

AZITA HEKMATDOOST, MD, PhD, RD

Associate Prof. Clin Nutrition at SBMU

Honorary Associate Prof. at UBC

e-mail: Azita.Hekmatdoost@cw.bc.ca

EDUCATION

Medical School (1995-2002)

Tehran University of Medical Sciences

Tehran - Iran

Doctor of Medicine M.D

Medical Internship (2000-2002)

Tehran University of Medical Sciences

Tehran-Iran

Ph.D in Human Nutrition (2005-2007)

Tehran University of Medical Sciences

Tehran-Iran

Fellowship in Gastroenterology and Nutrition Department (2007-2008)

Dep GI and Nutrition, Children and Family Research Institute (CFRI)

UBC, Vancouver, BC, Canada

Dietitian Internship in Community Health Center (Nov 2015-Jan2016)

BC Dairy Association, Burnaby, BC, Canada

Registered Dietitian with College of Dietitian of BC, Canada (May 2016)

HONORS:

ranked fourth in high school courses competition among all Tehran high schools, 1992.

ranked 79th in national entrance examination of universities among one million students, Iran, 1994.

ranked top 10% in GPA among the graduating year (M.D) of the medical students at Tehran University of Medical Sciences, 2002.

Ranked 2nd in Ph.D course entrance examination, Iran, 2005.

Ranked 1st in GPA among the graduating year (Ph.D) of the Nutrition science at Tehran University of Medical Sciences, 2008.

“Distinctive Faculty Member in Education” award at SBMU, 2012.

“Distinctive Faculty Member in cultural issues” award at SBMU, 2013.

PROFESSIONAL EXPERIENCES

- *Nutrition PI of Persian Cohort (2014-present)*

The national cohort evaluating the risk factors for chronic disorders and cancers in Iran

- *Associate Dean of Student & cultural affairs (2011-2014)*

Supervision of students activities in cultural development

Faculty of Nutrition and Food Science Technology

SBMU, Tehran, Iran

- *Associate Prof. (2013-present)*

Supervising the MSc, and PhD students' thesis, Teaching Theory courses and Dietetic Internship, supervision of the related hospitals dietitians, and visiting the complicated inpatients and outpatients

Dep Clinical Nutrition and Dietetics

Faculty of Nutrition and Food Science Technology

SBMU, Tehran, Iran

- ***Assistant Prof. (2009-2013)***

Supervising the MSc, and PhD students' thesis, Teaching Theory and Internship courses, supervision of the related hospitals dietitians, and visiting the complicated inpatients and outpatients

Dep Clinical Nutrition and Dietetics

Faculty of Nutrition and Food Science Technology

SBMU, Tehran, Iran

- ***Dietitian (2008-2015)***

Supervisor of the dietitians at SBMU hospitals to plan the diet for inpatients. and the outpatients at Behbood Private Clinic, Tehran, Iran.

- ***Physician (2002-2004)***

Gastroenterology Ward, Taleghani Hospital, Tehran, Iran.

Consultant of Nutrition & Diet Clinic, the World of Nutrition Institute, Tehran, Iran.

TEACHING EXPERIENCE:

- *Basic Nutrition-2 2009-present*
- *Dietetic Internship 2009-present*
- *Diet Therapy-2 2009-present*
- *Advanced Nutrition-1 2009-present*
- *Nutrients and diet therapy for Pharmacists 2009-2013*
- *Medical Nutrition Therapy in GI and Liver diseases for PhD students 2013-present*

Thesis under supervision:

MSc Thesis:

Comparison the effect of folic acid vs. methyl tetrahydrofolate in recurrent abortion.

The effect of combined supplementation of DHA and vitamin E on oxidative stress and spermatogram in asthenospermic men.

The effect of probiotics supplementation on NAFLD treatment.

The effect of Resveratrol supplementation on NAFLD treatment.

The effect of Resveratrol supplementation on active mild to moderate colitis.

The effect of cinnamon on NAFLD treatment.

The effect of pomegranate juice on NAFLD treatment.

The effect of Onion extract on NAFLD treatment.

Dietary intakes of patients with IBD.

The effect of Flaxseed on NAFLD treatment.

Dietary intakes of patients with pancreatic cancer.

The effects of vitamin D on IBS.

Dietary intakes of patients with gastric cancer.

The effect of Ginger supplementation on NAFLD treatment.

Dietary intakes of patients with Multiple Sclerosis.

PhD Thesis:

Dietary intakes of patients with ESCC.

The effects of vitamin D plus soy isoflavones on IBS.

The effect of probiotics supplementation on lean patients with NAFLD.

The effect of probiotics supplementation on gastric bypass surgery outcomes.

Thesis under advisory:

Study of Hesperidin inhibitory effects on NFkB in Ramos Burkitt's Lymphoma cell line.

Apoptotic effect of flavonoid Hesperidin in Ramos Burkitt's Lymphoma cells and role of PPAR γ nuclear receptor.

Effect of weight reduction diet on serum concentrations of liver enzymes, inflammatory cytokines, oxidative stress and fibrosis severity in patients with non- alcoholic fatty liver disease and its relation to polymorphisms of methylene tetrahydrofolate reductase gene.

Effects of low fat diet on bone through plasma bone markers, inflammatory and cytokines indexes, and total antioxidant capacity in male C57BL/6 mice and comparison with the effects of high fat diet and antioxidant supplemented diet.

The effect of saffron on NAFLD treatment

- *Periodicals (Editorial Board)*

Journal of Clinical Nutrition & Dietetics

Journal of Liver and Clinical Research

Journal of Digestive Diseases and Hepatology

Journal of Gastroenterology, Liver & Pancreatic diseases

Journal of Food and Nutrition

Archives of Digestive Disorders

Annals of Nutritional Disorders & Therapy

International Journal of Agriculture Science and Food Technology

Cancer and cellular biology

International Journal of Nutritional Sciences

Hepatology & Liver Case Reports

Annals of clinical case reports

Journal of Medical Oncology and Therapeutics

SciTz Nutrition and Food Science

Henry Journal of Nutrition & Food Science.

SM Journal of Food and Nutritional Disorders

Asian Journal of Clinical Nutrition

Asian Journal of Biological Sciences

Asian Journal of Scientific Research

Journal of Food Science and Nutraceuticals

Journal of Medical Sciences

Occupational Medicine and Health Affairs

SM Journal of Cardiovascular Disease

Gavin Journal of Food and Nutritional Science

Pak Journal of Biological Sciences

Reviewer:

Diabetes Care

Am J Clin Nutrition

British J Nutrition

Nutrition Research
Nutrition
Clinical Nutrition
Lipids
J Am Coll Nutrition
BMC Gastroenterology
Functional Food
Medicinal Food
Ann Nutrition and Metabolism
World Journal of Gastroenterology
Cellular and Molecular Biology
World Journal of Hepatology
Archives of Iranian Medicine
Middle East Journal of Digestive Disease
Austin Andrology
Saud Med Journal
Fertility sterility Journal
JRMS
INFSJ
International Research Journal of Public and Environmental Health
World of Nutrition Journal

- *Scientific committee/ Secretary*

The first International & 14th National Nutrition Congress (Sep 2016)
ISERB (May 2015)
The 3rd National Probiotic Congress (Sep 2015)
The 13th National Nutrition Congress (Nov 2014)
14th National GI Congress (Nov 2014)
Interpretation of Lab results (Nov 2014)
Nutrition and Diet therapy in patients with GI disorders (Sep 2012)
12th Iranian Nutrition Congress (Nov 2012)
Sea Food Congress (Nov 2012)

The first Iranian congress on prebiotics and probiotics (May 2011)

- *Committee and Association Membership*

Publication Supervision Committee of Shahid Beheshti University of Medical University

Publication Committee of National Nutrition and Food Technology Research Institute

Education Scholarship Committee of Faculty of Nutrition and Food Technology, SBMU

Steering Committee of 12th national nutrition congress

Steering Committee of student and cultural affairs, Faculty of Nutrition and Food Science,

Iranian Nutrition Association

Iranian Fertility and Infertility Association

TECHNICAL EXPERTISE

- *DNA&RNA extraction from blood, serum, paraffin-embedded tissue*
- *PCR and RT-PCR*
- *Agarose and polyacrylamide gel electrophoresis*
- *Restriction Fragment Length Polymorphism (RFLP)*
- *Immunostaining and immunohistochemistry*
- *Animal care*
- *Bacterial culture*

CERTIFICATES:

- Food Safety Level 1, and 2, Vancouver, BC, Canada
- Animal Care from UBC, Vancouver, BC, Canada
- Lab Chemical safety from UBC, Vancouver, BC, Canada
- Radiation Safety from UBC, Vancouver, BC, Canada
- Personnel Management from UBC, Vancouver, BC, Canada

- Proposal Writing from UBC, Vancouver, BC, Canada
- Advanced Research Workshop from Shaheed Beheshti University of Medical Sciences
- Advanced scientific writing workshop from Tehran University of Medical Science
- Advanced Teaching style workshop from Tehran University of Medical Science
- Advanced scholarship in teaching workshop from SBMU, Tehran, Iran.

RESEARCH PAPERS, PRESENTATIONS, AND PROJECTS

- Eslamparast T, Sharafkhah M, Poustchi H, Hashemian M, Dawsey SM, Freedman ND, Boffetta P, Abnet CC, Etemadi A, Pourshams A, Malekshah AF, Islami F, Kamangar F, Merat S, Brennan P, **Hekmatdoost A***, Malekzadeh R. Nut consumption and total and cause specific mortality: results from Gonbad Cohort Study. *International Journal of Epidemiology* 2016 5.
- Hashemian M, Poustchi H, Abnet CC, Boffetta P, Dawsey SM, Brennan PJ, Pharoah P, Etemadi A, Kamangar F, Sharafkhah M, **Hekmatdoost A***, Malekzadeh R. Dietary intake of minerals and risk of esophageal squamous cell carcinoma: results from the Golestan Cohort Study. *Am J Clin Nutr.* 2015 May 27.
- Noori M, Jafari B, **Hekmatdoost A***. Pomegranate Juice prevents development of NAFLD in rats by attenuating oxidative stress and inflammation. *J Sci Food Agri* 2016 Nov.
- Samsami M, Daryani NE, Asl PR, **Hekmatdoost A***. Resveratrol supplementation and oxidative/antioxidative status in patients with Ulcerative Colitis: A randomized, double-blind, placebo-controlled study. *Arch Med Res* 2016; 47:304-309.
- Jalili M, **Hekmatdoost A***, Vahedi H, Poustchi H, Khademi B, Saadi M, ZemestaniM, Janani L. Co-Administration of Soy Isoflavones and Vitamin D in Management of Irritable Bowel Disease. *PLoS One.* 2016 Aug 4;11(8):e0158545. doi:10.1371/journal.pone.0158545. eCollection 2016. PubMed PMID: 27490103.

- **Hekmatdoost A**, Shamsipour A, Meibodi M, Gheibizadeh N, Eslamparast T, Poustchi H. Adherence to the Dietary Approaches to Stop Hypertension (DASH) and risk of Nonalcoholic Fatty Liver Disease. *Int J Food Sci Nutr*. 2016 Jul 19:1-6. [Epub ahead of print] PubMed PMID: 27436528.
- **Hekmatdoost A** . Prevention of Nonalcoholic Fatty Liver Disease (NAFLD) Progression to Nonalcoholic Steatohepatitis (NASH) by Modification of Lifestyle and Dietary Supplements. *Journal of Clinical Nutrition & Dietetics*. 2016; Vol. 2 No. 2: 8.
- Cheraghpour M, **Hekmatdoost A**, Ghaemi A. Comments on "The Effects of Aerobic and Resistance Exercise Training on Liver Enzymes and Hepatic Fat in Iranian Men With Nonalcoholic Fatty Liver Disease". *Hepat Mon*. 2016 Apr 30;16(5):e35162. doi:10.5812/hepatmon.35162. eCollection 2016 May. PubMed PMID: 27313633; PubMed Central PMCID: PMC4908672.
- Eslamian G, Baghestani AR, Eghtesad S, **Hekmatdoost A***. Dietary carbohydrate composition is associated with polycystic ovary syndrome: a case-control study. *J Hum Nutr Diet*. 2016 Jun 14. doi: 10.1111/jhn.12388. [Epub ahead of print] PubMed PMID: 27296009.
- Emamat H, Noori M, Foroughi F, Rismanchi M, Eini-Zinab H, **Hekmatdoost A***. An Accessible and Pragmatic Experimental Model of Nonalcoholic Fatty Liver Disease. *Middle East J Dig Dis*. 2016 Apr;8(2):109-15. doi: 10.15171/mejdd.2016.15. PubMed PMID: 27252817; PubMed Central PMCID: PMC4885609.
- Eslamian G, Amirjannati N, Rashidkhani B, Sadeghi MR, **Hekmatdoost A***. Nutrient patterns and asthenozoospermia: a case-control study. *Andrologia*. 2016 Jun 1. doi: 10.1111/and.12624. [Epub ahead of print] PubMed PMID: 27246740.
- Shivappa N, Hebert JR, Rashvand S, Rashidkhani B, **Hekmatdoost A***. Inflammatory Potential of Diet and Risk of Ulcerative Colitis in a Case-Control Study from Iran. *Nutrition and cancer*. 2016;68(3):404-9.
- Yari Z, Rahimlou M, Poustchi H, **Hekmatdoost A***. Flaxseed Supplementation in Metabolic Syndrome Management: A Pilot Randomized, Open-labeled, Controlled Study. *Phytother Res*. 2016 May 6.
- Yari Z, Rahimlou M, Eslamparast T, Ebrahimi-Daryani N, Poustchi H, **Hekmatdoost A***. Flaxseed supplementation in non-alcoholic fatty liver disease: a

pilot randomized, open labeled, controlled study. International journal of food sciences and nutrition. 2016 Jun;67(4):461-9.

- Ghorbani Z, Pourshams A, Fazeltabar Malekshah A, Sharafkhah M, Poustchi H, **Hekmatdoost A***. Major Dietary Protein Sources in Relation to Pancreatic Cancer: a Large Prospective Study. Archives of Iranian medicine. 2016;19(4):248-56.
- Mofidi F, Yari Z, Poustchi H, Merat S, Nourinayyer B, Malekzadeh R, **Hekmatdoost A***. Effects of Synbiotics Supplementation in Lean Patients with Nonalcoholic Fatty Liver Disease: Study Protocol of a Pilot Randomized Double-blind Clinical Trial. Archives of Iranian medicine. 2016;19(4):282-4.
- Eslamian G, Amirjannati N, Rashidkhani B, Sadeghi MR, Hekmatdoost A*. Nutrient patterns and asthenospermia: a case-control study. 2016; April.
- Emamat H, Foroughi F, Rismanchi M, Eini-zinab H, Hekmatdoost A*. An accessible and pragmatic model of Nonalcoholic Fatty Liver Disease. MEJDD.2016; 8: 109-115.
- Rahimlou M, Yari Z, **Hekmatdoost A**, Alavian SM, Keshavarz SA. Ginger Supplementation in Nonalcoholic Fatty Liver Disease: A Randomized, Double-Blind, Placebo-Controlled Pilot Study. Hepatitis Monthly. 2016 Jan 23;16(1):e34897.
- Faghihzadeh F, Adibi P, **Hekmatdoost A***. The effects of resveratrol supplementation on cardiovascular risk factors in patients with non-alcoholic fatty liver disease: a randomised, double-blind, placebo-controlled study. Br J Nutr. 2015 Aug 3:1-8.
- **Hekmatdoost A***, Vahid F, Yari Z, Sadeghi M, Eini-Zinab H, Lakpour N, Arefi S. Methyltetrahydrofolate vs Folic Acid Supplementation in Idiopathic Recurrent Miscarriage with Respect to Methylenetetrahydrofolate Reductase C677T and A1298C Polymorphisms: A Randomized Controlled Trial. PLoS One. 2015 Dec 2;10(12):e0143569.
- Rashvand S, Somi MH, Rashidkhani B, **Hekmatdoost A***. Dietary protein intakes and risk of ulcerative colitis. Med J Islam Repub Iran. 2015 Aug 24;29:253.
- Jalili M, Bazi Z, **Hekmatdoost A**. A novel treatment for weight reduction by the recombinant "Pichia pastoris" yeast expressing the hybrid protein of "irisin-furin-transferrin". J Integr Med. 2016 Jan;14(1):1-4.

- Rahimlou M, Ahmadnia H, **Hekmatdoost A***. Dietary supplements and pediatric non-alcoholic fatty liver disease: Present and the future. *World J Hepatol.* 2015 Nov 8;7(25):2597-602.
- Jalili M, Vahedi H, Janani L, Poustchi H, Malekzadeh R, **Hekmatdoost A***. Soy Isoflavones Supplementation for Patients with Irritable Bowel Syndrome: A Randomized Double Blind Clinical Trial. *Middle East J Dig Dis.* 2015 Jul;7:170-6.
- Faghihzadeh F, **Hekmatdoost A**, Adibi P. Resveratrol and liver: A systematic review. *J Res Med Sci.* 2015 Aug;20(8):797-810.
- Ghorbani Z, **Hekmatdoost A***, Zinab HE, Farrokhzad S, Rahimi R, Malekzadeh R, Pourshams A. Dietary food groups intake and cooking methods associations with pancreatic cancer: A case-control study. *Indian J Gastroenterol.* 2015 May;34(3):225-32.
- Samsami-Kor M, Daryani NE, Asl PR, **Hekmatdoost A***. Anti-Inflammatory Effects of Resveratrol in Patients with Ulcerative Colitis: A Randomized, Double-Blind, Placebo-controlled Pilot Study. *Arch Med Res.* 2015 May 20.
- Rashvand S, Somi MH, Rashidkhani B, **Hekmatdoost A***. Dietary fatty acid intakes are related to the risk of ulcerative colitis: a case-control study. *Int J Colorectal Dis.* 2015 May 16.
- Dietary food groups intake and cooking methods associations with pancreatic cancer: A case-control study. Ghorbani Z, **Hekmatdoost A**, Zinab HE, Farrokhzad S, Rahimi R, Malekzadeh R, Pourshams A. *Indian J Gastroenterol.* 2015 Jun 12.
- Eslamian G, Amirjannati N, Rashidkhani B, Sadeghi MR, Baghestani AR, **Hekmatdoost A***. Adherence to the Western Pattern Is Potentially an Unfavorable Indicator of Asthenozoospermia Risk: A Case-Control Study. *J Am Coll Nutr.* 2015 Mar 12:1-9
- Eslamparast T, , Zamani F, **Hekmatdoost A***, Sharafkhah M, Malekzadeh R, Poustchi H. Effects of symbiotic supplementation on insulin resistance in subjects with the metabolic syndrome: a randomized, double blind, placebo controlled pilot study. *British Journal of Nutrition.* 2014; May;22:1-8. (IF=3.7)

- Eslamparast T, Poustchi H, Zamani F, Sharafkhah M, Malekzadeh R, **Hekmatdoost A***. Synbiotic supplementation in nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled pilot study. *Am J Clin Nutrition*. 2014;99:535-42. (IF=6.5)
- Eslamparast T, Eghtesad S, Poustchi H, **Hekmatdoost A***. Recent advances in dietary supplementation, in treating non-alcoholic fatty liver disease. *World J Hepatol*. 2015 Feb 27;7(2):204-12.
- Faghihzadeh F, Adibi P, Rafiei R, **Hekmatdoost A***. Resveratrol supplementation improves inflammatory biomarkers in patients with nonalcoholic fatty liver disease. *Nutr Res*. 2014 Sep 23 (IF=2.23)
- Eslamian G, Amirjannati N, Rashidkhani B, Sadeghi MR, Baghestani AR, **Hekmatdoost A***. Dietary fatty acid intakes and asthenozoospermia: a case-control study. *Fertil Steril*. 2014 Nov 5. (IF=3.98).
- Vahid F, Zand H, Nosrat-Mirshekarlou E, Najafi R, Ghasemlou M, **Hekmatdoost A**. The role of dietary bioactive compounds on the regulation of histone acetylases and deacetylases: A review. *Gene*. 2015 Feb 19.
- **Hekmatdoost A***. Diet in patients with Nonalcoholic Liver Disease: A Pilot Study. *British Journal of Medicine & Medical Research* 2015;10(7): 1-6.
- Hashemian M, **Hekmatdoost A**, Poustchi H, Mohammadi Nasrabadi F, Abnet C, Malekzadeh R. Systematic review of zinc biomarkers and esophageal cancer risk. *Middle East J Dig Dis*. 2014 Oct;6(4):177-85.
- Askari F, Rashidkhani B, **Hekmatdoost A***. Cinnamon may have therapeutic benefits on lipid profile, liver enzymes, insulin resistance, and high-sensitivity C-reactive protein in nonalcoholic fatty liver disease patients. *Nutr Res*. 2014 Feb;34(2):143-8. (IF=2.23)
- Jalili M, Kolahi S, Aref-Hosseini S, Ebrahimi M, **Hekmatdoost A**. Beneficial Role of Antioxidants on Clinical Outcomes and Erythrocyte Antioxidant Parameters in Rheumatoid Arthritis Patients. *Int J Prev Med* 2014;5:835-40.
- **Hekmatdoost A**, Wu X, Murapodi V, Innis SM, Jacobson K*. Dietary oils modify the host immune response and colonic tissue damage following

Citrobacter rodentium infection in mice. Am J Physiol Gastrointest Liver Physiol 2013;304. (IF=3.79)

- Bazi Z, Jalili M, **Hekmatdoost A***. The long term oral regulation of blood glucose in diabetic patients by using of Escheriachia coli Nissle 1917 expressing CTB-IGF1 hybrid protein. Medical Hypotheses 2013; 81(5):960-962. (IF=1.15)
- Sirjani M, Taleban FA, **Hekmatdoost A**, Amiri Z, Pellizon M, Hedayati M, Bidad K , Shoormasti RS, Pourpak Z. The Effects of High Fat, Low Carbohydrate and Low Fat, High Carbohydrate Diets on Tumor Necrosis Factor Superfamily Proteins and Proinflammatory Cytokines in C57Bl/6 Mice. Iran J Allergy Asthma Immunol 2014; 13(4):247-255.
- **Hekmatdoost A**, Ghobeh M, Shaker-Hosseini R, MirSattari D, Rastmanesh R, Rashidkhani B, Navai L. The effect of garlic consumption on Helicobacter pylori treatment using urea breath test: a randomized clinical trial. Journal of Nutritional Sciences and Dietetics 2014. 1(1):21-27.
- Ghorbani Z, **Hekmatdoost A**, Mirmiran P. Anti-Hyperglycemic and Insulin Sensitizer Effects of Turmeric and Its Principle Constituent Curcumin. Int J Endocrinol Metab. 2014 October; 12(4): e18081.
- Nourmohammdi M, Ejtahed H, Mirmiran P, **Hekmatdoost A**. Dietary fatty acid composition and metabolic syndrome: a review. Journal of Nutritional Sciences and Dietetics 2014. 1(1):28-36.
- Ghaemi A, Taleban FA, **Hekmatdoost A**, Rafiei A, Hosseini V, Amiri Z, Homayounfar R, Fakheri H. How Much Weight Loss is Effective on Nonalcoholic Fatty Liver Disease? Hepat Mon 2013;13(12):e15227. (IF=2.1)
- Eslamian G, Jacobson K, **Hekmatdoost A***. Clinical nutrition knowledge of gastroenterology Fellows: Is there anything omitted? Acta Medica Iranica, 2013; 51(9): 633-637.
- Eslamparast T, Eghtesad S, **Hekmatdoost A**, Poustchi H. Probiotics and Nonalcoholic Fatty Liver Disease. MEJDD.2013;5(3):129-36.

- Eslamian G, Amirjannati N, Rashidkhani B, Sadeghi MR, **Hekmatdoost A***. Food group intake and idiopathic asthenozoospermia: a case-control study. Human Reproduction 2012: Hum Reprod. 2012; 27(11):3328-36. (IF=4.47)
- Ahmad Shavakhi, Mohammad Minakari, Hassan Firouzian, Raheleh Assali, Azita **Hekmatdoost**, Gordon Ferns. Effect of a Probiotic and Metformin on Liver Aminotranferases in Nonalcoholic Steatohepatitis: a double blind randomized clinical trial. Int J Prev Medicine. 2013;4(5): 531-537.
 - Azemati M, Shakerhosseini R, **Hekmatdoost A**, et al. Comparison of the effects of Canola oil versus Sunflower oil on the biochemical markers of bone metabolism in osteoporosis. JRMS 2012: 1137-1143.
- **Hekmatdoost A**, Mirmiran P, Azizi F. Dietary Fatty Acid Composition and Metabolic syndrome in Tehranian Adults. Nutrition. 2011;27:1002-1007. (IF=3.025)
- Nazari M, Ghorbani A, **Hekmat-Doost A**, Jeddi-Tehrani M, Zand H. Inactivation of Nuclear Factor- κ B by citrus flavanone hesperidin contributes to apoptosis and chemo-sensitizing effect in Ramos cells. Eur J Pharmacol. 2011 Jan 15;650(2-3):526-33. (IF=2.46)
- Sima H, **Hekmatdoost A***, Ghaziani T, Alavian SM, Mashayekh A, Zali MR. The prevalence of celiac autoantibodies in hepatitis patients. Iran J Allergy Asthma Immunol. 2010 Sep;9(3):157-62.
- **Hekmatdoost A**, Lakpour N, Sadeghi MR*. Sperm Chromatin Integrity: Etiologies and Mechnisms of Abnormality, Assays, Clinical importance, Preventing and Repairing Damage. AJMB 2009;1(3):147-160.
- **Hekmatdoost A**, Mirshafiey A, Feizabadi MM, Djazayery A*. Polyunsaturated Fatty Acids, Microflora, and Colitis. Ann Nutr Metab. 2009;55(4):325. (IF=2.25)
- Kargoshaie AA, Najafi M, Akhlaghi M, Khazraie HR, **Hekmatdoost A**. The correlation between tonsil size and academic performance is not a direct one, but the results of various factors. Acta Otorhinolaryngol Ital. 2009 Oct;29(5):255-8.
- **Hekmatdoost A**, Feizabadi MM, Djazayery A*, Mirshafiey A, Eshraghian MR, Jacobson K. The effect of different dietary oils on cecal microflora in experimental colitis. Indian J Gastroenterol 2008 Sep-Oct;27(5):186-9

- Mirmiran P, Hekmatdoost A, Azizi F*. **Metabolic Syndrome is associated with adherence to an unhealthy diet.** Diabetes Care 2007 Sep;30(9):e93. (IF=6.71)
- Mirmiran P, Ramezankhani A, Hekmatdoost A, Azizi F*. Effect of Nutrition Intervention on Non-Communicable Disease Risk Factors among Tehranian Adults: Tehran Lipid and Glucose Study. Ann Nutr Metab 2008 Mar 18;52(2):91-95. (IF=2.25)
- Hekmatdoost A*, Ghaziani T, Esteghamathanzaee F, Alavian SM, Mohaghegh H, Zali MR. Transfusion transmitted virus and autoimmune hepatitis. Is there any association? Saudi Med J. 2004 Nov;25(11):1760-1.
- Khoshbaten M, Hekmatdoost A*, Ghasemi H, Entezari M. Prevalence of gastrointestinal symptoms and signs in northwestern Tabriz, Iran. Indian J Gastroenterol. 2004 Sep- Oct;23(5):168-70.
- Esteghamat F, Noorinayyer B, Hekmatdoost A, Sanati MH, Zafarghandi M, Shalmani HM, Agah M, Zali MR. C77G mutation in protein tyrosine phosphatase CD45 gene and autoimmune hepatitis. Hepatol Res.2005 July; 32 (3): 154-7. (IF=2.19)
- Zali MR*, Ghaziani T, Shahraz S, Hekmatdoost A. Liver, pancreas, spleen, and kidney involvement by human fascioliasis: imaging findings BMC Gastroenterol. 2004 Aug 4;4(1):15. (IF=2.42)
- Adibi P*, Hekmatdoost A, Aghazadeh R. Who should do it: A preliminary study of the role definition for gastroenterology curriculum planning. Journal of medical education 2003;3(2):40-2.
- Alizadeh AH, Moradimoghaddam F, Hekmatdoost A,* Kalbasi H. Hepatobiliary cystadenoma with mesenchymal stroma mistaken for common bile duct stone. Iran Med J 2004, 20; 2, p45-7.

Presentations:

- Hekmatdoost A. **Probiotics in the management of Multiple Sclerosis.** MS and Nutrition. 2015 Tehran, Iran.
- Hekmatdoost A. **NAFLD management Challenges.** 13th Iranian and first international Nutrition Congress. 2014 Tehran, Iran.
- Hekmatdoost A. **Instruments for weight reduction.** 13th Iranian and first international Nutrition Congress. 2014 Tehran, Iran.
- Hekmatdoost A. **NAFLD management.** Sports and Nutrition Congress. 2014 Tehran, Iran.
- Hekmatdoost A. **Weight management in Obesity.** National GI Congress. 2014 Tehran, Iran.
- Hekmatdoost A. **Synbiotic supplementation in NAFLD.** Iranian GI Association Meeting. 2014 Tehran, Iran.
- Hekmatdoost A. **Drug-Nutrient Interaction in Pediatrics.** Pediatric GI Congress. 2013 Tehran, Iran.
- Hekmatdoost A. **n-3 fatty acids and IBD: an overview.** 12th Iranian Nutrition Congress. 2012 Isfahan, Iran.
- Hekmatdoost A. **Updates on NAFLD diet therapy.** 12th Iranian Nutrition Congress. 2012 Isfahan, Iran.
- Eslamian G, Hekmatdoost A. **Dietary antioxidants, fruits, and vegetables and the risk of asthenozoospermia.** Nutrition & Dietetics 2012; 69: Suppl. 1.
- Eslamian G, Hekmatdoost A. **Improving clinical outcome in patients with non-alcoholic steatohepatitis using individualized nutritional advice** Nutrition & Dietetics 2012; 69: Suppl. 1.

- Eslamian G, Hekmatdoost A. **The Effects of Combined Docosahexaenoic Acid and Vitamin E Supplementation on Spermogram in Asthenozoospermic Men** International Journal of fertility and sterility 2012;6: suppl 1.
- Eslamian G, Hekmatdoost A. **Food Group Intakes and Risk of Idiopathic Asthenozoospermia: A Case-Control Study.** International Journal of fertility and sterility 2012;6: suppl 1.
- Hekmatdoost A. **Nutrition and Infertility.** 2nd International Congress on human reproduction, 2011.
- Hekmatdoost A. **Nutrition and PCO.** PCO seminar, 2011.
- Eslamian G, Hekmatdoost A. **Glycemic index, glycemic load and the risk of gestational diabetes mellitus: case control study.** 9th International Congress of Endocrinology 2011.
- Eslamian G, Hekmatdoost A. **Healthy Eating Index and the risk of type 2 diabetes.** 9th International Congress of Endocrinology 2011.
- Eslamian G, Hekmatdoost A. **Association of fast food consumption with energy intake, diet quality, body mass index and the risk of obesity in high school girls in Tehran.** 3rd Congress on prevention and treatment of Obesity in Iran 2011.
- Eslamian G, Hekmatdoost A. **Association of parents anthropometric and nutritional status and the risk of obesity in high school girls in Tehran.** 3rd Congress on prevention and treatment of Obesity in Iran 2011.
- Eslamian G, Hekmatdoost A. **Prebiotics and Probiotics in Food Allergy.** The first Iranian congress on prebiotics and probiotics. IJNFS 2011 (suppl 1).
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- **Non Academic Interests:** swimming, horseback riding, skiing.