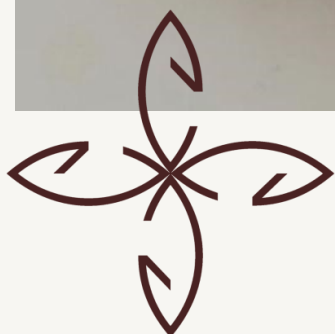
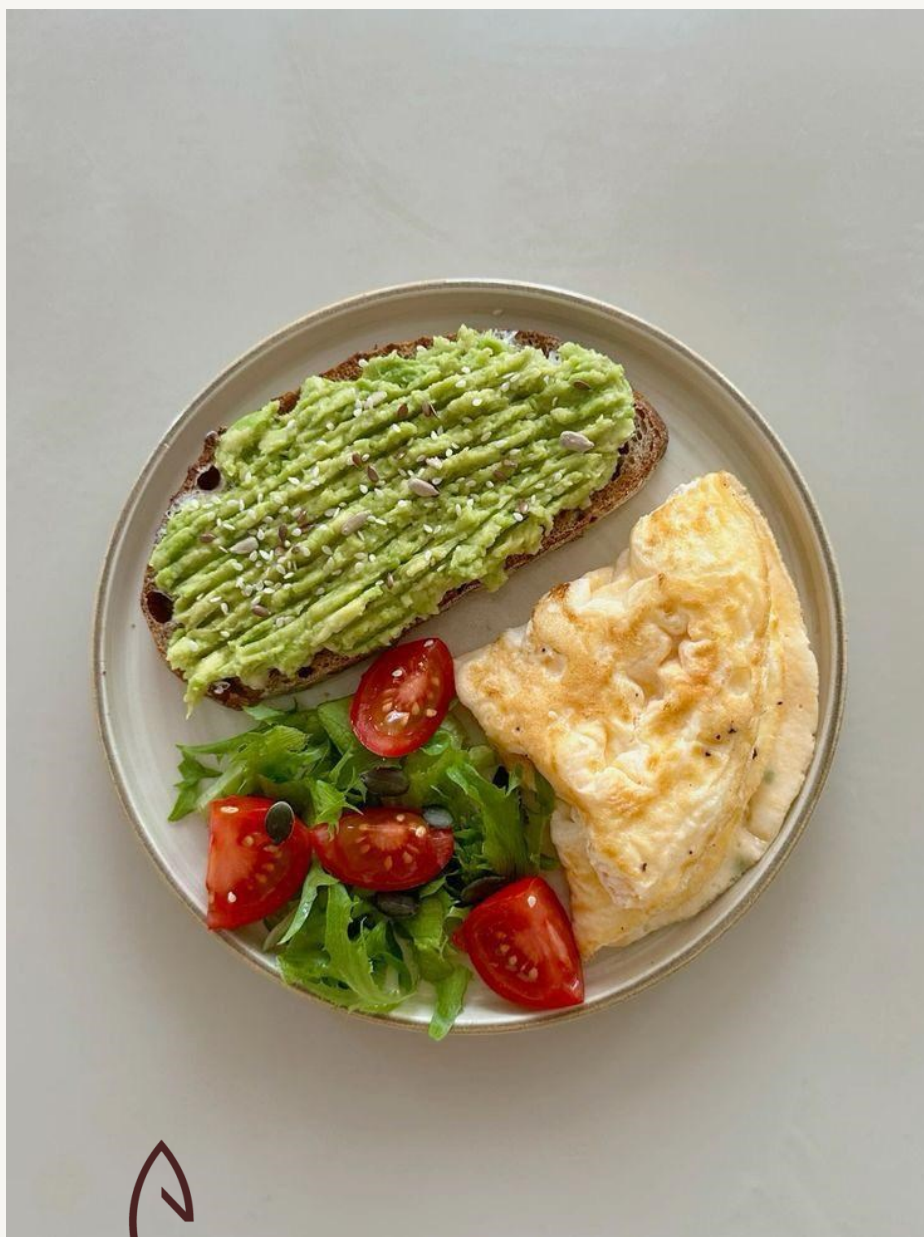


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The anti-inflammatory effect of curcumin supplementation on adult Hemodialysis patient: A systematic review

Seyyed Morteza Hosseini Beynabaj, Yasaman YazdanPanah, Monir Dahri

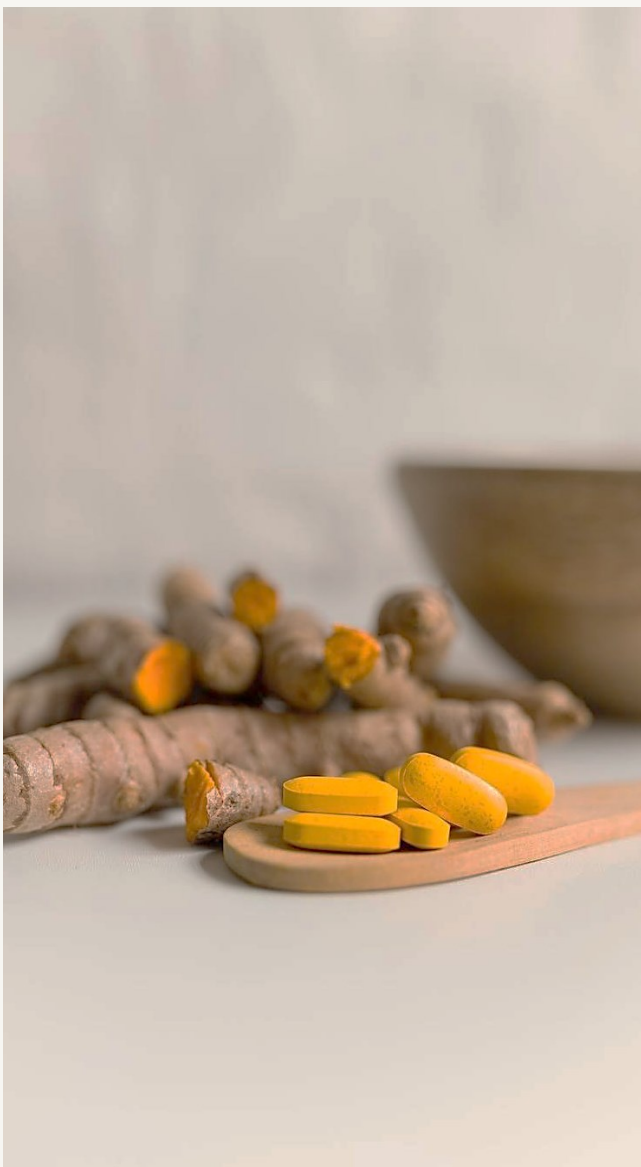


Introduction:

Hemodialysis is a treatment method that is used for patients whose kidney function reaches less than 10% of normal. One of the side effects of this method is inflammation. Curcumin, a polyphenol of the turmeric plant, is known for its anti-inflammatory properties. This study aims to investigate the anti-inflammatory effect of curcumin supplementation in adult patients undergoing hemodialysis.

Materials and Methods:

This review article was carried out through PubMed, Science Direct, Google Scholar; SID, and Cochrane from 2017 until April 2026. The keywords were Hemodialysis, Anti-inflammation, and curcumin supplementation. Among the 8 articles found in this regard, 5 related articles were used at the end.



Results:

In these articles, serum levels of TNF- α , IL-6, hs-CRP, and Nrf2, NF- κ B, and NLRP3 gene expression were measured before and after a 12-week curcumin supplementation intervention. By inhibiting NF- κ B, curcumin suppresses the expression of TNF- α and interleukin. The results of most of these studies show a significant reduction in the levels of pro-inflammatory cytokines; Also, the gene expression of inflammatory mediators decreases significantly.

Conclusion:

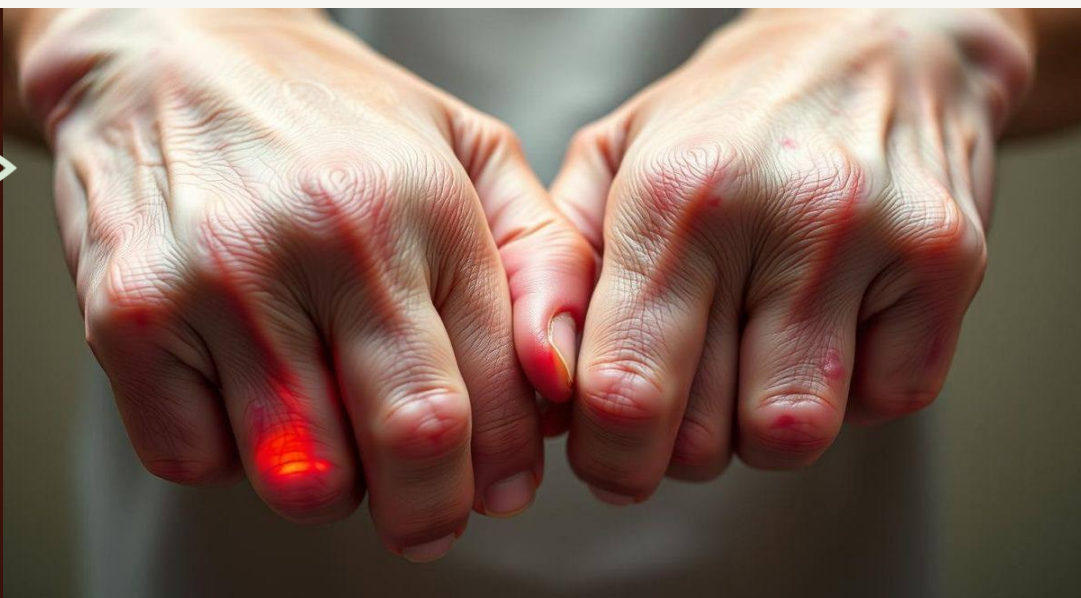
Curcumin plays an anti-inflammatory role by reducing the levels of pro-inflammatory cytokines. As a result, curcumin supplementation shows significant improvement in inflammatory biomarkers among hemodialysis patients. However, further research is needed.

Keywords:

Hemodialysis, Curcumin supplementation, anti-inflammatory

Association the serum levels of selenium and its supplementation on rheumatoid arthritis: a narrative review study

Mahdiye Donyayi, Mohammad Sadegh Safari, Monir Dahri



Introduction:

Rheumatoid arthritis is an autoimmune and inflammatory disease from the category of rheumatic diseases; which causes pain, redness and swelling in one or more joints (usually symmetrical). among the treatments is the use of antioxidant supplements. Since selenium is an antioxidant element, it may play a role in improving the symptoms of rheumatoid arthritis. the aim of this study is to investigate the relationship between serum levels of selenium and its complementary effect on patients with rheumatoid arthritis.

Methods:

For this study, we searched "PubMed" and using keywords "Rheumatoid Arthritis" and "Selenium" and time limit from 2019 to 2026. In general, we found 40 articles, after which we found only 10 related articles.





Results:

The results of different studies that gave different doses of supplements to the patients showed that a dose of 200 micrograms of selenium twice a day for 12 weeks along with standard treatment reduced the number of sensitive, swollen joints and some clinical symptoms in both placebo and placebo groups. Selenium reduces, but in the comparison between groups, only some of these factors were reduced. A dose of 200 micrograms once a day for 12 weeks reduced some inflammatory and clinical factors in the selenium group, but did not create a significant difference compared to placebo. Selenium serum levels are lower in affected people than in healthy people.

Conclusion:

The results regarding the effect of selenium supplementation on rheumatoid arthritis are contradictory, which could be related to the dose and serum status of selenium before the intervention. A dose of 400 micrograms of selenium can probably change some inflammatory factors and improve clinical symptoms in these patients. However, due to the limitation in the number of studies conducted, and the low number of study subjects, more research is needed in this field.

Effect of skipping breakfast on cancer risk: a narrative review study

Rose shayegi, Mahdiah kamaljoo, Parisa Zarei Shargh

Background:

Cancer is the uncontrolled proliferation of abnormal cells that can invade and spread throughout the body. Lifestyle and nutritional factors have been identified as major contributors to cancer development and mortality. Breakfast eating, as a key component of a healthy lifestyle, has been studied for its potential impact on cancer risk. The purpose of this narrative review was to look into the relationship between skipping breakfast and cancer incidence and mortality.

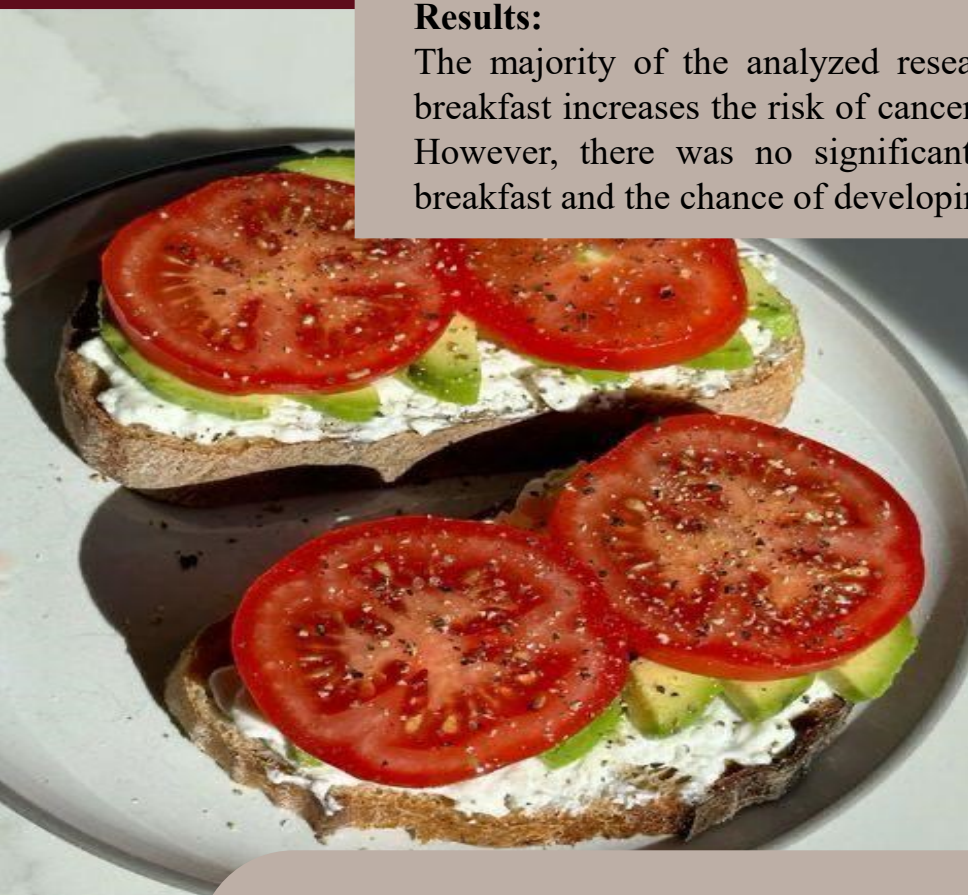


**Methods:**

The authors searched the literature using PubMed and Google Scholar, focusing on articles published between 2019 and 2026. The search terms were "breakfast" and "cancer." Four relevant prospective cohort studies were identified and assessed.

Results:

The majority of the analyzed research found that skipping breakfast increases the risk of cancer incidence and mortality. However, there was no significant link between skipping breakfast and the chance of developing breast cancer.

**Conclusion:**

Overall, the evidence suggests that breakfast intake may protect against many types of cancer. However, more research is needed to definitively confirm this relationship.

Keywords:

breakfast, cancer, skipping breakfast

Investigating the Relationship between Mediterranean Diet and COPD Complications: A Narrative Review

Parnian behjati , Zahra moti



Introduction:

Chronic obstructive pulmonary disease is one of the most common diseases in the field of respiratory diseases. Studies have been conducted on the relationship between different diets and this disease; In the present study, we discuss the relationship between the Mediterranean diet and the reduction of disability and fatigue in patients with chronic obstructive pulmonary disease.

Materials and Methods:

By searching Medline, Google Scholar and PubMed search engines using the keywords "Mediterranean diet", "disability index" and "chronic obstructive pulmonary disease" as well as the time limit from 2019 to March 2026, 3 cross-sectional articles and 1 related cohort article were found. we arrived.



Results:

In the present studies, the indicators of fatigue, shortness of breath and disability in COPD patients were examined; The results of the studies indicated that people who followed the Mediterranean diet had a lower level of fatigue and disability.

Conclusion:

According to the reviewed studies and their results, there is a positive relationship between the Mediterranean diet and the reduction of complications such as inability to move, shortness of breath, and fatigue in patients with chronic obstructive pulmonary disease.

Keywords:

Mediterranean diet, chronic obstructive pulmonary disease, disability index

The effect of vitamin D serum levels on inflammation and disease severity in patients with acne vulgaris

Bitra Sabri, Faezeh Zakerifar, Mohammad Nosrati

Introduction:

Acne vulgaris is one of the most common disorders that causes many social and psychological complications. This chronic inflammatory skin disease affects 85% of people all over the World. Due to the anti-inflammatory and antimicrobial effects of vitamin D, we investigated the relationship between this vitamin and acne vulgaris.

Objective: The aim of this study is to investigate the relationship between serum 25(OH)D levels on disease severity and inflammation in patients with acne vulgaris.

Materials and Methods:

from 2019 to April 2026 we checked the PubMed and Google Scholar. A total of 36 articles were found. After excluding the duplicates ($n=7$), the titles and abstracts of 12 articles were skimmed according to the inclusion criteria. Finally, 17 articles remained.



Results:

The most findings revealed that the level of 25(OH)D in patients with acne is significantly lower than healthy people, and the prevalence of vitamin D deficiency in patients with acne is higher than healthy people, and there is a significant inverse relationship between the severity of acne and the serum concentration of vitamin D. although 5 of them were not statistically significant.

Conclusion:

Conclusion: The evidence shows an inverse correlation between serum 25-hydroxy vitamin D levels and inflammation and the severity of acne vulgaris. But its potential therapeutic efficacy still needs further studies.

Keywords:

acne vulgaris, vitamin D, inflammation, acne severity

Evaluating the Effectiveness of a Mobile App-based Dietary Intervention on Glycemic Control in Patients with Diabetes Mellitus: A Systematic Review

Sara Mousavi, Mahsa Chaji, Pegah Farshchian, Fateme Moghbeli



Background and Aims:

With the growing prevalence of diabetes, active medical intervention and self-management are now vital. Research has demonstrated that individuals with diabetes face a heightened risk of complications. Given the ongoing need for self-care management among patients, one of the most effective solutions may be the utilization of mobile health technologies. Web-based platforms and smartphone applications have been recommended as innovative approaches to delivering dietary information for optimal glucose regulation in Diabetes Mellitus (DM). This systematic review examines the effectiveness and usability of these digital tools in aiding dietary self-management for individuals with DM.

Materials and Methods:

This study was conducted as a systematic review in 2026 by searching reliable PubMed, Scopus, Web of Science, and Google Scholar databases. The keywords Diabetes Mellitus, Mobile Applications, and Diet Therapy were checked in related studies. English language studies that employed mobile applications for dietary therapy in DM patients were included. Titles and abstracts were independently reviewed according to the eligibility criteria. Subsequently, the full texts of the articles were evaluated separately. A consistent form was used to extract data, including the study title, year of publication, country, study objectives, and key findings.



Results:

A total of 124 articles were examined and after reading the full text of the articles, 10 related articles were included in the study. Among the 10 articles reviewed, 8 applications demonstrated effective results in glycemic control for diabetes mellitus patients, while 2 applications showed no significant effectiveness. Of the 8 effective applications, 5 specifically reported a reduction in HbA1c levels.

Conclusion:

Lifestyle modification through short-term mobile applications was effective in managing blood glucose levels, especially in patients who consistently followed the application's guidance. A telehealth system is effective for the early detection of the need for treatment adjustments and timely interventions. It also promoted better self-care.

Keywords:

Mobile Application, Diet Therapy, Diabetes Mellitus, Glycemic Control, Self-care Management

The role of artificial intelligence in the management of type2 diabetes mellitus (T2DM)

Nastaran Ghazanfary, Sohrab Miri, Melika Mojtahedzadeh, Hossein Javid

Introduction:

The impact of artificial intelligence on type 2 diabetes mellitus has recently attracted significant attention. Focusing on how this technology can potentially improve early diagnosis and personalized treatment. The aim of this systematic review is management of type 2 diabetes mellitus.

Methods:

A systematic search of studies published in PubMed, Google Scholar, and other relevant databases between 2018 and 2026 was conducted, focusing on implementing AI technologies in T2DM care. Twelve studies were included, five of which addressed AI's role in predicting glycemic trends, four examined its impact on medication adherence, and three highlighted personalized treatment approaches. A standardized method was used to extract and compare findings, identifying areas of agreement and divergence, by using PRSMA chart.





Results:

The findings indicate significant benefits of AI in T2DM care. Eight studies (67%) reported improved glycemic control using predictive AI models, and seven (58%) highlighted improved medication adherence facilitated by AI-based mobile applications. Six studies (50%) demonstrated AI's effectiveness in predicting complications such as diabetic retinopathy and neuropathy. However, three studies (25%) identified inconsistencies in AI accuracy due to data variability, and two studies (17%) raised concerns about challenges like integration into clinical workflows and data privacy issues.

Conclusion:

Artificial Intelligence has great potential in improving T2DM management, particularly in trend prediction, medication adherence, and personalized interventions. Nonetheless, variability in AI performance and unresolved data privacy concerns pose challenges.

Keywords:

Food Accessibility, Chronic Disease , Artificial Intelligence , dietary assessment, personalized nutrition



The Effect of Intermittent Fasting on Blood Glucose in Type 2 Diabetes Patients: A Narrative Review

Sajedeh Saleman, Setareh Taghavi Sheikh, Monir Dahri



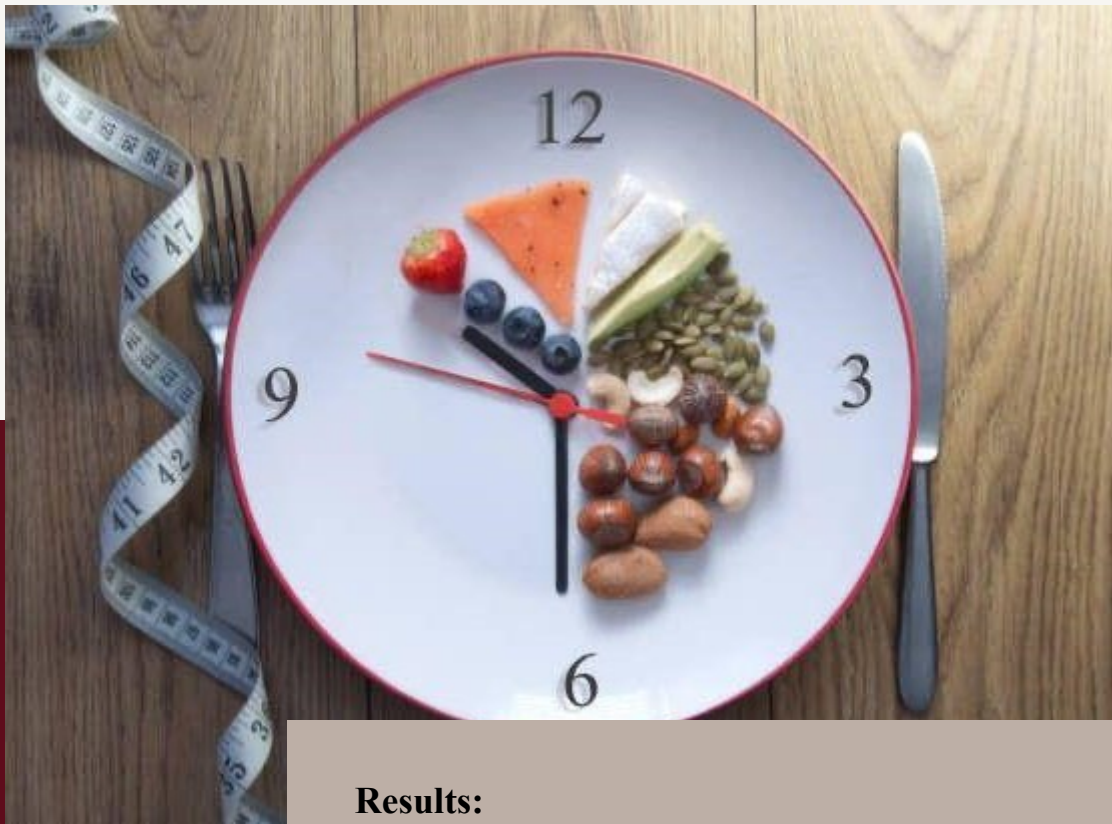
Background:

Type 2 diabetes is a common metabolic disorder characterized by hyperglycemia resulting from insulin resistance and impaired insulin secretion. Glycemic control through diet, physical activity, and, if necessary, medication is a primary goal in managing type 2 diabetes. Recently, various dietary approaches, including intermittent fasting, have been proposed as alternative methods for improving glycemic control in these patients. Intermittent fasting involves short periods of food or calorie restriction, with studies indicating positive effects on diabetes-related markers such as blood glucose, weight, and insulin resistance. This review examines the effects of intermittent fasting regimens on glycemic regulation in patients with type 2 diabetes.

Materials and Methods:

This study was conducted as a systematic review in 2026 by searching reliable PubMed, Scopus, Web of Science, and Google Scholar databases. The keywords Diabetes Mellitus, Mobile Applications, and Diet Therapy were checked in related studies. English language studies that employed mobile applications for dietary therapy in DM patients were included. Titles and abstracts were independently reviewed according to the eligibility criteria. Subsequently, the full texts of the articles were evaluated separately. A consistent form was used to extract data, including the study title, year of publication, country, study objectives, and key findings.





Results:

The four studies examined the effects of intermittent fasting regimens on glycemic control, insulin resistance markers, and weight changes in overweight patients with type 2 diabetes. The findings suggest that intermittent fasting can positively impact glycemic markers such as HbA1c and fasting plasma glucose, improve insulin sensitivity, and lead to weight loss.

Conclusion:

Intermittent fasting may be an effective and safe dietary approach for glycemic control, improving insulin sensitivity, and weight loss in patients with type 2 diabetes.

Keywords:

Type 2 diabetes, intermittent fasting, HbA1c, weight loss, fasting plasma glucose

Is Fecal Microbiota Transplantation (FMT) Capsule a Novel Therapy for Obesity-Related Indicators?

Shaghayegh Rahimi, Hediye Beheshti, Mohammad Nosrati



Introduction:

The gut microbiome has been identified as a key factor in regulating metabolism and the development of obesity. Studies have shown that the composition of the gut microbiota differs between obese and lean individuals. Fecal Microbiota Transplantation (FMT) has been proposed as a method to transfer beneficial microbiota from lean to obese individuals. One of the novel delivery methods for FMT is through capsules, which are considered less invasive and more acceptable for patients. The aim of this review is to evaluate the effects of FMT capsules on obesity-related indicators.

Materials and Methods:

This narrative review was conducted by searching the databases Google Scholar, PubMed, and ScienceDirect using the keywords “FMT,” “Obesity,” and “Metabolic Syndrome.” After reviewing articles published between 2020 and 2026, three randomized controlled trials (RCTs) and one meta-analysis were selected. Among the findings, a significant reduction in the A/G ratio (android to gynoid fat) was observed in women. However, the results regarding HbA1c were inconsistent, and no significant changes were reported in other indicators. We also observed a significant similarity between the gut microbiome of the intervention group and that of the donors.



Conclusion:

Based on the current evidence, FMT capsules may not have a significant impact on obesity-related indicators. Further, more targeted and high-quality studies are needed in this area.

Keywords:

FMT, Obesity, Metabolic Syndrome





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