

# SAHAR HEYDARI

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- 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 Study<sup>1</sup>- 2019- 2021.

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

## PUBLICATIONS

### Accepted papers

- Heydari S, Azizzadeh M, Taji 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

Nutrients and food groups in breast cancer survivors" (From master thesis)<sup>2</sup>, (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)<sup>3</sup>

## RESEARCH EXPERIENCE

Nutritionist and Researcher

Edema Lymph Clinic - Motamed Cancer Institute – Tehran-Iran

June 2018 - June 2019 –

M2<sup>2</sup>

- 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
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- 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