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Education

2004: Master of Medicine, University of Copenhagen, Denmark and authorization as a physician; 2006: Permission to practice independently as a physician (full registration); 2013: Specialist in Clinical Pharmacology (aut. ID: 05HN6), The Danish National Board of Health; 2014: PhD in health science (Thesis ISBN: 978-87-92613-44-8), University of Copenhagen; 2016: Leadership Programme (6 modules, 14 days), Capital Region of Denmark; 2021: Research Management Course (6 modules, 9½ days), CBS Executive Fonden.

Employment History

2004: Resident, Department of Internal Medicin, Koege Hospital, University of Copenhagen, Denmark; 2004-2005: Resident, Department of Orthopedic Surgery, Koege Hospital, University of Copenhagen, Denmark; 2005-2005: GP resident, Solroed Strand, Denmark; 2006-2007: Several short term GP resident positions, Various places in Norway; 2006-2007: Resident physician, Department of Internal Medicine F, Gentofte Hospital University of Copenhagen, Denmark; 2007-2008: Resident physician, Department of Internal Medicine, Amager Hospital University of Copenhagen, Denmark; 2007-2008: Physician, Senior Resident, Department of Clinical Pharmacology, Bispebjerg Hospital, University of Copenhagen, Denmark; 2008-2016: Medical Expert in authorization of medicinal products (10 hours weekly), Danish Medicines Agency; 2009-2010: Clinical Research Assistant, Center for Diabetes Research, Gentofte University Hospital; 2010: Physician, Senior Resident, Department of Hematology, Rigshospitalet, University of Copenhagen, Denmark; 2010-2012: Clinical Research Assistant, Center for Diabetes Research, Gentofte Hospital, University of Copenhagen, Denmark; 2012-2013: Physician, Senior Resident, Department of Clinical Pharmacology, Bispebjerg Hospital; 2013-2013: Physician, Senior Resident, Department of Internal Medicine, Gentofte Hospital; 2013-present: Chief Physician, Head of Education, Department of Clinical Pharmacology, Bispebjerg Hospital; 2013-present: Clinical Associate Professor, University of Copenhagen and Bispebjerg Hospital; 2018-present: Postgraduate Associate Professor, Eastern Region of Denmark & University of Copenhagen; 2020-present: Head of Copenhagen Centre for Translationel Research, Bispebjerg and Frederiksberg Hospital.

Current Positions

Head of Copenhagen Centre for Translational Research (60% position at Department of Biochemistry Bispebjerg and Frederiksberg Hospital) & Chief Physician and Clinical Associate Professor (40% position at the Department of Clinical Pharmacology, Bispebjerg Hospital). Responsibilities include Research management of translational research and phase one clinical trials (Zelo Phase one trial unit), medication reviews at outpatient clinics, function as a clinical toxicologist on-call at the national poison information center (Giftlinjen).

Honorary Positions

Dr. Mikkel Christensen is involved in several national and regional councils that evaluate pharmacotherapy and thereby impact rational use of medicines in Denmark. Ongoing from 2014: Chairman of the endocrinology group by the Capital Region's Medicines Committee (Den Regionale Lægemiddelkomite). Ongoing from 2016: Part of working group National Recommendation List (Den Nationale Rekommandationsliste) from the Danish Health Authority (Sundhedsstyrelsen) appointed by Danish Society of Clinical Pharmacology. From 2019: Member of the national Danish Medicines Council (Medicinrådet) "workgroup on type 2 diabetes" appointed by Danish Society of Clinical Pharmacology.

Recent Selected Awards and Grants

Awards: Awarded talent price from the Bagger-Sørensen foundation (2015), Young investigator of the year, Scandinavian Society for the Study of Diabetes (2012); Grants: Research grants from the Capital region of Denmark, University of Copenhagen, Danish Diabetes Association, Beckett-foundation and Tryg Foundation - total funding amounting to > € 2,000,000.

Publications, Citations and H-Indices

Research primarily within the areas: Clinical pharmacology, polypharmacy, medication review, diabetology, and medicines safety/toxicology (see full publication list on Google Scholar: Mikkel Christensen). Author of several textbook chapters and >120 scientific publications (68 original articles, 34 scientific reviews/proceedings, 25 commentaries/editorials/letters/case reports). >100 Danish and international scientific presentations. Impact Citations: ~ Citations: ~ 4279 (Google Scholar), ~2.671 (Web of Science). H-indices: 30 (Google Scholar), 29 (Web of Science); Scopus Author ID: 32067543900; ResearcherID: H-5861-2013; <https://orcid.org/0000-0002-8774-1797>

Supervising, Evaluation and Teaching Experience

Supervisor for 17 PhD students - 4 as primary supervisor (1 completed) and 13 as co-supervisor (4 completed) in clinical pharmacology, metabolism and toxicology. Extensive pre- and postgraduate teaching experience in physiology, pharmacology, toxicology and diabetology. Since 2013 clinical associate professor responsible for lectures, teaching and examination at University of Copenhagen course in clinical pharmacology (30 hours annually).

Summary of Own Research

Ongoing since 2008, I have been an active researcher in topics relating to clinical metabolism and pharmacology. My metabolic research has contributed significantly to understanding the action of endogenous hormones in diabetes and postprandial metabolism, particularly glucose and bone homeostasis and appetite regulation in humans. I am currently exploring interventions to avoid hypoglycemia in patients with diabetes. My research has among other things led to a patent (WO2016034186A1) that is currently investigated as treatment against obesity and other metabolic disorders. Since 2013 I have described various aspects and challenges with polypharmacy and how to deal with this by revising medication lists (Medication reviews). In 2017, I obtained funding to and initiated the Polypharmacy Outpatient Clinic at Bispebjerg and Frederiksberg Hospital. This clinic is now responsible for reviewing medications in complex patients with multiple diseases and pharmacological treatments and have shown great results with regards to improvements in pharmacotherapy and health-related quality of life (results awaiting publication).

Research outputs

Drug exposure and measurable residual disease in chronic lymphocytic leukemia: a systematic review

Korsholm, C., Bülow, C., Christensen, M., Dalhoff, K., Feinberg, J. B., Lund, T. M., Niemann, C. U., Petersen, T. S. & Andersen, M. A., Feb 2025, In: Leukemia and Lymphoma. 66, 2, p. 229-239 11 p.

The Effect of Exercise on Pharmacodynamics and Pharmacokinetics of a Single Dose of Unfractionated Heparin-A Randomized, Controlled, Crossover Study

Stuhr, L. K., Feinberg, J. B., Christoffersen, T., Dimopoulos, K., Christensen, M. B., Sonne, D. P., Riis, T., Plomgaard, P. S., Goetze, J. P., Larsen, E. L. & Karstoft, K., Jan 2025, In: Clinical and Translational Science. 18, 1, e70113.

Increasing Medication Use and Polypharmacy in Type 2 Diabetes: The Danish Experience From 2000 to 2020

Johansson, K. S., Jimenez Solem, E., Petersen, T. S. & Christensen, M. B., 1 Dec 2024, In: Diabetes spectrum : a publication of the American Diabetes Association. 47, 12, p. 2120-2127 8 p.

Secretin infusion decreases food intake in healthy men - a randomized, placebo-controlled, double-blind, crossover study

Heimbürger, S. M. N., Bentzen, M. J., Kizilkaya, H. S., Hartmann, B., Holst, J. J., Rosenkilde, M. M., Dela, F., Hansen, S. H., Rehfeld, J. F., Christensen, M. B. & Knop, F. K., Dec 2024, In: European Journal of Endocrinology. 191, 6, p. 545–557 13 p.

Patients' knowledge of the indications for their medications - a scoping review

Bülow, C., Clausen, S. S., Thøgersen, P. L., Dalin, D. A., Hansen, J. M., Johansson, K. S., Lundh, A. & Christensen, M. B., 8 Oct 2024, In: BMC Health Services Research. 24, 1, p. 1195 1195.

Glucagon Clearance is Decreased in Chronic Kidney Disease, but Preserved in Liver Cirrhosis

Grøndahl, M. F. G., Lange, A. H., Suppli, M. P., Bagger, J. I., Thing, M., Gluud, L. L., Kofod, D. H., Hornum, M., Van Hall, G., Trammell, S. A. J., Grevengoed, T. J., Hartmann, B., Holst, J. J., Vilsbøll, T., Christensen, M. B., Lund, A. B. & Knop, F. K., 1 Oct 2024, In: Diabetes. 73, 10, p. 1641-1647 7 p.

Rational Pharmacotherapy in Type 2 Diabetes: Danish Data From 2002 to 2020 on Mortality, Diabetes-Related Outcomes, Adverse Events, and Medication Expenses

Johansson, K. S., Jimenez-Solem, E., Petersen, T. S. & Christensen, M. B., Sept 2024, In: *Diabetes Care*. 47, 9, p. 1656-1663 8 p.

Safety of native glucose-dependent insulinotropic polypeptide in humans

Helsted, M. M., Schaltz, N. L., Gasbjerg, L. S., Christensen, M. B., Vilsbøll, T. & Knop, F. K., Jul 2024, In: *Peptides*. 177, p. 171214 171214.

Farmakologisk behandling af type 2-diabetes i almen praksis med fokus på fremtidig tilskudsstatus for glukosesænkende lægemidler

Halmsted Olsen, J. H., Christensen, M. B., Brønden, A., Karstoft, K., Kristensen, J. K. & Glintborg, D., Jun 2024, In: *Rationel farmakoterapi* [online]. 2024, 3

Acute patients discharged without an established diagnosis: risk of mortality and readmission of nonspecific diagnoses compared to disease-specific diagnoses

Gregersen, R., Villumsen, M., Mottlau, K. H., Maule, C. F., Nygaard, H., Rasmussen, J. H., Christensen, M. B. & Petersen, J., 19 Apr 2024, In: *Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine*. 32, 1, p. 32 32.

Treatment of nausea in hospitalized patients with acute illness

Nersesjan, M., Nersesjan, S. C., Pedersen, L. & Christensen, M. B., 15 Apr 2024, In: *Ugeskrift for Laeger*. 186, 16

Signs of Glucagon Resistance After a 2-Week Hypercaloric Diet Intervention

Suppli, M. P., Høgedal, A., Bagger, J. I., Chabanova, E., van Hall, G., Forman, J. L., Christensen, M. B., Albrechtsen, N. J. W., Holst, J. J. & Knop, F. K., 1 Apr 2024, In: *The Journal of clinical endocrinology and metabolism*. 109, 4, p. 955-967 13 p.

The effect of exogenous glucagon on circulating amino acids in individuals with and without type 2 diabetes and obesity

Grøndahl, M. F. G., Bagger, J. I., Suppli, M. P., van Hall, G., Albrechtsen, N. J. W., Holst, J. J., Vilsbøll, T., Christensen, M. B., Lund, A. B. & Knop, F. K., 1 Mar 2024, In: *Endocrine Connections*. 13, 3, e230516.

The development of type 2 diabetes management in people with severe mental illness in the Capital Region of Denmark from 2001 to 2015

Bakkedal, C., Persson, F., Christensen, M. B., Kriegbaum, M., Mohr, G. H., Andersen, J. S., Lind, B. S., Lykkegaard, C., Siersma, V. & Rozing, M. P., Mar 2024, In: *Acta Psychiatrica Scandinavica*. 149, 3, p. 219-233 15 p.

Octreotide Improves Human Lymphatic Fluid Transport a Translational Trial

Holm-Weber, T., Skov, F., Mohanakumar, S., Thorup, L., Riis, T., Christensen, M. B., Sonne, D. P., Jensen, P. B., Bødtkjer, D. B. & Hjortdal, V. E., 2 Jan 2024, In: *European journal of cardio-thoracic surgery : official journal of the European Association for Cardio-thoracic Surgery*. 65, 1, p. 1-9 9 p., ezad380.

Non-Insulin Parenteral Therapies

Vilsbøll, T., Christensen, M. B., Andersen, A. & Knop, F. K., Jan 2024, *Textbook of Diabetes, 6th Edition*. Holt, R. I. G. & Flyvbjerg, A. (eds.). Wiley-Blackwell

The impact of type 2 diabetes and glycaemic control on mortality and clinical outcomes in hospitalized patients with COVID-19 in the capital region of Denmark

Kliim-Hansen, V., Johansson, K. S., Gasbjerg, L. S., Jimenez-Solem, E., Petersen, T. S., Nyeland, M. E., Winther-Jensen, M., Ankarfeldt, M. Z., Pedersen, M. G., Ellegaard, A.-M., Knop, F. K. & Christensen, M. B., Jan 2024, In: *Diabetes, Obesity and Metabolism*. 26, 1, p. 160-168 9 p.

The Body weight Reducing Effects of Tirzepatide in People with and without Type 2 Diabetes: A Review on Efficacy and Adverse Effects

Jensen, T. L., Brønden, A., Christensen, M. B., Karstoft, K. & Sonne, D. P., 2024, In: *Patient Preference and Adherence*. 18, p. 373-382 10 p.

The separate and combined effects of glucose-dependent insulinotropic polypeptide and alanine on plasma glucose during fasting in healthy individuals

Thomas, A. M., Warnøe, J. V., Mathiesen, D. S., Preskou, E. M., Dejgaard, T. F., Lund, A., Størling, J., Christensen, M. B., Gasbjerg, L. S. & Knop, F. K., 2024, In: *Diabetologia*. 67, Suppl 1, 539.

Age disparities in glucose-lowering treatment for Danish people with type 2 diabetes: a cross-sectional study between 2019 and 2020

Johansson, K. S., Bülow, C., Jimenez-Solem, E., Petersen, T. S. & Christensen, M. B., Dec 2023, In: *The Lancet Healthy Longevity*. 4, 12, p. e685-e692

Impact of multimorbidity and polypharmacy on mortality after cancer: a nationwide registry-based cohort study in Denmark 2005-2017

Thomsen, M. K., Løppenthin, K. B., Bidstrup, P. E., Andersen, E. W., Dalton, S., Petersen, L. N., Pappot, H., Mortensen, C. E., Christensen, M. B., Frølich, A., Lassen, U. & Johansen, C., Dec 2023, In: *Acta Oncologica*. 62, 12, p. 1653-1660 8 p.

Medication changes implemented during medication reviews and factors related to deprescribing: Posthoc analyses of a randomized clinical trial in geriatric outpatients with polypharmacy

Kornholt, J., Feizi, S. T., Hansen, A. S., Laursen, J. T., Johansson, K. S., Reuther, L. Ø., Petersen, T. S., Pressel, E. & Christensen, M. B., Nov 2023, In: *British Journal of Clinical Pharmacology*. 89, 11, p. 3291-3301 11 p.

Methodological Considerations for Describing Medication Changes in Relation to Clinical Events and Death: An Applied Example in Patients with Type 2 Diabetes and Cancer

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Medicinennemgange? Ja tak, men hvor og hvordan?

Christensen, M. B., Bülow, C. & Lundh, A., 16 Oct 2023, In: *Ugeskrift for Laeger*. 185:V205151.

The impact of type 2 diabetes and glycaemic control on mortality and clinical outcomes in hospitalised patients with COVID-19 in the capital region of Denmark

Kliim-Hansen, V., Johansson, K. S., Gasbjerg, L. S., Jimenez-Solem, E., Petersen, T. S., Nyeland, M. E., Ellegaard, A.-M., Pedersen, M. G., Knop, F. K. & Christensen, M. B., 1 Sept 2023, In: *Diabetologia*. 66, SUPPL 1, 1, p. S488

Effects of DPP-4 inhibitors, GLP-1 receptor agonists, SGLT-2 inhibitors and sulphonylureas on mortality, cardiovascular and renal outcomes in type 2 diabetes: A network meta-analyses-driven approach

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Physician-led medication reviews in a type 2 diabetes outpatient clinic: a randomised trial

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Diabetes treatment for persons with severe mental illness: A registry-based cohort study to explore medication treatment differences for persons with type 2 diabetes with and without severe mental illness

Bakkedal, C., Persson, F., Kriegbaum, M., Andersen, J. S., Grant, M. K., Mohr, G. H., Lind, B. S., Andersen, C. L., Christensen, M. B., Siersma, V. & Rozing, M. P., 13 Jun 2023, In: *PLoS One*. 18, 6, e0287017.

The association between paracetamol dose/plasma concentration and the severity of methemoglobinemia:a case-control study

Petersen, T. S., Daoud, A., Bøgevig, S., Høgberg, L. C. G. & Christensen, M. B., 23 May 2023, p. 117. 129 p.

Insulin kinetics in high dose insulin therapy—a human randomized controlled trial

Bøgevig, S., Petersen, T. S., Riis, T., Brønden, A., Praeger-Jahnsen, L., Friis-Hansen, L., Høgberg, L. C. G. & Christensen, M. B., 16 May 2023, p. 85. 129 p.

Paracetamol medication errors are associated with a high risk of hepatotoxicity in children aged 0–6 years: a retrospective cohort study

Daoud, A., Gade, C., Bøgevig, S., Christensen, M. B., Dalhoff, K. P. & Petersen, T. S., 16 May 2023, p. 47. 129 p.

Continuous renal replacement therapy (CRRT) removal capacity of selected pharmaceuticals in high concentrations, a whole blood (swine) *in vitro* model

Christensen, M. B., Högberg, L. C. G., Hermann, D., Riis, T., Hannibal, J. & Bøgevig, S., May 2023.

Safety of glucagon-like peptide-1 receptor agonists for weight management in adults, adolescents, and children with obesity: A scoping review

Baden, C. S., Andersen, J. T., Christensen, M. B. & Gade, C., 1 Apr 2023, In: Adverse Drug Reaction Bulletin. 339, 1, p. 1315-1318 4 p.

Physician-led medication reviews in polypharmacy patients treated with at least 12 medications in a type 2 diabetes outpatient clinic: A randomised trial

Johansson, K. S., Kornholt, J., Bülow, C., Petersen, T. S., Perrild, H., Rungby, J. & Christensen, M. B., Apr 2023, In: Diabetic medicine : a journal of the British Diabetic Association. 40, 4, p. e15052 e15052.

Protocol for assessing the effects of exogenous hormone administration on human postprandial glucose metabolism, appetite sensations, and food intake

Hagemann, C. A., Gasbjerg, L. S., Christensen, M. B. & Knop, F. K., 17 Mar 2023, In: STAR Protocols. 4, 1, 102070.

Tirzepatide. Dual GLP-1/GIP receptor agonist, Treatment of type 2 diabetes and obesity

Jensen, T. L., Bronden, A., Karstoft, K., Christensen, M. B. & Sonne, D. P., Mar 2023, In: Drugs of the Future. 48, 3, p. 179-196 18 p.

Separate and combined effects of long-term GIP and GLP-1 receptor activation in patients with type 2 diabetes: a structured summary of a study protocol for a double-blind, randomised, placebo-controlled clinical trial

Helsted, M. M., Gasbjerg, L. S., Vilsbøll, T., Nielsen, C. K., Forman, J. L., Christensen, M. B. & Knop, F. K., 27 Feb 2023, In: BMJ Paediatrics Open. 13, 2, e065736.

Medication review in hospitalised patients to reduce morbidity and mortality

Bülow, C., Clausen, S. S., Lundh, A. & Christensen, M., 23 Jan 2023, In: Cochrane Database of Systematic Reviews. 2023, 1, p. CD008986 CD008986.

Scoping Review of Randomized Trials With Discontinuation of Medicines in Older Adults

Kornholt, J., Bülow, C., Sørensen, A. M. S., Pressel, E., Petersen, T. S. & Christensen, M. B., Dec 2022, In: Journal of the American Medical Directors Association. 23, 12, p. 1926.e11-1926.e35 25 p.

Protocol for a 30-day randomised, parallel-group, non-inferiority, controlled trial investigating the effects of discontinuing renin-angiotensin system inhibitors in patients with and without COVID-19: the RASCOVID-19 trial

Klim-Hansen, V., Gasbjerg, L. S., Ellegaard, A.-M., Lorentsson, H. J. N., Lynggaard, M. B., Hagemann, C. A., Legart, C., Mathiesen, D. S., Sivapalan, P., Jensen, J.-U. S., Vilsbøll, T., Christensen, M. B. & Knop, F. K., 30 Nov 2022, In: BMJ Paediatrics Open. 12, 11, p. e062895 8 p., e062895.

GIP Affects Hepatic Fat and Brown Adipose Tissue Thermogenesis but Not White Adipose Tissue Transcriptome in Type 1 Diabetes

Heimbürger, S. M. N., Hoe, B., Nielsen, C. N., Bergman, N. C., Skov-Jeppesen, K., Hartmann, B., Holst, J. J., Dela, F., Overgaard, J., Størling, J., Vilsbøll, T., Dejgaard, T. F., Havelund, J. F., Gorshkov, V., Kjeldsen, F., Færgeman, N. J. K., Madsen, M. R., Christensen, M. B. & Knop, F. K., 25 Nov 2022, In: The Journal of clinical endocrinology and metabolism. 107, 12, p. 3261-3274 14 p.

Evidensbaseret medicin

Christensen, M. B., 12 Oct 2022, *Evidensbaseret medicin*. Hammen, L. N. (ed.). 1 ed. Vol. 1. 560 p.

Endogenous Glucose-Dependent Insulinotropic Polypeptide Contributes to Sitagliptin-Mediated Improvement in β-Cell Function in Patients With Type 2 Diabetes

Stensen, S., Gasbjerg, L. S., Rosenkilde, M. M., Vilsbøll, T., Holst, J. J., Hartmann, B., Christensen, M. B. & Knop, F. K., 1 Oct 2022, In: *Diabetes*. 71, 10, p. 2209-2221 13 p.

Acute concomitant glucose-dependent insulinotropic polypeptide receptor antagonism during glucagon-like peptide 1 receptor agonism does not affect appetite, resting energy expenditure or food intake in patients with type 2 diabetes and overweight/obesity

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Endogenous glucose-dependent insulinotropic polypeptide (GIP) facilitates postprandial intestinal lipid uptake

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Effects of a comprehensive medication review intervention on health-related quality of life and other clinical outcomes in geriatric outpatients with polypharmacy: A pragmatic randomized clinical trial

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Short-term mortality following tramadol poisonings in Denmark

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The Impact of Diabetes on Mortality and Clinical Outcomes in Hospitalized Patients with COVID-in the Capital Region of Denmark

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Drug use in patients with short bowel syndrome and intestinal failure

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LEAP2 reduces postprandial glucose excursions and ad libitum food intake in healthy men

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Has the time come to stop routine N-acetylcysteine treatment in young children in Denmark? A review of 300 suspected paracetamol overdoses in children aged 0-6 years

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Glucagon Clearance is Preserved in Type 2 Diabetes

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Glucose-dependent insulinotropic polypeptide induces lipolysis during stable basal insulin substitution and hyperglycaemia in men with type 1 diabetes: a randomized, double-blind, placebo-controlled, crossover clinical trial

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Acute changes in plasma glucose increases left ventricular systolic function in insulin-treated patients with type 2 diabetes and controls

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Arginine-vasopressin mediates counter-regulatory glucagon release and is diminished in type 1 diabetes

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