

CURRICULUM VITAE

Date of Revision: April 16th 2024

Name: Ladan Mehran

Education:

- MD: 1990-1997, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- PhD: 2012-2017, Health Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Career/Academic Appointments:

- Associate Professor of Health Sciences, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (Since 2018).
- Research Scientist (2001-2017), Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- Service under the Medical and Paramedical Staff Service Act ratified by the Islamic Consultative Assembly, working as a general practitioner in 3rd. Shaban Hospital, Damavand, Tehran, Iran. 1997-1999

Administrative Positions:

- Project administrator in many national and local projects on IDD and thyroid disorders esp. the cohort of “Tehran Thyroid Study” in which thyroid epidemiology, risk factors, and metabolic and cardiovascular outcomes of thyroid dysfunctions have been evaluated in a framework of a 10-year cohort study. Since **2011**
- Project administrator for evaluating national screening program for congenital hypothyroidism in the framework of my PhD thesis, in addition to assessing the role of iodine deficiency and other risk factors of high recall rate in the screening program in Iran and also developing a risk

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prediction model for early discriminating between transient and permanent CH prediction
2014-2018

- Project administrator in designing and managing a large clinical trial on the treatment of hypothyroid subjects with combined preparation of LT4 plus slow-release T3 tablets (since **2020**)
- Administrator in designing strategic plans for Endocrine Research Centre, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences (since **2013**)
- Administrator in national and regional IDD training courses for the countries in the Middle East and Eastern Mediterranean Region with Prof Azizi as Director and with the collaboration of the Ministry of Health and Medical Education, WHO, UNICEF, and ICCIDD (**2000-2001**)

Professional Honors & Recognition: *(Scientific Awards, incentives and obtained scientific points should be mentioned by date from past to present)*

Grant History: *(If you have national or international grants, mention them by date from past to present)*

Completed Grants: *(If you have any national or international completed grants, mention them by date from past to present)*

Lectures, Courses, Web-based Education: *(If you have presented or participated in any lecture, educational courses, or web-based education, during the last 5 years mention their subject or title)*

1. The 14TH International Congress of Endocrine Disorders. FEB, 2022

- **Lecture** on Combination treatment of hypothyroidism with levothyroxine plus Liothyronine

2. Retraining webinar for general and specialist doctors and health staff in Feb, 2023 and Oct, 2022 regarding Iodine deficiency disorders and Iodine deficiency in pregnancy

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3. The 6th Seoul International Congress of Endocrinology and Metabolism

- The Impact of Population Iodine Status on Recall Rate of Screening Program for Congenital Hypothyroidism: Findings from two national studies in Iran,
- Evaluation of Congenital Hypothyroidism Screening Program in Iran, a Three Year Retrospective Cohort Study
- Worldwide Recall Rate in Newborn Screening Programs for Congenital Hypothyroidism

4. 17th International Congress of Endocrinology in collaboration with the 15th Annual Meeting of the Chinese Society of Endocrinology

- Free thyroxin variations are associated with incident metabolic syndrome in adults, Tehran Thyroid Study (oral presentation),
- Thyroid function and metabolic syndrome, the population-based Tehran Thyroid Study, Ladan Mehran, Atieh Amouzegar, Parnian Kheirkhah Rahimabad, Maryam Tohidi, Zhaleh Tahmasebinejad, Fereidoun Azizi
- The association between smoking status and thyroid function tests in Tehran Thyroid Study, Hoda Kadkhodazadeh, Atieh Amouzegar, Ladan Mehran, Safoora Gharibzadeh, Fereidoun Azizi
- Association between Thyroid function and Body-Mass Index: A 10 year follow-up, Hengameh Abdi, Elham Kazemian, Safoora Gharibzadeh, Atieh Amouzegar, Ladan Mehran, Maryam Tohidi, Zahra Rashvandi, Fereidoun Azizi

5. 38th Annual Meeting of the European Thyroid Association, Spain, 2014

- Maternal thyroid function and auto-immunity in three trimesters of pregnancy and their offspring's thyroid function Peymaneh Sarkhail, Ladan Mehran, Sahar Askari, Zhale Tahmasebinejad, Sormeh Nourbakhsh, Maryam Tohidi, Fereidoun Azizi
- Thyroid disorders and lipid levels in a community based study: Tehran Thyroid study (TTS), Shahram Alamdari, Atieh Amouzegar, Maryam Tohidi, Safoora Gharibzadeh, Pouyan kheirkhah, Parnian kheirkhah, Fereidoun Azizi, Ladan Mehran
- Serum Free Thyroxine Concentration is Associated with Metabolic Syndrome in Euthyroid Subjects, Ladan Mehran, Atieh Amouzegar, Maryam Tohidi, Maryam Moayedi, Fereidoun Azizi
- Thyroid volumes of Tehranian schoolchildren who have lived their entire lives in an iodine sufficient area, Hosein Delshad, Atieh Amouzegar, Fereidoun. Azizi, Ladan Mehran

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6. 10th International congress of endocrinology, Tehran, Iran,2013

- The Predictive Value of Metabolic Syndrome for Cardiovascular and All-Cause Mortality According to Different Definitions in the Middle East Caucasian Residents: Tehran Lipid and Glucose Study (*oral presentation*)
- Prevalence of Hypothyroidism in Patients with Dyslipidemia: Tehran Thyroid Study (TTS),Marjan Khazan1, Atieh Amouzegar, Safoora Gharibzadeh, Ladan Mehran, Maryam Tohidi,Fereidoun Azizi

7. 10th Asia-Oceania Congress of Endocrinology, 24-27 OCT,2012, Indonesia, Bali Oct. 2012

- Establishment of the trimester-specific reference range for free thyroxin index,Azizi F, Mehran L, Amouzegar A, Delshad H, Tohidi M, Askari S, Hedayati M
- Iodine nutrition status and knowledge, attitude, and behavior in Tehranian women following 2 decades without public education.Mirmiran P1, Nazeri P, Amiri P, Mehran L, Shakeri N, Azizi F.
- The incidence of thyroid dysfunction and natural course of subclinical thyroid disorders during 10 years follow up in Tehran Lipid and Glucose Study (TLGS),S Ghaemmaghani, F Azizi, A Amouzegar, H Delshad, M Tohidi, L Mehran

8. 14th Asia-Oceania Congress of Endocrinology, Kuala Lumpur 2010

- The Incidence of Thyroid Function Abnormalities and Natural Course of Subclinical Thyroid Disorders in Tehranian Adult Population, Mehran L, Delshad H, Tohidi M, Asadi M., Azizi F,

9. 9th International congress of endocrinology, Tehran, Iran

- Association between serum TSH concentration and body mass index in euthyroid subjects: the role of smoking (*oral presentation*)
- The association of cigarette smoking with serum TSH concentration and thyroperoxidase antibody(oral presentation)
- Does a text messaging intervention improve knowledge, attitudes and practice regarding iodine deficiency and iodized salt consumption? (oral presentation)

10. 6th International congress of endocrinology, 2001, Tehran, Iran

- Comparison of life-change events in diabetic and non-diabetic women and resultant perceived stress. Iranian Journal of Endocrinology and Metabolism

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PROFESSIONAL SERVICE

Peer Review Groups/Grant Study Sections :*(Membership in research committees)*

2024:.....

2023:.....

2022:.....

2021:.....

2020:.....

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Journal Service: *(Membership in the editorial board, being a journal director, chief editor or the journal reviewing board or any related position)*

2024:

Professional Organizations: *(Membership in the Professional and specific Organizations)*

- Iranian Medical Council, Membership Number: 66968, I.R. Iran, 1997
- Iranian Endocrine Society, from 2010
- Iranian Obesity Prevention and Treatment Association from 2010

Committees Memberships: *(Membership in university committees such as ethics committee in research and other professional committees)*

Bibliography:

Peer-Reviewed Original Research:*(List of published articles according to Vancouver style, from past to present)*

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1. Kazemian E, Mehran L, Masoumi S, Amouzegar A, Azizi F. Association of trajectory of body shape index with all-cause and cause-specific mortality: 18 years follow-up. *Front Endocrinol (Lausanne)*. 2023 Dec 8;14:1259849.
2. Moslehi N, Mohammadpour S, Mirmiran P, Mehran L, Azizi F. Cardiometabolic-related dietary patterns and thyroid function: a population-based cross-sectional study. *Eur J Med Res*. 2023 Dec 18;28(1):602.
3. Amirabadizadeh A, Amouzegar A, Mehran L, Azizi F. The effect of metformin therapy on serum thyrotropin and free thyroxine concentrations in patients with type 2 diabetes: a meta-analysis. *Sci Rep*. 2023 Oct 31;13(1):18757.
4. Amouzegar A, Honarvar M, Masoumi S, Khalili D, Azizi F, Mehran L. Trajectory patterns of metabolic syndrome severity score and risk of type 2 diabetes. *J Transl Med*. 2023 Oct 25;21(1):750.
5. Honarvar M, Mehran L, Masoumi S, Agahi S, Khalili S, Azizi F, Amouzegar A. Independent association between age- and sex-specific metabolic syndrome severity score and cardiovascular disease and mortality. *Sci Rep*. 2023 Sep 5;13(1):14621.
6. Mehran L, Amouzegar A, Foroutan SM, Masoumi S, Tohidi M, Abdi H, Aghaei A, Saghafinia AE, Azizi F. Pharmacodynamic and pharmacokinetic properties of the combined preparation of levothyroxine plus sustained-release liothyronine; a randomized controlled clinical trial. *BMC Endocr Disord*. 2023 Aug 28;23(1):182.
7. Amouzegar A, Honarvar M, Masoumi S, Tohidi M, Mehran L, Azizi F. Sex-specific Trajectories of Insulin Resistance Markers and Reduced Renal Function During 18 Years of Follow-up: TLGS. *J Clin Endocrinol Metab*. 2023 May 17;108(6):e230-e239.
8. Honarvar M, Masoumi S, Mehran L, Khalili D, Amouzegar A, Azizi F. Development and validation of a continuous metabolic syndrome severity score in the Tehran Lipid and Glucose Study. *Sci Rep*. 2023 May 9;13(1):7529.
9. Fanaei SM, Mehran L, Amouzegar A, Masoumi S, Amouzegar A, Azizi F. The impact of metabolic syndrome on chronic kidney disease development. Insights from a big prospective study. *Eur J Clin Invest*. 2023 Apr;53(4):e13945.
10. Azizi F, Abdi H, Mehran L, Perros P, Masoumi S, Amouzegar A. Long-Term Follow-up of Graves Orbitopathy After Treatment With Short- or Long-Term Methimazole or Radioactive Iodine. *Endocr Pract*. 2023 Apr;29(4):240-246.
11. Amouzegar A, Honarvar M, Masoumi S, Tohidi M, Mehran L, Azizi F. Sex-specific Trajectories of Insulin Resistance Markers and Reduced Renal Function During 18 Years of Follow-up: TLGS. *J Clin Endocrinol Metab*. 2023 May 17;108(6):e230-e239.
12. Azizi F, Saadat N, Takyar MA, Abdi H, Mehran L, Amouzegar A. Efficacy and Safety of Long-Term Methimazole versus Radioactive Iodine in the Treatment of Toxic Multinodular Goiter. *Endocrinol Metab (Seoul)*. 2022 Nov 23.
13. Mehran L, Mousapour P, Khalili D, Cheraghi L, Honarvar M, Amouzegar A, Azizi F. BMI variability and incident diabetes mellitus, Tehran Lipid and Glucose Study (TLGS). *Sci Rep*. 2022 Nov 1;12(1):18370.

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14. Azizi F, Saadat N, Abdi H, Mehran L, Masoumi S, Takyar MA, Amouzegar A. Time to Normalization and Sustainable Normal Serum Thyrotropin Concentrations in Patients with Hyperthyroidism: Comparison of Methimazole and Radioactive Iodine Treatments. *Endocr Pract.* 2022 Nov;28(11):1140-1145.
15. Amouzegar A, Dehghani M, Abdi H, Mehran L, Masoumi S, Azizi F. Natural history of subclinical hypothyroidism and prognostic factors for the development of overt hypothyroidism: Tehran Thyroid Study (TTS). *J Endocrinol Invest.* 2022 Dec;45(12):2353-2364.
16. Mehran L, Honarvar M, Masoumi S, Khalili D, Amouzegar A, Azizi F. Weight fluctuation, mortality, and cardiovascular disease in adults in 18 years of follow-up: Tehran Lipid and Glucose Study. *J Endocrinol Invest.* 2022 Aug 3. Epub ahead of print. PMID: 35921037.
17. Ladan Mehran, Sahel Shafiee Dolat Abadi , Atieh Amouzegar , Hossein Delshad, Fereidoun Azizi. Trimester-Specific Reference Ranges for Free Thyroxine Hormone in Iranian Pregnant Women. *Iranian Journal of Endocrinology and Metabolism*, 23 (3); 2022. 151 – 159
18. Azizi F, Abdi H, Mehran L, Amouzegar A. Appropriate duration of Antithyroid drug treatment as a predictor for relapse of Graves' disease: a systematic scoping review. *J Endocrinol Invest.* 2022 Jan 28. PMID: 35088381.
19. Mehran L, Amouzegar A, Fanaei SM, Masoumi S, Azizi F. Anthropometric measures and risk of all-cause and cardiovascular mortality: An 18 years follow-up. *Obes Res Clin Pract.* 2022 Jan-Feb;16(1):63-71. doi: 10.1016/j.orcp.2021.12.004. Epub 2021 Dec 28. PMID: 34969646.
20. 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 Jul;10(5):390-398. doi: 10.1159/000512665. Epub 2021 Jan 27. PMID: 34540709;
21. Amouzegar A, Pearce EN, Mehran L, Lazarus J, Takyar M, Azizi F. TPO antibody in euthyroid pregnant women and cognitive ability in the offspring: a focused review. *J Endocrinol Invest.* 2022 Feb;45(2):425-431. PMID: 34515961.
22. Mehran L, Delbari N, Amouzegar A, Hasheminia M, Tohidi M, Azizi F. Reduced Sensitivity to Thyroid Hormone Is Associated with Diabetes and Hypertension. *J Clin Endocrinol Metab.* 2022 Jan 1;107(1):167-176. PMID: 34480566.
23. Mahdavi M, Amouzegar A, Mehran L, Madreseh E, Tohidi M, Azizi F. Investigating the prevalence of primary thyroid dysfunction in obese and overweight individuals: Tehran thyroid study. *BMC Endocr Disord.* 2021 Apr 30;21(1):89. PMID: 33931052;
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29. Mehran L, Mahdavi S, Amouzegar A, Azizi F. Reciprocal Association between Thyroid Function and Metabolic Syndrome: A Review Article. *Iranian Journal of Endocrinology and Metabolism* 2021; 23 (4) :259-273
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43. Mehran L, Khalili D, Yarahmadi S, Amouzegar A, Mojarrad M, Ajang N, Azizi F. Worldwide Recall Rate in Newborn Screening Programs for Congenital Hypothyroidism. *Int J Endocrinol Metab.* 2017 Jun 25;15(3):e55451
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52. Azizi F, Mehran L, Amouzegar A, Alamdari S, Subetki I, Saadat N, Moini S, Sarvghadi F. Prevalent Practices of Thyroid Diseases During Pregnancy Among Endocrinologists, Internists and General Practitioners. *Int J Endocrinol Metab.* 2015 Nov 7;14(1):e29601.
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3. Iodine, thyroid function and public health (in Persian), 2012
4. Epidemiology (a chapter in congenital hypothyroidism) (in Persian) under publication

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Invited Editorials, Commentaries, Reports and Case Studies:*(List of journals you took part as invited editor, commentator, list of reports and case studies according to Vancouver style, from past to present)*