

Curriculum Vita

(A) Personal information

Name: Maryam

Surname: Safahani

Date of Birth: 17 Sep, 1980

Place of Birth: Sari

Marital status: Married

Nationality: Iranian

First Language: Persian (Farsi)

Address: Biotechnology incubator, Shiraz University of Medical Sciences, Shiraz, IRAN.

E-mail: maryamsafahani@yahoo.com

Current Position: Researcher

(B) Educational Background

2012-2018 Ph.D. in Nutrition, at **Tehran** University of Medical Sciences, Tehran, Iran

Thesis title: Comparison of the effect of high-fat and chow diet containing resveratrol with calorie restriction diet on neurogenesis and cell death in hypothalamus of high fat- fed mice.

2003-2006 MSc in Nutrition at Ahvaz University of Medical Sciences, **Ahvaz**, Iran

Thesis title: Effects of soy meal ($\pm$ isoflavone) on spatial learning and memory in an ovariectomized animal model of Alzheimer's disease.

1998-2003 BSc in Nutrition at **shahid Beheshti** University of Medical Sciences, Tehran, Iran

1997 Diploma in Experimental Sciences at Ghods High School, Tehran, Iran

(C) Employments and Professional Background

2006-2008 Dietitian, Namazi Hospital, Shiraz, Iran.

2008-2009 Dietitian, Faghihi Hospital, Shiraz, Iran.

2009-2011 Nutritionist, Community Nutrition Improvement unit, Health Department of Tehran University of Medical Sciences, Tehran, Iran.

2013-2015 Researcher, Shefa neuroscience research center, Tehran, Iran.

2018-2019 Teaching for BSc students in nutrition, Sepidan bagheroloom Health Higher Education College, Shiraz University of Medical Sciences, Shiraz, Iran

Since 2019 Researcher, Biotechnology incubator, Shiraz University of Medical Sciences, Shiraz, Iran

(D) Publications

D-1) Research articles

1. **Maryam Safahani**, Hadi Aligholi, Farshid Noorbakhsh, Mahmoud Djalali, Hamideh Pishva, Sayed Mostafa Modarres Mousavi, Leila Alizadeh, Ali Gorji, Fariba Koohdani. "Switching from high-fat diet to foods containing resveratrol as a calorie restriction mimetic changes the architecture of arcuate nucleus to produce more newborn anorexigenic neurons". European Journal of Nutrition. (2018): 1-15.
2. **Maryam Safahani**, Hadi Aligholi, Farshid Noorbakhsh, Mahmoud Djalali, Hamideh Pishva, Sayed Mostafa Modarres Mousavi, Fatemeh Alipour, Ali Gorji, Fariba Koohdani. "Resveratrol promotes the arcuate nucleus architecture remodeling to produce more anorexigenic neurons in high-fat-diet-fed mice". Nutrition. (2018): 50, 49-59.
3. Sajad Sahab Negah, Hadi Aligholi, Zabihollah Khaksar, Hadi Kazemi, Sayed Mostafa Modarres Mousavi, **Maryam Safahani**, Parastoo Barati Dowom, Ali Gorji. Survival, proliferation, and migration of human meningioma stem-like cells in a nanopeptide scaffold. Iranian journal of basic medical sciences. (2016): 19 (12), 1271.

4. H Aligholi, **M Safahani**. Experimental models of brain injury. The Neuroscience Journal of Shefaye. (2015): 3(2): 69-76.
5. Aligholi Hadi, **Maryam Safahani**, Alireza Sarkaki, and Reza Amani. "Protective Effect of Soy on Movement Disorders Induced by Parkinson Disease in Ovariectomized Animal Model." *The Neuroscience Journal of Shefaye Khatam*1, no. 3 (2013): 5-10.
6. Aligholi H, **Maryam Safahani**, Sarkaki A, badavi M, Zand Moghadam A. Preventive Effect of Different Doses of Soy ($\pm$ Isoflavone) on Dementia Associated with parkinson's Disease in an Ovariectomized Animal Model[Farsi].Shefae khatam.2012;1:22-27
7. **Maryam Safahani** , Reza Amani, Hadi Aligholi, Alireza Sarkaki, Mohammad Badavi, Ahmad Zand Moghaddam , M.Hosein Haghighizadeh. Effect of Different Doses of Soy Isoflavones on Spatial Learning and Memory in Ovariectomized Rats. Basic and Clinical Neuroscience. 2011. 2(4):12-18 (**MSc thesis**).
8. Sarkaki A, Amani R, Badavi M, **Maryam Safahani**, Aligholi H. Effect of Ovariectomy on Reference Memory Version of Morris Water Maze in Young Adult Rats. Iran Biomed J. 2008 Apr;12(2):123-8 (**MSc thesis**).
9. Sarkaki A, Amani R, Badavi M, Moghaddam AZ, Aligholi H, **Maryam Safahani**, Haghighizadeh MH. Pre-treatment effect of different doses of soy isoflavones on spatial learning and memory in an ovariectomized animal model of Alzheimer's disease. Pak J Biol Sci. 2008 Apr 15;11(8):1114-9. (**MSc thesis**).

D-2) Review articles

- 1- H Aligholi, **M Safahani**, AA Asadi-Pooya. Stem cell therapy in patients with epilepsy: A systematic review. Clinical Neurology and Neurosurgery.

(2021): 200, , 106416.

- 2- **M Safahani**, H Aligholi, AA Asadi-Pooya. Management of antiepileptic drug-induced nutrition-related adverse effects. *Neurological Sciences*, (2020): 41, 3491–3502.
- 3- Sahab Negah, Sajad, Zabihollah Khaksar, Hadi Kazemi, Hadi Aligholi, Maryam Safahani, Mostafa Modarres Mousavi, and Shahin Mohammad Sadeghi. "The Role of Dopamine Receptors during Brain Development." *The Neuroscience Journal of Shefaye Khatam* 2, no. 3 (2014): 65-76.

۴- مریم صفاهانی، هادی علیقلی. حمایت‌های تغذیه ای در صدمات مغزی. شفای خاتم. ۱۳۹۱.

D-3) Submitted articles:

- 1- Hypothalamic anti-obesity effects of resveratrol in terms of cell damage, astrogliosis and the pool of neural stem cells as the **first author** in Basic and Clinical Neuroscienc.
- 2- Comparison of the modulatory effects of resveratrol and calorie restriction diet on hypothalamic cell damage, astrogliosis and the pool of neural stem cells in obese mice via diet-switching manner as the **first co-author** in clinical nutrition ESPEN.

D-4) Books:

۱. مروری بر پیوند کبد (تالیف)

۲. تغذیه دانش آموز در خانه و مدرسه (تالیف)

۳. طراحی و تالیف کتابچه های تغذیه کودکان در سنین مختلف جهت استفاده در مراکز بهداشتی

تابعه دانشگاه علوم پزشکی تهران

D-5) Abstracts and Presentations

1. Your genetic map and hypothalamic architecture determine your body weight. Invited speaker and made an **oral presentation** as **invited speaker** at 3th International and 15 th Iranian Nutrition Congress. Tehran. Iran. 2018.
2. Pre-treatment effect of different doses of soy isoflavones in the ovariectomized rat model of Parkinson's disease. Presented at the 19th Iranian Cogress of Physiology and Pharmacology. Mashhad, Iran, November 2009.
3. The effect of different doses of soy ($\pm$ isoflavones) on the dementia of Parkinson's disease in ovariectomized rats. Presented at the 18th Iranian Cogress of Physiology and Pharmacology. Mashhad, Iran, August 2007.
4. The effect of different doses of soy ($\pm$ isoflavones) on the dementia of Alzimer's disease in ovariectomized rats. Presented at the 18th Iranian Cogress of Physiology and Pharmacology. Mashhad, Iran, August 2007.
5. Pre-treatment effect of different doses of soy isoflavones on spatial learning and memory in the ovariectomized rat model of Parkinson's disease. Presented at the 9th Cogress of Nutrition. Tabriz, Iran, August 2006.
6. Treatment effect of different doses of soy isoflavones on spatial learning and memory in the ovariectomized rat model of Parkinson's disease. Presented at the 9th Cogress of Nutrition. Tabriz, Iran, August 2006.
7. Effects of different doses of soy isoflavones on learning and spatial memory in ovariectomized rats. Presented at the 9th Cogress of Nutrition. Tabriz, Iran, August 2006.
8. Effects of different doses of soy isoflavones on postmenopausal body weight in ovariectomized rats. Presented at the 9th Cogress of Nutrition. Tabriz, Iran, August 2006.
9. The relationship between calcium intake and body mass index and blood lipids in adult women. Presented at the 9th Cogress of Nutrition. Tabriz, Iran, August 2006.

D-6) Work shop presentations

1. Experimental models of spinal cord injury. **Workshop presentation** at 2th international congress of neurotrauma. Tehran. Iran. 2015.
2. WHO standards for growth and nutrition in children. Tehran. Iran.2010
3. Promoting community culture and nutrition literacy and improving lifestyles. 13 workshops. Tehran. Iran. 2011.
4. Improving the quality of community nutrition programs. Tehran. Iran.2012.
5. Public nutrition education and training. Tehran. Iran.2011.
6. Iron supplementation. Tehran. Iran.2011.
7. Nutrition in pregnancy. Tehran. Iran.

(E) Honors

Talent student according to the PhD entrancing exam in 2012

(F) Research skills

- Adipose tissue studies
- Animal model of obesity
- Animal models of Parkinson's disease
- Animal models of Alzheimer's disease
- Cognitive tests (Morris Water Maze, Shuttle box, T maze, ...)
- Stereotactic surgery in rats
- Study about neurogenesis
- Immunocytochemistry
- Immunohistochemistry
- Real time PCR

(G) Teaching Experience

- Essential Nutrition 1
- Essential Nutrition 2
- Nutritional assessment
- Principals of diet planning

- Diet therapy in upper and lower gastrointestinal diseases
- Diet in special conditions (elderly, athletes, vegetarians, cognitive disables ,...)
- Nutritional requirements in different cycles of life

(H) Membership

- Shefa Neuroscience Research Center, Tehran, Iran

(I) Medical Journalism

- Editorial review board member, Journal of Shefaye khatam , Tehran, Iran.