

Naimeh Mesri Alamdari



Assistant Professor of Nutrition
Endocrine Research Center
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➤ Personal

Surname: Mesri Alamdari

Given Name: Naimeh

Gender: Female

Date of Birth: 1986.09.14

Place of Birth: Tabriz, Iran

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➤ Qualifications

1-Ph.D. of Nutrition Science, GPA: 19.17/20 (First rank student), 2020
Iran university of Medical Sciences, Tehran, Iran.

Thesis title: “Effect of Royal Jelly and gamma Tocotrienol administration on the expression of UCP-1 gene through PRDM-16 and BMPs in male rats undergo calorie restriction and high fat diets” (20/20)

2-M.Sc. in Nutrition Science, GPA: 18.51/20 (First rank student), 2014
Tabriz University of Medical Sciences, Tabriz, Iran

Thesis title: “Effect of melatonin supplementation on nutritional status, oxidative stress, inflammatory and metabolic parameters in obese women undergoing weight loss diets” (19.67/20)

3- BSc. Nutrition science, GPA:17.63, 2010
Tabriz University of medical science, Tabriz, Iran.

➤ Awards

1. **First Rank student award** in Ph.D, Iran university of Medical Sciences, Tehran, Iran,2020
2. **Top Researcher award at the national level from student research committee**, Iran university of Medical Sciences, Tehran, Iran,2020.
3. **Talented students award in Ph.D**, Iran university of Medical Sciences, Tehran, Iran,2020.
4. **Best educational and researcher students award** from the department of nutrition, Iran university of Medical Sciences, Tehran, Iran,2018.
5. **Talented students award in M.Sc**, Tabriz university of Medical Sciences, Tabriz, Iran,2011
6. **Second rank award in MSc entrance exam at the national level in Nutrition science field**, Tabriz university of Medical Sciences, Tabriz, Iran,2011

➤ Academic Position

Assistant Professor of Nutrition, Endocrine Research Center, Tabriz University of Medical Sciences, Tabriz, I.R. Iran

➤ Professional experiences

Animal handling: Rats

Molecular analysis: Isolation of genomic DNA/RNA, cDNA synthesis, PCR amplification, agarose and polyacrylamide gel electrophoresis, cell culture, quantitative real-time PCR.

Computer skills: Knowledge of computational and statistical analysis using software such as SPSS, and Graph Pad Prism, Diet and nutrient intake analysis using Nutritionist software

➤ Language Skills

Turkish-Azeri (native), Farsi (native), English (Fluent)

➤ Administrative Responsibilities

1. Manager of student Research committee in Health Faculty, Iran university of Medical Science, Tehran, IRAN, 2015-2016
2. Nutrition Consultant, Shafaa Clinic, East Azerbaijan, Shabestar, IRAN, 2012-2015.
3. Member of Endocrine Research Center, Tabriz University of Medical Sciences, Tabriz, I.R. Iran (since 2023)

A: Journal Papers

1-Disparity of gene expression in coronary artery disease: insights from MEIS1, HIRA, and Myocardin. *Molecular Biology Reports*.2024;51(1):712.

2-Risk factors for atherosclerotic cardiovascular disease (ASCVD) in healthcare professionals of Azar Cohort Study: A cross-sectional Study, *Health Promotion Perspectives*.2024 ;14(2):161-167.

3-Unraveling atherosclerotic cardiovascular disease risk factors through conditional probability analysis with Bayesian networks: insights from the AZAR cohort study. *Scientific Reports*.2024;14(1):4361.

4-Assessment of the anti-inflammatory and anti-glycemic properties of Royal Jelly and Tocotrienol-rich fraction in an experimental study: Does irisin mediate these effects? *Food Science & Nutrition*. 2024.online version.

5-The expression levels of PPAR- α/γ and UCP1/2 on the slow coronary flow phenomenon; results from a case-control study. *Molecular Biology Reports*.2023;50(9): 7527-7533.

6-Machine learning framework for atherosclerotic cardiovascular disease risk assessment. *Journal of Diabetes & Metabolic Disorders*.2023;22(1):423-430.

7-A comprehensive systematic review of the effectiveness of Akkermansia muciniphila, a member of the gut microbiome, for the management of obesity and associated metabolic disorders. *Archives of Physiology and Biochemistry*.2023;129(3):741-751.

8-Is hyperemesis gravidarum associated with transient hyperthyroidism? A systematic review and meta-analysis. *Taiwanese Journal of Obstetrics and Gynecology*.2023;62(2):205-225.

9-Reply to: Analysis of covariance and sample size calculation for comparing means in randomized controlled trials. *Journal of Cardiovascular and Thoracic Research*.2023;15(4):269.

10-Sodium selenite and Se-enriched yeast supplementation in atherosclerotic patients: Effects on the expression of pyroptosis-related genes and oxidative stress status *Nutrition, Metabolism and Cardiovascular Diseases*.2022; 32 (6): 1528-37.

11-The interplay between fasting, gut microbiota, and lipid profile. *International Journal of Clinical Practice*.2021;75(10). e14591.

12-A randomized controlled trial on the coloprotective effect of coenzyme Q10 on immune-inflammatory cytokines, oxidative status, antimicrobial peptides, and microRNA-146a expression in patients with mild-to-moderate ulcerative colitis. *European Journal of Nutrition*.2021;60: 3397-3410.

13- A novel inflammatory signaling pathway in patients with slow coronary flow: NF- κ B/IL-1B/nitric oxide. *Cytokine*. 2021;143: 155511.

14-Effects of Inulin Type-Carbohydrates on blood pressure: a systematic review and meta-analysis. *International Journal of Food Properties*. 2021; 24 (1):129-39.

15-Effects of coenzyme Q10 on health-related quality of life, clinical disease activity and blood pressure in patients with mild to moderate ulcerative colitis: a randomized clinical trial. *Medical Journal of the Islamic Republic of Iran (MJIRI)*. 2021; 35 (1):22-32.

16-Effects of Royal Jelly and Tocotrienol Rich Fraction in obesity treatment of calorie-restricted obese rats: a focus on white fat browning properties and thermogenic capacity. *Nutrition & Metabolism*. 2020;17:1-13.

17-Effects of saffron supplementation on glycemia and inflammation in patients with type 2 diabetes mellitus: A randomized double-blind, placebo-controlled clinical trial

study. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*.2020; 14(4):527-34.

18-The effects of royal jelly and tocotrienol-rich fraction on impaired glycemic control and inflammation through irisin in obese rats. *Journal of Food Biochemistry*.2020; 44(12): e13493.

19-The effect of Capsaicinoids or Capsinoids in red pepper on thermogenesis in healthy adults: A systematic review and meta-analysis. *Phytotherapy Research*. 2021;35(3): 1358-1377.

20-The effect of royal jelly and tocotrienol-rich fraction along with calorie restriction on hypothalamic endoplasmic reticulum stress and adipose tissue inflammation in diet-induced obese rats. *BMC Research Notes*. 2020;13(1):1-6.

21-Oxidative stress and its association with ST resolution and clinical outcome measures in patients with ST-segment elevation myocardial infarction (STEMI) undergoing primary percutaneous coronary intervention. *BMC Research Notes*.2020; 13: 525.

22-Effects of oral butyrate and inulin supplementation on inflammation-induced pyroptosis pathway in type 2 diabetes: A randomized, double-blind, placebo-controlled trial. *Cytokine*.2020;131: 155101.

23-Can coenzyme Q10 supplementation effectively reduce human tumor necrosis factor- α and interleukin-6 levels in chronic inflammatory diseases? A systematic review and meta-analysis of randomized controlled trials. *Pharmacological Research*. 2019; 148:104290.

24-Effect of prenatal zinc supplementation on adipose tissue-derived hormones and neonatal weight, height and head circumference in women with impaired glucose tolerance test: randomized clinical controlled trial. *International Journal of Diabetes in Developing Countries*.2019; 39: 471-77.

25-Can coenzyme Q10 supplementation effectively reduce human tumor necrosis factor- α and interleukin-6 levels in chronic inflammatory diseases? A systematic review and meta-analysis of randomized controlled trials. *Pharmacological Research*.2019;148: 104290.

26-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 KLF5 expression in type 2 diabetic patients: A randomized, double-blind, placebo-controlled trial. *European Journal of Integrative Medicine*.2018;18:1-7.

27-The suppression of TXNIP and miR-200c improve beta-cell function in patients with Type 2 diabetes: A randomized, double-blind, placebo-controlled trial. *Journal of Functional Foods*.2018;48: 481-89.

28-The Effects of zinc supplementation on inflammatory parameters in pregnant women with impaired glucose tolerance: A randomized placebo controlled clinical trial. *Progress in Nutrition*.2018;1: 330-36.

29-Serum levels of copper, zinc and magnesium in pregnant women with Impaired Glucose Tolerance test: a case-control study. *Progress in Nutrition*.2018;20: 325-29.

30-Eryngium Billardieri Induces Apoptosis via Bax Gene Expression in Pancreatic Cancer Cells. *Advanced Pharmaceutical Bulletin*.2018;8 (4):667-74.

31-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. *J Cardiovasc Thorac Res*.2017;9 (4):183-190.

32-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. *Hormone and Metabolic Research*.2017; 49 (11):886-91.

33-Can coenzyme Q10 supplementation effectively reduce human tumour necrosis factor- α and interleukin-6 levels in chronic diseases? Protocol for a systematic review and meta-analysis of randomised controlled trials. *BMJ open*. 2017; 7(10).

34-A Double-Blind, Placebo-Controlled Trial Related to the Effects of Melatonin on Oxidative Stress and Inflammatory Parameters of Obese Women. *Hormone and Metabolic Research*.2015;47(7):504-8.

35-Effect of Zinc Supplementation on Insulin Resistance, Energy and Macronutrients Intakes in Pregnant Women with Impaired Glucose Tolerance. *Iranian Journal of Public Health*.2015; 44 (2):211-17.

36-Urinary and Milk Iodine Status in Neonates and Their Mothers during Congenital Hypothyroidism Screening Program in Eastern Azerbaijan: A Pilot Study. *Iranian Journal of Public Health*.2014;43 (10):1380-84.

B: Conference abstracts/presentation

Oral presentations:

1 Medical Nutrition therapy for Diabetes patients in Ramadan. Management of diabetes in Ramadan webinar, Tabriz University of Medical Sciences, [20 February 2024](#).

2- Medical Nutrition therapy in Hypertension. Dyslipidemia and hypertension management seminar, [29 February 2024](#).

3-Assessment of the anti-inflammatory and anti-glycemic properties of Royal Jelly and Tocotrienol-rich fraction in an experimental study: Does irisin mediate these effects?, The 14th International Congress of Endocrine Disorders, [22 to 24 November, Tehran, 2023](#).

4- Butyrate Lowered Hs-crp Levels Through Inhibition of Mir-200c Expression in Diabetic Patients, 14th international congress of update in cardiology and Cardiovascular surgery, [APRIL 5-8, Ankara, Turkey, 2018](#).

5-Probiotics: An Innovative Therapeutic Strategy for Allergic Disease, 13th International Congress of Immunology& Allergy of Iran “Immunology: Prevention, Diagnosis and Treatment” 26th- 29th April, Tabriz University of Medical Sciences, [2016](#).

6- The Role of Ketogenic Diet in the Treatment of Cancer Patients, The cancer and Nutrition seminar, Tabriz University of Medical Science, [2012](#).

7- Probiotics and Allergic Disorders, Conference of food allergies and nutrition in children. [6th-7th June](#), Kurdistan University of Medical Science, [2012](#).

8- Vitamin D and Food Allergy in Children, Conference of food allergies and nutrition in children. [6th-7th June](#), Kurdistan University of Medical Science, [2012](#).

Poster presentations:

1- An Overview of the Diagnosis, Treatment, and Follow-up of Acromegaly: A consensus review. The 14th International Congress of Endocrine Disorders, [22 to 24 November, Tehran, 2023](#).

2- The long-term effects of postoperative radiotherapy in acromegaly: Results from IRAN Acromegaly Registry, The 14th International Congress of Endocrine Disorders, [22 to 24 November, Tehran, 2023](#).

3- Effect of Royal Jelly on thermogenesis induction and active brown adipose tissue production in animal model, 7th Iranian congress of obesity prevention and treatment, [27-29 November, 2019](#).

4- Effect of Royal Jelly in the treatment of obesity by converting white adipose tissue to brown and tissue activation Brown fat, 7th Iranian congress of obesity prevention and treatment, [27-29 November, 2019](#).

5- The role of tocotrienol in HFD-induced obesity management: Focus on thermogenic effects and beige fat formation, 7th Iranian congress of obesity prevention and treatment, [27-29 November, 2019](#).

6- The effect of red pepper consumption on basal metabolism in healthy individuals, a systematic review and meta-analysis, 7th Iranian congress of obesity prevention and treatment, [27-29 November, 2019](#).

7- Beneficial effects of melatonin supplementation on glucose homeostasis and adipokine levels in obese women: a double-blind, placebo-controlled clinical trial, 5th Iranian congress of obesity prevention and treatment, [16- 18 December, 2015](#).

8- A Double-Blind, Placebo-Controlled Trial Related to the Effects of Melatonin on Oxidative Stress and Inflammatory Parameters of Obese Women, 5th Iranian congress of obesity prevention and treatment, [16- 18 December, 2015](#).

9- Relationship of ABO Blood Group with BMI, 12th Iranian Nutrition Congress, Isfahan University of Medical Sciences, [5-8 November, 2012](#).

10-The Role of Trace Minerals in Bladder Cancer, The cancer and Nutrition seminar, Tabriz University of Medical Science, [2012](#).

11- Carotenoids Role in Preventing Cancer, The cancer and Nutrition seminar, Tabriz University of Medical Science, [2012](#).

12- The Effect of Food Processing on Cancer, The cancer and Nutrition seminar, Tabriz University of Medical Science, [2012](#).

13-Flavonoids Role in Preventing Cancer, The cancer and Nutrition seminar, Tabriz University of Medical Science, [2012](#).

➤ Research Grants

NO	Organization name providing grant	Project name	Role in project
1	TUOMS	Vitamin D and risk of mortality in patients with chronic kidney disease: systematic review and dose-response meta-analysis of observational cohort studies	Main co-investigator
2	TUOMS	The predictive value of serum glucose level at the time of hospital admission in diabetic and non-diabetic patients with acute ST-segment elevation myocardial infarction (STEMI) in determining patient outcomes	Principal investigator
3	TUOMS	Soy isoflavone intake and risk of cardiovascular disease in adults: a systematic review and dose-	Main co-investigator
5	TUOMS	The effect of the synbiotic supplementation on thyroid gland function in mild subclinical hypothyroidism hypothyroid patients: A randomized control clinical trial study	Principal investigator
6	TUOMS	Evaluation of MEIS1 gene expression in HIRA / MEIS1 / Myocardin pathway in patients with premature coronary artery disease and the relationship of this pathway with inflammatory factor	Main co-investigator
7	TUOMS	Production of human cardio myocytes from pluripotent stem cell	Main co-investigator
8	TUOMS	Atherosclerotic cardiovascular diseases (ASCVDs) risk assessment in Northwest of Iran	Main co-investigator
9	TUOMS	The Effect of Sodium Selenite and Enriched Yeast with Sodium Selenite Supplementation on Inflammatory Genes Expression in Patients With Atherosclerotic Coronary Arteries	Main co-investigator
10	TUOMS	Evaluation of inflammatory genes expression levels in patients with and without coronary slow flow phenomenon (CSFP) and its association with metabolic syndrome	Main co-investigator

11	TUOMS	Effect of Zinc Supplementation on Insulin Resistance, Serum Levels of Vaspin and Interlukine 6 in Non Diabetic Pregnant Women with Impaired Glucose Tolerance	Main co-investigator
12	TUOMS	Evaluation of cytotoxic effects of plant Extracts Eryngium Billardieri on pancreatic cancer cell lines (MIA Paca-2, PANC-1)	Main co-investigator
13	IUMS	Effect of Royal jelly and Tocotrienol administration with calorie restriction or high fat diet on the expression of UCP-1 gene through PPARs and PGC-1 α in animal model	Main co-investigator
14	IUMS	Effect of Royal Jelly and gamma Tocotrienol administration on the expression of UCP-1 gene through PRDM-16 and BPMs in male rats undergo calorie restriction and high fat diets	Principal investigator
15	IUMS	The effect of coenzyme Q10 on inflammatory markers, antioxidant status and the expression of microRNA-146a in patients with ulcerative colitis: double-blind clinical trial. Iran University of Medical Sciences	Main co-investigator
16	TUOMS	Effect of melatonin supplementation on nutritional status, oxidative stress, inflammatory and metabolic parameters in obese women undergoing weight loss diets. Tabriz University of Medical Sciences	Main co-investigator
17	TUOMS	Effect of melatonin supplementation on some inflammatory and oxidative stress markers in obese women undergoing weight loss diets.	Principal investigator
18	TUOMS	Assessment of urine and breast milk iodine statues in healthy and congenitally hypothyroid neonates	Main co-investigator

➤ Research interest

- Molecular nutrition
- Obesity
- Adipose tissue and thermogenesis
- Functional foods
- Prebiotics
- Nutrigenomics
- Metabolic disease
- Type 2 Diabetes