

Curriculum Vitae

	Name (First Name / Middle Name / Last Name)	Nitsan Maharshak
	Title (Prof. Dr., etc.)	Prof.
	Affiliation	IBD unit, Tel Aviv Medical Center
	Country	Israel
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Educational Background

1990-1997- Medicine, M.D.- Tel Aviv University, Sackler Faculty of Medicine, Tel Aviv, Israel
 2002-2006- Internal Medicine- Tel Aviv Medical Center, Tel Aviv, Israel
 2008-2010- Gastroenterology & Liver Diseases- Tel Aviv Medical Center, Tel Aviv, Israel
 2010-2013- Postdoc- University of North Carolina

Professional Career

2007-2008- Visiting Scientist- Weizmann Institute of Science, Rehovot, Israel
 2013-2017- Senior physician- Department of Gastroenterology, Tel Aviv Medical Center, Tel Aviv, Israel
 2017-current- Head of IBD unit, Tel Aviv Medical Center, Tel Aviv, Israel
 2019- current- Associate Professor, Grey Faculty of Medical and Health Sciences, Tel Aviv University, Israel

Research Fild

Inflammatory bowel diseases- pathophysiology, microbiome, diet, physical activity and clinical aspects

Main Scientific Publications

(out of >100; H-index of 45, Google Scholar, <https://scholar.google.co.il/citations?user=zetORuAAAAAJ&hl=en>)

1. Yanai H, Levine A, Hirsch A, , Dotan I#, **Maharshak N#**. The Crohn's disease exclusion diet for induction and maintenance of remission in adults with mild-to-moderate Crohn's disease (CED-AD): an open-label, pilot, randomised trial. *Lancet Gastroenterol Hepatol*. 2022;7(1):49-59.
2. Sarbagili Shabat C, Scaldaferrri F, ,Levine A#, **Maharshak N#**. Use of Faecal Transplantation with a Novel Diet for Mild to Moderate Active Ulcerative Colitis: The CRAFT UC Randomised Controlled Trial. *J Crohns Colitis*. 2022;16(3):369-78.
3. Fliss Isakov N, Kornblum J, Zemel M, , **Maharshak N**. The Effect of the Crohn's Disease Exclusion Diet on Patients With Pouch Inflammation: An Interventional Pilot Study. *Clin Gastroenterol Hepatol*. 2023;21(6):1654-6.e3
4. Fliss-Isakov N, Aviv Cohen N, Bromberg A, , **Maharshak N**. Crohn's Disease Exclusion Diet for the Treatment of Crohn's Disease: Real-World Experience from a Tertiary Center. *J Clin Med*. 2023;12(16):5428.
5. Leibovitz H, Sarbagili Shabat C, Hirsch A, , **Maharshak N**. Faecal Transplantation for Ulcerative Colitis From Diet Conditioned Donors Followed by Dietary Intervention Results in Favourable Gut Microbial Profile Compared to Faecal Transplantation Alone. *J Crohns Colitis*. 2024;18(10):1606-14.
6. Sarbagili-Shabat C, Zelber-Sagi S, , **Maharshak N**. High ultra-processed food consumption is associated with clinical exacerbation in patients with Crohn's disease in remission - a prospective cohort study. *Dig Dis* 2025