

Dr. Mohammad Alizadeh, Associate Professor in Nutrition

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Personal Information

Full name: Mohammad Alizadeh; Born: 1975; Married, 3 child

Education

BSc in Nutrition, Shaheed Beheshti University of Medical Science, Tehran, IRAN. **1994-1998**

MSc in Nutrition, Tabriz University of Medical Science, Tabriz, IRAN. **1999-2001**

PhD in Nutrition, Tabriz University of Medical Science, Tabriz, IRAN. **2006-2010**

Research Interests and Expertise

Dr. Alizadeh's major research interests involve prevention and treatment of obesity, metabolic syndrome, cardiovascular disease and non-alcoholic fatty liver disease through diet and lifestyle. He has focused on diet and lifestyle determinants of the metabolic syndrome, obesity and cardiovascular disease. Several detailed analyses in this field have been done, including intakes of legumes, selenium, l-arginine and dietary patterns; intake of probiotics and obesity; and intake of calcium and vitamin D and non-alcoholic fatty liver disease. His current research has expanded to investigate the link between pomegranate juice, resistant starch, β -glucan, symbiotic yogurt, whole grain, gut microbiota, food habits, dietary patterns,

carbohydrate quality, biomarkers of systemic inflammation, endothelial dysfunction, satiety, appetite, glycemic control, oxidative stress, non-alcoholic fatty liver disease, and preeclampsia.

Publications in peer-reviewed Journals

1. Zarghani SS, Soraya H, **Alizade M***. Calcium and vitamin D3 combinations improve fatty liver disease through AMPK-independent mechanisms. *European Journal of Nutrition*, DOI 10.1007/s00394-016-1360-4
2. Zarghani SS, Soraya S, Zarei L, **Alizadeh M***. Comparison of Three Different Diet-Induced Non Alcoholic Fatty Liver Disease Protocols in Rats: A Pilot Study. *Pharmaceutical Sciences*, March 2016, 22, 9-15.
3. Didarlo1 A, and **Alizadeh M***. Health-Related Quality of Life and its Determinants Among Women With Diabetes Mellitus: A Cross-Sectional Analysis. *Nurs Midwifery Stud*, 2016 March; 5(1): e28937.
4. Didarloo, Shojaeizadeh D, **Alizadeh M***. Impact of Educational Intervention Based on Interactive Approaches on Beliefs, Behavior, Hemoglobin A1c, and Quality of Life in Diabetic Women. *International Journal of Preventive Medicine* 2016, 7:38.
5. **Alizadeh M**; Didarloo A*; Esmailzadeh A. Dietary Patterns of Young Females and Their Association With Waist Circumference as a Health Index in Northwest of Iran, 2007. *Iran Red Crescent Med J*. 2015 May; 17(5): e17594.
6. Gargari BP, **Alizadeh M***, Safaeiyan A, and Zarrin R. Effect of L-arginine and Selenium on Metabolic Features, Insulin Resistance and Hepatic Function Tests in Obese Women. *Current Nutrition & Food Science*, 2015, 11, 1-10.
7. Safaeiyan A, Pourghassem-Gargari B, Zarrin R, Fereidooni J, **Alizadeh M***. Randomized controlled trial on the effects of legumes on cardiovascular risk factors in women with abdominal obesity. *ARYA Atherosclerosis*, 2015, 11(2): 1-9
8. **Alizadeh M**, Gharaaghaji R, Gargari BP. The effects of legumes on metabolic features, insulin resistance and hepatic function tests in women with central obesity: a randomized controlled trial, *International Journal of Preventive Medicine*, Vol 5, No 6, June, 2014: 710-720
9. Ghavamzadeh S, Khalkhali HR, **Alizadeh M**. TV Viewing, Independent of Physical Activity and Obesogenic Foods, Increases Overweight and Obesity in Adolescents. *Journal of Health Population and Nutrition* 2013; 31: 334-342.
10. **Alizadeh M**, Safaeiyan A, Ostadrahimi A, Estakhri R, Daneghian S, Ghaffari A, Pourghassem Gargari B. Effect of L-Arginine and Selenium Added to a Hypocaloric Diet Enriched with

Legumes on Cardiovascular Disease Risk Factors in Women with Central Obesity: A Randomized, Double-Blind, Placebo-Controlled Trial. *Annals of Nutrition and Metabolism*, 2012;60:157–168.

11. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B, Esmillzadeh A. Major Dietary Patterns among Female Adolescent Girls of Talaat Intelligent Guidance School, Tabriz, Iran. *Iranian Red Crescent Medical Journal*, 2012; 14(7):1-3.
12. **Alizadeh M**, Daneghian S, Ghaffari A, Ostadrahimi A, Safaeiyan A, Estakhri R, Pourghassem Gargari B. The effect of hypocaloric diet enriched in legumes with or without L-arginine and selenium on anthropometric measures in central obese women. *Journal of Research in Medical sciences*, 2010; 15(6): 331-343.

Paper presentation in congresses

1. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Ghavamzadeh S. Randomized controlled trial on the effects of legumes on cardiovascular risks: direct relationship between legumes and nitric oxide; plateau beneficial effects of legumes on cholesterol, LDL-C and hs-CRP. 12th Iranian Nutrition Congress. Iran, November 2012.
2. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Manafi M. The effects of legumes on metabolic features, insulin resistance and hepatic function tests in women with central obesity: a randomized controlled trial. 12th Iranian Nutrition Congress. Iran, November 2012.
3. **Alizadeh M**, Ghavamzadeh S, Manafi M. Weight reduction without calorie restriction order: an effective method in treatment of obesity and metabolic syndrome. 3th Congress of prevention and treatment of obesity in Iran. Iran, November 2011.
4. **Alizadeh M**, Safaeiyan A, Ostadrahimi A, Estakhri R, Daneghian S, Ghaffari A, Pourghassem Gargari B. Effect of L-arginine and selenium added to a hypocaloric diet enriched with legumes on cardiovascular disease risk factors in women with central obesity: a randomized, double-blind, placebo-controlled trial. 3th Iranian Congress of obesity prevention and treatment. Iran, November 2011.
5. **Alizadeh M**, Pourghassem Gargari B, Safaeiyan A, Ostadrahimi A, Estakhri R, Ghaffari A, Daneghian S. Effect of L-arginine and selenium on metabolic features, insulin resistance and hepatic

- function tests in obese women. 11th Iranian Nutrition Congress. Iran, November 2010. **(Selected as congress top presentation)**
6. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B, Esmillzadeh A. Major dietary patterns in Tabrizi adolescent girls. 11th Iranian Nutrition Congress. Iran, November 2010.
 7. **Alizadeh M**, Pourghassem Gargari B, Ostadrahimi A, Safaeiyan A, Estakhri R, Daneghian S, Ghaffari A. Effect of hypocaloric diet with or without legumes on anthropometric measurements in women with central obesity. 11th Iranian Nutrition Congress. Iran, November 2010.
 8. **Alizadeh M**, Pourghassem Gargari B, Ostadrahimi A, Safaeiyan A, Estakhri R, Daneghian S, Ghaffari A. Effect of hypocaloric diet with or without legumes on cardiovascular risks in women with central obesity. 11th Iranian Nutrition Congress. Iran, November 2010.
 9. **Alizade M**, Pourghassem Gargari B, Mahdavi R. Improving weight loss with high protein diet. 10th FENS European Nutrition Conference. France, July 2007.
 10. **Alizade M**, Mahdavi R, Afrasiabi A, Safaeian A, Gayemmagami SJ. Assessment of nutritional status in post myocardial (MI) infarction patients in heart center of Madani hospital in Tabriz. 10th FENS European Nutrition Conference. France, July 2007.
 11. **Alizade M**, Pourghassem Gargari B, Mahdavi R. Easy weight loss with high protein diet. 10th Iranian Nutrition Congress. Iran, November 2007.
 12. **Alizadeh M**, Mohtadiniya J, Pourghassem Gargari B, Esmillzadeh A. Major dietary patterns of Tabrizi girl adolescents and their association with waist circumference and BMI. 10th Iranian Nutrition Congress. Iran, November 2007.
 13. **Alizade M**, Mahdavi R, Afrasiabi A, Safaeian A, Gayemmagami SJ. Assessment of nutritional status in pre and post cardiac surgery patients in heart center of Madani hospital in Tabriz. 6th Iranian Nutrition Congress. Iran, February 2001.

Reviewing papers for peer-reviewed journals

1. Annals of the New York Academy of Sciences
2. BMJ open
3. Journal of Human Nutrition and dietetics

4. Journal of health population and nutrition
5. Journal of research in medical sciences
6. progress in nutrition
7. Journal of Educational evaluation for health professions
8. Quarterly journal of nursing and midwifery
9. Urmia Medical Journal