

Biographical sketch

Tair Ben Porat

Dr. Ben Porat's research focuses on nutritional and metabolic aspects pre- and post-bariatric surgery. She graduated with Excellence a first degree in Nutritional science at the Agriculture Faculty of the Hebrew University of Jerusalem, Israel, and obtained her PhD at the Department of nutrition and Metabolism of the Faculty of Medicine at the Hebrew University, Jerusalem, Israel. She also holds a Master of Public Health (MPH), from the Sackler School of Medicine, Tel Aviv University, Israel. Her PhD study included a randomized control trial among patients undergoing sleeve gastrectomy procedure, focusing on the nutritional status and bone mineral density changes after bariatric surgery.



During the last decade, Dr. Ben Porat have managed the bariatric surgery nutritional therapy for patients with severe obesity at Hadassah Hebrew University Medical Center in Jerusalem. She has previously initiated the establishment of a prospective medical database for bariatric patients in Hadassah Hebrew University Medical Center, and since then, she has been a main/co-investigator and collaborator on a considerable number of studies in the fields of obesity and bariatric surgery. These studies have been targeted at a variety of populations, including individuals with severe obesity and populations at risk (e.g., pregnancy and patients with kidney disease).

Dr. Ben Porat currently serves as the Chair of the "Bariatric Surgery Forum" of the Israeli Dietetic Association, as a committee member of the Israeli Society for Metabolic and Bariatric Surgery, and as the Chair of the Integrated Health Committee of the European chapter of the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO-EC). Through these, she has been able to translated her work into clinical guidelines, national and international position statements.

In 2020 Dr. Ben Porat has been awarded with the Hebrew University Excellent PhD Dissertation and the Hebrew University Scholarship Program for Post-Doctoral Excellent Female Students, as well as the FRQS scholarship (QC, Canada) for a 2-year postdoctoral fellowship. Due 2021 she has joined the Montreal Behavioral Medicine Centre (MBMC, mbmc-cmcm.ca), a multidisciplinary research and training lab located at the CIUSSS-NIM, Montréal, Canada, for her postdoctoral studies.

Dr. Ben Porat research plans are in the fields of personalized nutrition. Her focus is in exploring and understanding bariatric procedures impact on mental, nutritional and metabolic outcomes (e.g., hormonal changes, eating behaviors etc.) among target groups as well as elucidating the combination of genetic/microbiota factors and patient behavior/lifestyle as a key factor to establish innovative personalized future therapies.