



School of Nutrition Sciences and Food Technology
Kermanshah University of Medical Sciences

First Name: Amir

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Personal Information

DOB: August 23th, 1982

Marital Status: Married

Nationality: Persian

Tertiary Education

- **Ph.D.**
Cellular and Molecular Nutrition
2011-2017
 - Tabriz University of Medical Sciences, Faculty of Nutrition and Food Sciences, Tabriz, Iran.
Thesis: Anticancer bioactivity evaluation of probiotic yeast secretion metabolites on different epithelial cancer cells
Supervisor: Dr. Ahmad Yari Khosroushahi
- **M. Sc.**
Health Sciences and Nutrition
2007-2011
 - School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.
Thesis: Investigation of the association between sleep duration, macronutrients intake and anthropometric indices with leptin and ghrelin hormones among children's (6-9 years old) of Tehran city
Supervisor: Dr. Kurosh Djafarian

- **B. Sc.**
Nutrition Science and Dietetics
2002-2006

- Department of Clinical Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences
Tabriz, Iran.

Academic Responsibilities

- 2021 up to now
 - Responsible for faculty affairs
 - Responsible for innovation packages in education
- 2019 up to now
 - Director of Graduate Studies
 - Responsible for the faculty promotion committee
 - Member of the educational and research council of the faculty

Key Areas of Research Expertise

- Interdisciplinary research
- Cellular and molecular nutrition
- Nutritional interventions focusing on gastrointestinal diseases
- Collaborative projects with industry in the field of nutrition and food science
- Nutrition in cancer
- Probiotics
- In-vivo and In-vitro investigations
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Skills

- **Language**
 - Persian- Turkish (mother tongue), English
- **Technical**
 - Cell biological techniques, Mammalian adherent and non-adherent cell culture, cell separation, Genomic DNA and RNA isolation, Cdna synthesis, Flow cytometry practice and analysis, Imaging techniques (Confocal fluorescent microscopy)
 - Primer Designing and PCR/Real time PCR practice and gene expression analyses
 - Genomic and transcriptomic practice and analyses
 - 2-D Electrophoresis, Southern blots, Western blot, ELISA
 - Microbiology practice and techniques
 - MTT assay
 - All kinds of cell staining
 - Analytical technologies: (HPLC, UV spectrophotometry).

- Management and working with Laboratory animals like; mice and rat.
- **Software**
 - General software: statistic soft-wares (SPSS) and other soft wares such as Windows` soft-wares, Word, Excel, PowerPoint, Photoshop, Endnote, Graph pad
 - Nutritional software: Nutritionist and DFP, Body composition analyzer soft-wares, 24 H Food recall/record analysis soft-wares, FFQ analysis soft-wares and Daily Physical Activity analysis soft-wares (MET)
 - Biological data analysis soft-ware: Most of biological soft wares, DNA Dynamo Sequence Analysis Software, APE software, CodonCode Aligner, Chem-station and etc.

Articles

- ❖ Faghfoori Z, Faghfoori MH, Saber A, Izadi A, Yari Khosroushahi A. Anticancer effects of bifidobacteria on colon cancer cell lines. *Cancer Cell International*. 2021; 21:258.
- ❖ Saadatnia S, Tiznobaik A, Saber A. The effects of psychological counseling and acupuncture based on couple therapy procedure for alleviation of vomiting and nausea in pregnant women in Iran country. *Journal of Complementary and Integrative Medicine*. 2021 May 7. doi: 10.1515/jcim-2020-0308.
- ❖ Saadatnia S, Soltani F, Saber A, Kazemi F. [The Effect of Group Counseling Based on Health Belief Model on Nutritional Behavior of Pregnant Women with Overweight: A Randomized Controlled Trial]. *Avicenna Journal of Nursing and Midwifery Care*. 2021; 29 (2): 102-112. Persian.
- ❖ Cheshmeh S, Nachvak SM, Rezvani N, Saber A. Effects of Breastfeeding and Formula Feeding on the Expression Level of FTO, CPT1A and PPAR- α Genes in Healthy Infants. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 2020; 26; 13:2227-2237.
- ❖ Faghfoori Z, Pourghassem Gargari B, Saber A, Yari Khosroushahi A. Prophylactic effects of secretion metabolites of dairy lactobacilli through downregulation of ErbB-2 and ErbB-3 genes on colon cancer cells. *European Journal of Cancer Prevention*. 2020; 29(3):201-209.
- ❖ Alizadeh M, Moludi J, Khodaei H, Saber A, Kheirouri S, Pourteymour Fard Tabrizi F, Kamari N. Recent Updates on Anti-Inflammatory and Antimicrobial Effects of Furan Natural Derivatives. *Journal of Inflammation Research*. 2020; 19; 13:451-463.
- ❖ Rahmani Barouji S, Saber A, Torbati M, Fazljou SMB, Yari Khosroushahi A. Health Beneficial Effects of Moomiaii in Traditional Medicine. *Galen Medical Journal*. 2020; 9: e1743. DOI: 10.31661/gmj. v9i0.1743.
- ❖ Abdollahzad H, Pasdar Y, Nachvak SM, Rezaeian S, Saber A, Nazari R. The Relationship Between the Dietary Inflammatory Index and Metabolic Syndrome in Ravansar Cohort Study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 2020; 21; 13:477-487.

- ❖ Saber A, Yari Khosroushahi A, Faghfoori Z, Seyyedi M, Alipour B. Molecular identification and probiotic characterization of yeasts from Iranian traditional dairies. *Nutrition progress*. 2019; 21(suppl 1): 445-457.
- ❖ Saber A, Alipour B, Faghfoori Z, Mousavi jam A, Yari Khosroushahi A. Secretion metabolites of probiotic yeast, *Pichia kudriavzevii* AS-12, induces apoptosis pathways in the human colorectal cancer cell lines. *Nutrition Research*. 2017; 41: 36-46.
- ❖ Saber A, Alipour B, Faghfoori Z, Yari Khosroushahi A. Secretion metabolites of dairy *Kluyveromyces marxianus* AS-41 isolated as probiotic, induces apoptosis in different human cancer cell lines and exhibit anti-pathogenic effects. *Journal of Functional Foods*. 2017; 34: 408-421.
- ❖ Faghfoori Z, Pourghassem Gargari B, Saber A, Seyyedi M, Yari Khosroushahi A. The investigation of the diversity of lactobacilli spp. and assessment some probiotic properties in traditional dairy products in East Azerbaijan province in Iran. *Iranian Journal of Pharmaceutical Research*. 2017; 16(4): 1538-1545.
- ❖ Saber A, Alipour B, Faghfoori Z, Yari Khosroushahi A. [Cellular and molecular effects of yeast probiotics on cancer]. *Critical Reviews in Microbiology*. 2016; 43(1):96-115.
- ❖ Saber A, Alipour B, Faghfoori Z, Yari Khosroushahi A. Prophylactic Effects of Dairy *Kluyveromyces marxianus* YAS through Overexpression of BAX, CASP 3, CASP 8 and CASP 9 on Human Colon Cancer Cell Lines. *International Journal of Biological, Biomolecular, Agricultural, Food and Biotechnological Engineering*. 2016; 10:142–152.
- ❖ Faghfoori Z, Pourghassem Gargari B, Saber A, Bagherpour H, Yari Khosroushahi A. Cellular and molecular mechanisms of probiotics effects on colorectal cancer. *Journal of Functional Foods*. 2015; 18: 463–472.
- ❖ Abbasalizad Farhangi M, Alipour B, Rezazadeh K, Ghaffary A, Eidi F, Saber A, et al. Food insecurity and its related socioeconomic and nutritional factors: evidence from a sample of the population in the northwest of Iran. *Quality Assurance and Safety of Crops & Foods*. 2014; 7: 109-113.
- ❖ Yosae S, Ansari S, Saber A, Zamani A, Mahmoudi M, Djafarian K. [The relationship between the Times Spent Watching TV and Playing Games with Fat Mass in Primary School Children]. *Journal of Mazandaran University of Medical Sciences*. 2013; 23: 222-232. Persian.
- ❖ Yosae S, Saber A, Zamani A, Khosravi A, Djafarian K. [Validation of self-reported sleep against actigraphy]. *Journal of Zanjan University of Medical Sciences*. 2013; 88: 108-119. Persian.
- ❖ Saber A, Zamani A, Jaafarian K. Factors Associated with objective Sleep pattern in school age children living in Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1820-abstract): A515-A515.
- ❖ Saber A, Zamani A, Hosseini M, Abedymanesh S, Jaafarian K. The relationship between sleep pattern and obesity in children of Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1671-abstract): A472-A473.
- ❖ Saber A, Zamani A, Hosseini M, Jaafarian K. The relationship of objective measure of sleep pattern and its association with obesity in primary school children in Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1425-abstract): A405-A406.
- ❖ Jaafarian K, Zamani A, Saber A, Hosseini M. Physical activity in primary school children of Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1458-abstract): A414-A414.

- ❖ Saber A, Hosseini SM, Zamani A, Vaezzadeh F, Djafarian K. [Sleep pattern in 6-9 years old students living in Tehran city]. *Journal of Isfahan medical school*. 2011; 29: 1347-55. Persian.
- ❖ Saber A, Ahmadi A, Khiavi F, Arpanahi SH, Djafarian K. [Opinions of clinicians towards the use of computer applications for detecting drug-food interactions]. *Journal of allied medical sciences school*. 2011; 5: 58-68. Persian.

Research Projects

2021

Lycopene-enriched protein supplement formulation for athletes
Place of approval: Technological design, Kermanshah University of Medical Sciences
Position: Principal investigator

Investigation of the effect of pistachio plant fixed oil (*Pistacia atlantica* subsp. *Kurdica*) on control of blood sugar, lipid profile, inflammatory factors and oxidative stress in people with type 2 diabetes: Double-blind randomized clinical trial
Place of approval: Kermanshah University of Medical Sciences
Position: Principal investigator

The association between dietary patterns and dietary inflammation index with infertility in women in Kermanshah: Case-Control study
Place of approval: Kermanshah University of Medical Sciences
Position: Consultant

The Association Between Dietary Inflammatory Index (DII) with Quality of Life, Severity of Disease and Inflammatory Marker in Patients with Psoriasis
Place of approval: Kermanshah University of Medical Sciences
Position: Main collaborator

2020

The association between dietary patterns and dietary inflammation index with Sarcopenia in chronic renal disease (CKD)
Place of approval: Kermanshah University of Medical Sciences
Position: Main collaborator

Effect of Propolis Supplementation on Metabolic, Hormonal, Inflammatory, Clinical and Metabolic Indices in Women with Polycystic Ovary Syndrome
Place of approval: Kermanshah University of Medical Sciences
Position: Principal investigator

The relationship between dietary indices including inflammatory and oxidative index with quality of life and severity of disease and inflammatory marker in patients with Covid -19
Place of approval: Kermanshah University of Medical Sciences
Position: Collaborator

The effects of DASH diet versus low calorie diet on anthropometric measurements, some nutritional factors, expression of some obesity related micro RNAs, serum levels of some adipokines, homocysteine, metabolic and inflammatory status, insulin sensitivity and hormonal regulation of food intake in obese adults
Place of approval: Kermanshah University of Medical Sciences
Position: Collaborator

- 2017** The investigation of anticancer bioactivity of probiotic yeasts and bacteria isolated from the dairy in rat colon cancer model
Place of approval: Biotechnology Research Center, Drug Applied Research Center Tabriz University of Medical Sciences, Iran
Position: Main collaborator
- Investigation of anticancer bioactivity of total extract of beetroot and its main constituent; Betanin, on colon cancer cell lines (Caco-2, HT-29) and comparison of its effects on normal epithelial cells (KDR)
Place of approval: Liver and Gastrointestinal Disease Research Center, Tabriz University of Medical Sciences, Iran
Position: Principal investigator
- 2016** The effect of *Saccharomyces boulardii* supernatant on Erb-2 and Erb-3 genes expression in Ccaco-2 cell line
Place of approval: Student Research Committee, Tabriz University of Medical Sciences, Iran
Position: Main collaborator
- The effect of *Lactobacillus casei* supernatant on caspase-3 and -9 genes expression in HT-29 cell line
Place of approval: Student Research Committee, Tabriz University of Medical Sciences, Iran
Position: Principal collaborator
- 2009** Investigation of the association between sleep duration, macronutrients intake and anthropometric indices with leptin and ghrelin hormones among children's (6-9 years old) of Tehran city
Place of approval: Tehran University of Medical Sciences, Iran
Position: Main collaborator
- 2008** Assessment of the Nutritional status of Khark island oil terminal staff
Place of approval: Health Faculty of Tehran University of Medical Science, Iran
Position: Main collaborator
- 2007** Study of zinc supplementation's effect on nutritional status and body composition in hepatic cirrhosis patients
Place of approval: Liver, and Gastrointestinal Disease Research Center, Tabriz University of Medical Sciences, Iran
Position: Main collaborator

Books

- 2015** • The role of nutrition in cancer, Amidi Publications, Tabriz
- 2014** • Probiotics and Cancer, Amidi Publications, Tabriz
- 2013** • Natural Antioxidants in Nutrition, Ganjineh Danes' Novin Publications, Tabriz
- 2010** • Sports nutrition, Amidi Publications, Tabriz

Inventions & Innovations

2020

- Production of lycopene-enriched protein supplement for athletes for the first time in the country

Conferences

2017

- Probiotic yeast, *Pichia kudriavzevii* AS-12, induces apoptosis via extrinsic and intrinsic pathways in the Hep-G2 human liver cancer cell line. World Congress & Expo on Biotechnology & Bioengineering, Dubai, UAE. March 27-29, 2017.
- Prophylactic Effects of Dairy *Kluyveromyces marxianus* YAS through Overexpression of BAX, CASP 3, CASP 8 and CASP 9 on Human Colon Cancer Cell Lines.
 - ✓ Selected paper for oral presentation in: The ICCPR 2017: 19th International Conference on Cancer Prognosis and Radiology, Rio de Janeiro, Brazil, February 23-24, 2017.
 - ✓ Selected paper for oral presentation: the ICMC 2017: 19th International Conference on Medicinal Chemistry, London, United Kingdom, January 19-20, 2017.
 - ✓ Selected paper for oral presentation in: The ICPFF 2016: 18th International Conference on Probiotics and Functional Foods, Miami, USA, March 24-25, 2016.

2010

- Factors associated with sleep pattern in school age children living in Tehran city. Oral presentation. 2010, II World Congress of Public Health Nutrition, Porto, Portugal.

Presentations & Published Abstracts

2016

- Molecular identification, diversity investigation, and probiotic characterization of yeasts from Iranian traditional dairies flora. Poster presentation. 2016, 2nd International & 14th Iranian Nutrition congress.

2010

- The objective measure of physical activity and time spent in watching TV with body weight status in primary school children in Tehran city. Poster presentation. 2010, II World Congress of Public Health Nutrition, Porto, Portugal.
- Factors associated with physical activity pattern in school age children of Tehran city. Poster presentation. 2010, II World Congress of Public Health Nutrition, Porto, Portugal.
- Investigation of the association between sleep pattern and obesity among primary school children of Tehran city. Poster presentation. 2010, 11th Iranian Nutrition Congress.

2008

- Investigation of fish and milk consumption on the improvement of the joint sign in rheumatoid arthritis patients. Poster presentation. 2008, National nutrition students congress, Shahid Beheshti University of Medical Sciences.

- Investigation of the relationship between breastfeeding and related disease in infants that hospitalized in Tabriz Pediatric Hospital. Poster presentation. 2008, National nutrition students congress, Shahid Beheshti University of Medical Sciences.
- PPARs: Most important protective against metabolic syndrome. Poster presentation, First Metabolic Syndrome Congress in Iran, 2008, Tabriz University of Medical Sciences.

Workshops

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| 2020 | <ul style="list-style-type: none"> • Cellular-Molecular Nutrition Workshop, Faculty of Nutrition Sciences and Food Industry Kermanshah University of Medical Sciences • Prevention and control of overweight and obesity in adults' workshop, Kermanshah University of Medical Sciences • Anti-cancer effects of probiotic yeasts in cancer cells workshop, Vice Chancellor for Food and Drug, Kermanshah University of Medical Sciences |
| 2014 | <ul style="list-style-type: none"> • English Essay Writing Principles Workshop, Student Research Committee of Tabriz University of Medical Sciences • Laboratory of Prescribing and Interpreting Laboratory Results, Iranian Nutrition Association, East Azerbaijan Branch |
| 2011 | <ul style="list-style-type: none"> • Nutrition and Cancer Workshop, Student Research Committee of Tabriz University of Medical Sciences |

Editorial Board and Reviewing Activities

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| Reviewer | <ul style="list-style-type: none"> • World Journal of Gastroenterology • International Food Research Journal • International Journal of Food Science and Biotechnology |
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Professional Memberships

- Member of Iranian Scientific Nutrition Association
- Member of Iranian Scientific Association for Food and Nutrition
- Member of Iranian Scientific Association for the Prevention and Treatment of Obesity
- Member of the International Association for the Study of Obesity
- Member of the International Association of Dietitians

Awards & Grants

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| 2014 | Award for the best young researcher in Tabriz University of Medical Sciences |
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