

Mahsa Raji Lahiji

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Google Scholar

CURRENT POSITION

Breast Cancer Research Center, Motamed Cancer Institute, ACECR¹, Department of Integrative Oncology and Quality of Life

- Research Assistant & Dietitian

Tehran, Iran
2016-present

EDUCATION

Iran University of Medical Sciences

MSc in Nutrition Sciences, Graduation with First Class Honors, GPA: 3.93/4.00

- Dissertation: “Effect of probiotic and weight-loss diet on recurrence-related biomarkers in overweight and obese breast cancer survivors”

Advisors: Professors [Mitra Zarrati](#) and [Safa Najafi](#)

Tehran, Iran
2015-2019

BSc in Anesthesiology, Graduation with First Class Honors, GPA: 3.97/4.00

Tehran, Iran
2011-2015

PUBLICATIONS

Sanati, V., Sohoul, M., Dareini, H., Esmailzadeh, A., Sajadian, A., **Raji Lahiji M., et al.** (2023). The Association between Dietary Patterns and Chemotherapy Side Effects in Patients with Breast Cancer (BrCa). *Nutrition and cancer*. (IF=2.9, H-index=125) [LINK](#)

Raji Lahiji, M., et al. (2022). Effect of Dietary-Based Lifestyle Modification Approaches on Anthropometric Indices and Dietary Intake Parameters in Women with Breast Cancer: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Advances in Nutrition*, (Q1, IF=9.3, H-Index: 103) [LINK](#)

Raji lahiji, M., et al. (2022). Effectiveness of logotherapy and nutrition counseling on psychological status, quality of life, and dietary intake among breast cancer survivors with depressive disorder: a randomized clinical trial. *Supportive care in cancer*. (Q1, IF= 3.1, H index: 128) [LINK](#)

Raji Lahiji, M., et al. (2021). The effect of synbiotic on glycaemic profile and sex hormones in overweight and obese breast cancer survivors following a weight-loss diet: A randomized, triple-blind, controlled trial. *Clinical Nutrition*, 40(2), 394-403. (Q1, IF=6.3, H-index: 161) [LINK](#)

Raji Lahiji, M., et al. (2021). Effects of synbiotic supplementation on serum adiponectin and inflammation status of overweight and obese breast cancer survivors: a randomized, triple-blind, placebo-controlled trial. *Supportive care in cancer*. (Q1, IF= 3.1, H index: 128) [LINK](#)

Razmpoosh, E., Sajadian, A., Vafa, S., Zarrati, M., **Raji, M., et al.** (2020). The effects of lifestyle modification, including dietary and physical activity interventions, on Anthropometric indices and Quality of life of patients with breast cancer: A systematic review and meta-analysis of clinical trials. *European Journal of Cancer*, 138, S82. (Q1, IF=8.4, H index: 235) [LINK](#)

¹ [Academic Centre for Education, Culture and Research.](#)

Navaei, M., Haghghat, S., Janani, L., Vafa, S., Saneei Totmaj, A., **Raji Lahiji, M., et al.** (2020). The Effects of Synbiotic Supplementation on Antioxidant Capacity and Arm Volumes in Survivors of Breast Cancer-Related Lymphedema. *Nutrition and cancer*, 71(4), 575-584. (IF=2.9, H-index=125) LINK

Raji Lahiji, M., et al. (2019). Nutrition knowledge, attitudes, and practice towards breast cancer prevention among the female population of Iran University of medical science students. *Nutrition and cancer*, 71(4), 575-584. (IF=2.9, H-index=125) LINK

Zarrati, M., **Raji Lahiji, M., et al.** (2019). Effects of probiotic yogurt on serum omentin-1, adropin, and nesfatin-1 concentrations in overweight and obese participants under low-calorie diet. *Probiotics and antimicrobial proteins*, 11(4), 1202-1209. (Q1, IF=4.9. H-index: 44) LINK

Najafi, S., Haghghat, S., **Raji Lahiji, M., et al.** (2019). Randomized study of the effect of dietary counseling during adjuvant chemotherapy on chemotherapy induced nausea and vomiting, and quality of life in patients with breast cancer. *Nutrition and cancer*, 71(4), 575-584. (IF=2.9, H-index=125) LINK

Abdollahi, R., Najafi, S., Razmpoosh, E., Shokouhi, R., Haghghat, S., **Raji Lahiji M., et al.** (2019). The effect of dietary intervention along with nutritional education on reducing the gastrointestinal side effects caused by chemotherapy among women with breast cancer. *Nutrition and cancer*, 71(6), 922-930. (IF=2.9, H-index=125) LINK

BOOK TRANSLATION

Main Translator of “Nutrition Diagnosis-Related Care (Eight Edition), 2019 in Farsi.

CONFERENCE PRESENTATIONS

“Randomized controlled trial to evaluate the effects of synbiotic supplementation on serum adiponectin and inflammatory biomarkers in postmenopausal overweight and obese breast cancer survivors”, Oral Presentation delivered at the **4th International Clinical Nutrition congress**. Mashhad, Iran
May 17-19,
2022

“Effect of synbiotic therapy on sex hormone binding globulin and endogenous sex hormone levels among survivors of hormone-receptor-positive breast cancer”, Poster presentation delivered at the **4th International Clinical Nutrition congress**. Mashhad, Iran
May17-19,
2022

“Changes in post-diagnosis macronutrient intake parameters of patients with breast cancer following dietary interventions: a systematic review and meta-analysis of controlled trials”, Poster presentation delivered at the **4th International Clinical Nutrition congress**. Mashhad, Iran
May 17-19,
2022

“Evaluation of Quality of Life of patients after Breast Cancer Diagnosis”, Poster presentation delivered at the **10th International Breast Cancer Congress**. Tehran, Iran
Oct 23--25,
2019

“Breast cancer coping strategies after diagnosis: A six-month follow-up” Oral Presentation delivered at **2nd International Tehran Breast Cancer Congress (TBCC 9)**, Tehran, Iran
Oct 18-20,
2017

INVITED TALKS AND PRESENTATIONS

Main speaker and Presenter, “Fellows' Seminar Series” **McMaster University, Hamilton, Canada** Nov 18 ,2022

Speaker in symposium, “healthy lifestyle in cancer (with emphasis on breast cancer)”. **Breast Cancer Research Center, Motamed cancer Institute, ACECR, Tehran, Iran.** Oct 27, 2022

Workshop Organizer and Presenter, “Necessary Dietary Recommendations for patients with Breast Cancer” in **Breast Cancer Research Center, Motamed cancer Institute, ACECR**, Tehran, Iran. Mar 13, 2019

HONORS AND AWARDS

Research Grant Recipient, Motamed Cancer Ins, ACECR.	2023
Awarded ACECR tax-free project funding for a comprehensive systematic review and meta-analysis.	2019
Ranked first among the graduate M.Sc. students of Nutrition Sciences, School of public health, Iran University of Medical Sciences. (Top Master graduate)	2019
Granted a group project funding named NIMAD (tax-free project funding) for a nation-wide cohort study, Motamed Cancer Ins, ACECR.	2018
Research Grant Recipient, School of Public Health, Iran University of Medical Sciences.	2016-2018
Received Master thesis project fund, Iran University of Medical Sciences.	2016
Tuition waiver in a competitive round for my Master studies.	2015-2019
Ranked top % 1 in the nationwide university entrance exam for Master degree.	2015
Selected as an exceptional talented Bachelor student by the Exceptional Talent Centre of Iran University of Medical Sciences.	2015
Received “first Rank” among the graduate Bachelor students of Anesthesiology. school of Allied medical Sciences, Iran University of Medical Sciences.	2015
Tuition waiver for undergraduate studies.	2011-2015

INTERNATIONAL COLLABORATIONS AND PROJECTS

Project title: Meta-analysis study on dietary intervention in Patients with Breast Cancer. 2021
Role: Principal Investigator
 Collaboration with: Faculty of Medicine, Nursing and Health Sciences, Monash University, Australia and Faculty of Health Science, McMaster University, Canada.

PROFESSIONAL TRAINING AND VOLUNTARY SERVICE

Symposium Co-Organizer - 10th international breast cancer congress, 2019
 - 2nd International Tehran Breast Cancer Congress (TBCC 9), Tehran, Iran, 2019

Reviewer

- BMC Endocrine Disorders (3 article)
- BMC Nutrition (2 article)
- International Tehran Breast cancer congress (2 articles)
- 10th International Breast Cancer Congress (1 articles)