

Curriculum Vitae

First name: Hengameh

Last name: Abdi

Affiliation: Assistant Professor, Academic faculty member of Endocrine Research Center, Research Institute for Endocrine Sciences (RIES), Shahid Beheshti University of Medical Sciences

Date of birth: 1st April 1980

Current Address: Endocrine Research Center, Research Institute for Endocrine Sciences (RIES), No 24, Shahid Aerabi St, Daneshjoo Blv, Chamran Exp, Tehran, Iran. P.O.Box: 19395-4763.

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Education:

Name of College/University:

- Medical doctor: Iran University of Medical Sciences, Tehran, Iran, 2006
- Specialty of Internal Medicine: Iran University of Medical Sciences, Tehran, Iran, 2010
- Subspecialty of endocrinology and metabolism: Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2013

Honors of Awards:

- ✓ First rank of National Board of Internal Medicine, 2010
- ✓ First rank of National Board of Endocrinology and Metabolism, 2013

Relevant Experience:

Organization: Faculty Member of Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Employed/Worked: 2013

Title: Assistant Professor

Description of Duties: Education and Research

Professional Associations:

- Membership of Iranian Endocrine Society-Tehran-Iran
- Reviewer of international and national journals:

Diabetes Care, BMC Endocrine Disorders, Clinical Epidemiology, Diabetes Obesity and Metabolism, International Journal of Endocrinology and Metabolism, Gastroenterology and hepatology from bed to bench, Iranian Journal of Endocrinology and Metabolism

- Associate Editor of International Journal of Endocrinology and Metabolism (2017-2022)
- Managing Editor of International Journal of Endocrinology and Metabolism (2019-2022)
- Invited speaker of national and international congresses, seminars and workshops
- Author and reviewer of national clinical guidelines

Certificate of attendance:

Basic and advanced research workshops-Tehran-Iran

Evidence based medicine workshop-Tehran-Iran

Bone mineral densitometry workshop-Tehran-Iran

EASD-Tehran-Iran

Faculty Development and Academic Leadership Program-Tehran-Iran

Articles:

- 1) Zamani F, Alizadeh S, Amiri A, Shakeri R, Robati M, Alimohamadi SM, **Abdi H**, Malekzadeh R. Psoriasis and Coeliac Disease: Is there any relationship? *Acta Derm Venereol*. **2010**; 90: 295-6.
- 2) Doustmohammadian S, Samedanifard H, Doustmohammadian A, Doustmohammadian N, **Abdi H**. Iranian type 2 diabetics may not have serum testosterone level lower than healthy subjects; A case-control study. *Journal of Paramedical Sciences*. **2013**; 4(2): 23-28.
- 3) Ghazi AA, Bagheri M, Tabibi A, Sarvghadi F, **Abdi H (Corresponding author)**, Hedayati M, Pourafkari M, Tirgari F, Yu R. Multiple Endocrine Neoplasia Type 2A in an Iranian Family: Clinical and Genetic Studies. *Arch Iran Med*. **2014** May;17(5):378-82.
- 4) Farzad Hadaegh, Mitra Hashemini, **Hengameh Abdi**, Davood Khalili, Mohammadreza Bozorgmanesh, Banafsheh Arshi, Fereidoun Azizi. Prehypertension Tsunami: A Decade Follow-Up of an Iranian Adult Population. *PLoS ONE* 2015; 10(10): e0139412. doi:10.1371/journal.pone.0139412
- 5) Ghazi AA, Hosseinpanah F, **Abdi H (Corresponding author)**, Hedayati M, Hashemini M, Ghazi S, Azizi F. Effect of Different Doses of Oral Cholecalciferol on serum 1,25(OH)2D in Vitamin D Deficient Schoolchildren. *Hormone and metabolic research* **2016**; 48: 394-398.
- 6) Sheila Afsharian, Samaneh Akbarpour, **Hengameh Abdi**, Farhad Sheikholeslami, Ali Siamak Moeini, Davood Khalili, Amir Abbas Momenan, Fereidoun Azizi, Farzad Hadaegh. Risk factors for cardiovascular disease and mortality events in adults with type 2 diabetes—a 10-year follow-up: Tehran Lipid and Glucose Study. *Diabetes Metab Res Rev* **2016**; 32: 596–606.
- 7) Zahra Ghasemzadeh, **Hengameh Abdi (Co-first author)**, Samaneh Asgari, Maryam Tohidi, Davood Khalili, Majid Valizadeh, Siamak Moeini, Vahid Eidkhani, Fereidoun Azizi and Farzad Hadaegh. Divergent pathway of lipid profile components for cardiovascular disease and mortality events: Results of over a decade follow-up among Iranian population. *Nutrition & Metabolism* **2016**; 13:43.
- 8) Bita Mirzaei, **Hengameh Abdi (Co-first author)**, Sara Serahati, Maryam Barzin, Mahtab Niroomand, Fereidoun Azizi, Farhad Hosseinpanah. Cardiovascular risk in different obesity phenotypes over a decade follow-up: Tehran Lipid and Glucose Study. *Atherosclerosis* **2017**; 258: 65e71.
- 9) Sahar Askari, **Hengameh Abdi**, Soleiman Ahmadi, Zahra Bahadoran, and Atieh Amouzegar. Knowledge of Thyroid Disorders during Pregnancy among General Practitioners in Iran. *Int J Endocrinol Metab*. **2017** July; 15(3):e55450.
- 10) **Hengameh Abdi**, Elham Kazemian, Safoora Gharibzadeh, Atieh Amouzegar, Ladan Mehran, Maryam Tohidi, Zahra Rashvandi, Fereidoun Azizi. Association between

Thyroid Function and Body Mass Index: A 10-Year Follow-Up. *Ann Nutr Metab* **2017**;70:338-345.

- 11) **Hengameh Abdi (Corresponding author)**, Farhad Hosseinpanah, Fereidoun Azizi, Farzad Hadaegh, Atieh Amouzegar. Screening for Dysglycemia: A Comment on Classification and Diagnosis of Diabetes in ADA Standards of Medical Care in Diabetes-2016. *Arch Iran Med.* **2017**; 20(6): 389.
- 12) **Hengameh Abdi**, Safoora Gharibzadeh, Erfan Tasdighi, Atieh Amouzegar, Ladan Mehran, Maryam Tohidi, Fereidoun Azizi. Associations between Thyroid and Blood Pressure in Euthyroid Adults: A 9-year Longitudinal Study. *Hormone and metabolic research* **2018**; 50: 236-241.
- 13) Pegah Khaloo, Mitra Hashemina, Maryam Tohidi, **Hengameh Abdi**, Mohammad Ali Mansournia, Fereidoun Azizi and Farzad Hadaegh. Impact of 3-year changes in lipid parameters and their ratios on incident type 2 diabetes: Tehran lipid and glucose study. *Nutrition & Metabolism* **2018**; 15:50. <https://doi.org/10.1186/s12986-018-0287-6>.
- 14) Atieh Amouzegar, Elham Kazemian, **Hengameh Abdi**, Mohammad Ali Mansournia, Mahmood Bakhtiyari, Mahbobeh Sadat Hosseini, and Fereidoun Azizi. Association Between Thyroid Function and Development of Different Obesity Phenotypes in Euthyroid Adults: A Nine-Year Follow-Up. *Thyroid* **2018**; 28(4): 1-7.
- 15) Farahnaz Salehinia, **Hengameh Abdi**, Farzad Hadaegh, Sara Serahati, Majid Valizadeh, Fereidoun Azizi, Farhad Hosseinpanah. Abdominal obesity phenotypes and incident diabetes over 12 years of follow-up: The Tehran Lipid and Glucose Study. *Diabetes Research and Clinical Practice* 2018;144: 17-24.
- 16) Samaneh Asgari, **Hengameh Abdi (Corresponding author)**, Alireza Mahdavi Hezaveh, Alireza Moghisi, Koorosh Etemad, Hassan Riahi Beni, Davood Khalili. The Burden of Statin Therapy based on ACC/AHA and NCEP ATP-III Guidelines: An Iranian Survey of Non-Communicable Diseases Risk Factors. *Scientific Reports* **2018**; 8:4928 | DOI:10.1038/s41598-018-23364-9.
- 17) **Hengameh Abdi**, Fereidoun Azizi, and Atieh Amouzegar. Insulin Monotherapy Versus Insulin Combined with Other Glucose-Lowering Agents in Type 2 Diabetes: A Narrative Review. *Int J Endocrinol Metab* **2018**; 16(2): doi: 10.5812/ijem.65600.
- 18) **Hengameh Abdi**, Atieh Amouzegar, Maryam Tohidi, Fereidoun Azizi and Farzad Hadaegh. Blood Pressure and Hypertension: Findings from 20 Years of the Tehran Lipid and Glucose Study (TLGS). *Int J Endocrinol Metab.* **2018** October; 16(4 (Suppl)):e84769.
- 19) Atieh Amouzegar, Ladan Mehran, Miralireza Takyar, **Hengameh Abdi** and Fereidoun Azizi. Tehran Thyroid Study (TTS). *Int J Endocrinol Metab.* **2018** October; 16(4 (Suppl)):e84727.
- 20) Atieh Amouzegar, **Hengameh Abdi**, Miralireza Takyar. Screening for thyroid dysfunction in pregnancy. *Ann Thyroid* 2018;3:19. doi: 10.21037/aot.**2018**.06.02.

- 21) Fereidoun Azizi, Farzad Hadaegh, Farhad Hosseinpanah, Parvin Mirmiran, Atieh Amouzegar, **Hengameh Abdi**, Golaleh Asghari, Donna Parizadeh, Seyed Ali Montazeri, Mojtaba Lotfaliany, Farzin Takyar, Davood Khalili. Metabolic health in the Middle East and north Africa. *Lancet Diabetes Endocrinol* 2019 Nov;7(11):866-879. Published Online August 14, **2019** [http://dx.doi.org/10.1016/S2213-8587\(19\)30179-2](http://dx.doi.org/10.1016/S2213-8587(19)30179-2).
- 22) **Hengameh Abdi**. Human Insulin Versus Insulin Analogues: A True Companion Forgotten. *Int J Endocrinol Metab.* **2019** October; 17(4):e97054.
- 23) **Hengameh Abdi**, Atieh Amouzegar, Fereidoun Azizi. Antithyroid Drugs. *Iranian Journal of Pharmaceutical Research* **2019**; 18 (Special Issue): 1-12; DOI: 10.22037/ijpr.2020.112892.14005.
- 24) Fereidoun Azizi, **Hengameh Abdi**. Toward Ultimate Care for Graves' Hyperthyroidism. *Int J Endocrinol Metab.* **2020** January; 18(1):e98255.
- 25) Samaneh Asgari, Seyyed Saeed Moazzeni, Fereidoun Azizi, **Hengameh Abdi**, Davood Khalili, Monir Sadat Hakemi and Farzad Hadaegh. Sex-Specific Incidence Rates and Risk Factors for Hypertension During 13 Years of Follow-up: The Tehran Lipid and Glucose Study. *Global Heart* **2020** Apr 8;15(1):29. doi: 10.5334/gh.780.
- 26) Atieh Amouzegar, Elham Kazemian, **Hengameh Abdi**, Safoora Gharibzadeh, Maryam Tohidi & Fereidoun azizi. Abdominal Obesity Phenotypes and Incidence of Thyroid Autoimmunity: A 9-Year Follow-up. *Endocrine Research* **2020** Apr 8;1-8. doi: 10.1080/07435800.2020.1749847.
- 27) Fereidoun Azizi, Atieh Amouzegar, Ladan Mehran, **Hengameh Abdi**. LT4 and Slow Release T3 Combination: Optimum Therapy for Hypothyroidism? *Int J Endocrinol Metab.* **2020** April; 18(2):e100870.
- 28) **Hengameh Abdi**, Atieh Amouzegar. Management of Graves' Hyperthyroidism: More Than a Century of Progression. *Int J Endocrinol Metab.* **2020** June; 18(Suppl):e103943.
- 29) Fereidoun Azizi, **Hengameh Abdi**, Leila Cheraghi, Atieh Amouzegar. Treatment of hyperthyroidism in the elderly: Comparison of radioiodine and long-term methimazole treatment. *Thyroid* 2021 Apr;31(4):545-551. Epub 2020 Sep 23. doi: 10.1089/thy.2020.0433.
- 30) **Hengameh Abdi**, Seyed Rasoul Zakavi, Fereidoun Azizi. A Clinical Debate: What Is the Therapeutic Choice for Recurrent Graves' Hyperthyroidism? *Int J Endocrinol Metab.* **2020** October; 18(4):e108876.
- 31) **Hengameh Abdi**, Bitaa Faam, Safoora Gharibzadeh, Ladan Mehran, Maryam Tohidi, Fereidoun Azizi, Atieh Amouzegar. 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). *Endocrine Research*, DOI: 10.1080/07435800.2020.1854778.

- 32) Mehran, L; Amouzegar, A; **Abdi, H**; Delbari, N; Madreseh, E; Tohidi, M; Mansournia, MA; Azizi, F. Incidence of Thyroid Dysfunction Facing Metabolic Syndrome: A Prospective Comparative Study with 9 Years of Follow-Up. *Eur Thyroid J* **2021**. <https://doi.org/10.1159/000512665>
- 33) Majid Valizadeh, Farhad Hosseinpanah, Fahimeh Ramezani Tehrani, **Hengameh Abdi (Corresponding author)**, Ladan Mehran, Farzad Hadaegh, Atieh Amouzegar, Farzaneh Sarvghadi, Fereidoun Azizi and Iranian Endocrine Society Task Force. Iranian Endocrine Society Guidelines for Screening, Diagnosis, and Management of Gestational Diabetes Mellitus. *Int J Endocrinol Metab.* **2021** January; 19(1):e107906.
- 34) Fereidoun Azizi, **Hengameh Abdi (Corresponding author)**, Atieh Amouzegar. Control of Graves' hyperthyroidism with very long-term methimazole treatment: a clinical trial. *BMC Endocrine Disorders* **2021**; 21:16. <https://doi.org/10.1186/s12902-020-00670-w>
- 35) Alireza Khajavi, Seyed Saeed Tamehri Zadeh, Fereidoun Azizi, Robert D. Brook, **Hengameh Abdi**, Farid Zayeri, Farzad Hadaegh. Impact of short- and long-term exposure to air pollution on blood pressure: A two-decade population-based study in Tehran. *International Journal of Hygiene and Environmental Health* 2021;234:113719.
- 36) Fereidoun Azizi, Atieh Amouzegar, **Hengameh Abdi (Corresponding author)**. Efficacy of low-dose methimazole in control of multiple relapses of Graves' hyperthyroidism: a case report. *J Med Case Reports* **2021**;15:189.
- 37) Fatemeh Rahimi Sakak, Nazanin Moslehi, **Hengameh Abdi**, Parvin Mirmiran. Effects of vitamin K2 supplementation on atherogenic status of individuals with type 2 diabetes: a randomized controlled trial. *BMC Complementary Medicine and Therapies* **2021**;21:134.
- 38) Maryam Kabootari, Samaneh Asgari, Seyedeh Maryam Ghavam, **Hengameh Abdi**, Fereidoun Azizi & Farzad Hadaegh. Long term prognostic implication of newly detected abnormal glucose tolerance among patients with stable cardiovascular disease: a population-based cohort study. *J Transl Med* 2021;19, 277.
- 39) Kamran Yaghoobpour, Erfan Tasdighi, **Hengameh Abdi**, Maryam Barzin, Maryam Mahdavi, Majid Valizadeh, Fereidoun Azizi, Farhad Hosseinpanah. Association of obesity phenotypes in adolescents and incidence of early adulthood type 2 diabetes mellitus: Tehran lipid and glucose study. *Pediatric Diabetes* 2021, 22(7): 937-945.
- 40) Ladan Mehran, Atieh Amouzegar, Safoora Gharibzadeh, **Hengameh Abdi**, Mohammad Ali Mansournia, Maryam Tohidi, Fereidoun Azizi. Cumulative Effects of Thyroid Hormones Over 10 Years and Risk of General and Abdominal Obesity. *Horm Metab Res* 2021; 53(05): 335-340.s
- 41) Sina Jasim, **Hengameh Abdi**, Hossein Gharib, Bernadette Biondi. A Clinical Debate: Subclinical Hypothyroidism. *Int J Endocrinol Metab.* 2021;19(3):e115948. doi: 10.5812/ijem.115948.

- 42) Azizi, F., **Abdi, H. (Co-first author)**, Mehran, L., Amouzegar, A. Appropriate duration of antithyroid drug treatment as a predictor for relapse of Graves' disease: a systematic scoping review. *Journal of Endocrinological Investigation*, 2022; 45(6): 1139-1150.
- 43) N Saadat, F Azizi , **H Abdi**, A Amouzegar. Treatment of post-radioactive iodine relapse of hyperthyroidism: comparison of long-term methimazole and radioactive iodine treatment. *J Endocrinol Invest* 2022; 45(10): 1919-1924. doi: 10.1007/s40618-022-01823-5.
- 44) Fereidoun Azizi, Navid Saadat, **Hengameh Abdi (Co-corresponding)**, Ladan Mehran, Safdar Masoumi, Mir Alireza Takyar, Atieh Amouzegar. Time to Normalization and Sustainable Normal Serum Thyrotropin concentrations in Patients with Hyperthyroidism: Comparison of Methimazole and Radioactive Iodine Treatments. *Endocrine Practice*, 2022; 28(11): 1140-1145.
- 45) A Amouzegar, M Dehghani, **H Abdi**, L Mehran, S Masoumi, F Azizi. Natural history of subclinical hypothyroidism and prognostic factors for the development of overt hypothyroidism: Tehran Thyroid Study (TTS). *Journal of Endocrinological Investigation*, 2022; 45(12): 2353-2364.
- 46) Fereidoun Azizi, Navid Saadat, Mir Alireza Takyar, **Hengameh Abdi (Co-corresponding)**, Ladan Mehran, Atieh Amouzegar. Efficacy and Safety of Long-Term Methimazole versus Radioactive Iodine in the Treatment of Toxic Multinodular Goiter. *Endocrinology and Metabolism*, 2022; 37(6): 861-869.
- 47) Azizi, F., **Abdi, H. (Co-first author)**, Amouzegar, A., Habibi Moeini, A.S. Long-term thionamide antithyroid treatment of Graves' disease. *Best Practice and Research: Clinical Endocrinology and Metabolism*, 2023; 37(2), 101631.
- 48) Fereidoun Azizi, **Hengameh Abdi**, Ladan Mehran, Petros Perros, Safdar Masoumi, Atieh Amouzegar. Long-Term Follow-up of Graves Orbitopathy After Treatment With Short- or Long-Term Methimazole or Radioactive Iodine. *Endocrine Practice*, 2023; 29(4), 240-246.
- 49) Ladan Mehran, Atieh Amouzegar, Seyed Mohsen Foroutan, Safdar Masoumi, Maryam Tohidi, **Hengameh Abdi**, Ali Aghaei, Amir Esmaeel Saghafinia & Fereidoun Azizi. Pharmacodynamic and pharmacokinetic properties of the combined preparation of levothyroxine plus sustained- release liothyronine; a randomized controlled clinical trial. *BMC Endocrine Disorders* 2023;23(182).
- 50) Azita Zadeh-Vakili, Leila Najd-Hassan-Bonab, Mahdi Akbarzadeh, Hengameh Abdi, Asiyeh Sadat Zahedi, Fereidoun Azizi, Maryam S. Daneshpour. Three candidate SNPs show associations with thyroid-stimulating hormone in euthyroid subjects: Tehran thyroid study. *Journal of Diabetes & Metabolic Disorders* 2024
- 51) Fereidoun Azizi, Atieh Amouzegar, Davood Khalili, Hengameh Abdi, Maryam Tohidi, Mehdi Hedayati, Leila Cheraghi, Yadollah Mehrabi, Miralireza Takyar. Risk of

recurrence at the time of withdrawal of short- or long-term methimazole therapy in patients with Graves' hyperthyroidism: a randomized trial and a risk-scoring model. *Endocrine* 2024. <https://doi.org/10.1007/s12020-023-03656-5>

- 52) Fereidoun Azizi, Ladan Mehran, **Hengameh Abdi (Co-corresponding)**, Atieh Amouzegar. Approach to the Patient Considering Long-term Antithyroid Drug Therapy for Graves' Disease. *J Clin Endocrinol Metab* 2024 Sep 16;109(10):e1881-e1888.
- 53) Khamseh ME, **Abdi H**, Malek M, et al. Relationship between knowledge of diabetic patients about importance of the disease and its surveillance and follow up of complications. *Koomesh*. 2011; 3(30): 334-341. In Persian