

Saeed abdi MD

Gastroenterologist, Clinical Researcher Associate
H index: 11

Date of Birth: September 16,1978

Place of Birth: Iran

Nationality: Iranian



Research Institute for Gastroenterology and Liver Disease, Taleghani Hospital, Evin, Tehran, Iran.



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LANGUAGE SKILLS

- English: good
- Arabic: Elementary
- Native language: Persian

PROFESSIONAL EXPERIENCE

- Associate Professor of Medicine and Gastroenterology
- Head of motility disorder and manometry center of Gastrointestinal Disorders Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran. (2015-Up to now)
- Assistant professor of Shahid Beheshti Medical School, Tehran,Iran (2019-2021)
- Assistant Professor of Internal Affairs Department of Shahid Beheshti University of Medical Sciences (2015-Up to now)

CLINICAL SKILL

- Upper GI Endoscopy
- Colonoscopy
- Endoscopic Retrograde Cholangiopancreatography
- Balloon Enteroscopy
- Endosonography
- Endoscopic Mucosal Resection
- Upper and lower Manometry
- Esophageal PH-Metry

EDUCATION / POST GRADUATE TRAINING

Medical School

Shahid beheshti University of Medical Sciences, Tehran, Iran.
1996-2003

Residency

Internal Medicine specialty program
Tehran Medical University, Tehran, Iran. 2005-2009

Fellowship

Gastroenterology & hepatology
Shahid Beheshti Medical University, Tehran, Iran
2012-2014

PROFESSIONAL POSITIONS AND APPOINTMENTS

- Working as an Internal Medicine Consultant in Minab, Iran. (2009-2012)

- Head of motility disorder and manometry center of Gastrointestinal Disorders Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran. (2015-Up to now)
- Working as an assistant professor in Taleghani hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran. (2014 -Up to now)
- Assistant professor of Shahid Beheshti Medical School ,Tehran,Iran(2019-2021)
- Member of the Academic Council of Shahid Beheshti University of Medical Sciences(2019-2021)
- Member of the Medical Council of Shahid Beheshti Faculty of Medical Sciences(2018-2022)
- Assistant Professor of Internal Affairs Department of Shahid Beheshti University of Medical Sciences(2015-Up to now)

ACHIEVEMENTS

Books:

- Interpretation of esophageal manometry at a glance

Published Articles:

1. Sadeghi A, Rahmani K, Ketabi Moghadam P, Abdi S, Jahanian A, Fathy M, Mohammadi M, Mahdavi Roshan M, Olfatifar M, Zali MR, Hatamnejad MR. Low volume polyethylene glycol combined with senna versus high volume polyethylene glycol, which regimen is better for bowel preparation for colonoscopy? A randomized, controlled, and single-blinded trial. *Health Science Reports*. 2022 Sep;5(5):e829.
2. Abdi S, Masbough F, Nazari M, Abbasinazari M. Drug-induced esophagitis and helpful management for healthcare providers. *Gastroenterology & Hepatology from Bed to Bench*. 2022 Jul 1;15(3).
3. Eslami V, Jafari Fesharaki M, Shirini D, Gharaei B, Jalilian Khave L, Hassanzadeh T, Abdi S, Pirsalehi A, Sanadgol G. Evaluation of QTc-Interval Prolongation and Arrhythmogenic Indices and Associated Factors in Patients With COVID-19. *Iranian Heart Journal*. 2022 Jul 1;23(3):77-87.
4. Hatami B, Abdi S, Noori H, Mehrad H. Alterations in liver and thyroid function tests in patients with lead poisoning. *Tehran University Medical Journal TUMS Publications*. 2022 Apr 10;80(1):48-56.
5. Jamshidi MS, Malekpour H, Abdi S, Farhan F. Biofeedback, biofeedback plus fiber laxative, and biofeedback plus osmotic laxative regimens to treat constipation in patients with pelvic floor dyssynergia: A randomized controlled trial. *Indian Journal of Gastroenterology*. 2022 Apr;41(2):160-8.
6. Rajabnia M, Sadeghi A, Abdi S, Găman MA, Zali MR, Salehi N, Yadegar A, Rahmani K. Effect of Statins on Helicobacter pylori Eradication Rate: A Systematic Review and Meta-Analysis. *GE-Portuguese Journal of Gastroenterology*. 2022;29(5):322-30.
7. Nouri F, Naseri M, Abdi S, Faghihzadeh S, Pasalar M, Farsani GM, Zali MR. Effect of a Persian metabolic diet on the functional dyspepsia symptoms in patients with postprandial distress syndrome: a randomized, double-blind clinical trial. *Journal of Complementary and Integrative medicine*. 2021 Nov 9.
8. Rastegar R, Falahzade H, Sadeghi A, Zarani F, Abdi S. Comparing the Differences in Children's Perceptions of Parental Conflict, Self-Differentiation and Being Triangulated in Individuals with and without Functional Constipation Due to Pelvic Floor Dysfunction. *The American Journal of Family Therapy*. 2021 Aug 3:1-5.
9. Sadeghi A, Eslami P, Moghadam AD, Moazzami B, Pirsalehi A, Ilkhani S, Banar S, Feizollahi F, Vahidi M, Abdi S, Aghdaei HA. Prognostic factors associated with survival in patients infected with COVID-19: A retrospective study on 214 patients from Iran. *Archives of Iranian medicine*. 2021 Apr 1;24(4):333.
10. Ashrafi A, Arab AM, Abdi S, Nourbakhsh MR. The association between myofascial trigger points and the incidence of chronic functional constipation. *Journal of Bodywork and Movement Therapies*. 2021 Apr 1;26:201-6.

11. Khave LJ, Vahidi M, Shirini D, Sanadgol G, Ashrafi F, Arab-Ahmadi M, Fatemi A, Barzegar MS, Hassanzadeh T, Rezaei B, Zali A. Clinical and epidemiological characteristics of postdischarge patients with COVID-19 in Tehran, Iran: protocol for a prospective cohort study (tele-COVID-19 study). *JMIR Research Protocols*. 2021 Feb 2;10(2):e23316.
12. Pirsalehi A, Salari S, Baghestani A, Sanadgol G, Shirini D, Baerz MM, Abdi S, Akbari ME, Bashash D. Differential alteration trend of white blood cells (WBCs) and monocytes count in severe and non-severe COVID-19 patients within a 7-day follow-up. *Iranian Journal of Microbiology*. 2021 Feb;13(1):8.
13. Saki K, Mansouri V, Abdi S, Fathi M, Razzaghi Z, Haghazali M. Assessment of common and differentially expressed proteins between diabetes mellitus and fatty liver disease: a network analysis. *Gastroenterology and Hepatology From Bed to Bench*. 2021;14(Suppl1):S94.
14. Abdi S, Roshan MM, Salarieh N. An uncommon cause of intermittent dysphagia. *Gastroenterology and Hepatology From Bed to Bench*. 2021 Jan 1.
15. Abdi S, Abbasiazari M, Ataei S, Khanzadeh-Moghaddam N, Keshvari N. Benefits and Risks of Melatonin in Hepatic and Pancreatic Disorders; A Review of Clinical Evidences. *Iranian Journal of Pharmaceutical Research: IJPR*. 2021;20(3):102.
16. Shahrokh S, Qobadighadikolaei R, Abbasiazari M, Haghazali M, Aghdaei HA, Abdi S, Balaii H, Khanzadeh-Moghaddam N, Zali MR. Efficacy and safety of melatonin as an adjunctive therapy on clinical, biochemical, and quality of life in patients with ulcerative colitis. *Iranian Journal of Pharmaceutical Research: IJPR*. 2021;20(2):197.
17. Tayebi Z, Fazeli M, Hashemi A, Abdi S, Dadashi M, Nasiri MJ, Goudarzi M. Molecular characterization of invasive *Staphylococcus aureus* strains isolated from patients with diabetes in Iran: USA300 emerges as the major type. *Infection, Genetics and Evolution*. 2021 Jan 1;87:104679.
18. Nouri F, Naseri M, Esfahani M, Mohammadi Farsani G, Abdi S, Faghihzadeh S, Ansaripour M, Zali M. Presentation of specific dietary intervention based on Traditional Persian Medicine for the treatment of cold and wet mal-temperament. *Daneshvar Medicine*. 2020 Sep 26;25(5):63-70.
19. Abdi S, Moghadam AM, Rafieezadeh M, Mangeli F, Ghafurian A. A diagnostic challenge presented in a 37-year-old man with severe weight loss and. *Gastroenterology and Hepatology from Bed to Bench*. 2020:S154-8.
20. Sadeghi A, Eslami P, Moghadam AD, Pirsalehi A, Shojaee S, Vahidi M, Soheili A, Ghanimat F, Keshmiri Y, Abdi S, Zali MR. COVID-19 and ICU admission associated predictive factors in Iranian patients. *Caspian Journal of Internal Medicine*. 2020;11(Suppl 1):512.
21. Mirakabad FS, Khoramgah MS, Tahmasebinia F, Darabi S, Abdi S, Abbaszadeh HA, Khoshsirat S. The effect of low-level laser therapy and curcumin on the expression of LC3, ATG10 and BAX/BC12 ratio in PC12 cells induced by 6-hydroxide dopamine. *Journal of Lasers in Medical Sciences*. 2020;11(3):299.
22. Nohesara RJ, Abdi S, Pirsalehi A, Masarat E, Shokoohi M, Karamouzian M. A prospective cohort of clinical and epidemiological characteristics of COVID-19 patients post-discharge in Tehran, Iran (Tele-COVID-19): Research protocol and baseline findings.
23. Abdi S, Sargashteh Z, Abbasiazari M, Salamzadeh J, Mortazavi SA. Buccal buspirone as add-on therapy to omeprazole versus omeprazole in treatment of gastroesophageal reflux diseases (GERD). *Iranian Journal of Pharmaceutical Research: IJPR*. 2020;19(4):113.
24. Sadeghi A, Eslami P, Moghadam AD, Pirsalehi A, Shojaee S, Khave LJ, Sanadgol G, Hasanzade T, Shirini D, Aghdaei HA, Abdi S. Risk factors related to liver injury in non-Intensive Care Unit admitted patients infected with COVID-19: A retrospective study of 102 patients. *Caspian Journal of Internal Medicine*. 2020;11(Suppl 1):520.
25. Aghababaie-Babaki P, Abachizadeh K, Abdi S, Shekarriz-Foumani R, Mohseni M. Institutional health promotion standards in school of medicine at Shahid Beheshti University of Medical Sciences according to medical students' opinions in 2020. *Social Determinants of Health*.;7:1-7.

26. Banihashem S, Chalakinia N, Eslami P, Roshan MM, Kheradmand A, Abdi S, Motazedian S, Nasserinejad M, Zali MR. Impact of biofeedback therapy for pelvic floor-related constipation to improve sexual function. *Gastroenterology and Hepatology From Bed to Bench*. 2020;13(Suppl1):S75.
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28. Sadeghi A, Abbasinazari M, Aghdaei HA, Abdi S, Hatami B, Rasoolinezhad M, Jamshidzadeh S, Saadati S. Does melatonin addition to indomethacin decrease post endoscopic retrograde cholangiopancreatography pancreatitis? A randomized double-blind controlled trial. *European Journal of Gastroenterology & Hepatology*. 2019 Nov 1;31(11):1350-5.
29. Andarkhor P, Sadeghi A, Khodadoost M, Kamalinejad M, Gachkar L, Abdi S, Zargaran A. Effects of *Terminalia chebula* Retz. in treatment of hemorrhoids: a double-blind randomized placebo-controlled clinical trial. *European Journal of Integrative Medicine*. 2019 Sep 1;30:100935.
30. Rostami-Nejad M, Rezaei-Tavirani M, Mansouri V, Akbari Z, Abdi S. Impact of proteomics investigations on gastric cancer treatment and diagnosis. *Gastroenterology and Hepatology from Bed to Bench*. 2019;12(Suppl1):S1.
31. Rostami-Nejad M, Ehsani-Ardakani MJ, Aghamohammadi N, Keramatinia A, Abdi S, Moravvej H. The screening of critical related genes in celiac disease based on intraepithelial lymphocytes investigation: a bioinformatics analysis. *Galen Medical Journal*. 2019;8:e1407.
32. Abdi S, Tavakolikia N, Yamini M, Bagheri M, Sadeghi A, Pourhoseingholi MA, Shahrokh S, Pasha MA. Solitary rectal ulcer syndrome: addition of rectal therapies to biofeedback is more effective than biofeedback alone. *Gastroenterology and Hepatology from Bed to Bench*. 2019;12(3):197.
33. Ghandi F, Sadeghi A, Bakhtyari M, Imani S, Abdi S, Banihashem SS. Comparing the efficacy of mindfulness-based stress reduction therapy with emotion regulation treatment on quality of life and symptoms of irritable bowel syndrome. *Iranian Journal of Psychiatry*. 2018 Jul;13(3):175.
34. Abdi S, Basiri A, Soleimani Y, Peighami A. The Critique and Review of the Export of Petrochemical Products in the Framework of the Thirteenth Chapter of the General Policies of the Resistance Economy. *Critical Studies in Texts & Programs of Human Sciences and Council for the Study of Humanities Texts and Books*. 2018 Feb 20;17(9):157-84.
35. Abdi S, Sahraie R, Malekpour H, Ashatri S, Jahani-Sherafat S, Iranshahi M, Frootan M. The high frequency of esophageal disorders in Iranian patients with non-cardiac chest pain. *Gastroenterology and Hepatology from Bed to Bench*. 2018;11(Suppl 1):S32.
36. Abdi S, Abbasinazari M, Valizadegan G, Kamarei MA, Panahi YU, Sarafzadeh F, Pourhoseingholi MA. Does the addition of melatonin to quadruple therapy increases the eradication rate of helicobacter pylori? a double-blind randomized clinical trial. *Journal of Clinical and Diagnostic Research*. 2018;12(5):FC12-4.
37. Naseri M, Esfahani MM, Farsani GM, Abdi S, Faghihzadeh S, Ansaripour M, Zali MR. Presenting a special diet based on the principles of traditional medicine in Iran in treating patients with a milder and less disturbing effect. *J. Res. Pharm. Sci.* Dec 31;25(132).
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39. Mohammad Alizadeh AH, Abbasinazari M, Hatami B, Abdi S, Ahmadpour F, Dabir S, Nematollahi A, Fatehi S, Pourhoseingholi MA. Comparison of rectal indomethacin, diclofenac, and naproxen for the prevention of post endoscopic retrograde cholangiopancreatography pancreatitis. *European journal of gastroenterology & hepatology*. 2017 Mar 1;29(3):349-54.
40. Rezaei-Tavirani M, Rezaei-Tavirani S, Ahmadi N, Naderi N, Abdi S. Pancreatic adenocarcinoma protein-protein interaction network analysis. *Gastroenterology and Hepatology from bed to bench*. 2017;10(Suppl1):S85.

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42. Hashemian SM, Martindale RG, Jamaati H, Amirsavadvkouhi A, Azer SM, Shadnoush M, Ardehali SH, Najafi A, Ahmadi A, Seyyedi SR, Mahmoodpoor A. An Iranian consensus document for nutrition in critically ill patients, recommendations and initial steps toward regional guidelines. *Tanaffos*. 2017;16(2):89.
43. Pooshani A, Frootan M, Abdi S, Jahani-Sherafat S, Kamani F. The evaluation of functional results before and after laparoscopic Heller myotomy for achalasia: a single center experience. *Gastroenterology and Hepatology From bed to Bench*. 2017;10(Suppl1):S33.
44. Maghvan PV, Rezaei-Tavirani M, Zali H, Nikzamir A, Abdi S, Khodadoostan M, Asadzadeh-Aghdai H. Network analysis of common genes related to esophageal, gastric, and colon cancers. *Gastroenterology and Hepatology from bed to bench*. 2017;10(4):295.
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46. Mohammadi R, Abdi S. Molecular identification of *Candida* species isolated from gastro-oesophageal candidiasis in Tehran, Iran. *Gastroenterology and hepatology from bed to bench*. 2015;8(4):288.
47. Souod N, Sarshar M, Dabiri H, Momtaz H, Kargar M, Mohammadzadeh A, Abdi S. The study of the *oipA* and *dupA* genes in *Helicobacter pylori* strains and their relationship with different gastroduodenal diseases. *Gastroenterology and hepatology from bed to bench*. 2015;8(Suppl1):S47.
48. Oshvandi K, ABDI S, Karampourian A, Moghimbashi A, HOMAYOUNFAR S. The effect of foot massage on quality of sleep in ischemic heart disease patients hospitalized in CCU.
49. Zomorodi S, Abdi S, Tabatabaee SK. Comparison of long-term effects of cognitive-behavioral therapy versus mindfulness-based therapy on reduction of symptoms among patients suffering from irritable bowel syndrome. *Gastroenterology and hepatology from bed to bench*. 2014;7(2):118.
50. Afshar R, Davati A, Ghasemi H, Abdi S. Monitoring of intraocular pressure and its correlation with systemic parameters before and after hemodialysis. *iranian journal of kidney disease*. 2013 Jan 30;7(1).
51. Thyagarajan MS, Abdi S. Recurrent ovarian carcinoma presenting as a solitary metastasis to the kidney. *The British Journal of Radiology*. 2008 Dec;81(972):e293-4.
52. Abdi S, Moghadam AF, Ghadimzadeh M. Effect of Different Defoliation Intensities at Plant Reproduction Stages on Seed Yield and Oil Percentage of Two Sunflower Hybrid Cultivars. *Isfahan University of Technology-Journal of Crop Production and Processing*. 2007 Jul 10;11(40):245-56.
53. Abdi S, Fayaz MA, Chadimzade M. Effect of different levels of defoliation at reproductive stage on grain yield and oil percent of two hybrid sunflower. *Agri Nat Res Sci Tech*. 2007;11:245-55.
54. Abdi S, Masboogh F, Nazari M, Abbasiazari M. An Updated Review on Drug-Induced Esophagitis and A Helpful Management for Healthcare Providers. *Gastroenterology and Hepatology from Bed to Bench*.

TEACHING ACTIVITIES–HOSPITAL OR OFFICE-BASED

- Scientific chairman of the first International Manometry symposium, january 2017, RIGLD, SBMU, Tehran, Iran.
- Scientific chairman of the Inflammatory Bowel Disease symposium, may 2022, RIGLD, SBMU, Tehran, Iran.

HOSPITAL/UNIVERSITY COMMITTEE APPOINTMENTS

- Vice department head of Gastroenterology and Liver Department, Taleghani Hospital, Shahid

Beheshti Faculty of Medical Sciences(2019-Up to now)

- Head of internal department of Hazrat Abulfazl Minab hospital(2010-2112) .
- Vice department head of Gastroenterology and Liver Department, Taleghani Hospital, Shahid Beheshti Faculty of Medical Sciences(2019-Up to now).
- Head of motility disorder and manometry center of Gastrointestinal Disorders Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran. (2015-Up to now)

LECTURE PRESENTATIONS

1. Gastrointestinal diseases (4)	15.1.2015
2. Gastroparesis	7.1.2016
3. Active therapeutic and diagnostic challenges in the treatment of digestive and liver diseases	26.1.2016
4. Active therapeutic and diagnostic challenges in the treatment of digestive and liver diseases	1.2.2016
5. Digestive Emergencies Congress	25.5.2016
6. Minimally invasive surgeries and techniques	9.11.2016
7. Irritable bowel syndrome	8.12.2016
8. Special care (ICU General) with care level 2	24.12.2016
9. family doctor	28.12.2016
10. manometry	7.2.2017
11. Gastrointestinal diseases during pregnancy	23.2.2017
12. Gastrointestinal pathology	20.4.2017
13. The 41st Annual Scientific Congress of the Society of Iranian Surgeons	8.5.2017
14. Gastrointestinal pathology	11.5.2017
15. Gastrointestinal pathology	15.6.2017
16. Gastrointestinal pathology	10.8.2017
17. Gastrointestinal pathology	12.10.2017
18. Emergencies of internal diseases	18.10.2017
19. Gastrointestinal diseases (3)	21.11.2017
20. Gastrointestinal diseases (4)	21.11.2017
21. Congress of Gastrointestinal and Liver Diseases of Iran	22.11.2017
22. Gastrointestinal pathology	14.12.2017
23. Gastrointestinal pathology	11.1.2018
24. Updates on gastrointestinal tract infections	18.1.2018
25. Gastrointestinal pathology	8.2.2018
26. Invasive diagnostic methods in the upper-lower gastrointestinal tract and related nursing care	25.6.2018
27. Special care (ICU General)	8.9.2018
28. International pathology conference	4.12.2018
29. International Congress of Gastrointestinal Cancers	21.2.2019
30. The first scientific seminar on new internal medicine (common gastrointestinal diseases)	4.7.2019
31. Treatment of reflux disease	20.2.2020
32. Achalasia, gastroesophageal reflux, polyp – ICGH2020	2.12.2020
33. Motility and functional diseases of the digestive system	11.2.2021
34. The role of budesonide in gastrointestinal diseases	14.10.2021
35. Gastrointestinal bleeding	16.11.2021
36. Treatment of colitis	20.11.2021
37. Management of dealing with reflux and dyspepsia	17.2.2022
38. Diagnostic and therapeutic challenges in inflammatory bowel disease	16.6.2022
39. The first comprehensive conference of digestion and liver	7.9.2022

REFERENCES

1. M.R. zali, M.D., FACP, FAGA Professor of Gastroenterology President- Research Center for Gastroenterology & Liver Disease (RCGLD) SUMS, Tehran, Iran. E-mail: zali@rcgld.org. Home page: www.rcgld.org. Phone: +98-21-2418871
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