

## Curriculum Vitae

**Shahryar Eghtesadi, Ph.D.**

*Current Position: Professor*

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*Date of birth: November 6, 1952*

*Place of birth: Sanandaj, Iran*

## Education :

INSTITUTION	DEGREE	YEAR	FIELD OF STUDY
Shahid Beheshti University of Medical Sciences, Iranian National Institute of Nutrition Research and Food Technology, Tehran	B.S	۱۹۷۵	Nutrition Science and Food Chemistry
Tehran University, School of Public Health, Tehran, Iran	M.S.P.H.	۱۹۷۷	Nutrition Science
University of California, Davis, U.S.A	Ph.D.	۱۹۸۵	Nutrition

## Professional History

- Professor, Islamic Azad University; Tehran Medical Branch and Science & Research, Branch (School of Medical Sciences), Tehran, Iran, September 2013-Present.
- Professor, Iran University of Medical Sciences, School of Public Health, April 2013-june 22, 2013.
- Professor, Tehran University of Medical Sciences, School of Public Health and School of Nutrition Sciences and Dietetics, October 31, 2010-April 2013.
- Chair, Department of Nutrition, Islamic Azad University, Science and Research Branch, School of Medical Sciences, Tehran, Iran, October 25, 2015-present
- Chair, Department of Nutrition, Iran and Tehran University of Medical Sciences, May 25, 2005 to March 21, 2011.
- Director of Nutrition and Metabolism Laboratory, School of Public Health of Iran and Tehran University of Medical Sciences, June 2006-present.
- Dean, School of Public Health, Iran University of Medical Sciences Sep 6, 2010 – Oct 31, ۲۰۱۰.
- Professor, Iran University of Medical Sciences, School of Public Health, Tehran Iran, Sep 11, 2002 - Oct 31, 2010.
- Professor, Tabriz University of Medical Sciences, Tabriz, Iran, Dec 3, 1996- Sep 11, 2002.
- Associate Dean for Education and Research Affairs, School of Public Health and Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran, Feb 4, 2002-Sep 11, ۲۰۰۲.
- Head of Research Department, School of Public Health and Nutrition, Tabriz, Iran, Aug 28, 1995-Mar 3, 2002.
- Chair, Department of Biochemistry and Clinical Nutrition, School of Public Health and Nutrition, Tabriz, Iran, Dec 30, 1996-Dec 30, 1998.
- Director of Biochemistry and Nutrition Research Laboratory, School of Public Health and Nutrition, Tabriz University of Medical Sciences, Nov 14, 1996-Dec 3۰, ۱۹۹۸.
- Visiting Scientist, Human Nutrition Research Center on Aging (HNRCA), Tufts University, U.S.A, Nov 22, 1994-May 22, 1995.
- Chair, Department of Biochemistry and Nutrition, School of Pharmacy, Tabriz University, Tabriz, Iran, Nov 8, 1986-Nov 15, 1993.
- Associate Professor, Tabriz University, Tabriz, Iran, July 30, 1991-Dec 3, 1996.
- Assistant Professor, Tabriz University, Tabriz, Iran, June 25, 1986-July 30, 1991.
- Instructor, Tabriz University, Tabriz, Iran, Oct 8, 1978-June 25, 1986.

## Positions and Honors

- Distinguished Editor of Article presented in the Iranian Research Forum, National Research Centre of Iran, Iranian Ministry of Science, May 1999.
- Distinguished Scientist of Tabriz University of Medical Sciences, School of Public Health and Nutrition, Apr 30, 2000.
- Distinguished Scientist of Iran University of Medical Sciences, School of Public Health, Dec 17, 2002.
- Distinguished Scientist of Iran University of Medical Sciences, School of Public Health, Dec 13, 2009.
- Honored Professor, Iranian Ministry of Health and Medical Education, May 2, 2006 .
- Honored Professor, Iranian Ministry of Health and Medical Education, May 2, 2007.
- Distinguished Department Chair of Iran University of Medical Sciences , Dec 15, 2007 .
- Distinguished Department Chair of Iran University of Medical Sciences , Dec 13, 2009.
- Honored Member of Iran Medical Council , Aug 27, 2009.

## Professional Experiences

### Teaching Experiences

- Upper division courses
  - Clinical Nutrition and Dietetics I, Clinical Nutrition and Dietetics II, Nutrition across Life Span, Experimental Nutrition, Nutritional Effects of Food Processing, Food and Nutrition Planning, Clinical Nutrition and Food and Drug Interactions for pharmacy students, Principles of Nutrition for Medical Students, Paediatric and Clinical Nutrition for Obstetrics, Clinical Nutrition for Nursing.
- Graduate Courses
  - Advanced Clinical Nutrition, Nutrition and Diseases, Advanced Nutrition , Nutritional Assessment ; Advanced Nutrition I, II and III; Special Topics in Nutrition, Regulations of Metabolism, Nutrition Seminars, Nutritional Epidemiology for MPH programs and Nutritional Epidemiology for Nutrition Science Master program; Sport & Exercise Nutrition, for Sport Medicine Residents.
- Advisor in
  - ۱۴ Pharm.D. dissertation.
  - ۱ MPH thesis
  - ۴ Masters degree thesis in Nutrition Sciences.
  - ۸ Ph.D degree dissertation in Nutrition Sciences.

### **Current projects**

.Assessment of the relationship between infant anthropometric indices with food insecurity and body mass index before pregnancy and in the third trimester of pregnant women referred to health centers and community health centers affiliated to the north health center of Tehran 2016-2017. Islamic Azad University, Science and research Branch, Tehran, Iran.

.The relationship between dietary pattern and risk of PCOs among 20-30 years old women at Sarem hospital in Tehran. Islamic Azad University, Science and Research Branch, Tehran, Iran.

. Assessment of food pattern and relationship between food security and Men sperm count referring to Avicenna Infertility Center. Islamic Azad University, Science and Research Branch, Tehran, Iran

.Comparison of the effect of obesity on emotional quotient(EQ) and intelligence quotient(IQ)in students aged 9 to 12 years old at districts 1 and 19 of Tehran City, year1395. Islamic Azad University, Science and Research Branch, Tehran, Iran

.Evaluation of the relationship between food security and factors related to the general health status of pregnant women referred to health care centers in the city of Khoramabad. Islamic Azad University, Science and Research Branch, Tehran, Iran.

.The association between protein and fiber, protein to fiber ratio and the incidence of chronic kidney disease. Islamic Azad University, Science and Research Branch, Tehran, Iran.

. Assessment of knowledge ,attitude and practice of senior high school-girls in AZNA City on efficiency of the iron and vitamin D supplementation programs in 2016-2017 academic year. Islamic Azad University, Science and Research Branch, Tehran, Iran.

.Assessment of anthropometric parameters and nutrition pattern in terms of group B vitamins and selected antioxidants( E and C vitamins and selenium) in non-alcoholic fatty liver disease patients .Islamic Azad University, Science and Research Branch, Tehran, Iran.

### **Selected Projects:**

.Study of the iron chelating effect of green tea in smear positive TB patients using sputum smear, serum malondialdehyde, blood iron indices, and expressions of hepcidin and transferrin receptor genes in collaboration with Golestan University of Medical Sciences (funded by Tehran University of Medical Sciences, Research Bureau and Golestan University of Medical Sciences).

.Effect of supplementation of Hesperidin on serum glucose, insulin, insulin resistance, lipid profile, hemoglobinA1C, hs-CRP and IL6 in type II diabetic mellitus patients (Iran University of Medical Sciences, Research Bureau).

- .Study of the serum levels of miRNA-143, miRNA-145, miRNA-147 and effects of L-carnitine on their levels, TNF- $\alpha$ , TGF- $\beta$  cytokines, malondialdehyde and CRP in Nonalcoholic steatohepatitis (NASH patients under weight loss regimen), in collaboration with Meshad University of Medical Sciences (funded by Tehran University of Medical Sciences, Research Bureau).
- .The effect of alpha-Lipoic Acid supplementation on CRP, interleukin-6, body weight and hypertension in patients with spinal cord injury, in collaboration with Brain and Spinal Injury Repair Research Center (funded by Tehran University of Medical Sciences, Research Bureau).
- The effect of Turmeric on blood indicators and blood pressure in hyperlipidemic type 2 diabetes mellitus patients (Eghtesadi S, Vafa MR), in collaboration with the Institute of Endocrinology and Metabolism (funded by Tehran University of Medical Sciences, Research Bureau).
- .Effect of pomegranate extract consumption on sepsis induced oxidative stress, inflammatory response and survival in cecal ligation and perforation model of sepsis in rats (funded by Tehran University of Medical Sciences, Research Bureau and Research Institute for Islamic and Complementary Medicine).
- .Effect of Lipoic acid on antioxidant factors, Th1/Th2 balance and clinical signs in multiple sclerosis patients, in collaboration with Brain and Spinal Injury Repair Research Center (funded by Tehran University of Medical Sciences, Research Bureau).
- Effect of Lipoic acid on total antioxidant capacity, serum concentration of malondialdehyde, superoxide dismutase, glutathione peroxidase, asymmetric dimethyl arginine and lipoic acid in multiple sclerosis patients, in collaboration with Brain and Spinal Injury Repair Research Center (funded by Tehran University of Medical Sciences, Research Bureau).
- .Effect of coenzyme Q10 on total antioxidant capacity, malondialdehyde, superoxide dismutase, glutathione peroxidase in multiple sclerosis patients, in collaboration with Brain and Spinal Injury Repair Research Center (funded by Tehran University of Medical Sciences, Research Bureau).
- Effect of coenzyme Q10 on inflammatory factors in multiple sclerosis patients, in collaboration with Brain and Spinal Injury Repair Research Center (funded by Tehran University of Medical Sciences, Research Bureau).
- .Effect of dark chocolate consumption on Apo B, Apo A1, hs-CRP, glycemic control and blood pressure in type 2 diabetic patients with hypertension, in collaboration with Institute of Endocrinology and Metabolism (funded by Tehran University of Medical Sciences, Research Bureau).
- The effect of Tocomin added to canola oil on oxidative-nitrosative stress parameters, insulin sensitivity and microalbuminuria in type 2 diabetic patients (Vafa MR, Eghtesadi S), in collaboration with Institute of Endocrinology and Metabolism (funded by Tehran University of Medical Sciences, Research Bureau).
- Effects of quercetin on plasma total antioxidant capacity, malondialdehyde and oxidized-LDL, blood pressure, inflammatory markers and disease activity in patients with rheumatoid arthritis (Jazaeri S, Eghtesadi S), funded by Tehran University of Medical Sciences, Research Bureau.
- Effect of Hazelnut on Lipid Profile, ApoB, ApoA-1 and Paraoxonase-1 in patients with type 2 diabetes, funded by Tehran University of Medical Sciences, Research Bureau.
- Effect of coenzyme Q10 on Paraoxonase, total antioxidant capacity, malondialdehyde, hs-CRP, lipid profile and glycemic control in type 2 diabetic subjects (Jazaeri S, Eghtesadi S), funded by Tehran University of Medical Sciences, Research Bureau.
- The molecular mechanisms of omega-3 fatty acids on memory and learning deficits and apoptosis in rat hippocampus, funded by Tehran University of Medical Sciences, Research Bureau.
- Comparative study of effects of eicosapentaenoic acid and docosahexaenoic acid supplements on blood glucose, malondialdehyde and CRP levels, blood pressure and fat mass of type 2 diabetic patients (Jazaeri S, Eghtesadi S), funded by Iran University of Medical Sciences, Research Bureau.
- Studying the Effects of Dietary Patterns and Adipokines on 6-Year Changes in Abdominal Obesity and Insulin Resistance among Tehranian Adults (in collaboration with Shahid Beheshti University of

Medical Sciences' Institute of Endocrinology and Metabolism),funded by Iran and Shahid Beheshti University of Medical Sciences.

- The study of prediction model of metabolic syndrome based on dietary patterns and polymorphism in adiponectin and resistin genes(in collaboration with Shahid Beheshti University of Medical Sciences' Institute of Endocrinology and Metabolism),funded by Iran University of Medical Sciences,Research Bureau.
- Study of the effect of Kermanshahi ghee on male blood lipid profile and hepatic enzymes,funded by Iran university of Medical Sciences, Research Bureau.
- Comparative study of the association of plasma CRP concentration and dietary constituents intake (fiber and carbohydrate) of healthy and diabetic subjects referring to Iran University of Medical Sciences' Institute of Endocrinology and Metabolism,funded by Iran University of Medical Sciences,Research Bureau.
- Health and Nutrition Survey of workers of Iran Khark Oil Terminal,in collaboration with and funded by Iran Oil Company).
- Capacity building and development of cellular and molecular nutrition graduate programs, in collaboration with Nutrition Department of Iranian Ministry of Health and Medical Education, World Bank, IUNS,Tehran,Iran and Shahid Beheshti University of Medical Sciences(funded by World Bank Loan 4550).
- Study of the effect of amount and type of carbohydrate of dinner on post breakfast glycemia and insulinemia of type2 diabetes mellitus patients referring to Iran University of Medical Sciences' Institute of Endocrinology and Metabolism,funded by Iran University of Medical Sciences, Research Bureau.
- Study of nutrition status of cancer patients under chemotherapy in Iran University of Medical Sciences' Hospitals,funded by Iran University of Medical Sciences,Research Bureau.
- Study of the effect of sesame oil on blood glucose and lipid profile in type2 diabetic patients referring to Yazd Diabetes Research Center,funded by Iran University of Medical Sciences,Research Bureau.
- Study of the effect of soy lecithin on serum lipid parameters of hyperlipedemic postmenopausal women referring to Shiraz Dr. Shahid Faghihee Hospital, funded by Iran University of Medical Sciences, Research Bureau.
- Study of the effects of Zinc supplementation on the growth rate of stunted 12-۲۴ months old infants in Town of Delfan, Lorestan Province, Iran, funded by Iran University of Medical Sciences, Research Bureau.
- Study of the effects of the Zinc supplementation on the respiratory function of the asthmatic patients referring to the Tehran Hazrat Rasool Akram Hospital,funded by Iran University of Medical Sciences, Research Bureau.
- Study of the effect of chromium supplement on serum lipid profile in type II diabetes mellitus patients referring to Iran University of Medical Sciences' Institute of Endocrinology and Metabolism,funded by Iran University of Medical Sciences,Research Bureau,
- Study of the effect of vitamin C supplement on serum lipid profile and peroxidation in patients on hemodialysis in Tehran Shahid Hashemi Nejad Hospital,funded by Iran University of Medical Sciences, Research Bureau.
- Study of the effect of iron therapy on cognitive function in women with iron deficiency anemia in Iran University of Medical Sciences' Hospitals,funded by Iran University of Medical Sciences, Research Bureau.
- Study of the effect of iron therapy on copper status in women with iron deficiency anemia in Iran University of Medical Sciences' Hospitals,funded by Iran University of Medical Sciences, Research Bureau.
- Psychosocial determinants of food choice and nutritional status in high school adolescents in the city of Tehran,funded by Tabriz University of Medical Sciences.

- Study of iron and vitamin E status and their relationship with lipid peroxidation in patients with coronary artery disease, Shahid Madani Heart Research Center, Tabriz,Iran,funded by Tabriz University of Medical Sciences.
- Assessment of weight and prevalence of overweight and obesity and the effect of socio-economic and nutritional factors in 14-18 years old urban female adolescents of Tabriz City High Schools,funded by Tabriz University of Medical Sciences.
- Assessment of nutrition status of lactating mothers in three different socio-economic classes in Health Centers of Tabriz City,2002,funded by Tabriz University of Medical Sciences.
- Study of the effect of high calcium diet on blood pressure of essential hypertensive patients referring to Tabriz Heart Research Center,funded by Tabriz University of Medical Sciences.
- Assessment of nutritional status and growth pattern of 14-1۸ years old urban adolescent girls in Ahwaz Senior High Schools,1997,funde by Tabriz University of Medical Sciences.
- Effects of daily and weekly doses of iron supplements on iron deficiency anemia and knowledge,attitude and behaviour of pregnant and lactating women in Marand City, Eastern Azarbaijan,Iran,1997(funded by and collaborated with : Assessment of methods of iron deficiency anemia management and intervention project of Iran Ministry of Health and Medical Education).
- Study of the effect of a nutrition education model upon knowledge ,attitude and behaviour of urban senior high school female students of Hamadan City,1997,funded by Tabriz University of Medical Sciences.
- Assessment of nutritional status and growth pattern of 11-14 years old urban adolescent girls in Tabriz Junior High Schools,1995,funded by Tabriz University of Medical Sciences.
- Assessment of nutritional status and growth pattern of 11-1۴ years old urban adolescent girls in Ahwaz Junior High Schools ,1995,funded by Tabriz University of Medical Sciences.
- Assessment and comparison of nutritional status and growth pattern of 11-۱۴ years old urban adolescent girls of Uremia and Shahindezh Cities Junior High Schools,1995, funded by Tabriz University of Medical Sciences.
- Assessment of nutritional status and growth pattern of 11-1۴ years old urban adolescent girls in Kermanshah City Junior High Schools,1995,funded by Tabriz University of Medical Sciences.
- Assessment of growth pattern and nutritional status of school-age children in Isfahan City,۱۹۹۳,funded by Tabriz Unuversity of Medical Sciences.

## **Major interests:**

- Antioxidants and trace elements nutrition and metabolism
- Gene and nutrition interactions
- Diabetes
- Obesity
- Regulation of metabolism
- Nutritional pharmacology
- Nutritional immunology

- Clinical nutrition
- Nutritional assessments and growth of infants and children, growth pattern and nutrition status of adolescents, nutrition behavior and food choices of adolescents, Pregnant and lactating nutrition status.
- Inequalities in nutrition
- Food Policy and Programming
- Food and nutrition security

### **Selected peer-reviewed publications:**

.Honarvar MR, Eghtesadi S, Gill S, Jazayeri S, Vakili MA, Shamsardakani MR, Abbasi A. The effect of green tea extract supplementation on sputum smear conversion and weight changes in pulmonary TB patients: A randomized controlled trial. *Medical Journal of Islamic Republic of Iran (MJIRI)* 2016(1 June). Vol.30:381.

Javadi F, Ahmadzadeh A, Eghtesadi S, Aryaeian N, Zabihyegneh M, Rahimi Foroushani A, Jazayeri S. The Effect of Quercetin on Inflammatory Factors and Clinical Symptoms in Women with Rheumatoid Arthritis: A Double Blind Randomized Controlled Trial. *Journal of American College of Nutrition*, October, 2016.

.Mohammadi A, Jazayeri S, Khosravi-Darani K, Solati Z, Mohammad-pour N, Asemi Z, Adab Z, Djalali M, Tehrani-Doost M, Hosseini M, Eghtesadi S. Effects of probiotics on mental health and hypothalamic-pituitary-adrenal axis. A randomized, double blind, placebo-controlled trial in petrochemical workers. *Nutritional Neuroscience*. 16, April 2016.

.Mohammadi M, Eghtesadi S, Vafa MR, Heydari I, Salehi M, Shirbeighi E, Mohammadi M. The effects of hesperidin supplementation on indices of glucose and lipid, insulin levels and insulin resistance in patients with type 2 diabetes: a randomized double-blind clinical trial. *Razi Journal of Medical Sciences*, Vol 23.23, No 143, April-May 2016: 72-80.

.Vafa MR, Haghghat N, Moslehi N, Eghtesadi S, Heydari I. Effect of tocotrienol enriched canola oil on glycemic control and oxidative status in patients with type 2 diabetes mellitus: A randomized double blind placebo controlled clinical trial. *Journal of Research in Medical Sciences*, May 2016: 540-547.

.Mohammadi V, Khalili M, Eghtesadi S, Dehghani S, Jazayeri S, Aghababaei SK, Sabor H, Saberi H, Eghtesadi M and Gohari MR. The effect of alpha-lipoic acid (ALA) supplementation on cardiovascular risk factors in men with chronic spinal cord injury: a clinical trial. *Spinal Cord*, 2010, 30.

.Mohammadi M, Eghtesadi S, Vafa MR, Khadem-Haghighian H, Heidari I, Salehi M, Amiri FS, Alipour R. Effects of Hesperidin supplementation on glycemic control, lipid profile and inflammatory markers in patients with type 2 diabetes: A randomized double blind placebo control clinical trial. *Acta Biologica Indica* 2015, 4(1): 75-83.

Mohammadi A, Jazayeri S, Khosravi-Darani K, Solati Z, Mohammad-pour N, Asemi Z, Adab Z, Djalali M, Tehrani-Doost M, Hosseini M, Eghtesadi S. Effects of probiotics on biomarkers of oxidative stress and inflammatory factors in petrochemical workers: A randomized double blind placebo controlled trial. *International Journal of Preventive Medicine*. 2015, 6(1): 82-88.

.Rostami A, Khalili M, Haghghat N, Eghtesadi S, Shidfar F, Heidari I, Hosseini A, Ebrahimipour-Koujan S, Eghtesadi M. High-Cocoa Polyphenol-Rich Chocolate Improve Blood Pressure in Hypertensive Diabetic Patients. *Arya Atherosclerosis Journal* 2015, volume 11: 21-29.

.Amiri-Moghadam S, Nematy M, Eghtesadi S, Khalili M, Mojarrad M, Jazayeri S, Vosoughinia H, Khosravi A and Salehi M. Effect of L-Carnitine Supplementation on Inflammatory Factors and Malondialdehyde in Patients with Nonalcoholic Steatohepatitis (NASH). *Current Topics in Nutraceutical Research (CTNR)*, Vol. 13, No. 2, 2015.



.Amiri-Moghadam S, Nematy M, Eghtesadi S, Khalili M, Mojarrad M, Jazayeri S, Vosooghnia H, Khosravi A , Salehi M and Beheshti- Namdar A.Effects of L-Carnitine Supplementation on Body Composition in Patients with Nonalcoholic Steatohepatitis(NASH). Current Topics in Neutraceutical Research(CTNR), Vol.13, No.2, 2015.

.Azizi Soleiman F, Jazayeri Sh, Eghtesadi Sh, Vafa MR, Gohari MR, Nikoosokhan AK, Rajab A, Heidari I, Pahlavani N. Comparison of the Effect of Eicosapentaenoic Acid and Docosahexaenoic Acid on Fasting Blood Sugar, Triglyceride and Blood Pressure in Type 2 Diabetic Patients. Iran South Medical Journal (ISMJ) 2015; 18(1): 27-36.

.Sanoobar M, Eghtesadi S, Azimi A, Khalili M, Khodadadi B, Jazayeri S, Gohari MR, Aryaeian N. Coenzyme Q10 Supplementation Ameliorates Inflammatory Markers in Patients with Multiple Sclerosis: a double blind, placebo, controlled randomized clinical trial. Journal of Nutritional Neuroscience, 2015, May 10; 18(4): 169-76.

.Tavasoli S, Zarnani AH, Vafa MR, Moradi-Lakeh M, Pazoki-Toroudi HR, Eghtesadi S. The effect of pomegranate extract on survival and peritoneal bacterial load in cecal ligation and perforation model of sepsis in rats. International Journal of Preventive Medicine (Int J Prev Med) 2014; 5: 104-9.

.Javadi F, Eghtesadi S, Ahmadzadeh A, Aryaeian N, Zabihyeganeh M, Foroushani Rahimi A, Jazayeri S. The Effect of Quercetin on Plasma Oxidative Status, C - Reactive Protein and Blood Pressure in Women with Rheumatoid Arthritis. International Journal of Preventive Medicine, 2014, Vol 5, No 3: 293-300.

.Khalili M, Eghtesadi S, Mirshafiey A, Sanoobar M, Sahraian MA, Motevalian A, Norouzi A, Azimi AR. Effect of lipoic acid consumption on oxidative stress among multiple sclerosis patients: a Randomized controlled clinical trial. Nutritional Neuroscience. 2014 Jan; 17(1): 16-20.

Mohammadi V, Eghtesadi Sh, Khalili M, Jazayeri Sh, Saberi H, Keshtkar Aghababae S, Sabour H, Gohari MR, Ghaderi . Effect of alpha-lipoic acid supplementation on anthropometric indices, hypertension and food intake in male patients with chronic spinal cord injury. Iranian Journal of Nutrition Sciences and Food Technology, 2014; Vol.8, No.4: 1-12.

.Khalili M, Azimi AR, Izadi V, Izadi V, Eghtesadi S, Mirshafiey A, Sahraian MA, Motevalian A, Norouzi A, Sanoobar M, Eskandari G, Farhoudi M, Amani F. Does Lipoic Acid Consumption Affect the Cytokine Profile in Multiple Sclerosis Patients: a Double Blind, Placebo, Controlled Randomized Clinical Trial. Neuroimmunomodulation, 2014, vol. 21, No. 6: 291-296.

.Ghodsi D, Eghtesadi S, Khalili M, Rashidkhani B, Jazayeri S, Shidfar F, Vafa MR, Shirinzadeh M, Ghorabi S. Major Dietary Patterns and Related Factors among Workers of Oil Terminal Company in Kharg Island, Iran. *Journal of Paramedical Sciences*, 2014, No3:69-76.

. Zahedi H, Eghtesadi S, Seifrad S, Rezaee N, Shidfar F, Heydari I, Golestan B, Jazayeri S. Effects of CoQ10 Supplementation on Lipid Profiles and Glycemic Control in Patients with Type 2 Diabetes: a randomized, double blind, placebo-controlled trial. *Journal of Diabetes & Metabolic Disorders*, 2014, 13:81-89.

.Haghighat N, Vafa M, Eghtesadi S, Heidari H, Hosseini AF, Rostami A. The effects of Tocotrienols added to canola oil on microalbuminuria, inflammation and nitrosative stress in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial. *International Journal of Preventive Medicine*, 2014, 5(5):617-623

.Amiri-Moghadam S, Nematy M, Eghtesadi S, Khalili M, Mojarrad M, Jazayeri S, Vosooghnia H, Khosravi A, Salehi M. Effects of L-Carnitine Supplementation on Inflammatory Factors and Malondialdehyde in Patients with Nonalcoholic Steatohepatitis (NASH). *Current Topics in Nutraceutical Research* (in press).

.Senoobar M, Eghtesadi S, Azimi AR, Khalili M, Jazayeri S, Gohari MR. Coenzyme Q10 supplementation reduces oxidative stress and increases antioxidant enzyme activity in patients with relapsing-remitting multiple sclerosis. *International Journal of neurosciences*, 2013; 123(11):776-782.

.Adab Z, Eghtesadi Sh, Vafa MR, Heydari I, Shojaei A, Haghni H, Khorraminya N. Effect of Turmeric on Body Measurement Indices, Glycemic Condition and Lipid Profile and in Hyperlipidemic Patients with Type 2 Diabetes Mellitus. *Iranian Journal of Nutrition Sciences and Food Technology*, 2013; Vol.8.No.3:217-227.

.Haghighat N, Rostami A, Eghtesadi S, Shidfar F, Heidari I, Hoseini AF. The effects of dark chocolate on lipid profile, Apo-lipoprotein A-1, Apo-lipoprotein B and inflammation in type 2 hypertensive diabetic patients: a double blind randomized clinical trial. *Iranian Journal of Nutrition Science and Food Technology*, 2013, 8(2):21-29.

.Haghighat N, Rostami A, Eghtesadi S, Shidfar F, Heidari I, Hosseini AF. The effects of Dark chocolate on glycemic controls and blood pressure in hypertensive diabetic patients: a double blind randomized clinical trial. *Razi Journal of Medical Sciences*, 2013, Vol.20, No.113:78-86.

.Darvish Damavandi R, Eghtesadi S, Shidfar F, Heydari I, Rahimi Foroushani A. Effects of hazelnuts consumption on fasting blood sugar and lipoproteins in patients with type 2 diabetes. *Journal of Research in Medical Sciences*, April 2013, 18(4):314-321.

.Tavasoli S, Eghtesadi S, Heidarnazhad H, Moradi-Lakeh M. Central Obesity and Asthma Outcomes in Adults Diagnosed with Asthma. *Journal of Asthma*, 2013; 50(2):180-184.

. Azizi Soleiman F, Jazayeri S, Eghtesadi S, Rajab A, Heidari I, Vafa MR, Gohari MR. Effects of Pure Eicosapentaenoic and Docosahexaenoic Acids on Oxidative Stress, Inflammation and Body Fat Mass in Patients with Type 2 Diabetes. *International Journal of Preventive Medicine*, 2013, 4(8):922-928.

.Haghighat N, Vafa MR, Eghtesadi S, Heidari I, Hoseini AF. The effects of tocotrienols enriched canola oil on glycemic control and oxidative stress in patients with type 2 diabetes: a double blind randomized clinical trial. *Razi Journal of Medical Sciences*, ۲۰۱۳;۲۰(۹):۵۲-۶۰.

.Haghighat N, Vafa MR, Eghtesadi S, Heidari I, Hoseini AF. The effects of tocotrienols-enriched canola oil on inflammation, nitrosative stress and microalbuminuria in patients with type 2 diabetes: a randomized double-blind clinical trial. *Iranian Journal of Nutrition Sciences & Food Technology*, 2013;8(1):1-9.

.Darvish Damavandi R, Eghtesadi S, Shidfar F, Heydari I, Rahimi Foroushani A. Effects of hazelnut consumption on fasting blood sugar, total antioxidant capacity, hs-CRP and paraoxonase-1 activity in patients with type 2 diabetes. *Razi Journal of Medical Sciences*, vol.19, No.101, Oct-Nov 2012.

.Khalili M, Eskandari G, Ghajarzadeh M, Azimi A, Eghtesadi S, Sahraian MA, Motevalian A, Hashemi H, Mirshafiey A and Norouzi A. Lipoic acid and Multiple Sclerosis: A Randomized controlled clinical trial. *Current Topics in Nutraceutical Research*, 2012, 10(2):95-100.

.Khalili M, Eghtesadi S, Ghodsi D, Rashidkhani B, Jazayeri S, Shidfar F, Vafa M and Shirinzadeh M. Major Dietary patterns and Related Socio-Demographic and Lifestyle Factors among Workers of an Oil Terminal Company in Kharg Island, Iran. *Pakistan Journal of Nutrition*. 2012, 11.

.Ajami M, Eghtesadi S, Habibey R, Razas JM, Peyrovi H, Zarrindast M, Pazoki-Toroudi HM. Effect of Short and Long-term Treatment with Omega-3 Fatty Acids on Scopolamine- Induced Amnesia. *Iranian Journal of Pharmaceutical Research*, 2012, 11(2):533-540

• Ajami M, Eghtesadi S, Razas JM, Kalantari N, Habibey R, Nilforoushzadeh MA, Zarrindast M, Pazoki-Toroudi HM. Expression of Bcl-2 and Bax after hippocampal ischemia in DHA+EPA treated rats. *Neurological Science*, 2011, 32:811-818.

• Najafi T, Eghtesadi S, Rezaei M, Daneshvar K S. The Effect of Kermanshahi Animal Oil on Serum Lipid Profile in Healthy Men. *Behbood Journal, Kermanshah University of Medical Sciences*, 14(4), 2011:290-294.

.Shalileh M, Shidfar F, Haghani H, Eghtesadi S, Heidari I. The Influence of Calcium Supplement on Body Composition, Weight Loss and Insulin Resistance in Obese Receiving Low Calorie Diet. *Journal of Research in Medical Sciences (JRMS)* 2010;15(4):191-200.

• Sherafat-Kazemzadeh R, Eghtesadi S, Gohari M, Mirmiran P, Jalali Farahani S, Hosseini Esfahani F, Vafa MR, Azizi F. Dietary Patterns by Reduced Rank Regression Predicting Changes in Obesity Indices in a Cohort Study: Tehran Lipid and Glucose Study, *Asia Pacific Journal of Clinical Nutrition* 2010;10(1):22-32.

• Sherafat-Kazemzadeh R, Eghtesadi S, Mirmiran P, Hedayati M, Gohari M, Vafa MR, Jalali Farahani S, Azizi F. Predicting Changes in Obesity Indices with regard to Dietary Patterns in Longitudinal Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism (IJEM)* 12(2), 2010:131-144.

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#### **Books: •**

.Senior editor of book :  
 Applied Guide to Nutrition in Health and Disease; Shahryar Egtesadi, Shima Jazaeri, Mohamad Khalili, Farzad Shidfar, Maryam Shirinzadeh, Azadeh Najarzadeh, Mohamad Reza Vafa. Khosravi Publishing Company, Tehran, 2008., funded by Iran Oil Company.

#### **Presentations ( International Congresses)**

- .The World Congress on Clinical Trials in Diabetes. November 30-December 1, 2016, Berlin, Germany.
- .European Obesity Summit (EOS) Gothenburg, Sweden. June 1-4, 2016.
- .12<sup>th</sup> European Nutrition Conference (FENS 2015) Germany, Berlin, October 20-23.
- .III World Congress of Public Health Nutrition (Nutrition 2014), Las Palmas de Gran Canaria, Spain, November 9-12, 2014.
- .21<sup>st</sup> European Congress on Obesity (ECO 2014), Sofia, Bulgaria, May 28-31, 2014.
- .2<sup>th</sup> International Congress of Nutrition, Granada (Spain), September 10-12, 2013.
- 19<sup>th</sup> European Congress on Obesity (ECO 2012), May 9-12, Lyon, France.
- 11<sup>th</sup> European Nutrition Conference (FENS), October 27-29, 2011 Madrid, Spain.
- 18<sup>th</sup> European Congress on Obesity (ECO 2011), 20-28 May 2011, Istanbul, Turkey.

- 7<sup>th</sup> International Congress of Pathophysiology and 14<sup>th</sup> International SHR Symposium(Gene-environment interaction in health and disease & ecogenomic models of cardiometabolic diseases),September22-25,2010,Montreal, Canada.
- 11<sup>th</sup> International Congress on Obesity(ICO2010), 11-15 July 2010,Stockholm,Sweden.
- 8<sup>th</sup>International Symposium on Obesity and Related Diseases,21May-23May,2009, Albena, Bulgaria.
- 17<sup>th</sup> European Congress on Obesity(ECO2009) ,Amsterdam,the Netherland,May17th-19<sup>th</sup>,2009.
- 17<sup>th</sup> European Congress on Obesity(ECO), 14-17May,2008,Geneva, Switzerland.
- 10<sup>th</sup> European Nutrition Conference,July 10-13,2007,Paris,France.
- 10<sup>th</sup> European Congress on Obesity (ECO) ,22-25 April,2007,Budapest, Hungary.
- 1<sup>st</sup> World Congress of Public Health Nutrition,28-30 September,2006, Barcelona, Spain.
- ILSI's First International Conference on Nutrigenomics, Opportunities in Asia,Dec7-9,2005,Singapor.
- 4<sup>th</sup> World Congress of Cellular and Molecular Biology,October7-12,2005,Poitiers, France.
- International Union of Nutritional Sciences (IUNS) ,Orientation meeting of World Bank Project on Graduate Level Training in Nutrition in Iran,December8-9,2005.Faculty of Health Sciences, American University of Beirut, Beirut,Lebanan.
- 13<sup>th</sup> European Conference on Obesity,13<sup>th</sup> ECO,Prague,May27-29,2005,Prague,Czech Republic.
- The IFSO European Symposium,May28-30,2005,Prague,Czech Republic.
- 9<sup>th</sup> European Nutrition Conference,Oct1-3,2003. Rome, Italy.
- Poverty, Food & Health in Welfare,2003 International Conference,July1-4,2003, Lisbon-Portugal.
- IX Asian Congress of Nutrition,Feb23-27,2003,New Delhi, India.
- The 9<sup>th</sup> World Congress on Clinical Nutrition,24-27 June2002,London.
- The 17<sup>th</sup> International congress of nutrition,Aug26-31,2001,Viena,Austria.
- European scientific workshop,the european perspectives on eating disorders:Aetiology,Epidemiology and Effectiveness,Feb15-16,2001, Rome,Italy.
- International Clinical Workshop, Therapeutic Perspectives on Eating Disorders,Feb17,2001,Rome ,Italy.
- The 3<sup>rd</sup> Asian conference on food safety and nutrition,October3-6,2000,Beijing,China.
- 8<sup>th</sup> Asian congress of nutrition,Aug27-Sep2,1999,Seol,South Korea.
- The 8<sup>th</sup> European nutrition conference,June16-19,1999, Lillehammer,Norway.
- 16<sup>th</sup> International congress of nutrition,Jul 27-Aug1,1997,Montreal,Canada.

#### **Presentations(National Congresses)**

- The 5<sup>th</sup> Iranian Congress of Medicinal plants, Februray 12-13,2007, Tehran,Iran.

- .The 2<sup>nd</sup> International & 14<sup>th</sup> Iranian Nutrition Congress, September 4-7, ۲۰۱۶., Tehran, Iran.
- .The 1<sup>st</sup> International & the 13<sup>th</sup> Iranian Nutrition Congress, November 30-December 3, 2014, Tehran, Iran.
- . ۱۲<sup>th</sup> Iranian Nutrition Congress, November ۳-۸, ۲۰۱۲, Isfahan, Iran.
- . ۱۱<sup>th</sup> Iranian Nutrition Congress, Nutrition from cell to Society, November ۱-۴, ۲۰۱۰, Shiraz, Iran.
- . ۲<sup>nd</sup> Iranian Congress on Supportive and Palliative Care in Cancer, ۲۲-۲۴ April ۲۰۰۹, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- . The 1<sup>st</sup> Congress of Sports Medicine, National Olympic Academy, Nov 25-۲۸, ۲۰۰۸, Tehran, Iran.
- . ۱<sup>st</sup> Iranian Congress of Metabolic Syndrome, June ۱۳-۱۴, ۲۰۰۸, Tabriz, Iran.
- . ۱۰<sup>th</sup> Iranian Nutrition Congress, October ۲۸-۳۱, ۲۰۰۸, Tehran.
- . The 3<sup>rd</sup> National Congress on Prevention and Control of Non-Communicable Disease, 25-27 November 2006, Tehran, Iran.
- . ۱<sup>st</sup> Iranian Congress of Trace Elements, ۱۱-۱۲ November, ۲۰۰۶, Tehran, Iran.
- . ۹<sup>th</sup> Iranian Nutrition Congress, ۴-۷ September, 2006, Tabriz, Iran.
- . ۷<sup>th</sup> International Congress of Endocrine Disorders, ۲۰۰۴, Tehran, Iran.
- . ۸<sup>th</sup> Iranian Nutrition Congress, ۲۰۰۴, Tehran, Iran.
- . ۲<sup>nd</sup> Iranian Congress of Prevention of Non-Communicable Diseases, 2003, Tehran, Iran.
- . The 6<sup>th</sup> Iranian nutrition congress, 2001, Ahwaz, Iran,
- . The 5<sup>th</sup> Iranian congress of nutrition, 1999, Tehran, Iran.
- . The 1<sup>st</sup> conference of research issues and problems of Iran, 1999, Tehran, Iran.
- . ۱۴<sup>th</sup> Iranian congress of physiology and pharmacology, ۱۹۹۹, Tehran, Iran.
- . ۱۳<sup>th</sup> Iranian congress of physiology and pharmacology, ۱۹۹۷, Isfahan, Iran.
- . Fourth Iranian congress of nutrition, 1996, Tehran, Iran.
- . Congress of benign and malignant tumors of breast, 1996, Tabriz, Iran.
- . Nutrition and malnutrition seminar, 1996, Khoramabad, Iran.
- . Third Iranian congress of nutrition, 1994, Isfahan, Iran.
- . Iranian national seminar of health system services policy and management, 1993, Tehran,
- . Iranian conference on population problems of Iran, 1993, Shiraz, Iran.
- . ۱۱<sup>th</sup> Iranian congress of physiology and Pharmacology, ۱۹۹۳, Tabriz, Iran.
- . Regional seminar on pre-school children issues, 1992, Tabriz, Iran.
- . Second Iranian congress of nutrition, 1992, Tabriz, Iran.
- . International congress of history of medicine in Islam and Iran, 1992. Tehran, Iran,
- . ۱<sup>st</sup> Iranian seminar of paraplegia, ۱۹۹۱, Isfahan, Iran.
- . ۱<sup>st</sup> Iranian national seminar of the role of nursing services in prevention of nosocomial Infections, 1991, Yazd, Iran.
- . ۱۰<sup>th</sup> Iranian congress of physiology and pharmacology, ۱۹۹۱, Ahwaz, Iran.
- . ۲<sup>nd</sup> Iranian seminar of pharmaceuticals, ۱۹۹۱, Meshad, Iran.



- ۶<sup>nd</sup> Iranian national congress of poisonings, ۱۹۹۱, Tabriz, Iran.
- ۱<sup>st</sup> International congress of endocrine disorders, ۱۹۹۰, Tehran, Iran.
- ۳<sup>rd</sup> Iranian Congress of Pharmacy, ۱۹۹۰, Ahvaz, Iran.
- ۹<sup>th</sup> Iranian congress of Physiology and Pharmacology, ۱۹۸۹, Tehran, Iran.
- Iranian symposium of stress, 1989, Tehran, Iran.
- Iranian national seminar of spinal disorders and backaches, 1989, Zahedan, Iran.
- ۶<sup>nd</sup> Iranian national seminar of hypertension, ۱۹۸۹, Yazd, Iran.
- ۱<sup>st</sup> Iranian congress of poisoning, ۱۹۸۹, Urmiah, Iran.
- ۳<sup>rd</sup> International congress of geographic medicine, ۱۹۸۸, Shiraz, Iran.
- Iranian national congress of food technology, 1987, Tehran, Iran.
- ۸<sup>th</sup> Iranian congress of physiology and pharmacology, ۱۹۸۷, Isfahan, Iran.

## Professional Affiliation

- Member of Iranian Nutrition Society.
- Member of Iranian Society of Physiology and Pharmacology.
- Member of Tabriz University of Medical Sciences Research Council, Nov13, 1995-Nov13, 1999.
- Member of Iranian National Board of Nutrition, July23, 2000- 2014
- Member of Special Committee on Evaluation of International Diplomas and Credentials of Nutrition and Food Sciences, Ministry of Health and Medical Education of Iran, 2004-present.
- Member of Council of Basic Medical Sciences Education, Ministry of Health and Medical Education of Iran, July16, 2005-July16, 2006.
- Member of Selection Committee of Nutrition Sciences of the Razi Research Festival on Medical Sciences, 2002-2011, 2013.
- Member of Editorial Board of Journal of Hygiene & Health.
- Member of Editorial Board of Iranian Journal of Occupational Health.
- Member of Board of Basic Medical Sciences, Islamic Azad University, Medical Branch, 2013-present.

## Skills:

### Laboratory Experiences:

- Director of Nutrition and Metabolism Laboratory, School of Public Health of Iran and Tehran University of Medical Sciences, June2006-2013.
- Director of Biochemistry and Nutrition Research Laboratory, School of Public Health and Nutrition, Tabriz University of Medical Sciences, Nov14, 1996-Dec30, 1998.

Clinical Nutrition Practice Experiences:

- Clinical Nutrition and Dietetics Clinic Practitioner: Iran University of Medical Sciences, Apr9,2003-Present.
- Clinical Nutrition and Dietetics Clinic Practitioner: Tabriz University of Medical Science, Dec21,1993-Sep21,2002.