We use cookies to ensure that we deliver the best user experience of our website. If you would like to, you can change your cookie settings at any time. Continue

Dr Shahrad Taheri

Senior Lecturer in Endocrinology

Endocrinology, Diabetes and Metabolism

Contact details

Telephone +44 (0) 121 424 3339 (tel:+44 121 424 3339)

Telephone (2) +44 (0) 121 424 1587 (tel:+44 121 424 1587)

Email s.taheri@bham.ac.uk (mailto:s.taheri@bham.ac.uk)

School of Clinical and Experimental Medicine
College of Medical and Dental Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK

About

Shahrad Taheri is Senior Lecturer in medicine, diabetes and endocrinology at the University of Birmingham. He is also a consultant physician at the Heart of England NHS Foundation Trust where he is lead for weight management and bariatric services (the largest NHS service) and co-director of the Heartlands Biomedical Research Centre (HBMRC). He also has a lead role within the clinical research network (CLRN) and the Birmingham and Black Country NIHR CLAHRC (implementation of effective community care for diabetes; Theme 8).

Qualifications

- 2010 European Scope Fellowship in Obesity, International Association for Study of obesity (IASO)
- 2007 Certificate of Completion of Training (CCT) Diabetes, Endocrinology, General Internal Medicine
- 2003 PhD Neuroendocrinology, Imperial College School of Medicine, London University, The Hammersmith Hospital
- 1997 MRCP (London), Royal College of Physicians, London
- 1994 MB BS HONS with Distinction in Clinical Pharmacology and Therapeutics, The Medical College of St Bartholomew's Hospital, London University
- 1989 MSc in Human Biology Department of Biological Anthropology and Lincoln College, Oxford University
- 1987 BSc Hons in Physiology, 2(i) King's College, University of London

Biography

Shahrad qualified in medicine from St Bartholomew's Medical College (Barts), London University. He trained in diabetes and endocrinology at Barts, the Hammersmith hospital, and Bristol Royal Infirmary. He obtained his PhD as a Wellcome Trust research fellow in neuroendocrinology at Imperial College, London University. His research focused on the hypothalamic orexin peptide neurons, which are important in regulation of sleep and wakefulness, appetite, and energy expenditure. This was followed by training in sleep research at Stanford University as a Howard Hughes Medical Institute research associate. His work with the Wisconsin Sleep Cohort Study showed, for the first time, a major link between sleep and obesity, and sleep and metabolic hormones, in a large population. He returned to the UK in 2003 as Lecturer in medicine at Bristol University.

Shahrad has had several national and international awards for his research and is a reviewer for several journals and funding bodies. His research ranges from basic laboratory to population research and service delivery reorganization.

Teaching

- Lead for Medicine component of dental student teaching
- Medical student teaching in medicine and diabetes
- BMedSci module teaching
- CPD for nurses, dieticians, GPs, hospital doctors

Postgraduate supervision

PhD Supervision

Shahrad is interested in receiving PhD applications in the following areas:

- Experimental medicine: the sleep-endocrine interface;
- Sleep and ageing;
- Sleep and obesity;
- Obesity;
- Diabetes in the community.

Research

Research interest spans all age groups and covers clinical and scientific areas that are important to healthy ageing and chronic disorders. These include sleep, metabolism, and immunity. My research into the sleep-endocrine-metabolic interface uses multiple approaches: basic laboratory, human laboratory, and population studies. Additionally, I have a major interest in pharmacotherapy for obesity, metabolic disorders and sleep disorders, and bariatric surgery and its metabolic consequences.

Major research areas – physiology and pharmacology of: Sleep, metabolism, neuroendocrinology and ageing; Sleep and its interaction with metabolism; Obesity and metabolism; Nutrition and health; Metabolic surgery.

Clinical research interests are in diabetes service development and evaluation.

Other activities

Lead Clinician (Honorary Consultant Physician) and Research LeadWeight Management Services, Heart of England NHS Foundation Trust.

Co-Director, Heartlands Biomedical Research Centre (HBMRC)

Clinical Research Network CLRN: priority lead for the Birmingham and Black Country BBC CLRN for metabolism, endocrinology and obesity and sit on the UK national committee.

National CLRN Specialty Board: member of the national CLRN board for metabolism, endocrinology and obesity. I assess protocols for national studies and assess potential for study implementation.

Publications

Jose B, Ali A, Begum S, Banerjee D, Taheri S. Obstructive sleep apnoea as a cause of headache presenting to the emergency department. **QJM**. 2010 Dec 7. [Epub ahead of print] PubMed PMID: 21138944.

Taheri S, Mignot E. Sleep well and stay slim: dream or reality? **Ann Intern Med**. 2010 Oct 5;153(7):475-6. PubMed PMID: 20921547.

Thomas GN, Jiang CQ, Taheri S, Xiao ZH, Tomlinson B, Cheung BM, Lam TH, Barnett AH, Cheng KK. A systematic review of lifestyle modification and glucose intolerance in the prevention of type 2 diabetes. **Curr Diabetes Rev**. 2010 Nov;6(6):378-87. PubMed PMID: 20879973.

Deville-Almond J, Tahrani AA, Grant J, Gray M, Thomas GN, Taheri S. Awareness of obesity and diabetes: a survey of a subset of british male drivers. **Am J Mens Health**. 2011 Jan;5(1):30-7. Epub 2010 Apr 21. PubMed PMID: 20413385.

Lam KB, Jiang CQ, Thomas GN, Arora T, Zhang WS, Taheri S, Adab P, Lam TH Cheng KK. Napping is associated with increased risk of type 2 diabetes: the Guangzhou Biobank Cohort Study. **Sleep.** 2010 Mar 1;33(3):402-7. PubMed PMID: 20337199; PubMed Central PMCID: PMC2831435.

Honda M, Eriksson KS, Zhang S, Tanaka S, Lin L, Salehi A, Hesla PE, Maehlen J, Gaus SE, Yanagisawa M, Sakurai T, Taheri S, Tsuchiya K, Honda Y, Mignot E. (2009) IGFBP3 colocalizes with and regulates hypocretin (orexin). **PLoS One.** 4(1):e4254. Epub 2009 Jan 22.

Taheri S, Thomas GN. (2008) Is sleep duration associated with obesity-where do U stand? **Sleep Med Rev**. Aug;12(4):299-302.

Taheri S, Austin D, Lin L, Nieto FJ, Young T, Mignot E. (2007) Correlates of serum C-reactive protein (CRP)--no association with sleep duration or sleep disordered breathing. **Sleep**. Aug 1;30(8):991-6.

Expertise

Obesityand its complications (I lead one of the largest obesity clinics in the UK);sleep and its disorders; how sleep interacts with metabolism and obesity; how sleep changes across the lifespan

Alternative contact number available for this expert: **contact the press office (http://www.birmingham.ac.uk/news/contacts/index.aspx)**

© University of Birmingham 2014