

Ladan Giahi (B. Sc., M. Sc. Ph. D., immunonutritionist)

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Position:

Vice president of Technology Avicenna Research Institute. 2014 till present

Scientific Member and Associated Researcher of Reproductive Immunology Department at Avicenna Research Institute. 2012 till present

Founder of Nutrition infertility Clinic at Avicenna Infertility and Recurrent Abortion Treatment Center. 2012 till present

I. Education:

• **1999 - 2003 BSc.; Nutritional Science**, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Iran

- **2003-2006 MSPH.; Health Science in Nutrition**, Department of Nutrition and Biochemistry, School of Public Health and Institute of Public Health Research, Tehran University of Medical Sciences, Iran (Graduation Rank: Top student with a GP of 18.97/20)

- **2009-2012 PhD; Life Sciences (Immunonutrition)**, Department of Nutritional Sciences, Faculty of Life Sciences, University of Vienna, Austria

II. Certificates:

- Certificate of European Union Nutrigenomics organization, *Polymorphisms and Responsiveness to diet*, Wageningen Univesrtiy, Neatherland. 2011

- Certificate from European Union Nutrigenomics organization, *Molecular Nutrition and Genomics*, Wageningen Univesrtiy, Neatherland. 2011

- Certificate of European Union Nutrigenomics organization, *Nuclear Receptors in Nutrition*, Wageningen Univesrtiy, Neatherland. 2011

- Certificate of Leadership Group on the Consultative Meeting on Leading Iranian Nutrition Sciences and Research “One Focus, One Voice Through Collaborative and Participatory Dialogue, Tehran, 2011
- Certificate of European Union Nutrigenomics organization, *Proteomics*, Wageningen Univesrtiy, Neatherland. 2010
- Certificate of *scientific writing*, Tehran University of Medical Sciences, Iran .2006
- Certificate of *Nutrition and Diet Therapy in Renal disease*. Tehran University of Medical Sciences, Iran. 2004
- Certificate of *Diet Therapy in Gastrointestinal Disease*. Institute of Nutrition and Food Technology, Shahid Beheshty University of Medical Sciences, Iran, 2004
- Certificate of *Practical Disciplines in Children’s Nutrition (Infancy till 19Yrs)* Institute of Nutrition and Food Technology, Shahid Beheshty University of Medical Sciences, Iran, 2004

III. Skills:

A.Languages:

- English advanced level
- French advanced level
- German elementary level
- Arabic elementary level

B. Practical Laboratory skills:

- Cell culture techniques
- Gene expression (RNA extraction, PCR)
- Flow cytometry
- ELIZA, IRMA and Biochemical Tests.

C.Clinical Nutrition counseling:

- Nutrition counseling in diabetes, transplant, growth failure, CVD, metabolic syndrome, Renal disease, spinal cord injury, obesity, infertility and eating disorders

IV. Experiences:

A. Scientific & Clinical Nutrition Counseling:

- Academic member and head of nutrition counseling of Avicenna Research institute ,(ACECR), Department of reproductive Immunology, Tehran, Iran, 2011.
- Senior nutrition consultant of directorate of nutrition, Ministry of Health, Tehran, Iran, since 2011.
- Permanent editorial board and consultant of World of Nutrition and Health Culture Institute, since 2007
- Nutrition counseling (Diabetes, transplant, growth failure, CVD, metabolic syndrome, Renal disease, spinal cord injury, obesity, eating disorders), Iran. 2007-2010

B. Researches:

- Nutrition Assessment of Infertile Couple Attending to Avicenna Infertility Treatment Clinic for Development of Referral Protocol to Nutrition Clinic During Treatment period, 2013- 2014
- Effect of Heat Inactivated Probiotics on Dendritic Cell Maturation, Supervised by Professor Ibrahim Elmadfa, Department of nutritional Science, Faculty of Life Sciences, University of Vienna, 2009-2011.
- Toward Understanding Strain specific molecular mechanisms in the regulation of dendritic and epithelial cells by probiotics, Supervised by Professor Ibrahim Elmadfa, Department of nutritional Science, Faculty of Life Sciences university of Vienna, since 2011.
- Effect of Omega 3 Fatty Acid Supplementation on the Serum Levels of Leptin, Adiponectin and Inflammatory Mediators and Their Association with Anthropometric and Biochemical Indices in the Diabetic and Non-diabetic Overweight Men”, supervised by Dr. A. Djazayeri and Dr. B Larijani at and EMR,2005-2006
- Evaluation of Nutritional Care Status in Cardiac Surgery Unit at Modares Hospital, Tehran. 2003.

C. Congresses:

1. Oral Presentations:

- Diet in Endometriosis: Novel Findings and Further objectives, second national congress of endometriosis, Tehran, 2013
- Genetic and Epigenetic Regulatory Mechanisms Involved in Induction of Differential Immune Response by non-Viable Probiotics, The 11th International Congress of Immunology and Allergy of Iran, 2012

- Heat inactivated probiotics strains specifically stimulate NFK-b, MAPkinase pathways, miRNAs and maturation in CACO2 endothelial cells and in dendritic. Ladan Giahi, Eva Aumueller, Manuela Nestlberger, Ibrahim Elmadfa, Alexander Haslberger. 6th Probiotics & probiotics new foods conference, Rome 2011.
- Viable and non-viable forms of identical probiotics strains induce differential response in human dendritic cells. L. Giahi; I. Elmadfa; P. Klein. Annals of Nutrition and Metabolism Vol 58, Suppl 3. p 10. 11th European nutrition Conference (FENS) Madrid, 2011.
- Gut Microbiome in Health and Disease, Faculty of Life Sciences university of Vienna, 2011.
- Nutrigenomics & Development of Personalized Diet, Faculty of Life Sciences university of Vienna, 2010.
- Effect of Probiotics in immune system, Iran Nutrition association, Institute of Nutrition and Food Technology, Shahid Beheshty University of Medical Sciences, Iran, 2010
- Effect of Omega-3 Fatty Acids Supplement on Serum level of PRO- and Anti-Inflammatory Adipokines in Over Weight Diabetic Men, The 6th International Scientific Conference for Medical Students in the GCC Countries, Al Ain, Emirate, 2009.
- Missing Chains in Treatment of Rheumatoid Arthritis. 15th Congress of Physical therapy. Tehran 2004
- Leptin and Role of Dietary Composition on Regulating its Serum Concentration, Tehran University of Medical Sciences, 2004.
- Leptin and Metabolic Disturbances, Is There a Relation? Department of Nutrition and Biochemistry Tehran University of Medical Sciences, 2004.
- The Effect of Vitamin E, C and Folic Acid in Development and Progression of Alzheimer TMs disease. Institute of Nutrition and Food Technology, Shahid Beheshty University of Medical Sciences, 2002.

2. Poster Presentations:

- Different Maturation Pattern of Human Dendritic Cells by Viable and non-Viable Form of Identical Probiotics Strains. The 11th International Congress of Immunology and Allergy of Iran, 2012
- Differential regulation of immune responses by non-viable probiotics at transcription and post-transcription level, Ladan Giahi, Alexander Haslberger, Dragana kremenovic, Ibrahim Elmadfa. 2nd international symposium Microbes for health, Paris, 2011.

- The Effect of Heat Inactivated *Lactobacillus Rhamnosus* and *Lactobacillus Delbrueckii* on Human Dendritic Cell Maturation and Cytokine Profile, Pharmanutrition Conference in Amsterdam, 2011.
- Comparing Serum Level of Leptin and its Association with Body Fat Mass, HbA1c and CRP in Diabetic and Nondiabetic Patients. 9th Congress of Nutrition, Tabriz, Iran, 2007.
- Nutritional Status and Related Factors in Primary School Aged Children, Hotk, Kerman. 9th congress of Nutrition, Tabriz, Iran, Sep 2007.

D. Teaching Experiences:

- Immunology courses at Tehran Azad university, 2013
- Nutrition Infertility workshop. Iran Scientific association of food and nutrition, 2013
- Nutritional care of School age children, Shushtar Health Center, 2008.
- Nutrition care for toddlers and infants, Shushtar Health Center, 2008.
- Nutritional care of kindergarten and preschool children, Shushtar Health Center, 2008.
- Nutritional care from birth till 2yrs of life (Breastfeeding and complementary nutrition), Shushtar health center, 2008.
- Cell culture techniques, gene extraction, Department of nutritional Science, Faculty of Life Sciences university of Vienna, 2011.

E. National Media programs:

- Salamat Radio since 2012
- Collaborations with TV channel 5 and 4 since 2012

V. Publications:

A. Full Articles:

- Zohreh Karbaschian, Mohammad Javad Hosseinzadeh-Attar, Ladan Giahi, Atefeh Golpaie, *Portal and systemic levels of visfatin in morbidly obese subjects undergoing bariatric surgery*, Endocrine: 44 (1), 114-118, 2013.
- Ladan Giahi, Ibrahim Elmadfa, Mostafa Hosseini, *Heat-inactivated Lactobacillus Rhamnosus and Lactobacillus Delbrueckii Induce Efficient Maturation and Differential Cytokine Production in Human Monocyte Derived Dendritic cells*, Food and agricultural immunology: 1-15, 2012.

- Ladan Giahi, Eva Aumueller, Alexander Haslberger, Ibrahim Elmadfa. *Regulation of TLR4, P38 MAPkinase, IκB and miRNAs by inactivated strains of lactobacilli in human dendritic cells. Beneficial Microbes: 2012.*

- Ladan Giahi, Bagher Larijani, Abolghasem Jazayeri, Abbas Rahimi, *Evaluation of the Correlation between Adiponectin, Percent of Body Fat Mass and Insulin Sensitivity in Overweight Men.* Journal of Diabetes and Metabolic Disorders. 2006,6 (9) 183-188;

- Ladan Giahi, Abolghasem Jazayeri, *The Necessity of Considering Adipose Tissue as an Endocrine Organ With Inflammatory Property in Modern Nutritional Research,* Proceedings of the 9th National Congress of Nutrition, Tabriz, Iran. Sep 2007.

- Ladan Giahi, Mohammad Reza Hadian, *Missing Chains in treatment of Rheumatoid Arthritis.* Journal of the Iranian Physiotherapy Association, 2004,39(1).

B. Abstracts:

- L. Giahi; I. Elmadfa; P. Klein. *Viable and non-viable forms of identical probiotics strains induce differential response in human dendritic cells.* Annals of Nutrition and Metabolism Vol 58, Suppl 3. p 10. 11th European nutrition Conference (FENS) Madrid 2011.

- Ladan Giahi, Bagher Larijani, Abolghasem Jazayeri, *Effect of Omega-3 Fatty Acids Supplement on Serum level of PRO- and Anti-Inflammatory Adipokines in Over Weight Diabetic Men,* Journal of Medical Sciences Vo.2, Issue 1 (suppl.), 2009.

C. Books & Booklets:

- Mohamad Reza Hadian, Ladan Giahi, *Spinal Cord Injury, Guidelines for Treatment and Care.* Tehran University of Medical Sciences, Tehran, 2004.

- Ladan Giahi, *Prescription of Healthy and Permanent Weight Reduction.* Iranian Nutrition Society, 2005.

- Ladan Giahi, *Practical Nutrition Guide for pregnancy.* Avicenna Research Institute, 2012

- Ladan Giahi, *Guide to Nutrition for Gestational Diabetes Mellitus.* Avicenna Research Institute, 2012

- Ladan Giahi, *Guide to Nutrition in Poly Cystic Ovarian Syndrome.* Avicenna Research Institute, 2012

- Ladan Giahi, *Nutrition in Endometriosis.* Avicenna Research Institute, 2012

- Ladan Giahi, *Nutrition After IVF.* Avicenna Research Institute, 2012

D. Book Translations:

- Hasse Jeanette, *Comprehensive Guide to Transplant Nutrition*, Translated by : Ladan Giahi, Saeed Hosseini, Vista, 2008

- Amanda Ursell, *The Complete Guide Healing Foods*, Translated by: Ladan Giahi, World of Nutrition and Health Culture Insitute, under publication.