

CV Of Professor

Seham Abbas Mahmoud Tharwat

Professor of Nutrition Faculty of Nutrition Science Helwan University

Name: Seham Abbas Mahmoud Tharwat

position : Professor of Nutrition Faculty of Nutrition Science / Helwan University

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Employment History:

- Professor of Nutrition, Faculty of Nutrition Science, Helwan University, March 2025.
- Professor, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, February, 1991.
- Assistant Professor, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, 1985.
- Lecturer, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, 1981.
- Assistant Lecturer, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, from July, 1975.

Sanctions: None

Skills:

- Previous Vice Dean of Faculty of Home Economics Helwan University Education and Students .
- Previous Vice Dean of Faculty of Home Economics Helwan University Community service and environmental affairs
- Previous coordinator of Dietetics Program Faculty of Home Economics Helwan University .
- Auditor, reviewer, and corrector of the regulations of the new Faculty of Nutritional Sciences, Helwan University.
- Reviewer and corrector of research plans for master's and doctoral theses until the academic year 2022/2023.
- Establisher of Dietetics Program Faculty of Home Economics Helwan University and its quality .
- Teaching for under and post graduated students at Nutrition and food science Department Faculty of Home Economics Helwan University .
- Member of Home Economy Standing Committee for Promotion of Professors and Assistant Professors. 2022-2025 (Tight).
- Member of Home Economics Committee of the quality assurance.
- Tight for many Niche journals.
- Discussing many master's and doctoral theses.
- Taking many courses in the fields of quality, e-learning, and academic guidance.
- Membership in many scientific societies and bodies and a reviewer for many specialized journals.
- Founder of the Together for Healthy and Safe Food initiative.
- Having Shield honor from Saudi Arabia.

Supervising many theses

Latest Master theses

- Effect of Supplemented Beef Burger with Soybean and Guar Gum on Serum Lipid of Hypercholesterolemic Rats
- Effect of supplemented bread with flaxseed or flaxseed oil on weight reduction in patients with type 2 diabetes
- Effect of pomegranate (punica granatum L.) seeds and fruits peels on hepatotoxicity in rats
- Effect of Supplementation with Natural Sources of Anthocyanins on Counteract Obesity in Rats.
- Effect of Supplementation with Some Natural Sources of Anthocyanins on Type Two Diabetic Rats
- Effect of Supplementation with Sour Orange Peel on Counteract Obesity in Rats

Latest P.h D Theses

- Effect of Melatonin, Vitamin C and Zinc Alone or in Combination on Obese rats.
- Effect of Lemon and Cumin on Weight Reduction and Endothelium Function in Adult Patients Suffering from Obesity.
- Assessment of iron, selenium, zinc and iodine status among hypothyroidism patients.
- Effect of Sesame and Olive Oils Alone and in Combination with Sage on Non Alcoholic Fatty Liver Disease in rats.
- Effect of Pomegranate and Apples Vinegars with or without Vitamin C on Weight Reduction and Liver Status in Albino Rats Suffering from Obesity.
- The Effect of Soy-Protein Diets Containing Cardamom, Green Coffee and Olive Leaves on Rats with Acute Renal Failure.

Scientific Publications:

Authoring many scientific publications and books, alone or in collaboration with others, including:

- Authoring Nutritional Counseling in English for students of the Therapeutic Nutrition Program, Helwan University, for the academic year 2023/2024. (with others)
- Authoring (Nutrition and Elderly) in English for students of the Therapeutic Nutrition Program, Helwan University, for the academic year 2022/2023
- Authoring (Food Security) with others in English, 2024.
- Authoring Advanced Nutrition 1 - Advanced Nutrition 2 (with others) 2025
- Authoring (Human Nutrition 1 - Human Nutrition 2) (with others) 2025 .

List of the latest published research:

- **1- Seham, A. M. Tharwat ; Abdel-Meged Ashraf, A. and Eman, M.Sabry (2024):** Potential effects of soy bean diets subblemmented with cardamom and olieve oiles on kidney function in acute renal failure rats . Scientific J. of specific Education and applied science .2681-311x printed 2682-3101
- **2- Ahmed, A. Nour El-Dein ; Seham, A. M. Tharwat ; Ashraf A. Abdel-Meged, A. and Randa, F.Abdel-Salam (2022):** Effect of Nutrition Education Program Implementation on Nutritional Status and some Biochemical Indicators of Hypothyroidism Patients. Egyptian J. of Nutrition Vol 37 (2): 89-116.
- **3- Hadeer Ashraf Abd El-Aziz Abd El-Megeid, Seham A.M. Tharwat, Sonia S. El-Marasy and Ahmed E. Basyony. (2021):** Effect of Sage, Sesame and Olive Oils Alone and in Combination with Sage on Weight Reduction and Fasting Blood Sugar in Obese Non-Alcoholic Fatty Liver Albino Rats. Egyptian J. of Nutrition Vol 36 (1): 37-60.
- **4- Hadeer Ashraf Abd El-Aziz Abd El-Megeid, Seham A.M. Tharwat, Sonia S. El-Marasy and Ahmed E. Basyony. (2021):** Potential Effects of Sage powder, Sesame and Olive Oils on Lipid Profile and Liver Functions

of Non-Alcoholic Fatty Liver Rats.. Egyptian J. of Nutrition Vol 36 (1): 61-92.

- **5- Samah, A.S. Abdel-Shafy; Seham A.M.Tharwat; Ashraf, A. Abdel-Megeid ; Rand Salam; and Rehab H. GabAllah (2020):** The potential effects of lemon and cumin on weight reduction and blood sugar in obese and overweight patients. Egyptian J. of Nutrition Vol. xxxv No. 2: 77-97.
- **6- Samah, A.S. Abdel-Shafy; Seham A.M.Tharwat; Ashraf, A. Abdel-Megeid ; Rand Salam; Rehab H. Gab Allah and Mary, W. Fawzy (2020):** Effects of Regimen Diet, without or with Lemon and Cumin Supplementation, on Lipid Profile and Endothelium Function in Obese and Overweight Patients. International Journal of Food Science, Nutrition and Dietetics, 9 (4): 462- 469.
- **7- Samar, K.H.; Seham A.M.Tharwat and Ashraf, A. Abdelmegeid (2019).** The functional food properties of sour orange peel (*Citrus Aurantium*) and its effect on counteract obesity in rats. Egyptian J. of Nutrition, Vol. XXXIV (3): 113- 132.
- **8- Samar, K.H.; Seham A.M.Tharwat and Ashraf, A. Abdelmegeid (2019).** Potential effect of sour orange peel (*Citrus Aurantium*) supplementation on lipid profile and liver function of Albino rats fed on high fat diet. Egyptian J. of Nutrition, Vol. XXXIV (3): 93- 111.
- **9- Seham Tharwat , Ashraf Abd El-Megeid , Randa Salam, Laila Rashed, Sayed El-Hamid, Samah Abdel-Shafy and Dina Shaheen (2017):** Effectiveness of Adding Flaxseed to Type 2 Diabetic Patient's Regimen. Endocrinol Metab Syndr 2017, 6 (3), 1000267.
- **10- Seham A. Tharwat; Sonia S. El-Maracy; Ashraf A. Abd El-Megeid and Nesma M. A. Nassar (2017):** Effect of Melatonin, Vitamin C and Zinc Alone or in Combination on Weight Reduction, Blood Sugar and Histological Structure of Kidney in Obese Rats. Middle East Journal of Applied Sciences, 7 (4): 888-906.
- **11- Seham A. Tharwat; Sonia S. El-Maracy; Ashraf A. Abd El-Megeid and Nesma M. A. Nassar (2017):** Effect of Melatonin, Vitamin C and Zinc Alone or in Combination on Lipid Fraction and Histological Structure of Liver in Obese Rats. Current Science International, 6 (4): 788-801.

- **12- Seham A.M. Tharwat, Ashraf A. Abd El-Megeid and Gamila M.S.Mohamed (2015):** Effect of Pomegranate (Punicagranatum L.) Seeds and Peels Fruit on Hepatotoxicity in Rats. Third international conference of Home Economics "Recent Trends in Scientific Research" 4 – 6 May, 2015.

- **13- Seham A.M. Tharwat, Ashraf A. Abd El-Megeid, Randa F. Abd El-Salam and Samah A. Abd El-Shafy (2015):** Effect of Regimen Diet with or without Supplemented Bread with Flaxseed or Flaxseed Oil on Weight Reduction and Blood Sugar in Patients with Type 2 Diabetes. Third international conference of Home Economics " Recent Trends in Scientific Research" 4 – 6 May, 2015.