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1. PERSONAL DETAILS:

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	Tehran University of Medical Sciences , Nutrition	PhD	17.04
Feb 2011	Tabriz University of Medical Sciences , Nutrition	MS	17.4
Feb 2007	Tabriz University of Medical Sciences , Nutrition	BS	17.1

3. WORK & TUTORIAL EXPERIENCES:

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

4. PROJECTS:

Date	Title	Organizer and held place
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 γ signaling pathway related to lipid metabolism in PPAR γ Pro12Ala genetic variants of patients with type 2 diabetes	Tehran University of Medical Sciences, Tehran, Iran

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:

<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-κB 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 PPARγ 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>

<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 PPARγ- LXRα-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 PPARγ 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>

<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:

<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>

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

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*