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## Anita Eftekharzadeh, MD

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### Education

- Oct 2012 – Oct 2014*    **Subspecialty in Endocrinology and Metabolism**  
Iran University of Medical Science, Institute of Endocrinology and Metabolism  
Tehran, Iran
- Sep 2003 – Sep 2007*    **Specialty in Internal Medicine**  
Shahid Beheshti University of Medical Sciences, Department of Internal  
Medicine, Tehran, Iran
- Feb 1992 – Feb 2000*    **Doctorate in Medicine**  
Tehran University of Medical Sciences, Medical School, Tehran, Iran

### Thesis

Anita Eftekharzadeh: *The Relationship between Thyroid Dysfunction and Metabolic Syndrome; A systematic Review and Met-analysis.* 05/2014, Degree: Subspecialty in Endocrinology and Metabolism, Supervisor: Mojtaba Malek

Anita Eftekharzadeh: *Efficacy of Self-Monitoring of Blood Glucose in Type II Non-Insulin treated Diabetic Patients.* 06/2007, Degree: Specialty in Internal Medicine, Supervisor: Farhad Hosseinpanah

Anita Eftekharzadeh: *Melodic Intonation Therapy in Persian Aphasic Patients.* 02/ 2000, Degree: Doctorate in Medicine, Supervisors: Jamsheed Lotfi, Hassan Ashayeri

### Research Experience

- May 2015 - Present*    **Research Assistant**  
Shahid Beheshti University of Medical Sciences, Obesity Research Cener,  
Research Institute for Endocrine Sciences, Tehran, Iran
- Oct 2012 – Oct 2014*    **Endocrinology Fellow**  
Iran University of Medical Science, Institute of Endocrinology and Metabolism  
Tehrān, Iran

Sep 2003 – Sep 2007 **Internal Medicine Resident**  
Shahid Beheshti University of Medical Sciences, Department of Internal  
Medicine, Tehran, Iran

Oct 2002 – Oct 2003 **Research Assistant**  
National Research Center of Medical Sciences, Tehran, Iran

## Skills & Activities

*Skills* Clinical Endocrinology, Diabetes Clinical Research, Thyroid Ultrasound,  
Thyroid Fine-Needle Aspiration Biopsy, Gastrointestinal Endoscopy, Meta-  
Analysis, Systematic Reviews

*Languages* English, Persian

*Scientific Memberships* Iran Endocrine Society, Iran Obesity Society

*Interests* Obesity research, Thyroid clinical research

## Publication Highlights

### Book Chapters

Anita Eftekharzadeh: *Capacity Development in Health Research System*. National Health Research System;  
Perspective of The International Health Research Organizations, Edited by Mohammad Reza  
Rouhollahi, **Anita Eftekharzadeh**, Mohammad Reza Mohammadi, 01/2003: chapter 11; National  
Research Center of Medical Sciences., ISBN: 964-95443-1-3

Anita Eftekharzadeh: *Research Utilization*. National Health Research System; Perspectives of The  
International Health Research Organizations, Edited by Mohammad Reza Rouhollahi, **Anita  
Eftekharzadeh**, Mohammad Reza Mohammadi, 01/2003: chapter 10; National Research Center of  
Medical Sciences., ISBN: 964-95443-1-3

### Journal Publications

**Anita Eftekharzadeh**, Farhad Hosseinpanah, Majid Valizadeh, Maryam Barzin, Maryam Mahdavi,  
Fereidoun Azizi: *Legacy of the Tehran Lipid and Glucose Study: Chronic Kidney Disease*. International  
Journal of Endocrinology and Metabolism 10/ 2018; DOI: 10.5812/ijem.84761

Rozita Naseri, Tahereh Yavari, **Anita Eftekharzadeh**, Habibolah Khazaie: *Association between sleep duration  
and nephropathy in patients with type II diabetes mellitus*. International Journal of Diabetes in  
Developing Countries 01/ 2018; DOI: 10.1007/s13410-017-0603-0

**Anita Eftekhazadeh**, Golaleh Asghari, Sara Serahati, Farhad Hosseinpanah, Ali Azizi, Maryam Barzin, Parvin Mirmiran, Fereidoun Azizi: *Predictors of incident obesity phenotype in nonobese healthy adults*. European journal of clinical investigation 05/ 2017;

Behrang Motamed, **Anita Eftekhazadeh**, Farhad Hosseinpanah, Maryam Tohidi, Mitra Hashemini, Fereidoun Azizi: *The relation between changes in thyroid function and anthropometric indices during long term follow up of euthyroid subjects; the Tehran Thyroid Study (TTS)*. European Journal of Endocrinology 08/2016; DOI: 10.1530/EJE-16-0414

Golaleh Asghari, **Anita Eftekhazadeh**, Farhad Hosseinpanah, Sahar Ghareh, Parvin Mirmiran, Fereidoun Azizi: *Instability of different adolescent metabolic syndrome definitions tracked into early adulthood metabolic syndrome: Tehran Lipid and Glucose Study (TLGS)*. Pediatric Diabetes 02/2017; DOI:10.1111/pedi.12349

**Anita Eftekhazadeh**, Mohammad Ebrahim Khamseh, Amir Farshchi, Mojtaba Malek: *The Association between Subclinical Hypothyroidism and Metabolic Syndrome as Defined by the ATP III Criteria*. Metabolic syndrome and related disorders 01/2016; 14(3). DOI:10.1089/met.2015.0065

Borna Bonakdarpour, **Anita Eftekhazadeh**, Hassan Ashayeri: *Melodic intonation therapy in Persian aphasic patients*. Aphasiology 01/2003; 17(1). DOI:10.1080/729254891

## Conference Proceedings

**Anita Eftekhazadeh**: *Medical Benefits of Weight Loss*. The 12<sup>th</sup> International Congress of Endocrine Disorders, Tehran, Iran; 11/ 2018

**Anita Eftekhazadeh**, Farhad Hosseinpanah, Maryam Mahdavi, Majid Valizadeh, Fereidoun Azizi: *Effect of menopause on incidence of diabetes among women affected by different obesity and abdominal obesity phenotypes in the Tehran Lipid and Glucose Study (TLGS)*. The 12<sup>th</sup> International Congress of Endocrine Disorders, Tehran, Iran; 11/ 2018

**Anita Eftekhazadeh**: *The experience of being obese*. The 6<sup>th</sup> Congress of Prevention and Treatment of Obesity, Tehran, Iran; 12/2017

**Anita Eftekhazadeh**, Golaleh Asghari, Farhad Hosseinpanah, Sara Serahati, Ali Azizi, Fereidoun Azizi: *Predictive Factors of Obesity Phenotypes in Non-Obese Adults: Tehran Lipid and Glucose Study*. The 11<sup>th</sup> International Congress of Endocrine Disorders, Tehran, Iran; 11/ 2016

Borna Bonakdarpour, **Anita Eftekhazadeh**, Hassan Ashayeri: *Melodic Intonation Therapy in Persian Aphasics*. 9th International Aphasia Rehabilitation Conference, Rotterdam, The Netherlands; 08/2000