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Teaching Area

Pathology; Pharmacology; Surgery of Western Medicine;
Advances in Integrative Chinese and Western Medicine
Research; Food Toxicology

Research Area

Herbal Pharmacology; Molecular Pharmacology; Diabetic
Research

- 2009 - 2012 Ph.D / Chinese Medicines / Macau University of Science and Technology
- 2006 - 2009 Master of Medicine / Pharmacology (State Key Discipline) / Nanjing Medical University
- 2001 - 2006 Bachelor of Medicine / Clinical Medicine / Wuhan University of Science and Technology
- 2002 - 2006 Bachelor of Art / English / Wuhan University of Science and Technology
- 2022.1 - Present Assistant Dean / Faculty of Chinese Medicine / Macau University of Science and Technology
- 2020.9 - 2022.1 Program Coordinator / Faculty of Chinese Medicine / Macau University of Science and Technology
- 2019.7 - Present Associate Professor / Faculty of Chinese Medicine / Macau University of Science and Technology
- 2012.9 – 2019.6 Assistant Professor / Faculty of Chinese Medicine / Macau University of Science and Technology
- 2009.4 – 2009.7 Research Fellow / Department of research and development / WuXi AppTec Co. Ltd.

Journal Articles (*Corresponding author):

94). Dong RX, **Xu YH***. Glomerular Cell Cross-talk in Diabetic Kidney Diseases. *Journal of Diabetes*. 2022 August 2; DOI:10.1111/1753-0407.13304.
[SCI impact factor 2021: 4.53, ranked the 63rd in 146 journals (43.15 %) of category ENDOCRINOLOGY & METABOLISM].

93). Geng K, Ma X, Jiang Z, Gu J, Huang W, Wang W, Xu Y*, **Xu YH***. WDR74 facilitates TGF- β /Smad pathway activation to promote M2 macrophage polarization and diabetic foot ulcer wound healing in mice. *Cell Biology and Toxicology*. 2022; DOI : 10.1007/s10565-022-09748-8.
[SCI impact factor 2021: 6.819, ranked the 9th in 94 journals (9.57 %) of category TOXICOLOGY].

92). Zhao T, Li M, Xiang Q, Lie B, Chen D, Wang W, Li X, Xu T, Zhang X, Li Y.63/MCID 88E5c0414DC BT15.77 7

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86). Liu B, Zhao T, Li Y, Han Y, **Xu YH**, Yang H, Wang S, Zhao Y*, Li P, Wang Y*.

INTEGRATIVE & COMPLEMENTARY MEDICINE].

- 78). Xu M, Feng T, Liu B, Qiu F, **Xu YH**, Zhao Y*, Zheng Y*. Engineered exosomes: desirable target-tracking characteristics for cerebrovascular and neurodegenerative disease therapies. *Theranostics*. 2021 Aug 18;11(18):8926-8944. doi: 10.7150/thno.62330.
[SCI impact factor 2021: 11.6, ranked the 13th in 139 journals (9.35%) of category MEDICINE, RESEARCH & EXPERIMENTAL].
- 77). Wang Z, Li XL, Hong KF, Zhao TT, Dong RX, Wang WM, Li YT, Zhang GL, Lin J, Gui DK*, **Xu YH***. Total flavonoids of Astragalus Ameliorated Bile Acid Metabolism Dysfunction in Diabetes Mellitus. *Evid Based Complement Alternat Med*. 2021 Apr 12;2021:6675567. doi: 10.1155/2021/6675567. eCollection 2021.
[SCI impact factor 2021: 2.65, ranked the 16th in 30 journals (53.33%) of category INTEGRATIVE & COMPLEMENTARY MEDICINE].
- 76). Weiming Wang, Tingting Zhao, Kang Geng, Gang Yuan, Yue Chen*, **Youhua Xu***. Smoking and pathophysiology of Peripheral artery disease. *Frontiers in Cardiovascular Medicine-Atherosclerosis and Vascular Medicine*. 2021 Aug 27;8:704106. doi: 10.3389/fcvm.2021.704106.
[SCI impact factor 2021: 5.846, ranked the 43rd in 143 journals (30.07%) of category CARDIAC & CARDIOVASCULAR SYSTEMS].
- 75). Yaochen Chuang, Iatkiio Van*, Yonghua Zhao, **Youhua Xu***. Icariin Ameliorate Alzheimer's Disease by Influencing SIRT1 and Inhibiting A β cascade Pathogenesis. *Journal of Chemical Neuroanatomy*. 2021 Nov;117:102014. doi: 10.1016/j.jchemneu.2021.102014.
[SCI impact factor 2021: 3.097, ranked the 190th in 274 journals (69.34%) of category NEUROSCIENCE].
- 74). Yuntong Li, Zhe Wang, Jing Lin, Guilin Zhang*, **Youhua Xu***. Research progress on the role of Traditional Chinese Medicine in inflammatory injury of COVID-19 (in Chinese). *Chin Sci Bull*, 2021, 66(26): 3377-3384, doi: 10.1360/TB-2020-1620 [*In Chinese*]
, 2021, 66(26): 3377-3384. doi: 10.1360/TB-2020-1620.
- 73). Qian Bai, Yaochen Chuang, Yonghua Zhao, Yao Wang, Pu Ge, **Youhua Xu***, and Ying Bian*. The Correlation between Demographical and Lifestyle Factors and Traditional Chinese Medicine Constitution among Macau Elderly Individuals. *Evidence-Based Complementary and Alternative Medicine*. 2021;19 April. Article ID 5595235 | <https://doi.org/10.1155/2021/5595235>.
[SCI impact factor 2021: 2.65, ranked the 16th in 30 journals (53.33%) of category INTEGRATIVE & COMPLEMENTARY MEDICINE].
- 72). Kang Geng, Xiumei Ma, Zongzhe Jiang, Wei Huang, Chenlin Gao, Yueli Pu, Lifang Luo, **Youhua Xu***, Yong Xu*. Innate Immunity in Diabetic Wound Healing: Focus on the Mastermind Hidden in Chronic Inflammation. *Frontiers in Pharmacology*. 2021;21 April <https://doi.org/10.3389/fphar.2021.653940>.
[SCI impact factor 2021: 5.988, ranked the 50th in 279 journals (17.92%) of category PHARMACOLOGY & PHARMACY].
- 71). Yinyan Xu, Hengli Guo, Tingting Zhao, Jing Fu*, **Youhua Xu***. Mulberroside A from Cortex Mori Enhanced Gut Integrity in Diabetes. *Evidence-Based Complementary and Alternative Medicine*. 2021 May 20;2021:6655555. doi: 10.1155/2021/6655555. eCollection 2021.
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INTEGRATIVE & COMPLEMENTARY MEDICINE].

- 70). Jun Su, Chongting Gao, Ling Xie, Ying Fan, Yilan Shen, Qunwei Huang, Niansong Wang, **Youhua Xu***, Nizhi Yang*, Dingkun Gui*. Astragaloside II Ameliorated Podocyte Injury and Mitochondrial Dysfunction in Streptozotocin-Induced Diabetic Rats. *Frontiers in Pharmacology*. 2021 Mar 16;12:638422. doi: 10.3389/fphar.2021.638422. eCollection 2021. [SCI impact factor 2021: 5.988, ranked the 50th in 279 journals (17.92%) of category PHARMACOLOGY & PHARMACY].
- 69). Zhuo Zhang, Yaochen Chuang, Xinyu Ke, Ji Wang, **Youhua Xu**, Yonghua Zhao*, Ying Bian*. The influence of TCM constitutions and neurocognitive function in elderly Macau individuals. *Chinese Medicine*. 2021 Apr 13;16(1):32. doi: 10.1186/s13020-021-00441-2. [SCI impact factor 2021: 4.546, ranked the 6th in 30 journals (20%) of category INTEGRATIVE & COMPLEMENTARY MEDICINE].
- 68). Dan Tang, Wei Xiao, Wen-Ting Gu, Zhi-Tong Zhang, Shu-Hong Xu, Zhi-Quan Chen, **You-Hua Xu**, Lu-Yong Zhang, Shu-Mei Wang*, Hong Nie*. Pterostilbene prevents methylglyoxal-induced cytotoxicity in endothelial cells by regulating glyoxalase, oxidative stress and apoptosis. *Food and Chemical Toxicology*. 2021 Jul;153:112244. doi: 10.1016/j.fct.2021.112244. Epub 2021 Apr 27. [SCI impact factor 2021: 5.572, ranked the 15th in 94 journals (15.96%) of category TOXICOLOGY].
- 67). Wenjun Gan, Chenlin Gao, Wenqian Zhang, Junling Gu, Tingting Zhao, Hengli Guo, Hua Zhou, Yong Xu, Lili Yu, Lifang Li, Dingkun Gui**, **Youhua Xu***. Kuwanon G promoted Acetylcholine production in advanced glycation end products-induced HT22 cells. *Experimental and Therapeutic Medicine*. 2021 May;21(5):425. doi: 10.3892/etm.2021.9869. Epub 2021 Feb 25. [SCI impact factor 2021: 2.751, ranked the 105th in 139 journals (top 75.54%) of category MEDICINE, RESEARCH & EXPERIMENTAL].
- 66). Tingting Zhao, Zhe Wang, Zhilong Liu, **Youhua Xu***. Pivotal Role Of The Interaction Between Herbal Medicines And Gut Microbiota On Disease Treatment. *Current Drug Target*. *Current Drug Targets*. 2021;22(3):336-346. doi: 10.2174/1389450121666200324151530. [SCI impact factor 2021: 2.937, ranked the 183rd in 279 journals (top 65.59%) of category PHARMACOLOGY & PHARMACY].

Signaling. *Oxidative Medicine and Cellular Longevity*. 2020 Aug 1;2020:4074832. doi: 10.1155/2020/4074832.

[SCI impact factor 2020: 6.543, ranked the 54th in 195 journals (top 27.69%) of category CELL BIOLOGY].

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- 59). Wenqian Zhang, Tingting Zhao, Yonghua Zhao, Dingkun Gui, **Youhua Xu***. Advanced Glycation End Products in Chinese Medicine Mediated Aging Diseases: A Review. *Current Vascular Pharmacology*. 2020;18:322-333.
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- 56). Junling Gu, Wei Huang, Wenqian Zhang, Tingting Zhao, Chenlin Gao, Wenjun Gan, Mingyue Rao, Qing Chen, Man Guo, Yong Xu*, **You-Hua Xu***. Sodium butyrate alleviates high-glucose-induced renal glomerular endothelial cells damage via inhibiting pyroptosis. *International Immunopharmacology*. 2019 Oct;75:105832.
[SCI impact factor 2019: 3.943, ranked the 63rd in 270 journals (top 23.33%) of category PHARMACOLOGY & PHARMACY].
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[SCI impact factor 2019: 3.758, ranked the 63rd in 158 journals (top 39.87%) of category IMMUNOLOGY].
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- Apr;44(7):1410-1415.
- 52). Zhai RN, Jian GH, Chen T, Xie L, Xue R, Gao CT, Wang NS*, **Xu YH***, Gui DK*. Astragalus membranaceus and Panax notoginseng, the novel renoprotective compound, synergistically protect against podocyte injury in streptozotocin-induced diabetic rats. *Journal of Diabetes Research*. 2019 Apr 16;2019:1602892.
[SCI impact factor 2019: 2.965, ranked the 72nd in 138 journals (top 52.17%) of category MEDICINE, RESEARCH & EXPERIMENTAL].
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[SCI impact factor 2019: 3.209, ranked the 26th in 86 journals (top 30.23%) of category CHEMISTRY, ANALYTICAL].
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[SCI impact factor 2019: 1.785, ranked the 105th in 138 journals (top 76.09%) of category MEDICINE, RESEARCH & EXPERIMENTAL].
- 49). Tang D*, Zhu JX, Nie H, He B, **Xu YH**, Zhu Q*. Simple and efficient approach for enrichment of major isoflavonoids from Astragalus membranaceus with macroporous resins and their nephroprotective activities. *Industrial Crops and Products*. 2018;125:276-283.
[SCI impact factor 2018: 4.191, ranked the 3rd in 89 journals (top 3.37%) of category AGRONOMY].
- 48). **Xu YH***, Gao CL, Guo HL, Zhang WQ, Huang W, Tang SS, Gan WJ, Xu Y, Zhou H, Zhu Q. Sodium Butyrate Supplementation Ameliorates Diabetic Inflammation in db/db Mice. *Journal of Endocrinology*. 2018;238(3):231-244.
[SCI impact factor 2018: 4.381, ranked the 31st in 145 journals (top 21.38%) of category ENDOCRINOLOGY & METABOLISM].
- 47). Deng X, Huang W, Peng J, Zhu TT, Sun XL, Zhou XY, Yang H, Xiong JF, He HQ, **Xu YH***, He YZ*. Irisin alleviates advanced glycation end products-induced inflammation and endothelial dysfunction via inhibiting ROS-NLRP3 inflammasome signaling. *Inflammation*. 2018;41(1):260-275.
[SCI impact factor 2018: 2.939, ranked the 92nd in 158 journals (top 58.23%) of category IMMUNOLOGY].

- 46). Tang D, Shen YB, Wang ZH, He B, **Xu YH**, Nie H*, Zhu Q*. Rapid Analysis and Guided Isolation of Astragalus Isoflavonoids by UHPLC-DAD-MSn and Their Cellular Antioxidant Defense on High Glucose Induced Mesangial Cells Dysfunction. *Journal of Agricultural and Food Chemistry*. 2018;66(5):1105-1113.
[SCI impact factor 2018: 3.571, ranked the 3rd in 57 journals (top 5.26%) of category AGRICULTURE, MULTIDISPLINARY].
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- [SCI impact factor 2017: 3.582, ranked the 14th in 53 journals (26.42%) of category GERIATRICS & GERONTOLOGY].
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- 36). Li YH, Huang W, **Xu YH**, Zhou LP, Liang YL, Gao CL, Yang L, Xu Y*. CYLD deubiquitinase negatively regulates high glucose-induced NF-κB inflammatory signaling in mesangial cells. *BioMed Research International*. 2017;2017:3982906.
[SCI impact factor 2017: 2.583, ranked the 66th in 161 journals (40.99%) of category BIOTECHNOLOGY & APPLIED MICROBIOLOGY].
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- 34). Guo HL, **Xu YH***, Huang W, Zhou H, Zheng Zg, Zhao Yh, He B, Zhu Tt, Tang Ss, Zhu Q. Kuwanon G preserves LPS-induced disruption of gut epithelial barrier in vitro. *Molecules*. 2016;21:1597. doi:10.3390/molecules21111597.
[SCI impact factor 2016: 2.861, ranked the 17th in 59 journals (28.81%) of category CHEMISTRY, ORGANIC].
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[SCI impact factor 2016: 3.786, ranked the 30th in 128 journals (23.44%) of category MEDICINE, RESEARCH & EXPERIMENTAL].
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[SCI impact factor 2016: 1.038, ranked the 58th in 85 journals (68.24%) of category BIOLOGY].
- 31). **Xu YH***, Xiong JF, Zhao YH, He B, Zheng ZG, Chu GJ, Zhu Q*. Calycosin re-balances advanced glycation end products-induced glucose uptake dysfunction of hepatocyte in vitro. *American Journal of Chinese Medicine*. 2015;43(6):1191-1210.
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- 27). Lin J, Zuo GY*, Xu YH*, Xiong JF, Zheng ZG, Wang SS, Zhu Q. Estrogen Reduces Advanced Glycation End Products Induced HUVEC Inflammation Via NF-kappa B Pathway. *Latin American Journal of Pharmacy*. 2014;33(1): 93-100.
[SCI impact factor 2014: 0.372, ranked the 247th in 255 journals (96.86%) of category PHARMACOLOGY & PHARMACY].
- 26). Zhao YH*, Lai W, Xu YH, Li LM, Chen ZW, Wu WK. Exogenous and endogenous therapeutic effects of combination Sodium Ferulate and bone marrow stromal cells (BMSCs) treatment enhance neurogenesis after rat focal cerebral ischemia. *Metabolic Brain Disease*. 2013;28(4):655-66.
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- 24). Tang D*, Zhu JX, Wu AG, Xu YH, Duan TT, Zheng ZG, Wang RS, Li D, Zhu Q*. Pre-column incubation followed by fast liquid chromatography analysis for rapid screening of natural methylglyoxal scavengers directly from herbal medicines: case study of Polygonum cuspidatum. *Journal of Chromatography A*. 2013;1286:102-110.
[SCI impact factor 2013: 4.258, ranked the 6th in 76 journals (7.89%) of category CHEMISTRY, ANALYTICAL].
- 23). Zheng ZG, Duan TT, He B, Tang D, Jia XB, Wang RS, Zhu JX, Xu YH, Zhu Q*, Feng L. Macrophage biospecific extraction and HPLC-ESI-MSn analysis for screening immunological active components in Smilacis Glabrae Rhizoma. *Journal of Pharmaceutical and Biomedical Analysis*. 2013;77:44-48.
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- 18). Feng L, **Xu YH**, Wang SS, Au-Yeung W, Zheng ZG, Zhu Q*, Xiang P. Competitive binding between 4,4'-diphenylmethane-bis(methyl) carbamate and RAGE ligand MG-H1 on human umbilical vein endothelial cell by cell membrane chromatography. *Journal of Chromatography B, Analytical Technologies in the Biomedical and Life Sciences*. 2012;881-882:55-62.
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- 15). **Xu YH**, Feng L, Wang SS, Zhu Q*, Lin J, Lou CH, Xiang P, He B, Zheng ZG, Tang D, Zuo GY. Phytoestrogen calycosin-7-O-β-D-glucopyranoside ameliorates advanced glycation end products-induced HUVEC damage. *Journal of Cellular Biochemistry*. 2011;112(10):2953-2965.
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- 10). Zhao YH*, Xu YH, Guan Y, Xiang P. Effects of Yinian Jiangya Decoction containing serum on cytokines secretion of vascular endothelium of spontaneously hypertensive rats. *Chinese Journal of Integrative Medicine*. 2010;16(4):344-347. [SCI impact factor 2010: 0.578, ranked the 18th in 21 journals (85.71%) of category INTEGRATIVE & COMPLEMENTARY MEDICINE].
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- 6). Xu YH, Li SN*. Blockade of ICAM-1: a novel way of vasculitis treatment. *Biochemical and Biophysical Research Communications*. 2009;381(4):459-461. [SCI impact factor 2009: 2.548, ranked the 146th in 283 journals (51.59%) of category BIOCHEMISTRY & MOLECULAR BIOLOGY].
- 5). Guan XW, Zhang RJ, Xu YH, Li SN*. Cocaine withdrawal enhances long-term potentiation in rat hippocampus via changing the activity of corticotropin-releasing factor receptor subtype 2. *Neuroscience*. 2009;161(3):665-670. [SCI impact factor 2009: 3.292, ranked the 90th in 231 journals (38.96%) of category NEUROSCIENCES].
- 4). Wu YQ, Zhang RJ, Zhou CH, Xu YH, Guan XW, Hu J, Xu YY, Li SN*. Enhanced expression of vascular cell adhesion molecule-1 by corticotrophin-releasing hormone contributes to progression of atherosclerosis in LDL receptor-deficient mice. *Atherosclerosis*. 2009;203(2):360-370. [SCI impact factor 2009: 4.522, ranked the 10th in 61 journals (16.39%) of category PERIPHERAL VASCULAR DISEASE].
- 3). Wang JJ, Zhang RJ, Xu YH, Zhou HY, Wang B, Li SN*. Genistein inhibits the development of atherosclerosis via inhibiting NF-kappaB and VCAM-1 expression in LDLR knockout mice. *Canadian Journal of Physiology and Pharmacology*. 2008;86(11):777-784. [SCI impact factor 2008: 1.763, ranked the 45th in 74 journals (60.81%) of category PHYSIOLOGY].
- 2). Wang JJ, Xu YH, Xu YY, Zhu HY, Zhang RJ, Zhang GX, Li SN*. Urocortin's inhibition of tumor growth and angiogenesis in hepatocellular carcinoma via corticotrophin-releasing factor receptor 2. *Cancer Investigation*. 2008;26(4):359-368. [SCI impact factor 2008: 1.976, ranked the 102th in 143 journals (71.33%) of category ONCOLOGY].
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calcium induced by urocortin is involved in degranulation of rat lung mast cells. *Cellular Physiology and Biochemistry*. 2008;21(1-3):173-182. [SCI impact factor 2008: 3.246, ranked the 24th in 74 journals (32.43%) of category PHYSIOLOGY].

Patent

- 1) **XU You Hua**, GUO Heng Li, ZHOU Hua, ZHU Quan. Method of Treating Endotoxemia. Australian Innovation Patent. 2018102089. (2018/12/18~2026/12/18)

2020 – 2023	Astragali Radix and Panax notoginseng combination for treatment of diabetic nephropathy: clinical randomized controlled trail and mechanism study / MOST-FDCT / PI
2020 – 2022	Effects and Mechanism of YI-SHEN-HUA-SHI Granule on Preventing Proteiunria in Diabetic Kidney Disease / FDCT-GDST / PI
2019 – 2021	Preventive effects of flavonoids from Astragali Radix against metabolic memory in diabetes based on co-metabolism between Chinese Medicines and gut microbiota / FDCT / PI
2019 – 2022	Overexpressing Caveolin-1 and active compounds of Chinese medicines loaded exosomes derived from mesenchymal stem cells modulate blood-brain barrier

- 2020.09 First Prize in Teaching Achievement Award 2019/2020 of Macau University of Science and Technology (the third awardee). September 2020, Macau, China.
- 2019.09 First Prize in Serve of the 2018 Zhongzhu Awards for Life Sciences, Macau University of Science and Technology. September 2019, Macau, China.
- 2018.09 First Prize in Teaching of the 2017 Zhongzhu Awards for Life Sciences, Macau University of Science and Technology. September 2018, Macau, China.
- 2018.05 Excellent instructor of “Hui-Yi-Gu Cup” National Clinical Ability Contest for TCM undergraduate students in 2018. May 2018, Tianjin, China.
- 2017.12 Third Prize of Science and Technology Progress Award Category of the 2017 Jiangsu Pharmaceutical Science and Technology Award (the seventh awardee) for

 , December 2017,
Jiangsu, China.
- 2017.09 First Prize in Service of the 2016 Zhongzhu Awards for Life Sciences, Macau University of Science and Technology. September 2017, Macau, China.
- 2016.10 Second Prize of Science and Technology Invention Award Category of the 2016 Macau Science and Technology Award (the second awardee) for

 , October 2016, Macau, China.
- 2012.11 Third Prize of 2011 Science and Technology Award of Jiangsu Province (the seventh awardee) for

 ,
November 2012, Jiangsu, China.