



# CV



## 1. PERSONAL DETAILS:

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| Full name:       | Toupchian, Omid  |
| Address:         | Health Faculty, Bojnurd, North Khorasan , I.R.IRAN, zip code |
| E-mail:          | o.toupchian@nkums.ac.ir                                      |
| Tel:             | (0098) 09383208851   |
| Birth date:      | 1985/04/21   |
| Marriage status: | Married  |

## 2. Education:

| Date     | Place  | Title | Average |
|----------|--|-------|---------|
| May 2016 | <b>Tehran University of Medical Sciences</b> , Nutrition | PhD   | 17.04   |
| Feb 2011 | <b>Tabriz University of Medical Sciences</b> , Nutrition | MS    | 17.4    |
| Feb 2007 | <b>Tabriz University of Medical Sciences</b> , Nutrition | BS    | 17.1    |

### 3. WORK & TUTORIAL EXPERIENCES:

| <b>Date</b> | <b>Title</b>        | <b>Organizer and held place</b>                                   |
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| 2017-now    | Assistant Professor | Faculty of Health , North Khorasan university of medical sciences |

### 4. PROJECTS:

| <b>Date</b> | <b>Title</b>  | <b>Organizer and held place</b>                     |
|-------------|---|---|
| 2009        | Serum resistin levels and stress in NAFLD patients  | Tabriz University of Medical Sciences, Tabriz, Iran |
| 2009        | Double-blind clinical trial in NAFLD patients: Effects of two different isocaloric energy-restricted diets  | Tabriz University of Medical Sciences, Tabriz, Iran |
| 2013        | Effects of purified DHA on effective factors on vascular thickness and intima-media smooth muscle proliferation in type 2 diabetic patients   | Tehran University of Medical Sciences, Tehran, Iran |
| 2013        | The effect of DHA-rich fish oil supplement on PPAR $\gamma$ signaling pathway related to lipid metabolism in PPAR $\gamma$ Pro12Ala genetic variants of patients with type 2 diabetes | Tehran University of Medical Sciences, Tehran, Iran |

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| 2014 | Relationship between sleep and dietary patterns with quality of life in elderly people covered by health centers in zone 5 in Tehran city.  | Tehran University of Medical Sciences, Tehran, Iran     |
| 2016 | The effect of DHA supplementation on serum levels of Apo CIII, Apo B48, Apo AI and Apo AII in type 2 diabetic patients,   | Tehran University of Medical Sciences, Tehran, Iran     |
| 2016 | The effect of DHA-enriched fish oil on the expression levels of p53, p21, NF-KB in PBMC of T2DM patients  | Tehran University of Medical Sciences, Tehran, Iran     |
| 2017 | Combinative effect of DHA-enriched fish oil and candidate SNPs related to obesity, lipid metabolism and diabetes on changes of biochemical and anthropometric parameters in T2DM patients who received DHA-purified fish oil or placebo | Research Institute for Endocrine Sciences, Tehran, Iran |
| 2018 | Investigation the prevalence of food insecurity and its related factors in households Bojnourd in 2018  | North Khorasan University of Medical Sciences           |
| 2019 | Effect of zinc supplementation on anthropometric measurements and body composition: a systematic review and meta-analysis of randomized controlled clinical trials  | North Khorasan University of Medical Sciences           |

## 5. PUBLICATIONS:

### 5.1. Articles:

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| <p>Zeinab Naeini, Omid Toupchian, Akram Vatannejad, Gity Sotoudeh, Maryam Teimouri, Mostafa Ghorbani, Ensieh Nasli-Esfahani, Fariba Koohdani: <i>Effects of DHA-enriched fish oil on gene expression levels of p53 and NF-<math>\kappa</math>B and PPAR-GAMMA activity in PBMCs of T2DM patients: A randomized, double-blind clinical trial.</i> Nutrition, Metabolism and Cardiovascular Diseases 2019</p>   |
| <p>Shima Abdollahi, Amin Salehi-Abargouei, Omid Toupchian, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Masoud Rahmanian, Mahtab Tabatabaie, Hassan Mozaffari-Khosravi: <i>The Effect of Resveratrol Supplementation on Cardio-Metabolic Risk Factors in Patients with Type 2 Diabetes: A Randomized, Double-Blind Controlled Trial.</i> Phytotherapy Research. 2019</p>   |
| <p>Shima Abdollahi, Amin Salehi-Abargouei, Mahtab Tabatabaie, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Masoud Rahmanian, Omid Toupchian, Elham Karimi-Nazari, Hassan Mozaffari-Khosravi: <i>The effect of resveratrol supplementation on the expression levels of factors associated with cellular senescence and sCD163/sTWEAK ratio in patients with type 2 diabetes mellitus: study protocol for a double-blind controlled randomised clinical trial.</i> BMJ Open 2019</p> |
| <p>Shima Abdollahi, Omid Toupchian, Ahmad Jayedi, David Meyre, Vivian Tam, and Sepideh Soltani: <i>Zinc Supplementation and Body Weight: A Systematic Review and Dose-Response Meta-analysis of Randomized Controlled Trials.</i> Adv Nutr 2019</p>   |
| <p>Toupchian O, Sotoudeh G, Mansoori A, Abdollahi Sh, Keshavarz SA, Djalali M, Nasli-Esfahani E, Alvandi E, Chahardoli R, Koohdani F: <i>DHA-enriched fish oil upregulates cyclin-dependent kinase inhibitor 2A (P16INK) expression and downregulates telomerase activity without modulating effects of PPAR<math>\gamma</math> Pro12Ala polymorphism in type 2 diabetic patients: A randomized, double-blind, placebo-controlled clinical trial.</i> Clinical nutrition. 2016.</p> |
| <p>Abdollahi Sh, Toupchian O, Azam K, Rahmati M, Honarkar Shafie E, Djafarian K: <i>Association Between Objectively Sleep Pattern and Obesity in the Elderly.</i> International Journal of Health Studies. 2016; 2(2): 4-8.</p>   |

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| <p>Abdollahi Sh, Toupchian O, Rahmati M, Honarkar Shafie E, Djafarian K: <i>The association between obesity and quality of life among the elderly</i>. International Journal of Health Studies. 2016; 2(2): 17-22</p>  |
| <p>Toupchian O, Mansoori A, Sotoudeh G, Djalali M, Keshavarz SA, Nasli-Esfahani E, Alvandi E, Koohdani F: <i>Effects of DHA supplementation on vascular function, Telomerase Activity in PBMC, expression of inflammatory cytokines, and PPAR<math>\gamma</math>- LXR<math>\alpha</math>-ABCA1 pathway in patients with type 2 diabetes mellitus: study protocol for a randomized controlled clinical trial</i>. Acta medica Iranica. 2016; 54(7): 410-7</p>           |
| <p>Toupchian O, Sotoudeh G, Mansoori A, Nasli-Esfahani E, Djalali M, Keshavarz SA, Koohdani F: <i>Effects of DHA-enriched fish oil on monocyte/macrophage activation marker sCD163, asymmetric dimethyl arginine (ADMA), and insulin resistance in type 2 diabetic patients</i>. Journal of Clinical Lipidology. 2016; 10(4): 798-807</p>  |
| <p>Mansoori A, Sotoudeh G, Djalali M, Eshraghian MR, Keramatipour M, Nasli-Esfahani E, Shidfar F, Alvandi E, Toupchian O, Koohdani F: <i>Docosahexaenoic Acid-Rich Fish Oil Supplementation Improves Body Composition without Influence of the PPAR<math>\gamma</math> Pro12Ala Polymorphism in Patients with Type 2 Diabetes: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial</i>. Journal of Nutrigenetics and Nutrigenomics. 2015; 8(4-6):195-204</p> |
| <p>Honarkar Shafie E, Taheri F, Dorosty AR, Abdollahi Sh, Toupchian O: <i>Food security status, Intelligence Quotients and associated factors in village of Qehi, Esfahan</i>. Journal of Nutritional Sciences and Dietetics 2016. 2(1)</p>  |
| <p>Zeinali F, Asadi Samani H, Toupchian O, Abdollahi Sh, Samadi M: <i>A Review of the Relationship between Dietary Glycemic Index and Glycemic load and Type 2 Diabetes</i>. Journal of Nutrition and Food Security 2016; 1(1): 73-79</p>  |
| <p>Toupchian O, Abdollahi Sh, Samadi M, Zeinali F, Honarkarshafie E, Farsad AR, Norouzi A: <i>Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters</i>. Journal of Nutrition and Food Security 2016; 1(1): 63-71</p>   |

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| <p>Abdollahi Sh, Zeinali F, Azam K, Toupchian O, Djafarian K: <i>Identifying Major Dietary Patterns Among the Elderly in Tehran Health Homes</i>. Jundishapur Journal of Health Sciences 2015; 7(4):26-34</p>   |
| <p>Mansoori A, Sotoudeh G, Djalali M, Eshraghian MR, Keramatipour M, Nasli-Esfahani E, Shidfar F, Alvandi E, Toupchian O, Koohdani F: <i>Effect of DHA-Rich Fish Oil on PPARγ Target Genes Related to Lipid Metabolism in Type 2 Diabetes: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial</i>. Journal of Clinical Lipidology. 2015; 9(6): 770-7</p> |
| <p>Abdollahi Sh, Arefhosseini SR, Karimi S, Toupchian O, Ebrahimi-Mameghani M, Vahed Jabbari M: <i>Association of Serum Leptin with Obesity Indices, Metabolic Profile and Dietary Intakes Among Normal Weight Young Subjects</i>. Advances in Environmental Biology. 2014; 8(17):413-8</p>   |

**5.2. Poster Presentations:**

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| <p>Toupchian O, Farsad AR, Ebrahimi-Mameghani M, Comparison of obesity indices with each other and their association with lipid profile and fasting blood sugar, The First Iranian Congress of Metabolic Syndrome, 2008</p>                                  |
| <p>Toupchian O, Farsad AR, Ebrahimi-Mameghani M, Study on the components of Met-S metabolic in obese patients, The First Iranian Congress of Metabolic Syndrome, 2008</p>  |
| <p>Farsad AR, Toupchian O, Ebrahimi-Mameghani M, Nurmohammadi M, Knowledge and attitude about the role of nutrition in Met-S among outpatients in Sheikholraees Sub-Specialized Clinic of Tabriz, The First Iranian Congress of Metabolic Syndrome, 2008</p> |
| <p>Farsad AR, Toupchian O, Ebrahimi-Mameghani M, Knowledge and attitude about CVD risk factors and their association with lipid profile, The First Iranian Congress of Metabolic Syndrome, 2008</p>  |

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| Toupchian O, Farsad AR, Ebrahimi-Mameghani M, Nurmohammadi M, Comparison of concordance in Met-S prevalence based on definitions of NCEP-ATPIII and IDF among outpatients in Sheikholraees Sub-Specialized Clinic of Tabriz, 10th Iranian Nutrition Congress, 2008.                    |
| Farsad AR, Toupchian O, Ebrahimi-Mameghani M, Correlation between lipid profile and glycosylated hemoglobin and obesity indices, 10th Iranian Nutrition Congress, 2008.  |
| Toupchian O, Ebrahimi-Mameghani M, Arefhosseini SR, Khosh Baten M, Hagh Ravan S, Correlation between serum levels of resistin with anthropometric parameters in NAFLD patients, 11th Iranian Nutrition Congress, 2010.   |
| Arefhosseini SR, Ebrahimi-Mameghani M, Karimi S, Toupchian O, Vahed Jabbari M, Karam Zadeh N, Emphasis of Regression analysis on effects of leptin (as a circulating peptide hormone) on the risk factors of atherosclerosis in young Iranians, 11th Iranian Nutrition Congress, 2010. |
| Arefhosseini SR, Ebrahimi-Mameghani M, Toupchian O, Maralani M, Resistin, Macronutrients and NAFLD, 11th Iranian Nutrition Congress, 2010.   |
| Toupchian O, Rashid J, Ebrahimi-Mameghani M, Arefhosseini SR, Hagh Ravan S, Factors predictive of non-alcoholic fatty liver disease (NAFLD), 11th Iranian Nutrition Congress, 2010   |

## 6. ADDITIONAL INFORMATION

### 6-1: Professional Affiliations

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| Department of Nutrition and Public Health, School of Health, North Khorasan University of Medical Sciences, Bojnurd, Iran, 2018- Present |
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Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran, 2010-2018

Health and Nutrition faculty, Tabriz University of Medical Sciences, 2007-2010

### **6-2: Dissertation (PhD)**

Effects of purified DHA on effective factors on vascular thickness and intima-media smooth muscle proliferation in type 2 diabetic patients, Tehran University of Medical Sciences, Tehran, Iran

**Advisors:** Dr. Fariba Koohdani & Dr. Giti Sotoudeh

**Consultants:** Dr. Seyed Ali Keshavarz, Dr. Mahmoud Djalali, *Dr. Ensieh Nasli Esfahani*