

# CURRICULUM VITAE

Zahra Akbari



## Personal Information

**Name:** Zahra

**Family Name:** Akbari

**Date of Birth:** 05/06/1978

**Marital status:** Married

**Nationality:** Iranian

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## Education:

- 2003- 2009** Ph.D. in Medical Physiology at Shahid Beheshti University of Medical Sciences, Tehran, IRAN  
**Title of thesis:** An investigation on the nitric oxide synthase immunoreactivity, NADPH-d histochemistry and c-fos expression in the spinal cord neurons of preweaning congenital hypothyroid rats subsequent to formalin pain induction
- 2000-2003** M.Sc. in Medical Physiology at Shiraz University of Medical Sciences, Shiraz, Iran.  
**Title of Thesis:** Effects of intralesional injection of L- arginine on the physiology of healing process in excisional wounds.
- 1996-2000** B.Sc. in Nursing at Shiraz University of Medical Sciences, Shiraz, Iran.

## Technical abilities(Skills):

- Histopathological techniques such as:
- Staining
- Immunohistochemistry.
- NADPH- diaphorase staining
- Single channel recording (BLM method)
- Assessment of wound repair

### **Awards & Honours**

- 2000 First rank student in M.Sc. entrance exam.  
 2002 Elected as first rank M.Sc. student of department of physiology of SUMS.  
 2005 First rank Ph.D student in department of physiology of SBUM.

### **Membership:**

Member of Iranian Society of Physiology and Pharmacology.

### **Participation:**

- 2003 The 16<sup>th</sup> Iranian Congress of physiology and Pharmacology. Tehran, Iran.  
 2004 The 2<sup>nd</sup> FAONS symposium and 3<sup>rd</sup> Iranian Neuroscience Congress. Tehran, Iran.  
 2005 The 1<sup>st</sup> International symposium on molecular technology. Tehran, Iran.  
 2007 The 2<sup>nd</sup> International symposium on molecular technology. Tehran, Iran.  
 2007 The 18<sup>th</sup> Iranian Congress of Physiology and Pharmacology, Mashhad, Iran.  
 2008 The 8<sup>th</sup> Annual meeting of Iranian pain society, Tehran, Iran.  
 2011 The 20<sup>th</sup> Iranian Congress of Physiology and Pharmacology, Hamedan, Iran.  
 2013 The 21<sup>th</sup> international Iranian Congress of Physiology and Pharmacology, Tabriz, Iran

### **Presentations in Conferences:**

*16<sup>th</sup> Iranian Congress of Physiology and Pharmacology, Tehran, Iran, May 9-13, 2003*  
 Effect of L-arginine on the post-inflammatory phases of cutaneous wound healing.

*18<sup>th</sup> Iranian Congress of Physiology and Pharmacology, Mashhad, Iran, 26-30 August, 2007* Postnatal changes of NADPH-diaphorase reactivity in the spinal dorsal horn of congenital hypothyroid weaned pups.

*8<sup>th</sup> Annual meeting of Iranian pain society. Tehran. Iran. May 2008.* Postnatal changes of NADPH-diaphorase reactivity in the spinal cord of congenital hypothyroid weaned pups following formalin pain induction.

*8<sup>th</sup> Annual meeting of Iranian pain society. Tehran. Iran. May 2008.* The effect of congenital hypothyroidism on Fos-expression in rat spinal cord following formalin pain induction.

*13<sup>TH</sup> World Congress Of Pain. Canada. 2010,* Spinal neuronal contribution to nociceptive behavioral expression in hypothyroid weaned pups.

*20<sup>th</sup> Iranian Congress of Physiology and Pharmacology.Hamedan.Iran.10-13 September, 2011.*Anabolic androgenic steroid nandrolone decanoate could not impair cardio-protective effects of ischemic preconditioning in isolated rat hearts.

*21<sup>th</sup> Iranian Congress of Physiology and Pharmacology.* Tabriz,Iran.23-27 August, 2013. Effect of nandrolone decanoate on exercise induced analgesia and role of endogenous opioids.

*21<sup>th</sup> Iranian Congress of Physiology and Pharmacology.* Tabriz,Iran.23-27 August, 2013. Remote ischemic preconditioning improves exercise performance parameters and pulmonary function tests in trained subject

*21<sup>th</sup> Iranian Congress of Physiology and Pharmacology.* Tabriz,Iran.23-27 August, 2013. An investigation on the effect of neonatal separation on maternal full thickness cutaneous wound healing

*2<sup>nd</sup> Basic and Clinical Neuroscience Congress.* Tehran Iran, 18-20 Dec 2013. Effects of nandrolone decanoate on the plasma opioid peptides level in exercising rats

*1<sup>st</sup> International and 22<sup>th</sup> Iranian Congress of Physiology & Pharmacology.* Kashan, Iran.7-11 September, 2015. The effects of delayed remote ischemic preconditioning on maximal oxygen uptake (VO<sub>2</sub>max) and lactate release in trained and untrained subjects

*2<sup>nd</sup> International Congress of Nephrology and Urology,* 1-4 August 2016, Tehran, Iran. Assessing kidney function following ischemia-reperfusion using <sup>99m</sup>Tc-DMSA renal scan and functional parameters: role of remote ischemic preconditioning.

*3<sup>st</sup> International and 24<sup>th</sup> Iranian Congress of Physiology & Pharmacology.*Tehran, Iran. 30 oct-1Nov. Efficacy of repetitive daily normobaric hyperoxia preconditioning against gentamicin-induced nephrotoxicity in rats.

*3<sup>st</sup> International and 24<sup>th</sup> Iranian Congress of Physiology & Pharmacology.*Tehran, Iran. 30 oct-1Nov. Remote limb ischemic preconditioning accelerates recovery of renal function following ischemia-reperfusion injury: the possible role of lactate as a mediator.

*3<sup>rd</sup> International and 5<sup>th</sup> National congress of Wound Healing and Tissue Repair.* Iran. Investigation on the effect of AFA on excisional wound healing In Adult male rats (presentation) .

*8<sup>th</sup> Basic and Clinical Neuroscience Congress.* Tehran Iran, 18-20 Dec 2019. Effect of lactate administration and physical exercise training on hippocampal neurogenesis in adult male rats.(poster)

*5<sup>st</sup> International and 26<sup>th</sup> Iranian Congress of Physiology & Pharmacology.*semnan, Iran. 11-13 oct. Investigating the effect of resistant exercise with blood flow restriction on the cognitive function of healthy adults (poster)

-مقالات آموزش پزشکی:

- بیستمین کنگره فیزیولوژی فارماکولوژی: بررسی میزان آمادگی دانشجویان پزشکی برای شروع یادگیری درس فیزیولوژی در شیوه سنتی آموزش

- سیزدهمین همایش کشوری آموزش پزشکی: بررسی اثر نواربون به عنوان راهکاری دانشجویی در ایجاد انگیزه برای مطالعه و یادگیری

- چهاردهمین همایش کشوری آموزش پزشکی: بررسی تاثیر رسم نقشه مفهومی بر میزان یادگیری درس فیزیولوژی پزشکی

## **Publication:**

NADPH-d/NOS reactivity in the lumbar dorsal horn of congenitally hypothyroid pups before and after formalin pain induction. **Akbari Z**, Rohani MH, Behzadi G. *Int J Dev Neurosci*. 2009 Dec;27(8):779-87.

Congenital hypothyroidism alters formalin-induced pain response in neonatal rats. Rohani MH, **Akbari Z**, Behzadi G. *Int J Dev Neurosci*. 2009 Feb;27(1):53-7.

Ischemia and reperfusion-induced arrhythmias: role of hyperoxic preconditioning. Pourkhalili K, Hajizadeh S, Tiraihi T, **Akbari Z**, Esmailidehaj M, Bigdeli MR, Khoshbaten A. *J Cardiovasc Med (Hagerstown)*. 2009 Aug;10(8):635-42

Local Administration of L-Arginine Accelerates Wound Closure. Varedi M, **Akbari Z**, Dehghani GH, Tabei SZ. *Iran J Basic Med Sci*. 2009; 12( 3-4), 173-178

Quantitative and qualitative evaluation of healing in full thickness cutaneous wounds. **Akbari Z**, Varedi M, , Dehghani GH, Tabei SZ. *Kowsar Medical Journal* 2011; 16(1):27-31(**Article in Persian**).

Hyperoxic Preconditioning Fails To Confer Additional protection against Ischemia-reperfusion Injury In Acute Diabetic Rat Heart. Khalil Pourkhalili 1, Sohrab Hajizadeh, **Zahra Akbari**, Mansour Esmaili Dehaj, Samad Akbarzadeh, Alimohammad Alizadeh. *EXCLI Journal* 2012;11:263-273

The effects of warm and cold intrathecal bupivacaine on shivering during delivery under spinal anesthesia. Abdolreza Najafianaraki, Kamran Mirzaei, **Zahra Akbari**, Philippe Macaire. *Saudi Journal of Anaesthesia*, 2012, 6, Issue 4

Plasma progranulin and relaxin levels in PCOS women with normal BMI compared to control healthy subjects. Samad Akbarzadeh, Mohammad Reza Kalantar Hormozi, Soghra Ghasemi, Elaheh Shabankareh, Niyayesh Keshvari, Niloofar Motamed, Seyed Mojtaba Jafari, Ali Movahed, Parviz Bazy, Khalil Poorkhalili, **Zahra Akbari**, Najmeh Hajian, Faezeh Jahanpour, Narges Obeidi. *ISMJ* 2013; 16(3): 181-8

Effects of remote limb ischemic preconditioning on the pulmonary function tests and maximal oxygen uptake. **Zahra Akbari**, Zahra Sedaghat, Mansour Esmaili-Dehaj, Asghar Nikseresht, Esmat Karamean, Narjes Zarei, Abbas Keshavarzi, Khalil Pourkhalili. *Physiology and Pharmacology*, 18 (3), 315-326. Autumn 2014

Effects of anabolic steroid nandrolone decanoate on ischemic preconditioning in isolated heart of sedentary rats. **Zahra Akbari**, Ebrahim Avarand, Mehrdad Shariati, Samad Akbarzadeh, Mansour Esmaili-Dehaj, Gholamreza Bayat, Khalil Pourkhalili. *ISMJ* 2014; 17(5): 798-814. (**Article in Persian**).

Effects of exercise and supraphysiological dose of nandrolone decanoate on the rat plasma opioid level: a brief report. Mehdi Mohebi, Khalil Pourkhalili, Mahnaz Kesmati, Samad Akbarzadeh, **Zahra Akbari**. Tehran University Medical Journal, June 2014; 72(3):199-206. (Article in Persian).

Effects of remote limb ischemic preconditioning on pulmonary function tests and maximal oxygen uptake. **Zahra Akbari**, Zahra Sedaghat, Mansour Esmaili-Dehaj, Esmat Karamean, Narjes Zarei, Abbas Keshavarzi, Khalil Pourkhalili. *Physiol Pharmacol* 2014; 18 (3), 315-326. (Article in Persian).

The effect of anabolic steroid nandrolone decanoate on exercise-induced hypoalgesia: Role of opioid peptides Khalil Pourkhalilia, Mehdi Mohebbib, Mahnaz Kesmatib, G. Hossein Mohebbic, Samad Akbarzadehd and **Zahra Akbaria**. *Journal of Chemical and Pharmaceutical Research*, 2015, 7(1):671-677(correspond)

Delayed Effects of Remote Limb Ischemic Preconditioning on Maximum Oxygen Consumption, Lactate Release and Pulmonary Function Tests in Athletes and non-Athletes. Mahnaz Momeni, Asghar Nikseresht, **Zahra Akbari**, Adel Daneshi, Khalil Pourkhalili. *ISMJ* (2016) 19 (5), 819-831

Involvement of neuronal pathways in the protective effects of hindlimb perconditioning during renal ischemia.Zahra Sedaghat, Mehri Kadkhodae, Behjat Seifi, Parisa Ahghari, Khalil Pourkhalili, **Zahra Akbari**, Mehdi Sadeghi. *Experimental and Therapeutic Medicine* (2017) 13 (5), 1956-1960

Ischemic Preconditioning Efficacy Following Anabolic Steroid Usage:A Clear Difference Between Sedentary and Exercise-Trained Rat Hearts **Zahra Akbari** · Mansour Esmailidehaj · Ebrahim Avarand · Mehrdad Shariati · Khalil Pourkhalili1. *Cardiovascular toxicology*. 2019 ,19(4):287-296

The effect of oral Aphanizomenon flos-aquae extract on excisional wound healing. Maria Zahiri, Khalil Pourkhalili, Sadegh Darvishi, Hossein Heydari, **Zahra Akbari**. *Tehran Univ Med J* 2019, 77(10): 646-650 (Correspond)

Renoprotective Effect of Fucoïdan from Seaweed *Sargassum angustifolium* C. Agardh 1820 on Gentamicin-Induced Nephrotoxicity: From Marine Resources to Therapeutic Uses. Khalil Pourkhalili, Zeinab Karimi, Mohammad Reza Farzaneh, Elham Ehsandoost, Mehdi Mohammadi, Mohammad Lotfipour, **Zahra Akbari**. (correspond) *Jundishapur J Nat Pharm Prod*.e119081. doi: 10.5812/jjnpp.119081.

## Research projects

- 1- Investigation of the effects of newborn separation on Excisional wound healing in female rats (finished)
- 2- Effects of the nandrolone decanoate (an anabolic steroid drug) on ischemic preconditioning phenomena (IPC) in isolated rat heart (finished).
- 2- Investigation of the effects of remote ischemic preconditioning (RIPC) on maximal exercise performance and pulmonary function (Finished).
- 3- Effect of nandrolone decanoate on exercise induced analgesia and role of endogenous opioids (Finished).
- 4- Investigation of the delayed effects of remote ischemic preconditioning (RIPC) on maximal exercise performance and pulmonary function (finished).
- 5- Evaluating the effects of Remote Ischemic Preconditioning on rat renal function and blood flow following ischemia and reperfusion injury (finished).
- 6- Evaluation of the role of lactate transporters in mediating the protective effects of ischemic preconditioning against ischemia-reperfusion injury in isolated rat heart.
- 7- Comparing the effect of systemic lactate infusion and exercise training on hippocampal neurogenesis in adult male rats
- 8- Evaluation of the efficacy of oral fucoidan ingestion in reducing the gentamicin-induced nephrotoxicity in rat

### مسئولیتها و فعالیتها:

- مدیر گروه فیزیولوژی از مرداد 98
- استاد مشاور دانشجویان پزشکی ورودی 1401
- دبیر آموزش مداوم از اسفند 91 تا شهریور 93
- مسئول EDO دانشکده پزشکی از سال 89 تا 93
- همکاری با مجله طب جنوب به عنوان داور مقالات
- همکاری با EDC دانشگاه در حیطه های مختلف: ارزیابی درونی، پژوهش در آموزش، کمیته برنامه ریزی دروس.
- همکاری با تیم المپیاد علمی دانشجویان علوم پزشکی بوشهر به عنوان استاد راهنما در سال 90