

Resume

/ Personal Information

Name: Behrouz Talaei khales soflaei
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/ Education

- Ph.D. in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2012-2017, GPA: 18.10/20.
Thesis Title: "Assessment of cinnamon effects on advanced glycation end products, plasma vascular and systemic inflammation factors, antioxidant status, NF-kB and Sirtuin-1 in mononuclear cells in type 2 diabetic patients".

/ Selected Presented/Assisted Seminars

- The effect of ginger powder supplementation on Blood Pressure of patients with type II diabetes: A double-blind randomized clinical controlled trial. *The 1st International & The 13th Iranian Nutrition Congress. Tehran, Iran November 30-December 3, 2014. (poster)*
- The effect of Ginger on blood glucose, lipid and lipoproteins in patients with type 2 diabetes: A double-blind randomized clinical controlled trial. *5th International congress of biochemistry and molecular biology & 13th Iranian congress of biochemistry. YAZD, Iran 16-19 April 2013. Iranian Journal of Biotechnology. (poster)*
- The Effect of Ramadan Fasting on IGF-1 and IGFBP-3 in 9-13 Years Old Pre-Menarche Girls. *The 10th international congress of endocrine disorders; 22-24 october, 2014. (poster)*
- The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with diabetes type II: A double-blind randomized clinical controlled trial. *6th International & 11th National congress on quality improvement in clinical laboratories. Tehran, Iran 20-23 April 2013. Laboratory & Diagnosis vol.4, NO 18, Supplement Issue. (poster)*
- The effect of ginger on blood lipid and lipoproteins in patients with diabetes type II: A double-blind randomized clinical controlled trial. *6th International & 11th National congress on quality improvement in clinical laboratories. Tehran, Iran 20-23 April 2013. Laboratory & Diagnosis vol.4, NO 18, Supplement Issue. (poster)*

/ Research Experience

- "Effects of Cinnamon Consumption on Glycemic Indicators, Advanced Glycation End Products and Antioxidant Status in Type 2 Diabetic Patients". **Behrouz Talaei**, Atieh Amouzegar, Shamim Sahranavard, Mehdi Hedayati, Parvin Mirmiran and Fereidoun Azizi. *Nutrients* 2017, 9, 991; doi:10.3390/nu9090991.
- "The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial". Hassan Mozaffari-Khosravi, **Behrouz Talaei**, Beman-Ali Jalali, Azadeh Najarzadeh, Mohammad Reza Mozayan. *Complementary Therapies in Medicine, Volume 22, Issue 1, Pages 9-16, February 2014.*
- "The Effect of Ginger Powder Supplementation on Blood Pressure of Patients with Type 2 Diabetes: A Double-Blind Randomized Clinical Controlled Trial". **Behrouz Talaei**; Hassan Mozaffari-Khosravi; Shohreh Bahreini. *Journal of Nutrition and Food Security (JNFS)*, 2018; 3 (2): 70-78.

- "The Effect of Ginger on Blood Lipid and Lipoproteins in Patients with Type 2 Diabetes: A Double-Blind Randomized Clinical Controlled Trial". **Behrouz Talaei**; *Hassan Mozaffari-Khosravi*; *Shohreh Bahreini*. *Journal of Nutrition and Food Security (JNFS)*, 2017; 2 (1): 87-95.
- "The effect of CoQ10 Supplementation on the Blood Pressure of Patients with Type Two Diabetes". (Persian) *Akbari Fakhrabadi M, Talaei B, Fallahzadeh H, Nadjarzadeh A*. *The Journal of Toloo-e-behdasht* 2014; 13(6): 152-163.
- "Standardized of Height, Weight and Body Mass Index (BMI) in Healthy 6-11-year-old Schoolgirls and Schoolboys, Yazd City 2010-2011".(Persian) *Mozaffari-Khosravi H, Nabizadeh Asl L, Akbari M, Ahadi Z, Talaei B*. *The Journal of Toloo-e-behdasht* 2014; 13(3): 182-194.
- "The effect of ginger on blood glucose, lipid and lipoproteins in patients with type 2 diabetes: a double-blind randomized clinical controlled trial". (Persian) **Talaei B**, *Mozaffari-Khosravi H, Jalali B, Mohammadi SM, Najarzadeh A, Fallahzadeh H*. *J Shahid Sadoughi Univ Med Sci* 2012; 20(3): 383-95.

/ Major Interests

- Nutrition and medicinal plants
- Nutrition and diabetes
- Nutrition and metabolic syndrome
- Nutrition and cancer
- Nutrition and cardiovascular
- Nutrition and weight management
- Nutrition and anemia