

Abdolreza Norouzy

Personal Details

Address

Department of Nutrition
Mashhad Medical School
Paradise Daneshgah
Azadi Square
Mashhad 91779-48564
Iran



Telephone

+98 912 712 6991 (mobile)

+98 511 38002 382 (work)

Fax

+98 511 8002421

E-mail

norouzya@mums.ac.ir

Date of birth

24/05/1973

British General Medical Council

6043680 (full registration)

Registration

Iranian Medical Council

118792

Qualifications/Occupations

06/2014-	Head of Department of Nutrition, Mashhad Medical School	Mashhad Medical School
06/2014-	Associate Professor in Clinical Nutrition	Mashhad Medical School
08/2009-	Head of Department of Clinical Nutrition, Ghaem Teaching Hospital	Mashhad Medical School
02/2008 –06/2014	Assistant Professor in Clinical Nutrition	Mashhad Medical School
08/2003 – 08/2007	Medical Specialty Training (Postgraduate General Medicine)	University Hospitals of Leicester (2005-07) Norfolk&Norwich University Hospital (2003-04)
05/2000 – 07/2007	PhD study (clinical nutrition) Supervisor: Dr Anthony Leeds	King's College, London
01/2002 – 11/2005	Graduate Certificate in Academic Practice (GCAP), part-time study	King's Institute of Learning & Teaching, London
09/1999 – 04/2000	Postgraduate Diploma in Clinical Nutrition	King's College, London
09/1991 – 11/1998	Doctor of Medicine (MD)	Mashhad University of Medical Sciences, Iran

Awards

2009	Teacher Diploma from European Society for Clinical Nutrition & Metabolism
2006	Associate practitioner of the Academy of Higher Education in the UK - Ref: 30609
2000	Awarded Grants from Iranian Ministry of Health and Medical Education and Sun Nutrition plc (UK) for PhD study
1998	Research Vice President's Award for Distinguished Medical Student in Research Mashhad University of Medical Sciences, Iran

Publications

1. **Norouzy A**, Leeds A, Emery PW. Low glycaemic index meals reduce dietary energy intake over six days in normal subjects. Int. J. Obes. 27 (supp 1): S116, May 2003.
2. Sara Baghban, Mohsen Nematy, Mohsen Mazidi, Maryam Kamgar, Mohammad Sokhtanloo, Mahmoud Hoseini, Hassan Rakhshande, **Abdolreza Norouzy**, Habibolah Esmaily. The effect of hydro-alcoholic extract of Artemisia absinthium on appetite in male rats. Avicenna Journal of Phytomedicine Apr 29, 2014.

3. A. R. Yousefi,ab Seyed M. A. Razavi*b and **Abdolreza Norouzy***c .In vitro gastrointestinal digestibility of native, hydroxypropylated and cross-linked wheat starches. *Food Funct.*, 2015,6, 3126-3134.
4. Tayyebeh Kermani., Seyyed Hadi Mousavi. Maryam Shemshian. **Abdolreza Norouzy**.Mohsen Mazidi. Atefeh Moezzi. Toktam Moghiman. Majid Ghayour-Mobarhan. Gordon. A. Ferns. Saffron supplements modulate serum pro-oxidant-antioxidant balance in patients with metabolic syndrome: A randomized, placebo-controlled clinical trial. *AJP*, Vol. 5, No. 5, Sep-Oct 2015.
5. Mina Hosseininasab,1 **Abdolreza Norouzy**,1 Mohsen Nematy,1 and Shokoufeh Bonakdaran.2Low-Glycemic-Index Foods Can Decrease Systolic and Diastolic Blood Pressure in the Short Term. *International Journal of Hypertension*. 17 February 2015.
6. Mohsen Mazidi1, Peyman Rezaie2, **Abdolreza Norouzy**2, Mohammad Hasan Saeb2, Atieh Mehdizadeh Hakkak2, Sara Balali2, Mohsen Nematy2. Investigating the relation between macronutrients intake and anthropometric indices
7. Neda Shalaei, Atoosa Motaghedi, Seyed Amir Reza Mohajeri, **Abolreza Norouzy**, Mohsen Nematy, Faezeh Sheikhol Vaezin, Faezeh Jahandoost, Mohammad Safarian. Changes in Dietary Intake during Ramadan in North East of Iran Population. . *J Fasting Health*. 2014.
8. **Abdolreza Norouzy**, Rahil Karimirad, Zeynab Sabety, Mahnaz Amini, Davood Attaran, Seyed Mohammad Reza Mohajeri, Seyed Amir Reza Mohajeri, Mohsen Nematy. Effect of Ramadan Fasting on Spirometric Values and Clinical Symptoms in Asthmatic Patients. *J Fasting Health*. 2014.
9. Seyede Neda Mousavi, Mohsen Nematy, **Abdolreza Notouzy***, Mohammad Safarian, Fariborz Samini, Ali Birjandinezhad, Elena Philippou, Asghar Mafinejad. Comparison of intensive insulin therapy versus conventional glucose control in traumatic brain injury patients on parenteral Nutrition: a pilot randomized clinical trial, [J Res Med Sci](#). 2014 May;19(5):420-5.
Index: ISI
10. maryam Alinezhad Namaghi, Mahdi Hasanzadeh Dalooe, Amir Hosein Khoshnasab, Mohsen Nematy, Adeleh Khoshnasab, Javad Farrokhi, **Abdolreza Norouzy***. Effects of Ramadan Fasting on Ambulatory Blood Pressure in Hypertensive Patients. *J Fasting Health*. 2014; 2(1):1-
Index: ISC
11. Mohsen Nematy, Mohsen Mazidi, Sara Baghban Taraghdari, Peyman Rezaee,Maryam Kamgar, Mohammad Reza Jomezadeh , OmidAkbariehHasani , Mohammad Soukhtanloo,Mahmoud Hosseini, Zahra Gholamnezhad, Hassan Rakhshandeh, **Abdolreza Norouzy**, Habibollah Esmaily, Michael Patterso. The effect of hydroalcoholic extract of Cannabis Sativa on appetite hormone in rat. *J Complement Integr Med*. 2014 Dec;11(4):253-7. doi: 10.1515/jcim-2014-0006.
Index: Pubmed
12. Mohsen Nematy, Mohsen Mazidi, SaraBaghban,JafariAtefeh, Hassan Rakhshandeh, **AbdolrezaNorouzy**,Amir Houshang Mohammadpour□.The Effect of Hydro alcoholic Extract

of Achillea Millefolium on appetite hormone in rat. Iranian Journal of Basic Medical Sciences. Index: ISI.

13. Mohsen Nematy, Maryam Nouri, Shohreh Ghazizahedi, **Abdolreza Norouzy**, Seyed Amir Reza Mohajeri, Neda Shalaei, Mohammad Safariyan, Habibollah Esmaily. Validity and Reproducibility of Iranian Food Frequency Questionnaire. Switzerland Research Park Journal. Vol. 102, No. 12; December 2013,
14. Mohammad Asghari jafarabadi, Shohreh Ghazizahedi, Seyed Amir Reza Mohajeri, Maryam Nouri, Mohsen Nematy, **Abdolreza Norouzy**, Neda Shalaei, Mohammad Safarian. Comparison of Dietary Pattern in Different Provinces of Iran. Switzerland Research Park Journal. Vol. 102, No.12; December 2013
15. Mousavi SN, Samini F, Nematy M, Philippou E, Safarian M, Tavallaiee S, **Norouzy A**. Hyperglycemia and antibody titres against heat shock protein 27 in traumatic brain injury patients on parenteral nutrition. Iran J Basic Med Sci. 2014 Feb;17(2):119-22.
16. Maryam Kazemi¹, Mohsen Nematy², **Abdolreza Norouzy**³, Maral Amini⁴, Seyed Amirreza Mohajery, Amir reza Razavi. Ramadan fasting: Evidence or expert opinion? Results of preliminary studies. J Fasting Health. 2013; 1(2):58-65. 59
17. Shalaei, N. Motaghedi Larijani, A. Mohajeri, AR. **Nourouzy**, A. Nematy, M. Sheikhol vaezine, F. Jahandoost, F. Safarian, M. Chenges in dietary intake during Ramadan in North East of Iran population. Journal of Fasting and Health. 2013
18. **Nourouzy**, A. Karimi rad, R. Sabety Beygi, Z. Amini, M. Davood, A. Mohajery, MR. Nematy, M. Effects of Ramadan fasting on Spirometric Value and Clinical Symptoms in Asthmatic Patients. Journal of Fasting and Health. 2013. **Index: [ISC](#)**
19. Nematy, M¹. Kamgar, M². Mohajeri, MR³. Tabatabaei Zadeh, A³. Jomezadeh, MR³. Akbarieh Hasani, O³. Kamali, N². Vojouhi, Sh². Baghban, S². Aghaei, A⁴. Soukhtanloo, M². Hosseini, M⁴. Gholamnezhad, Z⁴. Rakhshandeh, H⁵. **Norouzy**, A². Esmaily, H^{6*}. Ghayour-Mobarhan, M⁷. Patterson, M. The effect of hydroalcoholic extract of Coriandrum sativum on rat appetite. Avicenna Journal of Phytomedicine. Vol. 3, No. 1, Winter 2013, 91-97.
20. Mohsen Mazidi, Peyman Rezaie, **Abdolreza Norouzy**, Mohammad Hasan Saeb, Atieh Mehdizadeh Hakkak, Sara Balali, Mohsen Nematy. Investigating the relation between macronutrients intake and anthropometric indices. Mediterranean Journal of Nutrition and Metabolism (In press) **Index: [PubMed](#)**
21. Zahra Mosallaei; Mohsen Mazidi; Mohammad Safarian; **Abdolreza Norouzy**; Seyed Amir Reza Mohajeri; Habibollah Esmaily; Ali Bahari; Majid Ghayour-Mobarhan; Mohsen Nematy. Dietary Intake and Its Relationship with Non-Alcoholic Fatty Liver Disease (NAFLD). Mediterranean Journal of Nutrition and Metabolism. In Press **Index: [PubMed](#)**

22. Shohreh Bahreyni; Mohsen Mazidi; Peyman Rezaie; Rahim Vakili; **Abdolreza Norouzy**; Seyed Isaac Hashemy; Mahdi Ebrahimi; Habibolla Esmaeili; Payam Razavi Ebrahimi; Amir Akhavan-rezayat; Mohsen Nematy. Effects of Ramadan fasting on the sexual hormones level in girls 9-13 years age girls: Mashhad, Iran. J Fasting Health. Article 3, Volume 3, Issue 1, Winter 2015, Page 7-12. Index: ISC
23. Mohsen Nematy, Hadis Salami, **Abdolreza Norouzy**, Zahra Siadat, Nasim Shahsavan, Shima Tavallaie, Gordon Ferns, Majid Ghayour-Mobarhan✉, Sonia Sadat Soluti. Indices of malnutrition in patients admitted to general medical and chest medicine wards of an Iranian teaching hospital on admission and discharge. Mediterranean Journal of Nutrition and Metabolism 2013 April; 6: 53-57. **Index: SCOPUS, EMBASE**
24. Mohsen Nematy, Maryam Alinezhad-Nameghi, Masoud Mahdavi, Mostafa Mozhdehifard, Seyedeh Sania Sajjadi, Saeed Akhlaghi, Maryam Sabery, Seyed Amir R Mohajeri, Neda Shalaey, Mohsen Moohebaty, and **Abdolreza Norouzy**. Effect of Ramadan Fasting on Cardiovascular Risk Factor: a prospective observational study. Nutrition Journal Volume 11, Issue 1, 2012, Article number 69. **Index: ISI (IF:2.477)**
25. Seyedeh Neda Mousavi□, Mohsen Nematy, Mohamad Safarian, Ali Najafi, Asghar Mafi Nejad, Fariborz Samini, Ali Birjandinejad, Mohamad Reza Ehsaiee and **Abdolreza Norouzy**. Intensive Insulin Therapy Reduces Infections in Patients on Parenteral Nutrition - A Randomized Clinical Trial. GMJ 2012; 1(1):2-7. Index: Index Copernicus, Magiran, Google Scholar, DOAJ, Scopus, ISC, Elsevier
26. **Abdolreza N**, Omalbanin A, Mahdieh TS, Mohammad Ali MR, Reza MS, Maryam S, Mohsen N□. Comparison of the number of patients admitted with renal colic during various stages of peri-ramadan month. Saudi Journal of Kidney Diseases and Transplantation. 2011;22(6):1199. Index: PubMed
27. Motamed, S. Ebrahimi¹, M. Safarian, M. Ghayour-Mobarhan¹, M. Mouhebaty¹, M. Azarpazhouh¹, Mr. Esmailie, H. **Norouzi**, A. ordon AA Fern, G². Micronutrient Intake and the Presence of the Metabolic Syndrome. North American Journal of Medical Sciences. Volume 5, Issue 6, June 2013. ISSN 1947-2714M.
28. Seyedeh Neda Mousavi¹, Monireh Dahri², Mohsen Nematy³, Fatemeh Kazemi², **Abdolreza Norouzy**³ □, Seyed Javad, Purafzali Firouzabadi⁴. 2011 World Nutrition Day Report in Training, Research and Clinical Ghaem Hospital in Mashhad. Journal of Short Communication. GMJ. 2012;1(2):84-87
29. **Norouzy A**, Salehi M, Philippou E, Arabi H, Shiva F, Mehrnoosh S, Mohajeri M, Mohajeri A, Motaghedi Larijani A, Nematy M. Effect of fasting in Ramadan on body composition and nutritional intake; a prospective study. Journal of Human Nutrition and Dietetics. 2013
30. Mousavi N□, **Norouzy A**, Nematy M, Safarian M, Samini F, Birjandinejad A, Purafzalifiruzabadi J. Intensive insulin therapy reduces infections in patients on parenteral nutrition- A randomized clinical trial. Original article. GMaleJn. .2 2001120;1;6(1(4)):2:1-710 July 2012

31. Nematy M, Alinezhad-Namaghi M, Mahdavi Rashed M, Mozhdehifard M, Sajjadi S, Akhlaghi S, Sabery M, Mohajeri A, Shalaey N, Moohebaty M, **Norouzy A**. Effects of Ramadan fasting on cardiovascular risk 3 factors: a prospective observational study. Nutrition Journal .2012, 11:69
32. **Norouzy A**, Nematy M, Salami H, Siadat Z, Shahsavan N, Tavallaie Sh, Ferns G, Ghayour – Mobarhan M, Soluti S. Indices of malnutrition in patients admitted to general medical and chest medicine wards of an Iranian teaching hospital on admission and discharge. Mediterr J Nutr Metab. DOI 10.1007/s12349-012-0103-1. July 2012
33. **Norouzy A**, Mohajeri SM, Shakeri S, Yari F, Sabery M, Philippou E, Varasteh AR, Nematy M. FA- Effect of Ramadan fasting on glycaemic control in patients with Type 2 diabetes. J Endocrinol Invest. 2011 Oct 6
34. Norouzy A, Rezai M, Afroushteh O, Nematy M. Comparison of admitting renal colic patients to emergency ward peri Ramadan month. Saudi J Kidney Dis Transp 22(6):1199-1202. Nov 2011.
35. Mohsen Nematy, Seyed Amir Reza Mohajeri, Shirin Amiri Moghadam, Mohammad Safarian, **Abdolreza Norouzy**, Seyed Mohammad Reza Parizadeh, Mahmoud Reza Azarpazhooh, Zahra Siadat, Nasim Shahsavan Gharbi, Majid Ghayour Mobarhan. Nutritional status in intensive care unit patients: a prospective clinical cohort pilot study. Mediterr J Nutr Metab. DOI 10.1007/s12349-011-0071-x. August 2011
36. **Abdolreza Norouzy**, Peyman Hashemi, Amin Amiri, Mahta Salehi, Kosar Deldar, Yasaman Fakhar, Saeid Fard Khaleghi, Alireza Sepehri Shamloo, Maryam Sabery, Mohsen Nematy ☒. Adult malnutrition screening, prevalence in four Iranian hospitals: cross-sectional study. Mediterranean Journal of Nutrition and Metabolism. 2012;5(1):45-8. **Index: PubMed, Scopus**
37. **Norouzy A**, Heidari H. Determination of prooxidant-antioxidant balance and its association with vasculopathy in type 2 diabetic patients by using a rapid assay. Clin Nutr. 5(2): 216-7, Sep 2010

38. **Norouzy A**, Nematy M. Effect of fasting in month of Ramadan on body weight related variables. *Obesity Review.* 11(supp 1). July 2010
39. **Norouzy A**, Leeds A, Emery A. effect of single high vs low glycaemic index meal on gut hormones. *Endocrine Abstracts.* 19 (OC 17), March 2009
40. **Norouzy A**, Leeds A, Emery PW. Effect of the glycaemic index on pulse wave velocity in short-term. *Diab.&Vasc. Dis. Res.* 3(4): S95, October 2007
41. **Norouzy A**, Leeds A, Emery PW. The effect of low and high GI meals on appetite satiety over six day. *Proc. Nut. Soc.,* 62:81a, Autumn 2004
42. **Norouzy A**, Leeds A, Emery PW. Arterial pulse wave velocity and low glycaemic index diet significant improvement after six days. *Diab.& Metab.* 29:4s136, August 2003

۳۰. حسین اقبالی، محمد علی اقبالی، عبدالرضا نوروزی، حسین شیوا، «مدل سازی تغذیه برای افراد مبتلا به دیابت نوع ۲ با استفاده از برنامه ریزی خطی ریاضی»، مجله دیابت و لیپید ایران، ۱۳۹۰، دوره ۱۱ (شماره ۳) ۲۸۲-۲۹۱.

Presentations

September 2011	Vegan diet improves cardiovascular risk factors compared to omnivore diet. ESPEN meeting, Sweden
July 2011	Plenary speech on Nutritional support in ICU patients. Indonesian Society for Critical Care meeting, Bali, Indonesia.
December 2010	Effect of fasting on cardiovascular risk factors. World Fasting and Health Conference. Penang, Malaysia
November 2010	Nutritional support in ICU patients. Plenary session. Iranian Congress of Nutrition. Shiraz
March 2010	Effect of Ramadan fasting on glycaemic control in type 2 diabetic patients. British Endocrinology Society, Manchester, UK
September 2009	Prevalence of hospital malnutrition in Iran. European Society for Enteral and Parenteral Nutrition, Vienna
March 2009	Effect of low and high glycaemic index meals on appetite, satiety and energy intake after six days low or high glycaemic index meal. British Endocrinology Society Meeting, Leeds, UK
October 2007	Effect of low and high glycaemic index meal on Pulse Wave Velocity in short and long term. 5 th World Congress on Metabolic Syndrome, Boston
July 2007	Becoming a House Officer. Plenary lecture on House Officer's rights. Royal Society of Medicine, London
September 2005	Improvement in semen parameters in men with varicocele after varicocelectomy. North-Central American Urological Association meeting, Chicago

- August 2003 **Arterial Pulse Wave Velocity and low glycaemic index diet: significant improvement after six days.**
18th International Diabetes Federation Conference, Paris
- March 2003 **Low glycaemic index meals reduce dietary energy intake over six days in normal individuals.**
12th European Congress in Obesity, Helsinki

Teaching

I have completed the Graduate Certificate in Academic Practice (GCAP). GCAP is an award-bearing programme for those involved in teaching in Higher Education.

2013 - 2014	Mashad Medical School	Associate Professor in Clinical Nutrition
2008 - 2013	Mashad Medical School	Assistant Professor in Clinical Nutrition
2006 - 2007	University of Leicester	Course tutor/lecturer for 2 nd year medical students
2001 – 2004	King’s College, London	Lecturing, demonstration and tutorial for MSc/medical students

Professional Memberships

- British Medical Association
- Association for the Study of **Obesity**-UK
- British **Endocrinology** Society
- British Association for the Study of **Medical Education**
- **Diabetes UK** (professional membership)
- British **Nutrition** Society.