

Curriculum Vitae

MAURO LOMBARDO, MD

Department of Human Sciences and Promotion of the Quality of Life
San Raffaele Roma Open University

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ORCID

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WOS

<https://www.webofscience.com/wos/author/record/F-6133-2019>

SCOPUS

<https://www.scopus.com/authid/detail.uri?authorId=24463502200>

Personal Information

Country Italy
Date of birth 03.09.1976

Education

2003 Degree in Medicine. 110/110 "con lode". (highest possible grade in Italy).
University of Rome Tor Vergata , Italy
2007 Specialist in Human Nutrition 60/60 "con lode". (highest possible grade in
Italy). University of Rome Tor Vergata , Italy

Professional Experience

2021 National Scientific Appointment as Professor Scientific Sector 06/D2
"Endocrinology, Nephrology and Food and Wellness Sciences" 12/05/2021
to 12/05/2030)
2012 to 2022 Tenure Track Associate Professor on Dietetics and Clinical Nutrition,
Department of Human Sciences and Promotion of the Quality of Life, San
Raffaele Roma Open University.
2002 to 2012 Assistant Physician, Obesity Centre, Ptv Hospital, Tor Vergata University,
Rome, Italy

MAIN TEACHING RESPONSIBILITIES AND COURSE DEVELOPMENT

- 2018 to present "Human nutrition and hormonal control", Faculty of Motor Sciences - Soccer, San Raffaele Open University, Rome, Italy
- 2015 to 2022 "Nutrition and health. Traditional and innovative nutritional models", Faculty of Human nutrition sciences, San Raffaele Open University, Rome, Italy
- 2015 to present "Methodology of prevention: hormonal control and dietetics", Faculty of "Sciences and techniques of Preventive and Adapted Motor Activities", San Raffaele Open University, Rome, Italy
- 2013 to present "Human Nutrition Sciences", Faculty of "Food Science and Gastronomy", San Raffaele Open University, Rome, Italy
- 2011 to present "Endocrinology and Human Nutrition", Faculty of Motor Sciences, San Raffaele Open University, Rome, Italy

2019 - 2021

Research Doctorate

Member of the Teaching Board of the PhD in Experimental and Systems Medicine - University of Rome "Tor Vergata" (director Prof. Massimo Federici)

http://medicinadeisistemi.uniroma2.it/wp-content/uploads/2020/01/Ulteriori_Informazioni.pdf

2021 - 2023

Teacher in the 2nd level University Master in "Dietology and Nutrition". LUMSA University.

<https://www.uniroma5.it/upload/files/condivisa/master-humanitas/2m/8-2m-nutdie-22-23-humanitas-san-raffaele-020822-copia.pdf>

OTHER TEACHING RESPONSIBILITIES AND COURSE DEVELOPMENT

- 2011 "Nutrition aspects" - Training course for Technical Sports Operator for Tourism organized by the University of Rome Tor Vergata"
- 2011 "Nutrition in the young Athlete" - Training Course for Technical Sports Operator for Tourism organized by the University of Rome Tor Vergata
- 2011 to 2013 "Topics of nutrition, body composition, energy expenditure in the Athlete" - Higher Fitness Trainer Education course with funding from the European community
- 2011 "Body weight: body composition models" - Communication training course in nutrition education -
- 2010 "Nutrition and energy expenditure of sports" - Course for technical sports operator in tourism Degree in Motor Sciences - University of Rome Tor Vergata
- 2009 "Lifestyle interventions to prevent cardiometabolic diseases" - Medical Summer School - University of Rome Tor Vergata
- 2008 "Topics on ethics in human nutrition" - Ethics of sport - Degree in Motor Sciences - University of Rome Tor Vergata
- 2007-2008 "Nutrition" at the training course "Technical director of sports activities" of the educational institution CNOS - Degree in Sport Science - University of Rome Tor Vergata
- 2007-2009 "Topics on sport nutrition" - the International Shooting Academy on
- 2007 "The complications of artificial nutrition" - at the Nursing Master in Public Health - 2nd edition 2005/07 - Tor Vergata University of Rome
- 2006 "Nutrition in Sports" - the Master in Economics and Sport Management of the University of Rome Tor Vergata

Research Fields

Traditional Mediterranean diet, Sports nutrition in adolescents and the elderly, Nutritional follow-up of bariatric patients, Chrono-nutrition, Celiac disease, Inflammation in obesity, Nutrition in various stages of life, T-MAO and foods, Sarcopenic obesity, Gender differences in eating habits. Dietary protein and diabetes mellitus.

Editorial Board Member

- present
- Associate editor "Nutrition & Metabolism" –IF 3.5 - Indexed in Scopus - ISSN: 1743-7075 - <https://nutritionandmetabolism.biomedcentral.com/about/editorial-board>
 - Editorial Board Member (EBM) - "Nutrition & Food Science" --SSN: 0034-6659 – IF 0.7 (Indexed in scopus) - https://emeraldgroupublishing.com/products/journals/editorial_team.htm?id=nfs
- past
- until 9th march 2023 - Editorial Board Member (EBM) - "BMC Endocrine Disorders" - IF 2.027 - Indexed in SCOPUS - ISSN: 1472-6823 <https://bmcendocrdisord.biomedcentral.com/about/editorial-board>
 - until 10 August 2021 - Editorial Board - PLOS ONE - Q1 - ISSN 19326203 <https://journals.plos.org/plosone/static/editorial-board>

Special Issue Editor

1. "Plant-Based Diets and Their Antioxidant Role in Human Health" - Antioxidants (ISSN 2076-3921; IF: 5.014) - https://www.mdpi.com/journal/antioxidants/special_issues/Plant_Based_Health
2. "The Nutritional Management of the Pre- and Post-Surgery Obesity Patients" - International Journal of Environmental Research and Public Health (ISSN 1660-4601; IF 2.849) - https://www.mdpi.com/journal/ijerph/special_issues/nutritional_management_obesity
3. "Effects of Plant-based Diets on Human Health and the Environment" - International Journal of Environmental Research and Public Health (ISSN 1660-4601; IF 2.849) - https://www.mdpi.com/journal/ijerph/special_issues/plant-based_diet_health
4. "Environmental Impacts of Food Consumption and Nutrition" - International Journal of Environmental Research and Public Health (ISSN 1660-4601; IF 2.849) https://www.mdpi.com/journal/ijerph/special_issues/food_environmental_impact
5. "The Role of Soy in Human Health and Disease" - Frontiers in Nutrition (ISSN 2296861X; IF 5.87) <https://www.frontiersin.org/research-topics/33759/the-role-of-soy-in-human-health-and-disease>
6. "The relationship between nutrition and COVID-19" - Nutrition and Food Science (ISSN 346659; IF 1.51) <https://www.emeraldgroupublishing.com/calls-for-papers/relationship-between-nutrition-and-covid-19>
7. "2nd Edition: The Nutritional Management of the Pre- and Post-Surgery Obesity Patients" - International Journal of Environmental Research and

Public Health (ISSN 1660-4601; IF 4.6) -

https://www.mdpi.com/journal/ijerph/special_issues/D3ZCY509AP

8. "2nd Edition: Effects of Plant-based Diets on Human Health and the Environment" - International Journal of Environmental Research and Public Health (ISSN 1660-4601; IF 4.6) - https://www.mdpi.com/journal/ijerph/special_issues/9C8XSZJCP6
9. "The New Era of Treatment for Obesity" - International Journal of Environmental Research and Public Health (ISSN 1660-4601; IF 4.6) - https://www.mdpi.com/journal/ijerph/special_issues/V9870FPKA1

Journal Topics Board Journal Topics Board Member "International Journal of Environmental Research and Public Health" (ISSN 1660-4601; IF 2.849) https://www.mdpi.com/journal/ijerph/topic_editors from 09-01-2020 to today

Review Editor for Diabetes Inequalities - Frontiers in Clinical Diabetes and Healthcare

<https://www.frontiersin.org/journals/clinical-diabetes-and-healthcare/sections/diabetes-inequalities#editorial-board>

Manuscripts Handled As Editor (90)

<https://www.webofscience.com/wos/author/record/F-6133-2019>

Scientific Associations

2022

Member of the italian Scientific Society of Vegetarian Nutrition - SSNV

Reviewer

<https://www.webofscience.com/wos/author/record/F-6133-2019>

Reviewer Summary

1. (156) Nutrients
2. (31) Nutrition & Food Science

3. (22) Healthcare
4. (10) BMC Endocrine Disorders
5. (7) Biology
6. (5) Life
7. (4) Medicina
8. (2) Children
9. (2) Psychiatry International
10. (2) Mediterranean Journal of Nutrition and ...
11. (2) Trends in Food Science & Technology
12. (2) Biomedical and Pharmacology Journal
13. (1) Dietetics
14. (1) Metabolites
15. (1) Journal of Sports Sciences
16. (1) Pharmacy
17. (1) Foods
18. (1) Patient Preference and Adherence
19. (1) Topics in Clinical Nutrition
20. (1) Sports
21. (1) BMC Rheumatology
22. (71) International Journal of Environmental ...
23. (28) Nutrition & Metabolism
24. (10) Biomedicines
25. (8) Acta Diabetologica
26. (7) Antioxidants
27. (4) Eating and Weight Disorders - Studies on ...
28. (3) International Journal of Molecular Scien...
29. (2) Journal of Clinical Medicine
30. (2) Gastroenterology Insights
31. (2) Mini-invasive Surgery
32. (2) British Food Journal

33. (2) BioFactors
34. (1) Safety
35. (1) Sustainability
36. (1) European Journal of Nutrition
37. (1) Applied Sciences
38. (1) Diabetes, Metabolic Syndrome and Obesi...
39. (1) Food & Function
40. (1) Applied Physiology, Nutrition, and Metab...
41. (1) Current Research in Nutrition and Food S...
42. (1) European Journal of Clinical Nutrition

Publications

1. Amoah, I.; Ascione, A.; Muthanna, F.M.S.; Feraco, A.; Camajani, E.; Gorini, S.; Armani, A.; Caprio, M.; **Lombardo, M.** Sustainable Strategies for Increasing Legume Consumption: Culinary and Educational Approaches. *Foods* 2023, 12, 2265. <https://doi.org/10.3390/foods12112265>
2. **Lombardo, M.** (2023), "Guest editorial: the relationship between nutrition and COVID-19", *Nutrition & Food Science*, Vol. 53 No. 4, pp. 657-658. <https://doi.org/10.1108/NFS-06-2023-479>
3. Storz, M.A.; Brommer, M.; **Lombardo, M.**; Rizzo, G. Soy Milk Consumption in the United States of America: An NHANES Data Report. *Nutrients* 2023, 15, 2532. <https://doi.org/10.3390/nu15112532>
4. **Lombardo, M.**; Feraco, A.; Camajani, E.; Caprio, M.; Armani, A. Health Effects of Red Wine Consumption: A Narrative Review of an Issue That Still Deserves Debate. *Nutrients* **2023**, 15, 1921. <https://doi.org/10.3390/nu15081921>
5. Feraco, A.; Gorini, S.; Mammi, C.; **Lombardo, M.**; Armani, A.; Caprio, M. Neutral Effect of Skeletal Muscle Mineralocorticoid Receptor on Glucose Metabolism in Mice. *Int. J. Mol. Sci.* **2023**, 24, 7412. <https://doi.org/10.3390/ijms24087412>
6. Hira Singh, **Mauro Lombardo**, Abhishek Goyal, Amrender Kumar and Anil Khar. Genotypic variation in Na, K and their ratio in 45 commercial cultivars of Indian tropical onion: A pressing need to reduce hypertension among the population" *Front. Nutr.*, 21 February 2023 - Sec. Nutrition and Sustainable Diets -Volume 10 - 2023 | <https://doi.org/10.3389/fnut.2023.1098320> - *Frontiers in Nutrition* **2023**
7. Maximilian Andreas Storz, Maria Brommer, Alessandra Feraco, Alexander Müller, Alvaro Luis Ronco, **Mauro Lombardo**. Shift work is not associated with dietary acid load in the NHANES". *Nutrition and Food Science* 10.1108/NFS-10-2022-0354 **2023**

8. Rizzo, G.; Baroni, L.; **Lombardo, M.** Promising Sources of Plant-Derived Polyunsaturated Fatty Acids: A Narrative Review. *Int. J. Environ. Res. Public Health* **2023**, *20*, 1683. <https://doi.org/10.3390/ijerph20031683>
9. Velluzzi, F.; Deledda, A.; **Lombardo, M.**; Fosci, M.; Crnjar, R.; Grossi, E.; Sollai, G. Application of Artificial Neural Networks (ANN) to Elucidate the Connections among Smell, Obesity with Related Metabolic Alterations, and Eating Habit in Patients with Weight Excess. *Metabolites* **2023**, *13*, 206. <https://doi.org/10.3390/metabo13020206>
10. Armani, A.; Feraco, A.; Camajani, E.; Gorini, S.; **Lombardo, M.**; Caprio, M. Nutraceuticals in Brown Adipose Tissue Activation. *Cells* **2022**, *11*, 3996. <https://doi.org/10.3390/cells11243996>
11. Deledda, A.; Palmas, V.; Heidrich, V.; Fosci, M.; **Lombardo, M.**; Cambarau, G.; Lai, A.; Melis, M.; Loi, E.; Loviselli, A.; Manzin, A.; Velluzzi, F. Dynamics of Gut Microbiota and Clinical Variables after Ketogenic and Mediterranean Diets in Drug-Naïve Patients with Type 2 Diabetes Mellitus and Obesity. *Metabolites* **2022**, *12*, 1092. <https://doi.org/10.3390/metabo12111092>
12. Camajani E, Feraco A, Proietti S, Basciani S, Barrea L, Armani A, **Lombardo M**, Gnessi L, Caprio M. Very low calorie ketogenic diet combined with physical interval training for preserving muscle mass during weight loss in sarcopenic obesity: A pilot study. *Front Nutr.* **2022** Sep 29;9:955024. doi: 10.3389/fnut.2022.955024. Erratum in: *Front Nutr.* **2022** Nov 08;9:1076667. PMID: 36245515; PMCID: PMC9560671.
13. Storz, M.A.; Beckschulte, K.; Brommer, M.; **Lombardo, M.** Current Sex Distribution of Cooking and Food Shopping Responsibilities in the United States: A Cross-Sectional Study. *Foods* **2022**, *11*, 2840. <https://doi.org/10.3390/foods11182840>
14. Storz, M.A.; Ronco, A.L.; **Lombardo, M.** Dietary Acid Load in Gluten-Free Diets: Results from a Cross-Sectional Study. *Nutrients* **2022**, *14*, 3067. <https://doi.org/10.3390/nu14153067>
15. **Lombardo, M.**; Feraco, A.; Ottaviani, M.; Rizzo, G.; Camajani, E.; Caprio, M.; Armani, A. The Efficacy of Vitamin D Supplementation in the Treatment of Fibromyalgia Syndrome and Chronic Musculoskeletal Pain. *Nutrients* **2022**, *14*, 3010. doi: 10.3390/nu14153010
16. Zeli, C.; **Lombardo, M.**; Storz, M.A.; Ottaviani, M.; Rizzo, G. Chocolate and Cocoa-Derived Biomolecules for Brain Cognition during Ageing. *Antioxidants* **2022**, *11*, 1353. doi: 10.3390/antiox11071353
17. **Lombardo, M.**; Feraco, A.; Bellia, C.; Prisco, L.; D'Ippolito, I.; Padua, E.; Storz, M.A.; Lauro, D.; Caprio, M.; Bellia, A. Influence of Nutritional Status and Physical Exercise on Immune Response in Metabolic Syndrome. *Nutrients* **2022**, *14*, 2054. <https://doi.org/10.3390/nu14102054>
18. Storz, M.A.; **Lombardo, M.**; Rizzo, G.; Müller, A.; Lederer, A.-K. Bowel Health in U.S. Shift Workers: Insights from a Cross-Sectional Study (NHANES). *Int. J. Environ. Res. Public Health* **2022**, *19*, 3334. <https://doi.org/10.3390/ijerph19063334>
19. Rizzo, G., Feraco, A., Storz, M., **Lombardo, M.** (2022). The role of soy and soy isoflavones on women's fertility and related outcomes: An update. *Journal of Nutritional Science*, *11*, E17. doi:10.1017/jns.2022.15
20. Storz, M.A.; Rizzo, G.; Müller, A.; **Lombardo, M.** Bowel Health in U.S. Vegetarians: A 4-Year Data Report from the National Health and Nutrition Examination Survey (NHANES). *Nutrients* **2022**, *14*, 681. <https://doi.org/10.3390/nu14030681>

21. **Lombardo M**, Aulisa G, Marcon D, Rizzo G. The Influence of Animal- or Plant-Based Diets on Blood and Urine Trimethylamine-N-Oxide (TMAO) Levels in Humans. *Curr Nutr Rep.* 2022 Jan 6. doi: 10.1007/s13668-021-00387-9. Epub ahead of print. PMID: 34990005.
22. Storz, M.A.; Müller, A.; **Lombardo, M.** Diet and Consumer Behavior in U.S. Vegetarians: A National Health and Nutrition Examination Survey (NHANES) Data Report. *Int. J. Environ. Res. Public Health* 2022, 19, 67. <https://doi.org/10.3390/ijerph19010067>
23. **Lombardo, M.**; Guseva, E.; Perrone, M.A.; Müller, A.; Rizzo, G.; Storz, M.A. Changes in Eating Habits and Physical Activity after COVID-19 Pandemic Lockdowns in Italy. *Nutrients* 2021, 13, 4522. <https://doi.org/10.3390/nu13124522>
24. Storz, M.A.; Rizzo, G.; **Lombardo, M.** Shiftwork Is Associated with Higher Food Insecurity in U.S. Workers: Findings from a Cross-Sectional Study (NHANES). *Int. J. Environ. Res. Public Health* 2022, 19, 2847. <https://doi.org/10.3390/ijerph19052847>
25. **Lombardo, M.**, Rizzo, G., Feraco, A., Perrone, M.A., Bellia, C., Lauro, D., Caprio, M., Bellia, A. and Padua, E. (2021), "High plant-based diet and physical activity in women during menopausal transition", *Nutrition & Food Science*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/NFS-06-2021-0195>
- 26.** Bellia C, **Lombardo M.** , Meloni M., Della-Morte D., Bellia A. ,Lauro D. Diabetes and cognitive decline, *Advances in Clinical Chemistry* 2021 in press
27. Perrone, M.A.; Feola, A.; Pieri, M.; Donatucci, B.; Salimei, C.; **Lombardo, M.**; Perrone, A.; Parisi, A. The Effects of Reduced Physical Activity on the Lipid Profile in Patients with High Cardiovascular Risk during COVID-19 Lockdown. *Int. J. Environ. Res. Public Health* 2021, 18, 8858. <https://doi.org/10.3390/ijerph18168858>
28. **Lombardo, M.**; Aulisa, G.; Marcon, D.; Rizzo, G.; Tarsisano, M.G.; Di Renzo, L.; Federici, M.; Caprio, M.; De Lorenzo, A. Association of Urinary and Plasma Levels of Trimethylamine N-Oxide (TMAO) with Foods. *Nutrients* 2021, 13, 1426. <https://doi.org/10.3390/nu13051426>
29. **Lombardo, M.**; Franchi, A.; Biolcati Rinaldi, R.; Rizzo, G.; D'Adamo, M.; Guglielmi, V.; Bellia, A.; Padua, E.; Caprio, M.; Sbraccia, P. Long-Term Iron and Vitamin B12 Deficiency Are Present after Bariatric Surgery, Despite the Widespread Use of Supplements. *Int. J. Environ. Res. Public Health* 2021, 18, 4541. <https://doi.org/10.3390/ijerph18094541>
30. Schiattarella A, **Lombardo M**, Morlando M, Rizzo G. The Impact of a Plant-Based Diet on Gestational Diabetes: A Review. *Antioxidants.* 2021; 10(4):557. <https://doi.org/10.3390/antiox10040557>
31. **Mauro Lombardo**, Chiara Bellia, Giovanni Aulisa, Antonio Pratesi, Marco A. Perrone, Elvira Padua, Ferdinando Iellamo, Massimiliano Caprio, Alfonso Bellia (2021). The different daily distribution of proteins does not influence the variations in body composition in a sample of subjects undergoing a low-calorie mediterranean-type diet. *MINERVA GASTROENTEROLOGY*, ISSN: 1827-1642, doi: 10.23736/S1121-421X.20.02694-X
32. **Lombardo, Mauro**, Padua, Elvira, Campoli, Francesca, Panzarino, Michele, Mîndrescu, Veronica, Annino, Giuseppe, Iellamo, Ferdinando, Bellia, Alfonso (2021). Relative handgrip strength is inversely associated with the presence of type 2 diabetes in overweight elderly women with varying nutritional status. *ACTA DIABETOLOGICA*, ISSN: 0940-5429, doi: 10.1007/s00592-020-01588-4
33. Pacifici F, Farias CLA, Rea S, Capuani B, Feraco A, Coppola A, Mammi C, Pastore D, Abete P, Rovella V, Salimei C, **Lombardo M**, Caprio M, Bellia A, Sbraccia P, Di Daniele N, Lauro D, Della-Morte D. Tyrosol May Prevent Obesity by Inhibiting Adipogenesis in 3T3-L1 Preadipocytes. *Oxid Med Cell Longev.* 2020 Dec 9;2020:4794780. doi: 10.1155/2020/4794780. PMID: 33376578; PMCID: PMC7746459.

34. **Mauro Lombardo**, Marco A. Perrone, Giovanni Aulisa, Paola Pellegrini, Elvira Padua, Chiara Bellia, Giuseppe Annino, Alfonso Bellia, Massimo Federici, Ferdinando Iellamo (2020). Diet high in protein-rich foods with structured sport activity may be useless to lose fat mass and maintain fat-free mass. *MINERVA GASTROENTEROLOGICA E DIETOLOGICA*, ISSN: 1827-1642, doi: 10.23736/S1121-421X.20.02704-X
35. Bellia, Alfonso, Ruscello, Bruno, Bolognino, Rolando, Briotti, Gianluca, Gabrielli, Paolo Roberto, Silvestri, Adriano, Rosazza, Cristina, Ambruso, Francesca, **Lombardo, Mauro**, Bernardini, Andrea, Calabrese, Cosimo, Lauro, Davide, D'Ottavio, Stefano (2020). Whole-body Electromyostimulation plus Caloric Restriction in Metabolic Syndrome. *INTERNATIONAL JOURNAL OF SPORTS MEDICINE*, ISSN: 0172-4622, doi: 10.1055/a-1171-2003
36. Marco Alfonso Perrone, Ferdinando Iellamo, Bruno Donatucci, Giuseppe Caminiti, **Mauro Lombardo** (2020). Oxidative stress, redox state and antioxidant supplementation in physical exercise and professional sports: a brief review. *Acta medica mediterranea*, vol. 2020, issn: 0393-6384, doi: 10.19193/0393-6384_2020_2_195
37. **Lombardo, Mauro**, Perrone, Marco Alfonso, Guseva, Elena, Aulisa, Giovanni, Padua, Elvira, Bellia, Chiara, Della-Morte, David, Iellamo, Ferdinando, Caprio, Massimiliano, Bellia, Alfonso (2020). Losing Weight after Menopause with Minimal Aerobic Training and Mediterranean Diet. *NUTRIENTS*, vol. 12, ISSN: 2072-6643, doi: 10.3390/nu12082471
38. **Lombardo, Mauro**, Bellia, Chiara, Moletto, Cristian, Aulisa, Giovanni, Padua, Elvira, Della-Morte, David, Caprio, Massimiliano, Bellia, Alfonso (2020). Effects of Quality and Quantity of Protein Intake for Type 2 Diabetes Mellitus Prevention and Metabolic Control. *CURRENT NUTRITION REPORTS*, ISSN: 2161-3311, doi: 10.1007/s13668-020-00324-2
39. Moriconi, Eleonora, Feraco, Alessandra, Marzolla, Vincenzo, Infante, Marco, **Lombardo, Mauro**, Fabbri, Andrea, Caprio, Massimiliano (2020). Neuroendocrine and Metabolic Effects of Low-Calorie and Non-Calorie Sweeteners. *FRONTIERS IN ENDOCRINOLOGY*, vol. 11, ISSN: 1664-2392, doi: 10.3389/fendo.2020.00444
40. Bellia, Chiara, **Lombardo, Mauro**, Della-Morte, David (2020). Use of troponin as a predictor for cardiovascular diseases in patients with type 2 diabetes mellitus. *CLINICA CHIMICA ACTA*, ISSN: 0009-8981, doi: 10.1016/j.cca.2020.04.007
41. Anas R Alashram, Elvira Padua, Ahmad K Hammash, **Mauro Lombardo**, Giuseppe Annino (2020). Effectiveness of virtual reality on balance ability in individuals with incomplete spinal cord injury: A systematic review. *JOURNAL OF CLINICAL NEUROSCIENCE*, ISSN: 0967-5868, doi: 10.1016/j.jocn.2020.01.037
42. Aulisa, G., Binda, C., Padua, E., Pratesi, A., Bellia, A., Bellia, C. and **Lombardo, M.** (2020), "If we eat soy, do we keep the beneficial effects of the Mediterranean diet?", *Nutrition & Food Science*, Vol. 50 No. 6, pp. 1099-1108. <https://doi.org/10.1108/NFS-10-2019-0322>
43. Padua E, D'Amico AG, Alashram A, Campoli F, Romagnoli C, **Lombardo M**, Quarantelli M, Di Pinti E, Tonanzi C, Annino G. Effectiveness of Warm-Up Routine on the Ankle Injuries Prevention in Young Female Basketball Players: A Randomized Controlled Trial. *Medicina (Kaunas)*. 2019 Oct 16;55(10). pii: E690. Doi: 10.3390/medicina55100690. PubMed PMID: 31623096.
44. **Mauro Lombardo**, Arianna Franchi, Elvira Padua, Valeria Guglielmi, Monica D'adamio, Giuseppe Annino, Paolo Gentileschi, Ferdinando Iellamo, Alfonso Bellia, Paolo Sbraccia(2019). Potential Nutritional Deficiencies In Obese Subjects Five Years After Bariatric Surgery. *Bariatric Surgical Practice And Patient Care*, Vol. 14, P. 1-6, Issn: 2168-0248, Doi: 10.1089/Bari.2019.0009
45. **M. Lombardo**, A. Boaria, G. Aulisa, E. Padua, G. Annino, A. Pratesi, M. Caprio, F. Iellamo, A. Bellia (2019). Sarcopenic Obesity: Etiology And Lifestyle Therapy.. *European Review For Medical And Pharmacological Sciences*, Vol. 23, P. 7152-7162, Issn: 1128-3602, Doi: 10.26355/Eurrev_201908_18761
46. **Lombardo, M.**, Aulisa, G., Padua, E., Annino, G., Iellamo, F., Pratesi, A., Caprio, M. and Bellia, A. (2020), "Gender differences in taste and foods habits", *Nutrition & Food Science*, Vol. 50 No. 1, pp. 229-239. <https://doi.org/10.1108/NFS-04-2019-0132>
47. Padua E, Campoli F, Manzi V, Panzarino M, **Lombardo M**, Melchiorri G, Tancredi V, Lebone P, Palazzo F,

Annino G. (2018). Water Versus Land-Based Exercises As Physical Training Programs In Elderly.. Journal Of Sports Medicine And Physical Fitness, Vol. 6, P. 802-809, Issn: 0022-4707, Doi: 10.23736/S0022-4707.17.07307-8

48. Guglielmi V, Bellia A, Gentileschi P, **Lombardo M**, D'adamo M, Lauro D, Sbraccia P (2018). Parathyroid Hormone In Surgery-Induced Weight Loss: No Glucometabolic Effects But Potential Adaptive Response To Skeletal Loading.. Endocrine, Vol. Feb;59(2);, P. 288-295, Issn: 1355-008x, Doi: Doi: 10.1007/S12020-017-1477-0
49. Alfonso Bellia, Ferdinando Iellamo, Elisa De Carli, Aikaterini Andreadi, Elvira Padua, **Lombardo M**, Giuseppe Annino, Francesca Campoli, Sara Tartaglione, Stefano D'ottavio, David Della-Morte, Davide Lauro (2017). Exercise Individualized By Trimpi Method Reduces Arterial Stiffness In Early Onset Type 2 Diabetic Patients: A Randomized Controlled Trial With Aerobic Interval Trainin. International Journal Of Cardiology, Issn: 0167-5273, Doi: 10.1016/J.Ijcard.2017.06.065
50. Annino, Giuseppe Iellamo, Ferdinando, Palazzo, Francesco, Fusco, Augusto, **Lombardo M**, Campoli, Francesca, Padua, Elvira (2017). Acute Changes In Neuromuscular Activity In Vertical Jump And Flexibility After Exposure To Whole Body Vibration. Medicine, Issn: 1536-5964, Doi: 10.1097/Md.00000000000007629
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ORAL COMMUNICATIONS

Invited speaker at the "XV° Congresso Nazionale Associazione Italiana Medicina del Sonno", Rome, Italy; Title of the paper: Evaluation of changes in resting metabolic rate (RMR), body composition and polysomnographic findings in obese patients with obstructive sleep apnea syndrome (OSAS) after dietary and behavioural therapy: preliminary data (contribution: oral presentation). - The work was subsequently published: Lombardo M, et al (2008). Rapid decrease of resting energy expenditure after a three-months lifestyle intervention in OSAS patients. *Nutritional Therapy and Metabolism*, 26: 2. 81-85 April-July , ISSN: 1828-6232 (2005).

Invited speaker at the "X° Congresso Nazionale della Società Italiana dell'Obesità (S.I.O.) e della Società Italiana di Chirurgia dell'Obesità (S.I.C.O.B.)" - Abano Terme, Padova, Italy; Title of the paper: Effetti della "whole-body vibration " sulla composizione corporea e sul profilo metabolico in pazienti affetti da obesità. (contribution: poster presentation). The paper was published "Effects of whole body vibration plus diet on insulin resistance in middle-aged obese subjects". *Int J Sports Med.* 2014 Jun;35(6):511-6. doi: 10.1055/s-0033-1354358 (2012)

Invited speaker at the "X° Congresso Nazionale della Società Italiana dell'Obesità (S.I.O.) e della Società Italiana di Chirurgia dell'OBesità (S.I.C.O.B.)" - Abano Terme, Padova, Italy; Title of the paper: Reduction of circulating parathormone levels, without modification of vitamin D, in obese patients undergoing "sleeve gastrectomy" (contribution: poster presentation). The paper was then published: "Parathyroid hormone in surgery-induced weight loss: no glucometabolic effects but potential adaptive response to skeletal loading". *Endocrine*. 2018 Feb;59(2):288-295. doi: 10.1007/s12020-017-1477-0 (2012)

Invited speaker at the "X° Congresso Nazionale della Società Italiana dell'Obesità (S.I.O.) e della Società Italiana di Chirurgia dell'OBesità (S.I.C.O.B.)" - Abano Terme, Padova, Italy; Title of the paper: Blood levels of parathormone and cardio-metabolic risk: differences between "metabolically healthy" and insulin-resistant obese (contribution: poster presentation). The paper was subsequently published: 'Parathyroid hormone and insulin resistance in distinct phenotypes of severe obesity: a cross-sectional analysis in middle-aged men and premenopausal women'. *J Clin Endocrinol Metab*. 2012 Dec;97(12):4724-32. doi: 10.1210/jc.2012-2513 (2012)

Invited speaker at the IV° Congresso Nazionale SISMES (Società Italiana delle Scienze Motorie e Sportive), Palermo, Italy; Title of the presentation: Whole body vibration training: a functional procedure for weight management. (contribution: oral presentation, p. 40 proceedings). The work was subsequently published: Effects of whole body vibration plus diet on insulin resistance in middle-aged obese subjects. *Int J Sports Med*. 2014 Jun;35(6):511-6. doi: 10.1055/s-0033-1354358 (2012)

Invited speaker at the "X° Congresso Nazionale della Società Italiana dell'Obesità (S.I.O.) e della Società Italiana di Chirurgia dell'OBesità (S.I.C.O.B.)" - Abano Terme, Padova, Italy; Title of the paper: Evaluation of a three-months lifestyle intervention in housewives with equal caloric reduction but different distribution during the day (contribution: poster presentation). The work was subsequently published: Lombardo M, et al (2014). Morning meal more efficient for fat loss in a 3-month lifestyle intervention. *J Am Coll Nutr*. 2014;33(3):198-205. doi: 10.1080/07315724.2013.863169 (2012)

Invited speaker at the scientific conference *Corpus sanum in mente sana* organised by San Raffaele University. Title of the presentation: "The myth of protein in the gym" (contribution:oral presentation) (2018)

Invited speaker at the scientific conference - "Spazio Nutrizione" S.I.O. , S.I.N.U. A.N.D.I. under the patronage of the University of Milan. Title of report: "The excellence of the Mediterranean diet". (contribution:oral presentation in round table) (2019)

Invited speaker at the "XVII° Congresso Nazionale della Società Italiana di Chirurgia dell'OBesità e malattie metaboliche (SICOB)", Bologna, Italy; Title of the paper: Potential nutritional deficiencies in obese subjects five years after bariatric surgery. (contribution:oral presentation) - http://www.sicob.org/programma_definitivo_v15.pdf (p. 52) - The paper was subsequently published: Lombardo M, et al (2019) . "Potential Nutritional Deficiencies in Obese Subjects 5 Years After Bariatric Surgery", *Bariatric Surgical Practice and Patient Care*. <http://doi.org/10.1089/bari.2019.0009> (2019)

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Speaker at "The 1st International Electronic Conference on Plant Science" - Section: Plant Nutrition, Plant Physiology and Metabolism. Congress organized by the journal "Plants" (ISSN 2223-7747 - IF: 2.76). Title of the paper: "Diet rich in plant protein may prevent type 2 diabetes". (contribution:oral presentation) - <https://sciforum.net/paper/view/8752> - DOI:10.3390/IECPS2020-08752. (2021)

Speaker at the "XXVIII Congresso Nazionale della Società Italiana di Chirurgia dell'Obesità e delle

Malattie Metaboliche (S.I.C.Ob.) Section: "La gestione del follow-up e la prevenzione delle complicanze" - Title of the paper: "Valutazione nel lungo periodo del rischio di carenze nutrizionali e di recupero di peso in soggetti sottoposti a chirurgia bariatrica". (contribution: videotaped oral presentation) http://www.sicob.org/online/00_slide/lombardo_mauro.pdf (2021)

Speaker at "The 3rd International Electronic Conference on Environmental Research and Public Health - Public Health Issues in the Context of the COVID-19 Pandemic". Section: Public Health Statistics and Risk Assessment. Congress organised by the International Journal of Environmental Research and Public Health (ISSN 1661-7827 - IF: 2.85). Title of the paper: "An overview and update on sarcopenic obesity". (contribution:oral presentation) - <https://sciforum.net/paper/view/9017> DOI: 10.3390/ECERPH-3-09017 (2021)

Invited speaker at the XXIV CONGRESSO NAZIONALE ADI - Turin, 21 - 23 October 2021.

(contributions:oral presentation)

- 1. Long-term nutritional strategies to reduce the risk of weight regain and micronutrient deficiencies after bariatric surgery.
- 2. Gender differences in taste and eating habit
- 3. BMI-adjusted handgrip value is inversely correlated with the presence of type 2 diabetes in overweight elderly women with different nutritional status

(contribution:poster)

- 1. Type and amount of protein in the diet for the prevention and metabolic control of type diabetes mellitus
- 2. Sarcopenic obesity: diagnosis and therapy

OTHER COMMUNICATIONS

Panzarino M, Campoli F, Lebone P, Ruscello B, D'ottavio S, Lombardo M, Padua E (2015). Effects Of Strength And Standard Low Intensity Training Methods In The Elderly. *Sport Sciences For Health*, Vol. 11, Issn: 1824-7490

Panzarino M, Campoli F, Lebone P, Ruscello B, D'ottavio S, Lombardo M, Padua E (2015). Effects Of Strength And Standard Low Intensity Training Methods In The Elderly. *Sport Sciences For Health*, Issn: 1824-7490

A. Bellia, G. Marinoni, C. Tirabasso, M. D'adamo, Lombardo M, M.Federici, D. Lauro, P.Sbraccia. (2012). Livelli Ematici Di Paratormone E Rischio Cardio-Metabolico: Differenze Tra Obesi "metabolicamente Sani" E Insulino-Resistenti. In: Congresso Congiunto Sio-Sicob – Abano Terme (Pd) – 2012. Abano Terme, 18-20 Aprile

A. Bellia, Lombardo M, M.Sallì, M.D'adamo, E.Padua, G. Annino, F.Iellamo, C.Foti, P.Sbraccia. (2012). Effetti Della "whole-body Vibration" Sulla Composizione Corporea E Sul Profilo Metabolico In Pazienti Affetti Da Obesità. In: Congresso Congiunto Sio-Sicob – Abano Terme (Pd) - 2012. Abano Terme, 18-20 Aprile

A. Bellia, S. Costa, M. D'adamo, Lombardo M, V.Guglielmi, C.Tirabasso, P.Pasquali, P.Sbraccia (2012). Riduzione Dei Livelli Circolanti Di Paratormone, Senza Modificazioni Della Vitamina D, In Pazienti Obesi Sottoposti A "Sleeve Gastrectomy". In: Congresso Congiunto Sio-Sicob – Abano Terme (Pd) – 2012. Abano Terme, 18-20 Aprile

Alfonso Bellia, Giorgia Marinoni, Monica D'adamo, Valeria Guglielmi, Lombardo M, Giulia Donadel, Paolo Gentileschi, Davide Lauro, Massimo Federici, Renato Lauro, And Paolo Sbraccia (2012). Parathyroid Hormone And Insulin Resistance In Distinct Phenotypes Of Severe Obesity: A Cross-Sectional Analysis In Middle-Aged Men And Premenopausal Women. *The Journal Of Clinical Endocrinology And Metabolism*, Issn: 0021-972x, Doi: The Journal Of Clinical Endocrinology & Metabolism October 1, 2012 Jc.2012-2513

Cardellini M., Davato F., Cardolini I., Valentini A., Lombardo M, Lauro D., Sbraccia P., Lauro R., Gentileschi P., Federici M. (2012). L'aumento Dello Spessore Miointimale Nei Pazienti Con Steatosi Epatica Non Alcolica È Correlato Con L'insulino Resistenza E Aumentati Livelli Di Tnfa.. In: Congresso Nazionale Sid 2012 A Torino.

E. Padua, M. Panzarino, P. Lebone, R. Manno, S. D'ottavio, G. Melchiorri, Lombardo M, A. Bellia,

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Padua E, Campoli F, Panzarino M, Lombardo M, Annino G. (2017). Physical Activity In Fourth Age: Effects On Strength And Flexibility. In: Sismes 2017. Sport Sciences For Health, Issn: 1824-7490

Panzarino M, Annino G, Campoli F, Lombardo M, Padua E. (2017). Use Of A New Gymnastics Tool In Physical Activity In Elderly. . In: Sismes 2017. Sport Sciences For Health, Issn: 1824-7490, Brescia, 29th September-1st October 2017

Annino G, Palazzo F, Lebone P, Caronti A, Lombardo M, Campoli F, Padua E, Iellamo F. (2015). The Efficacy Of Plantar Stimulation On Human Balance Control.. Somatosensory And Motor Research, Vol. 19:1-6., Pmid: 26287753, Issn: 0899-0220

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Lombardo M, E.Padua, A. Bellia, M.Sallì, V.Manzi, G. Annino, F. Iellamo, C. Foti, P. Sbraccia. (2012). Whole Body Vibration Training: A Functional Procedure For Weight Management. In: Iv Congresso Nazionale Sismes Palermo. Palermo, 5-7 Ottobre 2012

M. Cardellini, F. Davato, I. Cardolini, A. Valentini, Lombardo M, D. Lauro, P.Sbraccia, R. Lauro, P. Gentileschi, M. Federici (2012). Increased Intimal Medial Thickness In Patients With Nafld Iscorelated With Insulin Resistance And Levels Of Tnfalpha . In: Eas 2012, The 80th European Atherosclerosis Society Congress, Milano. Milano

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A. Bellia, G. Marinoni, M. D'Adamo, Lombardo M, D. Lauro, M. Federici, R. Lauro, P. Sbraccia (2010). Relazione Fra Livelli Circolanti Di Paratormone E Tolleranza Glicidica In Pazienti Affetti Da Obesità Severa. In: V Congresso Nazionale Sio – Roma - 2010. Roma, 15-17 Aprile 2010

G. Marchetti, Lombardo M, C. Mercurio, A. Bellia, V. Guglielmi, M. D'Adamo, P. Sbraccia (2010). Effetti Di 3 Settimane Di Dieta A Basso Contenuto In Carboidrati Su Composizione Corporea E Dispendio Energetico In Donne Sovrappeso In Menopausa. In: V Congresso Nazionale Sio – Roma – 2010. Roma, 15-17 Aprile 2010

Sallì M., Bellia A., Lombardo M, Noia G., Annino G., Sbraccia M., Foti C., Lauro R (2009). Effects Of Whole Body Vibration On Body Composition And Metabolic Profile In Patients Affected By Severe Obesity. . In: Book Of Abstracts Of 3° International Meeting On Rehabilitation Medicine. Roma, 09 Sett 2009

G.M. Giorgetti, A. Tursi, Lombardo M, G. Sandri, G. Brandimarte, W. Elisei. (2007). Effetti Della Dieta Senza Glutine Sulla Gravidanza In Pazienti Celiache Affette Da Poliabortività.. In: Xiii Congresso Nazionale Sinpe. Monastier Di Treviso, 15-17 Novembre 2007

G.M. Giorgetti, Lombardo M, A. Tursi, G. Brandimarte, W. Elisei. (2007). Mesalazina E/O Lactobacillus Casei Nella Prevenzione Delle Riacutizzazioni Della Patologia Diverticolare Sintomatica Del Colon Studio Prospettico, Randomizzato, Aperto.. In: Xiii Congresso Nazionale Sinpe – Treviso - 2007. Treviso , 2007

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BOOK'S CHAPTERS (ITALIAN)

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G.M. Giorgetti, Lombardo M (2009). Immunopatogenesi E Diagnosi Precoce Di Malattia Celiaca. In: Costruire L'identità Del Nutrizionista Emsi.

Lombardo M, A. Del Monte, M.R. Bollea (2009). Aspetti Metabolici Della Sindrome Delle Apnee Notturme. In: Costruire L'identità Del Nutrizionista, Emsi 2009.