

# Ezzat Rowshan Zamir

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Compassionate and dedicated medical practitioner with a strong focus on Traditional Chinese Medicine (TCM), specializing in acupuncture, moxibustion, and massage therapy. Demonstrated proficiency in both clinical practice and research, committed to providing exceptional patient care. Possesses excellent communication skills and thrives in a collaborative team environment.

Treating multiple diseases through TCM such as:

- Obesity.
- Diseases of Muscles, Bones, and Joints (such as sprains, osteoarthritis, rheumatoid arthritis).
- Headaches (including tension headaches & migraines).
- Diseases of Nervous System (such as anxiety, depression & nerve paralysis).
- Diseases of Digestive System (such as diarrhea, constipation, stomachache).
- Diseases of Respiratory System (such as asthma and allergic rhinitis).

## CORE COMPETENCIES

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Traditional Chinese Medicine expertise. Proficient in both clinical practice and research. Excellent communication skills. Team collaboration. Diagnostic and treatment proficiency. Patient-centered care. Cultural competence. Professional integrity. Problem-solving and decision-making.

## WORK EXPERIENCE

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### General Manager & Traditional Chinese Medicine Practitioner

March 2020 - Current

Private Practice, Tehran, Iran

- Successfully manage a private practice, overseeing all aspects of operations and patient care.
- Specialized in Traditional Chinese Medicine (TCM), offering a comprehensive range of treatments to over 300 patients.
- Provided acupuncture services encompassing both therapeutic and cosmetic applications.
- Utilized moxibustion, a TCM technique involving the burning of moxa (dried mugwort) near acupoints to stimulate healing, enhance circulation, and alleviate various ailments.
- Offered massage therapy drawing upon TCM method (Tui-Na), employing specialized techniques to relieve muscle tension, promote relaxation, and improve overall well-being.
- Administered cupping therapy, a traditional Chinese treatment to stimulate blood flow, reduce pain, and facilitate healing.
- Implemented embedding techniques, skillfully inserting small medicinal threads under the skin at specific acupoints to deliver long-lasting therapeutic effects.
- Conducted diagnostic assessments, utilizing a holistic approach to evaluate patients' conditions, including detailed medical histories, physical examinations, and pulse diagnosis, in order to develop precise and effective treatment plans.
- Demonstrated excellent communication skills, fostering a compassionate and supportive environment, effectively conveying treatment options, addressing patient concerns, and maintaining professional integrity in all interactions.

### Traditional Chinese Medicine Practitioner

Sep 2019 - Feb 2020

(Under supervision of Dr. M.H. Ayati – MD & PhD of TCM)

Khark Traditional Medicine Clinic, Tehran, Iran

- Administered acupuncture (therapeutic & cosmetic), moxibustion, massage therapy, cupping, and embedding treatments for more than 100 cases with multiple sessions.
- Utilized diagnostic proficiency to assess and address patients' health concerns.
- Collaborate closely with a fellow Ph.D. professional specializing in Traditional Chinese Medicine (TCM) within a clinical setting, with a primary objective of enhancing patient outcomes and overall satisfaction.
- Engage in continuous professional development and foster a culture of knowledge exchange, leveraging our

diverse TCM backgrounds to refine and optimize treatment methodologies.

- Successfully manage a substantial patient caseload, delivering TCM treatments to a significant number of individuals seeking specialized care.
- Participate in interdisciplinary collaboration with experts in Traditional Persian Medicine, drawing upon their profound traditional knowledge and expertise to develop highly effective and holistic treatment approaches.
- Embrace the profound wisdom and insights offered by Traditional Persian Medicine, actively seeking opportunities to expand treatment methods and refine understanding of various therapeutic approaches.
- Contribute to ongoing research and development initiatives, actively pursuing opportunities to enhance treatment modalities and striving for continuous improvement in patient outcomes.
- Demonstrate exceptional communication and collaboration skills, engaging with colleagues and patients to ensure a patient-centric approach and upholding the highest standards of professional integrity in all interactions.

#### **Acupuncture and Tui-Na PhD Intern**

**March 2016 - Jun 2019**

**(Under supervision of Prof. Yu Tian Yuan – MD of Basic Science of Integrated Traditional & Western Medicine)**

Beijing University of Chinese Medicine Gouyitang Clinic, Beijing, China

- Administered acupuncture (therapeutic & cosmetic), moxibustion, massage therapy, cupping, and embedding treatments.
- Utilized diagnostic proficiency to assess and address patients' health concerns.
- Collaborated with colleagues to enhance patient outcomes and satisfaction.
- Upheld professional standards and ethical guidelines throughout practice.
- Contributed to the clinic's research and academic activities.

#### **Acupuncture and Tuina Training Intern**

**Oct 2018 - March 2017**

**(Under supervision of Dr. Zhonglong Li – Specialized in TCM)**

Acupuncture and Tuina Department, Beijing Hospital, Beijing, China

- Administered acupuncture, moxibustion, and massage therapy treatments.
- Utilized diagnostic proficiency to assess and address patients' health concerns.
- Collaborated with colleagues to enhance patient outcomes and satisfaction.
- Upheld professional standards and ethical guidelines throughout practice.

#### **Member of Research Committee for Hydrotherapy**

**April 2014 - October 2014**

Gajereh Cultural Center, Tehran, Iran

- Conducted extensive research on various aspects related to the development of a specialized resort for treating patients with special diseases. Aimed to create an environment for relaxation, healthcare, and rehabilitation at the same time.
- Collaborated with a multidisciplinary team to gather information and insights from medical professionals, researchers, and industry experts.
- Assessed the specific needs and requirements of patients with special cases or diseases, identifying key factors to be considered in the resort's design and services.
- Conducted market analysis and benchmarking to understand the current landscape of medical resorts and identify opportunities for innovation and differentiation.
- Developed a comprehensive framework for the resort's facilities, including hydrotherapy systems and other treatment types, ensuring they meet the highest standards of quality and effectiveness.
- Worked closely with the food and beverages section to create a specialized menu of medical drinks tailored to patients' specific cases, collaborating with nutritionists and medical professionals (herbal medicine) to ensure optimal nutritional support.
- Implemented research findings and recommendations into the resort's design and operational plans, ensuring a seamless experience for patients and their families.
- Stayed up-to-date with the latest advancements in medical research, treatment methodologies, and patient care to continuously enhance the resort's offerings.

#### **General Practitioner & Internal Manager**

**March 2012 - March 2014**

Soha Clinic, Tehran, Iran

- Provided comprehensive medical care and served as an internal manager at Soha Clinic.

- Diagnosed and treated various medical conditions, demonstrating proficiency as a general practitioner.
- Managed the internal operations of the clinic, ensuring smooth workflow and efficient patient care.
- Collaborated with a multidisciplinary team to deliver quality healthcare services.
- Upheld professional integrity and maintained high ethical standards in patient interactions.

### Medical Intern

March 2011 - Sep 2012

Taleghani Hospital, Tehran, Iran

- Completed a medical internship at Taleghani Hospital, gaining valuable hands-on experience.
- Assisted senior medical staff in patient care and treatment procedures.
- Conducted research and participated in ongoing projects, contributing to medical knowledge and advancements.
- Developed skills in medical assessments, diagnostics, and treatment planning.
- Interacted with patients and their families, providing support and guidance throughout the medical journey.

### Medical Intern

April 2008 - April 2009

Al Qassimi Hospital, Sharjah, UAE

- Engaged in a medical internship at Al Qassimi Hospital, contributing to patient care and research activities.
- Assisted medical professionals in diagnosing and treating various medical conditions.
- Conducted research and supported ongoing projects, furthering understanding in the field of medicine.
- Demonstrated competence in medical procedures, including assessments and treatment administration.
- Collaborated with the healthcare team to deliver quality care and enhance patient outcomes.

## EDUCATION

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**Doctorate (PhD) of Chinese Traditional Medicine (Acupuncture, Moxibustion & Massage therapy)** 2019

Beijing University of Chinese Medicine (BUCM), Beijing, China

**Acupuncture for Dermatology and Cosmetology Courses, Training Center of the World Federation of Acupuncture - Moxibustion Societies.** 2016

Beijing University of Chinese Medicine (BUCM), Beijing, China

**Chinese Medicine Courses** 2015

Beijing University of Chinese Medicine (BUCM), Beijing, China

**Auricular Acupuncture Courses** 2014

Aja University of Medicine Science, Tehran, Iran

**Doctor of Medicine (MD)** 2012

Shahid Beheshti University of Medical Sciences (SBMU), Tehran, Iran

**Medical Bachelor, Bachelor of Surgery (MBBS)** 2009

Gulf Medical University (GMU), Ajman, UAE

**IVF Course** 2002

Lubeck University Hospital, Lubeck, Germany

**Higher Diploma in Computer Science – Software Major** 2000

University of Applied Science, Mashhad, Iran

**Highschool Diploma** 1998

Maryam Highschool, Mashhad, Iran

## PUBLICATION

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1. 沈熠, 于天源, 等, 捏积疗法的形成与发展 · 中华中医药杂志 · 2019,34(6):240-243

**(Formation and Development of Pinching Spine Technique)**

Published article in "China Journal of Traditional Chinese Medicine and Pharmacy. (June, 2019)

Link:<https://www.cnki.net/KCMS/detail/detail.aspx?dbcode=CJFD&dbname=CJFDLAST2019&filename=BXY201906121&uniplatform=OVERSEA&v=AZzwea4pqFXGxvpkEd2rtPp8IbLBH77nxdKTxouXtWGaRSKPNz87JgilHOcydycM>

1. 沈熠, 于天源, 等, 捏积疗法的形成与发展 · 中华中医药杂志 · 2019,34(6):240-243

**(Formation and Development of Pinching Spine Technique)**

Published article in "Chinese Journal of Traditional Chinese Medicine" (Issue 6, 2019)

Link: <http://qikan.cqvip.com/Qikan/Article/Detail?id=66888989504849574854495049>

2. 杨超 · 于天源, 等, 针刺治疗补经根型颈椎病选经取穴规律探讨, 环球中医药

**(Law Exploration on Point Selection in Treating Nerve Root Type Cervical Spondylosis)**

Published article in Global Chinese Medicine Editorial Office Mailbox (May 2019)

Link:<http://cnki.cnhh.com/kcms/detail/detail.aspx?filename=HQZY201905013&dbcode=CJFT&dbname=CJFTLAST&v=>

3. **Advantages of Hydrotherapy**

Published article in Esfahan Darman Journal (Januray 2015)

4. **Clinical & laboratory profile of serum sickness reaction in children.**

Published article in Indian journal of rheumatology (December 2011)

Cooperation with dr. Reza Shiari (associated professor in pediatric rheumatology)

Link:[https://www.academia.edu/26829903/Clinical\\_and\\_laboratory\\_profile\\_of\\_serum\\_sickness\\_like\\_reaction\\_in\\_children](https://www.academia.edu/26829903/Clinical_and_laboratory_profile_of_serum_sickness_like_reaction_in_children)

5. **Spontaneous resolution of Vesico-urethral reflux (VUR) in Iranian children, a single center experience in 533 cases.**

Paper presented in 4th Euro Pediatrics 2009 Moscow (2009),

Cooperation with Dr. Mustafa Sharifian (professor of pediatric nephrology)

Link:[https://www.researchgate.net/publication/40741796\\_Spontaneous\\_Resolution\\_of\\_Vesicoureteral\\_Reflux\\_VUR\\_in\\_Iranian\\_Children\\_a\\_Single\\_Center\\_Experience\\_in\\_533\\_Cases](https://www.researchgate.net/publication/40741796_Spontaneous_Resolution_of_Vesicoureteral_Reflux_VUR_in_Iranian_Children_a_Single_Center_Experience_in_533_Cases)

## LANGUAGES

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English (fluent), Farsi (native), Arabic (basic)

## REFERENCES

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1. Professor Yu Tian Yuan (PhD Mentor)

Email: [yutianyuan@sina.com](mailto:yutianyuan@sina.com) | Contact Number: +86 182 1022 0868

Vice Chairman of China Massage & Rehabilitation Professional Committee of Chinese Association of Rehabilitation Medicine & Vice chairman of Beijing Imperial Orthopedic Academic Research Professional Committee.

2. Dr Mohammad H. Ayati

Email: [mh-ayati@tums.ac.ir](mailto:mh-ayati@tums.ac.ir) | Contact Number: +98 912 206 1158

Clinical Chinese Medicine & Acupuncture Practitioner (PhD of TCM) & Associate Professor: School of Traditional Medicine, Tehran University of Medical Sciences (TUMS) Tehran, Iran