

Curriculum Vitae

Amir Saber

Ph.D. in Nutrition and Dietetics

Personal Features

Address (University): Nutritional Science Department, School of Nutritional Science& Food Technology Kermanshah University of Medical Sciences
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DOB: August 23th, 1982

Gender: Male

Marital Status: Single

Nationality: Persian

Educational Background

- Ph.D.** Ph.D. in Nutrition and Dietetics
(Oct 2011- Jul 2017) Tabriz University of Medical Sciences, Faculty of Nutrition and Food Sciences, Tabriz, Iran.
The topic of Thesis: “Anticancer bioactivity evaluation of probiotic yeast secretion metabolites on different epithelial cancer cells”
Supervisor: Dr. A. Yari Khosroushahi
- M. Sc.** Health Sciences and Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.
(Sep 2007-Feb 2011) Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.
The topic of Thesis: “Investigation of the association between sleep duration, macronutrients intake and anthropometric indices with leptin and ghrelin hormones among children’s (6-9 years old) of Tehran city”
Supervisor: Dr. K. Djaafarian
- B. Sc.** Nutrition and Dietetics, Department of Clinical Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences Tabriz, Iran.
(Sep2002- Jun 2006)

Full papers published in scientific journals

A) Published papers in English:

1. **Amir Saber**, Ahmad Yari Khosroushahi, Zeinab Faghfoori, Maryam Seyyedi, Beitollah Alipour. Molecular identification and probiotic characterization of yeasts from Iranian traditional dairies. *Nutrition progress*. 2019; 21(suppl 1): 445-457. (2019 Impact Factor: 0.323). DOI: 10.23751/pn.v21i1-S.5958.
2. **Amir Saber**, Beitollah Alipour, Zeinab Faghfoori, Ali Mousavi jam, Ahmad Yari Khosroushahi. Secretion metabolites of probiotic yeast, *Pichia kudriavzevii* AS-12, induces apoptosis pathways in the human colorectal cancer cell lines. *Nutrition Research*. 2017; 41: 36-46. (2015 Impact Factor: 2.98). doi: 10.1016/j.nutres.2017.04.001.
3. **Amir Saber**, Beitollah Alipour, Zeinab Faghfoori and Ahmad Yari Khosroushahi. Secretion metabolites of dairy *Kluyveromyces marxianus* AS-41 isolated as probiotic, induces apoptosis in different human cancer cell lines and exhibit anti-pathogenic effects. *Journal of Functional Foods*. 2017; 34: 408-421. (2015 Impact Factor: 3.97). doi.org/10.1016/j.jff.2017.05.007.
4. Zeinab Faghfoori, Bahram Pourghassem Gargari, **Amir Saber** and Ahmad Yari Khosroushahi. Prophylactic effects of secretion metabolites of dairy *lactobacilli* through downregulation of ErbB-2 and ErbB-3 genes on colon cancer cells. *European Journal of Cancer Prevention*. (2017). (Impact Factor: 2.556). doi: 10.1097/CEJ.0000000000000393.

5. Zeinab Faghfoori, Bahram Pourghassem Gargari, **Amir Saber**, Maryam Seyyedi and Ahmad Yari Khosroushahi. The investigation of the diversity of *lactobacilli spp.* and assessment some probiotic properties in traditional dairy products in East Azerbaijan province in Iran. *Iranian Journal of Pharmaceutical Research*. 2017;16(4): 1538-1545. (2016 Impact Factor: 1.507)
6. **Amir Saber**, Beitollah Alipour, Zeinab Faghfoori and Ahmad Yari Khosroushahi. Cellular and molecular effects of yeast probiotics on cancer. *Critical Reviews in Microbiology*. 2016; 43(1):96-115. (2015 Impact Factor: 8.192). doi: 10.1080/1040841X.2016.1179622.
7. **Amir Saber**, Beitollah Alipour, Zeinab Faghfoori and Ahmad Yari Khosroushahi. Prophylactic Effects of Dairy *Kluyveromyces marxianus* YAS through Overexpression of BAX, CASP 3, CASP 8 and CASP 9 on Human Colon Cancer Cell Lines. *International Journal of Biological, Biomolecular, Agricultural, Food and Biotechnological Engineering*. 2016; 10:142–152.
8. Zeinab Faghfoori, Bahram Pourghassem Gargari, **Amir Saber**, Hassan Bagherpour and Ahmad Yari Khosroushahi. Cellular and molecular mechanisms of probiotics effects on colorectal cancer. *Journal of Functional Foods*. 2015;18: 463–472. (2015 Impact Factor: 3.97). doi.org/10.1016/j.jff.2015.08.013.
9. Abbasalizad Farhangi M, Alipour B, Rezazadeh K, Ghaffary A, Eidi F, **Saber A** and Salekzamani S. Food insecurity and its related socioeconomic and nutritional factors: evidence from a sample of the population in the northwest of Iran. *Quality Assurance and Safety of*

Crops & Foods. 2014;7: 109-113. (2016 Impact Factor: 0.624). doi.org/10.3920/QAS2013.0317.

10. **Saber A**, Zamani A, Jaafarian K. Factors Associated with objective Sleep pattern in school age children living in Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1820-abstract): A515-A515. (2016 Impact Factor: 2.899). doi.10.1136/archdischild-2012-302724.1820.
11. **Saber A**, Zamani A, Hosseini M, Abedymanesh S, Jaafarian K. The relationship between sleep pattern and obesity in children's of Tehran city. *Archives of Disease in Childhood*. 2012;97 (Suppl 2, 1671-abstract):A472-A473. (2016 Impact Factor: 2.899). doi.10.1136/archdischild-2012-302724.1671.
12. **Saber A**, Zamani A, Hosseini M, Jaafarian K. The relationship of objective measure of sleep pattern and its association with obesity in primary school children in Tehran city. *Archives of Disease in Childhood*. 2012;97 (Suppl 2, 1425-abstract):A405-A406. (2016 Impact Factor: 2.899). doi.org/10.1136/archdischild-2012-302724.1425.
13. Jaafarian K, Zamani A, **Saber A**, Hosseini M. Physical activity in primary school children of Tehran city. *Archives of Disease in Childhood*. 2012; 97 (Suppl 2, 1458-abstract):A414-A414. (2016 Impact Factor: 2.899). doi.org/10.1136/archdischild-2012-302724.1458.

B) Non-English papers published in Persian scientific journals:

1. Somaye Yosae, Sara Ansari, **Amir Saber**, Ayob Zamani, Mahmoud Mahmoudi, Kurosh Djafarian. The relationship between the Times Spent Watching TV and Playing Games with Fat Mass in Primary School Children. *Journal of Mazandaran University of Medical Sciences*. 2013; 23: 222-232.
2. Somaye Yosae, **Amir Saber**, Ayob Zamani, Ahmad Khosravi, Kurosh Djafarian. Validation of self-reported sleep against actigraphy. *Journal of Zanjan University of Medical Sciences*. 2013; 88: 108-119.
3. **Amir Saber**, Sayed Mostafa Hosseini, Ayob Zamani, Farhad Vaezzadeh, Kurosh Djafarian. Sleep pattern in 6-9 years old students living in Tehran city. *Journal of Isfahan medical school*. 2011; 29: 1347-55.
4. **Amir Saber**, Ahmadi A, Faraji Khiavi, Arpanahi SH, Djafarian K. Opinions of clinicians towards the use of computer applications for detecting drug-food interactions. *Journal of allied medical sciences school*. 2011; 5: 58-68.

Published Books

“Sports Nutrition”

“Nutrition and Cancer”

“Probiotics & Cancer”

Oral Presentations and posters

A) Oral presentations:

1. Probiotic yeast, *Pichia kudriavzevii* AS-12, induces apoptosis via extrinsic and intrinsic pathways in the Hep-G2 human liver cancer cell line. *World Congress & Expo on Biotechnology & Bioengineering*, Dubai, UAE. March 27-29, 2017.
2. Prophylactic Effects of Dairy *Kluyveromyces marxianus* YAS through Overexpression of BAX, CASP 3, CASP 8 and CASP 9 on Human Colon Cancer Cell Lines.
 - ❖ Selected paper for oral presentation in: *The ICCPR 2017: 19th International Conference on Cancer Prognosis and Radiology*, Rio de Janeiro, Brazil, February 23-24, 2017.
 - ❖ Selected paper for oral presentation: *the ICMC 2017: 19th International Conference on Medicinal Chemistry*, London, United Kingdom, January 19-20, 2017.
 - ❖ Selected paper for oral presentation in: *The ICPFF 2016: 18th International Conference on Probiotics and Functional Foods*, Miami, USA, March 24-25, 2016.
3. Factors associated with sleep pattern in school age children living in Tehran city. Oral presentation. 2010, *II World Congress of Public Health Nutrition*, Porto, Portugal.

B) Poster presentations:

1. Molecular identification, diversity investigation, and probiotic characterization of yeasts from Iranian traditional dairies flora. Poster presentation. 2016, *2nd International & 14th Iranian Nutrition congress*.
2. The objective measure of physical activity and time spent in watching TV with body weight status in primary school children in Tehran city. Poster presentation. 2010, *II World Congress of Public Health Nutrition*, Porto, Portugal.
3. Factors associated with physical activity pattern in school age children of Tehran city. Poster presentation. 2010, *II World Congress of Public Health Nutrition*, Porto, Portugal.
4. Investigation of the association between sleep pattern and obesity among primary school children of Tehran city. Poster presentation. 2010, *11th Iranian Nutrition Congress*.
5. Investigation of fish and milk consumption on the improvement of the joint sign in rheumatoid arthritis patients. Poster presentation. 2008, *National nutrition students congress*, Shahid Beheshti University of Medical Sciences.
6. Investigation of the relationship between breastfeeding and related disease in infants that hospitalized in Tabriz Pediatric Hospital. Poster presentation. 2008, *National nutrition students congress*, Shahid Beheshti University of Medical Sciences.

7. PPARs: Most important protective against metabolic syndrome. Poster presentation, First *Metabolic Syndrome Congress in Iran*, 2008, Tabriz University of Medical Sciences.

Academic Achievements & Activities

A) Skills and Experiences:

1. Computer skills and Software:

- **General software:** statistic soft-wares (SPSS) and other softwares such as Windows` soft-wares, Word, Excel, PowerPoint, Photoshop, Endnote, Graph pad
- **Nutritional software:** Nutritionist and DFP, Body composition analyzer soft-wares, 24 H Food recall/record analysis soft-wares, FFQ analysis soft-wares and Daily Physical Activity analysis soft-wares (MET)
- **Biological data analysis soft-ware:** Most of biological softwares, DNA Dynamo Sequence Analysis Software, APE software, CodonCode Aligner, Chem-station and etc.

2. Cell biological techniques, Mammalian adherent and non-adherent cell culture, cell separation, Genomic DNA and RNA isolation, Cdna synthesis, Flow cytometry practice and analysis, Imaging techniques (Confocal fluorescent microscopy)

3. Primer Designing and PCR/Real time PCR practice and gene expression analyses

4. Genomic and transcriptomic practice and analyses
5. 2-D Electrophoresis, Southern blots, Western blot, ELISA
6. Microbiology practice and techniques
7. MTT assay
8. All kinds of cell staining
9. Analytical technologies: (HPLC, UV spectrophotometry).
10. Management and working with Laboratory animals like; mice and rat.

B) Professional Work Experiences:

1. Teaching assistant in Tabriz University of Medical Sciences, Faculty of Nutrition and Food Sciences, Hospital internship in diet therapy, (2016-2017).
2. Teaching assistant in Tehran University of Medical Sciences, Faculty of Paramedical. Basic nutrition [B.Sc.], (2009-2010).
3. Nutritional care and intervention in ICU and CCU courses at Shohada Hospital, Tabriz University of Medical Sciences, (September, 2014).
4. Teaching at the University of Tabriz, Faculty of Agriculture. Basic nutrition [B.Sc.], (2014-2015).
5. Nutritionist at Petroleum and Gas Company, Zagros, (2010-2014).

Research Projects

2017-2018 *Title:* The investigation of anticancer bioactivity of probiotic yeasts and bacteria isolated from the dairy in rat colon cancer model

Status: Completed

Contributors: Ahmad YariKhosroushahi (coordinator)- **Amir Saber** (member)

Biotechnology Research Center, Drug Applied Research Center
Tabriz University of Medical Sciences, Iran.

2016-2017 *Title:* Investigation of anticancer bioactivity of total extract of beetroot and its main constituent; Betanin, on colon cancer cell lines (Caco-2, HT-29) and comparison of its effects on normal epithelial cells (KDR).

Status: Completed

Contributors: **Amir Saber** (coordinator)- Ahmad YariKhosroushahi (member)- Nasim Abedimanesh (member)- Mohammad Hussein Somi (member)

Liver and Gastrointestinal Disease Research Center, Tabriz
University of Medical Sciences, Iran.

- 2015-2016** *Title:* The effect of *Saccharomyces boulardii* supernatant on Erb-2 and Erb-3 genes expression in Ccaco-2 cell line.
Status: Completed
Contributors: Zeinab Faghfoori (coordinator)- **Amir Saber** (member)
Student Research Committee, Tabriz University of Medical Sciences, Iran.
- 2014-2015** *Title:* The effect of *Lactobacillus casei* supernatant on caspase-3 and -9 genes expression in HT-29 cell line.
Status: Completed
Contributors: **Amir Saber** (coordinator)- Zeinab Faghfoori (member)
Student Research Committee, Tabriz University of Medical Sciences, Iran.
- 2008-2009** *Title:* Assessment of the Nutritional status of Khark island oil terminal staff.
Status: Completed
Contributors: Kurosh Djafarian (coordinator)- **Amir Saber** (member)
Health Faculty of Tehran University of Medical Science, Iran.
- 2005-2007** *Title:* Study of zinc supplementation's effect on nutritional status and body composition in hepatic cirrhosis patients.
Status: Completed
Contributors: Alireza Ostadrahimi (coordinator)- **Amir Saber** (member)

Liver and Gastrointestinal Disease Research Center, Tabriz
University of Medical Sciences, Iran.

Personal characters & my research interests

Good at maintaining harmonic human relations and cooperating with coworkers, adaptable, flexible, responsible, inquisitive, high self-confidence, high spirit, industrious, ingenious, creative thinker, friendly manner.

My main area of interest is research in the field of nutrition and food sciences, interdisciplinary projects, Nutrigenomics, Pre/Probiotics, Antioxidants, Clinical nutrition in the field of cancer and gastrointestinal disease, Microbiota, Natural anticancer and chemopreventive compounds, Experimental animal models.