Endocrinology and Metabolism Research Institute

Tehran University of Medical Sciences

Founded in 1993

Founded in 1993, Endocrinology and Metabolism Research Institute (EMRI) commenced its research activities on a very small scale at the endocrinology ward of one of the teaching hospitals of Tehran University of Medical Sciences in 1993, soon to be officially recognized as the Endocrinology and Metabolism Research Center of the same University. Due to the commitment of its academics and staff to professionalism and their relentless efforts, the Endocrinology and Metabolism Research Center (EMRC) was promoted to the Endocrinology and Metabolism Research Institute (EMRI) in 2010; and once again, in 2012, it was promoted to the highest possible status of a research institute in the Islamic Republic of Iran.

Today, 21 years later, EMRI is not only of the highest status of a research center in terms of organizational structure, but also is one of the highest ranking centers in the country in terms of academic output and citation indices.

Mission Statement

EMRI is a pioneering institute with a mission to combine clinical care, research and education in diabetes, endocrine, and metabolic diseases. By encouraging and supporting innovative research, the Institute aims to enhance the understanding of these diseases and to accelerate the search for new diagnostic procedures, treatment options, and cure possibilities.

Vision

We strive to be a pioneer in expanding boundaries of science and to maintain and enhance the standing of the Endocrine and Metabolism Research Institute as a research institute of national, regional, and international standing both in research and providing clinical service.

Research Centers

Endocrinology and Metabolism Research Institute is comprised of three affiliated research institutes, including:
The following research groups are working as a subcategory of research centers to facilitate the knowledge production.

- Evidence Based Medicine
- Medical Ethics
- Traditional Medicine
- Modeling and Simulation in Medical Sciences
- Bionanotechnology
- Immunogenetics
- Islamic Fasting

Research Laboratories

- Biochemistry and Hormones
- Cellular and Molecular
- Food and Drug
- Modeling and Simulation
- Bionanotechnology
Nano-Biosensor

**Educational Activities**

Educational activities of the EMRI can be generally categorized into two different categories:

- Professional education
- Public education

Professional education activities are consisted of educational events, fellowship programs, and professional publications. Each year, several conferences and workshops are organized and held and guidelines are published and updated by the Institute.

**Professional Education:**

- Training on diabetes and osteoporosis for healthcare workers in the region
- Developed and Updated National Guidance for prevention and management of diabetes and osteoporosis
- International Diabetic Foot Workshop
- Regional Workshops on the management of osteoporosis in collaboration with International Osteoporosis Federation (IOF)
- Diabetes Comprehensive Training Courses for general practitioners and nurses accredited by International Diabetes Federation (IDF)
- International Diabetes Updates Congress
- Student excursion to the EMRI, 2012

**Public Education:**

- Public Education Programs: Public Awareness Campaigns, Weekly diabetes education for patients and their families, Family health campaigns, Celebration of world days, Patient education
- Publication and distribution of educational materials, including books, booklets, brochures, pamphlets & CDs distributing all over the country.
• Community-based activities on World Days (World Diabetes Day, World Osteoporosis Day, World Elderly Day)

![Figure 1 Workshop on the prevention, diagnosis, and treatment of osteoporosis for ECO member states, 2010](image)

What Do We Offer?

1. **Diabetes and Diabetic Foot Comprehensive Training Courses (Accredited by IDF)**

   The EMRI holds Diabetes Comprehensive Training Courses (for GPs) and Diabetic Foot workshops (for nurses), which are certified by International Diabetes Foundation with the aim of updating scientists and clinicians on the most recent advances in different fields of diabetes. The course includes a diabetes team-based training session which is designed to adopt a multifaceted approach to diabetes care by different health care professionals such as general practitioners, nurses, and nutritionists.
2. Sabbatical programs

The EMRI Sabbatical programs are designed for the faculty of different universities so that they can update their knowledge and skills and enjoy the superb academic and vibrant atmosphere of the institute. Considering its rich resources, long history of research, and academic standing, the EMRI is a great place for intellectual enrichment and academic achievements. We offer sabbatical programs in different fields, such as osteoporosis, diabetes, GDM, obesity, lipid disorders, medical ethics, hormone clinical studies, molecular medicine, and patient education.

3. Ph.D. by Research

We are offering a unique research Ph.D. Program that will provide excellent training in clinical epidemiology, molecular medicine, and medical ethics. This course is designed to provide Iranian scientists with the opportunity to enhance their abilities and enable them to contribute to the whole body of knowledge produced by the nation.

4. Postdoc

The Department’s Postdoctoral Fellowship Scheme provides graduates of Iranian universities, as well as those of other countries, especially from the countries in the region, with an opportunity to establish their prospective careers within a superb research institute, benefiting from mentoring and support from eminent scholars in different fields of endocrinology and metabolism.
Research

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Top Research Priorities

- Diabetes prevention, education, and management
- Prevention and management of Diabetic Foot
- Expansion of Hip Fracture Registry and FRAX tool validation
- Assessment of bone density in patients with secondary osteoporosis
- Promoting National Health Care Networks and expanding them to regional and international levels
- Pancreas and Pancreatic Islet Beta-Cell Transplantation
- Expanding the Endocrine Cancer Registry
- Life style modification and prevention from diabetes and osteoporosis
- Genetic basis of endocrine diseases
- Biotechnology and Nanotechnology

EMRI Journal of Diabetes and Metabolic Disorders

The Journal of Diabetes and Metabolic Disorders, indexed in PubMed and published by Springer, is the open access, peer-reviewed, official journal of the Endocrinology and Metabolism Research Institute, published on behalf of Tehran University of Medical Sciences. It provides a forum for scientific inquiry of the highest standard in the fields of diabetes and metabolic disorders in both English and Persian.

All articles published by Journal of Diabetes and Metabolic Disorders are permanently accessible online, immediately upon publication.

Further information can be found [here](#).

Health Services

Currently, treatment activities of the Institute are offered at: Specialty and Subspecialty Diabetes Clinics, Obesity Clinic, and Osteoporosis Clinic.
Specialty and Subspecialty Diabetes Clinics of EMRI are comprised of different unites, including diabetic foot unit, BMD unit, diagnostic laboratory unit, and osteoporosis unit, which provided health services to the patients at the lowest cost and best quality.

The Specialty and Subspecialty Diabetes Clinics of the EMRI are consisted of several polyclinics which offer ophthalmology, cardiology, nephrology, neurology, and psychiatric services.

**Prominent Innovative Achievements**

Besides its impressive achievements in different fields of research, treatment, and education, EMRI has been successful in obtaining some groundbreaking attainments in diagnosis and treatment of diabetes:

- Angipars: A novel herbal medication for diabetic foot ulcer
- Pancreatic cell transplantation
- Stem cells treatment in diabetes
- Invention of a portable device for pain-free glucose monitoring using saliva and tears
- Invention of a device for the detection of sulfonylurea in the urine

**Collaboration with the World Health Organization (WHO)**

EMRI was assigned as a WHO collaborating center for Osteoporosis and Diabetes in 2007. Joint activities of the WHO and the institute include: Establishing national and regional networks, conducting joint projects, organizing training courses, and developing both research and clinical projects.

Considering the outstanding performance of EMRI in promoting public awareness and improving management strategies for osteoporosis and diabetes at a national level, as well as its future plans for tackling those diseases, the Regional Steering Committee of WHO Collaborating Centers extended the WHO collaboration with the institute for a further period of four years up to January 2015. EMRI, being re-assigned as the WHO Collaborating Center in "Research and Education on Management of Osteoporosis and Diabetes," leads and
synchronizes multicentre studies and support researchers working in different NCDs-related fields.

**Collaboration with International Osteoporosis Foundation (IOF)**

Endocrinology and Metabolism Research Institute has been an active member of IOF since 2002. EMRI has been involved in raising public awareness and improving professional education by different means such as organizing national and international events and establishment of Osteoporosis Research Center within the institute.

**Work Hours and Contact Information**

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