
Elnaz Faramarzi

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Educational Background

B.Sc: Nutrition science; Tabriz University of medical sciences

M.Sc: Nutrition science; Tabriz University of medical sciences

Ph.D: Nutrition science; Tabriz University of medical sciences

Thesis

1-Assessment of nutritional status trend in cancer patients receiving radiotherapy and serum zinc and

copper levels before and after radiotherapy(M.Sc).Supervisor(Dr.Reza Mahdavi)

2-Effects of conjugated linoleic acid supplementation on nutritional status, matrix metalloproteinases

enzymes , inflammatory and oxidative factors in colorectal cancer patients undergoing chemoradiotherapy (PhD).Supervisor (Dr.Reza Mahdavi)

Awards

Best student in Bs, Ms and PhD course

Research experiences and fields of interest:

Nutrition in Gastrointestinal tract cancer

Nutrition in metabolic syndrome

Cohort studies

Research Background:

-A Prospective Cohort Study Of The Common Chronic Disease And Its Determinants in East Azarbaijan Province –North-West Of Iran: Azar Cohort

-Assessment of individual , job and environmental factors on health status (non communicable chronic diseases) of healthcare workers in Tabriz university of medical Sciences

-Validity and Reliability of a food frequency questionnaire in the PERSIAN Cohort Study

-The effect of selenium administration on complete blood count in elderly patients admitted to critical care unit

-Association ofDDAH2- rs805305and eNOS- rs1799983polymorphisms with metabolic syndrome: Azarcohort study

-Effects of nano curcumin supplementation on quality of life of cystic fibrosis patients

validation of a food frequency questionnaire used in national cohort study to assess dietary intake of folate and vitamin B12 against serum folate , vitamin B12 and red blood cell folate in healthy adults

-Effects of synbiotic supplementation on dietary intake, quality of life, inflammatory factors in rectal cancer patients undergoing chemoradiotherapy

Evaluation of nitrate daily intake in Shabestar city and its relationship with the prevalence of gastrointestinal cancers

-The Prevalence of food insecurity and riboflavin deficiency and their association with socio economic factors in Khamene city in 2014year

-Effects of Conjugated linoelic acid supplementation on serum leptin and interleukin 8 levels in rectal cancer patients undergoing chemoradiotherapy .

-Assessment of BMI changes in outpatients treatments with psychotropic medications and their healthy family comparisons for one year

-Effects of Conjugated linoelic acid supplementation on serum CLA levels in rectal cancer patients undergoing chemoradiotherapy

-Effects of conjugated linoleic acid supplementation on nutritional status, matrix metalloproteinases enzymes , inflammatory and oxidative factors in colorectal cancer patients undergoing chemoradiotherapy

-Assessment of risk factors of gastric cancer in Iran

-Current diet program identification for developing a new and appropriate plan focused on the risk reduction of cardio vascular disease in NIOC's employees

-Evaluation of food habits, dietary intake, body composition, serum leptin and ghrelin levels of Helicobacter pylori positive subjects before and after Helicobacter pylori eradication

-Evaluation of nutritional status, oxidative stress and vitamin C levels in cancer patients

-Assessment of nutritional status trend in cancer patients receiving radiotherapy and serum zinc and copper levels before and after radiotherapy

-Epidemiology & prevention of obesity in Tabriz

Publication

-Ensiyeh Seyed Rezazadeh, **Elnaz Faramarzi**, Nasim Bajhtiyari, Atefeh Ansarin, Neda Gilani, Amir Amir-Sadeghan, Maryam Seyyedi, Khalil Ansarin, Younes Afatabi. *Association of NOS3-c.894G>T transversion with susceptibility to metabolic syndrome in Azar-Cohort population. a case-control study and in silico analysis of the SNP molecular effects* . Iranian Journal of Basic Medical Sciences.

-Sama Rahnemayana, Mojgan Mirghafourvand, Arezoo Fathalizadeha, **Elnaz Faramarzi**, Anita Reyhanifarda, Ata Mahmoodpoor, Sarvin Sanaie. *Leptin levels in patients with Parkinson's disease: A systematic review and meta-analysis*. Clinical Nutrition ESPEN . 2021,41; 104-109.

-*Repositioning of the global epicentre of non-optimal cholesterol*. Nature.2020; 582: 73-77

-*Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries and territories: a pooled analysis of 2181 population-based studies with 65 million participants*. The Lancet .2020;396: 1511-1524

-Farid Najafi, ..., Farahnaz Joukar, Seyed Mohammad Hashemi-Shahri, Alireza Vakilian, Ramin Niknam, **Elnaz Faramarzi**, Ghodrat Akhavan Akbari, Fershteh Ghorat, Arsalan Khaledifar, Davoud Vahabzadeh, Reza Homayounfar, Ali Reza Safarpour, Sayed Vahid Hosseini, Reza Rezvani & Seyyed Ahmad Hosseini. *Socioeconomic - Related inequalities in overweight and obesity: Findings from the PERSIAN cohort study*. BMC Public Health.2020;20:214

-**Elnaz Faramarzi**, , Ata Mahmoodpoor, Haadi Hamishehkar, Kamran Shadvar, Afshin Iranpour, tahereh Sabzevari, Sarvin Sanaie. Effect of gastric residual volume monitoring on incidence of ventilator-associated pneumonia in mechanically ventilated patients admitted to intensive care unit. Pakistan Journal of Medical Sciences. 2020;36:48-53.

-Shirin Fattahi, Farshad Seyyednejad, Sarvin Sanaie, Tahereh Parhizkar, **Elnaz Faramarzi** . *Nutritional status and dietary quality index of head and neck cancer patients undergoing chemo radiotherapy*. Journal of Research in Clinical Medicine. 2020;8(1): 14.

-Fatemeha Farshi Radvar, Mohammad Mohammad-Zadeh, Reza Mahdavi, Vibeked Andersen, Nasirimotlagh, Behname, **Elnaz Faramarzi**, Lotfi Yagin, Neda. *Effect of synbiotic*

supplementation on matrix metalloproteinase enzymes, quality of life and dietary intake and weight changes in rectal cancer patients undergoing neoadjuvant chemoradiotherapy. Mediterranean Journal of Nutrition and Metabolism.2020; 13: 225-235.

-Mandana Rafeey ,Zeinab Nikniaz ,Fatemeh FarshiRadvar ,Ziba Sameni, **Elnaz Faramarzi**. *Effects of Curcumin Supplementation on Quality of Life of Cystic Fibrosis Patients. International Journal of Pediatrics.2020;8:11169-11176.*

-Nayer Jaberi, **Elnaz Faramarzi**, Mostafa Farahbakhsh, Mohammad Asghari Jafarabadi, Ali Fakhari. *Prevalence of metabolic syndrome in schizophrenia patients treated with antipsychotic medications. Caspian Journal of Internal Medicine . 2020;11: 310-314*

-Ali Kazemi Karyani, Behzad Karimi Matin, Shahin Soltani, Satar Rezaei, Moslem Soofi, Yahya Salimi, Mehdi Moradinazar, Mohammad Hajizadeh,..., Reza Malekzadeh, Hossein Poustchi, Zahra Mohammadi, **Elnaz Faramarzi**, Ali Reza Safarpour, Farhad Pourfarzi, Mahmood Moosazadeh, Azim Nejatizadeh, Mojtaba Farjam, Davoud Vahabzadeh, Ali Ahmadi, Fereshteh Ghorat, Jafar Ahmadi, Fariborz Mansour-Ghanaei, Mohammad Reza Mirjalili, Saeid Eslami, Najmeh Maharlouei, Seyed Mehdi Tabatabaei, Sara Sarvandian & Farid Najafi. *Socioeconomic gradient in physical activity: Findings from the PERSIAN cohort study. BMC Public Health .2019;19:1312 .*

-**Elnaz Faramarzi** , Mohammadhossein Somi, Alireza Ostadrahimi, Saeed Dastgiri, Mousa Ghayour Nahand, Mohammad Asgari Jafarabadi, Sarvin Sanaie. *Association between food insecurity and metabolic syndrome in North West of Iran: Azar Cohort study. Journal of Cardiovascular Thoracic Research. 2019; 11: 196-202*

-Soan Azaimi, **Elnaz Faramarzi**, Parvin Sarbakhsh, Alireza Ostadrahimi, Mohammadhossein Somi , Mousa Ghayour. *Folate and vitamin B12 status and their relation to hematological indices in healthy adults of Iranians: Azar cohort study. Nutrition and Health. 2019; 25:29-36.*

-Sarvin Sanaie, Ata Mahmoodpoor, Hadi Hamishehkar, Shirin Fattahi, Hassan Soleymani, **Elnaz, Faramarzi**. *The relationship of serum vitamin D level with the outcome in surgical intensive care unit patients. Iranian Journal of Pharmaceutical Research. 2019; 18: 1052-1059*

-Mohammad Hossein Somi, Zeinab Nikniaz, Alireza Ostadrahimi, Amir Taher Eftekhari Sadat, Elnaz Faramarzi. *Is normal body mass index a good indicator of metabolic health in Azar cohort population? Journal of Cardiovascular Thoracic Research. 2019;11:53-60*

-Sara Farhang, **Elnaz Faramarzi**, Nayyere Amini Sani, Alireza Ostadrahimi, Mohammad H Somi, Behrooz Z Alizadeh. *Cohort Profile: The AZAR cohort, a health-oriented research model in areas of major environmental change in Central Asia. International Journal of Epidemiology.2019; 48: 382–382h.*

-Hassan Taghipour, Saeed Hemmati, **Elnaz Faramarzi**, Mohammad Hossein Somi, Saeed Dastgiri, Parviz Nowrouze. *Determination of nitrate concentration in consumed vegetables and estimation of that's dietary intake in Shabestar and Khameneh City, northwest of Iran: Azar Cohort study. Progress in Nutrition.2019; 21: 336-340.*

-Sarvin Sanaie , Ata Mahmoodpoor, Hadi Hamishehkar , Kamran Shadvar, Nasim Salimi , Majid Montazer , Afshin Iranpour , **Elnaz Faramarzi** . *Association Between Disease Severity and Calcium Concentration in Critically Ill Patients Admitted to Intensive Care Unit. Anesthesiology and Pain Medicine.2018; e57583.*

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-**Elnaz Faramarzi**, Hassan Soleimanpour, Zahed Khan, Ata Mahmoodpoor, Sarvin Sanaie. *Upper lip bite test for prediction of difficult airway: A systematic review*. Pakistan Journal of Medical Sciences. 2018; 34: 1019-1023.

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-**Elnaz Faramarzi** , Alireza Ostadrahimi , Zeinab Nikniaz, Mohamad Asgari Jafarabadi , Ali Fakhari , Mohammadhossein Somi. **Determination of the Best Anthropometric Index of Obesity for Prediction of Prehypertension and Hypertension in a Large Population - Based - Study; the Azar- Cohort**. Iranian Red Crescent Medical Journal. 2018 ; 20:e59911

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-Ali Esfahani, Nima Makhdami, **Elnaz Faramarzi**, Mohammad Asghari Jafarabadi, Alireza Ostadrahimi, Mousa Ghayour Nahand, Zohreh Ghoreishi. *Prealbumin/CRP Based Prognostic Score, a New Tool for Predicting Metastasis in Patients with Inoperable Gastric Cancer*. Gastroenterology Research and Practice .2016; 4686189.

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-Reza Mahdavi , **Elnaz Faramarzi**, Mohamad Mohammad zadeh, Behnam Nasiri Motlagh. *Effect of conjugated linoleic acid supplementation on nutritional status , symptoms of eating problems and dietary intake in rectal cancer patients undergoing chemoradiotherapy*. Current Topics in Nutraceutical Research .2013; 11: 15-20.

-**Elnaz Faramarzi**, Reza Mahdavi, Mohamad Mohammad zadeh, Behnam Nasiri Motlagh. *Validation of Nutritional risk index method against Patient –Generated Subjective Global Assessment in screening malnutrition in colorectal cancer patients*. Chinese Journal of Cancer Research . 2013; 25: 544-548

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Reza Mahdavi, **Elnaz Faramarzi**, Mohammad Mohammadzadeh, Jamal Ghaemmaghami, Morteza V. Jabbari . *Consequences of radiotherapy on nutritional status, dietary intake, serum zinc and copper levels in patients with gastrointestinal tract , head and neck cancer*. Saudi Medical Journal. 2007; 28: 435-440.

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-Reza Mahdavi, Sima Balaghi, Seyed Jamal Ghaem Maghami, **Elnaz Faramarzi**, Farideh Shiri, Negar Koshki zadeh. *Energy and Fluid intake among University Female Students During and after Holy Ramadan Month*. Pakistan Journal of Nutrition. 2009; 8: 96-99

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Presentation :

-Mohammadhossein Somi, Alireza Ostadrahimi, **Elnaz Faramarzi**, Amirtahaer Eftekharosadat. Which liver enzymes are good predictors of metabolic syndrome in Azar cohort population. تهران. 96. هفدهمین کنگره بیماری های گوارش و کبد ایران

-Mohammadhossein Somi, Alireza Ostadrahimi, Zeinab Nikniaz, **Elnaz Faramarzi**, Amirtahaer Eftekharosadat, Mousa Ghayour. Association between liver enzymes and risk of diabetes in Azar cohort population. تهران. 96. هفدهمین کنگره بیماری های گوارش و کبد ایران.

-الناز فرامرزی. نقش فراورده های بیوتیکی در بیماری و سلامت کودکان. غذاهای فراسودمند و مکمل پروبیوتیک در سلامت کودکان. 95. تبریز

-ماندانا رفیعی، الناز فرامرزی، زینب نیک نیاز. Is medical nutrition therapy important issue in children with cystic fibrosis? هشتمین همایش بین المللی بیماری های کودکان. 95. تهران

-الناز فرامرزی، رضا مهدوی. جایگاه طب سنتی در پیشگیری و درمان سرطان از رازی تا به امروز. همایش کشوری تغذیه و سرطان. یزد. 93.

-الناز فرامرزی، رضا مهدوی، محمد محمدزاده. بررسی روند تغییرات دریافت انرژی و درشت مغذیها در زنان مبتلا به سرطان در طول درمان با رادیوتراپی. همایش کشوری تغذیه و سرطان. یزد. 93.

-الناز فرامرزی، رضا مهدوی، محمد محمدزاده. بررسی بروز عوامل موثر بر کاهش دریافت غذا در بیماران مبتلا به سرطان پیشرفته تحت درمان با رادیوتراپی. همایش کشوری تغذیه و سرطان. یزد. 93.

-الناز فرامرزی. تغذیه و رژیم درمانی در بیماران مبتلا به سیتیک فیبروزیس. سمینار تازه های بیماری سیستمیک فیبروزیس. تبریز. 93.

-الناز فرامرزی، رضا مهدوی، محمد محمدزاده. بررسی وضعیت تغذیه ای و تغییرات وزن در زنان مبتلا به سرطان در طول درمان با رادیوتراپی. همایش کشوری تغذیه و سرطان. یزد. 93.

-**Elnaz Faramarzi**, Mohammad Mohammad-zadeh P., Reza Mahdavi, Jamal Ghaeammaghami, Behnam Nasiri Motlagh. Comparison of inflammatory factor levels in stage II colorectal cancer patients with stage III. International multidisciplinary cancer congress. 4-6 sep. 2012. Mashad.

-Samira pourmoradian, Majid Mobasseri, Reza Mahdavi, **Elnaz Faramarzi**. Effect of royal jelly supplementation on blood pressure in patients with type 2 diabetes 4th international congress on Food and Nutrition . 12-14th october 2011. Istanbul. Turkey

-Mohammad Mohammad Zadeh, Reza Mahdavi, **Elnaz Faramarzi**, Bahnam Nasirimotlagh . Nutritional status and dietary intake of patients with colorectal cancer before and after Chemoradiothera . 4th international congress on Food and Nutrition . 12-14th october 2011. Istanbul. Turkey

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-Elnaz Faramarzi, Mohammad Hossein Somi, Jalil Amirifar . Assessment of anthropometric and body composition of Helicobacter pylori infected people before and after eradication .The 11th Iranian Nutrition congress .2010 .Shiraz.Iran .

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2nd International congress of metabolic syndrome and Diabet. 2010. Zanjan.Iran

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in diabetic rabbits. International congress on Diabetes and its complications.19-21 May2009.Yazd –Iran. Iranian Journal of Diabetes and Obesity.Pre-Issue.Spring 2009.

-Mohammad Hossein Somi,**Elnaz Framarzi**. Three years experience results of ERCP in Tabriz university of Medical Sciences (ERCP ward).The Fifth FBB congress and the second Iranian Congress on PBD.Oct8-9.2008.Tehran-Iran

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-Somayeh Amin,**Elnaz Faramarzi**. The amount and form of tomato consumption in Iranian Azerbaijani families: can it provide a good deal of lycopene. 2nd international congress on food and nutrition.24-26 October.2007.Turky.

-Somayeh Amin,**Elnaz Faramarzi**. Breakfast eating habits in Tehrani adolescent girls. 2nd international congress on food andnutrition.24-26 October .2007.Turky.

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-Somayeh Hosseini , Reza Mahdavi, Nazila Farrin , **Elnaz Faramarzi**, Mitra Jafarzaedh Sarmadi . Energy ,macronutrients and micronutrients sufficiency among patients on enteral feeding in ICU Imam Khomeini hospital. The 9th Iranian Nutrition congress.4-7 Sep.2006.

Reza Mahdavi, **Elnaz Framarzi**, Mohammad Mohammadzadeh, Jamal Ghaeammaghami. Incidence of eating problems in cancer patients during radiotherapy. The 9th Iranian Nutrition congress.4-7. Sep.2006.

-Somayeh Amin , **Elnaz Faramarzi** .Nutritional status and dietary habits among Tehrani 12-15 year –old girls. The 9th Iranian Nutrition. congress.4-7 Sep.2006.

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