 **Maryam Azhdari**

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**Education**

2017- 2021 **Ph.D. in Nutrition Science**, Ahvaz Jundishapur University of Medical Sciences

[Thesis: Evaluation of the effect of curcumin and zinc co-supplementation on glycemic measurements, lipid profiles, inflammatory and antioxidant biomarkers in overweight or obese pre-diabetic patients]

2008-2010              **MSc in Biology (General Biochemistry),** Payame Noor University, Tehran, Iran

[Thesis: The Evaluation of the effect of oral L-glutamine on the Healing of Second-degree Burns in Mice]

2002-2006              **BSc in nutrition science,** Medical Sciences University of Isfahan, Health School, Isfahan, Iran

[Thesis: Poly Unsaturated Fatty Acid and Depression]

**Positions**

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| **2023-present**  **2021- 2023**  **2017-2021** | **Assistant professor,** Health School, Shahid Sadoughi University of Medical Sciences and Health Services  **Researcher and Teaching Assistant**, Clinical Biochemistry laboratory, Shahid Sadoughi University of Medical Sciences and Health Services, Yazd, Iran.  Ph.D. student**,** Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran. My Responsibilities: Designing and executing human (RCT, cross-sectional study, cohort study) and animal studies, Data analysis, writing, editing, and submitting the paper |
| **2014-present** | **Researcher and a member of** Nano-Biotechnology Farda Negar R&D Company, Yazd, Iran. My Responsibilities: Extracting active ingredients from herbal remedies, Preparation and characterization of Nano carries, RT-PCR, PCR, Western Blotting, ELISA method, DNA extraction, Data analysis, and writing, editing, and submitting the paper |
| **2019-2021** | Researcher: Yazd Diabetes Research Clinic, Yazd, Iran.  My Responsibilities: Designing and executing human study (RCT) and Performing biochemical tests manually and with an auto-analyzer for my Ph.D. thesis |
| **2012-2017** | **Researcher and Teaching Assistant**, Clinical Biochemistry laboratory, Shahid Sadoughi University of Medical Sciences and Health Services, Yazd, Iran.  My Responsibilities: animal studies, Interpretation of biochemical tests, Performing biochemical tests manually or with an auto-analyzer, RT-PCR, PCR, Western Blotting, ELISA method, and DNA extraction. |
| **2011-2013**  **2010- 2017** | **The head of laboratories**: International Campus, Shahid Sadoughi University of Medical Sciences and Health Services, Yazd, Iran.  My Responsibilities: Management of research teams, Training to Laboratories’ Technicians, Data analysis, writing, editing, and submitting the paper  **Researcher, Teaching Assistant**: Azad Islamic university (Ashkezar, Harat), Payame Noor University, Yazd, Iran |
| **2007-Present**  **2006- present** | **Dietitian** in burn center of Yazd (2007- 2012), **Psychology hospital** (2009-2012), **Milad clinic** (2011-2017), **Khorshid** clinic (2021- present), and **SMART clinic** (hemodialysis center) (2017- present), Iran.  My Responsibilities: Nutrition Counselor for hospitalized patients and outpatients including burnt patients, psychologic patients with chronic diseases, Hemodialysis patients, outpatients with chronic disease (T2DM, GDM, T1DM, CKD, HTN, CVD, Cancer, dyslipidemia, and etc.).  Nutritionist/ nutrition expert: Cooperation with the **Yazd Broadcasting Organization** |
| **2006-2012** | **The head of Clinical nutrition office** (Nutrition Consultant), Yazd, Iran.  My Responsibilities: Monitoring of Clinical Nutrition and Nutrition Service, Training to nutrition experts |

**Research Interests**

Medical Nutrition Therapy (MNT), Clinical Nutrition, nutritional biochemistry and physiology, and protein engineering, Drug delivery (Preparation, synthesis, and characterization of Nano carries),

**Technical**

Spectrophotometry, DNA Extraction, RT-PCR, Western Blotting, and Mammalian Cell Culture,ELISA test,

**Software**

Microsoft Office, SPSS, and Endnote, Prisma, I spring.

**Publications**

Google scholar:

<https://scholar.google.com/citations?user=WEd-56sAAAAJ&hl=en> H-index:11

Scopus: https://www.scopus.com/results/authorNamesList.uri?st1=azhdari&st2=maryam&institute=yazd&origin=searchauthorlookup H-index: 8

**Total: 20**

* 17 peer-reviewed original papers (published)
* 3 peer-reviewed reviews (1 systematic review, 2 meta-analyses systematic review) (published)

**Under review: 1**

**BOOK: 4**

* Sheykhha M.H, Omidi M, Haghirosadat B.F, Azhdari M. Nano Biosensor. Teb Gostar, Yazd, Iran. 2017
* Hosseini S.A, Azhdari M, Mazraeh R, Khoshbin M. Food Service Mangment. Elima Publications, Ahvaz, Iran. 2022
* Hormozinezhad R, Azhdari M, Fathi M, Tehranbi M, Karandish M. Nutritional Status Assessment. Academic jihad of Khuzestan province. Ahvaz, Iran. 2022
* Hosseini S.A, Azhdari M, Alemi A. Nutrition and Epigenetics. Elima Publications, Ahvaz, Iran. 2022

**Proposal**

* Improve evaluation of CA166 marker in human serum using HRP- functionalized mesoporous silica magnetic nanoparticles
* Investigation of curcumin-loaded polysaccharide nanoparticulate systems against bacterial activities effective in dental caries (2958)
* Investigation and Optimization of Antioxidant Properties of Secondary Metabolites of Medicinal Fungi Monascus and Shiitake (2975)
* Evaluation of Magnetic Nano-particle in order to Enhance Bio-desulfurization process (2971)
* A Comparison on Effects of Topical Psyllium (Plantago Ovata) Powder and Silver Sulfadiazine (1%) on second-degree burns in Rats
* Evaluation of relationship between sleep pattern with breakfast pattern and anthropometric measurements in first grade high school students in Yazd(IR.AJUMS.REC.1396.1087)
* The evaluation of metabolic effects of curcumin supplementation in patients with metabolic syndrome: a systematic review and meta-analysis of randomized controlled trials (NRC-9721)

**Workshop**

* “Nano biosensor & Nanosensor “in 5th International congress of Biochemistry and molecular Biology with international participation, Yazd, 16-19Apr. 2013.
* “Nano Computing” In “Nanoscience and Nanotechnology Conference,Esfahan,Iran, May ,2013
* “Cell culture and Tissue engineering” In “Nanoscience and Nanotechnology Conference, Esfahan,Iran, May ,2013
* “Preparation and evaluation of polymer nanoparticles and their applications” In “Nanoscience and Nanotechnology Conference, Esfahan,Iran, May ,2013
* “Laboratory Animals Practice” in, International Campus, Medical University,Shahid Sadoughi University of Medical Sciences and Health Services,Yazd,Iran, March,2013
* “Introduction of new methods of diagnosis based on the use of nanobiosensors” in International Campus, Medical University,Shahid Sadoughi University of Medical Sciences and Health
* “Technical Seminar on Stem cells Technologies” in Faculty of New Sciences and Technologies, University of Tehran, Iran, May15-16,2013

**Educational activities and lecturing experience**

* Supervised BSc. Students of nutrition science, Ahvaz Jundishapur University of Medical Sciences, Iran
* Teaching Assistant (Teaching, Lectures) at: Ashkezar Azad University; Payame Noor University, Yazd, Iran; International Campus, Shahid Sadoughi University of Medical Sciences and Health Services
* Multiple oral and poster presentations at international and national conferences
* Attending in multiple workshops, and conferences (i.e.: workshops or conferences by Representative of Novo Nordisk Company in Iran)

**Awards and Honors**

* Ranked 27th in the Iran Nationwide Ph.D. of Medical Sciences Exam, Iran. (2017)
* Ranked as best poster in 5th International Congress of Biochemistry and Molecular Biology 13th Iranian Congress of Biochemistry. (2011)
* Awarded by Vice Chancellor of Treatment, Shahid Sadoughi University of Medical Sciences. (2010,2011,2012)
* Awarded by the head of Shohadaye Mehrab hospital, Shahid Sadoughi University of Medical Sciences. (2010)
* Encouraged by Representative of the Supreme Leader Tehran PayamNoor University, Iran. (2010)

**Other scientific activities**

Reviewer for:

* Journal of Archives of Medical Research (Elsevier) (1 review completed-2019- present)
* Journal of Complementary Therapies in Clinical Practice (Elsevier) (6 review completed-2021- present
* Journal of nutrition and food Security (10 review completed- 2018- present)
* Journal of Advances in Medical Sciences (Elsevier) September, 2015
* Journal of Bioinfo. publications 29 September 2015
* Journal of Phytomedicine (Elsevier) (5 review completed- present)
* Journal of BMC public health (Elsevier) (1 review completed- present)
* Journal of BMC pediatric (Elsevier) (1 review completed- present)
* Journal of Nutrition and Health(1 review completed- present)
* 5thInternational Congress of Biochemistry and Molecular Biology, 2011

**Languages**

Persian (native), English (excellent writing skills)