

**SHAYNA EMILY OSHITA**  
**PHD, RD, LDN, CDCES**

5226 Hoffman Street  
Skokie, IL 60077

(773) 616-5662  
[shaynaoshita@gmail.com](mailto:shaynaoshita@gmail.com)

---

**EMPLOYMENT**

**UNIVERSITY OF ILLINOIS AT CHICAGO, CHICAGO, IL (2017-PRESENT)**

Clinical Assistant Professor in the Department of Kinesiology & Nutrition  
Director of the Coordinated Program in Dietetics

**SODEXO, INC. – SINAI HEALTH SYSTEM, CHICAGO, IL (2010-2016)**

Interim Director of Diabetes Services  
Clinical Dietitian III – Outpatient Diabetes Educator and ADA Diabetes Program Coordinator  
Clinical Dietitian II – Outpatient Diabetes Educator  
Clinical Dietitian I – Inpatient General Medicine, Surgery, & Telemetry

**EDUCATION**

**University of Illinois at Chicago, Chicago IL (2007-2009)**

Master of Science, Coordinated Program of Human Nutrition

**Northwestern University, Chicago IL (2001-2007)**

Doctor of Philosophy, Integrated Graduate Program in the Life Sciences

**The University of Illinois at Urbana-Champaign, Urbana IL (1997-2001)**

Bachelor of Science, Biology with emphasis in neurobiology and psychology

**TEACHING, SERVICE, & ACHIEVEMENTS**

**University of Illinois at Chicago**

***Courses***

HN 596 – Graduate Independent Study  
HN 505 – Advanced Topics in Diabetes Management  
HN 420 – Clinical Diabetes Nutrition  
HN 355 & 455 – Supervised Practice  
HN 306 – Nutrition Education  
HN 196 – Nutrition  
HN 190 – Intro to Dietetics  
HLP 560, AHS 200, AHS 210 – Guest lecturer – Diabetes & Nutrition

Interprofessional Collaborative Practice in HIV Prevention and Care Course Facilitator – Spring 2020-present  
Foundations of Interprofessional Collaborative Practice Course Facilitator – Spring 2020-present

### ***Service***

Chancellor's Committee on the Status of Asian Americans 2022-present  
Climate Survey Taskforce AHS Subcommittee 2021-present  
Technical Standards Task Force April 2021-present  
AHS Clinical Education Coordinators Committee 2018-present  
CDC Diabetes Prevention Program Lifestyle Coach and Program Coordinator 2020-present  
KN Academic Advisory Committee – 2020-present  
UIC Honors College Faculty Fellow 2019-present  
College of Dentistry Inter-professional Education Project 2018-present  
Medical School Colloquia – Diabetes & Nutrition 2017-2020  
UIC Alumni Chat sessions 2016-2018  
UI Health Ambulatory Quality Committee 2018-2019  
Family Medicine PGY-2 Project Faculty Mentor 2018-2019  
College of Nursing DNP Practice Mentor 2019

### ***Achievements***

UIC Interprofessional Teaching in Action Matters (I-TEAM) Award 2023

### ***External Service & Memberships***

**Nutrition and Dietetic Educators and Preceptors (NDEP) Dietetic Practice Group Simulation Committee - 2024**  
**New Life Volunteer Services** – Volunteer practitioner 2024  
**American Diabetes Association** – Volunteer Educator 2008 to 2020  
Camp Confidence  
Caregiver Fair  
ADA Expo 2016 – Presenter on healthy snacking for kids

**Slam Dunk for Diabetes Basketball Camp** – Volunteer 2010 to 2020

**Northwestern University, Teaching Assistant** - September 2003 to January 2004

Course: Lectures in Life Sciences

## **QUALIFICATIONS**

Registered Dietitian Nutritionist – Registration ID No. 998673  
Licensed Dietitian Nutritionist in Illinois – License No. 164005246  
Diabetes Care and Education Specialist – Certificate No. 21220371  
Certificate of Training in Adult Weight Management – Academy of Nutrition and Dietetics  
CPR Certification

## **RESEARCH**

### **Dissertation Title: Inhibition of Caspases by the Small Heat Shock Protein, HspB2**

ENDOCRINOLOGY, METABOLISM, AND MOLECULAR MEDICINE, NORTHWESTERN UNIVERSITY  
FEINBERG SCHOOL OF MEDICINE, IL. (2001-2007)

HspB2 binds to DMPK and stabilizes its kinase activity, thereby accelerating the progression of muscular dystrophy. Although other binding partners of HspB2 have been found, the MKBP-DMPK interaction is only case where the function of HspB2 has been carefully analyzed. We have discovered a new anti-apoptotic function of HspB2 in a breast cancer model.

Overexpression of HspB2 results in a novel inhibition of apoptosis in breast cancer cell lines. HspB2 inhibits apoptosis of both upstream and downstream caspases; however, mitochondrial cytochrome c release is not prevented by expression of HspB2. Furthermore, the presence of HspB2 confers partial protection from apoptosis induced by tBid expression. Finally, in correlation with in vitro experiments, expression of HspB2 confers resistance to xenograft tumor regression following treatment with TRAIL. In summary, HspB2 expression in breast cancer cells inhibits apoptosis induced by extrinsic pathway stimulants and this anti-apoptotic activity has been mapped to caspases downstream of the mitochondria. These studies describe a novel anti-apoptotic function for HspB2 as an inhibitor of caspases in breast cancer. Project under the direction of Vincent L. Cryns

### **Targeting T cells Against Tumors Using Biospecific Agents**

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN, IL (2000-2001)

Therapeutic agents are designed to turn brain tumor cells into antigen presenting cells. Using an antibody against a T cell activating molecule on the surface of the T-cells, these cells chemically link a molecule that binds to the surface of the tumor cells. This research is developing a novel mouse brain tumor model in order to study brain-immune system interactions more closely.

Project under the direction of Dr. Edward J. Roy

## **PUBLICATIONS/INTERVIEWS**

Brazy, D. (Fall 2020). Bite crumble, chew. *RISE The Magazine of the UIC College of Engineering*.

Oshita SE, Chen F, Kwan T, Yehiely F, Cryns VL. The small heat shock protein HspB2 is a novel anti-apoptotic protein that inhibits apical caspase activation in the extrinsic apoptotic pathway. *Breast Cancer Res Treat*. 2010 Nov; 124(2): 307–315.

Kamradt MC, Lu M, Werner ME, Kwan T, Chen F, Strohecker A, Oshita S, Wilkinson JC, Yu C, Oliver PG, Duckett CS, Buchsbaum DJ, LoBuglio AF, Jordan VC, Cryns VL. The small heat shock protein alpha B-crystallin is a novel inhibitor of TRAIL-induced apoptosis that suppresses the activation of caspase-3. *Journal of Biological Chemistry*. 2005;Mar 25;280(12):11059-66.

References available upon request.