

# Hesam Jahandideh Sabet

## Curriculum vitae

(last update: February 2023)



### PERSONAL DETAILS:

NAME: Hesam Jahandideh sabet

ADDRESS (WORK): Firoozgar Hospital-Valiasr sq.-Tehran-Iran | ZIP CODE: 1593748711

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E-MAIL: [h.jahandideh@gmail.com](mailto:h.jahandideh@gmail.com)

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DATE OF BIRTH: 11/09/1979

MARITAL STATUS: Married

CHILDREN: 1

IRIMC REGISTRATION NO: 102209

### EDUCATIONAL BACKGROUND:

- UNIVERSITY:

A) Fellowship

Year: 2013-2014

Major: Rhinology

University: Iran University of Medical Sciences (IUMS) - Tehran- Iran

B) Specialty Training

Year: 2007-2011

Major: Otolaryngology-Head and Neck surgery

University: Tehran University of Medical Sciences (TUMS) - Tehran- Iran

C) General Medicine

Year: 1997-2004

Major: Medicine

University: Shahid Beheshti University of Medical Sciences (SBUM) - Tehran- Iran

- HIGH SCHOOL:

Year: 1993-1997

Major: mathematical science

High school: Daneshmand high school- Tehran- Iran

## **CERTIFICATIONS:**

1-Board Certification: Iranian Board of Otolaryngology-Head and Neck Surgery (2011)  
2-International English Language Testing System (IELTS) band score: 8 (2014)  
(L: 7.5 / R: 8 / W: 8 / S:8)  
3-Level C certification (2005)  
Gifted and talented program  
Education Development Center (EDC) - Shahid Beheshti University of Medical Sciences (SBUM)

## **WORK EXPERIENCES:**

### **1-Associate Professor of Otolaryngology-Head and Neck Surgery**

Firoozgar Hospital- Iran University of Medical Sciences  
Date: 2015-Current

### **2-Rhinologist**

Private practice-Tehran-Iran  
Date: 2014-Current

### **3-General Otolaryngologist-Head and Neck Surgeon**

Fajr Hospital and Private practice-Kurdistan-Iran  
Date: 2011-2013

### **4-Member of Board of Directors-Iranian Society of Otolaryngology-Head and Neck Surgery**

Date: 2021-Current

## **SCIENTIFIC EXPERIENCES:**

- **Scientific Director**

3rd Iran Rhinoplasty Masterclass  
Date: 31 August-1 September 2022 (9-10 Shahrivar 1401)  
Location: Razi Conference Center-Tehran -Iran

- **Executive-Director**

17th International Congress of Iranian Society of Otolaryngology-Head and Neck surgery  
Date: 3-6 November 2020  
Location: Virtual Meeting-Tehran -Iran

- **Director of Rhinology section**

7th Iranian Rhinology & Facial Plastic Surgery International Congress  
Date: 27-29 November 2019  
Location: Razi Conference Center-Tehran -Iran

- **Scientific Director**

1st Iran Facial Plastic Surgery Masterclass  
Date: 19-20 June 2019 (29-30 Khordad 1398)  
Location: Firoozgar Hospital-Tehran -Iran

- **Vice-Director of Rhinoplasty section**

16th International Congress of Iranian Society of Otolaryngology-Head and Neck surgery  
Date: 27-30 November 2018  
Location: Razi Conference Center-Tehran -Iran

- **Scientific Director**

2nd Iran Rhinoplasty Masterclass  
Date: 9-10 May 2017 (19-20 Ordibehesht 1396)  
Location: Firoozgar Hospital-Tehran -Iran

- **Director of Rhinology section**

6th Iranian Rhinology & Facial Plastic Surgery International Congress

Date: 22-24 November 2017

Location: Razi Conference Center-Tehran -Iran

- **Scientific Director**

1st Iran Rhinoplasty Masterclass

Date: 17-18 May 2017 (27-28 Ordibehesht 1396)

Location: Firoozgar Hospital-Tehran -Iran

- **Vice-Director of Rhinology section**

15th International Congress of Iranian Society of Otolaryngology-Head and Neck surgery

Date: 8-11 November 2016 (18-21 Aban 1395)

Location: Milad Tower Convention Center-Tehran-Iran

## **PUBLICATIONS:**

### **A) PAPERS**

<http://scholar.google.com/citations?user=qt-A-WwAAAAJ&hl=en>

37- The Effect of Topical Aminophylline on Hyposmia and Anosmia

**Jahandideh H**, Rahimi P, Foroughi P, Firouzabadi FD, Roomiani M, Farhadi M.

*Iran J Otorhinolaryngol.* 2022 Jul; 34(123): 171–178. doi: 10.22038/IJORL.2022.64064.3195

36-The Effect of Subcutaneous Dexamethasone to Reduce Edema and Ecchymosis in Rhinoplasty Patients

Jafari M, Maleki Delarestaghi M, **Jahandideh H**, Rajaeih S, Ghashghaei S, Wood DA

*Int J Otolaryngol.* 2022 Feb 14;2022:3054767. doi: 10.1155/2022/3054767

35-Lagophthalmos of the upper eyelid after rhinoplasty: A case report

**Jahandideh H**, Firouzabadi FD, Firouzabadi MD, Roomiani M.

*Clin Case Rep.* 2021 Sep 16;9(9):e04776. doi: 10.1002/ccr3.4776.

34-Persian Validation and Cultural Adaptation of the Body Dysmorphic Disorder Questionnaire-Aesthetic Surgery for Iranian Rhinoplasty Patients

**Jahandideh H**, Firouzabadi FD, Firouzabadi MD, Ashouri A, Haghghi A, Roomiani M.

*World J Plast Surg.* 2021 May;10(2):55-60. doi: 10.29252/wjps.10.2.55.

33-The Effect of Nasal Tip Defatting on Skin Thickness in Rhinoplasty: A Quasi-Experimental Study

Mohebbi A, Nozari A, Asadian A, Sohrabi S, Babaei MR, **Jahandideh H**

*Med J Islam Repub Iran.* 2021; 35 (1) :1153-1157

32-A Retrospective Study of Covid-19-Related Gustatory and Olfactory Symptoms and ABO/Rh Blood Group

Yoosefi N, Yazdani F, Moosaie F, **Jahandideh H**, Roomiani M, Dehghani M.

*Headache.* 2021; 43, 14.1

31-The course of parosmia improvement in patients with COVID-19 in Iran

Aljadayel DA, Jalilvand H, Abdi M, **Jahandideh H**

*Depiction of Health.* 2020; 11 (4), 402-412

30-Assessing the clinical value of performing CT scan before rhinoplasty surgery

**Jahandideh H**, Maleki Delarestaghi M, Jan D, Sanaei A

*Int J Otolaryngol.* 2020 Dec 18;2020:5929754. doi: 10.1155/2020/5929754.

29-Lipoma of the nasal septum: A case report

**Jahandideh H**, Firouzabadi FD, Firouzabadi Md, Jan D, Roomiani M.

*Clin Case Rep.* 2020 Sep 16;8(12):3028-3031. doi: 10.1002/ccr3.3359

28-Analysis of the effects of isotretinoin on rhinoplasty patients

Yahyavi S, **Jahandideh H**, Izadi M, Paknejad H, Kordbache N, Taherzadeh S.  
*Aesthet Surg J*. 2020 Nov 19;40(12):NP657-NP665. doi: 10.1093/asj/sjaa219.

27-Suture materials usage in rhinoplasty: Survey on behavior

**Jahandideh H**, Roomiani M  
*Razi Journal of Medical Sciences*. 2020; 27 (6), 9-17

26-What is the difference between the first and second COVID-19 outbreak in Iran?

Firouzabadi FD, Ghalehbaghi B, **Jahandideh H**  
*Int J Cardiovasc Dis Diagn*. 2020; 5(1): 11-12.

25-Use of alloderm graft for repairing nasoseptal perforation

Mohebbi A, Zobairy H, **Jahandideh H**, Sanaei A  
*Shiraz E Medical Journal*. 2020; 21 (9), 1-3

24-The effect of apple cider vinegar in the treatment of chronic rhinosinusitis

Shirazi AO, **Jahandideh H**, Yarahmadi A, Milanifard M, Delarestaghi MM  
*Medical Science* 2020; 24 (104), 2467-2474

23-Have the symptoms of patients with COVID-19 changed over time during hospitalization?

Firouzabadi FD, Firouzabadi MD, Ghalehbaghi B, **Jahandideh H**, Roomiani M, Goudarzi S.  
*Med Hypotheses*. 2020 Oct;143:110067. doi: 10.1016/j.mehy.2020.110067

22-Has the chief complaint of patients with COVID-19 disease changed over time?

Dehghani Firouzabadi M, Dehghani Firouzabadi F, Goudarzi S, **Jahandideh H**, Roomiani M.  
*Med Hypotheses*. 2020 Jun 7;144:109974. doi: 10.1016/j.mehy.2020.109974.

21-Evaluation of the effect of endoscopic partial middle turbinectomy surgery on the quality of life of patients with chronic rhinosinusitis and nasal polyps.

Delarestaghi MM, Rajaeih S, Firouzabadi FD, Jamali M, Roomiani M, Firouzabadi MD, Memari F, **Jahandideh H**,  
*Rhinology*. 2020 Jun 1;58(3):208-212. doi: 10.4193/Rhin19.258.

20-"Modified tongue-in-groove": a new tip-plasty technique and comparison of its effect on correction of the nasolabial angle with the columellar strut technique.

Delarestaghi MM, **Jahandideh H**, Sanaei A, Jan D.  
*Br J Oral Maxillofac Surg*. 2020 Jun;58(5):602-607. pii: S0266-4356(20)30089-9. doi: 10.1016/j.bjoms.2020.03.005.

19- The Persian Version of Utrecht Questionnaire for Evaluation of Aesthetic Rhinoplasty Outcomes: Translation and Validation.

**Jahandideh H**, Firouzabadi FD, Dehghani Firouzabadi M, JFM Lohuis P, Roomiani M.  
*World J Plast Surg*. 2020 May; 9(2): 141-145. doi: 10.29252/wjps.9.2.141

18-Titanium Snoreplasty- A New Surgical Technique

Daneshi A, **Jahandideh H**, Hosseinzadeh F  
*Iran J Otorhinolaryngol* 2020; 32(1); 29-34.

17-Cone-beam computed tomography guidance in functional endoscopic sinus surgery: a retrospective cohort study.

**Jahandideh H**, Yarahmadi A, Rajaieh S, Ostvar Shirazi A, Milanifard M, Yarahmadi A. (2020).  
*Journal of Pharmaceutical Research International* 2020; 31(6); 1-7. doi:10.9734/jpri/2019/v31i630380

16-Eraser Rhinoloth: A Case Report

**Jahandideh H**, Hosseinzadeh F.  
*Acta Medica Iranica* 2019; 57: 141-142.

15-Adenoid Cystic Carcinoma Arising in the Sphenoid Sinus Presenting with Headache and Diplopia: A Case Report

**Jahandideh H**, Sanaie A, Ghadi A, Eskandarzadeh H.

*Journal Of Research In Medical And Dental Science*. 2019; 6: 171-174.

14- Laryngeal Langerhans Cell Histiocytosis Presenting with Neck Mass in an Adult Woman

**Jahandideh H**, Nasoori Y, Rostami S, Safdarian M.

*Case Rep Otolaryngol*. 2016; 2016: 2175856.

13- Defining the Best Nasal Tip Projection among Iranian Women

Mohebbi A, **Jahandideh H**, Faham Z, Jafari M.

*Plastic Surgery International*. 2016;2016:8549276. doi: 10.1155/2016/8549276. Epub 2016 May 16.

12-Bilateral same-day endoscopic transcanal cartilage tympanoplasty: initial results.

Daneshi A, **Jahandideh H**, Daneshvar A, Safdarian M.

*Braz J Otorhinolaryngol*. 2017 Jul - Aug;83(4):411-415. doi: 10.1016/j.bjorl.2016.04.014. Epub 2016 May 24.

11- Totally endoscopic stapes surgery without packing: novel technique bringing most comfort to the patients.

Daneshi A, **Jahandideh H**\*

*Eur Arch Otorhinolaryngol*. 2016 Mar;273(3):631-4.

10- One-shot, low-dosage intratympanic gentamicin for Ménière's disease: Clinical, posturographic and vestibular test findings.

Daneshi A, **Jahandideh H**\*, Pousti SB, Mohammadi S.

*Iran J Neurol*. 2014; 13(1): 33–39.

9-Rare presentation of rhino-orbital-cerebral zygomycosis: bilateral facial nerve palsy.

Mohebbi A, **Jahandideh H**, Harandi AA.

*Case Report Med*. 2011; 2011: 216404. Epub 2011 Apr 6.

8-Narrowing of the upper airway due to amyloidosis: A case report.

Memari F, **Jahandideh H**, Moghtader K, Harandi AA

*Journal of Clinical Medicine and Research* Vol. 3(4), pp. 52-56, April 2011

7- Sphenoid sinus mucocele as a cause of isolated pupil-sparing oculomotor nerve palsy mimicking diabetic ophthalmoplegia.

Mohebbi A, **Jahandideh H**\*, Harandi AA.

*Ear Nose Throat J*. 2013 Dec; 92(12): 563-5.

6-Effect of the extract of dried heder helix leaves on respiratory tract mucociliary system.

Elahi H, **Jahandideh H**\*, Salimi M, Abdolmohammadi M.

*Razi Journal of Medical Sciences* Vol. 18, No. 85, June/July 2011.

5-The role of Human papilloma virus (HPV) genotyping in recurrent respiratory papillomatosis in Rasoul Akram Hospital.

Izadi F, Hamkar R, Ghanbari H, Abdolmotallebi F, **Jahandideh H**.

*Medical Journal of Islamic Republic of Iran*, Vol. 26, No. 2, May. 2012, pp. 90-93

4- Validation of the Ottawa Ankle Rules in Iran: A prospective survey.

Yazdani SH, **Jahandideh H**\*, Ghofrani H

*BMC Emergency Medicine* 16 February 2006, 6:3 doi: 10.1186/1471-227X-6-3

3-Formulation of spironolactone cream and comparative evaluation of oral and local spironolactone efficacy in management of hirsutism

Shohrati M, Davoudi M, Sadr B, **Jahandideh H**, Saburi Yazdi Sh  
*Kowsar Medical Journal* 2006; 11(3): 235-240.

2-Comparison of endoscopic and pathologic findings and their relation to gastroesophageal reflux disease in patients with dyspepsia

Najafian B, Shohrati M, Amini M, **Jahandideh H**, Falahian F  
*Journal of Army University of Medical Sciences of the IR Iran* 1384; 9(3): 481-486.

1- Validation of the Ottawa ankle rules in Iran.

Yazdani Sh, **Jahandideh H\***  
*Iranian Journal of Orthopaedic Surgery* 2004; 3(2): 34-41.

## **B) BOOKS**

1-Title: **Basic otorhinolaryngology: a step-by-step learning guide** (translator of several chapters)

Publisher: Teimourzadeh Publishing-Tehran-Iran

Year of publication: 2010-ISBN: 978-964-420-876-8

2-Title: **Cummings otolaryngology – head and neck surgery, 4<sup>th</sup> edition** (translator of several chapters)

Publisher: Teimourzadeh Publishing-Tehran-Iran

Year of publication: 2006-ISBN: 978-964-420-434-0

3-Title: **Cummings otolaryngology – head and neck surgery, 5<sup>th</sup> edition** (translator of several chapters)

Publisher: Noor-e-Danesh Publishing-Tehran-Iran

Year of publication: 2011

4-Title: **Evidence-Based Medicine/Pulmonary and Critical Care Medicine/Substance Abuse Cecil Essentials of Medicine, 7<sup>th</sup> edition (2007)** (translator)

Publisher: Gazelle Book Services-SAUNDERS-Tehran-Iran

Year of publication: 2007-ISBN: 978-964-9912-23-3

5-Title: **Gastrointestinal Disease/Diseases of the Liver and Biliary System Cecil Essentials of Medicine, 7<sup>th</sup> edition (2007)** (translator)

Publisher: Gazelle Book Services- SAUNDERS-Tehran-Iran

Year of publication: 2008-ISBN: 978-964-9912-30-1

6-Title: **Family health comprehensive guide** (co-author)

Publisher: Avicenna the Great Cultural Institute (ATGCI) – Ministry of Health and Medical Education (MOHME)

Site of publication: Tehran- Iran

Year of publication: 2004 (repeated publications)-ISBN: 964-06-5265-2

7-Title: **Rhinoplasty Complicatins** (Co-author of Chapter in: **A Textbook of Advanced Oral and Maxillofacial Surgery**)

Publisher:InTech

Year of Publication: 2015

## **C) MEDIA**

1- Translation of more than **300** articles in *Novin Pezeski Journal of Medicine (NPJM)*

Publisher: Avicenna the Great Cultural Institute (ATGCI)-Tehran- Iran

Year of publication: 2002-current

ISSN: 0028-4793

2- Translation of several articles in *Health and Medicine Development Journal (HMDJ)*

Publisher: Avicenna the Great Cultural Institute (ATGCI)-Tehran- Iran

Year of publication: 2002-2004

3- Translation and compiling of several articles in *Sepid Weekly*

Publisher: Avicenna the Great Cultural Institute (ATGCI)-Tehran- Iran

Year of publication: 2004-2006

## **EDUCATIONAL COURSES:**

### **1- Evidence Based Medicine Course**

Date: April 2002-February 2003

Location: Education Development Center (EDC) - Shahid Beheshti University of Medical Sciences (SBUM)

### **2- 50<sup>th</sup> International Graz Course on Rhinosurgery**

Date: 2-5 July 2014

Location: Graz, Austria

### **3-Milano Masterclass (Endo Milano-Milano Rhinoplasty)**

Date: 24-28 March 2017

Location: Milano, Italy

## **PROFESSIONAL AFFILIATIONS:**

1-Member of Iranian Society of Otolaryngology, Head and Neck Surgery

2013-current

2-Member of Iranian Rhinologic Society

2013-current

3-Member of European Rhinologic Society (ERS)

2013-2015

5- Member of IR Iran Medical Council (IRIMC)

2004-current