Cancer
- **XV conference on research in bio- and health science at the University of Iceland, 2011.** Presentation. E137 The association between Sleep Disturbances and Prostate Cancer. Abstract on <http://www.laeknabladid.is/media/fylgirit-66/fylgirit-66.nytt.pdf> page 61
- **The XIV conference in biology and health sciences of University of Iceland, 2009.** Two lectures: Epilepsy and Employment and Tap Water Burn
- **The Surgeons Convention, 2007.** Lecture: Tap water burn, and; Poster: Skin transplant on Vacuum Assisted Closure (VAC) treated burst abdomen
- **Research Project at The Faculty of Medicine, 1999,** Epilepsy and Employment

## SERVICE

- Member of the public health committee of the Icelandic Medical Association (2024-)
- Organizer of nicotine control symposium “NIKÓTÍNFÍKN UNGA FÓLKSINS – ÞURFUM VIÐ AÐ SKIPTA OKKUR AF?” (Nicotine addiction among the young - do we need to intervene) in Harpa January 17th, 2023

- Review of the report Artificial tanning devices, Public health interventions to manage sunbeds. WHO. 2017
- Organizer of tobacco control symposium Hættu nú alveg! (quit for ever) in Harpa March 14th 2017
- Prologue to and review of Tengsl sjávarfangs og krabbameina (report on fish and cancer), 2017
- Prologue to Máttur matarins (book on food and cancer), 2016
- Ad hoc reviewer for the journals: BMJ, Plos ONE, Scientific Reports, Cancer Epidemiol Biomarkers Prev. etc.
- Member of the allocation committee of Kraftur's Shortage Fund (neyðarsjóður) 2015-2018
- Chief board member of the Icelandic Cancer Society's committee on education and prevention 2014-2017

## FUNDING

- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to produce an educational film about the alcohol (2025)
- Styrktarsjóður Lyfju for the start-up project Samvera ([samvera.is](http://samvera.is))
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to produce an educational video about the health consequences of nicotine (2024)
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to produce an educational video about the health consequences of nicotine (2023)
- Atvinnumál Kvenna for the project Samvera ([samvera.is](http://samvera.is)) (2021)
- Frumkvöðlasjóður Íslandsbanka for the project Samvera (2020)
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to produce an educational video about energy drinks and sleep (2021)
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to design and create an educational video about energy drinks and sleep (2018)
- The Icelandic Centre for Research (RANNÍS). A project grant was awarded for the studies on circadian disruption, sleep, and melatonin on prostate cancer development (2008)
- The Harvard Catalyst Award. Grant awarded for the studies on circadian disruption, sleep, and melatonin on prostate cancer development.
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to create and operate, with a group of doctors in public health, an

evidence-based website (Heilsanokkar.is) about health-related behavior, 2014 & 2016.

- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to found an association for the health and well-being of children.
- Lýðheilsusjóður (The public health fund of the Directorate of Health). Grant awarded to develop and translate curriculum about sexual health for ninth graders.