

(Curriculum Vitae)

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Degrees: Bachelor in Nutrition, Isfahan University of Medical Sciences, Isfahan Iran, 1993.

Master in nutrition, Tabriz University of Medical Sciences, Tabriz, 1996

Ph.D in Nutrition, Tehran University of Medical Sciences, Tehran Iran, 2002.

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Publication:

1. Rahideh ST, **Shidfar F**, Khandozi N, Rajab A, Hosseini SP, Mirtaher SM. [The effect of sumac \(*Rhus coriaria L.*\) powder on insulin resistance, malondialdehyde, high sensitive C-reactive protein and paraoxonase 1 activity in type 2 diabetic patients.](#) J Res Med Sci. 2014 Oct;19(10):933-8.

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3. Tahavorgar A, Vafa M, **Shidfar F**, Gohari M, Heydaril. [Whey protein preloads are more beneficial than soy protein preloads in regulating appetite, calorie intake, anthropometry, and body composition of overweight and obese men.](#) Nutr Res. 2014 Oct;34(10):856-61.

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6. Zarrati M, Salehi E, Nourijelyani K, Mofid V, Zadeh MJ, Najafi F, Ghafati Z, Bidad K, Chamari M, Karimi M, **Shidfar F**. [Effects of Probiotic Yogurt on Fat Distribution and Gene Expression of Proinflammatory Factors in Peripheral Blood Mononuclear Cells in Overweight and Obese People with or without Weight-Loss Diet.](#) J Am Coll Nutr. 2014;33(6):417-25.

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7.Zarrati M, Salehi E, Nourijelyani K, Mofid V, Zadeh MJ, Najafi F, Ghaflati Z, Bidad K, Chamari M, Karimi M, **Shidfar F**.[Relationship between leptin and adiponectin concentrations in plasma and femoral and spinal bone mineral density in spinal cord-injured individuals](#).Spine J. 2015 Jan 1;15(1):1-9. doi: 10.1016/j.



8.Nadjarzadeh A, Mehraei A, Mostafavi E, Gohari MR, **Shidfar F**.[The association between dietary antioxidant intake and semen quality in infertile men](#).Med J Islam Repub Iran. 2013 Nov;27(4):204-9.

9.NorouziJavidan A, Sabour H, Latifi S, Abrishamkar M, Soltani Z, **Shidfar F**, EmamiRazavi H.[Does consumption of polyunsaturated fatty acids influence on neurorehabilitation in traumatic spinal cord-injured individuals? a double-blinded clinical trial](#).NorouziJavidan A, Sabour H, Latifi S, Abrishamkar M, Soltani Z, **Shidfar F**, EmamiRazaviH.Spinal Cord. 2014 Mar 18.

10.-Javidan AN, Sabour H, Latifi S, **Shidfar F**, Vafa MR, Heshmat R, Razavi HE, Larijani B, Meybodi HA.[Evaluation of bone mineral loss in patients with chronic traumatic spinal cord injury in Iran](#).J Spinal Cord Med. 2014 Jan 21. [Epub ahead of print]



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Congress:

1- 9th European Nutrition conference, 1-4 Oct 2003, Rome, Italy.Comparison of the effects of vitamin c, Omega 3 fatty acids and simultaneous administration of them on Lipoproteins, Apo A-I, Apo B and malindialdehyde in hyperlipidemic patients.

2-IX Asian congress of nutrition, 23-27 Feb 2003, New Delhi, India Effects of Purified omega 3 fatty acids on lipoproteins, Apo A-I, Apo B and malondialdehyde in hyperlipidemic patients.

3- IV International of nutrition and dietetics Congress, Antalia, Turkey 2-5 April 2003, the effects of vitamin c on lipoproteins, Apo A-I, Apo B and assessment it's interaction with copper in hyperlipidemic patients.

4- FourthcomingEuropaediatrics 2003 conference, Prague, Czech Republic, Oct 19-22, 2003. Early feeding with cow's milk solid foods in infancy and risk of insulin-dependent mellitus.

5- International conference of Health benefits of Mediterranean diet. Prepignan, March 12-15, 2004, France.

6- HealthWorldsAsia2004, Malaysia, Kuala Lumpur, 6-9 Sep 2004

7- HealthWorldsAsia2005, Singapore, 11-13 Nov 2005

8- World congress of cardiology, September 2006, Barcelona, Spain

9- European Academy of Paediatrics, October 2007, Prague, Czech Republic

10- 6th world stroke congress- 24-27 September 2008 – Vienna-Austria.

8- World congress of cardiology, September 2010, Beijing, China

9- International Conference of prevention of stroke, Berlin, Germany, Feb 2010

10- 26th National Congress of Cardiology, Istanbul, Oct 2010

11- Asian conference of Nutrition Therapy, June 5-8, 2011, Bangkok, Thailand

Translations to Persian:

1- Nutrition in Pregnancy. Elizabeth M ward, The American Dietetic Association, 2000.

2- Complementary Feeding, Family Foods for breastfed children. World Health organization, 2001.

3- Nutrition and child care, a practical guide. Shanti Gosh, 2000.

4- Medical Nutrition and disease, Gail Morrison & Lisa Hart, 2001.

5- Krause's Food, nutrition, and Diet Therapy, 11 th edition, 2004, Saunders.

مشاغل اجرایی:

۱- معاون پشتیبانی دانشجویی فرهنگی دانشکده بهداشت دانشگاه علوم پزشکی ایران از ۱۳۸۱ تا خرداد ۱۳۸۵.

۲- معاون پشتیبانی دانشجویی فرهنگی دانشکده پزشکی دانشگاه علوم پزشکی ایران از خرداد ۸۵ تا آبان ۱۳۸۹

۳- عضو کمیته ارزشیابی اعضای هیات علمی دانشگاه علوم پزشکی ایران تا آبان ۱۳۸۹.

۴- عضو کمیته استعدادهای درخشان دانشگاه علوم پزشکی ایران تا آبان ۱۳۸۹.

۵- عضو کمیته HSR دانشگاه علوم پزشکی ایران تا آبان ۱۳۸۹.

۶- عضو شورای فرهنگی دانشکده پزشکی دانشگاه علوم پزشکی ایران تا آبان ۱۳۸۹.

۷- برنده جایزه مقاله برتر از کنگره بین المللی قلب عروق بارسلون اسپانیا سپتامبر ۲۰۰۶.

- ۸- برنده جایزه بعنوان افتخار آفرین رشته تغذیه از کنگره دانشجویان علوم تغذیه کشور بهار ۱۳۸۷- انستیتو تحقیقات تغذیه و صنایع غذایی کشور.
- ۹- پژوهشگر برتر دانشگاه علوم پزشکی ایران در سال ۱۳۸۳.
- ۱۰- برنده جایزه مقاله برتر از کنگره آسیا اقیانوسیه در بانکوک تایلند در ژوئیه ۲۰۱۱
- ۱۱- رئیس دانشکده بهداشت دانشگاه علوم پزشکی ایران از فروردین ۱۳۹۲ تا آذر ماه ۱۳۹۲
- ۱۲- مدیر کل آموزش دانشگاه علوم پزشکی ایران از آذرماه ۱۳۹۲ تا بهمن ماه ۱۳۹۲
- ۱۳- معاون اداری و مالی دانشکده علوم تغذیه و رژیم شناسی دانشگاه علوم پزشکی تهران از اردیبهشت ۹۰ تا شهریور ۱۳۹۲
- ۱۴- پژوهشگر برتر دانشگاه علوم پزشکی ایران در سال ۱۳۹۲
- ۱۵- عضو هیات ممیزه دانشگاه علوم پزشکی ایران از فروردین ۱۳۹۲