

**Zahra Sheikhi Mobarakeh, MD, CLT,  
PhD candidate of Traditional Medicine,  
Assistant Professor of Breast Cancer Research Center**

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**Date of birth:** 24/12/1978

**Nationality:** Iranian

**Marital status:** Marrieds

### ***Education***

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**2016– So far:** PhD student of Traditional medicine, Shaheed Beheshti University of medical sciences, Tehran, Iran

**2016:** Lymphology Diploma (CDT: Complete Decongestive Therapy) of FH JOANNEUM University of Applied Sciences

**2010:** I studied course in the Foldi clinic, Hinterzarten, Fribourg, Germany, and achieved MLD/CDT certification (CDT: Complete Decongestive Therapy)

**2009:** Medical Diploma (Doctorate Degree)

## ***Work experiences***

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**Current position: Assistant Professor of Breast Cancer Research Center**

**June 2012 until now:** Head of lymphedema clinic of BCRC

**June 2010-2012:** Full time practice in Lymphedema management in the lymphedema clinic of Iranian center for Breast Cancer (ICBC), Jihad Daneshgahi, Tehran University of Medical Sciences.

**April 2011 until now: Faculty Member of Quality of life in cancer Research Group of BCRC**

**February 2012- February 2013:** President of Breast Cancer Research Center

## ***Publications***

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**Booklet or Brochures training** (In Persian):

- Nutrition and cancer
- Lymphedema
- The exercises improve joint flexibility after breast cancer surgery

## **Articles:**

1. **Zahra Sheikhi Mobarakeh**, Khadijeh Mirzaei, Nadia Hatmi, Mandana Ebrahimi, Soheila Dabiran, Gity Sotodeh. Dietary Habits contribution to Breast Cancer Risk among Iranian Women. Asia Pacific Journal of Cancer Prevention. 15 (21), 9543-9547. 2014

2. **Sheikhi Mobarakeh Z.** Mokhtari Hesari P, Heidari M, Heidari L, Ebrahimi. The effectiveness of complete decongestive treatments after 3-5 weeks in decrease of pain and heaviness in breast. Iranian Quarterly Journal of Breast Diseases. Page 66-67. 2013

2. Zohrabi M, Norani H, **Zahra Sheikhi Mobarakeh**. Leadership style and management function. Quality of life Committees TUMS. 2002

3. Zeinab Tiznobeyk<sup>1</sup>, ***Zahra Sheikhi Mobarakeh*** \*, Mostafa Qorbani<sup>3</sup>, Fariba Koohdani<sup>4</sup>, Gity Sotoudeh<sup>1\*</sup>, Farahnaz Khajehnasiri<sup>5</sup>, Shahla Khosravi<sup>5</sup> and Farideh Doostan<sup>6</sup> Dietary patterns and benign breast diseases: a case-control study British Journal of Nutrition, page 1 of 7 British Journal of Nutrition, page 1 of 7 doi:10.1017/S0007114516002002  
© The Authors 2016 (Corresponding)

4. Ebrahimi M, ***Sheikhi Mobarakeh Z.***, Heidari M, Zekri F, Esmaeeli Zadeh Z, Nazemi F. Shoulder-arm morbidity before and after Complete Deconjetive Therapy for lymphedema Treatment after breast cancer. Iranian Quarterly Journal of Breast Diseases. p62-63.2013

5. Sajadian A, ***Sheikhi Mobarakeh Z, Montazeri*** A, Heidari L. Hope and breast cancer. Iranian Quarterly Journal of Breast Diseases. p133-135.2013

6. Motamedi A, Haghghat Sh, Khalili N, Sadjadian A, Omidvari S, Mollahoseini F, ***Sheikhi Mobarakeh Z.*** The Correlation between Treatment of Depression and Quality of life in Breast Cancer Survivaors. Iranian Quarterly Journal of Breast Diseases. Volumd 8, Number 1, spring 2015

#### **Executive Experiences/Professional Experiences:**

**2012-2014:** Chairman of the scientific council of Breast Cancer Research Center

**2013-2015:** Chairman of the scientific council of Quality of life in cancer Research Group of BCRC

**November 2013:** Chairman of 6th Congress Breast Cancer Research Center .Tehran. Iran

**February 2016:** Scientific Secretary the first National Congress of Integrative Oncology Tehran. Iran

**October 2015:** Head of Scientific General Practitioners Committees International Tehran Breast Cancer Congress. Iran

**2012 until now:** Member of the scientific Department of Cancer Quality of Life, Breast Cancer Research Center, Academic Center for Education, Culture and Research (ACECR), Tehran. Iran

**Since 2015:** Head of Scientific Quality of life in cancer Committees International Tehran Breast Cancer Congress. Iran

**Since 2012:** Member of the scientific Committees International Tehran Breast Cancer Congress. Iran

**2012-2015:** Director responsible for Iranian Quarterly Journal of Breast Diseases.

**February 2016:** Member of the scientific Palliative Care Committees International Tehran Breast Cancer Congress. Iran

**2012 until now:** Scientific Advisor and Executive for Iranian Quarterly Journal of Breast Diseases.

**2012 until now:** Member of the jury for Iranian Quarterly Journal of Breast Diseases.

**2012 until now:** Member of the jury National and International Congress Breast Cancer Research Center .Tehran. Iran

**TEACHING EXPERIENCES, LECTURES, AND PRESENTATIONS:**

- Operator and lecturer” lymphedema workshop” Breast Cancer Research Center .Tehran. Iran.2010
- Developing and teaching” lymphedema courses “Breast Cancer Research Center .Tehran. Iran.2012
- Lecturer” lymphedema workshop” 6th Congress Breast Cancer Research Center .Tehran. Iran.2013
- Teaching” lymphedema workshop” Breast Cancer Research Center .Tehran. Iran November2013
- Lecturer ”Recognition and Basic principles of preventing lymphedema workshop” Breast Cancer Research Center .Tehran. Iran. November2013
- Lecturer ”Recognition and Basic principles of preventing lymphedema workshop” Breast Cancer Research Center .Tehran. Iran. 2014
- Lecturer “Cancer Tumor Board workshop” Breast Cancer Research Center .Tehran. Iran 2014
- Lecturer ”Recognition and Basic principles of preventing lymphedema workshop” Breast Cancer Research Center .Tehran. Iran.2014

*Zahra Sheikhi mobarakeh, Curriculum Vitae*

- Lecturer “General Paractitonal workshop” BCRC. Tehran. Iran.october2015
- Lecturer “Palliative Care workshop “the first National Congress of Integrative Oncology Tehran. Iran.2016
- Developing and teaching” lymphedema courses “Breast Cancer Research Center .Tehran. Iran.2013,2016
- Lecturer “Complementary Medicine for cancer workshop” ” BCRC. Tehran. Iran.2017