

In the Name of God

Personal Details



Full Name: **Ladan Mehran**

Telephone: +98-021 -22432509

Fax: +98-021-22432463

E-mail: lmehran@endocrine.ac.ir

Education

1st Degree: **MD** Shaheed Beheshti University of Medical Sciences, Tehran, I.R.IRAN,
1997

2nd Degree: **PhD** Shaheed Beheshti University of Medical Sciences, Tehran, I.R.IRAN
2018

Career Summary

1. Assist. Prof. Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran, From **Feb. 2019**
2. Senior Research Associate, Endocrine Research Centre, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran, **2000 –2018**
3. Project administrator in many national and local projects on IDD and thyroid disorders esp. the cohort of “Tehran Thyroid Study” in which thyroid epidemiology, risk factors and metabolic and cardiovascular outcomes of thyroid dysfunctions has been evaluated in a frame work of a 10 years cohort study. **from 2011**

4. Evaluating national screening program for congenital hypothyroidism in the frame work of my PhD thesis, in addition to assessing risk factors of high recall rate in Iran especially iodine deficiency and also developing a risk prediction model for early discriminating between transient and permanent CH prediction **2014-2018**
5. Designing and management of a large clinical trial on treatment of hypothyroid subjects with combined preparation of LT4 plus slow release T3 tablets with supervision of Prof. Azizi at the present time **from 2020**
6. Collaboration in designing strategic plans for Endocrine Research Centre, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences
7. Hold national and regional IDD training courses for the countries in the Middle East and Eastern Mediterranean Region with Prof Azizi as Director and with the collaboration of the Ministry of Health and Medical Education, WHO, UNICEF and ICCIDD
8. Service under Medical and Paramedical Staff service act ratified by Islamic Consultative Assembly, working as a general practitioner in 3rd. Shaban Hospital, Damavand, Tehran, Iran. **1997-1999**

Membership of Professional Bodies

- Iranian Medical Council, Membership Number: 66968, I.R. Iran, 1997
- Iranian Endocrine Society, from 2010
- Iranian Obesity Prevention and Treatment Association from 2010

Peer Reviewed Publications

1. Mahdavi M, Amouzegar A, **Mehran L**, Madreseh E, Tohidi M, Azizi F. Investigating the prevalence of primary thyroid dysfunction in obese and overweight individuals: Tehran thyroid study. BMC Endocr Disord. 2021 Apr 30;21(1):89.
2. Valizadeh M, Hosseinpanah F, Ramezani Tehrani F, Abdi H, **Mehran L**, Hadaegh F, Amouzegar A, Sarvghadi F, Azizi F; Iranian Endocrine Society Task Force. Iranian Endocrine Society Guidelines for Screening, Diagnosis, and Management of Gestational Diabetes Mellitus. Int J Endocrinol Metab. 2020 Dec 23;19(1):e107906
3. **Mehran L**, Amouzegar A, Gharibzadeh S, Abdi H, Mansournia MA, Tohidi M, Azizi F. Cumulative Effects of Thyroid Hormones Over 10 Years and Risk of General and Abdominal Obesity. Horm Metab Res. 2021 May;53(5):335-340.
4. **Mehran L**, Azizi F, Mousapour P, Cheraghi L, Yarahmadi S, Amirshakeri G, Khalili D. Development of a risk prediction model for early discrimination between permanent and transient congenital hypothyroidism. Endocrine. 2021 Feb 22.
5. Abdi H, Faam B, Gharibzadeh S, **Mehran L**, Tohidi M, Azizi F, Amouzegar A. Determination of age and sex specific TSH and FT4 reference limits in overweight and

obese individuals in an iodine-replete region: Tehran Thyroid Study (TTS). *Endocr Res.* 2021 Feb;46(1):37-43.

6. Azizi F, Amouzegar A, **Mehran L**, Abdi H. LT4 and Slow Release T3 Combination: Optimum Therapy for Hypothyroidism? *Int J Endocrinol Metab.* 2020 Apr 7;18(2):e100870.
7. Tohidi M, Baghbani-Oskouei A, Amouzegar A, **Mehran L**, Azizi F, Hadaegh F. Serum Thyroid Peroxidase Antibody Level and Incident Hypertension in Iranian Men: A Suggestion for the Role of Thyroid Autoimmunity. *Endocr Metab Immune Disord Drug Targets.* 2020 Jun 24.
8. Takyar M, Rahmani M, Amouzegar A, Madreseh E, Tohidi M, **Mehran L**, Azizi F. Parity and Incidence of Thyroid Autoimmunity: A Population-Based Tehran Thyroid Study. **Thyroid.** 2020 May 7.
9. Kadkhodazadeh H, Amouzegar A, **Mehran L**, Gharibzadeh S, Azizi F, Tohidi M. Smoking status and changes in thyroid-stimulating hormone and free thyroxine levels during a decade of follow-up: The Tehran thyroid study. *Caspian J Intern Med.* 2020 winter;11(1):47-52.
10. Etemadi A, Amouzegar A, **Mehran L**, Tohidi M, Azizi F, Moradi K, Delshad H. Isolated Hypothyroxinemia in Iranian Pregnant Women, the Role of Iodine Deficiency: A Population-Based Cross-Sectional Study. **Thyroid.** 2020 Feb;30(2):262-269.
11. **Mehran L**, Amouzegar A, Azizi F. Thyroid disease and the metabolic syndrome. **Curr Opin Endocrinol Diabetes Obes.** 2019 Oct;26(5):256-265.
12. **Mehran L**, Yarahmadi S, Khalili D, Hedayati M, Amouzegar A, Mousapour P, Ajang N, Azizi F. Audit of the Congenital Hypothyroidism Screening Program in 15 Provinces of Iran. *Arch Iran Med.* 2019 Jun 1;22(6):310-317.
13. Keyhanian M, Sarvghadi F, **Mehran L**, Amouzegar A, Beigy M, Tohidi M, Azizi F. Long-Term Variations of Antithyroperoxidase Antibodies and its Clinical Significance. **Horm Metab Res.** 2019 Jun;51(6):347-352.
14. Amouzegar A, **Mehran L**, Takyar M, Abdi H, Azizi F. Tehran Thyroid Study (TTS). *Int J Endocrinol Metab.* 2018 Oct 24;16(4 Suppl):e84727.
15. **Mehran L**, Khalili D, Yarahmadi S, Delshad H, Mehrabi Y, Amouzegar A, Ajang N, Azizi F. Evaluation of the congenital hypothyroidism screening programme in Iran: a 3-year retrospective cohort study. **Arch Dis Child Fetal Neonatal Ed.** 2018 Mar 14.
16. Keyhanian M, Sarvghadi F, **Mehran L**, Amouzegar A, Beigy M, Tohidi M, Azizi F. Long-Term Variations of Antithyroperoxidase Antibodies and its Clinical Significance. *Horm Metab Res.* 2019 Jun;51(6):347-352.
17. Abdi H, Gharibzadeh S, Tasdighi E, Amouzegar A, **Mehran L**, Tohidi M, Azizi F. Associations Between Thyroid and Blood Pressure in Euthyroid Adults: A 9-Year Longitudinal Study. **Horm Metab Res.** 2018 Mar;50(3):236-241.
18. Azizi F, **Mehran L**, Hosseinpanah F, Delshad H, Amouzegar A. Primordial and Primary Preventions of Thyroid Disease. *Int J Endocrinol Metab.* 2017 Oct 7;15(4):e57871
19. Azizi F, **Mehran L**, Hosseinpanah F, Delshad H, Amouzegar A. Secondary and tertiary preventions of thyroid disease. **Endocr Res.** 2018 Jan 10:1-17
20. **Mehran L**, Khalili D, Yarahmadi S, Amouzegar A, Mojarrad M, Ajang N, Azizi F. Worldwide Recall Rate in Newborn Screening Programs for Congenital Hypothyroidism. *Int J Endocrinol Metab.* 2017 Jun 25;15(3):e55451

21. Tohidi M, Derakhshan A, Akbarpour S, Amouzegar A, **Mehran L**, Baghbani-Oskouei A, Azizi F, Hadaeigh F. Thyroid Dysfunction States and Incident Cardiovascular Events: The Tehran Thyroid Study. **Horm Metab Res.** 2018 Jan;50(1):e1.
22. **Mehran L**, Yarahmadi S, Khalili D, Nazeri P, Delshad H, Abdollahi Z, Azhang N, Azizi F. The Impact of Iodine Status on the Recall Rate of the Screening Program for Congenital Hypothyroidism: Findings from Two National Studies in Iran. **Nutrients.** 2017 Oct 30;9(11).
23. Valizadeh M, Moezzi F, Khavassi Z, Movahedinia M, Mazloomzadeh S, **Mehran L**. Influence of topical iodine-containing antiseptics used during delivery on recall rate of congenital hypothyroidism screening program. **J Pediatr Endocrinol Metab.** 2017 Aug 28;30(9):973-978.
24. Abdi H, Kazemian E, Gharibzadeh S, Amouzegar A, **Mehran L**, Tohidi M, Rashvandi Z, Azizi F. Association between Thyroid Function and Body Mass Index: A 10-Year Follow-Up. **Ann Nutr Metab.** 2017;70(4):338-345.
25. **Mehran L**, Amouzegar A, Bakhtiyari M, Mansournia MA, Rahimabad PK, Tohidi M, Azizi F. Variations in Serum Free Thyroxine Concentration Within the Reference Range Predicts the Incidence of Metabolic Syndrome in Non-Obese Adults: A Cohort Study. **Thyroid.** 2017 Jul;27(7):886-893
26. **Mehran L**, Amouzegar A, Rahimabad PK, Tohidi M, Tahmasebinejad Z, Azizi F. Thyroid Function and Metabolic Syndrome: A Population-Based Thyroid Study. **Horm Metab Res.** 2017 Mar;49(3):192-200.
27. Amouzegar A, Ghaemmaghami Z, Beigy M, Gharibzadeh S, **Mehran L**, Tohidi M, Azizi F. Natural Course of Euthyroidism and Clues for Early Diagnosis of Thyroid Dysfunction: Tehran Thyroid Study. **Thyroid.** 2017 May;27(5):616-625.
28. Amouzegar A, Gharibzadeh S, Kazemian E, **Mehran L**, Tohidi M, Azizi F. The Prevalence, Incidence and Natural Course of Positive Antithyroperoxidase Antibodies in a Population-Based Study: Tehran Thyroid Study. **PLoS One.** 2017 Jan 4;12(1):e0169283.
29. Azizi F, **Mehran L**, Amouzegar A, Alamdari S, Subetki I, Saadat N, Moini S, Sarvghadi F. Prevalent Practices of Thyroid Diseases During Pregnancy Among Endocrinologists, Internists and General Practitioners. *Int J Endocrinol Metab.* 2015 Nov 7;14(1):e29601.
30. Amouzegar A, **Mehran L**, Hasheminia M, Kheirkhah Rahimabad P, Azizi F. The predictive value of metabolic syndrome for cardiovascular and all-cause mortality: Tehran Lipid and Glucose Study. **Diabetes Metab Res Rev.** 2017 Jan;33(1).
31. Amouzegar A, Heidari M, Gharibzadeh S, **Mehran L**, Tohidi M, Azizi F. The Association Between Blood Pressure and Normal Range Thyroid Function Tests in a Population Based Tehran Thyroid Study. **Horm Metab Res.** 2016 Mar;48(3):151-6.
32. Amouzegar A, Bakhtiyari M, Mansournia MA, Etemadi A, **Mehran L**, Tohidi M, Azizi F. Sex- and Age-Specific Reference Values and Cutoff Points for TPOAb: Tehran Thyroid Study. **Thyroid.** 2016 Mar;26(3):458-65.
33. Sarkhail P, **Mehran L**, Askari S, Tahmasebinejad Z, Tohidi M, Azizi F. Maternal Thyroid Function and Autoimmunity in 3 Trimesters of Pregnancy and their Offspring's Thyroid Function. **Horm Metab Res.** 2016 Jan;48(1):20-6.
34. Amouzegar A, Kazemian E, Gharibzadeh S, **Mehran L**, Tohidi M, Azizi F. Association between thyroid hormones, thyroid antibodies and insulin resistance in euthyroid individuals: A population-based cohort. **Diabetes Metab.** 2015 Dec;41(6):480-8.

35. Khazan M, Amouzegar A, Gharibzadeh S, **Mehran L**, Tohidi M, Azizi F. Prevalence of hypothyroidism in patients with dyslipidemia: Tehran Thyroid Study (TTS). **Horm Metab Res.** 2014 Dec;46(13):980-4.
36. Delshad H, Amouzegar A, **Mehran L**, Azizi F. Comparison of two guidelines on management of thyroid nodules and thyroid cancer during pregnancy. *Arch Iran Med.* 2014 Oct;17(10):670-3.
37. Amouzegar A, **Mehran L**, Sarvghadi F, Delshad H, Azizi F, Lazarus JH. Comparison of the American Thyroid Association with the Endocrine Society practice guidelines for the screening and treatment of hypothyroidism during pregnancy. **Hormones (Athens).** 2014 Jul-Sep;13(3):307-13
38. **Mehran L**, Amouzegar A, Tohidi M, Moayedi M, Azizi F. Serum free thyroxine concentration is associated with metabolic syndrome in euthyroid subjects. **Thyroid.** 2014 Nov;24(11):1566-74.
39. Azizi F, Amouzegar A, **Mehran L**, Alamdari S, Subekti I, Vaidya B, Poppe K, San Luis T Jr, Akamizu T. Screening and management of hypothyroidism in pregnancy: results of an Asian survey. *Endocr J.* 2014;61(7):697-704.
40. Amouzegar A, Ainy E, Khazan M, **Mehran L**, Hedayati M, Azizi F. Local versus international recommended TSH references in the assessment of thyroid function during pregnancy. **Horm Metab Res.** 2014 Mar;46(3):206-10.
41. Amouzegar A, Delshad H, **Mehran L**, Tohidi M, Khafaji F, Azizi F. Reference limit of thyrotropin (TSH) and free thyroxine (FT4) in thyroperoxidase positive and negative subjects: a population based study. **J Endocrinol Invest.** 2013 Dec;36(11):950-4.
42. **Mehran L**, Amouzegar A, Delshad H, Askari S, Hedayati M, Amirshakari G, Azizi F. Trimester-specific reference ranges for thyroid hormones in Iranian pregnant women. **J Thyroid Res.** 2013;2013:651517.
43. Azizi F, Amouzegar A, Delshad H, Tohidi M, **Mehran L**, Mehrabi Y. Natural course of thyroid disease profile in a population in nutrition transition: Tehran Thyroid Study. **Arch Iran Med.** 2013 Jul;16(7):418-23.
44. Alamdari S, Azizi F, Delshad H, Sarvghadi F, Amouzegar A, **Mehran L**. Management of hyperthyroidism in pregnancy: comparison of recommendations of American Thyroid Association and endocrine society. **J Thyroid Res.** 2013;2013:878467.
45. **Mehran L**, Tohidi M, Sarvghadi F, Delshad H, Amouzegar A, Soldin OP, Azizi F. Management of thyroid peroxidase antibody euthyroid women in pregnancy: comparison of the American Thyroid Association and the endocrine society guidelines. **J Thyroid Res.** 2013;2013:542692.
46. Mirmiran P, Nazeri P, Amiri P, **Mehran L**, Shakeri N, Azizi F. Iodine nutrition status and knowledge, attitude, and behavior in Tehranian women following 2 decades without public education. **J Nutr Educ Behav.** 2013 Sep-Oct;45(5):412-9.
47. Azizi F, **Mehran L**, Amouzegar A, Delshad H, Tohidi M, Askari S, Hedayati M. Establishment of the trimester-specific reference range for free thyroxin index. **Thyroid.** 2013 Mar;23(3):354-9
48. **Mehran L**, Nazeri P, Delshad H, Mirmiran P, Mehrabi Y, Azizi F. Does a text messaging intervention improve knowledge, attitudes and practice regarding iodine deficiency and iodized salt consumption? **Public Health Nutr.** 2012 Dec;15(12):2320-5.

49. Mehran L, Amouzegar A, Delshad H, Azizi F. Association between serum TSH concentration and body mass index in euthyroid subjects: the role of smoking. *Arch Iran Med.* 2012 Jul;15(7):400-3.
50. Delshad H, Amouzegar A, Mirmiran P, Mehran L, Azizi F. Eighteen years of continuously sustained elimination of iodine deficiency in the Islamic Republic of Iran: the vitality of periodic monitoring. **Thyroid.** 2012 Apr;22(4):415-21.
51. Delshad H, Mehran L, Tohidi M, Assadi M, Azizi F. The incidence of thyroid function abnormalities and natural course of subclinical thyroid disorders, Tehran, I.R. Iran. **J Endocrinol Invest.** 2012 May;35(5):516-21.
52. Mehran L, Amouzegar A, Delshad H, Azizi F. The association of cigarette smoking with serum TSH concentration and thyroperoxidase antibody. **Exp Clin Endocrinol Diabetes.** 2012 Feb;120(2):80-3.
53. Delshad H, Mehran L, Azizi F. Appropriate iodine nutrition in Iran: 20 years of success. **Acta Med Iran.** 2010 Nov-Dec; 48(6):361-6. PubMed PMID: 21287473.
54. Azizi F, Mehran L, Sheikholeslam R, Ordoorkhani A, Naghavi M, Hedayati M, Padyab M, Mirmiran P. Sustainability of a well-monitored salt iodization program in Iran: marked reduction in goiter prevalence and eventual normalization of urinary iodine concentrations without alteration in iodine content of salt. **J Endocrinol Invest.** 2008 May;31(5):422-31.
55. Azizi F, Mehran L. Experiences in the prevention, control and elimination of iodine deficiency disorders: a regional perspective. **East Mediterr Health J.** 2004 Nov; 10(6):761-70. Review.

Congress presentation

1. The 6th Seoul International Congress of Endocrinology and Metabolism

- The Impact of Population Iodine Status on Recall Rate of Screening Program for Congenital Hypothyroidism: Findings from two national studies in Iran,
- Evaluation of Congenital Hypothyroidism Screening Program in Iran, a Three Year Retrospective Cohort Study
- Worldwide Recall Rate in Newborn Screening Programs for Congenital Hypothyroidism

2. 17th International Congress of Endocrinology in collaboration with the 15th Annual Meeting of the Chinese Society of Endocrinology

- Free thyroxin variations is associated with incident metabolic syndrome in adults, Tehran Thyroid Study (***oral presentation***),
Ladan Mehran, Atieh Amouzegar, Mahmood Bakhtiari, Mohammad Ali Mansournia
- Thyroid function and metabolic syndrome, the population-based Tehran Thyroid Study,
Ladan Mehran, Atieh Amouzegar, Parnian Kheirkhah Rahimabad, Maryam Tohidi, Zhaleh Tahmasebinejad, Fereidoun Azizi
- The association between smoking status and thyroid function tests in Tehran Thyroid Study
Hoda Kadkhodazadeh, Atieh Amouzegar, Ladan Mehran, Safoora Gharibzadeh, Fereidoun Azizi
- Association between Thyroid function and Body-Mass Index: A 10 year follow-up, Hengameh Abdi, Elham Kazemian, Safoora Gharibzadeh, Atieh Amouzegar, Ladan Mehran, Maryam Tohidi, Zahra Rashvandi, Fereidoun Azizi

3. 38th Annual Meeting of the European Thyroid Association, Spain, 2014

- Maternal thyroid function and auto-immunity in three trimesters of pregnancy and their offspring's thyroid function Peymaneh Sarkhail,
Ladan Mehran, Sahar Askari, Zhale Tahmasebinejad, Sormeh Nourbakhsh, Maryam Tohidi, Fereidoun Azizi
- Thyroid disorders and lipid levels in a community based study: Tehran Thyroid study (TTS)
Shahram Alamdari, Atieh Amouzegar, Maryam Tohidi, Safoora Gharibzadeh, Pouyan kheirkhah, Parnian kheirkhah, Fereidoun Azizi, Ladan Mehran
- Serum Free Thyroxine Concentration is Associated with Metabolic Syndrome in Euthyroid Subjects
Ladan Mehran, Atieh Amouzegar, Maryam Tohidi, Maryam Moayedi, Fereidoun Azizi

- Thyroid volumes of Tehranian schoolchildren who have lived their entire lives in an iodine sufficient area
Hosein Delshad, A.tieh Amouzegar, Fereidoun. Azizi, Ladan Mehran

4. 10th International congress of endocrinology, Tehran, Iran,2013

- Prevalence of Hypothyroidism in Patients with Dyslipidemia: Tehran Thyroid Study (TTS)
Marjan Khazan1, Atieh Amouzegar, Safoora Gharibzadeh, Ladan Mehran, Maryam Tohidi,Fereidoun Azizi
- The Predictive Value of Metabolic Syndrome for Cardiovascular and All-Cause Mortality According to Different Definitions in the Middle East Caucasian Residents: Tehran Lipid and Glucose Study (*oral presentation*)
Ladan Mehran, Atieh Amouzegar, Mitra Hasheminia, Parnian Kheirkhah, Farzad Hadaegh, Fereidoun Azizi

5. 10th Asia-Oceania Congress of Endocrinology, 24-27 OCT,2012, Indonesia, Bali Oct. 2012

- Establishment of the trimester-specific reference range for free thyroxin index,
Azizi F, Mehran L, Amouzegar A, Delshad H, Tohidi M, Askari S, Hedayati M
- Iodine nutrition status and knowledge, attitude, and behavior in Tehranian women following 2 decades without public education.
Mirmiran P1, Nazeri P, Amiri P, Mehran L, Shakeri N, Azizi F.
- The incidence of thyroid dysfunction and natural course of subclinical thyroid disorders during 10 years follow up in Tehran Lipid and Glucose Study (TLGS),
S Ghaemmaghami, F Azizi, A Amouzegar, H Delshad, M Tohidi, L Mehran

6. 14th Asia-Oceania Congress of Endocrinology, Kuala Lumpur 2010

- The Incidence of Thyroid Function Abnormalities and Natural Course of Subclinical Thyroid Disorders in Tehranian Adult Population,
Mehran L, Delshad H, Tohidi M, Asadi M., Azizi F,

7. 9th International congress of endocrinology, Tehran, Iran

- Association between serum TSH concentration and body mass index in euthyroid subjects: the role of smoking (oral presentation)
- The association of cigarette smoking with serum TSH concentration and thyroperoxidase antibody(oral presentation)
- Does a text messaging intervention improve knowledge, attitudes and practice regarding iodine deficiency and iodized salt consumption? (oral presentation)

8. 6th International congress of endocrinology, 2001, Tehran, Iran

- Comparison of life change events in diabetic and non-diabetic women and resultant perceived stress. Iranian Journal of Endocrinology and Metabolism

Books/Book Chapters

1. Assessment of iodine deficiency disorders and monitoring their elimination. A guide for programme managers. 3rd edition. WHO/UNICEF/ICCIDD, Geneva, 2007
2. Elimination of iodine deficiency disorders a manual for health workers, WHO, 2008
3. Iodine, thyroid function and public health (in Persian), 2012

Educational activities

1. Workshops of research proposal writing and research methods for medical students from 2012
2. National workshops for monitoring and evaluation of IDD elimination program in 2002
3. Micronutrient and iodine deficiency workshop for Iraqi health staff in September 2011
4. International training course on monitoring and evaluation of IDD, 14-22 May, 2002, Tehran, Iran.

Honors & Awards

1. Honors in medical research in the Research Institute for Endocrinology and Metabolism
2. Honors to be pioneer in IDD elimination program in Iran.
3. Accolade in recognition to be the Exemplary Physician in General Medicine during my medical practice in 3rd. Shaban Hospital, Damavand, Tehran, Iran. 1999