

## Dr. Mirkka SCHALLER (former Narva)

### PERSONAL DATA

**Date of birth** 3<sup>rd</sup> of October 1974

**Nationality** Swiss / Finnish

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### WORK EXPERIENCE

2012-	<b>SwissHealthCoach</b> <i>Founder</i>	Global
2011-2013	<b>AAVA Medical Communication &amp; Consulting</b> <i>CEO, Consultant</i> <ul style="list-style-type: none"> <li>Working assignments varying from scientific publications, product monograph, marketing materials, medical information database</li> <li>Working together with R&amp;D, Medical, Marketing and Corporate Communication departments</li> </ul>	Switzerland
2008-2011	<b>Vifor Pharma, Glattbrugg</b> <i>Senior Medical Communication Manager</i> <ul style="list-style-type: none"> <li>Developing Global Medical Communication programs and materials</li> <li>Managing Global Publication Plan</li> <li>Planning and executing brand satellite symposia and workshops</li> <li>Developing medical and scientific presentations and training material</li> <li>Responsible for clinical and medical training</li> </ul>	Switzerland
2004-2007	<b>Bayer Consumer Care, Basel</b> <b>(at the beginning Roche Consumer Health)</b> <i>International Science Manager</i> <ul style="list-style-type: none"> <li>Responsible for scientific development of OTC products in nutritional and gastroenterological areas</li> <li>Providing expert assessments on new scientific opportunities and third party offers</li> <li>Planning clinical trial design for new products</li> <li>Steering CCDS and drug label development/renewal process</li> <li>Establishing contacts with internal and external experts</li> </ul>	Switzerland
2000-2004	<b>Valio Ltd., R&amp;D, Nutrition Research, Helsinki</b> <i>Project researcher, Deputy of Nutrition Research Manager</i> <ul style="list-style-type: none"> <li>Development of research strategy for functional foods in osteoporosis field</li> <li>Nutrition specialist for product development and marketing</li> <li>Design and performance of <i>in vivo</i> and <i>in vitro</i> studies on the health effects of nutrition (e.g. osteoporosis, blood pressure, infections)</li> </ul>	Finland
1999	<b>Cornell University Program at Strong Memorial Hospital, New York</b> <i>Nutritionist (4 months)</i> <ul style="list-style-type: none"> <li>Planning and conducting nutritional therapies</li> </ul>	USA
1998	<b>University of Turku, Department of Clinical Pharmacology</b> <i>Research assistant</i> <ul style="list-style-type: none"> <li>Assessment of the mutations in the <math>\beta_2</math>-adrenergic gene in a Finnish population</li> </ul>	Finland

<b>1997</b>	<b>University of Maastricht, Department of Human Nutrition</b> <i>Research assistant (3 months)</i>	<b>Netherlands</b>
	<ul style="list-style-type: none"> <li>Performing clinical study on exercise training in obese men</li> </ul>	

## LANGUAGES

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Finnish VI (native language), English V, German IV, Swedish II

## EDUCATION

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<b>2001-2004</b>	<b>University of Helsinki, Institute of Biomedicine, Pharmacology</b> <i>Doctoral Thesis</i> Thesis: "Effects of <i>Lactobacillus helveticus</i> fermented milk and milk-derived bioactive peptides (CPP, IPP and VPP) on calcium and bone metabolism"	<b>Finland</b>
<b>2002-2004</b>	<b>Eidgenössische Technische Hochschule, Zürich</b> <i>Guest student</i> Studies in Food Sciences	<b>Switzerland</b>
<b>1998-2001</b>	<b>University of Helsinki, Department of Applied Chemistry &amp; Microbiology</b> <i>Guest student</i> Studies in Marketing	<b>Finland</b>
<b>1994-2001</b>	<b>University of Kuopio, Department of Clinical Nutrition</b> <i>Master of Science in Clinical Nutrition</i> Thesis: "Effects of $\beta_2$ -adrenergic receptor gene polymorphisms on obesity in Finnish population", University of Kuopio, 2001	<b>Finland</b>

## SCIENTIFIC PROPERTY

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### Patent:

- Narva**, Mäyrä-Mäkinen, Korpela, Tossavainen: New applications of biologically active product. Patent number: 112031 – Finland, 31.10.2003 (JP 6041191 A2 in English)

### Publications:

- Narva**, Kärkkäinen, Poussa, Lamberg-Allardt, Korpela: "Caseinophosphopeptides in milk and fermented milk do not affect calcium metabolism acutely", *Journal of American College of Nutrition*, 2003;22:88-93
- Narva**, Nevala, Vapaatalo, Korpela: "The effect of *Lactobacillus helveticus* fermented milk on acute changes in calcium metabolism in postmenopausal women", *European Journal of Nutrition*, 2004;43:61-68
- Narva**, Collin, Lamberg-Allardt, Kärkkäinen, Poussa, Vapaatalo, Korpela: "Effects of long-term intervention with *Lactobacillus helveticus* fermented milk on bone mineral density and bone mineral content in growing rats", *Annals of Nutrition Metabolism*, 2004;48:228-234
- Narva**, Halleen, Korpela, Väänänen: "Effects of *Lactobacillus helveticus* fermented milk on bone cells *in vitro*", *Life Sciences*, 2004;75:1727-1734
- Narva**, Collin, Jauhiainen, Poussa, Vapaatalo, Korpela: "Effects of *Lactobacillus helveticus* fermented milk and its bioactive peptides on bone parameters in spontaneously hypertensive rats", *Milchwissenschaft*, 2004;59(7-8):359-362
- Jauhiainen, Collin, **Narva**, Cheng, Poussa, Vapaatalo, Korpela: "Effect of long-term intake of milk peptides and minerals on blood pressure and arterial function in spontaneously hypertensive rats." *Milchwissenschaft*, 2005;60:353-472
- Narva**, Rissanen, Halleen, Vapaatalo, Väänänen, Korpela: "Effects of bioactive peptide, valyl-prolyl-proline (VPP), and *Lactobacillus helveticus* fermented milk containing VPP on bone loss in ovariectomized rats", *Annals of Nutrition and Metabolism*, 2007;51:65-74