

Curriculum Vitae

Name: Maryam

Last name: Alinezhad-Namaghi

Address: Department of Nutrition, Faculty of Medicine, Azadi square, Mashhad, Iran

Mobile: 09151249916

Email: Alinejadnm921@mums.ac.ir
Alinezhadnm@gmail.com



EDUCATION

1. PhD in Nutritional Sciences, Sep 2014 -Nov 2018. Mashhad University of Medical Sciences (mean:18.38)
2. Medical Doctor: Feb 2007-Feb 2014, Mashhad University of Medical Sciences (mean:17.09)

TEACHING EXPERIENCES

1. "Nutrition and Diseases" for Nursing students, 2nd semester 93-94. (1.5 unit)
2. "Nutrition in surgery" for Nursing of operating room students, 1st semester 95-96. (1 unit)
3. "Current Topics in Nutrition" for MSc students, 1st semester 94-95. (0.35 unit)
4. "Principles of Nutrition" for MSc students, 1st semester 94-95. (0.35 units)
5. "Medical Nutrition Therapy" for MSc students, 1st semester 95-96. (0.35 units)
6. "Current Topics in Nutrition" for MSc students, 1st semester 95-96. (0.62 unit)
7. Scientific lectures for nutritionists in "MNT in Cardiovascular diseases, Hypertension and Dyslipidemia" workshop. 12/24/2016. (2 hrs)
8. Scientific lectures for nutritionists in "MNT in Cardiovascular diseases, Hypertension

- and Dyslipidemia” workshop. 03/03/2018. (2 hrs)
9. “Nutrition in surgery” for Nursing of operating room students, 1st semester 96-97. (1 unit)
 10. “Medical Nutrition Therapy 2” for MSc students, 1st semester 96-97. (0.09 units)
 11. “Medical Nutrition Therapy 1” for MSc students, 1st semester 96-97. (0.35 units)
 12. “ Nutrition and pregnancy health” for pregnancy health Ph.D students, 2th semester 96-97. (0.35 units)
 13. "Nutrition and disease” for MSc students, 1st semester 97-98. (0.35 units)
 14. "Clinical Nutrition and diet therapy 1" for MSc students, 1st semester 98-99. (5 units)
 15. "Clinical Nutrition" for MSc students, 1st semester 98-99. (1.2 units)
 16. "Nutrition and disease” for PhD students, 1st semester 98-99. (0.35 units)
 17. "Clinical Nutrition" for PhD students, 1st semester 98-99. (1.2 units)
 18. "Basic nutrition" for MSc students, 1st semester 98-99. (1.76 units)
 19. "Advanced nutrition" for MSc students, 1st semester 98-99. (1.06 units)
 20. “Nutrition and Diseases” for Nursing students, 1st semester 98-99. (1.15 unit)
 21. “Nutrition in surgery” for Nursing of operating room students, 1st semester 98-99. (0.5 unit)
 22. "Clinical Nutrition and diet therapy 3" for MSc students, 2th semester 98-99. (3.88 units)
 23. "Advanced Nutrition Physiology" for MSc students, 2th semester 98-99. (3.0 units)
 24. “ Nutrition and pregnancy health” for pregnancy health Ph.D students, 2th semester 98-99. (1.2 units)
 25. “Nutrition in Diseases 1” for Medical students, 2th semester 98-99. (0.12 units)
 26. "Medical nutrition therapy in inpatient, pediatric, internal medicine and surgery wards" for PhD students, 2th semester 98-99. (1.08 units)
 27. Coopereating in designing and establishing a 9-unit course plan and logbook entitled “Internship in Clinical Field” for training MSc students of Nutritional Sciences whose Bachelor major is irrelevant (Educational Process).

PUBLISHED PAPERS

1. Norouzy A, Nematy M, **Alinezhad-Namaghi M**, Shakhskalaee M, Mozhdehifard M, Sajjadi SS, Akhlaghi S, et al. Effects of Ramadan fasting on cardiovascular risk factors. Atherosclerosis Supplements. 2010; 11(2), 48-49. **Index: ISI (IF:2.293)**. Abstract
2. Nematy M, **Alinezhad-Namaghi M**, Rashed MM, Mozhdehifard M, Sajjadi SS, Akhlaghi

- S, et al. Effects of Ramadan fasting on cardiovascular risk factors: a prospective observational study. Nutrition journal. 2012;11:69. [Index: ISI \(IF:2.477\)](#)
3. **Alinezhad Namaghi M**, Hasanzadeh Dalooe M, Khoshnasab AH, Nematy M, Khoshnasab A, Farrokhi J, Norouzy A. Effects of Ramadan Fasting on Ambulatory Blood Pressure in Hypertensive Patients. Journal of Nutrition, Fasting and Health 2014; 2(1): 1-6. [Index:ISC](#)
 4. **Alinezhad-Namaghi M**, Salehi M. Effects of Ramadan Fasting on Blood Pressure in Hypertensive Patients: A Systematic Review. Journal of Nutrition, Fasting and Health 2016; 4(1): 17-21. [Index:ISC](#)
 5. Amiri F, Azimi Nezhad F, **Alinezhad-Namaghi M**, Jarahi L, Nematy M, Norouzy A. Effects of Ramadan fasting on inflammatory biomarkers and body composition in healthy subjects. Journal of Nutrition, Fasting and Health 2016; 4(4): 136-140. [Index:ISC](#)
 6. Norouzy A, Hasanzade Dalooe M, Khoshnasab AH, Khoshnasab A, Farrokhi J, Nematy M, Safarian M, Nezafati P, **Alinezhad Namaghi M** *. Effects of Ramadan fasting on ambulatory blood pressure variability in hypertensive patients. Blood pressure monitoring. 2017;22(5):253-7. [Index: ISI \(IF:1.1\)](#)
 7. Bahreini S; **Alinezhad-Namaghi**, M; Philippou, E; Vakili, R; Talaei, B; Norouzy, A; Esmaily, H; Nematy, M. The Effect of Ramadan Fasting on IGF-1 and IGFBP-3 in Pre-menarche Girls. Pediatrics & Health Research. 2018;3:2-6. [Index: Scopus & Medline](#)
 8. Safarian, M; **Alinezhad-Namaghi, M**; Vafisani, F; Asadi, Z; Seyed Hamzeh, Sh. Patient Satisfaction with Hospital Food in the Hospitals Affiliated to Mashhad University of Medical Sciences, Iran. Nutrition Fasting and Health. 2018;6(4):191-6. [Index:ISC](#)
 9. **Alinezhad Namaghi M**, Eslami S, Nematy M, Khoshnasab A, Rezvani R, Philippou E, Norouzy A. Intermittent Fasting during Ramadan and its effects in individuals with metabolic syndrome. Nutrition Today. 2019;54(4):159-64. [Index: ISI \(IF:1.1\)](#)

PUBLISHED BOOK

1. Book authorship "A comprehensive book of Islamic fasting and health", one chapter. (Farsi).1398
2. Book authorship "A comprehensive book of Islamic fasting and health", one chapter. (English) (**Under review**)
3. Book Translation "Designing Clinical Research", chapter 4
4. Book Translation " Basic in Clinical Nutrition" (**Under review**)
5. Book Translation "Designing Clinical Research", chapter 7 &15 (**Under review**)
6. Book Translation "Formulation Engineering of Food 2013", chapter 3 & 4 (**Under review**)

INTERNATIONAL AND NATIONAL PRESENTATIONS

- 1.** **Alinezhad-Namaghi M***, Shakhskalaee M, Mozhdehifard M, Sajjadi SS, Nematy M, Norouzy A, Sabery M. Effects of Ramadan fasting on cardiovascular risk factors. 4th Middle East Cardiovascular congress. March 3-5, 2010. Kish- Iran
- 2.** Nematy M*, **Alinezhad-Namaghi M**, Shakhskalaee M, Mozhdehifard M, Sajjadi SS, Norouzy A, Sabery M. Effects of Ramadan fasting on cardiovascular risk factors. Fasting and sustainable health conference 2010. December 20-21, 2010. Penang- Malaysia
- 3.** Razavi A.R*, Norouzy A, Nematy M, **Alinezhad-Namaghi M**. To fast or not to fast: Analyzing high risk patients for cardiovascular disease using data mining. Fasting and sustainable health conference 2010. December 20-21, 2010. Penang- Malaysia
- 4.** **Alinezhad-Namaghi M***, Shakhskalaee M, Mozhdehifard M, Sajjadi SS, Nematy M, Norouzy A, Sabery M. Effects of Ramadan fasting on cardiovascular risk factors. 11th Annual e Congress of Iranian Medical Science Student- April 20-23, 2011. Bandar Abbas- Iran
- 5.** **Alinezhad-Namaghi M***, Norouzy A, Asadi Z, Alavi A. Gastrointestinal tolerance and nutrition status of patients were gavaged by commercial enteral nutrition formula. The 17th Congress of PENSA. December 16-19, 2016. Tehran-Iran. (oral presentation)

- 6. Scientific lectures** in Ramadan fasting symposium. The 17th Congress of PENSA. December 16-19, 2016. Tehran-Iran.
- 7. Scientific lectures** for nutritionists in Province Health Center of Mashhad University of Medical Sciences (20 hours)
- 8. Scientific lectures** in Ramadan fasting symposium. Mashhad university of Medical Sciences. 2018
- 9. Scientific lectures** in Medical Nutrition Therapy symposium for Internal medicine and neurology residents. Mashhad university of Medical Sciences. (28 November 2018)
- 10. Alinezhad-Namaghi M***, Eslami S, Nematy M, Khoshnasab A, Rezvani R, Norouzy A. Effect of intermittent fasting on body composition, visceral fat and phase angle among metabolic syndrome volunteers. The 19th Congress of PENSA. June 13-16, 2018. Seoul, Korea. (poster presentation)
- 11. Alinezhad-Namaghi M***, Norouzy A, Eslami S, Nematy M, Khoshnasab A, Rezvani R. Effect of intermittent fasting on arterial stiffness in metabolic syndrome volunteers. The 19th Congress of PENSA. June 13-16, 2018. Seoul, Korea. (oral presentation)
- 12. Alinezhad-Namaghi M***, Eslami S, Nematy M, Khoshnasab A, Rezvani R, Norouzy A. Intermittent fasting during Ramadan and its effects in individuals with metabolic syndrome. The 3th international & 15th Iranian Nutrition Congress. Dec 19-21, 2018. Tehran-Iran.(poster presentation)
- 13. Alinezhad-Namaghi M***, Eslami S, Nematy M, Khoshnasab A, Rezvani R, Norouzy A. Effect of intermittent fasting on arterial stiffness in volunteers with metabolic syndrome. The 3th international & 15th Iranian Nutrition Congress. Dec 19-21, 2018. Tehran-Iran.(poster presentation)
- 14. Alinezhad-Namaghi M***, Fasting and Longevity. 3th international Clinical Nutrition Conference. 17-19 Feb, 2020. Mashhad- Iran. (oral presentation)
- 15. Alinezhad-Namaghi M***. Report of 2019 NutritionDay results of hospitals in Mashhad. 3th international Clinical Nutrition Conference. 17-19 Feb, 2020. Mashhad- Iran. (oral presentation)

presentation)

16. Alinezhad-Namaghi M*. Routs and types of nutrition intake in Imam Rea teaching hospital of Mashhad: 2019 audit. 3th international Clinical Nutrition Conference. 17-19 Feb, 2020. Mashhad- Iran. (poster presentation)

WORKS IN PROGRESS

1. Alinezhad-Namaghi M, Norouzy A, Eslami S, Nematy M, Khoshnasab A, Rezvani R. Effect of intermittent fasting on arterial stiffness in metabolic syndrome volunteers. **(Under review)**
2. Alinezhad-Namaghi M, Eslami S, Nematy M, Rezvani R, Norouzy A,. Ramadan Cohort Study: Rationale, Objectives and Design. **(Under review)**
3. Alinezhad-Namaghi M, Norouzy A, Eslami S, Nematy M, Khoshnasab A, Rezvani R. Effect of intermittent fasting on energy expenditure in metabolic syndrome volunteers. **(Under review)**
4. Khedmatgozar H, Alinezhad-Namaghi M. Effect of intermittent fasting on type1 diabetes in adolescence **(Under review)**
5. Alinezhad-Namaghi M, Pishbin A, Shariaty E, Azizi F, Nematy M. Effect of Ramadan fasting on weight and body composition. systematic review and meta-analysis **(Under review)**
6. Preparing and validation of the Ramadan fasting questionnaire for cohort studies.
7. Passing on-line courses of European Society for Parenteral and Enteral Nutrition (ESPEN) lifelong learning program (LLL), aiming at obtaining the ESPEN clinical nutrition diploma.

SCIENTIFIC WORKSHOP PARTICIPATION

1. Research fellowship workshop in three levels (117 hours)
2. LLL live course. Nutritional support in the perioperative period, (4 hours). Tehran, Iran
3. LLL live course. Nutritional support in Intensive care unit (ICU) patients, (4 hours). Tehran, Iran
4. LLL live course. Oral- Enteral nutrition, (4 hours). Tehran, Iran
5. LLL live course. Parenteral nutrition, (4 hours). Seoul, Korea
6. LLL live course. Nutritional Support in Gastrointestinal Diseases, (4 hours). Mashhad,

Iran

7. LLL live course. Nutritional Support in Cancer, (4 hours). Mashhad, Iran
8. LLL live course. Nutrition and Physical activity, (4 hours). Webinar 2020
9. LLL live course. Chronic intestinal failure and home parenteral nutrition (HPN) in adults, (4 hours). Webinar 2020
10. LLL live course. Nutritional assessments and techniques, (4 hours). Webinar 2020
11. LLL online course
12. Proposal writing, (2 hours). Mashhad University of Medical Sciences, Mashhad, Iran
13. Systematic review papers (2 hours). Mashhad University of Medical Sciences, Mashhad, Iran
14. End Note (4 hours). Mashhad University of Medical Sciences, Mashhad, Iran
15. Resume writing (2 hours). Mashhad University of Medical Sciences, Mashhad, Iran
16. Design and manufacture of health messages (12 hours). Mashhad University of Medical Sciences, Mashhad, Iran
17. Virtual training (4 hours). Mashhad University of Medical Sciences, Mashhad, Iran
18. New methods of active teaching (15 hours). Mashhad University of Medical Sciences, Mashhad, Iran

RESEARCH PROJECTS

1. The effect of restraining from eating and drinking on ambulatory blood pressure in hypertensive patients (pilot study)(User code:88201)(Finished)
2. Assessment of new coronary risk factors in obese and adolescence in comparison with control group (User code: 87290) (Finished)
3. The effect of Ramadan fasting on blood pressure in hypertensive patients: A Systematic Review. (User code: 951380) (Finished)
4. The effect of fasting in the Ramadan on the expression of infection cytokines (User code: 930221) (Finished)
5. Design of Ramadan cohort study and evaluation of atherosclerosis mechanical markers in metabolic syndrome regarding Ramadan fasting (Thesis Project, Finished) (User code: 950766)
6. Design and validation of Ramadan fasting questionnaire (User code: 951646)
7. The effect of curcumin supplementation on pulse wave velocity in metabolic syndrome patients (User code: 961745)

8. Modeling of cardiovascular risk score and setting the cut-off point of PWV and PWA in Iranian population (User code: 970676)
9. The relationship between CK and hypertension in Mashhad population (User code: 941822)

EXECUTIVE

1. Cooperation in Mashhad Persian cohort center (February 2017 – Now)
2. Nutrition Day coordinator in Iran (November 2020)
3. Member of Research Committee of Nutrition Department
4. Operation and training of SphygmoCor XCEL Pulse Wave Velocity Measurement in Mashhad Persian cohort center (September 2017 – Now)
5. Executive Secretary in Medical Nutrition Therapy symposium for Internal medicine and neurology residents. Mashhad university of Medical Sciences (28 November 2018)

HONORS

1. Research fellowship
2. Certificated for operation of SphygmoCor XCEL Pulse Wave Velocity Measurement System
3. Certificated for training of SphygmoCor XCEL Pulse Wave Velocity Measurement System
4. Member of Iranian Nutrition Society
5. Member of American Society of Nutrition
6. Member of The European Society for Clinical Nutrition and Metabolism (ESPEN)