

Curriculum vita

Name: Maryam zare

Sex: female

Nationality: Iranian

Date of Birth: 10.18.1975

Place of Birth: Isfahan-Iran

Tel: 09132275832

Education

2018-until now PhD student by research in nutrition sciences school of nutrition & food sciences

Isfahan University of medical sciences

PHD student in by research, Isfahan University, Isfahan, Iran.

1995-1999: B.Sc. (Nutritional sciences), Isfahan University of Medical Sciences.

2011-2014: M.Sc. (Nutritional sciences), Ahvaz Jundishapur University of Medical Science.

Title of PhD thesis: The assessment of qualitative properties, polyphenol and antioxidant capacity of fortified bread with pomegranate peel powder and evaluated for inflammatory and antioxidant outcomes and regulation of Glycaemia in Diabetes

Work: Working 18 years in Endocrine and Metabolism Research Center-from Jun 2000 to 2018

- **Mehr Private Clinic:** 2005

Work Experience:

- Nutritionist in Isfahan Endocrine and Metabolic Research Center, (2000-2017)
- including:
- I. Instructor of nutrition group classes for diabetic patients I, II.

- II. Individual consultation for diabetic patients type I, II including (diet prescription, anthropometric measurements, behavior modification).
- III. Co-operation in Isfahan Diabetes Prevention Program (IDPP) study.
- IV. Instructor of nutrition for nutritionist and nurses.
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Local workshops

- 1) Diet in Kidney disease, 2007, Isfahan, Iran.
- 2) Anthropometry, 2008, Isfahan, Iran.
- 3) Modeling, 2012, Isfahan, Iran.
- 4) Diabetes, 2012, Isfahan, Iran.
- 5) Lecture skill.2012, Isfahan, Iran.
- 6) Endnote, 2012, Isfahan, Iran.
- 7) Basic of diabetes Education, Gabric Diabetes, 2012, Tehran, Iran.
- 8) Elementary Meta-analysis, 2012, Isfahan, Iran.
- 9) Fish consumption and its effect in Health, 2012, Isfahan, Iran.
- 10) Critical apprising, 2013, Isfahan, Iran.
- 11) SPSS, 2013, Isfahan, Iran.
- 12) Probiotic workshop, 2013, Tehran, Iran.
- 13) Ramadan Fasting, 2014, Isfahan, Iran.
- 14) Diet therapy in diabetes, 2014, Tehran, Iran.
- 15) Cancer stomach, 2014, Isfahan, Iran.
- 16) Diet therapy in weight management, 2014, Isfahan, Iran.
- 17) Obesity Surgery, 2014, Isfahan, Iran.
- 18) Diabetes, obesity and health nutrition, 2015, Isfahan, Iran.
- 19) Medical Ethics, 2015, Isfahan, Iran.
- 20) CPR, 2016, Isfahan, Iran.
- 21) Nutrition in Digestion, 2016, Isfahan, Iran.
- 22) Nutrition in Chemotherapy, 2016, Tehran, Iran.
- 23) Skill in behavior, 2016, Isfahan, Iran.
- 24) Celiac and gluten disorders, 2016, Isfahan, Iran.
- 25) Sport nutrition, 2016, Tehran, Iran.
- 26) Supplement in Athletics, 2016, Tehran, Iran
- 27) Diet in Neurologic disease, 2017, Isfahan, Iran.
- 28) Prescribing and prescribing sports supplements, 2017, Tehran,Iran.

Prescription in nutrition and diet therapy, 2019, Isfahan, Iran.

Exercise supplements, 2019, Isfahan, Iran.

Common respiratory diseases and nutritional support in patients, 2021,vebinar.

Nutritional support in cancer patients, 2021, vebinar.

Slimming machines, 2021, Isfahan, Iran.

Teaching experiences

- 1) Nutrition and Diet therapy for Medical Doctors (2003 up to now)
- 2) Nutrition and Diet therapy for Nurses (2004 up to now).
- 3) Nutrition and Diet therapy for Nutrition Students (2008 up to now)
- 4) Diet Therapy in Diabetes for Diabetic patients and their relatives (2003 up to now).

Articles:

1. Amini M, Horri N, **Zare M**, Haghighi S, Hosseini S. M, Aminorroaya A. Hovsepian S. People with impaired glucose tolerance and impaired fasting glucose are similarly susceptible to cardiovascular disease: a study in first-degree relatives of type 2 diabetic patients. *Annals of Nutrition and Metabolism*. 2010; 56(4): 267-272.
2. Horri N, Haghighi S, Hosseini S.M, **Zare M**, Parvaresh E, Amini, M. Stressful life events, education, and metabolic syndrome in women: are they related? A study in first-degree relatives of type 2 diabetics. *Metabolic syndrome and related disorders*, 2010; 8(6): 483-487.
3. Amini M., Esmailzadeh A, Sadeghi M, Mehvarifar N, Amini M, **Zare M**. The association of hypertriglyceridemic waist phenotype with type 2 diabetes mellitus among individuals with first relative history of diabetes. *Journal of Research in Medical Sciences*, 2011; 16(2).
4. Talaei A, Amini M, Siavash M, **Zare M**. The effect of dehydroepiandrosterone on insulin resistance in patients with impaired glucose tolerance. *Hormones (Athens)*. 2010; 9(4): 326-331.
5. Amini M, Esmailzadeh A, Shafaeizadeh S, Behrooz J, **Zare M**. Relationship between major dietary patterns and metabolic syndrome among individuals with impaired glucose tolerance. *Nutrition*, 2010; 26(10): 986-992.
6. Salehidoost R, Aminorroayai A, **Zare M**, Amini M. Is uric acid an indicator of metabolic syndrome in the first-degree relatives of patients with type 2 diabetes? *Journal of Research in Medical Sciences*, 2012; 17(11).
7. Iraj B, Feizi A, Abdar-Esfahani M, Heidari-Beni M, **Zare M**, Amini M, Parsa F. Serum uric acid level and its association with cardiometabolic risk factors in prediabetic subjects. *Journal of research in medical sciences: the official journal of Isfahan University of Medical Sciences*, 2014; 19(3): 262.
8. Shishehbor F, Mohammad Shahi M, Zarei M, Saki A, , Zakerkish M, Shirani F, **Zare M**. Effects of Concentrated Pomegranate Juice on Subclinical Inflammation and Cardiometabolic Risk Factors for Type 2 Diabetes: A Quasi-Experimental Study. *International journal of endocrinology and metabolism*, 2016; 14(1).

9. Tabesh M, Noroozi A, Amini M, Feizi A, Saraf-Bank S, **Zare M**. Association of retinol-binding protein 4 with metabolic syndrome in first-degree relatives of type 2 diabetic patients. *Journal of Research in Medical Sciences: The Official Journal of Isfahan University of Medical Sciences*, 2017; 22.
10. Hammed mohammadi, mozhgan Karimifar, Zahra Heidari, Maryam Zare, Reza Amani. The effects of wheat germ supplementation on metabolic profile in patients with type 2 diabetes. *Journal phytotherapy Research*, 2019.
11. Abed Ghavami, Rahele Ziaei, Sahar Foshati, Mohammad AliHojati Kermani, Maryam Zare, Reza Aman Benefits and harms of ginseng supplementation on liver function? A systematic review and meta-analysis. *Journal Complementary therapies in clinical practice* 2020.

۱۲. نجم‌نامه محوری فر، مرضیه صادقی، لیلا آزادبخت، مریم زارع، احمد اسماعیل زاده، مسعود امینی. شیوع سندرم متابولیک و عوامل خطر متابولیکی در خویشاوندان سالم درجه یک بیماران دیابتی نوع ۲. مجله دیابت و لیپید ایران، بهار ۱۳۸۷؛ دوره ۷ (شماره ۳): صص ۳۱۴-۳۰۵.

۱۲. الهام فقیه ایمانی، مسعود امینی، حسن رضوانیان، زهرا فقیه ایمانی، علی طغیانی، مریم زارع، پیمان ادیبی اثربخشی سالیسات در کاهش قند خون افراد مبتلا به دیابت آبان ۱۳۸۸: ۵۴۲-۵۳۶.

۱۰. فریده شیشه‌بر، مجید محمدشاهی، مهرنوش ذاکرکیش، آزاده ساکی، فاطمه شیرانی، مهدی زارعی، مریم زارع. اثر رب انار بر عوامل خطر بیماری‌های قلبی - عروقی در بیماران مبتلا به دیابت نوع ۲. هفته دوم دی ماه ۱۳۹۳؛ دوره ۳۲، شماره ۳۰۹: ۱۹۵۳-۱۹۴۴.

۱۱. اکرم یزدانی، مرجان منصوریان، الهام فقیه ایمانی، مریم زارع، مسعود امینی. بررسی اثر مصرف درشت مغذی‌ها بر ابتلا به پره‌دیابت در بستگان درجه‌ی اول مبتلایان به دیابت نوع ۲. هفته دوم آبان ماه ۱۳۹۳؛ دوره ۳۲، شماره ۳۰۱: ۱۴۸۶-۱۴۷۵.

Book: Mehri Doosti Irani, Samere abdoli, Kobra Noorian, Maryam Zare, My Diabetes Story,2020.

Presentations:

- 1) Oral presentation in 9th Iranian Nutrition congress, Tabriz, Iran. 2006. Effect of consumption of bran_ contained barley and wheat bread on glycaemia.
- 2) Oral presentation in 4th International Congress of Endocrine and Metabolism, 2017.Isfahan, Iran; Nutrition in Diabetes.

Poster:

- 1) Prevalence of Metabolic Syndrome in first degree relatives of NIDDM patients, 9th Iranian Nutrition congress, 2006, Tabriz, Iran.
- 2) Relationship between major dietary patterns and metabolic syndrome among individuals with impaired glucose tolerance, 10th Iranian Nutrition congress, 2008, Tehran, Iran.
- 3) The association of hypertriglyceridemia waist phenotype with type 2 diabetes mellitus among individuals with first relative history of diabetes, 10th Iranian Nutrition congress, 2008, Tehran, Iran.
- 4) The effect of Cinnamon on Blood Glucose, weight and Blood Pressure in type 2 diabetic patient,10th Iranian Nutrition congress,2008,Tehran,Iran.
- 5) Prevalence of metabolic syndrome and metabolic risk factors in first degree relatives of type 2 diabetic patients, 10th Iranian Nutrition congress, 2008, Tehran, Iran.

Scientific Experience

- Pharmacy Technician course in Iran Pharmacists Association (2014).
- Life style course in Jihad-Daneshgahi, Isfahan, Iran (2016).
- Herbal medicine in Jihad Daneshgahi, Isfahan, Iran (2017).
- First aid in Jihad-Daneshgahi, Isfahan, Iran (2019).

Head of projects in:

- 1) "Compare of barley bread and wheat bread consumption in blood glucose in type 2 diabetes".
- 2) The assessment of RBP4 in Normal, Prediabetics and diabetics in first degree relatives of diabetic patients.

Executive manager:

- 1) Prevention of diabetes in prediabetics among first degree relatives of diabetic patients.

- 2) Macronutrient, Micronutrient and food pattern in Normal, Prediabetes and diabetes.
- 3) Prediabetes in Isfahan, Iran: Objective and study protocol,
- 4) Desig, implementation and evaluation of diabetes nurse educator course.

Research interests:

Diet, Nutrition and the prevention of Chronic Disease.

Nutrition and Metabolic Disease in particular on Diet Therapy in Diabetes Mellitus.

Nutrition in Athletics

Herbal Medicine

Traditional medicine

Interests

Climbing (Karkas mountain)

Sports

Cooperation in environmental activity

Historical monument

Skills:

Polyphenol assay

Antioxidant assay with DPPH