

Dr. Ahmad SAEDISOMEOLIA



Associate Professor of Nutrition and Dietetics, Tehran University of Medical Sciences

Chair of Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics,
Tehran University of Medical Sciences

Honorary Academic Appointee, School of Medicine, Western Sydney University, 2015-2016

Personal Features:

Name: Ahmad

Family name: SAEDISOMEOLIA

Date of Birth: 17 of March, 1974

Marital status: Married

Children: Sarvin (2005, Australia) and Amir (2006, Australia)

Contact: 09149140064 (mob), 021-88335006 (office)

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Address: School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, No: 44,
Hojat-Doost Alley, Naderi St. Keshavarz Blvd, Tehran, Iran

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Phone: 021 88335006

Telegram: @DoctorSaedi

Online Nutrition Clinic: www.drsaedi.ir

Educational Background:

PhD in Nutrition (2008), School of Biomedical Sciences, Faculty of Health, University of Newcastle,
Australia (fully covered by scholarship)

Topic of Thesis: Role of lycopene and long chain n-3 polyunsaturated fatty acids in airway inflammation
Master of Science in Nutrition and Dietetics (2000): Department of Nutrition and Biochemistry,
Faculty of Public Health, Tehran University of Medical Sciences, Tehran, Iran (Top student in national
level, first place)

Topic of Thesis: The effect of vitamin C supplementation on blood lead levels of gas station workers in
Tehran

B.Sc. in Nutrition and Dietetics (1997), Faculty of Health and Nutrition, Tabriz University of Medical
Sciences, Tabriz, Iran

Academic history and job responsibilities:

1. “The Winner of Elite Academic Member Prize of TUMS” of Tehran University of Medical
Sciences (July 2018)

2. Vice-Dean for Education in the School of Nutrition Sciences and Dietetics, Tehran University
of Medical Sciences, Tehran, Iran (Aug. 2016 till July 2018)

3. Head of Department of Cellular and Molecular Nutrition, School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (Jan. 2017 till now)
4. Associate Professor of Nutrition and Dietetics, Tehran University of Medical Sciences (Jan. 2015)
5. Honorary Academic Appointee, School of Medicine, Western Sydney University (June 2015)
6. Affiliate of School of Molecular Bioscience, Charles Perkins Centre, The University of Sydney (Sep. 2015)
7. Visiting Associate Professor in Western Sydney University, School of Medicine, Department of Pharmacology (July 2015 till July 2016)
8. Expert of project on the “Nutrition Curriculum Development of Afghanistan”, The project funded by European Union and governing by Consil Sante Company (France) (Nov. 2016 till now)
9. Associate Professor of Nutrition, Azad University, Faculty of Medical Sciences, Department of Graduate Studies (Jan. 2017 till now)
10. Member of TUMS Education Vice Chancellery’s Executive Board (Aug. 2016 till now)
11. Member Research Committee of School of Nutritional Sciences and Dietetics (2012 till now)
12. Advisor of “Lipid Peroxidation Methodology” for National Institute of Complementary Medicine, Western Sydney University, (2015)
13. Advisor of “phytochemical supplementation for an in vitro prostate cancer model” for Ingham Institute, University of New South Wales, (2015)
14. Assistant Professor of Nutrition and Dietetics (senior lecturer), Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2012-Jan. 2015)
15. Vice-Dean for International Affairs in the School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2012- July 2015)
16. Assistant Professor of Nutrition and Dietetics, Department of Nutrition and Biochemistry, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran (2009-2012)
17. Member of TUMS International Vice Chancellery’s Executive Board (2012- July 2015)
18. Head of Public Relations Office in the School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2012-2015)
19. Member of Curriculum Development Committee of School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (2012-2015)
20. Founder of the first “Online Dietetics Clinic” in Persian language in Iran (www.drsaedi.ir) in order to provide nutritional advises to people in remote and needy area of Iran (2012-now)
21. Accredited Dietician Practitioner (1997-now)
22. Creator and focal academic of MOU between TUMS and Tufts University, Boston, USA
23. Laboratory Assistant in Pharmacy Department, John Hunter Hospital, NSW, Australia (2004-2005)

24. Research Assistant of Department of Nutritional Research, National Nutrition and Food Technology Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2001-2003)
25. Supervisor of a National Iranian Household Nutritional Survey (Governed by the Ministry of Health), National Nutrition and Food Technology Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2001-2003)
26. Supervisor of a National Micronutrients Survey, National Nutrition and Food Technology Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2002)
27. Advisor of Iranian Ministry of Health, “National Nutritional Promotion Office” (2008)
28. Research Representative of Department of Cellular and Molecular Nutrition, in the School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2009- July 2015)
29. Host of television show of “Nutrition and Dietetics” in Iranian National TV, distinguished the most popular educational television shows (2008-2015)
30. School Research Executive Panel Member, (2009- July 2015)
31. Head of Nutrition and Food Management Unit of Shariati Public Hospital, as dietitian and Food Management Unit of hospital (2012-Jan 2015)
32. Dietitian in Shariati Hospital (the largest public hospital across the country), Tehran, Iran (2008-July 2015)
33. Chief organizer of “Nutritional Security Research Centre” (in the process of establishing) (2013- now)
34. Chief organizer of the website of School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2014)
35. Member of Executive Board of Iranian Nutrition Society (2008- 2013)
36. Senior advisor of Tehran University of Medical Science’s Food Service Bureau (2008- 2012)
37. Executive Committee Member of “Centre of Research for Kid’s Gastro-intestinal Disease”
38. General Research Assistant in research division of Tabriz Azad University, Tabriz, Iran (1994-1996)

Editorial Board Member:

1. Journal of Nutrition and Intermediary Metabolism, Elsevier, (Impact factor: 0.6)
2. Journal of Nutritional Sciences and Dietetics, SNSD, TUMS
3. Avicenna Journal of Medical Biotechnology (2012)

Lectured courses as course coordinator:

- Cellular and Molecular Nutrition (for PhD, MSc. and MSPH for Students of Nutrition)
- Nutritional Biochemistry (for MSc. and PhD students)
- Basics of Nutrition (for Nursing, Midwifery and Medicine students)
- Nutrition and Dietetics (for MSc., MSPH and PhD students)
- Advanced Nutritional Physiology (for MSc., MSPH and PhD students)
- Thesis writing and reporting (for MSc., MSPH and PhD students)
- Current New Topics on Molecular Nutrition for MSc. and PhD students)
- Main presenter of workshop of “How to publish a Paper”
- Main presenter of workshop of “Endnote”

- Main presenter of workshop of “Working with the large documents”
- Main presenter of workshop of “Safety in Scientific Labs”

Research outlines and grants:

- Riboflavin as antioxidant
 - Lycopene and inflammation in asthma (2004-2008)
 - Lycopene and inflammation in obesity vitamin D as antioxidant and anti-inflammatory agent (2012-2014)
 - Carotenoids and lung cancer, intake and levels (2010-2013)
 - Omega-3 fatty acids and inflammation in asthma (2004-2008)
 - Omega-3 fatty acids and lycopene interaction (2004-2008)
 - Omega-3 fatty acids and antioxidant enzymes activity (2009-2011)
 - Tomato juice and inflammation (2009-2011)
 - Pomegranate extract and inflammation (2013-2014)
 - L-Arginine supplementation and antioxidant status (2009-2011)
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Laboratory skills:

HPLC, ELISA, RT-PCR, Atomic Absorption, Cell Culture, and some immunological and biochemical analysis, laboratory safety instruction

Other research related skills:

- Tertiary teaching qualification, from TUMS, Vice-chancellor for Education, 2010,
- Leadership in Food and Nutrition Certificate, granted by The Leadership Group, Bloemendaal, Netherlands
- Certificate of International Nutrition Foundation workshop “Collaboration in Nutrition” (granted by late Prof. Nevin Scrimshaw), from University of TUFTS and United Nation University (2008)
- Laboratory equipment’s safety certificate from the University of Newcastle (2006)
- Laboratory Safety Certificate from the University of Newcastle (2004, 2005)
- SPSS, Endnote, Graph pad, daily nutrient intake software such as Nutritionist and DFP, and Chem-station, body composition analyzer soft-wares, 24 H Food recall/record analysis soft-wares, FFQ analysis soft-wares, Daily Physical Activity analysis soft-wares (MET)

Language Skills: Turkish (mother tongue), Persian, English (IELTS: 7, 2015)

Membership in scientific societies:

- Member of Iranian Medical Association, (2008 till now)
 - Member of Nutrition Society of Australia, (2004-2008)
 - Member (and executive board member) of Iranian Nutrition Society (2000)
 - Executive Board Member of Centre of Research for Kid’s Gastro-intestinal Disease, (2010 till now)
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Journal articles (Google scholars: H-index: 16, citations: 674, July 2018):

1. Meysam Zarezadeh, **Ahmad Saedisomeolia**, Masoud Khorshidi, Hamed Kord Varkane, Motahare Makhdoumi Arzati, Mina Abdullahi, Yekaninejad Mir Saeed, Rezvan Hashemi, Mohammad Effatpanah, Niyaz Mohammadzadeh Honarvar: Asymmetric dimethylarginine and soluble inter-cellular adhesion molecule-1 serum levels alteration following ginger supplementation in patients with type 2 diabetes: A double blind, placebo-controlled, randomized clinical trial. Journal of Complementary and Integrative Medicine 2018 (accepted).

2. Banafshe Hosseini, Bronwyn S Berthon, **Ahmad Saedisomeolia**, Malcolm R Starkey, Adam Collison, Peter AB Wark, and Lisa G Wood: Effects of fruit and vegetables consumption on

inflammatory biomarkers and immune cell populations: a systematic literature review and meta-analysis. *Am J Clin Nutr.* 108: 136-155, 2018. ([Impact factor: 6.77](#))

3. **Ahmad Saedisomeolia**, Mahsa Samadi, Fatemeh Gholami, Marzieh Seyedi, Mohammad Effatpanah, Rezvan Hashemi, Mina Abdolahi and Niyaz Mohammadzadeh Honarvar: Vitamin D's Molecular Action Mechanism in Attention-Deficit/ Hyperactivity Disorder: A Review of Evidence. *CNS & Neurological Disorders - Drug Targets*, 17: 2018. ([Impact factor: 2.57](#))

4. Motahareh Makhdoomi Arzati, Niyaz Mohammadzadeh Honarvar, **Ahmad Saedisomeolia**, Siyamand Anvari, Mohammad Effatpanah, Raoofe Makhdoomi Arzati, Mir Saeed Yekaninejad, Rezvan Hashemi, and Mahmoud Djalali: The Effects of Ginger on Fasting Blood Sugar, Hemoglobin A1c, and Lipid Profiles in Patients with Type 2 Diabetes. *Int J Endocrinol Metab.* 2017 Oct; 15(4) e57927. ([Impact factor: 1.54](#))

5. Maghashpour M, Jafarirad S, Amani R, Sarkaki A, **Saedisomeolia A**: Update on riboflavin and multiple sclerosis: A systematic review. *Iranian Journal of Basic Medical Sciences* (2017), 20 (9), 958-966. ([Impact factor: 1.424](#))

6. Masoumeh Moradi, Maryam Mahmoudi, **Ahmad Saedisomeolia**, Roxana Zahirhashemi and Fariba Koohdani: The effect of weight loss on HDL subfractions and LCAT activity in two genotypes of APOA-II – 265T>C Polymorphism. *Nutrition Journal.* 16:34, 2017. ([Impact factor: 4.145](#))

7. Masoumeh Moradi, Maryam Mahmoudi, **Ahmad Saedisomeolia**, Mohammad Ali Mansournia, Roxana Zahirhashemi, Fariba Koohdani: Study of the relationship between APOA-II-265T> C polymorphism and HDL function in response to weight loss in overweight and obese type 2 diabetic patients. *Clinical Nutrition.* 2018 Jun; 37(3):965-969. ([Impact factor: 6.77](#))

8. Maryam Mazaherioun, **Ahmad Saedisomeolia**, Mohammad Hassan Javanbakht, Fariba Koohdani, Mohammad Reza Eshraghian, Mahnaz Zarei, Fatemeh Khoshkhoo Bazargani, Samaneh Ansari, Mahmoud Djalali: Long chain n-3 fatty acids improve depression syndrome in type 2 diabetes mellitus: Randomized placebo-controlled double-blind clinical trial. *Iranian Journal of Public Health.* 2018. 47(4):575-583. ([Impact factor: 0.5](#))

9. Maryam Mazaherioun, **Ahmad Saedisomeolia**, Mohammad Hassan Javanbakht, Fariba Koohdani, Mohammad Reza Eshraghian, Mahmoud Djalali: Beneficial effects of n-3 polyunsaturated fatty acids on adiponectin levels and AdipoR gene expression in patients with type 2 diabetes mellitus: a randomized, placebo-controlled, double-blind clinical trial. *Archives of Medical Sciences.* June; 13 (4): 716-724. ([Impact factor: 1.75](#))

10. Rezvan N, Moini A, Janani L, Mohammad K, **Saedisomeolia A**, Nourbakhsh M, Gorgani-Firuzjaee S, Mazaherioun M, Hosseinzadeh-Attar MJ: Effects of Quercetin on Adiponectin-Mediated Insulin Sensitivity in Polycystic Ovary Syndrome: A Randomized Placebo-Controlled Double-Blind Clinical Trial. *Hormone Metabolism Research.* 2017 Feb; 49 (2):115-121. ([Impact factor: 2.268](#))

11. Niyaz Mohammadzadeh honarvar, **Ahmad Saedisomeolia**, Mina Abdolahi, Amir Shaygan-Rad, Golamreza Taheri Sangsari, Babak Hassanzadeh Rad, Gerald Muench: Molecular anti-inflammatory mechanisms of retinoids and carotenoids in Alzheimer's disease: a review of current evidence. *Journal of Molecular Neurosciences* (Accepted Oct. 2016) ([Impact factor: 2.35](#))

12.

13. Banafshe Hosseini, **Ahmad Saedisomeolia**, and Michael Skilton: Association between micronutrients intake/ status and carotid intima media thickness: a systematic review. *Journal of the Academy of Nutrition and Dietetics* (Accepted Sep. 2016). ([Impact factor: 3.6](#))

14. Banafshe Hosseini, **Ahmad Saedisomeolia**, and Margaret Allman-Farinelli: Association between antioxidant intake/status and obesity: a systematic review of observational studies. *Biological Trace Element Research* (2017) 175: 287-297. ([Impact factor: 2.399](#))

15. Faranak Ilkhani, Banafshe Hosseini and **Ahmad Saedisomeolia**: Niacin and Oxidative Stress: A Mini-Review. *Journal of Nutritional Medicine and Diet Care* 2016, 2: 014

16. Neda Forouhi, **Ahmad Saedisomeolia**, Mahmoud Djalali, Mohammad Reza Eshraghian, Nava Morshedzadeh, Fateme Zabetian-Targhi, Maryam Mahmoudi: Serum C1q and tumor necrosis factor (TNF)-related protein 9 in women with Polycystic Ovary Syndrome. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, (Accepted March 2016). (Source Normalized Impact per Paper, SNIP: 0.45)
17. Banafshe Hosseini, **Ahmad Saedisomeolia**, Lisa G. Wood, Mehdi Yaseri and Sanaz Tavasoli: Effects of Pomegranate Extract Supplementation on Inflammation in Overweight and Obese Individuals: A randomized controlled clinical trial. *Complementary Therapies in Clinical Practice* 22 (2016) 44-50. (Source Normalized Impact per Paper, SNIP: 0.829)
18. Asbaghi S, **Saedisomeolia A**, Hosseini M, Mohammadzadeh Honarvar N, Khosravi A, Azargashb E: Dietary Intake and Serum Level of Carotenoids in Lung Cancer Patients: A Case-Control Study. *Nutr Cancer*. 2015 Jul 13:1-6. (Impact factor: 2.322)
19. Zohre Pourahmadi, Soltanali Mahboob, **Ahmad Saedisomeolia**, Mohammad Taheri Reykandeh: The Effect of Tomato Juice Consumption on Antioxidant Status in Overweight and Obese Females. *Women and Health* 2015 Jun 18:1-10. (Impact factor: 1.354)
20. Siavash Fazelian, Mostafa Hoseini, Nazli Namazi, Javad Heshmati, Mehdi Sepidar Kish, Maryam Mirfatahi, **Ahmad Saedisomeolia**: Effects of L- Arginine Supplementation on Antioxidant Status and Body Composition in Obese Patients with Pre-diabetes: A Randomized Controlled Clinical Trial. *Advanced Pharmaceutical Bulletin* 2014; 4(5):449-454. (Impact factor: 2.01)
21. Marziyeh Ashoori and **Ahmad Saedisomeolia**: Riboflavin (vitamin B2) and oxidative stress: a review. *British Journal of Nutrition* (2014), 111, 1985–1991. (Impact factor: 3.302)
22. **Ahmad Saedisomeolia**, Ehsaneh Taheri, Mahmoud Djalali, Ali Malekshahi Moghadam, Mostafa Qorbani: Association between serum level of vitamin D and lipid profiles in type 2 diabetic patients in Iran. *Journal of Diabetes & Metabolic Disorders* 2014, 13:7. (Impact factor: 2.9)
23. M Djalali, E Taheri, **A Saedisomeolia**, A Djazayeri, A Rahemi, M Hashemi, B Larijani: Vitamin D status of type 2 diabetic patients compared with healthy subjects in the Islamic Republic of Iran. *East Mediterr Health J*. 2014, 9; 19, S3: 6-11. (Impact factor: 0.663)
24. Sama Bitarafan, Mohammad-Hossein Harirchian, Shahriar Nafissi, Mohammad-Ali Sahraian, Mansoureh Togha, Fereydoun Siassi, **Ahmad Saedisomeolia**, Elham Alipour, Nakisa Mohammadpour, Maryam Chamary, Niyaz Mohammadzadeh Honarvar, Ali-Akbar Saboor-Yaraghi: Dietary intake of nutrients and its correlation with fatigue in multiple sclerosis patients. *Iran J Neurol* 2014; 13 (1): 28-32.
25. Ali Malekshahi Moghadam, Mahboobeh Mehrabani Natanzi, Mahmoud Djalali, **Ahmad Saedisomeolia**, Mohammad Hassan Javanbakht, Ali Akbar Saboor-Yaraghi, Mahnaz Zareei: Relationship between blood donors' iron status and their age, body mass index and donation frequency. *Sao Paulo Med J*. 2013; 131(6): 377-83. (Impact factor: 0.703)
26. Hoda Derakhshanian, Mahmoud Djalali, Abolghassem Djazayeri, Keramat Nourijelyani, Sajad Ghadbeigi, Hamideh Pishva, **Ahmad Saedisomeolia**, Arash Bahremand, Ahmad Reza Dehpour: Quercetin prevents experimental glucocorticoid-induced osteoporosis: a comparative study with alendronate. *Canadian Journal of Physiology and Pharmacology*, 2013, 91(5): 380-385. (Impact factor: 1.77)
27. **Saedisomeolia A**, Taheri E, Djalali M, Djazayeri A, Qorbani M, Rajab A, Larijani B. Vitamin D status and its association with antioxidant profiles in diabetic patients: A cross-sectional study in Iran. *Indian J Med Sci*. 2013 Jan-Feb; 67 (1-2): 29-37. (Impact factor: 1.532)
28. Mahsa Ghavipour, **Ahmad Saedisomeolia**, Mahmoud Djalali, Giti Sotoudeh, Mohammad Reza Eshraghyan, Ali Malekshahi Moghadam, Lisa LG Wood: Tomato juice consumption reduces systemic

inflammation in overweight and obese females. *British Journal of Nutrition*, Vol.15, Year. 2012, 1-5. (Impact factor: 3.302)

29. Hariri M, Djazayeri A, Djalali M, **Saedisomeolia A**, Rahimi A, Abdolahian E: Effect of n-3 supplementation on hyperactivity, oxidative stress and inflammatory mediators in children with attention-deficit-hyperactivity disorder. *Malays J Nutr*. 2012 Dec;18 (3):329-35. (Impact factor: 0.15)

30. Ehsaneh Taheri, **Ahmad Saedisomeolia**, Mahmoud Djalali, Mostafa Qorbani and Hasaan Javanbakht: The relationship between Serum 25-Hydroxy Vitamin D concentration and obesity in Type 2 Diabetic patients and healthy subjects. *Journal of Diabetes & Metabolic Disorders* 2012, 11:16. (Impact factor: 2.90)

31. Ehsaneh Taheri, Mahmoud Djalali, **Ahmad Saedisomeolia**, Ali Malekshahi Moghadam, Abolghasem Djazayeri, and Mostafa Qorbani: The relationship between the activates of antioxidant enzymes in red blood cells and body mass index in Iranian type 2 diabetes and healthy subjects. *Journal of Diabetes & Metabolic Disorders*, 2012, 11:3. (Impact factor: 2.90)

32. Malekshahi Moghadam A, **Saedisomeolia A**, Djalali M, Djazayeri A, Pooya S, Sojoudi F: Efficacy of omega-3 fatty acid supplementation on serum levels of tumor necrosis factor-alpha, C-reactive protein and interleukin-2 in type 2 diabetes mellitus patients. *Singapore Med J*. 2012. 53(9) 615-619. (Impact factor: 0.63)

33. Fatemeh Ramezani Kapourchali, **Ahmad Saedisomeolia**, Ali Malekshahi Moghadam: The Investigation of the Effects of Eicosapentaenoic Acid and Docosahexaenoic Acid on Cultured Human Airway Epithelial Cells. *World Applied Sciences Journal* 18 (3): 336-342, 2012. (Impact factor: 0.47)

34. Anis Kouchak, Mahmoud Djalali, Mohamadreza Eshraghian, **Ahmad Saedisomeolia**, Abolghassem Djazayeri, Hossein Hajianfar: The effect of omega-3 fatty acids on serum paraoxonase activity, vitamins A, E, and C in type 2 diabetic patients. *J Res Med Sci* 2011; 16(7): 878-884. (Impact factor: 0.608)

35. Malekshahi Moghadam A, Emami HR, Djalali M, **Saedisomeolia A**: Hypertention among children and adolescents in Iran. *Australasian Medical Journal*. 2011, 4, 5: 243-248 (Letter to Editor). . (Impact factor: 1.51)

36. **Saedisomeolia A**, Djalali M, Malekshahi Moghadam A, Ramezankhani O, Najmi L: Folate and Vitamin B12 Status in Schizophrenic Patient. *Journal of Research in Medical Sciences*. 2011, 16: 437-441. (Impact factor: 0.608)

37. **Ahmad Saedisomeolia**, Ali Malekshahi Moghadam: Does Lycopene Decrease the Inflammation in Airway Epithelial Cells? A Review. *Research Journal of Biological Sciences*. 2010, 5 (8): 576-580. (Impact factor: 0.4)

38. Ashourpour M, Djalali M, Djazayeri A, Eshraghian MR, Taghdir M, **Saedisomeolia A**: Relationship between serum ferritin and inflammatory biomarkers with insulin resistance in a Persian population with type 2 diabetes and healthy people. *Int J Food Sci Nutr*. 2010 May; 61(3): 316-23. (Impact factor: 1.202)

39. Shabnam Pooya, Mahmoud Jalali, Abolghasem Jazayeri, **Ahmad Saedisomeolia**, Mohammad reza Eshraghian, Fatemeh Toorang: The efficacy of omega-3 fatty acid supplementation on plasma homocysteine and malondialdehyde levels of type 2 diabetic patients. *Nutr Metab Cardiovasc Dis*. 2010 Jun; 20(5):326-31. (Impact factor: 3.323)

40. **Saedisomeolia A**, Wood LG, Garg ML, Gibson PG, Wark PAB. Anti-inflammatory effects of long chain n-3 polyunsaturated fatty acids in rhinovirus-infected cultured airway epithelial cells. *British Journal of Nutrition*. 2009 Feb; 101(4):533-40. (Impact factor: 3.302)

41. **Saedisomeolia A**, Wood LG, Garg ML, Gibson PG, Wark PAB. Lycopene enrichment of cultured airway epithelial cells decreases the inflammation induced by rhinovirus infection and lipopolysaccharide. *Journal of Nutritional Biochemistry* (2008, Sep. 26). (Impact: 4.55)

42. **Saedisomeolia A**, Wood LG, Garg ML, Gibson PG, Wark PAB. Supplementation of long chain n-3 polyunsaturated fatty acids increases the utilization of lycopene in cultured airway epithelial cells. *Journal of Food Lipids* (Vol. 15, No. 4. (November 2008), pp. 421 432). (Impact factor: 0.952)

And 10 articles in Persian language published by Iranian scientific journals

The following link listed the articles:

<http://www.magiran.com/searchp.asp?p=&s=%C7%CD%E3%CF%20%D3%C7%DA%CF%ED&exact=&exclude=&include=&atleast=&t=m&field=all>

Book chapter:

Name of chapter: Riboflavin in Human Health: A review of Current Evidences (Chapter 2),

Authors: Marzieh Ashoori, **Ahmad Saedisomeolia**

Editor: Michael Eskin

Name of Book: Advances in Food and Nutrition Research (2018), New Research and Development of Water-Soluble Vitamins

Publisher: ELSEVIER

Books in Persian language: 10 books mostly about “human nutrition and dietetics”, “antioxidants” and “functional foods” (some of them are considered as reference book by Tehran University of Medical Sciences for PhD, MSc and MSPH students. These books are in Persian language.

Supervision of the Postgrad Students:

- Principal supervisor of 25 postgraduate students (PhD, and MSc),
- Co-supervisor of 12 postgraduate students (PhD, and MSc),
- Advisor and examiner for more than 50 postgraduate students (PhD, and MSc),

Conference proceedings:

1. Derakhshanian H., Zabihi M., Amin A., Maleki M., **Saedisomeolia A**: Effect of opium addiction on nutritional patterns of patients with cardiovascular disease. 15th World Congress of Heart Disease, (Vancouver, Canada, 2010).

2. Djalali, Mahmoud; **Saedisomeolia, Ahmad**; Taheri, Ehsaneh; Javanbakht, Mohammad Hassan: Vitamin D status and its relationship to some of antioxidative factors in patients with diabetes type II. Presented in 11th European Nutrition Conference (FENS, Madrid, 2011).

3. **Saedisomeolia, A**. Djalali, M; Fakher, S: Effect of vitamin A, E, C and omega-3 fatty acid supplementation on lipid peroxidation in streptozotocin induced diabetic: Investigation of heart, liver and plasma. (II World Congress of Public Health Nutrition- Porto, Portugal, September 23-25, 2010).

4. Ashourpour, M; Djalali, M; Djazayery, A; Eshraghian, M.R; Taghdir, M; **Saedisomeolia, A**: Serum ferritin, inflammatory biomarkers and insulin resistance in type 2 diabetic patients and healthy people. (II World Congress of Public Health Nutrition- Porto, Portugal, September 23-25, 2010).

5. Djalali, M; Pooya, S; Djazayery, A; **Saedisomeolia, A**: The efficacy of omega-3 fatty acid supplementation on plasma homocysteine and malondialdehyde levels of type 2 diabetic patients. (II World Congress of Public Health Nutrition- Porto, Portugal, September 23-25, 2010).

6. **Ahmad Saedisomeolia**, Manohar L Garg, Lisa G Wood, Peter G Gibson, Peter A Wark: Anti-inflammatory effect of lycopene enrichment on infected culture epithelial cells. *Respirology* (2007) 12 (suppl 4) 13, (presented in Gold Coast, Australia).
7. **A Saedisomeolia**, ML Garg, LG Wood, PG Gibson PG, AP Wark: Anti-inflammatory effect of lycopene enrichment on infected culture epithelial cells. *Asia Pac J Clin Nutr* (2007) 16 (Suppl 3) S109, (presented in Auckland, New Zealand).
8. **A Saedisomeolia**, ML Garg, LG Wood, AP Wark, PG Gibson PG: Lycopene enrichment of cultured epithelial airway cells. *Asia Pac J Clin Nutr* (2007) 16 (Suppl 3) S116 (presented in Auckland, New Zealand).
9. **Saedisomeolia A**, Garg ML, Wood LG, Gibson PG: Lycopene supplementation does not influence cytokine profile in asthma patients. *Asia Pac J Clin Nutr* (2006) 15 (Suppl 3) S110 (presented in Sydney, Australia).
10. Djazyeri A, Djalali M, **Saedisomeolia A**, Siassi F, Shayegi M: The effect of vitamin C supplementation on blood lead levels of gas station workers in Tehran. *Ann Nutr Metab* (2001) 45 (Suppl 1): S 261 (presented in Vienna, Austria).
11. Maryam Mirfatahi, **Ahmad Saedisomeolia**, Gity Sotoudeh, Mohammad Reza-Mohajeri Tehrani, Seyed Ali Keshavarz, Mostafa Hosseini, Soroush Seifirad: Effect of arginine supplementation on anthropometric measures of pre-diabetic subjects. (oral presentation) International diabetes updates, Tehran, Iran
12. **A. Saedisomeolia**, M. Djalali, A. Malekshahi Moghadam, A. Djazayery, S. Pooya, F. Sojoudi: The efficacy of omega-3 fatty acid supplementation on levels of inflammatory biomarkers in type 2 diabetics. *Annals of Nutrition and Metabolism*. 58(suppl. 3). 2011. Page: 300. (11th European Nutrition Conference [FENS], Madrid, Spain, October 26-29, 2011).

Conferences:

- Functional Food and Health Supplement conference, Dubai, 2018 (as chairman, speaker and organizing committee member)
- Functional Food and Health Supplement conference, Dubai, 2017 (as chairman, speaker and organizing committee member)
- 13th Iranian International Nutrition Congress, Tehran, Iran, 2015
- 12th Iranian International Nutrition Congress, Esfahan, Iran, 2013
- European Nutrition Conference, Madrid, Spain, 2011
- World Congress of Heart Disease, Vancouver, Canada, 2010
- World Congress of Public Health Nutrition- Porto, Portugal, 2010
- Nutrition Leadership Program, Tufts University, Boston, USA
- Nutrition Society of Australia 31st Annual Scientific Meeting, Auckland, New Zealand, 2007
- Iranian Students Scientific Conference University of Sydney, Sydney, Australia (2007)
- 12th Conference of the Asian Pacific Society of Respirology Gold Coast, Australia, 2007 (winner of best presentation award of 1500 AUD for oral presentation)
- Nutrition Society of Australia 30th Annual Scientific Meeting, Sydney, Australia, 2006
- Vaccines Immunity Viruses & Asthma Seminar, Newcastle University, Newcastle, Australia, 2006
- European Nutrition Conference, Vienna, Austria, 2001

Grants and achievements:

- The Youngest Associate Professor of TUMS (2014),
- Award of Best Medical TV Show Host of the year (2009, 2011, and 2014),

- Sabbatical grant awarded in 2014: 120,000 AUD,
- First place in National Universities Entry Exam in Iran (2005),
- APSR travel grant (Aus\$1500), Gold Coast, Australia (2007),
- Scholarship for PhD program (2003)
- Research grants for all of the 11 research projects done in TUMS (roughly around one hundred thousand American dollars),
- The first prize of best medical article by Singapore Ministry of Health (6000 Singapore dollars)

References:

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