

**Dr. Ahmad SAEDISOMEOLIA**  
(PhD, University of Newcastle, Australia)  
**Associate Professor, College of Health Sciences, Education Centre of Australia**



## SHORT BIOGRAPHY

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I am an Associate Professor at College of Health Sciences, Education Centre of Australia, Parramatta Campus, NSW, Australia. Previously, I have been a Senior Researcher and Lecturer at McGill University, Montreal, Canada (2020-2023). I have been granted my PhD in Nutrition from the School of Biomedical Sciences, University of Newcastle, Australia (2008). My Master's and Bachelor's are on "Nutrition in Public Health" and "Nutrition Sciences and Dietetics", respectively. From 2008 to 2020, I have been a faculty member of Tehran University of Medical Sciences (TUMS) as Assistant Professor (5y), Associate Professor (4y), and Full Professor (2y). I have also been a Research Fellow at the School of Medicine, Western Sydney University as well as a Research Affiliate with the University of Sydney (2014-2015). I have had considerable academic appointments such as Vice-Dean for Education (3y), Vice-Dean for International Affairs (3y), and the Head of the Department of Cellular and Molecular Nutrition at the School of Nutritional Sciences and Dietetics, TUMS (5 years). I have outstanding research and teaching experience with 97 publications (books and papers) mainly in leading journals (H-index=26, citations=2560), and around 3500 hours of lecturing background. I have received awards both in teaching and research. Also, I have worked with notable industry organizations such as European Union (as a Nutrition Expert in Curricula Development), and Merck Company (as the Scientific Chair of International Conferences of "Functional Foods and Healthy Supplements" held in Dubai both in 2017 and 2018). Moreover, I have collaborated with many Australian, Canadian, European, and Iranian leading institutions and scientists with an effective connection to expand the learning and research related to Nutrition and Biomedical Sciences.

## PERSONAL FEATURES

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**Name:** Ahmad SAEDISOMEOLIA

**Marital status:** Married to Mrs. Soheila ALIZADEH, Children: Sarvin and Amir (both Australian born)

**Citizenship:** Permanent Resident of Australia, Visa: 124, Distinguished Global Talent Visa, Iranian background

**Primary Email:** ahmad.saedisomeolia@chs.edu.au | **Alternative Email:** a\_saedi@yahoo.com

**Work address:** 1-3 Fitzwilliam St. Parramatta, NSW, 2150, Australia

**LinkedIn:** <https://www.linkedin.com/in/ahmad-saedisomeolia-phd-24703158/>

**Researchgate:** <https://www.researchgate.net/profile/Ahmad-Saedisomeolia>

**Google Scholars:** <https://scholar.google.com/citations?user=YeNCFqsAAAAJ>

**Instagram:** drsaedi.ir | **Online Nutrition Clinic:** [www.drsaedi.ir](http://www.drsaedi.ir)

## EDUCATIONAL BACKGROUND

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- **Research Fellow** of Nutrition-Inflammation-Oxidative stress (2015-2016), Department of Pharmacology, School of Medicine, Western Sydney University, NSW, Australia

- **PhD in Nutrition** (2008), School of Biomedical Sciences, University of Newcastle, Australia (fully covered by scholarship), entitled *“The effect of lycopene and long chain n-3 polyunsaturated fatty acids on airway inflammation induced by Rhinovirus.”*
- **Master of Nutrition in Public Health** (2000): Department of Nutrition and Biochemistry, Faculty of Public Health, Tehran University of Medical Sciences, Tehran, Iran, entitled *“The effect of vitamin C supplementation on blood and urinary lead levels of gas station workers in Tehran”* (Top student (first place) in national entry exam)
- **B.Sc. in Nutrition and Dietetics** (1997), Faculty of Health and Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran

## ACADEMIC HISTORY AND INDUSTRY ENGAGEMENTS

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1. **Current: Associate Professor at College of Health Sciences, Education Centre of Australia, Parramatta Campus, NSW, 2150, Australia**
2. **Senior Researcher and Lecturer** at the School of Human Nutrition, Faculty of Agricultural and Environmental Sciences, McGill University, Quebec, Canada (2020-2023)
3. **Professor (Head of Department)** of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (Professorship for 2y and head of the department for 5y)
4. **Nutrition consultant** of Canadian-Based Personalized Nutrition Company: LIFE&ME, 2019
5. **Scientific Chairman of Annual International Conference** of Functional Foods and Health Supplements (Sponsored by Merck, Germany), 2017 and 2018, Dubai, UAE
6. **“The Winner of Elite Academic Member Prize** (first prize of teaching) of TUMS” of Tehran University of Medical Sciences (July 2018)
7. **Vice-Dean for Education** in the School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2016 till 2018)
8. **Associate Professor of Nutrition and Dietetics**, Tehran University of Medical Sciences (2015 to 2019)
9. **Nutrition Expert** of an international project on the “Nutrition Curriculum Development of Needy Countries”, The project was funded by the **European Union** and governed by Consile Sante, the contractor company (Paris, France) (2016 -2017)
10. **Affiliate of School of Molecular Bioscience, The University of Sydney**, Charles Perkins Centre (2015 to 2016)
11. **Visiting Associate Professor in Western Sydney University**, School of Medicine, Department of Pharmacology (2015 to 2016)
12. **The most well-known nutritionist in Iran** (2017-2020), based on Google search,
13. **Accredited Dietitian** (oversea qualification) for my own private Dietetic Clinic (2015-2020),
14. **Clinical Nutrition Practitioner** in Atieh Hospital (the most prestigious private hospital in Iran) from 2018 to 2020,
15. **Advisor** of “Lipid Peroxidation Methodology” for National Institute of Complementary Medicine, Western Sydney University (2015)

16. **Advisor** of “phytochemical supplementation for an in vitro prostate cancer model” for Ingham Institute, University of New South Wales (2015)
17. **Assistant Professor of Nutrition and Dietetics**, Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2008-2015)
18. **Vice-Dean for International Affairs** in the School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran (2012-2015)
19. **Member of Curriculum Development Committee** of the School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (2015-2017)
20. **Founder and creator of the first “Online Dietetics Clinic”** in the Persian language in Iran ([www.drsaedi.ir](http://www.drsaedi.ir)) to provide nutritional advice to people in remote and needy areas of Iran (2008-now)
21. **Accredited Dietician Practitioner** (Iranian Accreditation, since 1997)
22. **Focal academic** of establishing an 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. **Host of National TV programs** regarding “Nutrition, Health and Dietetics” in Iranian National TV (around 170 National TV programs) distinguished the most popular educational television shows (2008-2020)
28. **Dietitian in Shariati Hospital** (the largest public hospital in the country), Tehran, Iran (2008- July 2015)
29. **Executive Board Member** of Iranian Nutrition Society (2008- 2013)
30. **Executive Committee Member** of “Centre of Research for Kid’s Gastro-intestinal Disease”

## LECTURED COURSES AS COURSE COORDINATOR \_\_\_\_\_

- **Currently at McGill: Lectures at the School of Human Nutrition, McGill University (Undergraduate course of NUTR337: Nutrition Through Life, and Postgraduate course of NUTR606: Research Methods in Nutrition)**
- 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 Nutrition (for MSc., MSPH and PhD students)
- Advanced Nutritional Physiology (for MSc., MSPH and PhD students)
- Nutrition in Public Health (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)

- The main presenter of the workshop “How to Publish a Paper.”
- The main presenter of the workshop on “Endnote”
- The main presenter of the workshop “Working with a Large Document.”
- The main presenter of the workshop “Safety in Scientific Labs”

## **FUNDING HISTORY:** \_\_\_\_\_

- Actively participate in the absorption of 487 thousand Canadian Dollars for the McGill research project on autism (from the connections I have developed),
- TUMS university’s Vice-Chancellery for Research Funds for 15 research projects,
- Receiving a considerable amount of funding from Merck Company Germany to hold the International Conferences of Functional Foods and Healthy Supplements in Dubai, in 2017 and 2018 (I was the scientific chair of the conferences),
- Actively participated to receive 300 thousand Euros for Curriculum Development Project in needy countries from European Union provided by contractor company: Consile Sante, Paris, France (I was an effective team member),

## **EDITORIAL BOARD MEMBERSHIP** \_\_\_\_\_

- The Journal of Frontiers of Psychiatry (Guest Editor for Special Issues of Extreme Eating Behaviors)
- Journal of Nutrition and Intermediary Metabolism, Elsevier
- Journal of Nutritional Sciences and Dietetics, SNSD, TUMS
- Avicenna Journal of Medical Biotechnology (2012)

## **RESEARCH OUTLINES** \_\_\_\_\_

- Health Management (2023)
- Synbiotic Bacterial Extracellular Vesicles (BEVs) as nutrient delivery vehicles (2022)
- Probiotics and autism animal models (2020)
- FruHis and lycopene against benign prostate enlargement (2018-2022)
- Vitamin D produced by UV in mushrooms and its bioavailability in the human body (2018-2022)
- Riboflavin as an antioxidant (2016-2022)
- Lycopene and inflammation in asthma (2004-2018)
- Lycopene and inflammation in obesity
- Vitamin D as an antioxidant and anti-inflammatory agent (2012)
- Carotenoids and lung cancer, intake, and levels (2010)
- Omega-3 fatty acids and inflammation in asthma (2004)
- Omega-3 fatty acids and lycopene interaction (2004)
- Omega-3 fatty acids and antioxidant enzymes activity (2009)
- Tomato juice and inflammation (2009)
- Pomegranate extract and inflammation (2013)
- L-Arginine supplementation and antioxidant status (2009)
- Resveratrol/lycopene/curcumin and prostate cancer cell culture model (2016)

## **LABORATORY SKILLS** \_\_\_\_\_

HPLC, ELISA, RT-PCR, Mass Spectrometry, Atomic Absorption, Cell Culture, WBC purification methods and some Immunological and Biochemical analysis, Laboratory safety instructor, Microbiology, Microbe culture,

## OTHER RESEARCH RELATED SKILLS

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- **Assessed as Medical Laboratory Technician**, by the Australian Institute of Medical Scientists (2016)
- **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 the University of TUFTS and United Nations University (2008)
- **Rotor Safety Certificate** from the University of Newcastle (2006)
- **Laboratory Safety Certificate** from McGill University (2020) and the University of Newcastle (2004)
- SPSS, Endnote, Graph Pad Prism, daily nutrient intakes software such as Nutritionist and DFP, and Chem-station, body composition analyzer software, 24-H Food recall/record analysis soft-ware, FFQ analysis soft-ware, Daily Physical Activity analysis soft-ware (MET), Research Methodology and Statistics

## LANGUAGE SKILLS

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- Turkish (mother tongue),
- Persian (fluent),
- English (professional),
- French (basics)

## MEMBERSHIP IN SCIENTIFIC SOCIETIES

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- Member of Iranian Medical Association, (2008 till now)
- Member of the Nutrition Society of Australia, (2004-2008)
- Member (and executive board member) of the Iranian Nutrition Society (2000)
- Executive Board Member of Centre of Research for Kid's Gastro-intestinal Disease, (2010)

## JOURNAL ARTICLES (H-INDEX=26, CITATIONS=2550, June 2023)

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**Note:** I have been the corresponding author for 39 articles (showed by \*), and the first author for 10 articles.

1. Meysam Zarezadeh, Mahsa Mahmoudinezhad, Leila Khorraminezhad, Maryam Razaghi, Ehsan Alvandi, **Ahmad Saedisomeolia\***: Dietary pattern in autism increases the need for probiotic supplementation: oxidative stress hypothesis. Journal of Clinical Nutrition (Accepted in June 2023).
2. Hubertus Himmerich, **Ahmad Saedisomeolia**, Ute Krügel: Editorial: Community Series in Extreme Eating Behaviors - Volume II. Frontiers in Psychiatry (Accepted in April 2023).
3. Carol A. Gano, Shadma Fatima, Timothy W. Failes, Greg M. Arndt, Mila Sajinovic, David Mahns, **Ahmad Saedisomeolia**, Jens R. Coorsen, Joseph Bucci, Paul de Souza, Fatemeh Vafaei and Kieran F. Scott: Anti-cancer potentials of synergistic phytochemical combinations are influenced by the genetic profiles of prostate cancer cell lines. Frontiers in Nutrition (Online published in March 2023).

4. Mohammad Gholizadeh, Poorya Basafa Roodi, Faezeh Abaj, Sakineh Shab-Bidar, **Ahmad Saedisomeolia\***, Omid Asbaghi, Mahshid lak: Influence of Vitamin A supplementation on inflammatory biomarkers in adults: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. Scientific Reports (Accepted in November 2022).
5. Masoomeh Nahidi, Zohreh Poorahmadi, Hedayat Hosseini, Attaollah Shakoori, Mohammad Taherireykande, **Ahmad Saedisomeolia**: The effect of baking process on the stability of fortified folic acid in the bread. Journal of Nutritional Sciences and Dietetics 2022. 16(1): 19-26.
6. Alireza Sadeghi, Leili Jalili-Baleh, Ali Mohammad Fakhr Yasseri, Amirreza Farzin, Erfan Amini, Mohammad Soleimani, Mehdi Khoobi, Mirsaeed Yekaninejad, **Ahmad Saedisomeolia\***: FruHis significantly increases the anti-benign prostatic hyperplasia effect of lycopene: a double-blinded randomized controlled clinical trial. Frontiers in Nutrition (Accepted Sep. 2022).
7. Samira Tarashi, Mohammad Saber Zamani, Mir Davood Omrani, Abolfazl Fateh, Arfa Moshiri, **Ahmad Saedisomeolia**, Seyed Davar Siadat, and Stan Kubow: Commensal and Pathogenic Bacterial-Derived Extracellular Vesicles in Host-Bacterial and Interbacterial Dialogues: Two Sides of the Same Coin. Journal of Immunology Research February 2022, Volume 2022.
8. Mehrnoush Meshkani, **Ahmad Saedisomeolia\***, Mirsaeed Yekaninejad, Seyed Ahmad Mousavi, Azam Ildarabadi, Marzieh Vahid-Dastjerdi: The effect of green coffee supplementation on lipid profile, glycemic indices and inflammatory biomarkers of women with polycystic ovary syndrome: a randomized clinical trial. Clin Nutr Res. 2022 Oct; 11(4): 241-254.
9. Gholizadeh, Mohammad; Falahi, Ebrahim; Hassanzadeh Keshteli, Ammar; Yazdan Nik, Ahmadreza; Saneei, Parvaneh; Esmailzadeh, Ahmad; **Saedisomeolia, Ahmad\***: Association of dietary inflammatory potential (DIP) and endothelial function biomarkers among females. Nutrition and Food Science 52(5); 2022
10. Nafisa Olfat, Marziyeh Ashoori, **Ahmad Saedisomeolia\***: Riboflavin is an antioxidant: a review update British Journal of Nutrition, 128: 10: 2021.
11. Bahareh Barkhidarian, Lucas Roldos, Michèle M. Iskandar, **Ahmad Saedisomeolia\***, and Stan Kubow\*: Probiotic Supplementation and Micronutrient Status in Healthy Subjects: A Systematic Review of Clinical Trials. Nutrients 2021, 13, 3001.
12. Mohammad Gholizadeh, Said Abdul Ghafour Saeedy, Poorya Basafay Roodi, **Ahmad Saedisomeolia\***: The association between zinc and endothelial adhesion molecules ICAMs and VCAM-1 and nuclear receptors PPAR-α and PPAR-γ: A systematic review on cell culture, animal and human studies. Microvascular Research 2021, 1042-17.
13. S. Zareie, **A. Saedisomeolia\***, M. Mahmoodi Majdabadi Farahani: The relationship between anthropometric indices and constipation in Parkinson's patients. Islamic Azad University, Science and Research Branch (2021), 4 (4), 35-38.
14. Hubertus Himmerich, **Ahmad Saedisomeolia**, Ute Krugel: Editorial: Extreme Eating Behaviors. Frontiers of Psychiatry. January 2021 (Editorial Article).
15. Meysam Zarezadeh, **Ahmad Saedisomeolia\***, Mahoor Shekarabi, Masoud Khorshidi, Mohammad Reza Emami & Daniel J. Müller: The effect of obesity, macronutrients, fasting and nutritional status on drug-metabolizing cytochrome P450s: a systematic review of current evidence on human studies. European Journal of Nutrition 2021 Sep; 60(6): 2905-2921

16. Sarina Salemi, **Ahmad Saedisomeolia\***, Fatemeh Azimi, Sare Zolfigol, Ezeddin Mohajerani, Mehrdad Mohammadi, Mehdi Yaseri: Optimizing the production of vitamin D in white button mushrooms (*Agaricus bisporus*) using ultraviolet radiation and measurement of its stability. *LWT, Food Science and Technology* 2021 Feb; 137: 11.
17. Ahmad Mousavi, **Ahmad Saedisomeolia\***, Mirsaeed Yekaninejad, Marzieh Vahid-Dastjerdi, Mehrnoush Meshkani, Azam Ildarabadi: Effect of Green Coffee Supplementation on Androgens Level in Women with Polycystic Ovary Syndrome: A Randomized Clinical Trial, *Journal of Obesity Medicine* 2020 Sep. 20.
18. Niyaz Mohammadzadeh Honarvar, Meysam Zarezadeh, Motahareh Makhdoom Arzati, Mir Saeed Yekaninejad, Mina Abdollahi, Mohammad Effatpanah, Rezvan Hashemi, **Ahmad Saedisomeolia\***: The effect of an oral ginger supplementation on NF- $\kappa$ B concentration in peripheral blood mononuclear cells and anthropomorphic data of patients with type 2 diabetes: A randomized double-blind, placebo-controlled clinical trial. *Complementary Therapies in Medicine*, 42, 2019, 7-11.
19. Nava Morshedzadeh, **Ahmad Saedisomeolia\***, Mahmoud Djalali, Mohammad Reza Eshraghian, Sedigheh Hantoooshzadeh, Maryam Mahmoudi: Rezolvin D1 impacts on insulin resistance in women, with polycystic ovary syndrome and healthy women. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*. (2019); 13: 660-664.
20. Meysam Zadezadeh, Masoud Khorshidi, Mohammad Reza Emami, Parisa Janmohammadi, Hamed Kord-Varkaneh, Seyed Mohammad Mousavi, Shimel Hussein Muhammed, **Ahmad Saedisomeolia\***, Shahab Alizadeh: Melatonin Supplementation and pro-inflammatory mediators: a systematic review and meta-analysis of clinical trials. *European Journal of Nutrition* (2019 Aug); 59(5): 1803-1813.
21. M Zarezadeh, **A Saedisomeolia\***, B Hosseini, MR Emami: The effect of Punica Granatum (Pomegranate) extract on inflammatory biomarkers, lipid profile and glycemic indices in patients with overweight and obesity: A randomized placebo. *Qom University of Medical Sciences Journal* (2019) 13 (8), 14-25.
22. Taherireykandeh, **Ahmad Saedisomeolia\***, Abass A Gaeini, Zohre Pourahmadi, Lisa Wood: Effect of tomato juice consumption on the inflammatory biomarkers in male athletes following exhaustive exercise. *Journal of Nutritional Sciences and Dietetics*. 2018: 4(2), 3-9
23. Alireza Sadeghi, **Ahmad Saedisomeolia\***, Omid Sadeghi, Mahmoud Khodadost, Aliyar Pirouzi, Banafsheh Hosseini: Dietary glycemic index and glycemic load and the risk of prostate cancer: an updated systematic review and dose-response meta-analysis. *Nutrition and Cancer: An International Journal* 2020. 72(1)
24. **Ahmad Saedisomeolia**, Motahereh Makhdoomi Arzati, Mina Abdolahi Mohsen Sedighian, Alejandra Rangel, Gerald Muench, Meysam Zarezadeh, Arash Jafarieh, Niyaz Mohammadzadeh Honarvar: Mechanisms of Action of Ginger in Nuclear Factor-kappaB Signaling Pathways in Diabetes: *Journal of Herbal Medicine* 2019;16.
25. Meysam Zarezadeh, **Ahmad Saedisomeolia\***, Masoud Khorshidi, Hamed Kord Varkane, Motahareh Makhdoomi Arzati, Mina Abdollahi, 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 Aug 11;16(2).
26. 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.
27. **Ahmad Saedisomeolia**, Mahsa Samadi, Fatemeh Gholami, Marzieh Seyedi, Mohammad Effatpanah, Rezvan Hashemi, Mina Abdollahi 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.
28. Motahareh Makhdoomi Arzati, Niyaz Mohammadzadeh Honarvar, **Ahmad Saedisomeolia\***, Siyamand Anvari, Mohammad Effatpanah, Raoof 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.

29. 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.

30. R Goodarzi, **A Saedisomeolia\***, EF Moghadam, A Sadoogh-Abbasi: Evaluation of the Serum Lipid Profile and Dietary Intake in Patients Undergoing Cholecystectomy. *Advanced Studies in Biology* (2017): 9 (4), 171-179.

31. 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.

32. M Mazaherioun, M Djalali, F Koohdani, MH Javanbakht, M Zarei, M Beigy Samaneh Ansari, Neda Rezvan, **Ahmad Saedisomeolia**: Beneficial effects of n-3 fatty acids on cardiometabolic and inflammatory markers in type 2 diabetes mellitus: a clinical trial. *Medical Principles and Practice* (2017) 26 (6), 535-541.

33. 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 June; 37(3):965-969.

34. 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.

35. 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 (2017); 13 (4): 716-724.

36. 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.

37. 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.* 2017 March; 61(3) 289-304.

38. 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* 2017 Jan; 117(11) 69-82.

39. 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.

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

41. 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: 10(2 Suppl 1): S131-4.*



42. 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.
43. 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 July 13:1-6.
44. 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.
45. 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.
46. Marziyeh Ashoori and **Ahmad Saedisomeolia\***: Riboflavin (vitamin B2) and oxidative stress: a review. *British Journal of Nutrition*. 2014; 111, 1985–1991.
47. **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.
48. 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.
49. 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.
50. 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.
51. 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.
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69. **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.
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71. Shabnam Pooya, Mahmoud Jalali, Abolghasem Jazayery, **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.
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And 12 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

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

**Authors:** Marzieh Ashoori, Ahmad Saedisomeolia

**Editor:** Professor Michael Eskin (University of Manitoba, Canada)

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

**Publisher:** ELSEVIER

## BOOKS IN PERSIAN LANGUAGE

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

## SUPERVISION OF THE POSTGRAD STUDENTS

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- Principal supervisor of 25 postgraduate students (PhD, and MSc),
- Co-supervisor of 12 postgraduate students (PhD, and MSc),

- Examiner of more than 50 postgraduate students with their thesis defence

## CONFERENCE PRESENTATIONS

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1. B. Barkhidarian, L. Roldos, M. Iskandar, **A. Saedisomeolia**, S. Kubow: Probiotic supplementation and micronutrient status in healthy subjects. Targeting Microbiota 2021, Paris, France
2. Derakhshanian H., Zabihi M., Amin A., Maleki M., **Saedisomeolia A**: Effect of opium addiction on nutritional patterns of patients with cardiovascular disease. 15<sup>th</sup> World Congress of Heart Disease, (Vancouver, Canada, 2010).
3. 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 11<sup>th</sup> European Nutrition Conference (FENS, Madrid, 2011).
4. **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).
5. 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).
6. 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).
7. **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).
8. **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).
9. **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).
10. **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).
11. 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).
12. 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
13. **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. (11<sup>th</sup> European Nutrition Conference [FENS], Madrid, Spain, October 26-29, 2011).

## CONFERENCES ATTENDANCE

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- IMPACTT Bioinformatics Workshop, McGill University (Dec. 2022),
- Emerging Breakthroughs in Microbiome Science Symposium, McGill Centre for Microbiome Research (Dec. 2022),
- Targeting Microbiota 2021 (Paris, France), oral presentation, 2021
- 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)
- 13<sup>th</sup> Iranian International Nutrition Congress, Tehran, Iran, 2015
- 12<sup>th</sup> 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, 2008
- Nutrition Society of Australia 31<sup>st</sup> Annual Scientific Meeting, Auckland, New Zealand, 2007
- Iranian Students Scientific Conference the University of Sydney, Sydney, Australia, 2007
- 12<sup>th</sup> Conference of the Asian Pacific Society of Respiriology Gold Coast, Australia, 2007 (winner of best presentation award of 1500 AUD for oral presentation)
- Nutrition Society of Australia 30<sup>th</sup> 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

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- Absorb 480.000 Canadian Dollars for McGill Research Projects from the connections I developed, 2020-2022
- The Youngest Associate Professor of TUMS, 2014
- Award of Best Medical TV Show Host of the year, 2011,
- 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 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), 2008

## REFERENCES

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1. **Professor Manohar Garg**, Nutraceuticals Research School of Biomedical Sciences and Pharmacy Faculty of Health and Medicine, University of Newcastle, Australia, (manohar.garg@newcastle.edu.au), (Phone: +61 412 658 523) as my previous supervisor
2. **Dr. Mohammad Pourkheirandish**, Senior lecturer, Crop Genetics & Molecular Breeding at the Faculty of Veterinary and Agricultural Sciences, University of Melbourne, Melbourne, Australia (mohammad.p@unimelb.edu.au), (Phone: +61 410 283 400), as my friend and colleague, when we were working for Sydney University, Australia
3. **Professor Fereydoun Siassi**, Dean of the School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, (fereydoun.siassi@gmail.com), (Phone: +98 912 193 8512), as my previous employer

4. **Professor Lisa Wood**, Head of School, School of Biomedical Sciences and Pharmacy, University of Newcastle, Australia (lisa.wood@newcastle.edu.au), (Phone: +61 2 4921 7485), as my previous supervisor
5. **Dr. Vahab Baghbanian**, Health Manager of Alice Spring Health, Australia, (vahab.b@gmail.com), (Phone: +61 411 247 819), as my previous colleague and a friend.