

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 - PUBLONS

<https://publons.com/researcher/1727737/mauro-lombardo/>

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 with honours. University of Rome Tor Vergata , Italy
2007 Specialist in Human Nutrition with honours. 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 Researcher (RtD/B) of 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 to present *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 *Teacher in the 2nd level University Master in "Dietology and Nutrition". LUMSA University.*

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

- journal* - Editorial Board *"Nutrition & Metabolism"* -IF 3.5 - Indexed in Scopus - ISSN: 1743-7075 - <https://nutritionandmetabolism.biomedcentral.com/about/editorial-board>
- Editorial Board - *"Nutrition & Food Science"* --SSN: 0034-6659 – IF 0.7 (Indexed in scopus) - https://emeraldgroupublishing.com/products/journals/editorial_team.htm?id=nfs
- Associate Editor - *"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 *"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](https://www.mdpi.com/journal/antioxidants/special%20issues/Plant%20Based%20Health)*

"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](https://www.mdpi.com/journal/ijerph/special%20issues/nutritional%20management%20obesity)

"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](https://www.mdpi.com/journal/ijerph/special%20issues/plant-based%20diet%20health)

"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

"The Role of Soy in Human Health and Disease" - Special Issue Editor - Frontiers in Nutrition (ISSN 2296861X; IF 5.87)
<https://www.frontiersin.org/research-topics/33759/the-role-of-soy-in-human-health-and-disease>

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>

2019 to present Editor of 61 scientific articles published or forthcoming in indexed journals
<https://publons.com/researcher/1727737/mauro-lombardo/peer-review/>

Reviewer

<https://publons.com/researcher/1727737/mauro-lombardo/peer-review/> :

1. (65) *Nutrients*
2. (30) *International Journal of Environmental Research and Public Health*
3. (22) *Nutrition & Metabolism*
4. (21) *Nutrition & Food Science*
5. (12) *Healthcare*
6. (10) *BMC Endocrine Disorders*
7. (5) *Acta Diabetologica*
8. (4) *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*
9. (4) *Medicina*
10. (3) *Antioxidants*
11. (3) *International Journal of Molecular Sciences*

12. (2) *BioFactors*
13. (2) *Biology*
14. (2) *Biomedical and Pharmacology Journal*
15. (2) *British Food Journal*
16. (2) *Gastroenterology Insights*
17. (2) *Life*
18. (2) *Mediterranean Journal of Nutrition and Metabolism*WOS
19. (2) *Mini-invasive Surgery*
20. (2) *Trends in Food Science & Technology*
21. (1) *Applied Physiology, Nutrition, and Metabolism*
22. (1) *Applied Sciences*
23. (1) *BMC Rheumatology*
24. (1) *Current Research in Nutrition and Food Science Journal*
25. (1) *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*
26. (1) *European Journal of Clinical Nutrition*
27. (1) *European Journal of Nutrition*
28. (1) *Food & Function*
29. (1) *Foods*
30. (1) *Journal of Sports Sciences*
31. (1) *Patient Preference and Adherence*
32. (1) *Pharmacy*
33. (1) *Sports*
34. (1) *Sustainability*
35. (1) *Topics in Clinical Nutrition*

Publications

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>

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>

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

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>

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.

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>

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>

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>

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>

Bellia C, Lombardo M. , Meloni M., Della-Morte D., Bellia A. ,Lauro D. *Diabetes and cognitive decline*, *Advances in Clinical Chemistry* 2021 in press

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>

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>

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>

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>

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.

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

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

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

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

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

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

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

Mauro Lombardo, Chiara Bellia, Giovanni Aulisa, Antonio Pratesi, Marco A. Perrone, Elvira Padua, Ferdinando Iellamo, Massimiliano Caprio, Alfonso Bellia (2020). 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 GASTROENTEROLOGICA E DIETOLOGICA, ISSN: 1827-1642, doi: 10.23736/S1121-421X.20.02694-X

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

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

Aulisa, Giovanni, Binda, Claudio, Padua, Elvira, Pratesi, Antonio, Bellia, Alfonso, Bellia, Chiara, Lombardo, Mauro (2020). If we eat soy, do we keep the beneficial effects of the Mediterranean

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.

Mauro Lombardo, Arianna Franchi, Elvira Padua, Valeria Guglielmi, Monica D'adamo, 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

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

Lombardo M, Giovanni Aulisa, Elvira Padua, Giuseppe Annino, Ferdinando Iellamo, Antonio Pratesi, Massimiliano Caprio, Alfonso Bellia. Gender Differences In Taste And Foods Habits. *Nutrition And Food Science (in Press)*. Ssn: 0034-6659

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

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

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

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

Giovanni Melchiorri, Giuseppe Annino, Michele Panzarino, Valerio Viero, Francesca Campoli, Lombardo M, Elvira Padua (2017). Proposal For A Physical Fitness Evaluation Test Battery Of An Italian Elderly Population . *Medicina Dello Sport*, Issn: 0025-7826, Doi: 10.23736/S0025-7826.17.03098-8

Lombardo M, R. Magarotto, F. Marinelli, E. Padua, M. Caprio, G. Annino, A. Bellia, F. Iellamo (2017). Ideal Reduction Of Calories For Greatest Reduction Of Body Fat And Maintenance Of Lean Body Mass. *The Journal Of Aging Research And Clinical Practice*, Issn: 2258-8094, Doi: [Http://Dx.Doi.Org/10.14283/Jarcp.2017.1](http://Dx.Doi.Org/10.14283/Jarcp.2017.1)

Lombardo M, Bellia Alfonso, Mattiuzzo Francesca, Franchi Arianna, Ferri Carola, Elvira Padua,

Guglielmi Valeria, D'adamo Monica, Giuseppe Annino, Gentileschi Paolo, Iellamo Ferdinando, Lauro Davide, Federici Massimo, And Sbraccia Paolo. (2015). *Frequent Follow-Up Visits Reduce Weight Regain In Long-Term Management After Bariatric Surgery.. Bariatric Surgical Practice And Patient Care*, Vol. 10, Issn: 2168-0248, Doi: 10.1089/Bari.2015.0021.

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 <https://doi.org/10.3109/08990220.2015.1054025>

G Annino, B Ruscello, P Lebone, F Palazzo, Lombardo M, E Padua, L Verdecchia, V Tancredi, F Iellamo (2015). *Acute Effects Of Static And Dynamic Stretching On Jump Performance After 15 Min Of Reconditioning Shooting Phase In Basketball Players. The Journal Of Sports Medicine And Physical Fitness*, Issn: 1827-1928

Giovanni Di Cola, Francesca Jacoangeli, Fabrizio Jacoangeli, Lombardo M, Ferdinando Iellamo (2014). *Cardiovascular Disorders In Anorexia Nervosa And Potential Therapeutic Targets . Internal And Emergency Medicine*, Vol. 9, P. 717-721, Issn: 1828-0447

Lombardo M, A. Bellia, E. Padua, G. Annino, V. Guglielmi, M. D'adamo, F. Iellamo, P. Sbraccia (2014). *Morning Meal Is More Efficient For Fat Loss In A Three-Months Lifestyle Intervention. Journal Of The American College Of Nutrition*, Vol. 33, P. 198-205, Issn: 0731-5724, Doi: 10.1080/07315724.2013.863169

A Bellia, M Sallì, Lombardo M, M D'adamo, V Guglielmi, C Tirabasso, L Giordani, M Federici, D Lauro, C Foti, P Sbraccia (2013). *Effects Of Whole Body Vibration Plus Diet On Insulin-Resistance In Middle-Aged Obese Subjects. . International Journal Of Sports Medicine*, Issn: 0172-4622, Doi: Doi:10.1055/S-0033-1354358

Bellia A, Garcovich C, D' Adamo M, Lombardo M, Tesauro M, Donadel G, Gentileschi P, Lauro D, Federici M, Lauro R, Sbraccia P (2013). *Serum 25-Hydroxyvitamin D Levels Are Inversely Associated With Systemic Inflammation In Severe Obese Subjects.. Internal And Emergency Medicine*, Vol. 2, P. 81-85, Issn: 1970-9366, Doi: 10.1007/S11739-011-0559-X

Bellia A, Marinoni G, D'Adamo M, Guglielmi V, Lombardo M, Donadel G, Gentileschi P, Lauro D, Federici M, Lauro R, Sbraccia P. *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. Epub 2012 Oct 1. PMID: 23027922.

Giuseppe G Marazzi, Ferdinando F Iellamo, Maurizio M Volterrani, Lombardo M, Francesco F Pelliccia, Daniela D Righi, Fabrizia F Grieco, Luca L Cacciotti, Luigi L Iaia, Giuseppe G Caminiti And Giuseppe G Rosano (2012). *Comparison Of Microlife Bp A200 Plus And Omron M6 Blood Pressure Monitors To Detect Atrial Fibrillation In Hypertensive Patients.. Advances In Therapy*, Vol. *Advances In Therapy* January 2012, Volume 29, Issue 1, Pp 64-70, Issn: 0741-238x

Lombardo M, M Boccacci, A Bellia, M D'adamo, P Sbraccia, G M Giorgetti (2009). *Peg Infection By Pseudomonas Aeruginosa In Two Patients Hospitalized In The Same Room. Nutritional Therapy & Metabolism*, Issn: 1828-6232

V Manzi, C Castagna, E Padua, Lombardo M, S D'ottavio, M C Massaro, M Volterrani, F Iellamo (2009). *Dose-Response Relationship Of Autonomic Nervous System Responses To Individualized Training Impulse In Marathon Runners. . American Journal Of Physiology. Heart And Circulatory Physiology*, Issn: 0363-6135, Doi: 10.1152/ajpheart.00054.2009

G M Giorgetti, Lombardo M, G Sandri, G Brandimarte, A Tursi (2008). *A Retrospective Study Of Clinical Manifestations Of Celiac Disease: A 18 Years Review Of Activity In Our Hospital . Giornale Italiano Di Allergologia E Immunologia Clinica*, Vol. 18:2, P. 54-60, Issn: 1120-6373

Lombardo M, A Del Monte, G M Giorgetti, F Mattioli, C Ficoneri, M R Bollea (2008). *Rapid Decrease Of Resting Energy Expenditure After A Three-Months Lifestyle Intervention In Osas Patients. Nutritional Therapy & Metabolism*, 26: 2. 81-85 April-July , Issn: 1828-6232

Lombardo M, G.M. Giorgetti (2008). *Può La Malattia Celiaca Influenzare La Funzionalità Del Sistema Nervoso Autonomo Nello Sportivo? Valutazione Delle Disfunzioni Autonomiche Ed Endoteliali Nei Soggetti Affetti Da Celiachia. Coaching & Sport Science Journal*, Vol. 3, Issn: 1590-7880

Lombardo M, Giorgetti M (2008). *Small Bowel Adenocarcinoma In A Patient With Coeliac Disease. Cases Journal*, Vol. 2, P. 81-85, Issn: 1757-1626

M Giorgetti, Lombardo M (2008). *Immunopatogenesi Della Malattia Di Crohn E La Celiachia: Possibili Correlazioni Immunopatogenetic Correlations Between Crohn's And Coeliac Disease. Giornale Italiano Di Allergologia E Immunologia Clinica*, Vol. 18, P. 80-85, Issn: 1120-6373

Lombardo M, G.M. Giorgetti, A.T. Rogacien, V. Falanga, P. Spada, G. Darelli, T. De Vito. (2007). *Implementation Of A Surveillance Program For Catheter-Related Bloodstream Infections In A General Hospital: Results From A Single-Center Experience. . Nutritional Therapy & Metabolism*, Issn: 1828-6232

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)

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)

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 complic

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 Tnfα*. In: *Congresso Nazionale Sid 2012 A Torino*.

E. Padua, M. Panzarino, P. Lebone, R. Manno, S. D'ottavio, G. Melchiorri, Lombardo M, A. Bellia, B. Ruscello, V. Tancredi, G. Annino. (2012). *Effects Of An Intensive Week Training Program On Elderly People*. In: *Sismes 2012. Palermo, 5-7 Ottobre 2012*

G. Annino, F. Palazzo, L. Verdecchia, S. D'ottavio, Lombardo M, R. La Torre, V. Tancredi, E. Padua (2012). *Acute Effects Of Static And Dynamic Stretching On Explosive Strength Performance In Basketball Players*. In: *IV Congresso Nazionale Sismes Palermo. Sport Sciences For Health, Issn: 1824-7490, Palermo, 5-7 Ottobre 2012*

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*

Campoli F, Annino G, Panzarino M., Manno R, Tancredi V, Lombardo M, Melchiorri G, Padua E (2015). *Influence Of Water Pool Motor Activity As Part Of A Standard Physical Activity Program In Older People*. *Sport Sciences For Health, Issn: 1824-7490*

Lombardo M, A. Bellia, M. D'adamo, V.Guglielmi, C.Tirabasso, P.Pasquali, P.Sbraccia. (2012). *Valutazione Di Un Intervento Di Tre Mesi Sullo Stile Di Vita Di Casalingshe Con Uguaie Riduzione Calorica Ma Diversa Distribuzione Nella Giornata*. In: *Congresso Congiunto Sio-Sicob – Abano Terme (Pd) - 2012. Abano Terme, 18-20 Aprile*

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 Tnfα*. In: *Eas 2012, The 80th European Atherosclerosis Society Congress, Milano. Milano*

M. D'adamo, Lombardo M, P.Gentileschi, A.Bellia, V.Guglielmi, D. Ferradino, E.Cenanmo, D.Lauro, P.Sbraccia. (2012). *Indicazione Al Trattamento Chirurgico Dell'obesità: Oltre Il Bmi*. In: *Congresso Nazionale Sid 2012 A Torino. Torino, 2012*

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Bellia A, D'adamo M, Lombardo M, Federici M, Lauro D And Sbraccia P (2011). *Low Levels Of 25-OH-Vitamin D Are Related To Markers Of Systemic Inflammation In Obese Non Diabetic Patients*. In: *Journal Compilation ^a 2011 The International Association For The Study Of Obesity. Obesity Reviews 12 (Suppl. 1) (2011) 63–279*.

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*

Lombardo M, Gm Giorgetti, A.T. Rogacien, G. Darelli (2007). *Progetto Aziendale Sulla Prevenzione Delle Infezioni Da Catetere Intravascolare A Breve Termine. In: Xiii Congresso Nazionale Sinpe – Treviso – 2007. Monastier Di Treviso, 15-17 Novembre 2007*

T.Persichetti, N.Cataldi, Lombardo M, M.R. Lupatelli, C. Ficoneri, M.R. Bollea. (2006). *Comportamento Alimentare In Un Campione Di Pazienti Obesi Ambulatoriali. . In: Obesity And Metabolism, Vol.2, Suppl. To No. 1, 2006, March.*

BOOK'S CHAPTERS (ITALIAN)

Lombardo M (2012). *Sezione 11 - Fisiologia Della Nutrizione. In: G.B. Azzena, A. De Lorenzo, B. De Luca, G.A. Losano, C. Orizio, A. Pagliaro, C. Reggiani. (a Cura Di): M. Midrio, Compendio Di Fisiologia Umana. Isbn: 978-88-299-2185-0*

G.M. Giorgetti, Lombardo M (2009). *Ruolo Dei Probiotici E Prebiotici Sull'immunità Intestinale". In: Costruire L'identità Del Nutrizionista, Emsi 2009.*

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.*