

## Curriculum Vitae

### Heading:

- Name & Date of birth : Vahideh Sadra/ 14.9.1979
- Married to MohammadTaher Fazeli danesh resident of Anesthesia .
- Current address: Internal Medicine Department , Section of Endocrinology & Metabolism, Tabriz University of Medical Sciences . Imam Reza hospital, Tabriz-Iran .
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- Email: Sadra.Vahideh@ gmail.com

### Education :

- College: Azahra high school , 1997
- University : Tabriz Azad University of Medical science. Tabriz-Iran
- Year of graduation : 2004
- Specialty of Internal Medicine : 2007 Tabriz University of Medical Science .
- Year of Graduation : 2011
- Getting second degree in National Internal Medicine Board Examination
- Sub specialty of Endocrinology and Metabolism: 2012 ,Tabriz University , Endocrinology ward .
- Year of Graduation : 2014
- Getting Second place in National Endocrinology and Metabolism board examination

### Thesis Title :

Effect of high dose versus low dose Atorvastatin therapy on inflammatory & Coagulatory factors in type 2 diabetes patients.

### Certifications:

- Board of Internal Medicine
- Board of Endocrinology and Metabolism

**Academic Positions:**

- Associated professor in Internal Medicine , Endocrinology & Metabolism unit , Tabriz university of Medical Science .
- Member , East Azerbaijan diabetes society
- Member , Endocrine research center of Tabriz university of Medical Science .

**Teaching activities :**

- Physical Diagnosis course, Tabriz Medical school
- Semiology course, Tabriz Medical School
- Endocrine pathophysiology course, Tabriz Medical School
- Ward Attending Visits , Imam Reza Hospital Tabriz Medical School
- Educational outpatient visits, Imam Reza Hospital ( Endocrinology clinic )

**Hospital Positions :**

- Member , Division of Endocrinology & Metabolism, Imam Reza hospital , School of Medicine .
- Consultant in Endocrinology & metabolism unit, Imam Reza hospital.

**Published Papers:**

1-Vahideh SADRA, Alireza KHABAZI ,Susan KOLAHI , Mehrdad HAJIALILOO ,Mortaza GHOJAZADEH . Randomized double-blind study of the effect of dexamethasone and methylprednisolone pulse in the control of rheumatoid arthritis flare –up : a preliminary study ;International journal of Rheumatic Disease 2014 ; 17: 389-393 .

2- Hale Rezaee, Farzad Najafipour, Farhad Ranjdoust,Vahideh Sadra , Hadi Hamishekar , Mostafa Najafipour , Jafar Zareizadeh and Masoud Janipour . Evaluation of Serum Vitamin D Levels in Patients with Hashimoto's Thyroiditis; International Journal of Advanced Biotechnology and Research (IJBR)

3- Mostafa Najafipour, Vahideh Sadra, Mohammad Rashidian Maleki, Farzad Najafipour. Comparison The Effects Of Duloxetine And Nortripty-Line On Diabetic Neuropathy-Related Pain Control. Pharmacophore, 8(6S) 2017, e-1173551, Pages 4.

- 4- Najafipour F, Mobasser M, Yavari A, Nadrian H, Aliasgarzadeh A, Abbasi NM, Niafar M, Gharamaleki JH, Sadra V. Effect of regular exercise training on changes in HbA1c, BMI and VO<sub>2</sub>max among patients with type 2 diabetes mellitus: an 8-year trial. *BMJ Open Diabetes Research and Care*. 2017 Nov 1;5(1): e000414.
- 5-Nasser Aghamohammadzadeh, Vahideh Sadra , Amir Mehdizadeh , Sarvin Dalil , Jalil Houshyar, Akbar Aliasgarzadeh, Comparison of The Efficacy of Sitagliptin With Pioglitazone on Blood Glucose Control in Type 2 Diabetic Patients *Archives of Pharmacy Practice* 2019
- 6-Taher Manzary , Amir Teimouri Dereshgi , Vahideh Sadra , Ali Jamshidi Fard , LeilaThymic euroendocrine Tumour Results Cushing's Syndrome *International Journal of Diabetes and Endocrinology* 2019
- 7-Vahideh Sadra, Fatemeh Ghorbani, Mostafa Najafipour , Farzad Najafipour Hypercalcemia in 32 Y Old Man With Sarcoidosis and Paraplegia *Journal of Emergency Medicine Case Reports* 2019
- 8- Effect of high dose versus low dose of atorvastatin therapy on inflammation and coagulation factors in type 2 diabetic patients; a randomized clinical trial study mitra Niafar, Amir Bahrami, Neda Lotfi Yagin, Farzad Najafipour, Naser ghamohammadzadeh, Vahideh Sadra *Immunopathologia Persa* 2019
- 9-Zahra Mostafavi, Jalil Houshyar, Akbar Aliasgarzadeh, Nasser Aghamohammadzadeh, Vahideh Sadra, Mehdi Khani, Mostafa Najafipour, Farzad Najafipour Comparison of the bone mineral density between acromegaly patients and healthy individuals *Archives of Pharmacy Practice* 2020
- 10--Reza Ranjbar, Nasser Aghamohammadzadeh, Jalil Houshyar, Akbar Aliasgarzadeh, Vahideh Sadra, Mostafa Najafipour, Farzad Najafipour The comparison of GDM therapeutic methods between positive and negative anti TPO patients *Archives of Pharmacy Practice* 2020
- 11-Amir Bahrami<sup>1</sup>, Fatemeh Ghorbani<sup>1</sup>, Nasser Aghamohammadzadeh<sup>1,3</sup>, Vahideh Sadra<sup>1</sup>, Nader Djalal<sup>4</sup>, Mitra Niafar<sup>1,2</sup> A Report of Recurring Pregnancy-induced Cushing's Syndrome 2020

- 12- Najafipour, F., Bahrami, A., Niafar, M., (...), Halimi, M., Sadra, V. Median 10 years follow-up of patients with covert Cushing's syndrome: a case series. *Journal of Medical Case Reports*. 2021.
- 13- Abbasgholizadeh, P., Naseri, A., Nasiri, E., Sadra, V. Is Hashimoto thyroiditis associated with increasing risk of thyroid malignancies? A systematic review and meta-analysis. *Thyroid Research*. 2021.
14. Sadra, V., Rahimi, M., Najafipour, F., Habibi, R. Comparison of calcium and phosphorus homeostasis between hemodialysis and peritoneal dialysis in patients with end-stage renal disease. *Journal of Research in Clinical Medicine*. 2022.
15. Ostadrahimi, A., Sadra, V., Bahrami, A., (...), Tutunchi, H., Najafipour, F. What hematological and endocrinal indicators are important in COVID-19 infection? *Health Promotion Perspectives*. 2022.
16. Nouri, M., Tarighat-Esfanjani, A., Sadra, V., (...), Tajfar, P., Gargari, B.P. Effects of Whey Protein Concentrate on Glycemic Status, Lipid Profile, and Blood Pressure in Overweight/Obese Women with Type 2 Diabetes Mellitus: A Randomized Placebo-Controlled Clinical Trial. *Turkish Journal of Endocrinology and Metabolism*. 2022.
17. Fayyazpour, P., Alizadeh, E., Hosseini, V., (...), Mehdizadeh, A., Darabi, M. Fatty acids of type 2 diabetic serum decrease the stemness properties of human adipose-derived mesenchymal stem cells. *Journal of Cellular Biochemistry*. 2022.
18. Nikpayam, O., Safaei, E., Bahreyni, N., (...), Saghafi-Asl, M., Fakhr, L. The effect of *Abelmoschus esculentus* L. (Okra) extract supplementation on dietary intake, appetite, anthropometric measures, and body composition in patients with diabetic nephropathy. *Health Promotion Perspectives*. 2022.
19. Sadra, V., Niafar, M., Hosseini, V., Mehdizadeh, A. A review on statins with a focus on type 2 diabetes. *Journal of Research in Clinical Medicine*, 2022.
20. Ostadrahimi, A., Manzari, T., Gohari-Lasaki, S., (...), Sadra, V., Najafipour, F. Effects of levothyroxine replacement therapy on insulin resistance in patients with untreated primary hypothyroidism. *BMC Research Notes*. 2023.
21. Nikpayam, O., Saghafi-Asl, M., Safaei, E., (...), Sadra, V., Asgharian, P. The effect of *Abelmoschus esculentus* L. (Okra) extract supplementation on glycaemic control, inflammation, kidney function and expression of PPAR-alpha, PPAR-gamma, TGF-beta and Nrf-2

genes in patients with diabetic nephropathy: A triple-blind, randomised, placebo-controlled trial. *British Journal of Nutrition*. 2024.

22. Nouri, M., Gargari, B.P., Ghasempour, Z., (...), Tajfar, P., Tarighat-Esfanjani, A.  
The effects of whey protein on anthropometric parameters, resting energy expenditure, oxidative stress, and appetite in overweight/obese women with type 2 diabetes mellitus: A randomized placebo controlled clinical trial.  
*International Journal of Diabetes in Developing Countries*. 2024.

23. Bahreini, N., Saghafi-Asl, M., Nikpayam, O., (...), Asgharian, P., Asghari-Jafarabadi, M.  
Effects of dried okra extract on lipid profile, renal function and some RAGE-related inflammatory genes expression in patients with diabetic nephropathy: A randomized controlled trial, *Complementary Therapies in Medicine*, 2024.

24. Mahmoudi R., Kamari F., Naghdi Sadeh R., Naseri A., Sadra V.  
Implications of cognitive and daily living capabilities on early type 2 diabetes management: a preliminary case-control study. *European journal of medical research*, 2024.

