

MARYAM ABOLHASANI

Sports medicine specialist

Tehran University of Medical Sciences

Contact Information:

Name & Last name: Maryam abolhasani

- **Gender:** Female

- **Date of birth :**23-8-1975

- **Place of birth :**Tafresh

- **Marital status:**Married

- **Number of Children :**1boy

-**Current job position:**sports medicine specialist in Sina Hospital(Tehran university of medical science),obesity clinic and obesity research group.from 12-12-2011 to present.

-**Academic position :** Assistant professor

-**Address:**

Place of work: Sina Hospital, Imam-Khomeini St. Hasan Abad Sq .,Tehran – Iran.

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M_abolhasani@sina.tums.ac.ir

Education:

2007-2011

Course of Speciality in “Sports medicine”

Tehran university of medical science

Tehran – Iran

1994-2001

General Medicine (MD)

Zanjan university of medical science

Zanjan – Iran

Highlighted Educational/Occupational Qualifications:

The 2th rank in sports medicine Board Certification in 2011, Iran.

The first rank in Sports Medicine PreBoard Certification in 2011, Tehran university of medical science, Iran.

The 100 hours course of team physician certificate, 2008, sports medicine federation of Islamic Republic of Iran.

The advanced course of team physician certificate, 2009, sports medicine federation of Islamic Republic of Iran.

Short training course about “Different medical an therapy work and interdisiciplinary skills in neurorehabilitation specially for multiple sclerosis patients”, Department of Neurology and Neurorehabilitation, Kliniken Valens, Valens, Switzerland.(Under supervision by Professor. Dr. med. Jurg Kesslering, Head of the Department of Neurology)

Professional Society Membership:

2001 – Present	The Medical Council of The Islamic Republic Of Iran.
2007- present	Sports medicine research center.
2010-present	Iranian Society of sports medicine.
2011-present	Endocrine and metabolism Sciences Research Institute, Obesity and Food group set, Sina Hospital, Tehran University of Medical Sciences.
2013-present	Director of rehabilitation service , Payame MS Journal.
2013-present	Member of scientific committee , Iranian MS society.

Work Experience:

Executive Activities

2009- present

Development of exercise protocols for pregnant women and low back pain in pregnancy.

Sports medicine research center, Tehran University of Medical Science.

2011 – Present

Sports medicine Head of obesity clinic and obesity research group,

Sina Hospital, Tehran University of Medical Sciences

Tehran – Iran

2011 – Present

Scientific and Executive collaboration in establishment of preventive cardiology Department,

Rajaei Hospital, Tehran University of Medical Science

Tehran-Iran

2012

Scientific and Executive collaboration in health screening project of respective members of Islamic Consultative Assembly.

Rajaei Hospital, Tehran University of Medical Science

Tehran-Iran

2012

Collaboration in codification of “Native Guideline for diagnosis and management of acute low back pain” with Rheumatology research center, Tehran University of Medical Science.

Editorial Positions

2012

Reviewer of Acta Medica Iranica Journal
Reviewer of Asian journal of sports medicine

Clinical Activities

2011 – Present

SINA UNIVERSITY HOSPITAL(ASSISTANT PROFESSOR)

Sports medicine Specialist

Tehran – Iran

2004 – 2007

EGHBAL HOSPITAL

General Practitioner – Emergency Department

Tehran – Iran

2002 – 2003

22 BAHMAN CLINIC

General Practitioner – Head of the Clinic

Tafresh/Markazi – Iran

2001 – 2002

HAFT-E-TIR CLINIC

General Practitioner – Head of the Clinic

Tafresh/Markazi – Iran

2001 – 2003

VALFAJR HOSPITAL

General Practitioner

Tafresh/Markazi – Iran

Teaching Service

2012

Course of Introduction Rules and Provisions of Sport for sports medicine residents.

TEHRAN UNIVERSITY OF MEDICAL SCIENCES

Tehran – Iran

Dr. Abolhasani has been involved in Education affairs for sports and exercise medicine residents since 2008 especially in the field of low back pain, weight management and sport injury in different patients.

Research Interests:

- Preventive cardiology.
- Low back pain.
- Weight Management and obesity.
- Multiple sclerosis rehabilitation.
- Neurorehabilitation

• Lectures

- Abolhasani M, **Sports Drinks**, Iranian Association of Sports and Exercise Medicine(IASEM), Taleghani Hospital; October 2011.
- Abolhasani M, **Introduction of sports medicine in Sina Hospital**, Weekly Conference of Sina Hospital; February, 2012.
- Abolhasani M, **Exercise in pregnancy**, Alborz University of Medical Science; March, 2012.
- Abolhasani M, **Neck pain**, Lunch Conference of Sina Hospital; May, 2012.
- Abolhasani M, **Sports Drinks**, The Medical Council of The Islamic Republic Of Iran(Shahid Beheshti University); May 2012.
- Abolhasani M, **Low back pain**, Lunch Conference of Sina Hospital; November, 2012.
- Abolhasani M, **Work shop of Exercise in pregnancy**, Ministry of Health and Medical education:(for obstetric group), Tehran, September and November 2013.

Research Projects:

Ongoing

- SALIMZADEH A, SEDAGHATTALAB M, **ABOLHASANI M**, YAZDANI T; Determining the relation between abdominal visceral fat and bone density in women with overweight and obesity before menopause, Rheumatology Research center, Tehran University of Medical Science.(finished)
- PAZOKI M., **ABOLHASANI M.**, RAZEGHI JAHROMI S., YAZDANI T., RAZEGHI JAHROMI MJ., The relationship between the amount of abdominal visceral fat accumulation with intensity of chronic obstructive pulmonary disease. Pulmonary group. Tehran University of Medical sciences. (in data gathering)
- PAZOKI M., **ABOLHASANI M.**, RAZEGHI JAHROMI S., YAZDANI T., RAZEGHI JAHROMI MJ. Impact of nutritional supplement and physical activity on the severity of chronic obstructive pulmonary disease. Pulmonary group. Tehran University of Medical sciences. (in data gathering)
- GHEINI MR, **ABOLHASANI M.**, RAZEGHI JAHROMI S., YAZDANI T.,Evaluation of correlation between obesity indices and abdominal visceral fat with CVA types, Neurology research center,Tehran University of Medical Science.(recently accepted in research council of Tehran university of medical sciences)
- Vasheghani Farahani A, **ABOLHASANI M**, Razeghi Jahromi S, Hosseini K ; Evaluating the prevalence of atherosclerosis of peripheral vessels and its relation with obesity, Recently Accepted in Shahid Rajaii Heart Hospital (Tehran university of medical science, in data gathering)
- Sahraian MA, Razeghi Jahromi S, Moghadasi AR, Dusti R, Togha M, **Abolhasani M**, Meysamie AP. Effects of Mediterranean diet on the severity and relapse rate of RRMS, A randomized clinical trial. Iranian center of neurological research, Tehran University Of Medical Sciences.(In data gathering)
- Karbalai Saleh Sh, Dehdashti M, **Abolhasani M**, Razeghi Jahromi S, Association between body mass index and abdominal visceral fat with heart rate

variability in patients referred to obesity clinic of Sina hospital in
1393.Medical School, Tehran University Of Medical Sciences.

Publications:

• **Articles (In English)**

1. Kordi R, **Abolhasani M**, Vasheghani Farahani F, Hantoushzadeh S, Rostami M, Mansournia MA; Comparison between the effect of lumbopelvic belt and home based pelvic stabilizing exercise on pregnant women with pelvic girdle pain; a randomized controlled trial, “Journal of Back and Musculoskeletal Rehabilitation”, 2013 Jan,1;26(2):133-9.DOI: 10.3233/BMR-2012-00357.
2. Soodeh Razeghi Jahromi , **Maryam Abolhasani**, Alipasha meysamie, Mansoureh Togha ; The effect of body fat mass and fat free mass on migraine headache; Iranian journal of neurology.2013;Vol 12,No 1:23-27.
3. Soodeh Razeghi Jahromi , **Maryam Abolhasani***, Maryam Bidadian, Leila Koti, Comparison of obesity/psychological disorders comorbid between older and younger adult women, Psychology; 2013 November, Vol 4, No12A.
4. **Maryam Abolhasani**, Soodeh Razeghi Jahromi, Sahar dehghani, Tahereh Yazdani, Ali Vasheghani Farahani, Does body fat percentage associate with age and body mass index?; International Research Journal of Applied and Basic Sciences. 5(10): 1307-1311.
5. SADRE-JAHANI S, **ABOLHASANI M**, DEHGHANI S, JALILI M, TALEBPOUR M, IMANI H, RAZEGHI JAHROMI S. Relationship between nutrient intake and body composition one year after bariatric surgery. Intl. Res. J. Appl. Basic. Sci. Vol., 7 (14), 1177-1183, 2013.
6. **Salimzadeh A, Abolhasani M**, Moghaddasi M, Sedaghattalab M, Relationship between bone density and abdominal visceral fat in premenopausal overweight and obese Iranian women 20-50 years old; International journal of rheumatic disease, 2014 Article first published online: 16 MAY 2014 .DOI: 10.1111/1756-185X.12400

7. **Abolhasani M**, Salimzadeh A, Moghaddasi M, Sedaghattalab M, Evaluating the relationship between anthropometric indices and visceral fat level; **Submitted** in international journal of obesity, 2014.(under review)
8. Mahbubeh Moradi, Mohammad Ali Sahraian, Aida Aghsaie, Mohammad Reza Kordi, ***Maryam Abolhasani**; Effects of Eight-week Resistance Training Program in Men with Multiple Sclerosis.Submitted in Asian Journal of sports medicine.(2014, Minor revision)
9. RAZEGHI JAHROMI S, ABOLHASANI M, MEYSAMIE A, TALEBPOURM, SADRE-JAHANI S, TOGHA M. A cross-sectional study of migraine improvement after diet/exercise-induced weight loss or bariatric surgery.Submitted in European Journal of neurology.(2014,under review)
- 10) Seyedeh Shelir Hosseini, Hamid Rajabi, Mohammad Ali Sahraian, Mahbubeh Moradi, Keivan Mehri, ***Maryam Abolhasani***. Effect of 8-week home-based yoga and resistance training on muscle strength, motor capacity and balance in patients with Multiple Sclerosis.submitted in Neurorehabilitation Journal.(2014, under review)
- 11) **Maryam Abolhasani**¹, Soodeh Razeghi Jahromi^{*1}, Mansooreh Togha², Mohammad Ali Sahraian¹, Solmaz Sadr-Jahani³; The effect of creatine monohydrate supplementation on fatigue in multiple sclerosis patients. Submitted in The Neuroscience Journal of Shefaye Khatam (Shefaye Khatam) .(2014, under review)

- **Abstract in International Meetings**

1. **Abolhasani M**, Kordi R, Vasheghani Farahani F, ” Comparison between exercise and lumbopelvic belt in pelvic girdle pain during pregnancy” , 8th Iranian International sports medicine congress, May 2012, Isfahan, Iran.(As a poster).
2. Halabchi F, Vakili L, **Abolhasani M**,” Exercise prescription in patient with multiple sclerosis”,9th International MS Congress of Iran, November 2012, Tehran, Iran, (Oral presentation).
3. **Abolhasani M**, Razegh Jahromi S, ”Exercise and healthy adulthood”,3th congress of Promotion of health, Solutions and challenges in elderly, December 2012, Mazandaran, Iran.(As a poster).
4. Razeghi jahromi S, **Abolhasani M**,” The effect of weight in healthy adulthood”, 3th congress of Promotion of health, Solutions and challenges in elderly, December 2012, Mazandaran, Iran.(As a poster).
5. **Abolhasani M**, Kordi R, Vasheghani Farahani F, ” effect of exercise and lumbopelvic belt in low back pain of pregnant women”, 16th annual congress of Iranian society of physical medicine , rehabilitation and electrodiagnosis,December 2012, Tehran, Iran.(As a poster).
6. Razeghi Jahromi S, **Abolhasani M**, Bidadian M, Comparison of obesity/psychological disorders comorbid between middle aged and old women, The 20th IAGG world congress of gerontology and geriatrics, June 23-27, 2013 COEx, Seoul, Korea.(Accepted as a poster presentation).
7. **Maryam Abolhasani**¹, Soodeh Razeghi Jahromi^{*2}, Mansooreh Togha³, Mohammad Ali Sahraian⁴. The effect of continuous low dose creatine supplementation on fatigue in MS. 10th International MS Congress of Iran, October 2013, Isfahan, Iran.(As a poster).
8. SADRE-JAHANI S, **ABOLHASANI M**, JALILI M, RAZEGHI JAHROMI S, DEHGHAN S, TALEBPOUR M, IMANI H. 2013. Relationship between nutrient intake and body composition one year after bariatric surgery. The 4th national congress of obesity. Tehran-Iran (Oral presentation)
9. SADRE-JAHANI S, RAZEGHI JAHROMI S, **ABOLHASANI M***, JALILI M, DEHGHANI, TALEBPOUR M, IMANI H. 2013. Relationship between healthy eating

index and body composition one year after bariatric surgery. 7th international congress of minimally invasive surgery. Tehran, Iran (As a poster)

10. RAZEGHI JAHROMI S, ABOLHASANI M, MEYSAMIE A, TALEBPOURM, SADRE-JAHANI S, TOGHA M. A cross-sectional study of migraine improvement after diet/exercise-induced weight loss or bariatric surgery. European Neurological Society- European Federation of Neurological Societies joint congress (31 may- 3 June 2014), Istanbul, Turkey. (As a poster)

11. **Abolhasani M**, Soodeh Razeghi Jahromi , Alipasha meysamie, Mansoureh Togha ; The effect of body fat mass and fat free mass on migraine headache; Accepted as a poster in international congress of headache, Denmark (2014).

12. Mahbubeh Moradi¹, MS. Mohammad Ali Sahraian², MD. Aida Aghsaie³, MD. Mohammad Reza Kordi⁴, PhD. **Maryam Abolhasani^{5*}, MD**; Effects of Eight-week Resistance Training Program in Men with Multiple Sclerosis. 11th international congress of multiple sclerosis , Iran, Tehran, 23-24 October 2014. (As a poster)

13. Seyedeh Shelir Hosseini¹, Hamid Rajabi², Mohammad Ali Sahraian³, Mahbubeh Moradi⁴, Keivan Mehri⁴, **Maryam Abolhasani^{5*}**. Effect of 8-week home-based yoga and resistance training on muscle strength, motor capacity and balance in patients with Multiple Sclerosis. 11th international congress of multiple sclerosis , Iran, Tehran, 23-24 October 2014. (oral presentation)

• Books

1. **Maryam Abolhasani**, Ramin Kordi, Low back pain in pregnancy and exercise therapy, In Edition Process.
2. Pardis Noormohamad poor, **Maryam Abolhasani**, Ramin Kordi, Osteoprosis and exercise, published.
3. **Maryam Abolhasani**, Pardis Noormohamad poor, exercise and weightloss, under publition. (*MIRMAH publication*)
4. **Maryam Abolhasani**, exercise and women health. under publication. (shahrdari publication)

- **Pamphlet:**

Abolhasani M, **Physical Activity and Obesity** , Preventive Cardiology Department, Rajaei Hospital, Tehran University of Medical Science.

Competencies:

- **Language**

- English : Fluent

- **Computer**

- *Advanced user of office programs (Word, PowerPoint, Excel, etc)*
- *Advanced user of internet.*