



**Adeleh Khodabakhshifard**

Address: Department of Nutrition, School of Public Health, Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran

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## ➤ Education

- **Ph.D. in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran** Feb 2015–May 2019  
Thesis Title: Effects of a ketogenic diet on patients with locally advance and metastatic breast cancer in compare to normal diet
- **M.Sc. in Nutrition Sciences, Mashhad University of Medical Sciences, Mashhad, Iran** Sep 2011–Mar 2014  
Thesis Title: Comparison of calorie, growth factors and hormones in serum and milk of lactating mothers of overweight and obese infants and normal ones
- **B.Sc. in Nutrition Sciences. Shiraz University of Medical Science, Shiraz, Iran** Sep 2006–Sep 2010

## ➤ Work experience

- **Faculty member, Kerman University of Medical Sciences** Jun 2019–Present
- **Dietitian, Shahid Bamonar Hospital, Kerman** Aug 2019–Present
- **Faculty member, Jiroft University of Medical Sciences** Jul 2014–Sep 2015
- **Dietitian, Imam Khomeini Hospital, Jiroft** Sep 2010–2011
- **Dietitian, Besaat Institu, Kerman** Apr–Jun 2015
- **Head of nutrition in treatment deputy in south of Kerman province** Jul 2014–Sep 2015



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- Dietitian, Imam Khomeini Hospital, Jiroft Jul 2014–Sep2015
- Reviewer of Clinical Breast Cancer Journal 2020–Present
- Editorial board, Journal of biology and today world Nov 2015–2018
- Reviewer of Jiroft University of Medical Sciences Nov 2015–Present

## ➤ Publications

- Adeleh Khodabakhshi , Maryam Mahmoudi , Hassan Mehrad Majd , Sayed Hossein Davoodi. [Possible Nutrition-Related Mechanisms of Metabolic Management in Cancer Treatment International Journal of Cancer Management: 2021: 14 \(1\)](#)
- *Khodabakhshi A, Akbari ME, Mirzaei HR, Seyfried TN, Kalamian M, Davoodi SH. Effects of Ketogenic Metabolic Therapy on Patients with Breast Cancer: A Randomized Controlled Clinical Trial. Clinical Nutrition. 2020*
- *Khodabakhshi A, Seyfried TN, Kalamian M, et al. Does a ketogenic diet have beneficial effects on quality of life, physical activity or biomarkers in patients with breast cancer: A randomized controlled clinical trial. Nutrition journal. 2020*
- *Khodabakhshi A, Akbari ME, Mirzaei HR, Mehrad-Majd H, Kalamian M, Davoodi SH. Feasibility, Safety, and Beneficial Effects of MCT-Based Ketogenic Diet for Breast Cancer Treatment: A Randomized Controlled Trial Study. Nutr Cancer. 2019 Sep 9:1-8*
- *Adeleh Khodabakhshi, Mohammad Esmail Akbari, Hamid Reza Mirzaei, Elham Kazemian, Kourosh Kalantari, Miriam Kalamian, Mitra Sotoudeh, Sayed Hossein Davoodi. Effects of Ketogenic Diet for Breast Cancer Treatment. A Protocol for Randomized Controlled Clinical Trial. J Biochem Tech (2018) Special Issue (2): 90-94*
- *Sonia Siahipour, Adeleh KKhodabakhshi, Mostafa Noroozi, Seyed Amir Hossein Zehni Moghadam. Study of Food Security and its Related Factors in Families Referred to Health Centers in Qazvin, Iran. Progress in nutrition. Vol. 21 No. 1-S (2019): 321-328*
- *A Khodabakhshi, M Ghayour-Mobarhan, H Rooki, R Vakili5, S-I Hashemy, SR Mirhafez3, M-T Shakeri, R Kashanifar, R Pourbafarani, H Mirzaei, M Dahri, M Mazidi, G Ferns and M Safarian. Comparative measurement of ghrelin, leptin, adiponectin, EGF and IGF-1 in breast milk of mothers with overweight/obese and normal-weight infants. European Journal of Clinical Nutrition. 2015;69(5): 614-618*
- *A Khodabakhshi, H Rooki, M Safarian. Association of maternal breast milk and serum levels of macronutrients, hormones, and maternal body composition with infant's body weight. European Journal of Clinical Nutrition. 2018; 72(3): 394-400*



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- Farhad Vahid, Nittin Shivappa, Zeinab Faghfoori, *Adeleh Khodabakhshi*, James R Hebert. Association between Dietary Inflammatory Index (DII) and risk of gastric cancer and validation of DII with serum concentration of inflammatory factors: a case-control study. *Asian Pacific of cancer Prevention*. 2018;19(6): 1471-1477
  - *Adeleh Khodabakhshi*, Mohamad Safarian, Somayeh Zamani, Mohsen Mazidi, Sajjad Rostami, Seyed Mostafa Arabi, Mohsen Nematy. Evaluation of the nutritional status using the anthropometric indices and dietary intakes in the central prison of Mashhad. *Journal of Biology and today's world*. 2014; 12 (3): 266-270.
  - Foad Alimoradi, parisa jandaghi, *Adeleh KHodabakhshi*, Maryam Javadi, Seyed Amir Hossein Moghadam. Breakfast and fast food eating behavior in relation to socio-demographic differences among school adolescents in sanandaj province, Iran. *Electronic Physician*. 2017;9(6); 4510-4515
  - Musa Salehi, Abbas Yousefinejad, Mitra Basirat-nia, *Adeleh Khodabakhshifard*. impact of education regarding proper nutrition on body mass index (BMI) and serum albumin in hemodialysis patients. *Science Road Journal*. 2015;4(3): 1-9
  - M Setodeh, A Dorosti, M Safarian, *A Khodabakhshi*. Food insecurity status and some associated socioeconomic factors among Children with short stature and overweight in zahedan. *Iranian Journal of Nutrition Sciences & Food Technology*. Winter 2016; Vol. 10, No. 4:53-62
  - Mitra Sotoudeh, Ahmad Reza Dorosty Motlagh, Ali Reza Dashipour, Zahra Gholampour, *Adeleh Khodabakhshi*. EVALUATION OF DIETARY QUALITY OF STUNTING CHILDREN WITH STIMULANT OVERWEIGHT USING HEALTHY EATING INDEX. *IJPT*. June-2016;8(2): 12304-12314
  - Seyed Amirhossein Zehni Moghadam, Maryam Javadi, Asghar Mohammadpour, *Adeleh Khodabakhshi*. Assessment of Food Security Status with lipid profile and body mass index in patients with type 2 diabetes. *Journal of Biology and today's world*. 2016(sep);5(9):169-172
- Mohammad Reza Mahmoudi, Adeleh Khodabakhshi*. Association between depression and food insecurity in patients with diabetes: a cross sectional study. *Journal of Kerman University of Medical Sciences*. 2021; 28 (2): 157-166

- Hadi Monji Adele Khodabakhshi Pegah Rahbarinejad. Food allergy prevention in children: An overview. *Food and health journal*. 2020;3(3): 33-36



## ➤ Research Projects

- *Khodabakhshi A, Akbari ME, Mirzaei HR, Seyfried TN, Kalamian M, Davoodi SH. Effects of a ketogenic diet on patients with locally advanced and metastatic breast cancer in compare to normal diet. Shahid Beheshti University of Medical Science. 2018*
- *Mohammad Reza Mahmoudi, Adeleh Khodabakhshi. Association between depression and food insecurity in patients with diabetes: a cross sectional study. Kerman University of Medical Sciences. 2019*
- *Adeleh Khodabakhshi, Mohamad Safarian. Comparison of calorie and growth factors in serum and milk of lactating mothers of overweight and obese infants and normal ones. Funded by: Mashhad University of Medical Science. 2012*
- *Adeleh Khodabakhshi, Mohamad Safarian. Association between food security and renal stone. Funded by: Mashhad University of Medical Science. 2014*

## ➤ Book (Translation and Compilation)

- *Mostafa Arabi, Farzaneh Montazari, Adeleh Khodabakhshi. To know and live with diabetes; (in press) (Persian)*

## ➤ Advisor of thesis

- *Comparison the increase rate of uric acid levels in patients with acute myocardial infarction based on gender in Jiroft Imam Khomeini Hospital*
- *Relationship between serum uric acid levels and the prognosis for patients hospitalized with acute myocardial infarction in Jiroft Imam Khomeini Hospital*

## ➤ Course

- **Pharmacology in cancer**
- **Pathophysiology of cancer**
- **Biochemistry of cancer**



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- Diet therapy in ICU

### ➤ Conference and workshop attended

- 14th International conference and Exhibition on Targeting Diabetes and Novel Therapeutics. Held by USA during October 17-18, 2016 in Kuala Lumpur, Malaysia
- 12th International Breast Cancer Congress (12th IBCC), February 22-24, 2017, Tehran, Iran
- The international and the 14 Iranian Nutrition Congress, Tehran, Iran, 2016
- The international and the 13 Iranian Nutrition Congress, Tehran, Iran, 2014
- Modified Diet in Hospital (PPN, TPN, TF), Nutrition Group, Mashhad University. 2013
- 12th Iranian Nutrition Congress, Isfahan, Iran, 5-8 Nov. 2012.
- 10th Iranian Nutrition Congress, Tehran, Iran, 27-30 Oct. 2008.
- Training seminar on Preventing and Treatment of Obesity, Mashhad, Iran, Feb. 2012
- Diet in pregnancy, Iranian Nutrition Society (ATA), Shiraz, Dec. 2009

### ➤ Poster Presentation

- Comparative measurement of Ghrelin, leptin, adiponectin, EGF, and IGF1 in breast milk of mothers with obese and non-obese infants. [European clinical nutrition. \(Tehran-Iran-30 Nov-3 December 2014\)](#)
- Evaluation of the nutritional status of Mashhad central prison. [Poster Presentation \(Isfahan-Iran. 5-8. Nov 2012\)](#)
- Fish role in slowing the progression of the inflammatory process and cardiovascular disease in the elderly living in nursing homes Mashhad [\(Isfahan-Iran. 5-8. Nov 2012\)\(in persian\)](#)
- Food insecurity status and some associated socioeconomic factors among children with short stature and overweight in Zahedan. [International Congress on mother and child. Obesity. Urmia, Iran, 2015](#)



## ➤ Social activities

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- **Head of Scientific Committee of Islamic Society in Shiraz University of Medical Science** 2009-2010

## ➤ Language

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- **English, Persian**

## ➤ Skills

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- **SPSS, End Note, Stata**
- **Microsoft Office: Excel, Word, PowerPoint**

