

Curriculum Vitae

Shahram Agah



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Personal

Sex: Male

Date of birth: 10/05/1970

Place of birth: Tehran, Iran

Nationality: Iranian

Passport Number: H96843030

Domicile: Tehran, Iran

Language skill: English, Persian

Academic Rank: Medical Doctor, Gastroenterologist and Hepatologist

H-index: 21

Background Information

I am a professor in the field of Gastroenterology and Hepatology (Since 2004) at Iran University of Medical Sciences, and an active researcher and professional clinician with notable achievements as detailed below. I have gained over 20 years of research experience in the field of gastroenterology and hepatology. The outlines of my contributions to this field have 3 categories including research, clinical treatment, and teaching. Having a 3-dimensional approach to this field leads me to have some innovation, invention and clinical research which are useful in better treatment and diagnosis of Gastrointestinal and liver diseases. During my career as an active researcher, I have published 136 peer reviewed articles in the scholarly international and national journals. So far, my publications have been cited more than 1490 times, and my h-index is 21 counted by google scholar. I am interested in collaborative research projects as many of my publications are co-author papers. I hold some invaluable international experiences of visiting and working with well-respected researchers at Rush University in the USA (2016), Chemnitz Klinikum in Germany (2003), Sydney University (2017-18), University of NSW, Macquarie University, and The University of Adelaide (2019).

Education

(FEB2021-PRESENT TIME, HEPATO-PANCREATO- BILIARY FELLOW, LYELL-MC EWIN HOSPITAL, NALHN, ADELAIDE, AUSTRALIA

| FEB 2019-AUG 2019| RESEARCH FELLOW,NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL OF AUSTRALIA CENTRE OF RESEARCH EXCELLENCE IN TRANSLATING NUTRITIONAL SCIENCE TO GOOD HEALTH, ADELAIDE, AUSTRALIA

| JUL 2015| ENDOSONOGRAPHY FELLOW, ENDOSCOPY ASIA, MUMBAI

| SEP 2017- SEP 2018| ADVANCED ENDOSCOPY FELLOW, WESTMEADHOSPITAL, SYDNEY, AUSTRALIA

| MAR 2003- JUL2003 | ENDOSONOGRAPHY AND THERAPEUTIC ENDOSCOPY FELLOW, CLINICUM CHEMNITZ, GERMANY

| OCT 2001- AUG 2002| ADVANCED TRAINEE IN GASTROENTROLOGY AND HEPATOLOGY,TALEGHANI HOSPITAL, SHAHID BEHESHTI UNIVERSITY OF MEDICAL SCIENCES, TEHRAN, IRAN

| OCT 1999- AUG 2002| CERTIFICATE OF POST SPECIALISATION IN THE FIELD OF GASTROENTEROLOGY AND HEPATOLOGY, SCHOOL OF MEDICINE, TEHRAN UNIVERSITY OF MEDICAL SCIENCES, TEHRAN, IRAN

- Thesis Topic: Short course Anti H. pylori therapy
- Supervisor: Shahin Merat
- Advisor: Reza Malekzadeh

| SEP 1995- OCT 1998| CERTIFICATE OF SPECIALISATION IN THE FIELD OF INTERNAL (GENERAL) MEDICINE, SCHOOL OF MEDICINE, SHIRAZ UNIVERSITY OF MEDCAL SCIENCES, SHIRAZ, IRAN

- Thesis Topic: Comparison of intradermal & intramuscular administration of hepatitis B vaccine in Neonates: Indian Journal of Gastroenterology
- Supervisor: Kamran Bagheri-lankarani

Published Article: Lankarani KB, Agah S, Taghavi AR, Karimi A. Comparison of intradermal & intramuscular administration of hepatitis B vaccine in neonates: Indian Journal of Gastroenterology 20(3): 94-96 2001.

| SEP 1994- SEP 1995| INTERNSHIP PROGRAM, SEVERAL HOSPITALS, SHIRAZ UNIVERSITY OF MEDICAL SCIENCES (THE 1ST RANK INTERNSHIP PROGRAM IN IRAN)

**| SEP 1988- SEP1995 | PROFESSIONAL DOCTORATE DEGREE IN THE FIELD OF MEDICINE,
SCHOOL OF MEDICINE, SHIRAZ UNIVERSITY OF MEDICAL SCIENCES, SHIRAZ, IRAN**

- Thesis Topic: Irritable Bowel Syndrome: Clinical manifestation and relation to lactase deficiency
- Supervisor: Kamran Bagheri-lankarani

Published Article: K Bagheri Lankarani, J Kodjori, S Agah, SAR Taghavi, A Roodagr, S Afrokhteh. Irritable bowel syndrome, clinical manifestations and relation to lactase deficiency, Iranian Journal of Medical Sciences, 1997

Research Interest

My research interest includes Colorectal Disease, Helicobacter Pylori, Liver Disease, and functional GI disorder.

Having established a research centre in the field of colorectal disease (Colorectal Research Centre) in 2013, I focused more on the Colorectal Diseases studies which include precisely motility disorder, functional GI disorder, and the early diagnostic methods of Colorectal Cancer.

Summary of Top Achievements

- 1991, awarded the first rank among all medical students (more than 15000 participants) in the National Comprehensive Basic Science exam by the university president, Professor Tabei.
- 1995, awarded as the top one percent of medical students in Iran and permitted to sit the National Medical Specialty entrance exam.
- 1994, awarded the second rank among all medical students (430 participants) at Shiraz University of Medical Sciences.
- 1995-1998, awarded the first rank in the yearly national promoted exams in 3 consequent years of Internal Medicine Specialty course.
- 1998, awarded the second rank of "Iranian National Board of General Internal Medicine" After 3 year's post-graduate course among all registrars by the health and medical education minister, Professor Farhadi.
- 1999, awarded the second rank in Gastroenterology and Hepatology advanced trainee in the national entrance exam

- 2001, awarded the second rank in the “Iranian National Board of Gastroenterology and Hepatology” among all gastroenterology and hepatology advanced trainees by the health and medical education minister, Professor Pezeshkian.
- 2002- Now, total received grants 4263 M RIs for all my research up to now, and have another 1250 M RIs ongoing up to 2021 from various sponsors. (31920 RIs= 1 AUD)
- 2001- Now, Supervising and advising of more than 90 medical students, residents, fellowships, PhD and MS students’ Thesis
- 2013,an innovation of a new method using “Central Venous Pressure catheter” for large-volume paracentesis in refractory ascites.
- 2013,an invention of a medical equipment to fix the gastrostomy tube.This instrument prevents gastrostomy tube from stretching.
- 2016, awarded Official Certificate of Honor as the best clinical researcher in Rasool-Akram Medical Complex.
- 2001-Now, awarded a number of scholarships and grants from Iran Ministry of Health and Medical Education, Iran University of Medical Sciences, MENA (Middle East and North Africa) Association and some private sectors to attend Research/Observership/ Training Programs, workshops and international conferences in Germany, USA, Egypt, Japan, Netherland, Malta, etc.
- Authorizing 6 books in the field of Gastroenterology and Hepatology in Persian
- 2001- Now, Author of many posters, oral presentations, and panel discussions in the national and International congresses
- 1997- Now, Published 141 scholarly research papers in prestigious journals. In 43 papers, I have been the first or corresponding author.
- Rank 7 in the world in Chronic liver diseases according to google scholar citation.
- Rank 8 in the world in H- pylori Infection according to google scholar citation.
- 1997- Now, received more than 1490 citations on published research papers, the top 10 in citations are asbelow:

1. Probucol in the treatment of non-alcoholic steatohepatitis: A double blind randomized controlled trial 182

2. Knowledge, Attitudes and Practice of Iranian Medical Specialists regarding Hepatitis B and C 112
 3. Helicobacter pylori Infection in the general population: A Middle Eastern perspective 54
 4. Furazolidone-Based, Metronidazole-Based, or a Combination Regimen for Eradication of Helicobacter pylori in Peptic Ulcer Disease 50
 5. Regression of non-alcoholic fatty liver by vitamin D supplement a double-blind randomized controlled clinical trial 48
 6. Crohn's disease: A review of 140 cases from Iran 43
 7. Effect of daily calcitriol supplementation with and without calcium on disease regression in non-alcoholic fatty liver patients following an energy-restricted diet: Randomized, controlled, double-blind trial 43
 8. The combined application of human adipose derived stem cells and Chondroitinase ABC in treatment of a spinal cord injury model 33
 9. The role of microRNA signature as diagnostic biomarkers in different clinical stages of colorectal cancer 31
 10. Comparison of Glasgow-Blatchford score and full Rockall score systems to predict clinical outcomes in patients with upper gastrointestinal bleeding 28
- 2017-Now, many published papers with international scientific collaboration. Great scientists from Australia, USA, UK and Germany... collaborated in these projects and/or writing papers.
 - 2002- Now, clinical experiences as a consultant gastroenterologist and hepatologist to perform advanced procedures

Nationally recognized prizes or awards for excellence

1. 1991, the first rank in "National comprehensive Exam of Basic Science for Medical Students

Awarding Institution: Ministry of health and medical education

Who is Eligible to Compete? The students who graduated the three years program of basic sciences in medical school

Number of Competitors/Winners: Award is granted for only the first top individuals graduated. In 1991, there were more than 15000 applicants who participated in the competitor examination.

Selection Criteria:

1. Fulfil all subjects in the field of basic sciences based on the related curriculum
2. Applied for the National Comprehensive Exam of Basic Sciences for Medical Students

Who are the Judges? Ministry of Health and Medical Education, Vice Minister for Educational Affairs.

2. 1995, the top first percent of graduated medical students

Awarding Institution: Shiraz University of Medical Sciences

Who is Eligible to Compete?

Medical students at Shiraz University of Medical Sciences

Number of Competitors/Winners: Award is granted for 13 top students

Selection Criteria:

1. Fulfill all subjects during 6 years MD course and a one-year internship clinical practice
2. Submitted a thesis in a desired field of medicine

Who are the Judges? Ministry of Health and Medical Education, Vice Minister for Educational Affairs.

3. The second rank of “Iranian National Board of General (Internal) Medicine”

Awarding Institution: Ministry of Health and Medical Education

Who is Eligible to Compete?

1. All graduated in General (Internal) Medicine, Registrars (Internal Medicine Resident), annually
2. Conducting a thesis in the field of General (Internal) Medicine
3. Log book of all activities

Number of Competitors/Winners: 288

Selection Criteria:

1. Obtained minimal grade of 75 in the final exam of the first year of experience in the annual MCQ Exam
2. Obtained minimal grade of 85 in the final exam of the second year of experience in the annual MCQ Exam
3. Obtained minimal grade of 95 in the final exam of the third year of experience in the annual MCQ Pre-Board Exam
4. Obtained minimal grade of 105 in the OSCE and Clinical Exam of National Board
5. Acceptable Direct Observation of Procedural Skills (DOPS) and 360 Degree Evaluation

6. Submitted a thesis

7. The first to third mark among the applicants in the MCQ and Observed/Objective

Who are the Judges? National Board of Internal Medicine, Board Directors: Professor Reza Malekzadeh and Professor Nasser Ebrahimi-Daryani

Notable past Award Winners: Kamran Bagheri-Lankarani, Shahin Merat, Ashkan Farhadi

4. The second rank in “Iranian National Board of Gastroenterology and Hepatology” and have awarded a scholarship for training in ERCP and endoscopic ultrasonography in Germany (Chemnitz Klinikum).

Awarding Institution: Ministry of Health and Medical Education

Who is Eligible to Compete?

1. The gastroenterology and hepatology fellows who are graduated Two years fellowship in the Universities of Iran

2. Each fellow should have acquired the GI procedures' experiences during two-year fellowship
3. Applied for Iranian National Board of Gastroenterology and Hepatology
4. Acceptable Direct Observation of Procedural Skills (DOPS) and 360 Degree Evaluation

5. Conducting a thesis in the field of Gastroenterology and hepatology
6. Log book of all activities

Number of Competitors/Winners: In 2001, there were 17 graduated who can obtained their subspecialized certificate among more than 200 applicants.

Selection Criteria:

1. Acceptable Log book of all activities
2. The first to third mark among the applicants in the MCQ and Observed/Objective Structured Clinical Examination (OSCE)
3. Acceptable Direct Observation of Procedural Skills (DOPS) and 360 Degree Evaluation
4. Submitted the thesis

Who are the Judges? Members of the National Board of Gastroenterology and Hepatology, specifically Board Director: Professor Reza Malekzadeh

Notable past Award Winners: Ghorbanali Rahimian, Hafez Fakheri,

5. Official Certificate of Honor as the best clinical researcher in Hazrat Rasul General Hospital, Tehran, Iran

Awarding Institution: Iran University of Medical Sciences Research Faculty

Who is Eligible to Compete?

Researchers who are faculty members at Hazrate- Rasool General Hospital

Number of Competitors/Winners: 144 competitors

Selection Criteria:

Competitive based on the number of papers published and granted research projects in the past years.

1. The clinical researchers with Scopus h-index =6 or more or,
2. Google scholar h-index =8 or more or,
3. Published 5 or more PubMed papers during one year

Who are the Judges? Deputy of Research and Technology, Iran University of Medical Sciences

Notable past Award Winners: Farnad Imani

Grants

Total Received Grants: About 4263m RIs, Ongoing up to 2021: 900m RIs

2002-2013, Funding body: Research Council of Tehran University of Medical Sciences, Research Council of Iran University of Medical Sciences and Iran National Science Foundation all together for 20 research projects, 574m RIs

1. 2018-2020, funding body: Research Council of Iran University of Medical Sciences, Measurement of serum zinc level and its correlation with oxidative stress and total antioxidant capacity of patients in inflammatory bowel disease, 140m RIs
2. 2018-2021, funding body: Research Council of Iran University of Medical Sciences. Selenium level measurement and its association with oxidative stressors and total antioxidant capacity of patients in inflammatory bowel disease, 140m RIs
3. 2018-2020, funding body: Research Council of Iran University of Medical Sciences. Effect of saffron powder on serum levels of TAC, MDA, TNF- α , hs-CRP, adiponectin and leptin in patients with non-alcoholic fatty liver, 300m RIs
4. 2017, Funding body: Iran National Science Foundation, Peg –inf alpha or Tenofovir or combination therapy in management of chronic hepatitis B, single blind control trial, national project, 700m RIs
5. 2016-2017, funding body: Research Council of Iran University of Medical Sciences and Research Council of Tehran University of Medical Sciences. Modifications of mice gut microflora following oral consumption of *Lactobacillus acidophilus* and *Bifidobacterium bifidum* probiotics. 300m RIs
6. 2016, funding body: Research Council of Iran University of Medical Sciences, Homeodomain protein transforming growth factor beta-induced factor 2 like X-linked function in colon adenocarcinoma cells, 300m RIs
7. 2015-2016, funding body: Research Council of Iran University of Medical Sciences, Effects of symbiotic and vitamin E supplementation on blood pressure, nitric oxide and inflammatory factors in non-alcoholic fatty liver disease, 150m RIs
8. 2015-2016, funding body: Research Council of Iran University of Medical Sciences, Quantification of plasma cell-free circulating DNA at different stages of colorectal cancer 300m RIs
9. 2016, funding body: Research Council of Iran University of Medical Sciences, can plasma or tissue microRNA signature be served as diagnostic biomarker at different clinical stages of colorectal cancer? 250m RIs
10. 2016-2019, funding body: Research Council of Iran University of Medical Sciences, Comparison of miR21 & miR222 expression in healthy and early gastric cancer people in order to investigate the possibility of early gastric cancer, 225m RIs
11. 2017, funding body: Research Council of Iran University of Medical Sciences, Epidemiologic study of helicobacter pylori infection resistant to treatment with spirulina-containing diet in patients referred to the gastroenterology clinic in tertiary referral hospital PD clinic 70m RIs
12. 2018, funding body: Research Council of Iran University of Medical Sciences, Dietary determinants of functional dyspepsia in Isfahan adults, a population-based study, 100m RIs
13. 2018, funding body: Research Council of Iran University of Medical Sciences, Investigating the effect of risk factors on 5-year survival of stomach cancer patients in Rasoul Akram Hospital Tehran, 100m RIs
14. 2018, funding body: Research Council of Iran University of Medical Sciences, second line anti-H-Pylori therapy, Met analysis and Systematic Review in the Middle East, 120m RIs

15. 2018, funding body: Research Council of Iran University of Medical Sciences, Diet and dyspepsia research methodology considerations, 100m RIs
16. 2018, funding body: Research Council of Iran University of Medical Sciences, Biomarker evaluation for early detection of colorectal cancer, 100m RIs
17. 2019, funding body: Research Council of Iran University of Medical Sciences, Evaluation of the expression pattern of stemness and self-renewal associated microRNAs and lncRNAs in exosomes derived from cancer stem cells and plasma samples of patients with colorectal cancer, 160m RIs
18. 2019, funding body: Research Council of Iran University of Medical Sciences, can prebiotics, probiotics and symbiotic Supplementation effectively reduce functional dyspepsia parameters? A systematic review of randomized controlled trial, 93m RIs
19. 2019, funding body: Research Council of Iran University of Medical Sciences, Successful second-line treatment for Helicobacter pylori in Middle East: a systematic review, 110m RIs
20. 2019, funding body: Research Council of Iran University of Medical Sciences, Evaluation of the quantity and quality of total RNA extracted from tumor-educated platelets and plasma exosomes of colorectal cancer patients, for application in expression analysis of gene and non-coding RNAs, 340m RIs
21. 2019, funding body: Research Council of Iran University of Medical Sciences, Evaluation of effect of curcumin on miRNAs expression levels in cancers, focused on gastrointestinal cancers; A systematic review, 120m RIs
22. 2019, Evaluation of the functional effects of homeodomain protein TGIF2LX on the transcription of stemness and self-renewal-related gene in the colorectal cancer cell line SW1116, 140m RIs

Scholarships

- Mar 2003-Jun2003, Fellowship in diagnostic and therapeutic Endoscopic Ultrasonography (EUS) at the Chemnitz Klinikum, Germany
- Jun 2015- Jun 2015, Fellowship in diagnostic and therapeutic Endosonography at the World Gastroenterology Institute and Endoscopy Asia, Mumbai, India
- Oct 7th- 9th 2015, Hands-on Workshop on the International Endoscopic Ultrasound Congress at Razavi Hospital, Mashhad, Iran
- Sep 27th to Oct 21 2016, Observership course in Hepatobiliary and Therapeutic Endoscopy at RUSH University, Chicago, Illinois, USA
- Jun1st - 3rd 2016, Observership course in endosonography at Toho University, Tokyo, Japan
- Sep 24th 2017- Sep 25th 2018, Advanced Endoscopy fellowship, Westmead Hospital, Sydney

International research/work experiences with great scientists

1. **Sep 2017- Sep 2018, Advanced endoscopy fellow:** I have worked in the endoscopy ward of Westmead Hospital, Sydney, Australia. I performed about 80 Gastrointestinal Procedures, and in more than 240, I helped or observed performing GI procedures.
2. **2019- 2020, A Systematic review with meta-analysis: Effects of probiotic supplementation on symptoms in functional dyspepsia.** Dyspepsia is a very common worldwide and cause considerable social and economic burden. This invaluable systematic review which could be used in clinical guidelines published in journal of functional food with the impact factor of 3.19 in 2020. Great Australian researcher involved in this study. Professor Fienle- Bisset supervised this project. Moreover, I received Dr Richard Ofori's recommendations, one of the Australian experts in meta-analysis. This is my proud that one of the best masters in functional GI disorder field advised me in the manuscript and meta- analysis, **Laureate Professor Tally**.
3. **Feb- Aug 2019, Functional Dyspepsia, food and probiotics:** I worked with Professor Fienle-Bisset's team in the Centre of Research Excellence in Translating Nutritional Science to Good Health, based at the University of Adelaide, under Professor Fienle-Bisset supervision.
 - Analyses of data from the SEPAHAN database to investigate the "Association between dietary macronutrient intake and gastrointestinal symptoms in un-investigated dyspepsia: suggestion of appropriate macronutrients by Receiver Operating Characteristic (ROC) curve analysis" (manuscript for publication currently in preparation)
 - Performance of a systematic review and meta-analysis on the "Effects of probiotic supplementation on symptoms in functional dyspepsia" (manuscript submitted to the United European Gastroenterology Journal)
 - Involvement in an Australian study entitled "Effects of intragastric administration of the branched-chain amino acids, leucine, isoleucine and valine, on gastric emptying, plasma C-peptide and glucose concentrations in healthy, lean men" (manuscript has been submitted recently in a very high impact factor's journal).
4. **2020, Integrated bioinformatic approach to discovery and validation of miRNA biomarkers:** combined analysis of clinical and bioinformatic data to identify the role of miRNAs in colorectal cancer and their potential as diagnostic biomarker. This study is a valuable bioinformatics approach to identify the role of miRNAs in colorectal cancer and their potential as diagnostic biomarkers. The ongoing project is a collaboration between my research centre (CRRC), Professor M. Ebrahimi from Bioinformatics Research Group, Green Research Centre, University of Qom, Iran, and Dr F. Vafaee who is a senior lecturer, University of New South Wales, Sydney. (Manuscript of this research is currently in preparation for publication.)

5. **2019, Survival analysis in Gastric Cancer: A multi- centre Study among Iranian patients.** This is a multicenter study in Iran with collaboration and supervision of Dr Doosti, faculty member of the department of statistics, school of health, Macquarie University, Sydney, Australia and, collaboration of Dr Mohammadnejad from the Unit of epidemiology and biostatistics, department of Public Health, University of Southern Denmark, Denmark. I am the corresponding author of this paper. This study was published in BMC Surgery journal with impact factor of 1.730, a Q2 journal in 2020.

6. **2019, A novel therapeutic approach in the management of faecal incontinence arises from anal sphincter injury.** Anal sphincter injury which is caused by trauma (e.g. during vaginal delivery) or iatrogenic is a condition that affects women (8.9%) more than men (7.7%), and is associated with social isolation, low self-esteem and depression, also impaired quality of life. Surgical repair of the anal sphincter has satisfactory short-term outcomes, but recurrence is common over the longer term. Based on the regenerative capability of co-application of laser and human adipose-derived stem cells (hADSCs), the result of this novel therapeutic approach opened a new window in the management of faecal incontinence. It has showed the successful effects of co-application of these therapies on anal sphincter recovery after injury. During my work at the University of Adelaide as a researcher, I received Professor Chris K. Rayner recommendations as an Australian great researcher in the field of gastroenterology who is one of the major researchers in the Centre of Research Excellence in Translating Nutritional Science to Good Health, based at the University of Adelaide team. The finding was published in a high-quality peer-reviewed journal recently (2 Dec 2019 in Stem cell research & therapy with the impact factor of 4.62 in 2018/2019)

7. **Sep- Oct 2016, Observership course in the field of interventional endoscopy (ERCP, EUS, EMR), dilation and luminal stent placement,** one day work in hepatology unit for Fibroscan, Division of Digestive Diseases and Nutrition at RUSH University, Chicago, Illinois, USA

8. **Jun 2015, Hands- on course in advanced diagnostic and therapeutic endosonography** under the guidance of Dr V. Rathod at Endoscopy Asia and World Gastroenterology Institute Mumbai, India. I actively assisted and performed Endosonography there.

9. **March- Jun 2003, a special course in diagnostic and therapeutic Endoscopic Ultra Sound (EUS)** at the Chemnitz Klinikum, The University of Leipzig, Germany under the supervision of Dr H. U. Stolzel and Dr C. Jurgensen

Top 7 my contributions to the field

1. Early detection and treatment of colorectal cancer with probiotics (Finding a key for better diagnosis and treatment to combat one of the most common cause of cancer death in western countries)

Date of a series of projects Initiation: 2015

Date of Projects Completion: Ongoing

Resulting Publications: Biomedicine and pharmacotherapy 2020 IF: 4.545, Journal of Cellular Physiology 2019 IF: 4.522, Probiotics and Antimicrobial proteins 2019 and 2018 IF:3.05, Cell Journal (Yakhte) 2018 IF:2.363, Cancer Investigation 2017 IF: 2.398

Two samples of them are:

Agah S, Alizadeh AM, Musavi M, Ranji P, Khavari Daneshvar H, Ghasemian F, Bahmani S, Tavassoli A. More protection of lactobacillus acidophilus than Bifidobacterium bifidum probiotics on Azoxymethane-induced Mouse colon Cancer: Probiotics and Antimicrobial proteins. Volume 11, Issue 3, pp 857–864, September 2019 IF: 3.05

Eslamizadeh S, Heidari M, Agah S, Faghihloo E, ghazi H, Mirzaii A, akbari A. The Role of MicroRNA Signature as Diagnostic Biomarkers in Different Clinical Stages of Colorectal Cancer. Cell Journal (Yakhteh), summer; 20(2): 220–230 2018

Technical Summary of Work:

In one of these series of studies (with 32 citations since 2018) which is a case-control study, plasma and matched tissue samples were collected from 74 CRC patients at stage II-IV as well as blood samples from 32 healthy controls. After exhaustive study of the current literature, eight miRNAs including miR-200c, 20a, 21, 31, 135b, 133b, 145 and let-7g were selected. The expression level of the miRNAs was assayed by quantitative reverse transcriptase-polymerase chain reaction (qRT-PCR). Statistical analysis, including t-test, Mann-Whitney U, Kruskal-Wallis tests and receiver operating characteristic (ROC) curve was applied, where needed.

Plain language summary of work:

Particles of malignant and normal cells are different. We know that cells have nuclei and cytoplasm. They produce different proteins and nucleotides that can be used for non-invasive molecular detection of them. Therefore, if we find the materials which are more prominent in malignant cells, we may determine an outlook for early detection of colorectal cancer. In these series of research, we tried to discover these materials in stool, blood, different blood cells and tissue which removed by colonoscopy or during the surgery. Then, we extract these different cell particles and analysis them.

Summary of the Significance of the Work:

Colorectal cancer (CRC) is one of the most common cancers and a major cause of cancer-related death worldwide. The early diagnosis of colorectal tumours is one of the most important challenges in cancer management. MicroRNAs (miRNAs) have provided new insight into CRC development and have been suggested as reliable and stable biomarkers for diagnosis and prognosis. The aim of these groups of studies were to analyse the differential expressions of miRNAs at different stages of CRC searching for possible correlation with clinicopathological features to examine their potential value as diagnostic biomarkers. To address the lack of reliable and simple diagnostic methods for early

detection of colorectal cancer, I identified and quantified some cell biomarkers to diagnose colorectal cancer at different stages.

Summary of the Implementation/Influence of the Work:

The results of these 14 published papers are recited by some other experts in 138 citations within less than 3 years from the first publication. These numbers of citations indicate that the results are very attractive for international experts in this field.

Two examples of these citations are as follows:

- 1- The Dual Role of MicroRNAs in Colorectal Cancer Progression. International Journal of Molecular Science by Lei Ding, Zhenwei Lan, Xianhui Xiong, Hongshun Ao, Yingting Feng, Huan Gu, Min Yu, and Qinghua Cui
- 2- Translational Potential of MicroRNAs for Preoperative Staging and Prediction of Chemoradiotherapy Response in Rectal Cancer by Tana Machackova, Vladimir Prochazka, Zdenek Kala and Ondrej Slaby 1

2. Central venous pressure catheter for large-volume paracentesis in refractory ascites. (This is an innovation)

Date of Project Initiation: Oct 2011

Date of Project Completion: 1st Mar 2013

Resulting Publication: published in Indian Journal of Gastroenterology, 2014

Technical Summary of Work:

Non-tunneled triple lumen central vein catheter was used to drain the ascetic fluid of 30 cirrhotic patients. Having defined the point of highest fluid accumulation with percussion, we were marked in order to puncturing. Then, the skin and subcutaneous tissue were anesthetized. CV catheter set guide-wire was entered into the peritoneal cavity and the dilator of the CV catheter set was passed through the guide wire and extracted after some rotations around its insertion site on the skin. The catheter was passed over the guide wire. The guide wire was extracted gradually from one of the lumens and fixed to the skin.



Plain Language Summary of Work:

One of the problems in patients with high amount ascites, especially cirrhotic patients, has been drainage of ascites with less invasive intervention, pain and complication. In the routine methods of ascites fluid drainage, the physicians use an angiocath to drain ascites. In this new method, the angiocath are usually kinked and the drainage will be stop sooner than the routine method. This study implemented a routine CVP line catheter as a non-tunnelled catheter to drain ascites continuously and slowly during one or more than one day. At the same time, albumin constantly to avoid splanchnic and kidney hypo perfusion. A special bag is invented that can connect easily to the end of CVP fixed catheter and could be remain for a long period of time with the control of vital signs, electrolytes and urine output. The results of the research showed that this procedure is safe, easily tolerable and without risk of complications and infections even in draining of more than 30 litres during up to 7 days.

Summary of the Significance of the Work:

This procedure is the combination of known previously device and newly innovated ones and could be very helpful in quality of life in cirrhotic patients with Child- Pugh C classification and high amount ascites who are in waiting list for liver transplantation or have not had an appropriate candidate for liver transplantation yet. This is a novel innovation of considerable significance with strong clinical application.

Summary of the Implementation/Influence of the Work:

This new method is recited by some other experts; for instance, in the article under title of: "Management of non-ovarian cancer malignant ascites through indwelling catheter drainage". BMC Palliative Care (2016) 15:44 by Xiaoli Gu, Yuanyuan Zhang, Menglei Cheng, Minghui Liu, Zhe Zhang and Wenwu Cheng. Also, this method for drainage has been used in many hospitals in Tehran including Rasool-Akram Medical Complex, Erfan Hospital on more than 300 cases safely and without any complications. The results have been indicating that this method is safe, more tolerable for patients and more importantly provided much better effect.

3. Invention of an instrument for fixing PEG (percutaneous endoscopic gastrostomy) for prevention of undesired extraction (useful, practical device invented in the field of Medical Tech)

Date of Project Initiation: May 2014

Date of Project Completion: Dec 2015

Resulting Publication: This patent certificate has been registered with the Iranian Real Estate and Deeds Registration Organization. Registration number: 89/a 038918

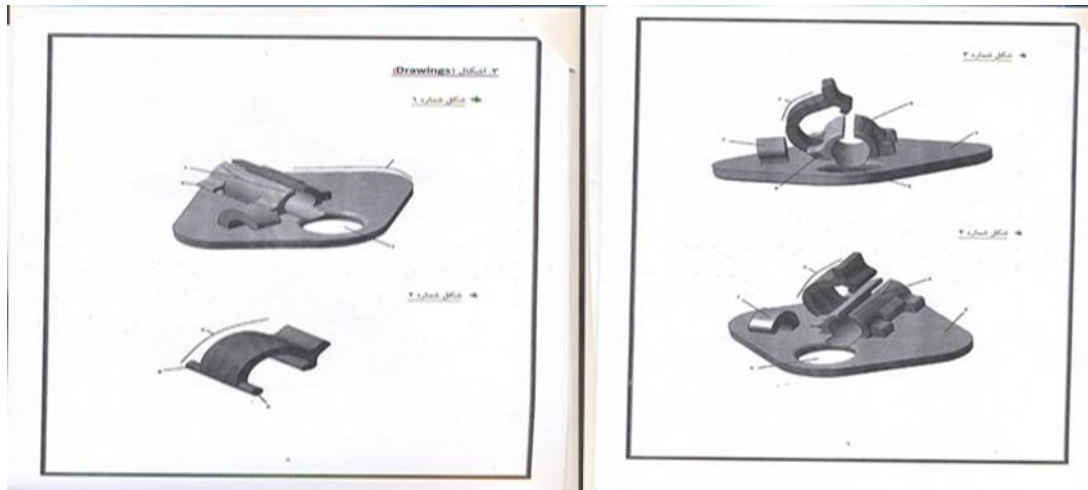
Technical Summary of Work:

PEG (percutaneous endoscopic gastrostomy) holder is an invention in medical tech field and useful for prevention of undesired extraction of PEG. It has a round plate which fixed at the epigastric area at the hole which is made at the site of gastrostomy tube on the skin surface. The PEG tube pass through this plate and then locked by the second part of the holder which is located beyond the first part at the top.

The distal part of the tube is also fixed with third part which is a thin clamp.

Disclosure of the components:

1. Basal round silicon plate with a proximal whole (figure 1)
2. Holder part in the middle which embarrasses the PEG tube (3) and in inferolateral part it included fixing part (4), locks (5) and unilateral base (figure 2) and will fixed to the holders (figure 3 and 4)
3. The tube will be fixed with the lock after passing through the holders
4. The distal part of the PEG which has been clumped and will be fixed with the third hook (7)



Plain Language Summary of Work:

PEG is a useful device for feeding of end stage or debilitated patients who are not able to swallow or cannot eat intentionally. The PEG tube is made from silicon or polyurethane and bio-tolerable for a long period of time. However, one of the important problems is unintentional extraction of the tube by the unconscious patients or during patient position change. Therefore, I decided to invent a device to avoid this problem. Regarding my best knowledge there is no commercial device to fix and protect the PEG tube for prevention of extraction.

Summary of the Significance of the Work:

I have demonstrated the feasibility of a creative method for fixation of Percutaneous Endoscopic Gastrostomy (PEG) in unconscious patients who are not able to eat orally by themselves. The demand of using PEG in chronically ill and debilitated patients, consequently, the risk of unintentionally removal of PEG by unconscious patients has increased these days. This invention is highly predicted to produce enormously for both national and export usage.

4. ***Effects of probiotic supplementation on symptoms in functional dyspepsia: a systematic review with meta-analysis of the currently available randomized, controlled trials (A very useful and practical way to find a safe and effective treatment for a very common problem worldwide)***

Date of Project Initiation: Feb 2019

Date of Project Completion: Nov 2019

Resulting Publication(s):

Agah S, Akbari A, Heshmati J, Sepidarkish M, Morvaridzadeh M, Adibi P, Mazidi M, Farsi F, Ofori-Asenso R, Talley NJ, Feinle-Bisset C.(2019), Systematic review with meta-analysis: Effect of Probiotic supplementation on symptoms in functional dyspepsia. Journal of Functional Foods, Volume 68, May 2020, 103902 IF: 3.701

Technical Summary of Work:

A systematic review and meta-analysis of the currently available randomized, controlled trials (RCTs) to evaluate the potential beneficial effects and risks of probiotics in (Functional Dyspepsia) FD. Pubmed, EMBASE, Scopus, Web of Science and the Cochrane Controlled Trials Register were searched (up to May 2019) for RCTs evaluating the effects of probiotic supplementation compared to placebo in adults with FD. Two reviewers independently assessed eligibility, trial quality and extracted information from identified articles. To compare the effects of probiotics with placebo, risk ratios (RRs) with 95% confidence intervals (CIs) were pooled using random effects models. Six trials, including 422 participants were included but only three RCTs could be included in the meta-analysis. Lactobacillus strains showed potential positive effects in terms of improving upper gastrointestinal (GI) symptoms in patients with FD. Probiotic supplementation tended to improve global dyspepsia score (n = 3 RCTs, risk ratio [RR]: 1.35, 95% CI 0.99 to 1.84; P = 0.061) and bacterial composition in the GI tract. Probiotics were well tolerated without any serious adverse events. While the available data suggest that supplementation with probiotics may improve GI symptoms in patients with FD.

Summary of the Significance of the Work:

Systematic Review with meta-analysis is the most applicable study for physicians to make a decision in clinical treatment of the diseases. Functional Dyspepsia is a very common and chronic recurrent or persistent disorder worldwide. At least 10% of Australians are suffering from this chronic and recurrent disorder which forces them to stop working. Having off work days effects the economy and quality of lifenegatively. This systematic review opened a new outlook in the treatment of functional dyspepsia. Introducing a useful, cheap and safe medication without a significant side effect is the goal of this systematic review. The results have been indicating that this medication is safe and more tolerable for patients.

Summary of the Implementation/Influence of the Work:

This paper has been cited two times in a short period of time that shows the researchers' interest. As below:

1. Srinivasan, Krishnapura. "Anti-Inflammatory Influences of Culinary Spices and Their Bioactives." Food Reviews International (2020): 1-17.
2. Zhu LY, Wen XY, Xiang QY, Guo LL, Xu J, Zhao SP, Liu L. Comparison of the Reductions in LDL-C and Non-HDL-C Induced by the Red Yeast Rice Extract Xuezhikang Between Fasting and Nonfasting States in Patients with Coronary Heart Disease. Research square (2020) Oct

5. *Effect of vitamin D on Non-Alcoholic Fatty Liver Disease (Discovery of a useful therapeutic approach for a very common worldwide disease)*

Date of Project Initiation: May 2014

Date of Project Completion: Dec 2015

Resulting Publication(s):

1. Lorvand Amiri H, Agah S, Mousavi SM, Hosseini AF, Shidfar F. (2016), Regression of Non-Alcoholic Fatty Liver by Vitamin D Supplement: A Double-Blind Randomized Controlled Clinical Trial. Archives of Iranian Medicine, Volume 19, Number 9, September
2. Lorvand Amiri H, Agah S, Tolouei J, Sharieh Hosseini A, Shidfar F, Mousavi SM. (2017) Effect of daily calcitriol supplementation with and without calcium on disease regression in non-alcoholic fatty liver patients following an energy-restricted diet: Randomized, controlled, double-blind trial. Clinical Nutrition (36)1490-7

Technical Summary of Work:

A randomized double-blind placebo-controlled trial was conducted to compare calcitriol supplementation on NAFLD progression risk. 73 patients with NAFLD-confirmed by ultra-sonography were assigned to 12 weeks of treatment with hypocaloric diet (reduction of 500 kcal per day) plus 25 µg of calcitriol supplement or a hypocaloric diet plus placebo. Before and after treatment, we assessed anthropometric parameters, grade of fatty liver, serum lipoproteins, liver enzymes and insulin level. Calcitriol supplementation combined with weight loss diet showed no significant effects on anthropometric measures in NAFLD patients. However, it may have positive effects on lipid profile, liver enzyme tests and insulin sensitivity during a weight-loss program.

Summary of the Significance of the Work:

NAFLD is very common and important problem worldwide. Globally 25–40% of the Australian population suffer from NAFLD, which highly increases the risk of liver cancer as a result of end-stage liver disease. Every discovery which guides us to better diagnosis of pathophysiology and treatment of this disease is quite important in better management of this very common and life-threatening disorder. Diagnosis of vitamin D deficiency in pathophysiology of NAFLD and management of this deficiency could open a new outlook in the management of this disease. It seems to be an interesting result which may increase hepatologist attention to vitamin D level regarding the fatty liver patients and may consider vitamin D therapy in this patient as a part of their treatments.

Summary of the Implementation/Influence of the Work:

The findings were published in two high-quality peer-reviewed journals including journal of Clinical Nutrition (2016–17). The publications have been very interesting for researchers and scientists in the field of hepatology and nutrition and many citations in a short period of time show that it is very attractive for them. These 2 papers have had 44 and 40 citations from 2016 and 2017, respectively. Some examples of the international citations are:

1. Giuseppe Della Pepa, Claudia Vetrani, Gianluca Lombardi, Lutgarda Bozzetto, et all. (2017). Dietary Changes and Non-Alcoholic Fatty Liver Disease in High Cardio metabolic Risk Individuals. Nutrients, 9(10), 1065

2. Kamil F, Faridi, DiZhao Seth S. Martin M. Joshua R. Lupton et. All. (2017). Serum vitamin D and change in lipid levels over 5 y: The Atherosclerosis Risk in Communities study. *Nutrition*, Jun 85-93
3. Priscila Silva Figueiredo , Aline Carla Inada , Melina Ribeiro Fernandes , Daniela Granja Arakaki , et all (2018) An Overview of Novel Dietary Supplements and Food Ingredients in Patients with Metabolic Syndrome and Non-Alcoholic Fatty Liver Disease. *Molecules*, 23(4), 877

6. Novel methods in diagnosis and treatment of *Helicobacter Pylori* infection (New suggestions for an old problem)

Date of Projects Initiation: April 2007

Date of Projects Completion: 2020

Resulting Publications: Due to an important role of H-Pylori infection in many benign and malignant gastroduodenal disorders like peptic ulcer and gastric cancer in the world alsomy background skills, I received many national grants to exploring better diagnostic methodsand therapies for H. Pylori from 2007- 2017. Results of these studies published in23 Papers in peer reviewed prestigious journals with 265 citationsand many presentations in important international conferences up to now. (Including 2 presentations in *DDW* (American Gastroenterology association Conference), one in *UEGW* (United European Gastroenterology week), one in *AGW* (Australian Gastroenterology week)). In fact, I am rank 8 in the world in the treatment of this infection according to google scholar citation. One sample of these papers is:

Agah S, Khedmat H, Ghamar-Chehre ME, Hadi R, Aghaei A. Female gender and *Helicobacter pylori* infection, the most important predisposition factors in a cohort of gastric cancer: A longitudinal study. *Caspian Journal of Internal Medicine* .7(2), 136 2016

Technical Summary of Work:

54 patients with diagnosed gastric cancer were followed-up at the Department of Gastroenterology & Hepatology at Baqiyatallah University of Medical Sciences. 37 (68.5%) of them were positive for H pylori infection in histopathological evaluations. Univariate and multivariate regression analyses were used to determine the associations of demographic features and HP infection status with GC characteristics and prognosis.

Summary of the Significance of the Work:

Gastric cancer (GC) is one of the most common Cancers in the world and *Helicobacter pylori* (HP) infection is considered a major predisposing factor. Then, the screening of gastric cancer in females with HP infection is highly recommended, regarding this study.

Summary of the Implementation/Influence of the Work:

This research has had 18 citations up to now. Many gastroenterologists around the world have used this result as a guide for the early diagnosis of gastric cancer in the females with *helicobacter pylori* infection. Its citation shows these considerations. Two samples of the citations are:

Zamani M, Vahedi A, Maghdouri Z, and Shokri-Shirvani J. Role of food in environmental transmission of *Helicobacter pylori*. *Caspian J Intern Med*. 2017 Summer; 8(3): 146–152. doi:10.22088/cjim.8.3.146

Abdul Jabar S, M. ALFaisal A.H. The correlation between KRAS mutations and *H. pylori* in gastric cancer patients. *Iraqi Journal of Biotechnology*, 2017, Volume 16, Issue 3, Pages 82-93

7. Achievements in the treatment of Chronic Viral Hepatitis (Cost-effective and new useful treatment for Hepatitis C and B):

Hepatitis C is the most common cause of chronic infectious liver disease in Australia. I played an important role in a big national project with an international collaboration team (over 50 experts including a top researcher and professor from the University of Leeds) for a clinical study on treatment of hepatitis C. This research concluded with a cheap and effective generic medication to treat Hepatitis C. A huge number (1361) of patients were monitored, diagnosed and treated successfully employing this method, the results of which were published in the journal of *Clinical Infectious Disease* in 2019. This journal is a very high impact journal in the field of infectious disease with the Impact factor of 9.055 (2018/2019). The results of another big national study with international collaborations in the treatment of hepatitis C in patients with chronic kidney disease that I am one of the authors were published recently in the journal of gastroenterology and hepatology with high impact factor (3.437). Chronic hepatitis B is a very common cause of chronic liver disease, cirrhosis, and hepatocellular carcinoma worldwide especially in Asia. Treatment of hepatitis B is more difficult than hepatitis C. After a long-term study, I discovered a new method in the treatment of Hepatitis B. The results of this invaluable clinical trial were published in the journal of infection and chemotherapy with impact factor of 1.722 in 2020.

Memberships

- 2001- Now, Member of AGA (American Gastroenterology Association)
- 2001- Now, Member of DDRI (Digestive Disease Research Institute)
- 2001- Now, Member of Iranian association of gastroenterology and hepatology
- 2013, Now, Director of Colorectal Research Center (CRRC)
- 2012-2014, Member of Iran National Science Foundation, Scientific Committee
- 2017- Now, Member of Australian Medical Council
- 2017-2018, August 2020- present: AHPRA (Australian Health Practitioner Regulation Agency)
- 2018- Now, Member of SEPAHAN (The study on the epidemiology of psychological, alimentary health and nutrition)
- 2019 – Now, Australian Neuro-Gastroenterology and Motility Association

Articles

1. Farsi F, Ebrahimi N, Daryani N, Golab F, Akbari A, Janani L, Karimi MY, Irandoost P, Naimeh Mesri Alamdari N, **Agah S**, Vafa M. A randomized controlled trial on the coloprotective effect

of coenzyme Q10 on immune- inflammatory cytokines, oxidative status, antimicrobial peptides, and microRNA- 146a expression in patients with mild- to- moderate ulcerative colitis. *European Journal of Nutrition*. 2021 Feb.23. IF: 4.664

2. Bahardoust M, HeiatM, KhodabandehM, KarbasiA, Bagheri-Hosseiniabadi Z, AtaeMH, SeidalianN, BabazadehAH, AgahS©, Abyazi MA. Predictors for the severe coronavirus disease 2019 (COVID-19) infection in patients with underlying liver disease: a retrospective analytical study in Iran. *Sci Rep* 2021 Feb 4;11(1):3066. IF: 3.998
3. Bakhtiary M, Morvaridzadeh, M, **Agah S**, Mehran Rahimlou M, Christopher E, R. Zadro JR, Heshmati J. Effect of Probiotic, Prebiotic, and Synbiotic Supplementation on Cardiometabolic and Oxidative Stress Parameters in Patients with Chronic Kidney Disease: A Systematic Review and Meta-analysis. *Clinical Therapeutics*. IF: 3.119
4. **Agah S**, Akbari A, SadeghiE, Morvaridzadeh M , Basharat Z, Palmowski A , Heshmati J. Resveratrol supplementation and acute pancreatitis: A comprehensive review. *Biomedicine & Pharmacotherapy* 137 (2021) 111268. IF: 4.545
5. Farsi F, Daryani NE, Barati M, Janani L, Karimi MY, Akbari A, Irandoost P, N Mesri Alamdari, **Agah S**, Vafa M. Effects of coenzyme Q10 on health-related quality of life, clinical disease activity and blood pressure in patients with mild to moderate ulcerative colitis: a randomized clinical trial. *Med J Islam Repub Iran*. 2021(6 Jan);35.3.
6. Pour FK, Aryaeian N, Mokhtare M, Mirnasrollahi Parsa RS, Jannani L, **Agah S**, Fallah S, Moradi N. The effect of saffron supplementation on some inflammatory and oxidative markers, leptin, adiponectin, and body composition in patients with nonalcoholic fatty liver disease: A double-blind randomized clinical trial. *Phytotherapy Research*. 2020 Dec;34(12):3367-78. IF: 3.880
7. Morvaridzadeh M, Sadeghi E, **Agah S**, Fazelian S, Rahimlou M, Kern F, Heshmati S, Omid A, Heshmati J. Effect of oral ginger (*Zingiber officinale*) supplementation on oxidative stress parameters: a systematic review and meta-analysis. *Journal of Food Biochemistry*. Oct 2020. 07-20-1251. R1 IF: 1.662
8. Mokhtare M, Nikkhah M, Behnam B, **Agah S**, Bahardoust M, Masoodi M, Faghihi A. comparative study of the effect of 10-day esomeprazole containing levofloxacin versus clarithromycin sequential regimens on the treatment of Iranian patients with *Helicobacter pylori* infection.: *Indian J. of Pharmacology* 52(4) 266-271. Oct 2020 IF: 1.11
9. Morvaridzadeh M, Sadeghi E, **Agah S**, Nachvak SM, Fazelian S, Moradi F, Persad E, Heshmati J. Effect of melatonin supplementation on oxidative stress parameters: A systematic review and meta-analysis. *Pharmacological Research*. 2020 Sep 29:105210. IF: 5.780
10. Akbari A, Mehrad Majd H, Rahnema R, Heshmati J, Morvaridzadeh M, **Agah S**, Amini SM, Masoodi M. Cross-talk between oxidative stress signalling and microRNA regulatory systems in carcinogenesis: Focused on gastrointestinal cancers. *Biomedicine & Pharmacotherapy*. 2020 Nov 1(131)110729. IF: 4.545
11. Talebi A, Mohammadnejad A, Akbari A, Pourhoseingholi MA, Doosti H, Moghimi-Dehkordi B, **Agah S**©, Bahardoust M. Survival analysis in gastric cancer: a multi-center study among Iranian patients. *BMC surgery*. 2020 Dec; 20(1):1-8. IF: 1.772
12. Morvaridzadeh M, Fazelian S, **Agah S**, Khazdouz M, Rahimlou M, Agh F, Potter E, Heshmati S, Heshmati J. Effect of ginger (*Zingiber officinale*) on inflammatory markers: A systematic review and meta-analysis of randomized controlled trials. *Cytokine*. 2020 Nov 1; 135:155224. IF: 3.488
13. Pour FK, Aryaeian N, Mokhtare M, Mirnasrollahi Parsa RS, Jannani L, **Agah S**, Fallah S, Moradi N. The effect of saffron supplementation on some inflammatory and oxidative markers, leptin, adiponectin, and body composition in patients with non-alcoholic fatty liver disease: A double-blind randomized clinical trial. *Phytotherapy Research*. 2020 Aug 15. IF: 3.092

14. Bahardoust M, Mokhtare M, Barati M, Bagheri-Hosseiniabadi Z, Behnagh AK, Keyvani H, **Agah S**.(C) A randomized controlled trial of pegylated interferon-alpha with tenofovir disoproxil fumarate for hepatitis B e antigen-negative chronic hepatitis B: A 48-week follow-up study. *Journal of Infection and Chemotherapy*. 2020 Aug 3. [IF: 1.722](#)
15. Morvaridzadeh M, Nachvak SM, **Agah S**, Sepidarkish M, Dehghani F, Rahimlou M, Pizarro AB, Heshmati J. Effect of Soy products and Isoflavones on Oxidative stress parameters: A systematic review and meta-analysis of randomized controlled trials. *Food Research International*. 2020 Jul 21:109578. [IF: 4.972](#)
16. Akbari A, Mobini GR, **Agah S**, Morvaridzadeh M, Omid A, Potter E, Fazelian S, Ardehali SH, Daneshzad E, Dehghani S. Coenzyme Q10 supplementation and oxidative stress parameters: a systematic review and meta-analysis of clinical trials. *European Journal of Clinical Pharmacology*. 2020 Jun 25:1-7. [IF: 2.883](#)
17. Vahidi S, Norollahi SE, **Agah S**, Samadani AA. DNA Methylation Profiling of hTERT Gene Alongside with the Telomere Performance in Gastric Adenocarcinoma. *Journal of Gastrointestinal Cancer*. 2020 Jul 2:1-2. [IF: 1.01](#)
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19. Talebi A, Alimadadi E, Akbari A, Bahardoust M, Towliat M, Eslami M, **Agah S**©, Kashani AF. Improvement of Patient Satisfaction and Anorectal Manometry Parameters after Biofeedback Therapy in Patients with Different Types of Dyssynergic Defecation. *Applied psychophysiology and biofeedback*. 2020 Jun 18:1-8. [IF: 2.069](#)
20. Eslaminejad A, Marashian SM, Aboutorabi M, Sadr M, **Agah S**©. Determination of optimal time for reading of rapid urease test diagnosis of *Helicobacter pylori*. *Gastroenterology and Hepatology from Bed to Bench*. 2020; 13(3):232. [IF: 0.7](#)
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22. **Agah S**, Akbari A, Heshmati J, Sepidarkish M, Morvaridzadeh M, Adibi P, Mazidi M, Farsi F, Ofori-Asenso R, Talley NJ, Feinle-Bisset C. Systematic review with meta-analysis: Effects of probiotic supplementation on symptoms in functional dyspepsia. *Journal of Functional Foods*, Volume 68, May 2020, 103902 [IF: 3.701\(Q1\)](#)
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- Corticotropin-Releasing Hormone, and Interleukin-6 – A Randomized Clinical Trial: Complement Med Res.23 March 2020 <https://doi.org/10.1159/000506149>IF: 0.680(Q2)
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 30. Nikkhah Bodaghi M, Maleki I, Agah S, Hekmatdoost A. Short term effects of ginger on quality of life, disease activity index, inflammatory and oxidative stress factors in ulcerative colitis. Tehran University of Medical Journal, 2019, 76(11): 748-756
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 32. Abedini P, Fattahi A, Agah S, Talebi A, Beygi A, Amini S et al. Expression analysis of circulating plasma long noncoding RNAs in colorectal cancer: The relevance of lncRNAs ATB and CCAT1 as potential clinical hallmarks. Journal of Cellular Physiology. 2019; 234(12):22028-22033.IF: 4.522(Q1)
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Books

Some books in Farsi:

1. Gastrointestinal polyps, approach, diagnosis and treatment, 2016, Shahram Agah MD, Zahedin Kheiri MD, Sadegh Ghafoori MD
2. Simply Gastrointestinal diseases, 2013, Seyed-ali Jalali MD, Shahram Agah MD
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5. Guide and nutrition training in Chronic liver failure (cirrhosis), 2020, Farnaz Farsi, Mehrnaz Morvaridi, Pejman Alavinejad MD, Shahram Agah MD, Amirhossein Faghihi-kashani MD, Alimohammad Rafat-zand

6. Research method, applied principles and design studies in biomedical and clinical research 2020, Shahram Agah MD, Mansur Bahardoost, Zahra Bagheri- Hosseinabadi

National & International Conferences, oral presentations and posters

1. Agah S. speaker and scientific secretary, Iranian Advanced Therapeutic Endoscopy Postgraduate course and Workshop (endorsed by WEO): 26-28 April 2017, Tehran, Iran
2. Invited speaker: Management of Esophageal and Gastric varices: MENA 2012 summit Beirut Lebanon May 2012
3. Mostafa Ibrahim, Michel Giovanni, Agah S. Panel discussion on difficult GI endoscopy cases: EIGIC 2012 Cairo Egypt Dec 2012
4. Non-tunneled central vein catheter for refractory ascites drainage, Journal of Gastroenterology and Hepatology, 2013 Oct, Vol.28 Suppl 3, pp.171
5. Video oral presentation: Polypectomy and EMR "16th International Conference on Gastroenterology and Digestive Disorders" (Gastro Meet 2018) on August 06-07, 2018. Abu Dhabi, UAE
6. Video oral presentation: How to manage difficult polyps? 17th International Conference on Gastroenterology and Hepatology during September 03-04, 2018 in Dubai
7. Farzad Shidfar, Shahram Agah, Shadi Ghurchian, Golnaz Ekhlesi, Amin Salehpour, Lycopene an adjunctive therapy for helicobacter pylori eradication: a double-blind placebo controlled clinical trial: P14-04, 2012/12, Journal of Gastroenterology and Hepatology
8. Agah S, Ghafoori SMS, Mokhtare M. Two weeks fluconazole containing bismuth-based regimen as a first line Helicobacter pylori treatment: A pilot study AGW and WGC Sep 2015 Pp Brisbane Australia
9. Mokhtare M, Agah S, Sheykhvatan M, Boghratian AH. The efficacy and tolerability of mebeverine in irritable bowel syndrome: a systematic review and meta-analysis of clinical trials (2667598) P.P during Digestive Disease Week 2017 Chicago, IL, May 6-9, 2017.
10. Annual one or two (total 22) oral presentation in ICGH from 2002 to 2018(except 2017) and at least one Pooster Presentation (total 36) in these international congresses
11. Khalighi sikaroudi M, Shidfar F, Mokhtare M, Faghihi Kashani AH, Masoodi M, Agah S, Jannani L, Abbaspour N. Effects of supplementation with vitamin D on clinical symptoms, quality of life , anxiety, serum serotonin, 5-hydroxy-indole acetic acid and ratio of 5-HIAA/5-HT in patients with diarrhea predominant IBS Govareh/Vol23/Suppl/Autumn 2018IF: 0.310(Q4)
12. Merat S, Pustchi H, Sharifi AH, Hajiani E, Gharavi A. Agah S, SD 1000 collaborators: High sustained viral response rate in 1380 patients with hepatitis C using a fixed-dose combination tablet of sofosbuvir and daclatasvir (sovodak) a multicenter phase 3 clinical trial: Govareh/Vol.23/suppl/Autumn 2018IF: 0.310(Q4)

13. Merat S, Sharifi A, Shayesteh A, Minakari M, Fattahi M, Moini M et al. THU-162-The combination of sofosbuvir and daclatasvir is well tolerated and extremely effective in treating patients with hepatitis C with severe renal impairment including hemodialysis patients. *Journal of Hepatology*. 2019; 70(1):e233. Poster presentation EASL 2019
14. Zندهدل N, Sotoudehmanesh R, Agah S, Mikaeli J, Pourshams A, Khatibian, Ali Asgari A, Massarrat S. Effect of 2 weeks furazolidone-or 2 weeks the metronidazole-or combination of, 1week furazolidone+ 1-week metronidazole-based anti-*Helicobacter pylori*. *Gastroenterology*, Vol: 130 (4), A93-A93
15. Agah S, Najafi M, Tavakoli S, Nikbakht H. Non-tunneled central vein catheter for refractory ascites drainage: 30 patients with recurrent paracentesis. *Journal of Clinical and Experimental Hepatology*. 3(1), S97 2013
16. Nazari S, Khosroushahi SM, Rezaii J, Saba SH, Amini A, Agah S. A serious look at safe and effective maneuvers of open surgery in the era of laparoscopic cholecystectomy. Harmonization with open surgery. *British Journal of Surgery* 97, S71 2010
17. Nazari S, Khosroushahi SM, Rezaii J, Saba SH, Amini A, Agah S. Laparoscopic Cbd exploration is mandatory to improve the outcomes of cholecystectomy in the current laparoscopic era. *British Journal of Surgery* 97, S26, 2010
18. Riahizadeh S, Agah S, Zندهدل N, Malekzadeh R, Sotoudehmanesh R, Ebrahimi-Dariani N, Vahedi H, Khatibian M, Mikaeli J, Pourshams A, Massart S. Metronidazole Furazolidone-or, Regimen for Eradication of *Helicobacter pylori* in Clarithromycin-Furazolidone-or, Clarithromycin-Based Peptic Ulcer Disease. *Gastroenterology*. Volume Supplement, Pages A-622, April 2008
19. Malekzadeh R, Mirmadjlesi H, Varshoesaz J, Agah S, Tavakoli H. Rising the incidence of Crohn's disease in Iran during last decade (1989–1999). *Gastroenterology*. Volume 118, Issue 4, Part 2, Page A1356. April 2000
20. 2003-2018 except 2017, I have been the invited speaker in one to two panel discussion annually and presented one to two posters in these annual Congresses. Due to the high number of these activities, I omitted them.
21. 2013- Now except years I have been in Australia, I have been invited as a member/ coordinator of an 8-member-panelist group in monthly scientific conferences sponsored by IAGH or Scientific Branch of Pharmaceutical companies.

Reviewer and Editor

More than 200 papers:

1. 2015- Now, Associate editor and reviewer of Middle East Journal of Digestive Disease
2. 2007- Now, Associate editor and reviewer of GOVARESH journal
3. 2019- Now, Reviewer of BMC gastroenterology
4. 2019- Now, Reviewer of BMC Complementary & Alternative Medicine

5. 2019- Now, Reviewer of Dove Medical Press (an academic publisher of open access peer-reviewed scientific and medical journals, with offices in Manchester, London (United Kingdom), Princeton, New Jersey (United States), and Auckland (New Zealand))
6. 2003- Now, Reviewer of Razi Medical Journal
7. 2008- Now, Reviewer of Medical Journal of Islamic Republic of Iran
8. 2019- Now, Reviewer of Journal of Medical Physiology
9. 2019- Now, Reviewer of Journal of Phytotherapy research

National Reputation

Iranian association of gastroenterology and Hepatology

- 2002- Now, teaching and evaluating the internal medicine specialist who wants to receive the certificate of performing upper GI endoscopy
- 2014-2017, Member of decision-making board of Iranian Association of Gastroenterology and Hepatology

National Board of General (Internal) Medicine

2013-2015, As a member of the Scientific Committee, I involved in preparation of MCQ and OSCE exams for the graduated General (Internal) Medicine Residents (Registrars) in order to evaluating the applicant abilities to be recognized as an General (Internal) Medicine Specialist.

National Science Foundation

2012-2014, I evaluated the national research proposals and allocated funds for the best research projects. This organization has a national important role in promoting research and scholarships in science. All national proposals should be evaluated by the experts in different committees. I have been a member of the main Board of Directors at this organization.

Iranian of the World Endoscopic Organization (WEO):

2017- Now, I am a representative of WEO. WEO has led the promotion of high quality and safe endoscopy worldwide, through training, education and research. I have succeeded to receive the certificate of WEO to be a focal point in Iran.

Ministry of Health and Medical Education

- 2009- 2013, Member of Strategic Planning Committee in Medical Specialties
- 2011-2012, Member of Curriculum Planning Committee

Social Media

2002- Now, I have had many short and long interviews which was published in scientific parts of popular newspapers and magazines. The main purposes have been the promotion of the general population information about human gastrointestinal system, its diseases, prevention and management. This contribute to the ultimate goal of improvement in the broader community health. inRadio Salamat (Health Broadcasting), Salamat (Newspaper in Persian), Iran newspaper (Newspaper in Persian), Hamshahri (Newspaper in Persian), Sib (Newspaper in Persian), Iranian student's news agency (I.S.N.A, newspaper in Persian), Khabar online (Online newspaper in Persian), Mehr agency (Newspaper in Persian), website: www.persianpersia.com/health

Scientific Conference Responsibilities

2003-2018 except 2017, Scientific Committee member of Iranian Congress of Gastroenterology and Hepatology

- 2015, Scientific Secretary of 1st national traditional medicine in gastroenterology
- 2016, Scientific Secretary of the first international Endoscopy Basic Training Workshop
- 2016, Scientific Secretary of the second international Endoscopy Basic Training Workshop
- 2017, Course director of the first Iranian Advanced Therapeutic Endoscopy Postgraduate course and Workshop endorsed by World Endoscopy Organization. This workshop was held under supervision of Iranian and International scientific committees.

Leading or critical roles in prominent organizations

1. **2013- Now, Director of Colorectal Research Center (CRRC)**
2. **2015-2017, Director of Endoscopy Ward**
3. **2006-2007, Deputy dean, Clinical Education Dept., School of Medicine, IUMS**
4. **2008-2009, Director, Educational Developmental Centre, IUMS**
5. **2011-2012, Deputy Dean, Specialized Education Faculty of Medicine**
6. **Jan. 2006- 2012, Director of Gastrointestinal and Liver Disease Research Centre (GILDRC)**
7. **Sep 2007-Nov 2008, Dean of School of Medicine, IUMS**
8. **Consultant Gastroenterology and Hepatology, Medical School, Iran University of Medical Sciences**

Academic Positions

- 2002- 2008, Assistant Professor, Iran University of Medical Sciences
- 2008-2015, Associate Professor, Iran University of Medical Sciences
- 2015-Now, Professor, Iran University of Medical Sciences

Responsibilities:

1. Teaching Medical Students, General (Internal) Medicine Registrars and Gastroenterology and Hepatology Fellows.
2. Supervisor of GI fellows and Registrars' patient managements and doing procedures.

3. Supervisor or Advisor of more than 90 Thesis in the field of GI and Hepatology, GI fellows, General (Internal) Medicine Registrars, Medical students, Ph.D. and MS students' thesis.
 4. Led R&D team to develop several research projects
 5. Conducted clinical trial research with an emphasis on the best therapeutic option for many common gastrointestinal and hepatology diseases
1. **2004, Dr Agah's private clinic, Chief Executive Officer (CEO), owner & main consultant.**

My overall responsibility for running and supervising continuously the good performance of the clinic includes:

- Day to day management
- Marketing and patients' need analysis.
- Improving occupational performance of the clinic through defining weaknesses and strengths of the clinic.
- Adapting clinic's activities to the latest knowledge, technology & equipment.
- Communicating with academic centres, referee Hospitals & performing clinical co-author research projects.
- Performing clinic's financial and governmental undertakings to the personnel and staffs as well as providing their welfare.
- Treatment of patients according the latest methods and procedures

2. **2008, Erfan Gharb Medical Group Hospital, specialist Medical Practitioner & Share holder**

Treatment and procedures for patients with referral.

3. **1998-2004, Dr Agah's Private Medical Office,**
Medical Practitioner

4. **2013& 2016, Academic Establishments**

- 2016, Established the first animal lab for therapeutic and diagnostic endoscopy training in Iran
- 2013, Established and directed an outstanding research centre in the field of colorectal disease, known as Colorectal Research Centre (CRRC) which nominated and awarded several times as one of the best University research Centre.

Clinical Skills

Diagnostic upper GI endoscopy, New methods in diagnostic and interventional ERCP, EUS, EMR(stomach, duodenum, colon), dilation and luminal stent placement, Diagnostic colonoscopy, Therapeutic Upper GI endoscopy(polypectomy, control of GI bleeding(injection,cautery,APC, Hemo-clipps, Hemo-spray,dilatation of stricture, stenting, pneumatic dilation of achalasia, savary dilation of

strictures, simple mucosectomy, PEG), Diagnostic endosonography, Therapeutic endosonography(FNA), Therapeutic ERCP(Stenting, removal of stone, dilation of stricture), Therapeutic lower GI endoscopy(GI bleeding control, dilation of strictures, polypectomy, simple mucosectomy, stenting, PEC(percutaneous endoscopic cecostomy), Fibroscan, Upper and lower GI manometry and PH metry(supervise the technician and report), PUSH jejunoscopy, Anal fissure injection, Sono-guided liver biopsy

Performing more than 7000 procedures without any significant complication (Referring Medical Council's Good standing) since 2001 up to now, including:

1. Diagnostic gastroscopy: 3302
2. Therapeutic gastroscopy: 408
 - a. PEG insertion: 151
 - b. Oesophageal band ligation: 40
 - c. Non-variceal bleeding control: 44
 - d. Gastroscopy and stenting: 30
 - e. Bio enteric intra-gastric balloon insertion for obesity: 63
 - f. Gastric polypectomy: 25
 - g. Stenosis dilation: 20
 - h. Foreign body removal: 16
 - i. Pneumatic dilation of Achalasia: 19
3. Diagnostic colonoscopy: 2166
4. Flexi sigmoidoscopy: 86
5. Colonoscopy + polypectomy or mucosectomy: 188
6. Colonoscopy and stenting: 2
7. ERCP: 159
8. Endosonography: 360
9. Sonography guided liver biopsy: 68
10. Ascitic fluid drainage: 78
11. Fibroscan: 559

Volunteer Experiences

- GI and hepatology patient management and care in shafa Kidney patient support clinic and Sahebe-kosar charity hospital
- Public education in radio, TV channels, newspapers and magazines

- Free treatment of poor people in my private clinic
- 2015, Volunteer work in Greater Chicago food depository during short residency in Chicago, USA

Referees

Australians:

- Dr Shahram Safa

Senior Gastroenterology Consultant

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