

**Mikhail V. Zeigarnik,  
MD, PhD, Full member of Russian Academy of Natural Science**

**Born in 1972**

### **Education**

Graduated from Russian State Medical University, Moscow (now – Russian National Research Medical University named after N.Pirogov) in 1995

Internship on pediatrics in Scientific Center for Children’s Health of Russian Academy of Medical Sciences (Moscow), 1995-1997

Postgraduate study in the same Center (fellowship), 1997-2000

Defended Ph.D. Thesis “Role of *Haemophilus influenzae* in the development of respiratory diseases in children”, 2001

Courses of postgraduate study on Dietology/Nutrition in Russian Medical Academy of Postgraduate Education (Moscow), 2011, 2015

Course of postgraduate study on Management in Medicine in Russian Scientific Research Medical University named after N.I.Pirogov (Moscow), 2013

Course of postgraduate study on Pediatrics in Russian Medical Academy of Postgraduate Education (Moscow), 2014

### **Affiliations**

2000-2005, pediatrician in Scientific Center for Children’s Health of Russian Academy of Medical Sciences (Moscow), Diagnostic Department.

2001-present time, Editor-in-Chief and Director of “Dynasty” Publishing House.

Scientific editor of the journal “Nutrition” and Deputy Editor-in-Chief “Clinical Practice in Pediatrics”, member of Editorial Boards of the journals “Pediatric Nutrition” and “Gynecology, Obstetrics and Perinatology”.

2010-2013, assistant to professor at the Department of Nutrition of Russian Medical Academy of Postgraduate Education (Moscow).

2012-present time, associate professor at the Department of Gastroenterology and Clinical Nutrition of Russian Scientific Research Medical University named after N. Pirogov (Moscow).

2005-2014, Business director of Russian National Association of Dietitians and Nutritionists (NADN), from 2014 till present time – Executive director of NADN.

2013-present time, Executive Director of National Society of Nutritionists (NSN).

2008-present time, Executive Director of the Federation of Pediatricians of CIS Countries.

**Attended at the following scientific meetings:**

*As a co-organizer and member of Organizing Committees of following forums:*

1. 2006-2016, Annual International Forum and Exhibition "Nutrition and Health" (Moscow, Russia), 2013-2016 – Vice-Chairman of the Organizing Committee
2. 2006-2015, Annual Congress of Perinatologists "Modern Perinatology: Organization, Techniques, Quality" (Moscow, Russia)
3. 2009-2016, Annual Congress on Infectious Diseases (Moscow, Russia)
4. 2011, 1<sup>st</sup> Global Congress for Consensus in Pediatrics and Child Health (Paris, France)
5. 2012, 2<sup>nd</sup> Global Congress for Consensus in Pediatrics and Child Health (Moscow, Russia)
6. 2009-2016, Annual Congress Pediatricians of CIS Countries "Child and Society: Problems of Health, Development and Nutrition" (Kiev, Ukraine, 2009; Astana, Kazakhstan, 2010; Moscow, Russia, 2011; Lviv, Ukraine, 2012; Chisinau, Moldova, 2013; Minsk, Byelorussia, 2014; Sochi, Russia, 2015; Bishkek, Kyrgyzstan, 2016).
7. 2016, 1<sup>st</sup> International Congress "Surgery – XXI Century: Connecting Traditions and Innovations" (Moscow, Russia)

*Participation with presentations in international forums:*

1. IV International Interdisciplinary Congress "Brain Ecology" (Moscow, Russia, 2016)
2. 19<sup>th</sup> International Congress of Aesthetic Medicine and Surgery (Bologna, Italy, 2016)
3. 4<sup>rd</sup> Global Congress for Consensus in Pediatrics and Child Health (Budapest, Hungary, 2015)
4. European Congress on Obesity (Sofia, Bulgaria, 2014)
5. XIII Congress of Pediatricians of Turkic and Eurasian Countries (Issyk-Kul, Kyrgyzstan, 2013)
6. Round Table on the problems of micronutrient deficiencies in children (Rome, Italy, 2013)
7. European Congress on Obesity (Lyon, France, 2012)
8. European Congress on Obesity (Istanbul, Turkey, 2011)
9. 11 International Congress on Obesity (Stockholm, Sweden, 2010)
10. Annual monothematic meeting of ESPGHAN (European Society for Pediatric Gastroenterology, Hepatology and Nutrition) (Munich, Germany, 2010)
11. Workshop on Prebiotics in Pediatric Practice (Helsinki, Finland, 2010)
12. Winter meetings of European Academy of Pediatrics (Brussels, Belgium, 2009)
13. Workshop of Tertiary Care Working Group (TCWG) of European Academy of Pediatrics (Porto, Portugal, 2009)
14. European Congress on Obesity (Amsterdam, Netherlands, 2009)

**Publications:** authorship and co-authorship in more than 50 scientific articles and monographs and more than 40 popular print publications.

**Selected scientific publications:**

1. Aleshkin A.V., Volozhantsev N.V., Svetoch E.A., Kiseleva I.A., Rubal'sky E.O., Afanas'ev S.S., Borzilov A.I., Zatevalov A.M., Vasil'ev D.A., Zolotukhin S.N., Zeigarnik M.V., Galimzyanov Kh.M., Rubal'sky O.V. Bacteriophages as probiotics: phage-based probiotic dietary supplement in prophylaxis against foodborne infections. *Infekc. bolezni (Infectious diseases)*. 2016; 14(2): 31–40.

2. Zeygarnik M.V. On the problem of carcinogenicity of red meat and processed meat. *Vopr. dietol. (Nutrition)*. 2016; 6(2): 58-60.
3. Merra G., Miranda R., Barrucco S., Gualtieri P., Mazza M., Marchetti M., Zeigarnik M., De Lorenzo A., Di Renzo L. Comparison of two very-low-calorie-restricted diets on lean body mass loss in patients during weight loss. *Nutrition*. 2016;6(1): 13-19.
4. E.V.Pavlovskaya E.V., Surkov A.G., Shilina N.M., Zubovich A.I., Zeigarnik M.V., Strokova T.V. Modern approaches to diet therapy for obesity in children. *Pediatric Nutrition*. 2016;14(1):41-46.
5. Aleshkin A.V., Zeigarnik M.V., Bochkareva S.S.. Bacteriophages in therapy and prevention of acute intestinal infections in children. *Clinical Practice in Pediatrics*. 2016;11(1):52-56.
6. Sharafetdinov Kh.Kh., Zeygarnik M.V., Kaganov B.S., Safronova A.N., Yudochkin A.V., Zuglova E.A.. Metabolic syndrome: modern ideas, diagnostic criteria and principles of diet therapy. *Nutrition*. 2015;5(4):4-13.
7. A.V.Aleshkin, M.V.Zeygarnik. Phagotherapy of suppurative-inflammatory diseases of the respiratory organs. *Infectious Diseases*. 2015;13(3):36-53.
8. N.N.Taran, E.V.Pavlovskaya, T.V.Strokova, A.G.Surkov, M.E.Bagaeva, A.I.Zubovich, M.V.Zeygarnik. Assessment of bioelectrical activity of the brain in complex diagnosis of obesity in children and adolescents. *Pediatric Nutrition*. 2015;13(6):5-9.
9. Zuglova E.A., Zeigarnik M.V. The financial burden of healthcare associated with overweight and related diseases. *Remedium*. 2015;(6):35-36.
10. Borodina G.V., Strokova T.V., Pavlovskaya E.V., Bagaeva M.E., Zeigarnik M.V., Kutyreva E.N., Surkov A.G., Zubovich A.I. Results of 24-hour pH monitoring in gastroesophageal reflux disease in overweight and obese children and adolescents. *Pediatric Nutrition*. 2015;13(3):22-26.
11. Pavlovskaya E.V., Strokova T.V., Surkov A.G., Zubovich A.I., Zeigarnik M.V., Bagaeva M.E., Kutyreva E.N. Obesity in boys and girls: clinical, biochemical and metabolic differences. *Pediatric Nutrition*. 2015;13(3):5-13.
12. Zuglova E.A., Zeigarnik M.V. Increasing the role of doctors of different specialties in the prevention and treatment of metabolic syndrome. *Meditsinsky Sovet (Medical Council)*. 2015;(2):70-71.
13. Aleshkin A.V., Larina Yu.V., Volozhantsev N.V., Zeygarnik M.V., Kiseleva I.A., Verevkin V.V., Svetoch E.A., Zul'karneev E.R., Rubal'skiy E.O., Afanas'ev S.S., Efimova O.G., Bochkareva S.S. An experience of decontamination of semi-processed foods using bacteriophages. *Nutrition*. 2015;5(1):24-30.
14. Bogdanov A.R., Derbeneva S.A., Zaletova T.S., Zeygarnik M.V., Kaganov B.S., Safronova A.N.. The dynamics of anthropometric indices and the body composition in overweight and obese females against the background of diet therapy enriched with conjugated linoleic acid. *Nutrition*. 2013;3(2):21-28.
15. Derbeneva S.A., Bogdanov A.R., Pheophanova T.B., Zaletova T.S., Golubeva A.A., Kaganov B.S., Zeigarnik M.V. The study of cardiac status in patientes with obesity. *Medical Science and Education of Ural*. 2012;12(1):126-129
16. Bogdanov A.R., Zeygarnik M.V., Kaganov B.S. Conjugated linoleic acid in diet therapy of obesity: the state of the problem. *Nutrition*. 2012; 3(2):21-28.
17. A.V.Aleshkin, M.V.Zeygarnik. Possibilities of using bacteriophages as probiotic medications for decontamination in nutrition. *Nutrition*. 2012;2(4):24-34.
18. Bogdanov A.R., Derbeneva S.A., Golubeva A.A., Zeygarnik M.V., Kaganov B.S. Study of the efficacy of using a PUFA-containing diet in therapy of diseases of the cardiovascular system and obesity. *Nutrition*. 2012;2(4):6-11.
19. Pilipenko V.I., Shakhovskaya A.K., Isakov V.A., Gutorova T.V., Zeygarnik M.V. Effectiveness of cultured milk foods, enriched by bifidus bacteria and *Lactobacillus rhamnosis* GG (ATCC 53103,

- LGG®) in patients with slackening of motility function of intestines. *Vopr. Pitaniya*. 2011;80(3):44-48.
20. Victor Alexandrovich Tutelyan, Boris Kaganov, Vasily Isakov, M Zeigarnik, Galina Silvestrova, Aleksandra Golubeva, Yumei Lin, Alexey Petrenko, Anastasiya Dudnikova, Elena Samuylova. Analysis of diet, lifestyle behavior and specific risk factors for cardiovascular diseases among overweight adults in Russia. *The FASEB Journal*. 2011;25:783.18.
  21. Victor Alexandrovich Tutelyan, Boris Kaganov, Vasily Isakov, M V Zeigarnik, Galina Silvestrova, Aleksandra Golubeva, Yumei Lin, Alexey Petrenko, Anastasiya Dudnikova, Elena Samuylova. Oxidative stress markers in Russian overweight subjects and its relationship with cardiovascular risk. *The FASEB Journal*. 2011;25:331.8.
  22. Starodubova A.V., Golubeva A.A., Silvestrova G.A., Zeigarnik M.V., Storozhakov G.I., Kaganov B.S. The contribution of candidate genes for lipid metabolism and obesity in the development of ischemic heart disease. *Vestn. Ross. Gos. Med. Univ.* 2011;(3):14-20.
  23. Doletskaya D.V., Adamyan L.V., Kaganov B.S., Golubeva A.A., Sil'vestrova G.A., Zeigarnik M.V., Starodubova A.V. Nutrition-dependent disorders in adolescent girls with obesity: changes towards metabolic syndrome. *Vopr. Akush. Gin. Perinatol.* 2011;10(2):24-28.
  24. Taran N.N., Filatova T.A., Zeigarnik M.V., Monosova O.Yu., Vorozhko I.V., Berezina E.Yu. Approaches to diet therapy for food allergy in infants. *Clinical Practice in Pediatrics*. 2011;6(3):79-83.
  25. Doletskaya D.V., Adamyan L.V., Kaganov B.S., Kaznacheyeva T.V., Starodubova A.V., Topil'skaya N.V., Sentsova T.B., Zeygarnik M.V. Influence of endocrine factors on basal metabolism in adolescent girls with obesity and non-alcoholic fatty liver disease. *Clinical Practice in Pediatrics*. 2011;6(4):8-12.
  26. Gapparova K.M., Pilipenko V.I., Zeigarnik M.V., Chekhonina Yu.G., Grigor'yan O.N. The effect of low-calorie diets with inclusion of protein food substitutes on the anthropometric and clinico-biochemical indices in obese patients. *Nutrition*. 2011;1(1):24-30.
  27. Kon' I.Ya., Volkova L.Yu., Korosteleva M.M., Georgieva O.V., Zeigarnik M.V. Modern ideas about food products for children of preschool and school age. *Pediatric Nutrition*. 2010;8(6):35-38.
  28. Taran N.N., Babak O.A., Lokshina M.M., Potapova O.V., Rogatkin S.O., Zeigarnik M.V., Mokhova Yu.A., Kaganov B.S. A clinical evaluation of specialized enriched formulas for the premature neonate. *Pediatric Nutrition*. 2010;8(3):38-43.
  29. Ploskireva A.A., Gorelov A.V., Zeigarnik M.V., Gulid E.P., Chernyshkov A.V. Clinico-laboratory efficacy of a biologically active food supplement «Lactiv-ratiopharm F» in a complex therapy of acute enteric infections. *Infectious Diseases*. 2010;8(2):79-82.
  30. Baranov A.A., Kazyukova T.V., Zeigarnik M.V. Acute respiratory diseases in children: treatment and prevention. *Practical guidelines*, Baranov A.A., Ed. Moscow: IFMHH, 2002.