



Curriculum vitae

Elyas Nattagh-Eshtivani

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Educational Background

PhD in Nutrition (2018-2022)

Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad.

Topic of Thesis: The effect of propolis supplementation on inflammatory factors and oxidative status in women with rheumatoid arthritis: A double blind, placebo, controlled randomized clinical trial (Supervisor: Maryam Khosravi & Mohsen Nematy)

GPA: 18:20

Master of Science in Nutrition (2015-2018)

School of Nutrition and Food sciences, Isfahan University of Medical Sciences, Tabriz.Iran

Topic of Thesis: The effect of Coenzyme Q10 supplementation on serum levels of lactate, pyruvate, matrix metalloproteinase 9 and nitric oxide in women with migraine. A double blind, placebo, controlled randomized clinical trial (Supervisor: Ali Tarighat-Esfanjani)

GPA: 17:21

B.Sc. in and Food sciences (2010-2014)

Ferdowsi University of Mashhad. Mashhad. Iran

Skills and Experiences

- ELISA
 - Spectrophotometer
 - Statistics software (SPSS, Stata)
 - Nutrition programs (Nut 4)
 - Writing scientific articles
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- Microsoft Office (Word, Power point, Excel)
- 2 years clinical experience (Nutritionist and Dietitian)

Teaching Experiences

- Nutrition in Critically ill patients for MSc. Students (2016-2018)
- Principles in Diet Planning for MSc. Students (2016-2018)

Reviewer of scientific journals

- 1) Phototherapy Research, Elsevier, (Impact factor: 5.87); 2) International Journal of Food Properties, (Impact factor: 2.72); 3) Clinical Nutrition Research; 4) Obesity Medicine, Elsevier

Honors And Awards

- The best-talent and distinguished PhD student, Nutrition & diet therapy, Mashhad University of Medical sciences, Iran
- The person selected for the 6-month scholarship abroad.
- Top researcher of Mashhad University of Medical Sciences (2022)

Membership In Scientific Societies

- Member of Nutrition Society of Iran.
- Member of European Society for Clinical Nutrition and Metabolism (ESPEN)

Research Interests

Neuroscience (Migraine), Rheumatoid arthritis, probiotics, prebiotics, fibre and dietary interventions in gastrointestinal health and disease,

Work Style

- Independent work style as well as teamwork skills
- Interested in learning new knowledge
- Hardworking and diligent

Publications

Google scholar <https://scholar.google.com/citations?user=XifvVwEAAAJ&hl=en&oi=ao>

1. **Nattagh-Eshtivani E**, Dahri M, Hashemilar M, Tarighat-Esfanjani A. The effect of coenzyme Q10 supplementation on serum levels of lactate, pyruvate, matrix metalloproteinase 9 and nitric oxide in women with migraine. A double blind, placebo, controlled randomized clinical trial. European Journal of Integrative Medicine. **2018**; 21:70-6. (IF: 1.31)
2. **Nattagh-Eshtivani E**, Jokar M, Tabesh H, Nematy M, Safarian M, Pahlavani N, et al. The effect of propolis supplementation on inflammatory factors and oxidative status in women with Rheumatoid arthritis: Design and research protocol of a double-blind, randomized controlled. Contemporary Clinical Trials Communications. **2021**:100807. (IF: 2.226)

3. **Nattagh-Eshtivani E**, Sani MA, Dahri M, Ghalichi F, Ghavami A, Arjang P, et al. The role of nutrients in the pathogenesis and treatment of migraine headaches. *Biomedicine & Pharmacotherapy*. **2018**; 102:317-25. (IF: 6.529)
4. Alizadeh-Sani M, Hamishehkar H, Khezerlou A, Azizi-Lalabadi M, Azadi Y, **Nattagh-Eshtivani E**, et al. Bioemulsifiers derived from microorganisms: Applications in the drug and food industry. *Advanced pharmaceutical bulletin*. **2018**; 8(2):191.
5. Faghihimani Z, Namazi N, Ghaffari S, Rezaei Kelishadi M, Sharifi S, Nattagh-Eshtivani E, et al. Effects of Inulin Type-Carbohydrates on blood pressure: a systematic review and meta-analysis. *International Journal of Food Properties*. **2021**; 24(1):129-39.
6. Ghavami A, Mohammadi H, Hadi A, Ziaei R, **Nattagh-Eshtivani E**, Sheykhrabat MV, et al. Effects of coenzyme Q10 supplementation on anthropometric indices in adults: A systematic review and meta-analysis of randomized controlled trials. *International Journal of Preventive Medicine*. **2020**; 11.
7. Ghavami A, Roshanravan N, Alipour S, Barati M, Mansoori B, and Ghalichi F, et al. assessing the effect of high-performance inulin supplementation via KLF5 mRNA expression in adults with type 2 diabetes: a randomized placebo controlled clinical trial. *Advanced pharmaceutical bulletin*. **2018**; 8(1):39.
5. Ghavami A, Roshanravan N, **Nattagh-Eshtivani E**, Sharifi S, Arzhang P, Sani MA, et al. The effect of high performance inulin on appetite, energy in-take and anthropometric indices in patient with type 2 diabetes. *Progress in nutrition*. **2019**; 21:121-6.
8. Ghavami A, Ziaei R, Moradi S, Sharifi S, Reza Moravejolahkami A, Ghaffari S, et al. Potential of favorable effects of probiotics fermented milk supplementation on blood pressure: a systematic review and meta-analysis. *International Journal of Food Properties*. **2020**; 23(1):1925-40. (IF: 2.72)
9. Hadi V, Pahlavani N, Malekhamadi M, **Nattagh-Eshtivani E**, Navashenaq JG, Hadi S, et al. Nigella sativa in controlling Type 2 diabetes, cardiovascular, and rheumatoid arthritis diseases: Molecular aspects. *Journal of Research in Medical Sciences*. **2021**; 26(1):20.
10. Jandari S, Ghavami A, Ziaei R, **Nattagh-Eshtivani E**, Rezaei Kelishadi M, Sharifi S, et al. Effects of Momordica charantia L on blood pressure: a systematic review and meta-analysis of randomized clinical trials. *International Journal of Food Properties*. **2020**; 23(1):1913-24. (IF: 2.72)
11. Mohammadi H, Ghavami A, Faghihimani Z, Sharifi S, **Nattagh-Eshtivani E**, Ziaei R, et al. Effects of probiotics fermented milk products on obesity measure among adults: A systematic review and meta-analysis of clinical trials. *Journal of Functional Foods*. **2021**; 82:104494. (IF: 4.45)
12. Mohammadi K, Sani MA, **Nattagh-Eshtivani E**, Yaribash S, Rahmani J, Yancheshmeh BS, et al. A systematic review and meta-analysis of the impact of cornelian cherry consumption on blood lipid profiles. *2021. Food Science & Nutrition*. (IF: 2.86)
13. Mokari_yamchi A, Sadeghian-Sharif S, **Nattagh-Eshtivani E**, Salehi-Sahlabadi A, Ghavami A, Barati M, et al. Socioeconomic Inequality in Fruit and Vegetable Consumptions in Elderly People: A Cross Sectional Study in North West of Iran. *Nutrition and Food Sciences Research*. **2019**; 6(4):17-22.
14. Pahlavani N, **Nattagh-Eshtivani E**, Amanollahi A, Ranjbar G, Asadzadeh Aghdaei H, Gholizadeh Navashenaq J, et al. Effects of Microwave Technology on the Subcutaneous Abdominal Fat and Anthropometric Indices of Overweight Adults: A Clinical Trial. *Journal of Cosmetic Dermatology*. **2021**. (IF: 2.69)
15. Salehi-Sahlabadi A, Chhabra M, Rahmani J, Momeni A, Karam G, **Nattagh-Eshtivani E**, et al. The effect of propolis on anthropometric indices and lipid profile: a systematic review and meta-analysis of randomized controlled trials. *Journal of Diabetes & Metabolic Disorders*. **2020**:1-9.
16. Sharifi S, Talebi S, **Nattagh-Eshtivani E**, Amiri Y, Askari G. The Effect of Garlic (*Allium sativum* L) Supplementation on Circulating Adiponectin: a Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Clinical Nutrition Research*. **2021**; 10(3):257.
17. Xie M, Helmy MW, **Nattagh-Eshtivani E**, Fu Z, Helmy MM, Sani MA, et al. The role of nutrients in the pathogenesis and treatment of migraine headaches. *Biomedicine and pharmacotherapy*. **2018**; 102(1):317-25.

18. **E Nattagh-Eshtivani**, H Barghchi, N Pahlavani, M Barati, Y Amiri, A Fadel... Biological and pharmacological effects and nutritional impact of phytosterols: A comprehensive review.2022; *Phytotherapy Research* 36 (1), 299-322. (IF: 5.8).
19. F Mohseni, S Agah, N Ebrahimi-Daryani, M Taher, **E Nattagh-Eshtivani**, ...The effect of low FODMAP diet with and without gluten on irritable bowel syndrome: A double blind, placebo controlled randomized clinical trial.2022 *Clinical Nutrition ESPEN* 47, 45-50
20. P Arzhang, BP Gargari, A Bagheri, **EN Eshtivani**, A Ghavami, ... Food insecurity is associated with food diversity, depression and blood pressure among rural and urban high school students in the Kurdish population of Iran. *PROGRESS IN NUTRITION* 22 (2), 684-691
21. **Elyas Nattagh-Eshtivani**, Naseh Pahlavani , Golnaz Ranjbar, Jamshid Gholizadeh Navashenaq, AmmarSalehi-Sahlabadi..... Does Propolis Have any Effect on Rheumatoid Arthritis? A Review Study. *Food Science & Nutrition*. (IF: 2.8).
22. **Elyas Nattagh-Eshtivani**, Alireza Gheflati, Hanieh Barghchi, Pegah Rahbarinejad, Kadda Hachem, Mohammed Nader Shalaby, Walid Kamal Abdelbasset..... The role of Pycnogenol in the control of inflammation and oxidative stress in chronic diseases: Molecular aspects. *Phytotherapy Research*. (IF: 5.8).
23. Hamed Mohammadi, Karim Parastouei, Hosein Rostami, Maryam Miraghajani, Abed Ghavami, Anastasia Viktoria Lazaridi, **Elyas Nattagh-Eshtivani**. Vitamin D Supplementation in Adults with Spinal Cord Injury: A Systematic Review of Current Literature. *Journal of Nutrition and Food Security*.
24. Sara Shafaati, Seyyed Reza Sobhani, Abdolreza Norouzy, **Elyas Nattagh-Eshtivani**, Maryam Khosravi, Sara Saeedi. Effects of Sanctions on the Food Intake of Households in Razavi Khorasan Province, Iran (2017-2019). *Journal of Nutrition and Food Security*.
25. Mahmood Alizadeh Sani, Aydin Aynehchi, Meisam Barati, Abed Ghavami, **Elyas Nattagh Eshtivani**, Amin MokariYamchi, Elnaz Vaghef-Mehrabany, Mehrangiz Ebrahimi-Mameghani Investigating the effects of oryzatensin on gut microbiota growth using a novel quantitative standard curve-fitting method: an ex-vivo study. *Journal of Nutritional Sciences and Dietetics*.

Posters And Abstracts

1. **Nattagh-Eshtivani E**. Abed Ghavami, Hamed Mohammadi, Mona Maddahi. The effect of coenzyme Q10 supplementation on serum levels of lactate, pyruvate, matrix metalloproteinase 9 and nitric oxide in women with migraine. A double blind, placebo, controlled randomized clinical trial. Third International Clinical Nutrition Conference. Mashhad.Iran
2. **Elyas Nattagh-Eshtivani**, Abed Ghavami, Rahele Ziaei, Somayyeh Nattagh-Eshtivani, Sajedeh Jandari, A systematic review and meta-analysis of randomized clinical trials on the effects of *Momordica charantia* L on blood pressure. 4rd International Clinical Nutrition Congress. Mashhad.Iran
3. **Elyas Nattagh-Eshtivani**, Abed Ghavami, Pegah Rahbarinejad , Somayyeh Nattagh-Eshtivani.The effect of high-performance inulin on appetite, energy intake and anthropometric indices in patient with type 2 diabetes. 4rd International Clinical Nutrition Congress. Mashhad.Iran
4. Pegah Rahbarinejad1, Maryam Mohammadi Narab, **Elyas Nattagh-Eshtivani** .Association of omega-6/omega-3 ratio with percent of body fat among children. 4rd International Clinical Nutrition Congress. Mashhad.Iran
5. Abed Ghavami , **Elyas Nattagh-Eshtivani** , Rahele Ziaei, Farnaz Shahdadian, Gholamreza Askari.A systematic review and meta-analysis of clinical trials on the effect of synbiotics and probiotics supplementation on autoimmune disorders. 4rd International Clinical Nutrition Congress
6. Abed Ghavami, **Elyas Nattagh-Eshtivani**, Rahele Ziaei, Hamed Mohammadi, Gholamreza Askari A .systematic review and meta-analysis of randomized controlled trials on the effects of zinc

Supplementation on inflammatory biomarkers and oxidative stress in adults. 4rd International Clinical Nutrition Congress Mashhad.Iran

7. Fatemeh Mohseni , **Elyas Nattagh-Eshtivani**, Azita HekmatdoostA .Double-Blind, Placebo-Controlled Randomized Clinical Trial on the Effect of a Low FODMAP Diet with and without Gluten on Irritable Bowel Syndrome. 4rd International Clinical Nutrition Congress. Mashhad.Iran

8. Atieh Mehdizade, **Elyas Nattagh-Eshtivani**, Sara Ghodrat, Seyyedeh Fatemeh Mahdinia, Reza Rezvani Moghaddam, Hossein Bahari. Comparison of Nutrition Day Results for 2019, 2017 and 2010 in Iran: Trends and Changes, Third International Clinical Nutrition Conference. Mashhad,Iran

9. Abed Ghavami, Hamed Mohammadi, **Elyas Nattagh-Eshtivani**, Shima Sharifi. The Effect of Nettle (*Urtica Dioica*) Supplementation on The Glycemic Control of Patients with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysi. Third International Clinical Nutrition Conference.Mashhad.Iran.

10. Abed Ghavami, Hamed Mohammadi, **Elyas Nattagh-Eshtivani**, Shima Sharifi Effects of pro-/synbiotic supplementation on anthropometric and metabolic indices in overweight or obese children and adolescents: A systematic review and meta-analysis. Third International Clinical Nutrition Conference.Mashhad. Iran

References

- **Mohsen Nematy**, MD, PhD, Head of the Department of Nutrition, School of Medicine, Mashhad University of Medical Sciences- nematym@mums.ac.ir and M.Nematy02@imperial.ac.uk
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