

CV (Curriculum Vitae)

PIC

Name: Abed	
Family: Ghavami	
Date of birth: 1991/05/31	
Title: Assistant Professor	
Appointment: Ph.D	
School: Nutrition and food sciences faculty	
Department: Clinical nutrition	
Work address: Hezar jarib street, Nutrition and food sciences faculty	
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Email: <ul style="list-style-type: none">• abedghavami@gmail.com• abedghavami@nutr.mui.ac.ir	
Education	<ul style="list-style-type: none">• Bachelor of sciences in Nutritional sciences, Ahvaz University of Medical Sciences. (2010 to 2014).• Master of community nutrition, Tabriz University of medical sciences. (2015 to 2017).• Ph.D of nutrition sciences, Isfahan University of medical sciences. (2018 to 2021).
Relevant Work Experience	Nutrition consultant at a Shahid Mottahary rehabilitation center (2018 to 2022), Nutrition consultant and diet therapy in Nikbakht clinic. (2020 to 2023).
Professional Memberships & Qualification	Registered Dietitian and Nutritionist (registered at Islamic Republic of Iran Medical Council, No: 7778).

Extra-Curricular Activities/ Interest	<ul style="list-style-type: none"> • I planned and organized several nutrition education sessions and workshops for various target groups. • Competent with most Microsoft Office programmes • Proficient with statistical software (SPSS and STATA)
Research	<ul style="list-style-type: none"> • The effect of zinc supplementation in children with attention deficit hyperactivity disorder: A systematic review and dose-response, meta-analysis of randomized clinical trials. • The effects of synbiotic supplementation on oxidative stress and clinical symptoms in women with migraine: A double-blind, placebo-controlled, randomized trial • Effect of synbiotic supplementation on migraine characteristics and inflammatory biomarkers in women with migraine: Results of a randomized controlled trial • The effect of magnesium supplementation on anthropometric indices: a systematic review and dose-response meta-analysis of clinical trials • The effect of probiotic fermented milk products on blood lipid concentrations: A systematic review and meta-analysis of randomized controlled trials • Effect of synbiotics and probiotics supplementation on autoimmune diseases: A systematic review and meta-analysis of clinical trials • Association between neck circumference and lipid profile: a systematic review and meta-analysis of observational studies • Effects of L-arginine supplementation on biomarkers of glycemic control: a systematic review and meta-analysis of randomised clinical trials • Efficacy of resveratrol supplementation in patients with nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials • The effect of barberry (<i>Berberis vulgaris</i> L.) supplementation on blood pressure: A systematic review and meta-analysis of the randomized controlled trials • Effects of probiotics fermented milk products on obesity measure among adults: A systematic review and meta-analysis of clinical trials • Effects of resveratrol supplementation on liver enzymes: A systematic review and meta-analysis of randomised controlled trials • Effects of phytosterols supplementation on blood pressure: A systematic review and meta-analysis • The effects of quinoa seed supplementation on cardiovascular risk factors: A systematic review and meta-analysis of controlled clinical trials • What is the Impact of Cinnamon Supplementation on Blood Pressure? A Systematic Review and Meta-Analysis • Effects of oral butyrate and inulin supplementation on inflammation induced pyroptosis pathway in type 2 diabetes: A randomized, double-blind, placebo-controlled trial • Food insecurity and mental health: a systematic review and meta-analysis • Impact of flaxseed supplementation on plasma lipoprotein(a) concentrations: A systematic review and meta-analysis of randomized controlled trials • The effect of pomegranate (<i>Punica granatum</i>) supplementation on metabolic status in patients with type 2 diabetes: A systematic review and meta-analysis • The effect of barberry (<i>Berberis vulgaris</i> L.) on glycemic indices: A systematic review and meta-analysis of randomized controlled trials • Benefits and harms of ginseng supplementation on liver function? A systematic review and meta-analysis • The effect of nettle (<i>Urtica dioica</i>) supplementation on the glycemic control of patients with type 2 diabetes mellitus: A systematic review and meta-analysis

- Effects of Coenzyme Q10 Supplementation on Anthropometric Indices in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
- Effects of Momordica charantia L on blood pressure: a systematic review and meta-analysis of randomized clinical trials
- Potential of favorable effects of probiotics fermented milk supplementation on blood pressure: a systematic review and meta-analysis
- The efficacy of ginseng supplementation on plasma lipid concentration in adults: A systematic review and meta-analysis
- The effect of high performance inulin on appetite, energy intake and anthropometric indices in patient with type 2 diabetes
- In reply to letter to editor (Meta-analysis of phytosterols supplementation and blood pressure: A concern regarding misleading data)
- Food insecurity is associated with food diversity, depression and blood pressure among rural and urban high school students in the Kurdish population of Iran
- Effect of probiotics and synbiotics on selected anthropometric and biochemical measures in women with polycystic ovary syndrome: a systematic review and meta-analysis
- Association Between Neck Circumference and Blood Pressure: A Systematic Review and Meta-Analysis of Observational Studies The effect of Nigella sativa L. supplementation on serum C-reactive protein: A systematic review and meta-analysis of randomized controlled trials
- Effects of pro-/synbiotic supplementation on anthropometric and metabolic indices in overweight or obese children and adolescents: A systematic review and meta-analysis
- Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials
- Effect of Nigella sativa (black seed) supplementation on glycemic control: A systematic review and meta-analysis of clinical trials
- Effects of Melatonin Supplementation On Blood Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
- The efficacy of propolis on markers of glycemic control in adults with type 2 diabetes mellitus: A systematic review and meta-analysis
- Socioeconomic Inequality in Fruit and Vegetable Consumptions in Elderly People: A Cross Sectional Study in North West of Iran
- Neck circumference in relation to glycemic parameters: a systematic review and meta-analysis of observational studies
- The suppression of TXNIP and miR-200c improve beta-cell function in patients with Type 2 diabetes: A randomized, double-blind, placebo controlled Trial
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- Neck circumference and blood pressure among children: A systematic review and meta-analysis
- Eryngium Billardieri Induces Apoptosis via Bax Gene Expression in Pancreatic Cancer Cells
- The suppression of TXNIP and miR-200c improve beta-cell function in patients with Type 2 diabetes: A randomized, double-blind, placebo controlled trial
- The role of nutrients in the pathogenesis and treatment of migraine headaches: Review
- Assessing the Effect of High Performance Inulin Supplementation via KLF5 mRNA Expression in Adults with Type 2 Diabetes: A Randomized Placebo Controlled Clinical Trail
- The effects of sodium butyrate and high performance inulin supplementation on the promotion of gut bacterium Akkermansia muciniphila growth and alterations in miR-375 and

	<p>KLF5 expression in type 2 diabetic patients: A randomized, double-blind, placebo-controlled trial</p> <ul style="list-style-type: none"> • The effects of catechins on related risk factors with Type 2 diabetes: a review • Effect of Butyrate and Inulin Supplementation on Glycemic Status, Lipid Profile and Glucagon- Like Peptide 1 Level in Patients with Type 2 Diabetes: A Randomized Double-Blind, Placebo-Controlled Trial • Epigenetic alterations in chronic disease focusing on Behçet’s disease: Review • The effects of sodium butyrate and inulin supplementation on angiotensin signaling pathway via promotion of Akkermansia muciniphila abundance in type 2 diabetes; A randomized, double-blind, placebo-controlled trial • Serum Levels of Copper, Zinc and Magnesium in Pregnant Women with Impaired Glucose Tolerance Test: A case-control study • Effects of zinc supplementation on inflammatory biomarkers and oxidative stress in adults: A systematic review and meta-analysis of randomized controlled trials
Grants & Awards	Prominent researcher of the Ministry of Health and Medical Education (2021)
Research Interests	<ul style="list-style-type: none"> ▪ Probiotic fermented dairy products and chronic disease. ▪ Dietary Advanced Glycation End Products (AGEs) and chronic disease prevention ▪ Nutraceutical properties of functional foods ▪ Anti-inflammatory potential of different foods or dietary patterns, and chronic diseases (with emphasis on insulin resistance, metabolic syndrome, and cardiovascular diseases) ▪ Dietary antioxidant capacity and chronic diseases
Presentations & Poster Sessions	<ul style="list-style-type: none"> • The effect of Nettle (Urtica Dioica) supplementation on the glycemic control of patients with type 2 diabetes Mellitus: A systematic review and meta-analysis (as presentation) in “The Third International Conference on Clinical Nutrition” Mashhad, Iran • Effects of pro/syn supplementation on anthropometric and metabolic indices in overweight and obese children and adolescence: A systematic review and meta-analysis. (as Poster) in “The Third International Conference on Clinical Nutrition” Mashhad, Iran • Effect of probiotics and synbiotics on selected anthropometric and biochemical measures in women with polycystic ovary syndrome (as Poster) in The Third International Congress on

	Women's and Family Health’.
Patents	None.
Teaching Experience	<ul style="list-style-type: none"> ○ Cooperation in the internship at the Urban Health Center for second-semester undergraduate students • Instructor of the nutrition workshop for critically ill patients for experts in Isfahan province. • Instructor of the nutrition workshop for Diabetic patients for experts in Isfahan province.

Teaching Interests:

Medical nutrition therapy in in ICU patients, diabetic patient, GI complication and fatty liver.

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