

# Curriculum Vitae

**Heading:**

**08/19/2024**

- **Name & Date of birth:** Mitra Niafar / 3rd March 1968
- **Current Address:** Internal Medicine Departement, Section of Endocrinology & Metabolism. Tabriz University of Medical Sciences. Imam Reza Hospital Tabriz – Iran
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## ***Education:***

**Name of College/University:** Tabriz University of Medical Sciences. Tabriz, Iran

- Year of Graduation: 1994
- Specialty of Internal Medicine: 1997
- Sub specialty of endocrinology and metabolism: 2005; Tehran University of Medical Sciences. Tehran, Iran

**Thesis Title:** “Determination of oxidized LDL and anti oxidized LDL antibody in patients with type 2 diabetes”

## ***Certified:***

- Board of Internal Medicine
- Board of Endocrinology and Metabolism

## ***Academic Positions:***

Professor in internal Medicine, endocrinology and metabolism, Tabriz University of medical sciences, School of Medicine

- Member, Iran Endocrine-Metabolic society
- Member, East Azerbaijan diabetes society
- Member, East Azerbaijan obesity society
- Member, Endocrine research center of Tabriz University of medical sciences

## ***Teaching Activities:***

- Physical Diagnosis 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  
Imam Reza hospital, School of Medicine
- Consultant in Endocrinology  
Imam Reza hospital

### **Published papers**

**1. Mitra Niafar , Faizi Hai , Jahan Porhomayon ,Nader Djalal Nader. The role of metformin on vitamin B12 deficiency: a meta-analysis review.** Intern Emerg Med, 2014

**2.Mitra Niafar, Leili Pourafkari, Jahan Porhomayon, Nader D Nader. A systematic review of GLP-1 agonists on the metabolic syndrome in women with polycystic ovaries.** Archives of Gynecology & Obstetrics;Mar2016, Vol. 293 Issue 3, p509

**3.M Niafar, H Erensoy, ST Tekantapeh. Recurrent diabetic ketoacidosis-like symptoms and factitious hyperglycemia as a Munchausen syndrome in diabetes mellitus type 1: a case report.** ANADOLU PSIKIYATRI DERGISI-ANATOLIAN JOURNAL OF PSYCHIATRY; 2017, 18, 29-31

**4.Mitra Niafar, and Nader D. Nader. Adiponectin as serum biomarker of insulin resistance in patients with polycystic ovarian syndrome.** Gynecol Endocrinol.2015

**5.Mitra Niafar, Amir Bahrami, Akbar Aliasgharzadeh,Naser Aghamohammadzadeh, Farzad Najafipour, Majid Mobasseri.Vitamin D status in healthy postmenopausal Iranian women;** Journal of research in medical sciences; May & June 2009; Vol 14,No 3

**6.Mitra Niafar , Shahram Dabiri, Farshid Bozorgi, Farid Niafar, Nasrin Gholami.Metastatic medullary thyroid carcinoma: A case report;** JRMS 2011; 16(4): 1.

**7.Mitra Niafar , Golnaz Samadi, Naser Aghamohammadzadeh, Farzad Najafipour, Zeinab Nikniaz. There is a positive association between vitamin B12 deficiency and serum total cholesterol in Iranian type 2 diabetic patients on Metformin.** Nutrition Clinique et Métabolisme Journal ; June 2018 ; DOI: 10.1016/j.nupar.2018.05.002

**8.Mitra Niafar, Behrad Jamali, Nasrin LotfiBakhshaiesh, Naser Aghamohadzadeh, Nader D. Nader. Effect of metformin on serum vitamin B12 level in patients with type 2 diabetes mellitus.** International Journal of Diabetes in Developing Countries, March 2015

**9.Niafar M, Tufan M, Ghafoori SH, Aghamohammadzadeha N. Subclinical Hypothyroidism Effects on Cardiac Function;** Pakistan journal of biological sciences; Vol 12, issue 15, 2009

**10.H S Ejtahed, J Mohtadi-Nia, A Homayouni-Rad, M Niafar, M Asghari-Jafarabadi, V Mofid, A Akbarian-Moghari. Effect of probiotic yogurt containing Lactobacillus acidophilus and Bifidobacterium lactis on lipid profile in individuals with type 2 diabetes mellitus.** J Dairy Sci. 2011 Jul; 94 (7):3288-94

**11.Fariba Eslamian, Amir Bahrami, Naser Aghamohammadzadeh, Mitra Niafar, Yaghoob Salekzamani, Keyvan Behkamrad. Electrophysiologic changes in patients with untreated primary hypothyroidism.** J Clin Neurophysiol 2011 Jun; 28 (3):323-8

**12.Yavari A, Najafipour F, Aliasgarzadeh A, Niafar M, Mobasseri M. Effect of Aerobic Exercise, Resistance Training or Combined Training on Glycaemic Control and Cardio-Vascular Risk Factors in Patients With Type 2 Diabetes.** Biol. Sport 2012; 29:135-143

**13.Nasser Aghamohammadzadeh, Akbar Aliasgarzadeh, Leila Baglar,Seddigheh Abdollahifard, Amir Bahrami, Farzad Najafipour, Mitra Niafar. Comparison of Metformin and Cyproterone Estrodiol Compound Effect on HS C- Reactive Protein and Serum Androgen Levels in Patients with Poly Cystic Ovary Syndrome.** Pak J Med Sci. April - June 2010; 26(2): 347-351

**14.Khalil Ansarin, Babak Niroomand, Farzad Najafipour, Naser Aghamohammadzadeh, Mitra Niafar, Akbar Sharifi, Mohammadali M Shoja. End-tidal CO2 levels lower in subclinical and overt hypothyroidism than healthy controls; no relationship to thyroid function tests.** International Journal of General Medicine 2011;4; 29-33

**15.Hanie S. Ejtahed,Javad Mohtadi-Nia,Aziz Homayouni-Rad, Mitra Niafar, Mohammad Asghari-Jafarabadi, Vahid Mofid. Probiotic yogurt improves antioxidant status in type 2 diabetic patients.** Nutrition. May 2012; Volume 28, Issue 5, 539-543

**16.Nasser Aghamohammadzadeh, Mitra Niafar, Elham Dalir Abdolahinia, Farzad Najafipour, Saeed Mohamadzadeh Gharebaghi, Khadijeh Adabi,Elaheh Dalir Abdolahinia and Hamidreza Ahadi. The effect of pioglitazone on weight, lipid profile and liver enzymes in type 2 diabetic patients.** Therapeutic Advances in Endocrinology and Metabolism, 2015; 1-5

17. Habib Erensoy, **Mitra Niafar**, Sevil Ghafarzadeh, Naser Aghamohammadzadeh, Nader D Nader. **A pilot trial of metformin for insulin resistance and mood disturbances in adolescent and adult women with polycystic ovary syndrome.** *Gynecological Endocrinology*.2019;35(1),72-75
18. Farzad Najafipour, Akbar Aliasgarzadeh, Naser Aghamohammadzadeh, Amir Bahrami, Majid Mobasri, **Mitra Niafar**, Manouchehr Khoshbatenb. **A cross-sectional study of metabolic and endocrine complications in beta-thalassemia major.** *Ann Saudi Med* 2008; 28(5): 361-366
19. Majid Mobasseri, Akbar Aliasgharzadeh, Zinolabedin Ebrahimzadeh, Farzad Najafipour, **Mitra Niafar**, Naser Aghamohammadzadeh, Amir Bahrami. **Hyperhomocysteinemia and bone mineral density: A case - control study.** *Pak J Med Sci* January; March 2009 Vol.25 No.1 91-96
20. M Nakhjavani, F Estahanian, A Esteghamati, **M Niafar**, M Abbasi, H Pordal, R Heshmat. **Relationship between oxidized low density lipoprotein and insulin resistance in type 2 diabetes mellitus.** *DIABETOLOGIA*.2006;49:321
21. M Ebrahimi-Mameghani, Maryam Saghafi-Asl, **M Niafar**, Mohamma Asghari-Jafarabadi, Mehran Mesgari-Abbasi. **Raw red onion intake and insulin resistance markers in overweight or obese patients with polycystic ovary syndrome: A randomized controlled-clinical trial.** *Progress in Nutrition* 2017; Vol. 10, Supplement 1: 199-208
22. Sara Jafari, **Mitra Niafar**, Sajjad Hejazi. **The Level of Adiponectin in Polycystic Ovary Syndrome Patients Suffering Metabolic Syndrome.** *Life Science Journal* 2013; 10(7s)
23. Samad Ghaffari, Farhad Niafar, Ahmad Separham, **Mitra Niafar**, Leili Pourafkari and Nader D. Nader. **Association between HbA1c levels with severity of coronary artery disease and short-term outcomes of acute ST-elevation myocardial infarction in nondiabetic patients.** *Therapeutic Advances in Cardiovascular Disease*.july ,2015;1-9
24. Mobasseri M, Yavari A, Najafipour F, Aliasgarzadeh A, **Niafar M.** **Effect of a long- term regular physical activity on hypertension and body mass index in type 2 diabetes patients.** *J Sports Med Phys Fitness*. 2015 Jan-Feb;55 (1-2):84-90
25. Aliasgharzadeh A, Bahrami A, Najafipour F, Astanei A, **Niafar M**, Aghamohammadzadeh N, Mobasseri M. **Relation Between Secretory Status of Growth Hormone, Serum Concentration of Insulin-like Growth Factor I, and**

**Insulin-like Growth Factor Binding protein 3 with Bone mineral density in Postmenopausal Women.** Int J Endocrinol Metab 2008; 2: 78-88

**26.** Aliasgharzadeh A, Aghamohammadzadeh N, Mobasser M, **Niafar M**, Najafipour F Bahrami A, Derogar R, Mashrabi. **Study of Contraception Status of Female Diabetic Patients in Childbearing Years.** Research Journal of Biological Sciences; 3(7):710-715, 2008

**27.** **Mitra Niafar**, Amir Bahrami, Fatemeh Ghorbani, Nasser Aghamohammadzadeh, Vahideh Sadra, Nader Nader DJalal. **A report of recurring pregnancy-induced Cushing's syndrome.** Journal of Emergency Medicine Case Reports. 2020;11(1),13-16

**28.** **Niafar M**, Esfahanian f, Esteghamati A, Heshmat R, Hedayati M, Karami M, Abasi M, Nakhjavani M. **Determination of oxidized LDL and anti-oxidized LDL antibody in patients with type 2 diabetes.** Iranian Journal of Diabetes and Lipid Disorders; 4(4):21-25, 2005

**29.** **Niafar M**, Najafipour F, Bahrami A. **Subclinical Thyroid Disorders in Postmenopausal Women of Iran.** Journal of Clinical and Diagnostic Research. 2009; Dec ;( 3):1853 -1858568-573

**30.** **Niafar M**, Gholami N, Bozorgi F, Montazeri V, Niafar F. **Normotensive Pheochromocytoma as an Adrenal Incidentaloma: A Case Report.** Journal of Clinical and Diagnostic Research 2010 August 31; 4:2925-2928.

**31.** **Mitra Niafar**, Manuchehr Nakhjavani, Alireza Esteghamati, Amir Ziaie, Seyed Adel Jahed, Jalal Azmandian, Mohammad Ebrahim Khamseh, Gholamreza Yousefzadeh, Mohammad Hassan Gozashti and Mojtaba Malek. **Efficacy and Safety of Insulin Glargine in Type 2 Diabetic Patients with Renal failure.** J Diabetes Metab, April 2012; Volume 3, Issue 4

**32.** **Mitra Niafar** , Nooshin Milanchian , Naser Aga Mohammadzadeh , Amir Bahrami , Kavous Shasavari Nia , Morteza Gojazadeh , Sanaz Karimi Aval. **Efficacy of Bromocriptine for Glycemic Management in Type 2 Diabetes Mellitus.** Medical Journal of Tabriz University of Medical Science & Health Service, Vol. 36, No. 3, Aug. – Sep. 2014, Pages: 84-91

**33.** **Mitra Niafar**, Mehrnoush Toufan, Nooshin Milanchian, Farhad Niafar, Kavous Shasavari Nia. **Acute Pulmonary Edema in Patients with Cushing's Syndrome.** Advances in Bioscience & Clinical Medicine 2014

- 34. Mitra Niafar, Behrad Jamali, Nasrin Lotfibakhshayesh, Naser aghamohammadzadeh, Nader D. Nader. The role of metformin in serum vitamin B12 level in patients with type 2 diabetes mellitus. Eur Res J 2015; 1(1):1-7**
- 35. Mitra Niafar, Leili Pourafkari, Kavus Shahsavarinia, Nushin Milanchian, Farhad Niafar, and Nader D. Nader. Effects of bromocriptine mesylate on homocysteine and high-sensitivity C-reactive protein levels in patients with type-2 diabetes mellitus. J Cardiovasc Thorac Res. 2016; 8(1): 8–12.**
- 36. M Niafar, L Pourafkari, S Aminmozaffari, ND Nader. Association of Vitamin D Deficiency and Thyroid Function in Postmenopausal Women. Advanced Pharmaceutical Bulletin; 2016, 6 (4)**
- 37. Mitra Niafar, Nooshin Milanchian, Kavous Shahsavari Nia, Majid Zamani, Amir Ghafarzad, Seyed Vahid Seyed Hosseini, Mohammad Reza Jafari Nakhjavani. Efficiency of Bromocriptine in Glycemic Control and Cardiovascular and Microvascular Complications in Patients with Poorly Controlled Diabetes: A Clinical Trial. Life Science Journal; 2017, 14 (4)**
- 38. M Niafar, A Ali Asgharzadeh, M Mobasseri, S Ebrahimian. The comparison of the therapeutic effect of fenofibrate and gemfibrozil on lipid profile in patients with diabetes type two. Research on Medicine; 2016, Vol.40; No.1**
- 39. Mitra Niafar, Habib Erensoy and Saina Aminmozaffari. Gamma Knife Radiosurgery as a Successful Adjunctive Therapy in Cushing's Disease: Case Report. International Journal of Cancer Management: June 2017, 10 (6); e7472**
- 40. Mitra Niafar, Aminah Salem, Akbar Ali Asgharzadeh. Risk factors for gestational diabetes and prevalence of impaired glucose tolerance six weeks after delivery. Med J Tabriz Uni Med Sciences Health Services. 2017 December; 39(5):73-80**
- 41. Mitra Niafar, Amir Bahrami, Neda Lotfi Yagin, Farzad Najafipour, Naser Aghamohammadzadeh, Vahideh Sadra. 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. Immunopathologia Persa.2019; 5 (1), e01**
- 42. Mitra Niafar, Amir Bahrami, Fatemeh Ghorbani, Nasser Aghamohammadzadeh, Vahideh Sadra, Nader Nader DJalal. A report of recurring pregnancy-induced Cushing's syndrome. Journal of Emergency Medicine Case Reports.2020;11(1),13-16**

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44. Nasser Aghamohammadzadeh, Farzad Najafipour, Akbar Aliasgharzadeh, Amir Bahrami, **Mitra Niafar**, Majid Mobasserri, Mehdi Amiri, Leila Baghlar. **Prevalence of diabetic nephropathy among type 2 diabetic patients.** J Gorgan Uni Med Sci. Spring 2009;11(1):62-66
45. Nasser Aghamohammadzadeh, Ali Tabrizi, **Mitra Niafar**, Farzad najafipour. **Efficacy of adding glutazone to the maximum dose of glibenclamide and metformin resistant on type 2 diabetic patients.** Casp J Intern Med 2010; 1(1): 9-11
46. Naser Aghamohammadzadeh\*, Reza Ghotaslou, Masood Javadi, Farzad Najafipour, **Mitra Niafar**. **Prevalence of Hepatitis C Infection among Type 2 Diabetic Patients.** Medical Journal of Tabriz University of Medical Sciences, 2010 Dec. Jan; 32(5):7-11
47. Ehsan Parvaresh, Alireza Esteghamati, Manouchehr Nakhjavani, Ashraf Aminorroaya, Robabeh Aboutorabi, **Mitra Niafar** and Mohammad Mohammadi. **Biphasic Insulin Aspart 30 (BIAsp 30) is Safe and Improves Glycaemic Control in Insulin Naïve Patients with Type 2 Diabetes.** J Diabetes Metab; 2011;2 (3)
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49. Hanie Sadat Ejtahed, Javad Mohtadi Nia, Aziz Homayouni Rad, **Mitra Niafar**, Mohammad Asghari Jafarabadi and Vahid Mofid. **The Effects of Probiotic and Conventional Yoghurt on Diabetes Markers and Insulin Resistance in Type 2 Diabetic Patients: A Randomized Controlled Clinical Trial.** Iranian Journal of Endocrinology and Metabolism 2011; 13(1): 1-8
50. Akbar Aliasgarzadeh, Zohreh Sanaat, Sanaz Karimi Avval , **Mitra Niafar** and Naser Agamohammadzadeh. **Thyroid Autoimmunity in Patients with Breast Cancer.** Iranian Journal of Endocrinology and Metabolism, 2011;(Issue 2),190-196
51. Hassan Soleimanpour, Ali Taghizadieh, **Mitra Niafar**, Farzad Rahmani, Samad EJ Golzari, Robab Mehdizadeh Esfanjani. **Predictive Value of Capnography for Diagnosis in Patients with Suspected Diabetic Ketoacidosis in the Emergency Department.** Western Journal of Emergency Medicine 2013

52. Naser Agha Mohammadzadeh, Farzad Najafipour, Alireza Mehdizadeh Khalifani, Akbar Ali Asgharzadeh, Amir Bahrami, Mitra Niafar, Zohreh Razaghi. **Prevalence of vitamin D deficiency among Iranian elderly and nursing home residents.** Medical journal of Mashhad University of Medical Sciences 2015; Volume 9, Issue 133, 962-968

53. Mohammad Ebrahim Khamseh, Alireza Esteghamati, Gholamreza Pishdad, **Mitra Niafar**, Morteza Taghavi, Homeira Rashidi. **Safety and efficacy of insulin analog Novomix30 in Iranian patients with type 2 diabetes: results of the A1chieve study.** Payesh, 2014; (Issue 6), 695-703

54. Hanie S. Ejtahed, Javad Mohtadi Nia, Aziz Homayouni Rad, **Mitra Niafar**, Mohammad Asghari Jafarabadi. **The effects of probiotic yoghurt on C - reactive protein in type 2 diabetic patients.** Yafteh, 2013 (Issue 3), 95-104

55. Samira Babaeian, Mehrangiz Ebrahimi-Mameghani, **Mitra Niafar**, Sarvin Sanaii. **The Effect of Unsweetened Pomegranate Juice on Insulin Resistance, High Sensitivity C-Reactive Protein and Obesity among Type 2 Diabetes Patients.** Journal of Ardabil University of Medical Sciences, 2013 (Issue 47), 8-14

56. Ali Sadighi, Mohammadreza Bazavar, **Mitra Niafar**, Ali Tabrizi. **Effect of metabolic syndrome on union rate of fractures.** J Anal Res Clin Med. 2015; 3(1):37-42

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Rasihashemi, F Daghigh, A Ramouz, **M Niafar**, RM Gargari. **Association of suction drain tips culture with postoperative infection in benign thyroid surgeries.** Advances in Biosciences & Clinical Medicine; 2017, 5 (1)

58. Farzad Najafipour, Majid Mobasser, Abbas Yavari, Haidar Nadrian, Akbar Aliasgarzadeh, Naimeh Mashinchi Abbasi, **Mitra Niafar**, Jalil Houshyar Gharamaleki, and Vahideh Sadra. **Effect of regular exercise training on changes in HbA1c, BMI and VO2max among patients with type 2 diabetes mellitus: an 8-year trial.** BMJ Open Diabetes Res Care. 2017; 5(1): e000414.

59. Mohammad Ebrahim Khamseh, Alireza Esteghamati, **Mitra Niafar**, Davoud Abbasi, Manouchehr Mohammad Beiki. **Early Insulin Glargine Initiation in Iranian People With Uncontrolled Type 2 Diabetes: Glycemic Control, and Adverse Events.** Acta Medica Iranica 2018. 56(4):249-254.



60. Akbar Vosoughi , Akbar Aliasgarzadeh, Amir Bahrami , Fatemeh Abbasalizadeh , **Mitra Niafar** , Farzad Najafipour , Naser Aghamohammadzadeh , Zeinab Nikniaz. **Concentration of Maternal Serum 25-Hydroxy Vitamin D and Gestational 2 Diabetes Mellitus Risk.** Pharmaceutical Sciences September 2017, 23, 189-192
61. Habib Erensoy, Mine Ozkan, **Mitra Niafar**, Sepideh Tahsini Tekantapeh. **A Case of Munchausen Syndrome Presenting as a Cushing Syndrome in a Patient with Major Depressive Disorder: A Case Report.** DOI: 10.5455/amaj.2017.03.041
62. Farnaz Rahmani , Farzad Rahmani , **Mitra Niafar** , Ali Ostadi , Navideh Robai , Fariba Abdollahi , Samira Asadollahi. **Thyroid Function Tests and the Serum Levels of Prolactin in Women with Suicide Attempt.** International Journal of Medical Toxicology & Forensic Medicine. 2018; 8 (1), 5-10
63. Bahar Sahrani Fard, Jalil Houshyar, Jafar Zareizadeh, **Mitra Niafar**, Naser Aghamohammadzadeh, Amir Mehdizadeh, Mostafa Najafipour, Farzad Najafipour. **Comparison of vitamin D level in pregnant women with and without gestational diabetes.** Revista Latinoamericana de Hipertension. 2020; 15(1), 33-35
64. Farzad Najafipour, Amir Bahrami, **Mitra Niafar**, Jalil Houshyar, Monireh Halimi, Vahideh Sadra. **Median 10 years follow-up of patients with covert Cushing's syndrome: a case series.** Journal of medical case reports. 2021; 15(1), 1-9
65. A Khabbazi, M Hajjaliloo, **M Niafar**, S Tahsini Tekantapeh. **Femoral head avascular necrosis of in a young cushingoid opium addicted patient in the context of new combined opioid substance with corticosteroids.** Clin Case Rep. 2024;12: e8464
66. Samaneh Abdolmohammadi-Vahid, Vajihe Samaie, Huriyeh Hashemi, Amir Mehdizadeh, Sanam Dolati, Fatemeh Ghodrati-Khakestar, **Mitra Niafar**, Mehdi Yousefi. **Anti-thyroid antibodies and underlying generalized immunologic aberrations in patients with reproductive failures.** Journal of Reproductive Immunology Volume 154 , December 2022, 103759
67. Zahra Norouzi, Reza Zareizadeh, Amir Mehdizadeh, **Mitra Niafar**, Ariane Germeyer, Parisa Fayyazpour, Shabnam Fayezi. **Free fatty acids from type 2 diabetes mellitus serum remodel mesenchymal stem cell lipids, hindering differentiation into primordial germ cells.** Applied Biochemistry and Biotechnology. Volume 195, pages 3011–3026, (2023)

