

# SUSAN KYNAST-GALES, PhD, RDN

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## EDUCATION

- PhD in Human Nutrition, Washington State University, 1990-93  
Dissertation: Caffeine Consumption: Effects on risk indicators of pre-eclampsia  
Circadian variation of renal mineral excretion
- MS in Human Nutrition, Washington State University, 1986-90  
Thesis: Dietary calcium from dairy products and ambulatory blood pressure in male hypertensives.
- Internship in Hospital Dietetics, Massachusetts General Hospital, Boston 1979-80
- BS in Dietetics, Eastern Washington University, 1976

## EMPLOYMENT

Clinical Associate Professor, Department of Nutrition and Exercise Physiology, WSU Spokane, 2017-Present

Clinical Assistant Professor, Department of Nutrition and Exercise Physiology, WSU Spokane, 2005-2016

Instructor, Exercise Physiology and Metabolism, WSU Spokane, Spring/Summer 2005

Student advising and program development.

Research Associate, Food Science and Human Nutrition, WSU Spokane, Spring 2005

Development of food oxalate data base.

Postdoctoral Research Associate, Food Science and Human Nutrition, WSU

1995, 1997-8, Dec 2001-Dec 2004. Human nutrition research primarily in calcium oxalate renal lithiasis.

Instructor, Spokane Community College, Fall 1994

NUTR 150 General Nutrition

Adjunct Professor, Food Science and Human Nutrition, WSU Spokane, Spring 1994

FSHN 401/501 Applied Nutrition for Health Professionals

Teaching and Research Assistant, Food Science and Human Nutrition, 1988-1993

Coordinator (Manager) and Nutritionist, Women, Infants and Children Nutrition Clinic, Spokane

Urban Indian Health Services 1983-88

## RESEARCH SPECIALTY TRAINING

University of North Carolina Nutrigenetics, Nutrigenomics and Precision Nutrition Short Course, 2016

NIH Office of Dietary Supplements Research Practicum, 2010

Inductively-coupled plasma optical emission spectrometry. Perkin Elmer ICP Winlab course, 2002

Human subjects certification

## TEACHING EXPERIENCE

NEP340 Foods with Application to Physical Activity (2005 – present)

NEP400 Macronutrient Metabolism (2005 – present)

NEP402 Vitamin and Mineral Metabolism (2006 – present)

NEP435 Exercise, Diet and Disease (2006 – present)

## PUBLICATIONS

Fleming SE, Boyd A, Ballejos M, **Kynast-Gales SA**, Malemute CL, Armstrong-Shultz J,

Vandermause R. 2013. Goal setting with type 2 diabetes: A hermeneutic analysis of the experiences of diabetes educators. *The Diabetes Educator* 39(6):811-819.

**Kynast-Gales SA** and Massey LK. 2007. Food Oxalate: An International Database. *J A Diet Assoc.* 107(7):1099.

Massey LK, Liebman M, **Kynast-Gales SA**. 2005. Ascorbate increases human oxaluria and kidney stone risk. *J Nutr* 135:1673-7.

Chai W, Liebman M, **Kynast-Gales S**, Massey L. 2004. Oxalate absorption and endogenous oxalate synthesis from ascorbate in calcium oxalate stone formers and non-stone formers. *Am J Kidney Diseases* 44(6):1060-1069.

Massey LK and **Kynast-Gales SA**. 2001. Diets with either beef or plant proteins reduce risk of calcium oxalate precipitation in patients with a history of calcium kidney stones. *J Amer Diet Assoc* 101(3):326-331.

Massey LK and **Kynast-Gales SA**. 1998. Substituting milk for apple juice does not increase kidney stone risk in most normocalciuric calcium oxalate stoneformers. *J Am Diet Assoc* 98(3):303-8.

**Kynast-Gales SA** and Massey LK 1994. Effect of caffeine on circadian excretion of urinary calcium and magnesium. *J Am Coll Nutr* 13(5):467-72.

**Kynast-Gales SA** and Massey LK. 1992. Effects of dietary calcium from dairy products on ambulatory blood pressure in hypertensive men. *J Am Diet Assoc* 92:1497-1501.

White J, Massey, LK, **Kynast-Gales, SA**, Dittus K and Campbell K. 1992. Blood and urinary magnesium kinetics after oral magnesium supplements. *Clin Therapeutics* 14:678-87.

## PAPERS PRESENTED AT CONFERENCES

Effects of milk and carbonated beverages consumption on ambulatory blood pressure and cardiovascular responses to stress: a pilot study (Poster). *Experimental Biology annual meeting*. April 2013.

Ascorbic Acid Supplementation, Oxalate and Risk of Kidney Stone Disease (Poster). *American Society for Bone and Mineral Research 26<sup>th</sup> annual meeting*, October 2004.

Dietary calcium from dairy products and ambulatory blood pressure in male hypertensives (Poster). *American Dietetic Association annual meeting*, September 1991.

## MEMBERSHIPS and ASSOCIATIONS

American Society for Nutrition

Academy of Nutrition and Dietetics, National and Washington State

Greater Spokane Dietetic Association, former treasurer