



Sabzevar University of Medical Sciences, Faculty of Medicine

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PERSONAL INFORMATION

Name: *Akram*

Surname: *Kooshki*

Date of Birth: *1977, Sabzevar, Iran*

Marriage status: *Married*

EDUCATIONAL BACKGROUND

Ph.D. *Nutrition, (2009)*

[Shahid Beheshti University of Medical Sciences](#), (SBMU), School Of Nutrition & Food Technology , Department Of Human Nutrition, Tehran, Iran

M.Sc. *Nutrition, (2002)*

[Shahid Beheshti University of Medical Sciences](#), (SBMU), School Of Nutrition & Food Technology , Department Of Human Nutrition, Tehran, Iran

B.Sc. *Nutrition, (1998)*

[Shahid Beheshti University of Medical Sciences](#), (SBMU), School Of Nutrition & Food Technology , Department Of Human Nutrition, Tehran, Iran

High-school : *Experimental Sciences Diploma, (1994)*

Ansarifard High School, Sabzevar, Iran.



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PhD. THESIS TITLE

“Effects of Omega- 3 fatty acid supplement on blood vascular and systemic inflammation markers, oxidative stress ,hematologic indices and Lp(a) in hemodialysis patients”

(Supervisor: Dr. Forogh Azam Taleban)

MSc. THESIS TITLE

"The effect of Damavand mineral water on blood pressure and lipid profiles in hypertensive men"

(Supervisor: Azadeh Aminpour, Mahin Azar)

MOST IMPORTANT POSTS HELD

Head group of Nutrition & Biochemistry Department, Faculty of Medicine, Sabzevar University of Medical Sciences. 2013- Continued.

RESEARCH ACTIVITIES

1. *The relationship between water hardness and blood pressure in village of sabzevar (Research Project, Completed).*
2. *Assessment of energy and nutrients intake in pregnancy women (Research Project, Completed).*
3. *Association between breastfeeding and refractive defects of eye in elementary students Research Project, Completed).*
4. *Determine of percentiles of anthropometric indexes in children under two years (Research Project, Completed).*
5. *Association between macro and micro-nutrients and PIH in pregnancy women (Research Project, Completed).*
6. *Association between calcium and BMI in Vaseei hospital staffs (Research Project, Completed).*
7. *The relationship between the Antioxidants intake and blood indices of the children with thalassemia in Sabzevar and Mashad (Research Project, Completed).*
8. *Effects of Marine Omega-3 Fatty Acids on Serum Systemic and Vascular Inflammation Markers and Oxidative Stress in Hemodialysis Patients (Research Project, Completed).*



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9. *Comparison of the Effects of Marine Omega-3 Fatty Acids and ibuprofen on primary dysmenorrhea (Research Project, Completed).*
10. *Effects of Probiotic on Inflammatory Markers in Patients with Type 2 Diabetes Mellitus (Research Project, Completed).*
11. *Food Groups consumption and Macro and Micro-Nutrients Intake among Primary School Students in Torosk Village of Sabzevar (Research Project, Completed).*
12. *Epidemiologic surveys of breast cancer in Sabzevar (Research Project, Completed).*
13. *Effect of topical application of Nigella sativa oil on dysmenorrhea and premenstrual syndrome in girl students (Research Project, Completed).*
14. *Effect of topical application of Nigella sativa oil and oral acetaminophen on pain in elderly with knee Osteoarthritis (Research Project, Completed).*
15. *The effect of Probiotic supplementation on anthropometric indexes, inflammatory and antioxidant factors in hemodialysis patients (Research project, Completed)*
16. *The effect of Nigella- Sativa oils on serum lipid profiles, inflammatory and antioxidant factors in hemodialysis patients (Research project, Completed)*
17. *The effect of Nigella sativa supplementation on serum lipid profiles, inflammatory factors in diabetic patients (Research project, in progress)*
18. *The effect of Allovera supplementation on serum lipid profiles, inflammatory and antioxidant factors in hemodialysis patients (Research project, in progress)*
19. *The effect of Curcumin supplementation on serum lipid profiles, inflammatory factors in hemodialysis patients (Research project, completed)*
20. *The Effect of Fenugreek Seeds on Gastric Residual Volume and Respiratory Aspiration in Patients with Mechanical Ventilation (Research project, completed)*
21. *The association between energy and nutrients intake with High sensitivity C-reactive protein (hs-CRP) in elderly of Sabzevar nursing homes (Research project, completed)*

CONFERENCE PARTICIPATION

- 1- Tofighiyan, **kooshki** et.al. *Prioritization criteria for effective teaching from the perspective of students and faculty members of Sabzevar University of Medical Sciences. **The 14th National Medical Educational congress. Tehran university of Medical Sciences(2013; poster presentation)***
- 2- **kooshki** et.al. *Parameters of capable educator of perspective of students of Sabzevar University of Medical Sciences. **The 14th National Medical Educational congress. Tehran university of Medical Sciences(2013; poster presentation)***
- 3- **kooshki** et.al. *Effect of milk consumption on blood pressure. **First international congress of hypertension . Isfahan Center of research of cardiovascular diseases (2011; Oral presentation)***
- 4- **kooshki** et.al. *Phytochemical and hypertension. **First international congress of hypertension . Isfahan Center of research of cardiovascular diseases (2011; poster presentation)***



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- 5- **kooshki** et.al. Assessment of olive in Islam and modern medicine. **The Conference of Quran and health. Mazandran university of Medical Sciences(2011; poster presentation)**
- 6- **kooshki** et.al. Assessment of Pomegranate in Islam and modern medicine. **The Conference of Quran and health. Mazandran university of Medical Sciences(2011; poster presentation)**
- 7- **kooshki** et.al. Assessment of garlic in Islam and modern medicine. **The Conference of Quran and Medicine. Sabzevar university of Medical Sciences(2011; poster presentation)**
- 8- **kooshki** et.al. Assessment of MDF status in elementary students and relationship with its nutrition. **The 11th Iranian Nutrition Congress. Shiraz university of Medical Sciences(2010; poster presentation)**
- 9- **kooshki** et.al. Probiotic and cardiovascular diseases. **The 5th Iranian international Heart Surgery. Tehran university of Medical Sciences (2007; Oral presentation)**
- 10- **kooshki** et.al. Antioxidants and Congestive heart failure. **The 1th Iranian international Heart Failure. Tehran university of Medical Sciences (2006; poster presentation)**
- 11- **kooshki** et.al. Assessment of food pattern in pre-school children compared to food guide pyramid. **The 9th Iranian Nutrition Congress. Tabriz university of Medical Sciences(2006; poster presentation)**
- 12- **kooshki** et.al. Importance of Phytosterols in human nutrition. **The Congress of human, environment and healthy life. Sabzevar university of Medical Sciences(2006; Oral presentation)**
- 13- **kooshki** et.al. The role of mineral waters in prevention of cardiovascular diseases. **The 7th Iranian Nutrition Congress. Gillian university of Medical Sciences(2002; Oral presentation)**
- 14- **kooshki** et.al. Effect of Damavand mineral water on lipid profiles in hypertensive men. **The 1th Non-communicable diseases congress. Iran university of Medical Sciences(2002; poster presentation)**
- 15- **kooshki** et.al. Diet therapy in cystic fibrosis. **Seminar" Role of nutrition in health promotion and clinical application". Shaheed Beheshti university of Medical Sciences(2001; poster presentation)**
- 16- **kooshki** et.al. Hemocystein and nervous diseases. **Seminar" Role of nutrition in health promotion and clinical application". Shaheed Beheshti university of Medical Sciences(2001; poster presentation)**

PUBLICATIONS

1. **Kooshki A**, etal. *The Relationship between Macronutrient Intake and Women's Abdominal Obesity in Sabzevar, Iran.* **JNFS 2018;3(3) :123-129**
2. Hajinezhad M, **Kooshki A** (corresponding author) etal. *INVESTIGATING THE EFFECT OF CURCUMIN SUPPLEMENT CONSUMPTION ON SYSTEMATIC INFLAMMATION IN HEMODIALYSIS PATIENTS.* **Int. J. Life Sci. Pharma Res. 2018 Oct; 8(4): 39-47**
3. **Kooshki A**, etal. *Nutritional intake and its association with educational achievement in high-school students in Islamic Republic of Iran.* **EMHJ 2018; 24 (6): 354-359**



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5. Zarghi A, **Kooshki A** (corresponding author) etal. *Effects of fenugreek seed powder on stress-induced hyperglycemia and clinical outcomes in critically ill patients: A randomized clinical trial. Biomedical Research and Therapy 2018; 5(9):2664-2670*
6. Zarghi A, **Kooshki A** (corresponding author) etal. *Prebiotic prophylaxis of ventilator-associated pneumonia: A randomized clinical trial. Biomedical Research and Therapy 2018, 5(5):2287-2295*
7. Zarghi A, **Kooshki A** (corresponding author) etal. *Effects of fenugreek seed powder on enteral nutrition tolerance and clinical outcomes in critically ill patients: A randomized clinical trial. Biomedical Research and Therapy 2018, 5(7): 2528-2537*
8. **Kooshki A**, etal. *Effect of Synbiotic Supplementation on Serum Systemic Inflammatory Marker and Serum Albumin in Patients Admitted to ICU. J probiotics & Health 2017, Volume 5 • Issue 2 • 1000176*
9. Javan R, **Kooshki A**, etal. *Herbal Appetizer for Children with Failure to Thrive (FTT) in View of Traditional Persian Medicine: A Review. Int J Pediatr 2017, Vol.5, N.12, Serial No.48, Dec. 2017*
10. Javan R, **Kooshki A**, etal. *Effectiveness of supplementary blended flour based on chickpea and cereals for the treatment of infants with moderate acute malnutrition in Iran: A randomized clinical trial. Electronic Physician December 2017, Volume: 9, Issue: 12, Pages: 6078-6086*
11. Sarchahi Z, **Kooshki A**, etal. *The association between macronutrients intake with High sensitivity C-reactive protein (hs-CRP) in elderly of Sabzevar nursing homes. Iranian Journal of Nutrition Sciences & Food Technology 2017; 12(2)*
12. **Kooshki A**, etal. *Effect of synbiotic supplementation on weight, body mass index and blood sugar in type II diabetic patients. Journal of Research & Health 2017; 7(2):771-776*
13. Hosseinzadeh, Hejazi, **Kooshki A** . *Comparative Study of Dietary Pattern in Patients with and without Hypertension. J Biomed 2016 December;1(4):17*
14. **Kooshki A**, etal. *Relationship Between DMF Index and Food Intake in Elementary Students (Sabzevar, Iran). J Biomed 2016 December;1(4):e9432*
15. **kooshki A** , etal. *Medicine Students Reasons for Choosing Medicine as a Career and Changes in Their Motivation During the Course. J Biomed 2016june;1(2):e5987*
16. Shirzad E, **Kooshki A**(Corresponding Author) , etal. *The relationship between breastfeeding and measurements of refraction and visual acuity in primary school. Breastfeeding Medicine 2016; 11(5) 2016*
17. **Kooshki A** , etal. *Effect of Topical Application of Nigella Sativa Oil and Oral Acetaminophen on Pain in Elderly with Knee. Electronic Physician November 2016; Volume: 8, Issue: 11, Pages: 3193-3197*



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18. **Kooshki A**, et al. *Study of fruit and vegetable intake in breast cancer patients. Electronic Physician September 2016, Volume: 8, Issue: 9, Pages: 3011-3014,*
19. Tofighiyan T, **Kooshki A**(Corresponding Author), et al. *The Effects of Probiotic On Serum Lipid Profiles in Patients with type 2 Diabetes Mellitus: A Randomized Clinical Trial. Journal of Food and Nutrition Research, 2016, Vol. 4, No. 12, 795-798*
20. **Kooshki A**, et al. *The association between serum C-reactive protein and macronutrients and antioxidants intake in hemodialysis patients. Journal of Medicine and Life Vol. 8, Special Issue 2, 2015, pp.43-46*
21. **Kooshki A**, et al. *Assessment of energy, macronutrients and antioxidants intake in women with breast cancer. Bimonthly Journal of Sabzevar University of Medical Science 2015: 22(5)*
22. **Kooshki A**, et al. *Phytochemical and Hypertension. Shiraz E-Med J 2014;15(1)*
23. **Kooshki A**, et al. *Food Groups consumption and Macro and Micro-Nutrients Intake among Primary School Students in Torosk Village of Sabzevar. Nature & Science 2013; 11(4)*
24. **Kooshki A**, et al. *Comparison of the Effects of Marine Omega-3 Fatty Acids and ibuprofen on primary dysmenorrhea. Life Sci J 2013; 10(4)*
25. **Kooshki A**, et al. *Effects of Marine Omega-3 Fatty Acids on Serum Systemic and Vascular Inflammation Markers and Oxidative Stress in Hemodialysis Patients. Annual Nutrition & Metabolism 2011;58:197-202*
26. **Kooshki A**, et al. *Effects of omega-3 fatty acids on serum lipids, lipoprotein (a) and hematologic factors in hemodialysis patients. Renal Failure 2011; 33(9): 892-898*
27. **Kooshki A**, et al. *The relationship between the Antioxidants intake and blood indices of the children with thalassemia in Sabzevar and Mashad. Pak J Nutr 2010; 9(7)*
28. **Kooshki A**, et al. *Nutrient intakes affecting bone formation compared with dietary reference intakes (DRI) in Sabzevar elderly subjects. Pak J Nutr 2009; 8(3)*
29. **Kooshki A**, et al. *Effect of omega-3 fatty acid on depression in girl students. IJOGI 2014; 17(107):1-6*
30. **Kooshki A**, et al. *Assessment of dairy products, calcium and vitamin D intake in breast cancer patients. IJOGI 2014; 17(101):13-18*
31. **Kooshki A**, et al. *Nutritional status and blood indices in patients with β - thalassemia major. Iranian J Mazandran University Medical Sciences 2014;24(115)*
32. **Kooshki A**, et al. *Assessment of nutritional intake and its relationship to educational achievement among high school students. Quarterly Journal of Sabzevar University of Medical Sciences 2014; 21(4)*
33. **Kooshki A**, et al. *Effect of omega-3 fatty acid on premenstrual syndrome. IJOGI 2013; 15(32):23-28*
34. **Kooshki A**, et al. *Status of Macro- and Micronutrient Intake as Compared to DRI in hemo-dialysis Patients. Quarterly Journal of Sabzevar University of Medical Sciences 2012; 19 (1)*



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35. **Kooshki A,** et al. Association between calcium and anthropometric parameters. Quarterly Journal of Sabzevar University of Medical Sciences 2011; 18 (1)
36. **Kooshki A,** et al. Assessment of energy and nutrients intake compared to DRI in pregnancy women. IJOGI 2009; 16 (1)
37. **Kooshki A,** et al. Association between macro and micro-nutrients and PIH in pregnancy women. Quarterly Journal of Sabzevar University of Medical Sciences 2009; 16 (2)
38. **Kooshki A,** et al. Assessment of relationship between phytoestersols intake and serum lipid profiles in patients with type 2 diabetes mellitus. J Babol University of Medical Sciences 2009; 11 (5)
39. **Kooshki A,** et al. Assessment of anthropometric indexes in children under 1 year compared to NCHS. Quarterly Journal of Sabzevar University of Medical Sciences 2007; 4 (4)
40. **Kooshki A,** et al. Assessment of energy and nutrients intake compared to DRI in patients with type 2 diabetes mellitus. Ofogh Danesh 2007; 13 (1)
41. **Kooshki A,** et al. Assessment of macro and micro nutrients intake with blood sugar, serum triglyceride and cholesterol in patients with type 2 diabetes mellitus. J Birjand University of Medical Sciences 2006; 4 (3)
42. **Kooshki A,** et al. Relationship between carotenoid intake and blood sugar, serum triglyceride and cholesterol in patients with type 2 diabetes mellitus. J Ardebil University of Medical Sciences 2006; 6 (3)
43. **Kooshki A,** et al. Effect of type and duration consumption of water on reduction blood pressure in hypertensive men. Ofogh Danesh 2006; 12 (2)
44. **Kooshki A,** et al. Assessment of macro and micro nutrients intake and blood pressure in patients with type 2 diabetes mellitus. Ofogh Danesh 2005; 11 (1)
45. **Kooshki A,** et al. The relationship between water hardness and blood pressure . Quarterly Journal of Sabzevar University of Medical Sciences 2003; 10(3)
46. **Kooshki A,** et al. Effect of Ala-Damavand mineral water on serum Ca, Mg, K and Na in hypertensive men. Quarterly Journal of Sabzevar University of Medical Sciences 2002; 9(4)
47. **Kooshki A,** et al. Prevalence of cardiovascular risk factors related to diet in patients admitted to the hospital Modarress of Tehran. Quarterly Journal of Sabzevar University of Medical Sciences 2003; 10(1)
48. **Kooshki A,** et al. The influence of local mineral water (Damavand) on serum lipids in hypertensive men. Atherosclerosis supplements 2003;4(2):19

TEACHING EXPERIENCES

- Nutrition for students of Medicine
- Nutrition and Practical nutrition for Students of Health Professionals
- Nutrition mother and child for Students of Midwifery
- Diet therapy for Students of Nursing
- Hospital Diet for MSc Students of Nursing
- Nutrition in specific unit care for MSc Students of Nursing



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WORKSHOPS

1. "How to write and publish articles in international journals". Iran Doc. 01/05/ 2011
 2. Workshop "Research Method". 16/09/2006
 3. Workshop "lesson plane". 31/03/2006
 4. Workshop "Digital library in medical sciences". 8-10/11/2008
 5. Workshop "Ethics in research". 22/12/2008
 6. Workshop "Search electronic resources". 11-13/08/2008
 7. Workshop "End Note". 15/12/2008
-

PROFESSIONAL MEMBERSHIPS:

1. Member of Iranian society of Nutrition
2. Member of Medical Council

EXPERIENCE

Awards and Merits

- Superior researcher of Sabzevar University of Medical Sciences in 2010.
- Superior researcher of Sabzevar University of Medical Sciences in 2011.

Professional Skills

- Inflammation
- Hemodialysis patients
- Diabetes patients
- Cardiovascular patients

Computer Skills

- SPSS and prism
- Microsoft office (Word- Power point- Excel- Access), Photoshop
- Reference manager & Endnote
- Nutritionist IV

FIELDS OF INTERESTS

- Inflammation
- Hemodialysis patients
- Diabetes patients
- Cardiovascular patients



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HOBBIES

Study, Swimming , Walking and Watching TV.