

## **Dr. Reza Rezvani**

MD, PhD, PDF

### **Clinical Nutrition**

- **Assistant Professor (2017-now)**
- **Head of Research Committee of Nutrition Department in Mashhad Medical School( 2018-now)**
- **Head of MetaNut Lab (2018-now)**

### **Contact Address**

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[www.drrezarezvani.ir](http://www.drrezarezvani.ir)

### **Educational Background**

- **Post-doctoral fellowship in fat metabolism and toxicity (December 2014- January 2016):**
  - NSERC program, Working as a visiting scientist in governmental laboratories, Hazard Identification Division, Health Canada, Ottawa,
    - Supervisor: Dr Mike Wade
- **Doctoral (PhD) Human Nutrition (September 2009 – September 2014):**
  - Department of nutrition, faculty of food and agricultural sciences, Laval University, Quebec, Canada. Centre de Recherche Institut Universitaire Cardiologie & Pneumologie de Québec (CRIUCPQ),
    - supervisor :Dr. Katherine Cianflone, Dr Andre Tchernof
- **Doctor of Medicine (MD) (September 1989 – September 1996):**
  - University of Medical Sciences of Zahedan, IRAN, Faculty of Medicine

### **Qualifications**

## **Certificates**

- Good clinical practice (GCP) in randomized clinical trials, 2019
- CCAC's Institutional Animal User Training Program, 2015
- Radiation Safety Training, 2015
- English language certificate from McGill University, 2009
- DELF (Diplôme d'Études en Langue Française), 2007
- DCO (Doping Control Officer) from WADA (World Anti-doping Agency), 2004

## **Membership**

- Medical Council of Iran
- Editorial membership in Nutrition, Fasting & Health Journal since 2017

## **Workshops and Tutorials**

- Obesity Summer Boot Camp, Canadian Obesity Network - Laval University, July 22-27<sup>th</sup> 2012
- LLL course, Enteral and Parenteral Therapy, ESPEN, Mashhad Medical School, Jan 2020

## **Teaching subjects**

- Clinical nutrition and therapeutic diets (MSc students in Nutrition)
- Current nutritional issues (MSc students in Nutrition)
- Inborn metabolic errors (Ph.D. Students in nutrition)
- Modern methods in nutritional researches (Ph.D. Students in nutrition)
- Pathophysiology (MSc students in Nutrition)
- Nutrition essentials (Medical and Pharmacy Students)

## **Research Interests**

- Metabolism
- Sports Nutrition
- Cardiometabolic risk factors

## **Research lines:**

- 1- Effect of beetroot supplementation on cardiovascular, pulmonary and muscular function in patients and athletes.
- 2- Persian Cohort study: evaluation of cardiometabolic risk factors in Mashhad university of medical sciences employees.
- 3- Multi-interdisciplinary researches: Built environment and health, healthy city project.

## Publications

1. Tannaz Jamialahmadi, Ali Jangjoo, Reza Rezvani, Ladan Goshayeshi, Aida Tasbandi, Mehdi Jabbari Nooghabi, Farnood Rajabzadeh, Kamran Ghaffarzadegan, Zeinab Javid Mishamandani & Mohsen Nematy, **Hepatic Function and Fibrosis Assessment Via 2D-Shear Wave Elastography and Related Biochemical Markers Pre- and Post-Gastric Bypass Surgery**, Obesity Surgery, 20 September (2020)
2. Farid Najafi, ...Sayed Vahid Hosseini, Reza Rezvani, Seyyed Ahmad Hossein, **Socioeconomic-related inequalities in overweight and obesity: findings from the PERSIAN cohort study**, BMC public health 20 (1), 1-13
3. Najmeh Seifi, Mohammad Safarian, Mohsen Nematy, Reza Rezvani, Majid Khadem-Rezaian, Alireza Sedaghat, **Effects of synbiotic supplementation on energy and macronutrients homeostasis and muscle wasting of critical care patients: study protocol and a review of previous studies**, journal Trials, Volume 21, Issue 1, Pages, 1-11, Publisher, BioMed Central
4. Alinezhad-Namaghi, Maryam; Eslami, Saeid; Nematy, Mohsen; Khoshnasab, Adeleh; Rezvani, Reza; Philippou, Elena; Norouzy, Abdolreza, **Intermittent Fasting During Ramadan and Its Effects in Individuals With Metabolic Syndrome**, Nutrition Today: July/August 2019 - Volume 54 - Issue 4 - p 159–164, doi: 10.1097/NT.0000000000000351, Nutrition Science
5. Naseh Pahlavania, Alireza Sedaghat, Ahmad Bagheri Moghaddam, Seyedeh Shabnam Mazloumi Kiapey, Jamshid Gholizadeh Navashenaq, Lida Jarahi, Reza Reazvani, Abdolreza Norouzy, Mohsen Nematy, Mohammad Safarian, Majid Ghayour. **Effects of propolis and melatonin on oxidative stress, inflammation, and clinical status in patients with primary sepsis: study protocol and review on previous studies**. Clinical Nutrition ESPEN, DOI: <https://doi.org/10.1016/j.clnesp.2019.06.007>
6. Jamialahmadi T, Nematy M, Jangjoo A, Goshayeshi L, Rezvani R, Ghaffarzadegan K, Nooghabi MJ, Shalchian P, Zangui M, Javid Z, Doaei S, Rajabzadeh F. Measurement of **Liver Stiffness with 2D-Shear Wave Elastography (2D-SWE) in Bariatric Surgery Candidates Reveals Acceptable Diagnostic Yield Compared to Liver Biopsy**. Obes Surg. 2019 May 10. doi: 10.1007/s11695-019-03889-2. PMID: 31077025
7. Davood Soleimani, Golnaz Ranjbar, Reza Rezvani, Mladan Goshayeshi, Farkhonde Razmpour, Mohsen Nematy, **Dietary patterns in relation to hepatic fibrosis among patients with nonalcoholic fatty liver disease**, Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy 2019:12 315–324, [www.dovepress.com](http://www.dovepress.com)
8. Reza Rezvani, Abhishek Gupta, Jessica Smith, Pegah Poursharifi, Picard Marceau, Andre Tchernof, Katherine Cianflone. **Cross sectional associations of Acylation Stimulating Protein (ASP) and adipose tissue gene expression with estradiol and progesterone in pre and postmenopausal women**. Clin Endocrinol (Oxf). 2014 Jul 5. doi: 10.1111/cen.12540.
9. Reza Rezvani, Jessica Smith, Marc Lapointe, Picard Marceau, Andre Tchernof, Katherine Cianflone. **Complement receptors C5aR and C5L2 are associated with metabolic profile, sex hormone and liver enzymes in severely obese women pre and post bariatric surgery**. J Obes. 2014; 2014:383102.

10. Pegah Poursharifi, Reza Rezvani, Abhishek Gupta, Marc Lapointe, Picard Marceau, Andre Tchernof, Katherine Cianflone. **Association of immune and metabolic receptors C5aR and C5L2 with adiposity in women.** Mediators Inflamm. 2014; 2014:413921. doi: 10.1155/2014/413921. Epub 2014 Jan 12.
11. Abhishek Gupta, Reza Rezvani, Pegah Poursharifi, Marc Lapointe, Picard Marceau, Andre Tchernof, Katherine Cianflone. **Down regulation of complement protein C3 and C3aR mRNA expression in subcutaneous adipose tissue in obese Caucasian women.** PLoS One. 2014 Apr 17;9(4): e95478. doi:10.1371/journal.pone.0095478. eCollection 2014.
12. Reza Rezvani. Katherine Cianflone, John P. McGahan, Lars Berglund, Nancy L. Keim, Steven C. Griffen, Peter J. Havel, Kimber Stanhope. **Effects of Sugarsweetened Beverages on circulating Acylation Stimulating Protein, Leptin & Adiponectin: Associations with Metabolic Parameters.** Obesity (Silver Spring). 2013 Mar 20. doi: 10.1002/oby.20437
13. Caroline Richard, Marie-Michelle Royer, Patrick Couture, Katherine Cianflone, Reza Rezvani, Sophie Desroches, Benoît Lamarche, **Effect of the Mediterranean diet on plasma adipokine concentrations in men with metabolic syndrome.** Metabolism. 2013 Aug 29. doi:pii: S0026-0495(13)00242-4.
14. Reza Rezvani, Altan Onat, Günay Can, Katherine Cianflone, **Apparent sex-specific divergence of acylation stimulating protein levels with respect to metabolic parameters of pathogenic and clinical relevance,** J Endocrinol Metab. 2012 Feb 3, doi:10.4021/jem58w
15. Altan Onat, Günay Can, Reza Rezvani, Katherine Cianflone, **Complement C3 and cleavage products in cardiometabolic risk.** Clin Chim Acta. 2011 Jun 11; 412 (13-14):1171-9.
16. Reza Rezvani, Mohammad Reza Maleki, **Evaluation of accuracy rate of Sajadi Formula in measurement of intra-ocular lenses in comparison with SRK/II formula among patients of Azahra Eye Center** (MD thesis), registered in central library; 270, Zahedan Medical University, IRAN, 1996 (Persian).

### Honors & Awards

- NSERC program award, Health Canada, October 22, 2014.
- Ph.D. Scholarship/Studentship, Obesity Training Program and CRIUPQ, Sept 2009-Sept .
- Faculty of food and agricultural, Laval University, Admission Award, Sept 2009.
- Faculty of food and agricultural, Laval University, Doctorate Exam Award, Sept 2010.
- Faculty of food and agricultural, Laval University, Comprehensive Exam Award, Jan 2011.
- Faculty of food and agricultural, Laval University, “le Fonds de soutien au doctorat pour des article,” May 2014.

### **Membership**

- Medical Council of Iran
- Editorial membership in Nutrition, Fasting & Health Journal since 2017

### **Other Skills**

#### Technical skills:

Achieved through being Medicine:

- Enteral and Parenteral Nutrition Methods
- Pulse Wave Velocity (PWV)
- Cardio Pulmonary Exam Test (CPET)
- Indirect Calorimetry
- Indirect calorimetry for intensive care patients (IC-NRG)

Achieved through doing a Ph.D. (in Nutrition:):

Fundamental clinical nutrition research, obesity, metabolism and Human biology studies; in vivo and in vitro lab technics and biochemical and molecular methods:

- Enzyme-linked Immunosorbent Assay (ELISA)
- Radioimmunoassay (RIA)
- Total RNA isolation and reverse-transcriptase reaction (liver, adipose tissues)
- Real-time qPCR

Achieved through doing a Postdoc fellowship:

Endocrine and Reproductive toxicology research methods;

- Animal study (rodent)
- Human and Rodent cell lines studies
- Gel electrophoresis, Western Blot
- Luminescence assay
- Glucose Tolerance Test (GTT), Insulin Tolerance Test (ITT) in Rats

Computer Skills:

Windows and Office, Prism statistic software, Sigma stat statistic software, JMP statistic software, Reference Manager, Endnote5, Mendeley.

Language:

English, French