

PERSONAL INFORMATION

Hana El Tannir



📍 Church Street, Khalde, Jurdy Building, 1st floor, Beirut (Lebanon)

☎ 0096176672186

✉ h.tannir@bau.edu.lb

WORK EXPERIENCE

01/09/2018–Present

Lecturer

Nutrition and Dietetics Department, Faculty of Health Sciences, Beirut Arab University, Beirut (Lebanon)

EDUCATION AND TRAINING

01/09/2018–Present

PhD candidate in Biology

Beirut Arab University, Beirut (Lebanon)

01/09/2013–01/06/2015

Master in Food Technology

Saint Joseph University, Beirut (Lebanon)

ADDITIONAL INFORMATION

Publications

Long-Term Weight-Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report. Dana El Masri 1, Dima Kreidieh 1, Hana Tannir 1, Leila Itani 1 and Marwan El Ghoch 1,2,**Reports* 2018, 1, 21; doi:10.3390/reports1030021

Publications

Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women. Dima Kreidieh 1, Leila Itani 1, Dana El Masri 1, Hana Tannir 1, Roberto Citarella 2 and Marwan El Ghoch 1,3,**J. Cardiovasc. Dev. Dis.* 2018, 5, 51; doi:10.3390/jcdd5040051

Publications

The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity. Leila Itani 1, Simona Calugi 2, Riccardo Dalle Grave 2, Dima Kreidieh 1, Germine El Kassas 1, Dana El Masri 1, Hana Tannir 1, Aya Harfoush 1 and Marwan El Ghoch 1,2,**Med. Sci.* 2018, 6, 25; doi:10.3390/medsci6010025

Publications

Validation of an Arabic Version of the Obesity-Related Wellbeing (ORWELL 97) Questionnaire in Adults with Obesity. Leila Itani 1, Simona Calugi 2, Dima Kreidieh 1, Germine El Kassas 1, Dana El Masri 1, Hana Tannir 1, Riccardo Dalle Grave 2, Aya Harfoush 1 and Marwan El Ghoch 1,2,**Current Diabetes Reviews*, 2018, Vol. 14, No.0

Publications

Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study. Shirine Khazem, Leila Itani, Dima Kreidieh, Dana El Masri, Hana Tannir, Roberto Citarella, Marwan El Ghoch, *International journal of environmental research and public health* 201812

Publications

Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study

by Dima Kreidieh, Leila Itani, Hana Tannir, Dana El Masri and Marwan El Ghoch. *J. Cardiovasc. Dev. Dis.* 2020

- Publications** How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery? Leila Itani, Dana El Masri, Dima Kreidieh, Hana Tannir & Marwan El Ghoch *Internal and Emergency Medicine* (2020)
- Publications** Association Between Sarcopenic Obesity and Metabolic Syndrome in Adults: A Systematic Review and Meta-Analysis
Dima Khadra, Leila Itani, Yomna Chebaro, May Obeid, Miryam Jaber, Reham Ghanem, Agnes Ayton, Dima Kreidieh, Dana El Masri, Akira Kimura, Hana Tannir, Marwan El Ghoch. *Current Cardiology Reviews* 2020 Feb 13.
- Publications** The Impact of Sarcopenic Obesity on Health-Related Quality of Life in Treatment-Seeking Patients with Obesity
Leila Itani, Dima Kreidieh, Dana El Masri, Hana Tannir, Marwan El Ghoch*. *Current Diabetes Reviews*, 2020 Feb 10
- Publications** Association Between Reduced Daily Steps and Sarcopenic Obesity in Treatment-Seeking Adults With Obesity
Dima Kreidieh, Leila Itani, Dana El Masri, Hana Tannir, and Marwan El Ghoch *Front Endocrinol (Lausanne)*. 2020; 11: 22
- Publications** Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated. Itani L, Tannir H, Kreidieh D, El Masri D, El Ghoch M. *J Popul Ther Clin Pharmacol*. 2020 Jan 18
- Publications** Understanding sarcopenic obesity in terms of definition and health consequences: a clinical review
Raya Nezameddin, Leila Itani, Dima Kreidieh, Dana El Masri, Hana Tannir, Marwan El Ghoch
Current Diabetes Reviews. *Curr Diabetes Rev*. 2020 Jan 8
- Publications** Predictive Equations based on Body Composition for Resting Energy Expenditure estimation in adults with obesity.
El Masri D, Itani L, Kreidieh D, Tannir H, El Ghoch M
Curr Diabetes Rev. 2019 Oct 29
- Publications** Reduction of Resting Energy Expenditure and Sarcopenic Obesity in Adults with Overweight and Obesity: A Brief Report.
Tannir H, Kreidieh D, Itani L, El Masri D, El Ghoch M
Curr Diabetes Rev. 2019 Oct 29
- Publications** IS BODY FAT PERCENTAGE A GOOD PREDICTOR OF MENSTRUAL RECOVERY IN FEMALES WITH ANOREXIA NERVOSA AFTER WEIGHT RESTORATION? A SYSTEMATIC REVIEW AND EXPLORATORY AND SELECTIVE META-ANALYSIS.
Traboulsi S, Itani L, Tannir H, Kreidieh D, El Masri D, El Ghoch M
J Popul Ther Clin Pharmacol. 2019 Jul 31
- Publications** Association Between Smoking Hookahs (Shishas) and Higher Risk of Obesity: A Systematic Review of Population-Based Studies
Reem Baalbaki, Leila Itani, Lara El Kebbi, Rawan Dehni, Nermine Abbas, Razan Farsakouri, Dana Awad, Hana Tannir, Dima Kreidieh, Dana El Masri, and Marwan El Ghoch *J Cardiovasc Dev Dis*. 2019 Jun; 6(2): 23.
- Publications** Association between sarcopenic obesity and higher risk of type 2 diabetes in adults: A systematic

review and meta-analysis

Dima Khadra, Leila Itani, Hana Tannir, Dima Kreidieh, Dana El Masri, and Marwan El Ghoch
World J Diabetes. 2019 May 15; 10(5): 311–323.

Publications Body composition in adolescents and young adults with anorexia nervosa: A clinical review.
Tannir H, Itani L, Kreidieh D, El Masri D, Traboulsi S, El Ghoch M
Curr Rheumatol Rev. 2019 Feb 22

Publications Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report
Roberto Citarella, Leila Itani, Vito Intini, Gregorio Zucchini, Stefano Scevaroli, Dima Kreidieh, Hana Tannir, Dana El Masri, and Marwan El Ghoch
Sports (Basel). 2019 Feb; 7(2): 44.

Publications Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence.
Chehade L, Jaafar ZA, El Masri D, Zmerly H, Kreidieh D, Tannir H, Itani L, El Ghoch M
Curr Rheumatol Rev. 2019;15(3)