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Language skills: English, Farsi

Education
2018 PhD, Medical Sciences Technology, Isfahan University of
Medical Sciences, Isfahan, IRAN
University of Medical Sciences, Isfahan, IRAN
2008 M.Sc., Biology (Animal physiology), Isfahan University,
Isfahan, IRAN
1992 B.S, Chemistry, Kashan University, Kashan, IRAN
1988 High School Diploma, Mahboobeh Danesh High School,
Isfahan, IRAN

**Work
experience:**

Trainee:
2019 Certification of commercialization of products. Isfahan Iran
2019 Certification of RCT-GCP Workshop of NIMAD, Isfahan, Iran
2016 Certification of Commercialization of Technology Workshop,



	Isfahan, Iran
2016	Certification of Journal Club of PhD by Research Students Workshop, Isfahan, Iran
2013	Certification of Flow Cytometry Workshop, Isfahan, Iran
2012	Certification of Bioinformatics and Primer Design Workshop, Isfahan, Iran
2012	Certification of Advance Medical Journalism Workshop, Isfahan, Iran
2012	Certification of Seminar on Systematic Review, Isfahan, Iran.
2012	Certification of Modeling Workshop, Isfahan, Iran
2012	Certification of English Writing Workshop, Isfahan, Iran
2012	Certification of English Writing Workshop, Isfahan, Iran
2012	Certification of Bioinformatics and Primer designing Workshop, Isfahan, Iran
2011	Certification of SOE-PCR Workshop, Isfahan, Iran
2010	Certification of Medical Journalism Workshop, Isfahan, Iran
2010	Certification of Knowledge Transfer and Exchange Workshop, Isfahan, Iran
2009	Certification of Brain Ischemic Model Workshop, Isfahan, Iran
2009	Certification of Automated Hematology and Related Errors Workshop, Isfahan, Iran
2009	Certification of EndNote & EndNot Web Workshop, Isfahan, Iran
2008	Certification of Systems and Methods Workshop, Isfahan, Iran
2005	Certification of Statistical Analysis using SPSS Software Workshop, Isfahan, Iran
2004	Certification of Secondary Prevention of Cardiovascular Diseases (PREMIS), Isfahan, Iran
2004	Certification of Qualitative Research Workshop, Isfahan, Iran
2004	Certification of Clinical Trial Workshop, Isfahan, Iran
2003	Certification of Global Forum On NCD prevention and Control Rotated International Visitors Program, Isfahan, Iran
2003	Certification of Workshop on Secondary Prevention of Myocardial Infarction & Stroke, and Management of Cardiovascular Risk, Isfahan, Iran
2003	Certification of Strategic Planning Workshop , Isfahan, Iran
2000	Certification of Isfahan University of Medical Sciences Research Experts Meeting, Isfahan, Iran
2000	Certification of Entrepreneurship in Research Organizations Training Course, Tehran, Iran
2000	Certification of 2 nd Training Workshop of Medline Database, Isfahan, Iran
1999	Certification of Advance SPSS Software Workshop, Isfahan, Iran
1998	Certification of the Research Methodology Workshop, Isfahan, Iran
1998	Certification of Scientific Writing Workshop, Isfahan, Iran

Trainer:

2016	Certification of Principles and Methods of Cloning, Isfahan, Iran
2015	Certification of Principles and Methods of Cloning, Isfahan, Iran
2007	Certification of 6 th International Teaching Seminar of Isfahan Healthy Heart Program (IHHP), entitled Non-Communicable Diseases Prevention and Health Promotion: International Strategies and Results of Isfahan Healthy Heart Program, Isfahan, Iran
2006	Certification of 5 th International Teaching Seminar of Isfahan Healthy Heart Program (IHHP), entitled Non-Communicable Diseases Prevention and Health Promotion: International Strategies and Results of Isfahan Healthy Heart Program, Isfahan, Iran
2005	Certification of Worksite Interventional Project, Isfahan, Iran

Memberships:

2018 to date	Member of Editorial Board of Biochemistry and Molecular Biology Journal
2017 to date	Member of International Society on Aptamers
2013 to date	Member of Editorial Board of ARYA Atherosclerosis Journal
2001 to 2004	Member of Iranian Epidemiological Association
1999 to 2002	Member of Asian Pacific Society of Atherosclerosis and Vascular Disease

Patent

- Selection of a DNA aptamer for inhibiting human and rabbit MCP-1 by magnetic bead-based toggled SELEX method

Publications

Books

1. Four Chapters of "Tobacco: The Growing Epidemic" book by Lu R, Mackay J, Niu S, Peto R. Nat Med. 1999 Jan.
2. Farsi Translation of "Epidemiology in Medicine" by Ch. H. Hekense & J. E. Buring
3. Healthy Cooking for Heart Health (Farsi), 2002.
4. Lime and Atherosclerosis (English), 2017.

Articles in journals

Articles in national Journals (Farsi)

1. Mianesaz H, ..., Boshtam M. Using Enzyme Linked Oligonucleotide Sorbent Assay for detection of Hepatitis B Surface Antigen in comparison to Enzyme Linked Immunosorbent Assay. *J Isfahan Med School* 2018; 36 (471): 233-240.
2. Hamidia Z, ..., Boshtam M, et al. The effect of some flavonoids on paraoxonase-1 activity. *J Shahrekord Univ Med Sci* 2014; 16(4): 71-76.
3. Irandoust H, ..., Boshtam M. Effects of recycled soy oil sources and vitamin E and C supplementation on laying hens' blood serum and yolk lipid profile and egg oxidative stability. *Animal Science Researches* 2014; 24(3): 133-46.
4. Nayeri H, Naderi Gh, Abedpour Dehkordi A, Boshtam M, Jafari Dinani N. The in vitro Effect of sICAM-1 on oxidation of LDL and HDL and activity of paraoxonase-1 enzyme. *Iranian Journal of Endocrinology and Metabolism* 2013; 14(5): 498-503.
5. Boshtam M, Moshtaghian J, Naderi Gh, et al. Effect of lime on some coagulation and inflammatory factors in atherogenic rabbits. *J of Jahrom University of Medical Sciences* 2011; 9 (Supl 2): ١-٧.
6. Sarrafzadegan N, Asgary S, Toghianifar N, ... , Boshtam M. Association of polipoprotein-A, B and Trans Fatty Acids with Cardiovascular Events: Isfahan Cohort Study. *J of Jahrom University of Medical Sciences* 2011; 28 (124): 1967-77.
7. Sadeghi M, Sanei H, Hekmatnia A, Tavakoli B, Boshtam M, et al. Evaluation between Fat Distribution in Abdominal CT Scan with Some Physical and Biochemical Variable in Ischemic Patients: GAAMI Study. *J Isfahan Med School* 2011; 28(124): 1943-52.
8. Boshtam M, Zarea K, Sadeghi Sh, et al. Impact of nutritional interventions on food consumption pattern changes of workers and staff: Isfahan Healthy Heart Program. *ZJRMS* 2010; 12(5): 31-37.
9. Bahonar A, Shahn timer M, Asadi Lari M, Boshtam M, et al. Risk factors of cardiovascular diseases among workers in Isfahan. *Iran Occupational Health* 2010; 7(1): 4-10.
10. Boshtam M, Rafiei M, Sadeghi K, Sarraf-Zadegan N. Effect of oral vitamin E supplement on mild hypertension. *Behbood J of Kermanshah University of Medical Science*. 2007; 11(1): 1-10.
11. Najafian J, Boshtam M, Fatemi F, Akhavan-Tabib A. The association between different measurements of obesity and metabolic syndrome: Isfahan Healthy Heart Program. *Journal of Endocrine and Metabolism* 2007; 10(3):279-284.
12. Gharipoor M, Baghaei A, Boshtam M, et al. prevalence of metabolic syndrome in Iranian population by sex and residency. *Birjand Journal of*

Medical Science. 2006; 13(3): 56-62.

13. Rangamiz F, Boshtam M, et al. The relationship of different jobs with risk factors of non-communicable diseases: Isfahan Healthy Heart Program. *Armaghan Danesh J of Yasuj University* .2005;10(27):59-66
14. Boshtam M, Rafiei M, Sarraf-Zadegan N, et al. The relationship between serum vitamin D level coronary artery disease and the associated risk factors in female carpet weavers. *J of Qazvin University of Medical Science* 2005; 35: 44-52.
15. Najafian J, Kelishadi R, Sarraf-Zadegan N, Boshtam M. The mean duration of electrocardiographic changes in unstable angina. *J of Qazvin University of Medical Science* 2005; 35: 15-19.
16. Rabiei K, Boshtam M, Mirzaei H, Sadeghi M, et al. Cardiac rehabilitation, functional capacity and psychologic factors: when the most beneficial effects occur? *J of Uremia University Medical Science* 2004; 15(2): 92-100.
17. Rafiei M, Boshtam M, Tafazoli Shayan F, et al. Prevalence of smoking in adolescents of Isfahan. *J Razi* 2004; 15(10): 18-26.
18. Naderi GH, Sarraf-Zadegan N, Boshtam M, Asgary S, et al. The situation of new risk factors of cardiovascular disease in urban population of Isfahan. *J of Kerman University of Medical Sciences* 2004; 11(1): 28-35.
19. Rabiei K, Saeidi M, Boshtam M, Alikhassi H, et al. Cardiac Rehabilitation in Obese CVD Patients. *Journal of Isfahan Medical School* 2004; 71: 20-24.
20. Boshtam M, Shahparian M, Abbaszadeh M, et al. Comparing CRP and uric acid serum level in active and positive smokers with nonsmokers. *J of Isfahan Medical School* 2003; 69&70: 41-44.
21. Boshtam M, Khalili M, Masuod SH, et al. Isfahan Healthy Heart Program: work site Intervention project. Executive protocol and operational stages. *J of Qazvin University of Medical Sciences Health Services* 2003; 26: 79-85.
22. Boshtam M, Rafiei M, Saraf-Zadegan, N, et al. Impact of vitamin E on type II diabetic patients. *J of Shaheed Sadoughi University of Medical Sciences and Health services*. 2003; 10(4): 32-40.
23. Rafiei M, Boshtam M, et al. Relation between calcium and blood pressure in Isfahan population. *J of Medical School of Isfahan* 2003; 67: 57-64.
24. Sadeghi M, Rabiei K, Roohafza H, Boshtam M. Comparing the effect of cardiac rehabilitation on exercise capacity and some cardiac risk factors on men and women. *J of Isfahan University of Medical Sciences* 2003; 8(4): 31-35.
25. Roohafza H, Saidi M, Sadeghi M, Boshtam M, Rabiei K. Effect of Rehabilitation on psychological factor on Iranian population. *J of Isfahan*

University of Medical Sciences 2003; 8(3): 94-97.

26. Alikhasi H, Moatarian A, Mohammadi-fard N, ..., Boshtam M, et al. Relationship between the Kind of intake and cardiovascular risk factors. J of Qazvin University of Medical Science. 2003; 26: 71-79.
27. Rafiei M, Boshtam M, Sarraf-Zadegan N, et al. The correlation of 24-hr urinary sodium and Potassium with blood pressure in adults of Isfahan city. J of Tehran University Medical Sciences. 2002; 60(5): 406-415.
28. Rafiei M, Boshtam M, Jalali A, et al. Nutrient intakes in Isfahani adults by "Iranian Food Consumption Program (IFCP)". J of Isfahan University of Medical Sciences 2002; 7(1); 26-32.
29. Golshadi I, Ansari R, Asgary S, Boshtam M. Familiarizing with using herbal extracts in Isfahan province. J Annuals Iranian Herbal Drug 2002; 1(2): 21-28.
30. Boshtam M, Sarraf-Zadegan N, Kelishadi R, et al. Relation of serum lipids and apolipoproteins with serum vitamin D level in children of high risk families comparing to control group. J of Isfahan University of Medical Sciences 2002; 7(1): 122-127.
31. Sadeghi K, Boshtam M, Sarraf-Zadegan N, et al. The level of physical activity in Isfahan population. J Iran Health 2000; 29(1-4): 69-76.
32. Mohammadifard N, Najafian J, Boshtam M, et al. Levels nutrients of traditional foods in Isfahan. J of Isfahan University of Med Sciences 2000; 4(4): 203-206.
33. Mohammadifard N, Sarraf-Zadegan N, Jalali A,, Boshtam M, et al. Food and nutrients intake among adults of Isfahan, Iran. Iranian J Public Health 2000; 29(1-4): 127-36.
34. Najafian J, Boshtam M, Sarraf-Zadegan N, Rafiei M, et al. The relation between CK-MB/CK activity index and serum magnesium and fibrinogen in myocardial infarction. J of Isfahan University of Medical Sciences 1999; 3(4): 314-318.
35. Rafiei M, Boshtam M, Sarraf-Zadegan N. Hydrogenation process and change in fatty acids composition in hydrogenated oils. Teb-O-Tazkie 1997, 26: 20-25.
36. Sarraf-Zadegan, Rafiei M, Boshtam M, et al. The Prevalence of hyperlipidemia among people over 19 years of age in Isfahan. J of Mashhad University of Medical Sciences 1996; 53: 60-67.
37. Boshtam M, Sarraf-Zadegan N, Dokhani S, Rafiei M. Defining the amount of salt in all types of bread used in Isfahan by chemical analysis. Teb-O-Tazkie 1994; 13, 14: 23-25.

38. Boshtam M, Dokhani Sh, Sarraf-Zadegan N, Rafiei M. Defining the amount of salt and fat in all types of cheese used in Isfahan by chemical analysis. *J of Standard* 1994; 7: 18-23.

Articles in International Journals:

1. Boshtam M, et al. Anti-inflammatory effects of Apocynin: A narrative review of the evidence. *All Life J* 2021; 14:1, 997-1010, DOI: 10.1080/26895293.2021.1990136
2. Kouhpayeh S, Shariati L, Boshtam M, et al. The Molecular Basis of COVID-19 Pathogenesis, Conventional and Nanomedicine Therapy. *Int J Mol Sci* 2021; 22(11), 5438; <https://doi.org/10.3390/ijms22115438>.
3. Mirian M, ..., Boshtam M, et al. Modified cell- based SELEX strategy for ssDNA aptamer selection against hepatitis B surface antigen. *Molecular Biology Reports* 2021; 48:139–146.
4. Zahedi N, ..., Boshtam M, et al. Study of therapeutic effect of recombinant C Reactive Protein on cutaneous leishmaniasis of Balb/c mice due to *Leishmania major*. *Acta Parasitology* 2020; <https://doi.org/10.1007/s11686-020-00251-w>.
5. Hajibabaie F,... , Boshtam M, et al. MicroRNAs as the actors in the atherosclerosis scenario. *J Physiol Biochem* 2019; <https://doi.org/10.1007/s13105-019-00710-7>.
6. Gheibi A, ..., Boshtam M, et al. Optimization and comparison of different methods and factors for efficient transformation of *Brucella abortus* RB51strain. *Advanced Biomedical Res* 2019; 8:37, doi: 10.4103/abr.abr_14_19. eCollection 2019.
7. Kouhpayeh S, Hejazi Z, Boshtam M, et al. Development of $\alpha 4$ integrin DNA aptamer as a potential therapeutic tool for multiple sclerosis. *J Cell Biochem* 2019; 120(9):16264-16272.
8. Shariati L, ..., Boshtam M, et al. Disruption of SOX6 Gene Using CRISPR/Cas9 Technology for Gamma Reactivation: An Approach towards Gene Therapy of β - Thalassemia. *J Cell Biochem* 2018; 119(11):9357-9363.
9. Boshtam M, et al. Display of human and rabbit monocyte chemoattractant

protein-1 on human embryonic kidney 293T cell surface. *Research in Pharmaceutical Sciences* 2018; 13(5): 430-439.

10. Fatahi A, ..., Boshtam M, et al. Construction and characterization of a recombinant HEK cell over-expressing truncated c terminal α 4 integrin (CD49d). *Research in Pharmaceutical Sciences* 2018; 13(4): 353-359.
11. Boshtam M, et al. Expression and purification of biologically active recombinant rabbit monocyte chemoattractant protein1 in *Escherichia coli*. *FEMS Microbiology letters* 2018; 365 (9): 1-7.
12. Rabieian R, Boshtam M, et al. Plasminogen activator inhibitor type-1 PAI-1 as a regulator of fibrinolysis: a review. *J Cell Biochem* 2018; 119 (1): 17-27. 9999:1–11, DOI: 10.1002/jcb.26146.
13. Nayeri H, Naderi GA, ... , Boshtam M, et al. LDL fatty acid composition as a risk biomarker of cardiovascular disease. *Artery Research* 2017; 20: 1-7.
14. Darzi L, Boshtam M, et al. The silencing effect of miR-30a on the ITGA4 gene expression in 1 vitro: an approach for gene therapy. *Research in Pharmaceutical Sciences (RPS)* 2017; 12(6):456-464.
15. Rahimmanesh I, Boshtam M, et al. Cell surface display of rabbit MCP-1 on human embryonic kidney 293T cell line. *Indian J Biotech* 2017; 16(3): 296-300.
16. Boshtam M, et al. Aptamers against pro- and anti-inflammatory Cytokines: a review. *Inflammation* 2017; 40 (1): 340-349.
17. Kouhpayeh S, Einizadeh AR, Hejazi Z, Boshtam M, et al. Antiproliferative effect of a synthetic aptamer mimicking androgen response element in the LNCaP cell line. *Cancer Gene Therapy* 2016; 23, 254-257.
18. Haghighatdoost F, Sarrafzadegan N, ... , Boshtam M, et al. Assessing body shape index as a risk predictor for cardiovascular diseases and metabolic syndrome among Iranian adults. *Nutrition* 2014; 30(6):636-44.
19. Naderi GH, Dinani NJ, ..., Boshtam M. Effects of some high consumption Spices on hemoglobin glycation. *Indian Journal of Pharmaceutical Sciences* 2014; 76(6): 553-7.
20. Moradi A, ..., Boshtam M, et al. Efficacy galangin on protein oxidation biomarker SH-group. *Journal of Biology and Today's World* 2014; 3(10): 215-17.
21. Boshtam M, Razavi AE, et al. Serum Paraoxonase 1 Activity Is Associated with Fatty Acid Composition of High Density Lipoprotein. *Disease Markers* 2013; 35 (4): 273-88.
22. Boshtam M, Asgary S, et al. Impacts of lime fresh juice and peel on atherosclerosis progression in an animal model. *ARYA Atherosclerosis* 2013; 9(6): 357-62.

23. Mohammadifard N, ..., Boshtam M, et al. Comparison of effects of soft margarine, blended, ghee, and unhydrogenated oil with hydrogenated oil on serum lipids: A randomized clinical trial. *ARYA Atherosclerosis* 2013; 9(6): 363-71.
24. Haghighatdoost F, Sarrafzadegan N, ... , Boshtam M, et al. Healthy Eating Index and Cardiovascular Risk Factors among Iranians. *Journal of the American College of Nutrition* 2013; 32(2):111-21.
25. Hamidia Z, Nayeri H, ... , Boshtam M. Myricetin, quercetin, kaempferol and galangin all increase serum paraoxonase activity. *Indian Journal of Fundamental and Applied Life Sciences* 2013; 3(1): 36-43.
26. Shokouh P, Joharimoghadam A, Roohafza H, ... , Boshtam M, Sarrafzadegan N. Effects of Pioglitazone on Asymmetric Dimethyl arginine and Components of the Metabolic Syndrome in Nondiabetic Patients (EPICAMP Study): A Double-Blind, Randomized Clinical Trial. *PPAR Research* 2013; 2013:358074.
27. Sarraf-Zadegan N, Kelishadi R, Sadri Gh,...., Boshtam M, et al. Outcomes of a comprehensive healthy lifestyle program on cardiometabolic Risk Factors in a Developing Country: The Isfahan Healthy Heart Program. *Arch Iran Med.* 2013; 16(1): 4 – 11.
28. Haghighatdoost F, Khosravi A, Mohammadifard N, ... , Boshtam M, Azadbakht L. Is the association between salt intake and blood pressure mediated by body mass index and central adiposity? *Archives of Iranian medicine* 2013; 16(3):167-71.
29. Abdi S, Dorranian D, Razavi AE, Naderi GA, Boshtam M, Ghorannevis M. Evaluation of the Effects of Weak and Moderate Static Magnetic Fieldson the Characteristics of Human Low Density Lipoprotein In Vitro. *Bioelectromagnetics* 2013; 34(5): 397-404.
30. Ahmadvand H, Bagheri Sh, Khosrobeigi A, Boshtam M, abdolahpour F. Effects of olive leaves extract on LDL oxidation induced-CUSO4 in vitro. *Pak J Pharm Sci* 2012; 25(3): 571-75.
31. Khosravi A, Kelishadi R, Sarrafzadegan N, Boshtam M, et al. Impact of a community-based lifestyle intervention program on blood pressure and salt intake of normotensive adult population in a developing country. *J Res Med Sci* 2012; 17(3): 235-41.
32. Kelishadi R, Mohammadifard N, Sarrafzadegan N, ... , Boshtam M, et al. The effects of a comprehensive community trial on cardiometabolic risk factors in adolescents: Isfahan Healthy Heart Program. *ARYA Atherosclerosis J* 2012, 7(4): 184-190.
33. Sarraf-Zadegan N, Kelishadi R, Siavash M, ... , Boshtam M, et al. How does the

impact of a community trial on cardio-metabolic risk factors differ in terms of gender and living area? Findings from the Isfahan healthy heart program. *JRMS* 2012; 17(8): 732-40.

34. Khaledifar A, Bahonar A, Asadilari M, Boshtam M, et al. Risk factors of cardiovascular diseases in a worker population in Isfahan province (Isfahan Electricity Production and Distribution Company). *ARYA Atherosclerosis J* 2012, 7(Suppl): S82-S87.
35. Roohafza H, Sadeghi M, Boshtam M, et al. Effects of a cardiac rehabilitation course on psychological stresses in an Iranian population. *ARYA Atherosclerosis J* 2012, 7(Suppl): S74-S77.
36. Ahmadvand H, Khosrobeigi A, Nemati L, Boshtam M, et al. Rosmarinic acid prevents oxidation of low density lipoprotein (LDL) in vitro. *J Biological Sci* 2012; 12(5): 301-7.
37. Boshtam M, Ramezani MA, Naderi Gh, Sarrafzadegan N. Is Friedewald formula a good estimation for LDL level in Iranian population? *JRMS* 2012; 17(5): 519-22.
38. Kelishadi R, Mohammadifard N, Sarrafzadegan N, ..., Boshtam M, et al. Short-term results of a community-based program on promoting healthy lifestyle for prevention and control of chronic diseases in a developing country setting: Isfahan Healthy Heart Program. *Asia Pac J Public Health*. 2011 Jul; 23 (4):518-33.
39. Sadeghi M, Pourmoghaddas Z, Alisaieidi A, Boshtam M, et al. Is there any relation between Circulating Endothelial-Leukocyte adhesion molecule -1 and extent of coronary artery involvements in men with angina pectoris? *Iranian Heart Journal* 2011; 12 (4):37-42
40. Boshtam M, Moshtaghian J, Naderi Gh, et al. Antioxioant effects of Citrus aurantifoia chrism juice and peel extract on LDL oxidation. *JRMS* 2011; 16(7): 951-55.
41. Sarrafzadegan N, Gharipour M, Ramezani MA, ... , Boshtam M, et al. Metabolic syndrome and health-related quality of life in Iranian population. *JRMS* 2011; 16(3): 254-61.
42. Boshtam M, Sarrafzadegan N, Zarea K, et al. Effects of 5-year interventions on cardiovascular risk factors of factories and offices employees of Isfahan and Najaf Abad: Worksite Intervention Project-Isfahan Healthy Heart Program. *ARYA Atherosclerosis J* 2010; 6(3): 93-100.
43. Nayeri H, Naderi Gh, Abedpuor dehkordi A, Boshtam M, et al. Effect of CRP on some of the in vitro physicochemical properties of LDL. *ARYA Atherosclerosis J* 2010; 6(3): 85-9.
44. Boshtam M, Moshtaghian J, Naderi Gh, et al. Effects of Citrus limon BURM f.

on some atherosclerosis risk factors in rabbits with atherogenic diet. *ARYA Atherosclerosis J* 2009; 5(2): 88-93.

45. Rabiei K, Kelishadi R, Sarraf zadegan N,, Boshtam M, et al. Process evaluation of a community-based program for prevention and control of non-communicable disease in a developing country: the Isfahan Healthy Heart Program, Iran. *BMC Public Health*. 2009; 9:57.
46. Rafiei M, Boshtam M, Sarraf-Zadegan N, et al. The Relation between salt intake and blood pressure in Iran. *Kuwait Medical Journal* 2008 40(3); 191-195.
47. Boshtam M, Rafiei M, Mostafavi S, Naderi Gh. Relation between coronary artery disease and serum vitamin D level in a group of postmenopausal women in Iran. *ARYA Atherosclerosis* 2008; 3(4):201-205.
48. Sarraf-Zadegan N, Baghaei A, Sadri Gh, ..., Boshtam M, et al. Isfahan Healthy Heart Program: evaluation of comprehensive, community-based interventions for non-communicable disease prevention. *Prevention and Control* 2006; 2: 73-84.
49. Boshtam M, Abaszadeh M, Rafiei M, et al. Comparison of serum levels of CRP and uric acid in active and passive and nonsmokers. *ARYA Atherosclerosis* 2006; 1(2): 3-8.
50. Gharipour M, Kelishadi R, Baghaie A, Boshtam M, et al. Prevalence of Metabolic syndrome in an Iranian adult population. *ARYA Atherosclerosis*. 2005; 1(3):188-193.
51. Najafian J, Kelishadi R, Sarraf-Zadegan N, Boshtam M, et al. Mean duration of EKG changes in patients with unstable Angina. *ARYA Atherosclerosis* 2005; 1(2):85-88.
52. Boshtam M, Rafiei M, Sarraf-Zadegan N, et al. Long-term effect of oral vitamin E supplements on type II diabetic patients. *Int J Vit Nutr Res* 2005; 75(5): 346-47.
53. Boshtam M, Sarraf-Zadehgan N, Rafiei M, Tafazoli F. Smoking habits among an Iranian population. *Pakistan J Cardiol* 2005; 16(1): 23-8.
54. Sarraf-Zadegan N, Boshtam M, Shahrokhi Sh, et al. Tobacco use among Iranians: women and adolescents. *Eur J Pub Health* 2004; 14(1): 76-8.
55. Sarraf-Zadegan N, Sadri Gh,, Boshtam M, et al. Isfahan Healthy Heart Program: comprehensive integrated community based program for cardiovascular disease prevention and control, design, methods and initial experience. *Acta Cardiologica* 2003; 58(4): 309-321.
56. Rafiei M, Boshtam M, Jalali A, Marandi A. The Iranian Food Consumption Program (IFCP), a unique nutritional software in Iran. *Iranian J Pub Health* 2002;31(3-4); 101-105.

57. Boshtam M, Rafiei M, Sadeghi K, Sarraf-Zadegan N. Vitamin E can reduce blood pressure in mild hypertensive. *Int J Vit Nutr Res* 2002; 72(3): 27-31.
58. Boshtam M, Sadeghi K, Sarraf-Zadegan N, et al. The effect of supervised exercise training on psychological characteristics and physical fitness after myocardial infarction. *Acta Medica Iranica* 2000; 38(4): 224-28.
59. Boshtam M, Rafiei M, Sarraf-Zadegan N, Asgary S. Smoking prevalence and its combination with cardiovascular risk factors. *Acta Medica Iranica* 2000; 38(2): 115-20.
60. SarrafZadegan N, ..., Boshtam M. Cardiovascular disease in Iranian women, trends in incidence and mortality from CHD 1990-1996 in Isfahan. *Atherosclerosis* 1999; 144 (S1): 187-8.
61. Asgary S, Sarraf-Zadegan N, Naderi GA, Boshtam M, Rafiei M, et al. Anti-oxidant effect of flavonoids on hemoglobin glycosylation. *Pharmaceutica Acta Helvetica* 1999; 73: 223-26.
62. Sarraf-Zadegan N, Boshtam M, Mostafavi S, Rafiei M. The prevalence of hypertension and associated risk factors in Isfahan. *Eastern Mediterranean Health J* 1999; 5(5): 992-1001.
63. Rafiei M, Boshtam M, Sarraf-Zadegan N. Lipid Profiles in Isfahan Population: Isfahan Cardiovascular Risk Factor Survey. *Eastern Mediterranean Health J* 1999; 5(4): 54-65.
64. Sarraf-Zadegan N, Boshtam M, Malekafzali H, Rafiei M, et al. Secular trends of mortality from cardiovascular disease in Iran: with special reference to Isfahan. *Acta Cardiologica* 1999; 54(6): 327-333.
65. Sarraf-Zadegan N, Boshtam M, Rafiei M. Risk factors for coronary heart disease in Isfahan. *Eur J Pub Health* 1999; 9(1): 20-26.
66. Boshtam M, Sarraf-Zadegan N, Rafiei M, et al. The relation between Creatine Kinase magnesium and fibrinogen in patients with acute myocardial infarction. *Pakistan J Cardiol* 1999; 10(2-3): 47-53.
67. Rafiei M, Boshtam M, Sarraf-Zadegan N. Comparison of knowledge, attitude and practice of Isfahan population regarding the role of nutrition on coronary artery disease. *Intercontinental Cardiology* 1998; 7(1): 13-16.
68. Boshtam M, Rafiei M, Sarraf-Zadegan N. Obesity and its association with other cardiovascular risk factors in Isfahan population: Isfahan Cardiovascular Risk Factor Survey. *Atheroscleroza* 1997, 1(4): 7-11.

Under Review Manuscripts

1. Nayeri H, et al. Homocysteine is a better predictor for coronary artery disease than oxidized LDL in Iranian population.

2. Boshtam M, et al. Cross talk of transcriptional regulators of adaptive immune system and microRNAs; differentiation and development. Immunology.
3. Rahimmanesh I, Boshtam M, et al. Gene editing technologies: the best therapeutic approaches for beta-thalassemia. Int J Mol Sci.

Presentations

Abstracts presented in international congresses

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19. Boshtam M, et al. "What dietary factors can influence lipid profiles in Iranian people?" 5th International Conference on Preventive Cardiology (May 27-31), Osaka: Japan, 2001.
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39. Boshtam M, et al. "The mean value of blood lipid, body mass index and fasting blood glucose in smokers and non smokers in Isfahan population" In: The 10th World Conference on Tobacco or Health (August 24- 28), China: Beijing, 1997.
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Abstracts presented in national congresses

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2. Boshtam M, et al. Aptamers against pro- and anti-inflammatory Cytokines: a review. 3rd National Congress of Molecular Medicine (Dec 16-17). Isfahan: Iran, 2016.
3. Boshtam M, et al. Impact of olive oil on the affinity of LDL and oxidized LDL to respective receptors in an animal model. 2nd National and 1st International Cellular and Molecular Advances in Non Contagious Diseases (16-18 May). Babol, Mazandaran: Iran, 2011.

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5. Boshtam M, et al. Impact of nutritional interventions on dietary habits changes of workers and staff: Isfahan Healthy Heart Program-Worksite Intervention Project. 11th Iraniaian Nutrition Congress (Nov 1-4). Shiraz: Iran, 2010.
6. BoshtamM, et al. Effect of Citrus Limon BURM F. juice and peel on atherosclerosis. 1st Iranian Congress on Endotelium (19-20 May). Isfahan: Iran, 2009.
7. Boshtam M, et al. Effect of fresh Juice and whole peel of sore lemone on weight change in rabbits on atherogenic diet. 1st National Congress on preventing & treatment of obesity. Tehran: Iran, 2008.
8. Boshtam M, et al. "Effect of Citrus limon Burm f. on blood pressure in hypercholestrolemic rabbits." The 9th Iranian Congress of Biochemistry and 2nd International Congress of Biochemistry and Molecular Biology (Oct 29-Nov1), Shiraz:Iran, 2007.
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10. Boshtom M, et al. "The effect of vitamin E on mild hypertension". 14th Annual Congress of the Iranian- Interaists Society (19M-22 May), Tehran: Iran, 2003.
11. Boshtam M, et al. "The effect of vitamin E supplement in type II diabetics". 13th Annual congress of the Iranian Internists Society, (29 April- 2 May), Tehran: Iran, 2002.
12. Boshtam M., et al. "Changes in the prevalence of cardiovascular risk factors during 1994-1998". 13th congress of Geographic Medicine (The congress of Cardiovascular Disease) (2-5 Oct), Shiraz: Iran, 2000.
13. Boshtam M., et al. "Vitamin D and coronary artery disease" In: 11th congress of Iranian Heart Association (Oct 22-25), Tehran: Iran, 1998.
14. Boshtam M, et al. "Sun shine and serum lipids" In: The 9th Congress of Internist in Iran (May 11-14), Tehran: Iran, 1998.
15. Boshtam M, et al. "The prevalence of obesity in people over 19 years old in Isfahan" In: The 7th Congress of Iranian Internists (May 15-18), Tehran: Shahid Beheshti University, 1996.
16. Boshtam M. "Studying the amount of salt & fat in the varieties of cheese used in Isfahan" In: The 3rd National Congress of Nutrition (March 4-7), Isfahan: Faculty of Health, Isfahan University of Medical Sciences, 1995.
17. Boshtam M. "Studying the amount of salt in samples of the bread used in Isfahan" in: The 3rd National Congress of Nutrition (March 4-7), Isfahan: Faculty of Health, Isfahan University of Medical Sciences, 1995.

Awards

2009 Outstanding Researcher of Isfahan Province
2008 Outstanding Research Assistants of Isfahan University of Medical Science
2004 Outstanding Researcher of Isfahan Cardiovascular Research Center
2003 Young Investigator Award of Nutrition Division of Razi Festival
2002 Outstanding Researcher of Isfahan Cardiovascular Research Center
2001 Outstanding Researcher of Isfahan Cardiovascular Research Center
2000 Outstanding Researcher of Isfahan Cardiovascular Research Center
1996 Outstanding Researcher of Isfahan Cardiovascular Research Center
1996 Outstanding Researcher of Isfahan University of Medical Science

References

- 1- Prof. Hossein Khanahmad, Professor of Genetics and Molecular Biology Department, Medical School, Isfahan University of Medical Sciences
- 2- Professor Seddigheh Asgary, Director of Basic Sciences Department, Cardiovascular Research Institute, Isfahan University of Medical Sciences
- 3- Dr Hashem Nayeri, Associate Professor, Head of Biochemistry Department of Falavarjan Azad University

Professional Appointments:

2020: Member of Research Council of Isfahan Cardiovascular Research Center
2020: Member of Articles Evaluation Committee of Cardiovascular Research Institute
2019 to date: Member of Biomedical Sciences Department, Isfahan Cardiovascular Research Center, Cardiovascular Research Institute
2018 to date: Head, Cohort Unit, Isfahan Cardiovascular Research Center, Cardiovascular Research Institute
2018 to date: Member, Editorial board, "Biochemistry and Molecular Biology" journal
2007 to 2016: Manager, Laboratories of Cardiovascular Research Institute
2007: Head, Dissemination Committee of IHHP
2006: Member, Basic Science Committee of Isfahan Cardiovascular Research Center
2005 to date: Member, Editorial board, "ARYA Atherosclerosis" journal
2004 to 2005: Chair person, The coordinating group of IHHP activities in Terminal
2003 to 2008: Member, Consulting Committee of Isfahan Healthy Heart Program (IHHP)
2002 to 2008: Performer, The Worksite Intervention Project of IHHP
2002 to 2008: Deputy, Evaluation Committee of IHHP
2002 to 2008: Head, Evaluation and Monitoring Unit of Isfahan Cardiovascular Research Center
2001 to 2008: Member, Healthy Food for Healthy Community, Interventional

Nutrition Project of IHHP

2000-2001: Head, Phase 1 Report Committee of IHHP

1999: Head, Statistics and Epidemiology Committee of Isfahan Cardiovascular Research Center

1995 to 2005: Member, Expert Council of Research Building of Isfahan Cardiovascular Research Center

1993 to 1999: Head, Nutrition Research Lab of Isfahan Cardiovascular Research Center

1993 to 1999: Member, Nutrition Unit of Isfahan Cardiovascular Research Center

Research plans:

۱. تعیین میزان کلرید سدیم در انواع نان و کلرید سدیم و چربی در انواع پنیر مورد مصرف جامعه شهری اصفهان به روش آنالیز شیمیائی (مجری). ۱۳۷۲
۲. بررسی ارتباط شیوع بیماریهای عروق کرونر با سطح ویتامین D سرم در خانمهای قالیباف و مقایسه با گروه کنترل (مجری) ۱۳۷۶
۳. Familial combined hyperlipidemia Project (مجری) ۱۳۷۹
۴. بررسی اثر ویتامین E بر روی دیابت و افزایش خفیف فشارخون (مجری) ۱۳۸۰
۵. بررسی مقایسه‌ای سطح سرمی CRP و اسیداوریک در افراد Active Smoker و Passive Smoker با افراد غیر سیگاری (مجری) ۱۳۸۲
۶. بررسی تاثیر مداخلات جامعه‌نگر بر BASK کارگران و کارمندان شهرستانهای اصفهان و نجف‌آباد (مجری) ۱۳۸۷-۱۳۸۰
۷. بررسی تاثیر آب تازه و پودر پوست خشک لیموترش بر تمایل LDL و OX-LDL به رسپتورهای مربوطه در خرگوش‌های آترواسکلروتیک (مجری) ۱۳۸۷-۱۳۸۵
۸. بررسی ترکیب روغنهای هیدروژنه مصرفی که در ارتباط با بیماریهای قلبی عروقی ذکر شده است. (همکار) ۱۳۷۲
۹. تعیین ریسک فاکتورهای بیماریهای قلبی و عروقی و الگوی تغذیه افراد بالای ۱۹ سال شهر اصفهان (همکار) ۱۳۷۳
۱۰. بررسی میزان الکترولیت‌های ادرار ۲۴ ساعته در افراد ۲۰ تا ۶۰ سال شهر اصفهان (همکار) ۱۳۷۹
۱۱. بررسی تمام رایانه‌ای الگوی مصرف مواد غذایی در شهر اصفهان در سال ۱۳۷۷ با نرم افزار "بررسی مصرف مواد غذایی" (همکار) ۱۳۷۵
۱۲. بررسی میزان مصرف انواع فیبر غذایی در بالغین شهر اصفهان (همکار) ۱۳۷۸
۱۳. بررسی الگوی مصرف رایانه‌ای در شهر اصفهان، نجف‌آباد و اراک (همکار) ۱۳۸۰-۱۳۷۹
۱۴. بررسی روند مرگ و میر در اثر بیماریهای قلبی و عروقی در طی سالهای ۱۳۶۰ تا ۱۳۷۵ در شهر اصفهان (همکار) ۱۳۷۶-۱۳۷۵
۱۵. بررسی شیوع مصرف سیگار در نوجوانان ۱۴ تا ۱۸ ساله اصفهان براساس پارامترهای خونی (همکار) ۱۳۸۰
۱۶. پروژه مداخلاتی Healthy Food For Healthy Committee (همکار) ۱۳۸۷-۱۳۸۰
۱۷. بررسی میزان کالری و مواد مغذی موجود در خوراکیهای سنتی مصرفی جامعه شهری اصفهان (همکار)
۱۸. بررسی تأثیر فلاونوئیدها بر روی میزان گلیکوزیلاسیون پروتئینها بصورت In Vitro (همکار)
۱۹. بررسی اثر عصاره هیدروالکلی گیاه Achillea Wihelzisilio بر روی هیپرتانسیون و هیپرلیپیدمی (همکار)

۲۰. طرح ملي پيشگيري و كنترل بيماريهاي قلبي عروقي و استروك: پايلوت در اصفهان، اراك و نجف‌آباد (همكار) ۱۳۷۹-۸۷
۲۱. ارزشيابي برنامه مداخلاتي جامع براي پيشگيري و كنترل بيماريهاي غير واگير (سال دوم) (مجري) ۱۳۸۲
۲۲. بررسي تاثير مداخلات جامعه نگر بر bask افراد بالاي ۱۹ سال شهرستانهاي اصفهان و نجف‌آباد در مقايسه با شهرستان اراك در زمينه بيماريهاي قلبي عروقي و عوامل مرتبط با آنها طی سه سال انجام مداخلات (مجري) ۱۳۸۳
۲۳. بررسي تاثير مداخلات جامعه نگر پنج ساله برنامه قلب سالم اصفهان بر آگاهي، نگرش و عملکرد شاخصهاي فيزيكي و بيوشيميائي مرتبط با بيماريهاي قلبي عروقي در جامعه اصفهان و نجف‌آباد در مقايسه با اراك (همكار) ۱۳۸۵
۲۴. بررسي ميزان مصرف انواع فيبر غذايي در بالغين شهر اصفهان (همكار) ۱۳۷۸
۲۵. بررسي بروز دو ساله مقايسه حاد كرونر استروك و ايسكميك و فشار خون و ارتباط با ريسك فاكترهاي اصلي بيماريهاي قلبي و عروقي در جمعيت بالاي ۳۵ سال اصفهان، اراك و نجف‌آباد (همكار) ۱۳۸۲
۲۶. بررسي ميزان موربيديتي شيوع فاكترهاي خطر و برخي شاخص هاي عملکرد نگرش و دانش در زمينه عوامل موثر بر كنترل و پيشگيري بيماريهاي قلبي عروقي در بيماران مبتلا به بيماريهاي قلبي عروقي در سال ۱۳۸۳ (همكار) ۱۳۸۲
۲۷. بررسي بروز ده ساله حوادث حاد كشنده و غير كشنده عروق كرونر و سكتة هاي مغزي و ارتباط با فاكترهاي خطر قلبي عروقي در جمعيت بالای ۳۵ سال شهرهاي اصفهان، اراك، نجف‌آباد ، ۱۳۸۹-۱۳۷۹ (همكار) ۱۳۸۴
۲۸. ارزشيابي روند پروژه هاي برنامه قلب سالم اصفهان توسط دو روش داخلي و خارجي (همكار) ۱۳۸۴
۲۹. بررسي تاثير مداخلات جامعه نگر بر BASK افراد بالای ۱۹ سال شهرستانهاي اصفهان و نجف‌آباد در مقايسه با شهرستان اراك در زمينه بيماريهاي قلبي عروقي و عوامل مرتبط با آنها طی سه سال انجام مداخلات ۱۳۸۲-۱۳۸۴ (ارزشيابي) (همكار) ۱۳۸۴
۳۰. بررسي تاثير مداخلات جامعه نگر بر افزايش KAP و كاهش ريسك فاكترهاي بيماريهاي قلبي عروقي كارگران، كارمندان و شاغلين صنوف اصفهان و نجف‌آباد (مجرى) ۱۳۸۴
۳۱. بررسي ميزان نمك مصرفي روزانه و مقدار دفع ادراري روزانه كلريد سدیم در افراد ۱۹ سال به بالا اصفهان، نجف‌آباد، اراك (همكار) ۱۳۸۶
۳۲. بررسي ميزان شناخت و مصرف مردم از فراورده هاي گياهي (همكار) ۱۳۷۷
۳۳. تعيين ميانگين فشارخون شيوع افزايش فشار خون در كودكان ۱۸، ۶ ساله والدين مبتلا به فشار خون (همكار) ۱۳۷۶
۳۴. بررسي شيوع مصرف سيگار در نوجوانان ۱۴ تا ۱۸ ساله اصفهان (همكار) ۱۳۷۵
۳۵. بررسي الكتروليت هاي ۲۴ ساعته ادرار با فشار خون يا بررسي مقدار دفع ادراري روزانه كلريد سدیم در افراد ۲۰ تا ۶۰ سال (همكار) ۱۳۷۵
۳۶. تعيين محدوده كنترل و غير كنترل بودن ديابت با هموگلوبين گليكوزيله شده به روش فلوريميتر (همكار) ۱۳۷۵
۳۷. تعيين رابطه بين ليپوپروتئينها و ویتامين D در سرم خون كودكان با ريسك بالا و مقايسه با گروه كنترل (همكار) ۱۳۷۵
۳۸. تهيه اپتامر ضد MCP-1 انساني و خرگوشي به روش SELEX (دانشجو و همكار) ۱۳۹۳-۹۷
۳۹. بررسي بروز ده ساله بيماريهاي قلبي عروقي، سرطانها و ديابت، و ريسك فاكترهاي آنها در سه نسل در شهرستانهاي اصفهان و نجف‌آباد: ۱۴۰۲-۱۳۹۲ (مدیر اجرایی).
۴۰. بررسي تاثير ناك اوت ژن MCP-1 با تكنولوژي CRISPR/Cas9 بر ميزان رشد، تهاجم و چسبندگي بر لايينهاي سلولي سرطان سينه (همكار). ۱۴۰۱-۱۳۹۹
۴۱. بررسي تاثير DNA اپتامر ضد كموكاين CCL2 بر تكثير، چسبندگي و تهاجم رده هاي سلولي سرطان سينه (همكار). ۱۴۰۱-۱۳۹۹