



Curriculum Vitae

Cardiology Department

General

Name: Seyedeh Haleh Ashraf-Talesh

Date of Birth: 1982/Feb/07

Place of Birth: Talesh, Guilan, Iran

Father's Name: Davood

Marital Status: Married

Language: *Fluent in Farsi, Turkish and English*

Academic Rank: *Assistant professor of Cardiology*

Addresses: *Sina Hospital, Hasan Abad Sq., Tehran 11367-46911 – Iran*

Tel (Hospital): (+9821) 63120000

E-mail: ha_as_ta@yahoo.com

Education

- Course of Specialty in “Cardiovascular Diseases”: Tehran Heart Center, Tehran University of Medical Sciences, Tehran – Iran (September 2009 – September 2013)
- General Medicine (MD): Tehran University of Medical Sciences, Tehran – Iran (February 2000– September 2008)

Jobs

- Assistant Professor; Sina Hospital, Tehran University of Medical Sciences, Tehran – Iran(2015-present)
- Consultant cardiologist; Shahid Noorani Hospital, Talesh, Guilan, Iran

Executive AND clinical Activities

- Responsible for teaching of medical students, Sina Hospital, Tehran University of Medical Sciences, Tehran – Iran (2015-present)
- Deputy director of research center of primary prevention of cardiovascular diseases (2015-Present)
- Cardiologist; SINA HOSPITAL, Tehran University of Medical sciences, Tehran – Iran (2015-present)
- Cardiologist; Shahid Noorani Hospital, Talesh, Guilan, Iran (2014)

Publications

A- Papers in English

1. Use of Probiotic for the treatment of acute rotavirus diarrhea in children: a randomized, single-blind, controlled trial, Behnam Sobouti, Samileh Noorbakhsh , Haleh Ashraf, Shaghayegh Ashraf -Talesh, *International Journal of Children and Adolescents* 2017
2. Evaluating the Association between Anthropometric Indices and Cardiovascular Risk Factors with Symptomatic Peripheral Arterial Disease in, Ali Vasheghani-Farahani, Haleh Ashraf, Maryam Abolhasani, Kaveh Hosseini, Seyyed Aboozar jazayeri, Shahrokh Karbalayi, *Interventional Cardiology Journal*, 2015, Vol. 1 No. 1:2
3. Correlation of ankle-brachial index and peripheral artery disease with the status of body fat deposition and metabolic syndrome in asymptomatic premenopausal women, Ali Vasheghani-Farahani, , Kaveh Hosseini, Haleh Ashraf, Maryam Abolhasani, Shahrokh Karbalai, Alireza Ghajar, Mohsen Afarideh, *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2016
4. Correlation between Mitral Regurgitation and Myocardial Mechanical Dyssynchrony and QRS Duration in Patients with Cardiomyopathy, Akram sardari, Haleh Ashraf, Mani Khorsand, Hakimeh Sadeghian, *J Tehran Heart Cent.* 2014;9(4):147-52.
5. Contribution of depression and anxiety to impaired Quality of life using the short form 12 questionnaire in myocardial infarction survivors, Seyed Hamzeh Hosseini, Ali Ghaemian, Elaheh Mehdizadeh, Haleh Ashraf, *International Journal of Psychiatry in Clinical Practice* 2014; 18(3):1-22
6. Levels of anxiety and depression as predictors of mortality following myocardial infarction: A 5-year follow-up, Seyed Hamzeh Hosseini, Ali Ghaemian, Elaheh Mehdizadeh, Haleh Ashraf, *Cardiology journal* 2014 Mar 27
7. Hemoglobin A1C in non-diabetic patients: An independent predictor of coronary artery disease and its severity, Haleh Ashraf, Mohammad Ali Boroumand, Alireza Amirzadegan, Shaghayegh Ashraf Talesh, Gholamreza Davoodi, *Diabetes Res Clin Pract* 2013 Dec;102(3):225-32.
8. Strain Imaging for Evaluating Response to Thrombolytic Therapy in Pulmonary Thromboembolism. Yaser Jenab, Mohammad Saheb Jam, Azam Safir, Haleh

Ashraf, Gita Ejmalian, Ali Bozorgi, Hakimeh Sadeghian, Arezou Zoroufian, Neda Ghaffari-Marandi. ACCEPTED TO ACTA CARDIOLOGICA

9. Electrocardiographic abnormalities in acute cerebrovascular events in patients with/without cardiovascular disease. Togha M, Sharifpour A, Ashraf H, Moghadam M, Sahraian MA. Ann Indian Acad Neurol. 2013 Jan;16(1):66-71.
10. Epidemiology and risk factors of the cardiometabolic syndrome in the Middle East. Ashraf H, Rashidi A, Noshad S, Khalilzadeh O, Esteghamati A. Expert Rev Cardiovasc Ther. 2011 Mar;9(3):309-20. Review.
11. Hodgkin's Disease with Hyperferritinemia, Hepatic and Heart Failure. Ashraf H, Norouzi P, Jafari S. Govaresh/ Vol. 15, No.4, Winter 2011; 315-320
12. Effects of depression and anxiety symptoms on cardiac mortality following myocardial infarction: a 2-year follow-up. Hosseini SH, Yousefnejad K, Tabiban S, Nesarhoseyni V, Bagheri B, Kiasari AM, Ghaemian A, Ghadirnejad SN, Lolati HA, Amiri FN, Ashraf H, Mokhberi V. Int J Psychiatry Clin Pract. 2011 Jun;15(2):91-6. Epub 2010 Dec 29.
13. Lipid disturbances before and after renal transplant. Razeghi E, Shafipour M, Ashraf H, Pourmand G. Exp Clin Transplant. 2011 Aug;9(4):230-5.
14. Changes in liver enzymes and bilirubin after coronary artery bypass grafting using acute normovolemic hemodilution. Akhlagh SH, Vaziri MT, Nemati MH, Ashraf H. Acta Anaesthesiol Belg. 2011;62(1):11-4.
15. Association of plasma leptin levels and insulin resistance in diabetic women: a cross-sectional analysis in an Iranian population with different results in men and women. Nakhjavani M, Esteghamati A, Tarafdari AM, Nikzamir A, Ashraf H, Abbasi M. Gynecol Endocrinol. 2011 Jan;27(1):14-9.
16. The Persian, Last 7-day, Long form of the International Physical Activity Questionnaire: Translation and Validation Study. Ali Vasheghani-Farahani1, Maryam Tahmasbi, Hossein Asheri , Haleh Ashraf, Saharnaz Nedjat, Ramin Kordi1. Asian Journal of Sports Medicine, Volume 2 (Number 2), June 2011, Pages: 106-116

17. Trends of diabetes according to body mass index levels in Iran: results of the national Surveys of Risk Factors of Non-Communicable Diseases (1999-2007). Esteghamati A, Ashraf H, Khalilzadeh O, Rashidi A, Mohammad K, Asgari F, Abbasi M. *Diabet Med.* 2010 Nov;27(11):1233-40.
18. The effect of oral clonidine premedication on nausea and vomiting after ear surgery. Taheri A, Javadimanesh MA, Ashraf H. *Middle East J Anesthesiol.* 2010 Jun;20(5):691-4.
19. Physical activity is correlated with serum leptin independent of obesity: results of the national surveillance of risk factors of noncommunicable diseases in Iran (SuRFNCD-2007). Esteghamati A, Khalilzadeh O, Ashraf H, Zandieh A, Morteza A, Rashidi A, Meysamie A, Nakhjavani M. *Metabolism.* 2010 Dec;59(12):1730-5.
20. Clustering of metabolic syndrome components in a Middle Eastern diabetic and non-diabetic population. Esteghamati A, Zandieh A, Khalilzadeh O, Meysamie A, Ashraf H. *Diabetol Metab Syndr.* 2010 Jun 8;2:36.
21. Optimal cut-off of homeostasis model assessment of insulin resistance (HOMA-IR) for the diagnosis of metabolic syndrome: third national surveillance of risk factors of non-communicable diseases in Iran (SuRFNCD-2007). Esteghamati A, Ashraf H, Khalilzadeh O, Zandieh A, Nakhjavani M, Rashidi A, Haghazali M, Asgari F. *Nutr Metab (Lond).* 2010 Apr 7;7:26.
22. Metabolic syndrome is independently associated with microalbuminuria in type 2 diabetes. Esteghamati A, Rashidi A, Khalilzadeh O, Ashraf H, Abbasi M. *Acta Diabetol.* 2010 Jun;47(2):125-30.
23. Insulin resistance is an independent correlate of increased urine albumin excretion: a cross-sectional study in Iranian Type 2 diabetic patients A. Esteghamati, H. Ashraf, M. Nakhjavani, B. Najafian, S. Hamidi and M. Abbasi. *DIABETIC Medicine* DOI: 10.1111/j.1464-5491.2009.02653.x
24. Optimal threshold of homeostasis model assessment for insulin resistance in an Iranian population: the implication of metabolic syndrome to detect insulin resistance. Esteghamati A, Ashraf H, Esteghamati AR, Meysamie A, Khalilzadeh O, Nakhjavani M, Abbasi M. *Diabetes Res Clin Pract.* 2009 Jun;84(3):279-87. Epub 2009 Apr 9.

25. Waist circumference cut-off points for the diagnosis of metabolic syndrome in Iranian adults. Esteghamati A, Ashraf H, Rashidi A, Meysamie A. *Diabetes Res Clin Pract.* 2008 Oct;82(1):104-7. Epub 2008 Aug 15.
26. Intrauterine insemination with husband semen: an evaluation of pregnancy rate and factors affecting outcome. Zadehmodarres S, Oladi B, Saeedi S, Jahed F, Ashraf H. *J Assist Reprod Genet.* 2009 Jan;26(1):7-11.
27. High prevalence of low bone density in young Iranian healthy individuals. Salehi I, Khazaeli S, Najafizadeh SR, Ashraf H, Malekpour M. *Clin Rheumatol.* 2009 Feb;28(2):173-7. Epub 2008 Sep 23.
28. Isolated, primary spinal epidural Hodgkin's disease in a child. Samadian M, Vahidi S, Khormae F, Ashraf H. *Pediatr Neurol.* 2009 Jun;40(6):480-2
29. Vaginal birth after cesarean section: A retrospective study. Masoome Ghafarzadeh, Mehrdad Namdari, Haleh Ashraf. *Pak J Med Sci* October - December 2010 Vol. 26 No. 4 987-989.
30. Endoscopic transrostral- transsphenoidal approach to petrous apex cholesterol granuloma: case report. Samadian M, Vazirnezami M, Moqaddasi H, Rakhshan M, Khormae F, Ashraf H. *Turk Neurosurg.* 2009 Jan;19(1):106-11.
31. Distribution of ABO blood groups in childhood acute leukemia. Alavi S, Ashraf H, Rashidi A, Hosseini N, Abouzari M, Naderifar M. *Pediatr Hematol Oncol.* 2006 Dec;23(8):611-7.
32. Non-erosive reflux disease compared with erosive esophagitis with regards to acid reflux and symptom patterns. Frootan M, Choobtashani S, Azargashb E, Amin PM, Hamide M, Zali MR, Haleh A. *Turk J Gastroenterol.* 2011 Oct;22(5):464-71.
33. Ketamine/propofol versus midazolam/fentanyl for procedural sedation and analgesia in the emergency department: a randomized, prospective, double-blind trial. Nejati A, Moharari RS, Ashraf H, Labaf A, Golshani K. *Acad Emerg Med.* 2011 Aug;18(8):800-6.
34. A randomized, prospective, double-blind, placebo-controlled trial of the effect of topical diltiazem on posthaemorrhoidectomy pain. Amoli HA, Notash AY, Shahandashti FJ, Kenari AY, Ashraf H. *Colorectal Dis.* 2011 Mar;13(3):328-32.

35. Contributing Risk Factors for Orthopedic Device-Related Infections in Sina Hospital, Tehran, Iran. A Hadadi¹, MJ Zehtab², H Babagolzadeh, H Ashraf. Iran Red Crescent Med J 2011; 13(2):1-6.

B- Papers in Persian

- شیوع عوامل تعیین کننده پیش آگهی در کودکان مبتلا به لوسمی حاد لنفوبلاستیک در بیمارستان کودکان مفید بین سالهای 1376 تا 1379. ثمین علوی، محمدتقی ارزانیان، میترا مرادمند، سیده هاله اشرف تالش، مجله بیماریهای کودکان، دوره 15، شماره 3، پائیز 13

C- Presentations and Abstracts

2017, Association of glomerular filtration rate on presentation with subsequent 4 years clinical outcomes in acute coronary syndrome, Tehran – Iran

2017, Design, implementation and evaluation of clinical reasoning exam of Internal Medicine, Motahari Festival, Tehran – Iran

2013, Risk assessment of patients with syncope in emergency setting, annual congress of Tehran heart center, Tehran – Iran

2010, Graves' disease thyrotoxicosis coincident with generalized myasthenia gravis: the treatment of the former may aggravate the latter, 9th Asia and Oceania Thyroid Association Congress, Tehran – Iran

C- Books

A textbook and atlas of hysterosalpingography, Editors: Shahrzad GH, Ahmadi F, Vosough A, Zafarani F. Contributors: Ashraf H, 2009, Boshra Publication

Principles of Scientific Writing, 2008

Research Projects

Evaluation of the correlation of Hemoglobin A1C in non-diabetic patients with coronary artery disease and its severity in angiography

Evaluation of the relationship between body composition (lean mass and fat masses) with cardiometabolic complications in overweight and obese people

Evaluation the correlation of serum vitamin D level with coronary artery disease and its severity in angiography

Evaluation the correlation of Peak Exercise capacity with diastolic dysfunction in patients with normal systolic function

Clinical presentation and outcomes of acute coronary syndromes_ 4 year follow-up

AND MORE THAN 20 ONGOING PROJECTS

Thesis

Study of the relationship between microalbuminuria and insulin resistance (defined as HOMA-IR criteria) in patients with type 2 diabetes (for General Medicine)

Investigation of relationship between hemoglobin A1c and coronary heart disease and its severity in nondiabetic patients referred to Tehran Heart Center for coronary angiography (for Specialty)

Investigation of body fat distribution on cardiometabolic risks in overweight and obese people, Somayeh Shokrani (Advisor)

Awards

1st Rank, Cardiovascular Diseases Oral Board (OSCE) Exam, 2013

5 th national Rank, basic science medicine Exam, 2003

21th Rank, University Entrance Exam (General Medicine), 2000

Top resident of Cardiology of *Tehran University of Medical Sciences*, 2012



Top research resident of *Tehran University of Medical Sciences*, 2010

Top research resident of *Tehran University of Medical Sciences*, 2012

Top thesis of graduates of Tehran heart center; 2017

National Educational Award "Motahari Award", 2017

Research Interests

-  Preventive Cardiology
-  Insulin resistance and metabolic syndrome

- ✚ Preventive cardiology
- ✚ Heart failure
- ✚ Heart transplantation