

SAHAR HEYDARI



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RESEARCH INTERESTS

- Cancer
- Community-Based Programs
- Genes/Diet Interactions
- Health/Nutrition Policy

ACADEMIC QUALIFICATIONS

September 2023- Present

- PhD. in Behavioral & Community Sciences, University of South Florida, Faculty Advisor: Dr. Dr Marilyn Stern

September 2017- August 2021

- M.A. in Nutrition Science, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- GPA: 18.15/20 --- GPA: 3.87/4.00

September 2011- July 2015

- B.A. in Nutrition Science, Isfahan University of Medical Sciences, Isfahan, Iran.
- GPA: 16.14/20--- GPA: 3.35/4.00

ACADEMIC PROJECTS

Breast Cancer Project- 2018- 2019.

- Interventional Study: Scrutinizing the effects of Green Coffee Extract Supplementation(GCES) on the serum level of Irisin, Neuropeptide Y(NPY), Adiponectin, Leptin, Insulin, FBS, and Anthropometric Measurements in Breast Cancer Survivors (BCS)
- Cross-Sectional Study: Investigating the correlation between Macro/Micro Nutrients intake and the serum level of Leptin and NPY in BCS (M.A. Thesis - Defended on 28th August 2021)
Supervisor: Dr. Ehsan Hejazi

Leukemia Study¹- 2019- 2021.

- Investigating the correlation between dietary patterns and the risk of Leukemia
Supervisor: Dr. Ehsan Hejazi

PUBLICATIONS

Accepted papers

- **Heydari S**, Azizzadeh M, Tajj L, Bahmannia M, Nasrollahzadeh J, Sheikhi Mobarakeh Z, Rabiei S, Hejazi E(Accepted in 2021/08/14),” The association of serum Neuropeptide Y(NPY) and Leptin with Sucrose, fructose and dietary fiber intake in breast cancer survivors in Tehran city, 2018-2019” (From master thesis) [<https://nsft.sbm.ac.ir/article-1-3301-en.html>][Download here]
- Bahmannia M, **Heydari S**, Azizzadeh M, Nasrollahzadeh J, Sheikhi Mobarakeh Z, Rabiei S, Hejaz J, Naja F Hejazi E, (Accepted in 2022/09/02), “Effects of decaffeinated green coffee extract supplementation on anthropometric indices, blood glucose, leptin, adiponectin, and neuropeptide Y (NPY) in breast cancer survivors: a randomized clinical trial” [<https://pubs.rsc.org/en/content/articlelanding/2022/fo/d2fo00983h>][Download here]

Submitted papers

- Azizzadeh M, **Heydari S**, Bahmannia M, Nasrollahzadeh J, Sheikhi Mobarakeh Z, Rabiei S, Hejaz J, Rashidkhani B, Hejazi E. “The effects of green coffee extract supplementation on anthropometric indices, serum inflammatory biomarkers, Irisin, and Adropin concentrations in breast cancer survivors," Submitted in *Plant Foods for Human Nutrition*

Under preparation publications

- **Heydari S**, Azizzadeh M, Bahmannia M, Nasrollahzadeh J, Rashidkhani B, Hejazi “The correlation between serum levels of leptin and neuropeptide Y (NPY) with Macro/Micro

¹ This is an ongoing project. In fact, the data have been gathered and entered, and it is now in the process of analysis

Nutrients and food groups in breast cancer survivors” (From master thesis)², (to be submitted in January 2023).

- **Heydari S**, Azizzadeh M, Hejazi “ The Correlation between Healthy Eating Index and Acute Myeloid Leukemia (AML) and Acute Lymphocytic Leukemia (ALL)” (to be submitted in March 2023)³

RESEARCH EXPERIENCE

Nutritionist and Researcher

Edema Lymph Clinic - Motamed Cancer Institute – Tehran-Iran June 2018 - June 2019 –
Part-time

Conducted Breast Cancer Project, the most important accomplishments are as follows

- Learned how to make an appropriate research plan
- Learned how to collect, enter, and analyze data
- Learned how to centrifuge blood samples and do ELISA

Nutritionist and Researcher

Clinical Trial Department- Hematology and Oncology Research Center of Shariati Hospital- Tehran
July2019-January2020- Part-time

Conducted Leukemia Study

- Conducted a study in a field that had rarely been researched
- Improved data collection, entry, and analysis
- Created an Instagram account for sharing helpful information regarding nutrition therapy for cancer patients on social networking platforms

PROFESSIONAL EXPERIENCE

Dietitian and Nutritionist

Department of Nutrition and Diet Therapy -Imam Reza Cancer Hospital –Tehran-Iran
May2018-May2020- Full-time

- Established nutritional treatment plans in ICU and the cancer ward

² The article’s title might go under some changes

³ The article’s title might go under some changes

- Trained various groups of patients, nurses, doctors, and nutritionists
- Began Leukemia Study

Dietitian and Nutritionist

Department of Nutrition –Shahid Beheshti General Hospital –Kurdistan-Iran Sep2015-
Sep2017- Full-time

- Designed dietary plans for patients and clients, especially those coming from low-income families
- Evaluated the prescribed dietary plans regularly and then changed them if it is required
- Managed the food Service department of the hospital

COURSES AND CERTIFICATIONS

Imam Reza Hospital –Feb2020

- **Initial Educator Certificate: Nutritional Care to prevent and heal Pressure Ulcers for various Residents Groups**

Imam Reza Hospital –Des----Nov 2019

- **Initial Educator Certificate: Medical Nutrition Therapy during the Chemotherapy period for various groups of Nurses**

Imam Reza Hospital –Aug----Sep 2019

- **Initial Educator Certificate: Medical Nutrition Therapy in Critically Ill Patients for various Residents Groups**

Imam Reza Hospital -August 2019

Initial Educator Certificate: Medical Nutrition Therapy during Chemotherapy period for cancer patients •

Shahid Beheshti University of Medical Sciences -Sep 2018

- **Medical Nutrition Therapy in Cancer Patients**

Shahid Beheshti University of Medical Sciences – August 2018

- **Medical Nutrition Therapy in Metabolic Disorders**

Shahid Beheshti University of Medical Sciences- July 2018

- **Medical Nutrition Therapy in Patients with Kidney disease**

Vice-Chancellor for Treatment, University of Iran- July 2018

- **Medical Nutrition Therapy in Critically Ill Patients**

Isfahan University of Medical Sciences – October 2017

- **Nutrition recommendations to improve performance during exercise**

Kermanshah University of Medical Sciences – August 2017

- **Analysis of Laboratory Data and Medical Nutrition Therapy in Cancer**

Kermanshah University of Medical Sciences – Sep 2016

- **Quality control method**

SERVICE ACTIVITIES

Social Worker

- Convinced pharmaceutical companies to donate nutritional supplements to the hospital to be used for impoverished people and also collected money for them in critical conditions- Tehran 2018-2020

Volunteer Math Teacher

- Imam Ali's Popular Students Relief Society (NGO for labor children) – Isfahan 2014 - 2015

Medical team assistant

- Safir-E-Nour Isfahan (NGO for labor children) – Isfahan 2013 – 2014

MEMBERSHIPS / AFFILIATIONS

- Member of Medical Council, I.R.IRAN (M.C.N:6035)
September2015-Now (Active member)
- Member of Iranian Nutrition Council (M.N: 4234)

SKILLS

Professional Skills

- Nutrition Education, Diet therapy, Community-based Research, and Community-based Nutrition Planning
- Data Collection, Data Entry, and Data Analysis
- Familiar with ELISA