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## **Current positions**

- Assistant Professor of Dermatology and Research Deputy Member at Center for Research & Training in Skin Diseases & Leprosy (CRTSDL), Tehran University of Medical Sciences, Tehran, Iran
- Practicing dermatologist and dermatosurgeon

# **Education**

2022 Sep	Board-certified Dermatologist	
2018- 2022	Dermatology Residency	Resident of Dermatology- Kerman University of Medical Sciences
2013-2014	Research Scholar	Plastic Surgery Department (PI: Prof Dennis P. Orgill)-
		Tissue Engineering & Wound Healing Lab-
		Brigham and Women's Hospital- Harvard Medical School

2008-2010	MSc Degree	Dermatology Skills & Treatment- University of Hertfordshire, UK
		(I had International Chancellor's Scholarship for this course.)
1997-2005	MD Degree	Medicine, Islamic Azad University– Tehran Medical Branch, Iran
1993-1997	High School Diploma i	n Experimental Sciences Danesh High School, Tehran, Iran

#### **Theses**

## Dermatology specialty training thesis

"Assessing effectiveness of adding topical atorvastatin 1% ointment to topical calcineurin inhibitor treatment for non-segmental vitiligo patients visited at Afzalipour hospital dermatology clinics". For fulfillment of the Dermatology Specialty Training, presented in 2022 at Afzalipour Hospital's Department of Dermatology-Kerman University of Medical Sciences; Graded 20 out of 20

## MD degree thesis

"The effect of swim stress on tolerance and swim stress-induced analgesia and its interaction with histaminergic system". For fulfillment of the MD degree, presented in 2005 at Islamic Azad University-Tehran Medical Branch

## Master's degree thesis

"Is it recommended to screen for metabolic syndrome risk factors in every patient presenting with psoriasis?" For fulfillment of the MSc degree, presented in 2010 at University of Hertfordshire, Hatfield, UK.

## **Awards & Scholarships**

2023 The 9<sup>th</sup> Professor Yahya Dowlati Research Award

2008 International Chancellor's Scholarship, University of Hertfordshire, UK

**Postdoctoral Training** 

2010-2013 Research fellow Dermatology (PIs: Prof Yahya Dowlati, Prof Alireza Firooz, Dr Alireza Khatami)

Center for Research & Training in Skin Diseases & Leprosy-Iran

**2013-2014** Research Scholar Plastic surgery (PI: Prof Dennis P. Orgill)

Tissue Engineering & Wound Healing Lab-

Brigham and Women's Hospital-Harvard Medical School

2014-2018 Research fellow Dermatology (PIs: Prof Yahya Dowlati, Prof Alireza Firooz)

Center for Research & Training in Skin Diseases & Leprosy-Iran

2018- 2022 Resident Resident of Dermatology- Kerman University of Medical Sciences

## Peer reviewed publications

Google Scholar h-index  $\rightarrow$  15

Google Scholar i-10 index  $\rightarrow$  17

**Total number of citations: 1352** 

## A- Textbook chapters

#1 Alireza Firooz, **Hamed Zartab**, Ali Rajabi-Estarabadi. Sebaceous Physiology. In: Agache's Measuring the Skin 2<sup>nd</sup> ed. Humbert P., Fanian F., Maibach H.I., Agache A. (eds). Springer International Publishing. 2017

#2 Alireza Firooz, Ali Rajabi-Estarabadi, **Hamed Zartab**. Measurement of Skin Surface Sebum. In: Agache's Measuring the Skin 2<sup>nd</sup> ed. Humbert P., Fanian F., Maibach H.I., Agache A. (eds). Springer International Publishing. 2017

#3 Yahya Dowlati, Alireza Firooz, **Hamed Zartab**. Scalp Sebaceous Physiology. In: Agache's Measuring the Skin 2<sup>nd</sup> ed. Humbert P., Fanian F., Maibach H.I., Agache A. (eds). Springer International Publishing. 2017

#4 Alireza Firooz, Ali Rajabi-Estarabadi, **Hamed Zartab**, Hournaz Hasanzadeh, Yahya Dowlati. Classification and Scoring of Androgenetic Alopecia (Male and Female Pattern). In: Agache's Measuring the Skin 2<sup>nd</sup> ed. Humbert P., Fanian F., Maibach H.I., Agache A. (eds). Springer International Publishing. 2017

#5 Alireza Khatami, Alireza Firooz, **Hamed Zartab**, Ali Khamesipour, Mansour Nassiri-Kashani, Yahya Dowlati. Chapter 28: Cutaneous leishmaniasis. 373-400. In: Evidence Based Dermatology 2<sup>nd</sup> ed. Maibach HI, Gorouhi F. PMPHUSA, Ltd, USA.

#### **B-** Published articles

#### **Accepted for publication:**

#1 The RANK-RANKL-OPG Axis in Dermatological Malignancies: A Systematic Review. Accepted for publication in International Immunopharmacology

#### **Published**

- #1 Maghsoodloo D, **Zartab H**, Alipour M, Rukerd MRZ, Mirkamali H, Parsi-Moud A, Firooz A. Topical metformin in wound healing: a comprehensive systematic review of therapeutic outcomes. Arch Dermatol Res. 2025 May 16;317(1):760. doi: 10.1007/s00403-025-04277-w. PMID: 40377758
- #3 **Zartab H**, Aflatoonian M, Shamsi-Meymandi S, Pardakhty A, Isazadeh A, Firooz A, Amiri R. Assessing effectiveness of adding niosomal atorvastatin 1% ointment to topical calcineurin inhibitor treatment in non-segmental vitiligo. J Cosmet Dermatol. 2024 Feb 13. doi: 10.1111/jocd.16227. Epub ahead of print. PMID: 38348697.
- #4 Mohammad Shahidi-Dadras, Zahra Asadi Kani, Sahar Dadkhahfar, **Hamed Zartab**, Azadeh Rakhshan. The presence of mast cells in lichen planopilaris and discoid lupus erythematosus of the scalp: A quantitative study. J Cut Pathol. 2022 May;49(5):448-453.
- #5 Khalili M, Amiri R, Iranmanesh B, **Zartab H**, Aflatoonian M. Safety and efficacy of mesotherapy in the treatment of melasma: A review article. J Cosmet Dermatol. 2022 Jan;21(1):118-129.
- #6 Iranmanesh B, Khalili M, Amiri R, **Zartab H**, Aflatoonian M. Oral manifestations of COVID-19 disease: A review article. Dermatologic Therapy, 2021 Jan 34(1):214578. doi: 10.1111/dth.14578.
- #7 Iranmanesh B, Khalili M, **Zartab H**, Amiri R, Aflatoonian M. Laser therapy in cutaneous and genital warts: A review article. Dermatologic Therapy, 2021 Jan;34(1):e14671. doi: 10.1111/dth.14671.
- #8 **Zartab H**, Iranmanesh B, Amiri R, Shamsi Meymandi S. Alopecic and aseptic nodule of the scalp & cutis vertices gyrate: when rarities meet. Iranian Journal of Dermatology. 2021; 24(4):362-366.
- #9 T Yazdanparast, K Yazdani, P Humbert, A Khatami, S Ahmad Nasrollahi, **H Zartab**, L Izadi Firouzabadi, A Firooz. Biophysical and ultrasonographic changes in lichen planus compared with uninvolved skin. International Journal of Women's Dermatology, 2018, Nov 16;5(2):100-104.
- #10 A Firooz, A Rajabi-Estarabadi, **H Zartab**, N Pazhohi, F Fanian, L Janani. The influence of gender and age on the thickness and echo-density of skin. Skin Research and Technology, 2017; 23 (1), 13-20.

- #11 Mohajeri-Tehrani MR, Variji Z, Mohseni, Firuz A, Annabestani Z, **Zartab H**, Rad MA, Tootee A, Dowlati Y, Larijani B. Comparison of Bioimplant dressing with a wet dressing for the treatment of diabetic foot ulcers: A randomized, controlled clinical trial. Wounds. 2016;28(7)248-54.
- #12 Firooz A, **Zartab H**, Sadr B, Bagherpour LN, Masoudi A, Fanian F, Dowlati Y, Ehsani AH, Samani A. Daytime changes of skin biophydical characteristics: A study of hydration, transepidermal water loss, pH, sebum, elasticity, erythema, and color index on Middle Eastern skin. Indian J Dermatol., 2016;61(6):700.
- #13 Sidharth Sonthalia, Kinshuk Sahaya, Rahul Arora, Archana Singal, Ankur Srivastava, Ritu Wadhawn, **Hamed Zartab**, Kripa Shankar Gupta. Nocebo effect in dermatology. Indian J Dermatol, Venereol, and Leprol. 2015; 81(3):242
- #14 Lujan-Hernandez JR, Lancerotto L, Nabzdyk C, Hassan KZ, Khouri RK Jr, **Zartab H**, Chin MS, Bassetto F, Lalikos JF, Orgill DP. Abstract 125: adipogenesis by external volume expansion. Plast Reconstr Surg. 2014 Mar;133(3 Suppl):142.
- #15 Mehryan P, **Zartab H**, Rajabi A, Pazhouhi N, Firooz A. Assessment of efficacy of platelet-rich plasma (PRP) on infraorbital dark circles and crow's feet wrinkle. J Cosmet Dermatol. 2014; 13(1): 72-8.
- #16 Montaser-Kouhsari L, **Zartab H**, Fanian F, Noorian N, Sadr B, Nassiri-Kashani M, Firooz A. Comparison of intradermal injection with iontophoresis of a-botulinum toxin A for the treatment of primary axillary hyperhidrosis a randomized, controlled trial. J Dermatolog Treat 2014 Aug;25(4):337-41.
- #17 Nassiri-Kashani M, Sadr B, Fanian F, Kamyab K, Nourmohammadpour P, Shahshahani MM, **Zartab H**, Naghizadeh MM, Sarraf-Yazdi M and Firooz A. Preoperative assessment of basal cell carcinoma dimensions using high frequency ultrasonography and its correlation with histopathology. Skin Res Technol 2013; 19(1):e132-8.
- #18 Mansour Nassiri-kashani, Ali Rajabi-Estar Abadi, **Hamed Zartab**, Pegah Khoshpouri, Parisa Khopshpouri, Hamed Hosseini, Amir Hossein Tavakkoli, Alireza Firooz. Evaluation of human allogenic collagen gel for correction of nasolabial folds using non-invasive measurement techniques. Iranian J Dermatol. 2015;18(3):97-103.
- #19 Noorieh Sharifi-Sistani, **Hamed Zartab**, Shahab Babakoohi, Nasrollah Saghravanian, Shokoofeh Jamshidi, Habibollah Esmaili, Nooshin Mohtasham, Maryam Zamanzadeh and Hamid Abbaszadeh-Bidokhty. Immunohistochemical comparison of the expression of p53 and MDM2 proteins in ameloblastomas and keratocystic odontogenic tumor. J Craniofac Surg 2011; 22(5):1652-6.
- #20 Parvin Mansouri, Soheila Hasouri, Alireza Firooz, Alireza Khatami, Asal Atarod, **Hamed Zartab**, Reza Chalangari et al. Safety and efficacy of tacrolimus 0.03% ointment in the treatment of atopic dermatitis: a randomized, double-blind, placebo controlled clinical trial. Dermatology and Cosmetic 2011; 2(3):143-9.

- #21 Ali Khamesipour, Mohammad Hossein Ghoorchi, Alireza Khatami, Seyed Ebrahim Eskandari, Amir Javadi, **Hamed Zartab**, Maryam-Sarraf-Yazdy, and Alireza Firooz. Comparison of efficacy of intralesional injection of meglumine antimoniate once-weekly with twice-weekly in the treatment of anthroponotic cutaneous leishmaniasis in Mashhad: a randomized clinical trial. Dermatology and Cosmetic 2011; 2(1):1-8.
- #22 Davoudi SM, Keshavarz S, Sadr B, Shohrati M, Naghizadeh MM, Farsinejad K, Rashighi Firouzabadi M, **Zartab H**, and Firooz A. Skin hydration and transepidermal water loss in patients with a history of sulfur mustard contact: a case-control study. J Europ Acad Dermatol Venereol 2009; 23(8):940-4.
- #23 Davoudi SM, Keshavarz S, Sadr B, Shohrati M, Naghizadeh MM, Farsinejad K, Rashighi Firouzabadi M, **Zartab H**, and Firooz A. Comparison of skin erythema and melanin level in sulfur mustard induced chronic skin lesion and normal skin. Iran J Dermatol 2008; 11:151-4.
- #24 Sepehr Salem, Abdolrasoul Mehrsai, **Hamed Zartab**, Nematollah Shahdadi and Gholamreza Pourmand. Complications and outcomes following extracorporeal shock wave lithotripsy: a prospective study of 3,241 patients. Urol Res 2010; 38(2):135-42.
- #25 Fazli-Tabaei S, Yahyavi SH, Nouri M, **Zartab H**, Javid G, Loghavi S, Zarrindast MR. Dopamine Receptor Mechanism(s) and Antinociception and Tolerance induced by Swim Stress in Formalin Test. Behavioral Pharmacology 2006;17(4): 341-7,Vol. 26 (11):447-9.
- #26 Soheila Fazli Tabaei, Seyed Hossein Yahyavi, Pooya Alagheband, **Hamed Zartab**, Sara Safari, Hamid Reza Samiee, Farzaneh Rastegar and Mohammad Reza Zarrindast. The effects of dopamine receptor agents on swim stress-induced inhibition of naloxone-induced jumping behavior in morphine-dependent mice. Iranian Journal of Pharmaceutical Research 2006; 2:107-15.
- #27 Alireza Firooz, Ali Rajabi Estarabadi, **Hamed Zartab**, Pegah Khoshpouri, Parisa Khoshpouri, Kambiz Kamyab. Methods for skin biophysical analysis and imaging: A review (Part II). Dermatology and Cosmetic 2013; 4(1):40-8.
- #28 Alireza Firooz, Ali Rajabi Estarabadi, **Hamed Zartab**. Methods for skin biophysical analysis and imaging: A review (Part I). Dermatology and Cosmetic 2012; 3(4):219-26.
- #29 **Hamed Zartab**, Neda Pazhouhi, and Mansour Nassiri-Kashani. Langerhans cell histiocytosis: a case report. Dermatology and Cosmetic 2011; 2(2):132-136.
- #30 Alireza Khatami and **Hamed Zartab**. Dermatology: A public health perspective. Dermatology and Cosmetic 2011; 2(4):245-53.
- #31 Hamed Zartab, Feryal Faniyan, Zeinab Variji, Ali Rajabi Estarabadi, Alireza Firooz. Treating

cellulite and local obesity using acoustic wave therapy (AWT): Reporting 3 cases and used protocol. Dermatology and Cosmetic 2013; 4(1):49-60.

## **Congresses presentations**

- #1 Assessing safety and efficacy of a mixture of oral finasteride 1 mg, minoxidil 1 mg, and biotin 5 mg in treatment of androgenetic alopecia in males: a single-arm, before-after clinical trial. Accepted for oral presentation for EADV Congress, Paris, France, 17-20 September 2025.
- #2 Assessing effectiveness of adding niosomal atorvastatin 1% ointment to topical calcineurin inhibitor treatment in non-segmantal vitiligo. Accepted for poster presentation for EADV Congress, Paris, France, 17-20 September 2025.
- #3 Leprosy. Oral presentation at 1<sup>st</sup> National Conference of Neglected Tropical Diseases (NTD), Location: Pasteur Institute of Iran, Tehran, Iran. Date: 5<sup>th</sup> Jan 2025.
- #4 Supplements in Vitiligo. Oral presentation at 23<sup>rd</sup> Annual Congress of the Iranian Society of Dermatology, Location: Espinas Palace Hotel, Tehran, Iran. Date: 15-17 Jan 2025.
- #5 Antihistamines in allergic diseases and pharmacogenomics; presented orally at 1<sup>st</sup> International Pharmacogenetics Congress, Tehran, Iran; 6-8<sup>th</sup> November 2024
- #6 Erbium YAG for troublesome dilated facial pores: a new approach for an old problem. Oral presentation at 22<sup>nd</sup> Annual Congress of the Iranian Society of Dermatology, Location: Espinas Palace Hotel, Tehran, Iran. Date: 17-19 Jan 2024. Authors: **Zartab H**, Ghavami Rad H, Firooz A.
- #7 Oral manifestations of COVID-19 disease: A review article. 21st Annual Congress of the Iranian Society of Dermatology, Location: Tehran, Iran. Date: 18-20 Jan 2023. Authors: Iranmanesh B, Khalili M, Amiri R, **Zartab H**, Aflatoonian M.

#8 Alopecic & aseptic nodule of the scalp and cutis verticis gyrata- valleys and mountains on the head of a young man: where rarities meet. 19<sup>th</sup> Annual Congress of the Iranian Society of Dermatology, Location: Tehran, Iran. Date: 15-17 Jan 2020. Authors: **Hamed Zartab**, Behzad Iranmanesh, Rezvan Amiri, Simin Shamsi-Meymandi.

#9 Measurement of basal cell carcinoma dimensions with high frequency ultrasonography and its correlation with histopathology. 20th Congress of the European Academy of Dermatology & Venereology. Location: Lisbon, Portugal. Date: 20-24 Oct 2011. Authors: Nassiri Kashani M, Fanian F, Sadr B, Kamyab K, Mirshams Shahshahani M, Noormohammdpour P, **Zartab H**, Sarraf-Yazdi M, Firooz A.

#10 Botulinum toxin type A iontophoresis for the treatment of axillary hyperhidrosis 20th Congress of the European Academy of Dermatology & Venereology. Location: Lisbon, Portugal. Date: 20-24 Oct. 2011. Authors: Firooz A, Montaser Kouhsari L, **Zartab H**, Fanian F, Sadr B, Nourian N, Firooz F, Nassiri-Kashani M.

#11 Diurnal fluctuation of skin biophysical characteristics: A study of hydration, TEWL, pH, sebum, elasticity and pigment index. 22<sup>nd</sup> World Congress of Dermatology. Location: Seoul, Korea. Date: 24-29 May 2011. Authors: Firooz A, **Zartab H**, Sarraf-Yazdi M, Sadr B, Naraghi L, Masoudi A, Babakoohi S, Kazerouni-Timsar A, Fanian F, Firooz F, Dowlati Y.

#12 Comparative study of skin sebum and elasticity level in patients with sulfur mustard induced dermatitis. 10th International Congress of Dermatology. Location: Prague, Czech Republic. Date: 20-23 May 2009.

Authors: Davoudi SM. Sadr SB, Keshavarz S, Shohrati M, Naghizadeh MM, Farsinejad K, Rashighi-Firoozabadi M, **Zartab H**, Firooz A.

#13 Comparison of erythema and melanin level in sulfur mustard induced chronic skin lesion with normal skin. 10th International Congress of Dermatology. Location: Prague, Czech Republic, Date: 20-23 May 2009. Authors: Sadr SB, Davoudi SM, Firooz A, Keshavarz S, Shohrati M, Naghizadeh MM, Farsinejad K, Rashighi Firoozabadi M, **Zartab H**.

#14 Skin hydration and trans-epidermal water loss in patients with a history of sulfur mustard contact.

10th International Congress of Dermatology. Location: Prague, Czech Republic. Date: 20-23 May 2009.

Authors: Firooz A, Davoudi SM, Keshavarz S, Shohrati M, Sadr SB, Naghizadeh MM, Farsinejad K, Rashighi Firouzabadi M, **Zartab H**.

#15 Endoanal Ultrasonography and Its Correlation with Surgical Findings. 2nd Scientific and Annual General Meeting, European Society of Coloproctology (ESCP). Location: Malta. Date: 26-27 Sep 2007. Indexed in: Colorectal Disease,vol9,issue s3, page13-60, Oct 2007. Authors: Derakhshani S, Joneidi I, Elahi B, Zartab H, Vafaie M.

#16 Solitary Rectal Ulcer Syndrome in Children: Report of Three Cases and Review. 2nd Scientific and Annual General Meeting, European Society of Coloproctology (ESCP). Location: Malta. Date: 26-27 Sep 2007. Indexed in: Colorectal Disease,vol9,issue s3, page13-60, Oct 2007. Authors: Derakhshani S, Elahi B, **Zartab H**,Vafaie M.

#17 Extracorporeal Shock Wave Lithotripsy in adults: Results and short term complications. 23rd Annual EAU Congress. Location: Milan, Italy. Date: 26-29 Mar 2008. Authors: Salem S, Mehrsai A, **Zartab H**, Pourmand G.

## **Current undergoing projects**

- ✓ Investigating Rank-RANKL-OPG axis in precancerous and non-malanoma skin cancers (NMSC)
- ✓ Investigating the association between PCL-loaded topical metformin and RANK-RANKL-OPG in nonscarring wound healing: an in vitro and in vivo study
- ✓ Rank-RANKL-OPG axis in dermatologic malignancies, including melanoma
- ✓ Roles of Rank-RANKL-OPG axis in dermatology physiology and non-malignant dermatologic disorders malignancies, including melanoma
- ✓ RCT of safety and efficacy of botulinum toxin type A microneedling in palmar hyperhidrosis
- ✓ RCT on safety and efficacy of adding picosecond1064 nm Nd: YAG laser treatment to treatment with minoxidil and/or finasteride/dutasteride in men with AGA
- ✓ Rank-RANKL-OPG axis in AGA
- ✓ A survey study on awareness and approaches of dermatologist regarding lab monitoring in patients taking oral finasteride/dutasteride
- ✓ Systematic review on roles of Parkin, LRRK2 in dermatology and their association with metformin

#### **Professional Skills, Abilities and Certificates**

- ✓ Reviewer for peer-reviewed Journals including Archives of Dermatological Research, Cosmetic Dermatology, and European Journal of Medical Research
- ✓ APTOS Certificate of Professional Course on APTOS methods
- ✓ APTOS Certificate of Initial Course on APTOS methods
- ✓ Designing, conducting, analyzing and reporting different kinds of studies including clinical trials
- ✓ Scientific writing, including systematic reviews, for publishing in journals
- ✓ Reviewing scientific papers
- ✓ Immunohistochemistry staining for proliferation, inflammation and angiogenesis markers in animal (mice) tissue samples (learned at Brigham and Women's Hospital, Harvard Medical School)
- ✓ Handling and working with laboratory animals (mice)
- ✓ Different noninvasive techniques for measuring cutaneous biophysical characteristics, including high-frequency ultrasonography
- ✓ Certificate of GCP (good clinical practice) Workshop, held at Center for Research & Training in Skin Diseases & Leprosy, Nov 2010

#### Major administrative leadership positions

2021-2022 Chief Resident of Dermatology, Kerman University of Medical Sciences

2010-2013 Manager DermaLab (Pharmaceutical, Cosmeceutical & Hygienic Products Clinical Evaluation Unit),

Center for Research & Training in Skin Diseases & Leprosy

#### **Committee service**

2011 Executive Committee for "What is new in Dermatology, Cosmetic & Laser?" Congress, 14-16 Sep2011, Tehran, Iran

**2012** Scientific-Executive Committee for "International Congress of Dermatology, Cosmetic & Laser", 10-12 Oct 2012, Tehran, Iran

## **Professional societies**

2008 MENSA International- The High IQ Society

**2005-present** Permanent Member of Iranian Medical Council

**2009-2010** Young Researchers Club- Islamic Azad University

**2016-present** Member of European Hidradenitis Suppurativa Foundation (EHSF)

**2022-present** Permanent Member of the Iranian Society of Dermatology

#### Professional or local academic/teaching positions teaching and training

#### Laboratory and other research supervisory and training responsibilities

2010-2013 Supervision of research assistants (including training for lab techniques and protocols),

DermaLab (Pharmaceutical, Cosmeceutical & Hygienic Products Clinical Evaluation Unit), Center for Research & Training in Skin Diseases & Leprosy

2018-present Teaching research methodology to undergraduate and final year medical students and interns

2022-2023 Dermatologist at a teaching university hospital at Taleghani Hospital, Urmia University of Medical Sciences

**2023-current time** Dermatologist; regularly fiving lectures for dermatology residents and medical student externs at the Center for Research & Training in Skin Diseases & Leprosy (CRTSDL), Tehran University of Medical Sciences (TUMS)

#### Language Skills, Software familiarity and Favourites

### Languages

English: Fluent;

TOEFL iBT score: 100 (Nov 2015)

IELTS overall band score (September 2011): 7.5 (Speaking 8, Reading 7.5, Listening 7.5, Writing 7)

TOEFL iBT score: 107 (Nov 2007)

GRE (Graduate Record Exam) score: 1060 out of 1600 (Nov 2008)

French: speak, read, and write with basic-to-intermediate competence Italian: speak, read, and write with basic-to-intermediate competence

Persian: vernacular language

#### **Software Familiarity**

MS Word, PowerPoint, SPSS, EndNote, Skin Surface Analyzer®, Visioface®, Visioline®, MPA 580® and DUB-USB®, ImageJ

#### **Favourites & Miscellaneous activities**

Swimming, football, futsal, guitar playing, painting, poetry