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Decreto Rettore Università di Roma “La Sapienza” n. 1965/2021 del 21.07.2021

ELEONORA POGGIOGALLE

Curriculum Vitae

Place Rome, Italy

Date 15th September 2021

Part I – General Information

Full Name	Eleonora Poggiogalle
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Part II – Education

Type	Year	Institution	Notes (Degree, Experience,...)
University graduation	2009	Sapienza University, Rome	Degree in Medicine and Surgery (MD); mark; 110/110 cum laude
Post-graduate studies	2012	Italian Society for the Study of Eating Disorder-SISDCA, and Sapienza University, Rome (Italy)	Higher Education Course “Therapeutic Education in Obesity”
Post-graduate studies	2012	Italian Society for the Study of Eating Disorders-SISDCA-Pisa (Italy)	Higher Education Course “Multidisciplinary approach in the treatment of Eating Disorders”
Post-graduate studies	2013	European Society for Clinical Nutrition and Metabolism-ESPEN 2013, Leitzpig, Germany	Lifelong Learning Program (LLL): “Nutritional Support in Gastro-Intestinal Diseases”
Post-graduate studies	2014	European Society for Clinical Nutrition and Metabolism-ESPEN 2014, Geneva, Switzerland	Lifelong Learning Program (LLL): “Nutritional Support in Renal Diseases”
Post-graduate studies	2015	Italian Society for the Study of Eating Disorders-SISDCA-Bologna (Italy)	Higher Education Course “PIA.DAO Project: Expert in the treatment of Eating Disorders”
Specialty	2016	Sapienza University, Rome	Post-graduate diploma (medical residency program) in Food Science and Human Nutrition

Pre-doctorate training	2015-2016	Pennington Biomedical Research Center, Baton Rouge, LA, USA	Visiting research scholar
Pre-doctorate training	2017	European Society for Clinical Nutrition and Metabolism-ESPEN 2017, The Hague, The Netherlands	Lifelong Learning Program (LLL): "Nutrition in Respiratory Diseases"
Pre-doctorate training	2017	European Society for Clinical Nutrition and Metabolism-ESPEN 2017, The Hague, The Netherlands	Lifelong Learning Program (LLL): "Nutritional Assessment and Techniques, Body Composition and Energy balance"
Pre-doctorate training	2018	Université de Clermont Ferrand, Centre de Recherche en Nutrition Humaine, France	Visiting research fellow
Pre-doctorate training	2016-2018	Department of Experimental Medicine, Food Science and Human Nutrition Research Unit; Pathophysiology, Endocrinology and Food Science Section. Sapienza University, Rome	Clinical research fellow
Pre-doctorate training	2018	Training the Trainer EASO Summer School on Obesity Management, Annecy, France	Clinical research fellow
Pre-doctorate training	2018	Research School NUTRIM, Maastricht University, the Netherlands	Research Fellow, ESPEN Course in Tracer Methodology and Metabolism
PhD	2018	Sapienza University, Rome and Université de Clermont Ferrand, France	PhD and mention of Doctor Europaeus, Endocrinological Sciences
Post-doctorate training	2019	Collaborative Institutional Training Initiative (CITI Program)	CITI Training- Biomedical Research
Post-doctorate training	2019	Pennington Biomedical Research Center, Baton Rouge, LA, USA	Internship (data analysis)
Post-doctorate training	2019	Collaborative Institutional Training Initiative (CITI Program)	CITI Good Clinical Practice Course
Licensure 01	2009	Sapienza University, Rome	Medical License Certification-College of Italian Physicians and Surgeons in L'Aquila, Italy (Active Member Registration # 3473)

Licensure 02	2018	ANVUR	National Scientific Qualification (Abilitazione Scientifica Nazionale, Professore II Fascia, Settore 06/D2)
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Part III – Appointments

IIIA – Academic Appointments

Start	End	Institution	Position
2016	2017	Sapienza University, Rome	Post-Doctoral Research Fellow (Assegno di ricerca cat. B, tipologia I, SSD MED/49): “Obesità sarcopenica: aspetti metabolico-nutrizionali e funzionali”
2017	2018	Sapienza University, Rome	Post-Doctoral Research Fellow (Assegno di ricerca cat. B, tipologia I, SSD MED/49): “Metabolic flexibility and ectopic fat.” CUP B86J16001780001
2018	2019	Sapienza University, Rome	Post-Doctoral Research Fellow (Assegno di ricerca cat. B, tipologia I, SSD MED/49) “Metabolic flexibility and ectopic fat.” CUP B86J16001780001
2020	2021	Sapienza University, Rome	Post-Doctoral Research Fellow (Assegno di ricerca cat. B, tipologia II, SSD MED/49) “MICROBESOMICS: effect of gut microbiome on obesities in human subjects”
2021	Present	Sapienza University, Rome	Post-Doctoral Research Fellow (Assegno di ricerca cat. B, tipologia II, SSD MED/49) “MICROBESOMICS: effect of gut microbiome on obesities in human subjects”
2021	Present	European Innovation Technology-Food: Innovator Fellowship 2021	Innovator Fellow

IIIB – Other Appointments

Start	End	Institution /Peer-reviewed Journal	Position
2017	Present	Eating and Weight Disorders, Springer	Associate Editor
2020	Present	BioChem, MDPI	Associate Editor
2021	Present	Frontiers in Nutrition	Associate Editor
2018	Present	Italian Society for the Study of Eating Disorders and Obesity (SISDCA)	Member of the Scientific Board

2019	2020	Italian Society for the Study of Obesity (SIO)	National Coordinator of the Young Section
2018	Present	Italian Society for the Study of Obesity (SIO)- Latium Region	Member of the Scientific Board
2015	Present	Gut, Metabolism, Nutrition, Obesity, PLOS One, International Journal of Obesity, Eating and Weight Disorders, Nutrition Metabolism and Cardiovascular Diseases, Journal of the American College of Nutrition, Frontiers in Human Nutrition, Endocrine, Journal of Applied Nutrition, Journal of Mineral Bone Research, Clinical Nutrition, Frontiers in Physiology, Liver International	Ad hoc reviewer

Part IV – Teaching experience

Year	Institution	Lecture/Course
2015- Present	Sapienza University, Rome	Mentoring for medical students, resident students, dieticians
2015- Present	Sapienza University, Rome	Dietitian Degree Course “Nutritional Physiology”
2017	Sapienza University, Rome	Medicine and Surgery- School of medicine, CL “E”, “Human Physiology II, Endocrine system”
2018- Present	Sapienza University, Rome	Residency Program- Specialization School in Food Science and Human Nutrition “Nutritional Status assessment. Energy metabolism. Adipose tissue physiology. Assessment of pediatric nutritional status”
2018	Sapienza University, Rome	Master Degree in Clinical Nutrition and metabolism “Obesity physiology and clinical implications”
2019	Université de Paris Descartes, Paris, France	DU Nutrition et activités physiques et sportives (French language)
2019	Université de Paris Descartes, Paris, France	Master Entraînement Biologie Nutrition et Santé (EBNS) (French language)
2020	Université de Paris Descartes, Paris, France	DU Nutrition et activités physiques et sportives (French language)
2020- 2021	Sapienza University, Rome	Medicine and Surgery- School of medicine, CL “A”, “Human Physiology II, Nutrition and energy metabolism, homeostasis of body composition”
2020- 2021	Sapienza University, Rome	“Gastronomic and wellness sciences, cultures and politics”, L-GASTR, “Nutritional biochemistry”

2020-2021	Sapienza University, Rome	Master Degree in Clinical Nutrition and Metabolism “Glucose homeostasis and metabolism”; “Body composition and energy metabolism homeostasis”
2020	FoRiSIE Winter School in Clinical Endocrinology, Frascati (RM)- SIE, Italian Endocrinology Society	Mentor of resident physicians “The role of the endocrinologist in the nutritional interventions in obesity”
2021	Université de Paris Descartes, Paris, France	DU Nutrition et activités physiques et sportives (French language)

Part V - Society memberships, Awards and Honors

Year	Title
2013-Present	Member of the Italian Society for the Study of Eating Disorders and Obesity (SISDCA)
2015	Travel Grant 2015- European Association for the Study of Obesity (EASO), Prague (Czech Republic)
2015-Present	Member of the Italian Obesity Society (SIO)
2016-Present	Member of the Italian Society of Human Nutrition (SINU)
2016	New Investigator Clinical Research Award - European Obesity Summit- European Association for the Study of Obesity (EASO), Goteborg (Sweden)
2017	Train The Trainer Fellowship- Obesity Management, European Association for the Study of Obesity (EASO), Annecy, France
2018	International Prize (Rome- San Francisco) awarded by the Italian Pasta Museum & Academy- University section, Rome (Italy)
2018	Travel Grant- European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Madrid (Spain)
2018	Travel Grant - European Obesity Summit- European Association for the Study of Obesity (EASO), Wien
2018	Outstanding Reviewer for the peer-reviewed Journal “Metabolism”
2018	Outstanding Reviewer for the peer-reviewed Journal “Nutrition”
2018-Present	Member of the European Society for Clinical Nutrition and Metabolism (ESPEN)
2019-Present	Service as Abstract Reviewer for the European Association for the Study of Obesity (EASO)- European Congress on Obesity (ECO)
2020-Present	Member of the Italian Endocrinology Society (SIE)
2021	Foodathon Winner- European Innovation Technology Food, Innovator Fellowship

Part VI - Funding Information [grants as PI-principal investigator or I-investigator]

Year	Title	Program	Grant value
2011-2013	The Provide Study: The effect of nutritional supplementation on physical performance in elderly, a multicentric study (international multicentric study) <i>Role: Study Coordinator, I</i>	“Danone Research - Centre for Specialised Nutrition”) (Utrecht, The Netherlands)	80,887 €
2011-2014	Sarcopenic obesity: effectiveness of a nutritional and functional rehabilitation program (Italy) <i>Role: I</i>	National Research project PRIN 2009KENS9K-	88,338 €
2011-2013	La Malnutrizione in età Geriatrica: caratteristiche cliniche e determinanti psicosociali (MEG) <i>Role: I</i>	Istituto Nazionale per la promozione della salute delle popolazioni Migranti e per il contrasto delle malattie della Povertà (INMP) (delibera n.352, 16/12/2009)	232,648 €
2014-2017	“Effetto dell’intervento nutrizionale basato sulla dieta mediterranea associato all’attività fisica sulla steatosi epatica, sulla miosteatosi e sulla fitness-cardio-respiratoria in soggetti con sindrome metabolica” <i>Role: I</i>	Research project Sapienza University 2014 - prot. C26A14R4SR	7,500 €
2015	Body composition, adiposity phenotype and metabolic flexibility in PNPLA3 and TM6SF2 gene variant carriers and non-carriers with nonalcoholic fatty liver disease (Italy) <i>Role: I</i>	Research project Sapienza University 2014 - prot. C26A15K5YR	10,000 €
2015-2018	Metabolic flexibility and ectopic fat. Adiposity phenotype, mitochondrial dysfunction, hepatic inflammation, gut microbiota, cardiac failure and genetics for a comprehensive understanding of the cross-talk among adipose tissue, liver, and musculo-skeletal system. <i>Role: I</i>	National Research project PRIN 2015JSWLTN	147,542 €

2016-2018	Determinants of Human Longevity and Healthy Aging (Louisiana Healthy Aging Study) <i>Role: I</i>	NIH Project # 3P01AG022064-06S1, IRB # 2016-032-PBRC Pennington Biomedical Research Center (NIH P20GM103629) and NORC Center Grant (P30DK072476)	1,064,763 USD
2016-2018	Does Meal Timing Affect Energy Expenditure (GRAZING) ClinicalTrials.gov Identifier: NCT02247076 <i>Role: I</i>	Nutrition Obesity Research Center grant P30DK072476 titled "Nutrition and Metabolic Health Through the Lifespan" and The Obesity Society Grant	1,061,140 USD 25,000 USD
2017-2019	Characterising SARcopenia and sarcopenic obesity in patients Aged 65 years and over, at risk of mobility disability. An OBServational Clinical Trial (SARA-OBS) (international multicentric study) <i>Role: Study Coordinator, I</i>	Prot. BIO101-CL02 - BIOPHYTIS S.A.	71,764 €
2017	ADAMO verification test for SPRINTT, final user test simulation in older (>65 years) healthy volunteers: acceptability and reliability over 7-day continuous use & data recording <i>Role: I</i>	Caretek s.r.l. as substudy of SPRINTT (Sarcopenia and Physical fRaily IN older people: multi-component Treatment strategies IMI (Innovative Medicine Initiative)- grant agreement No. 115621	10,000 €
2017-Present	MICROBESOMICS: effect of gut microbiome on "obesitytypes" in human subjects <i>Role: I</i>	National Research project PRIN 2017FM74HK	121,371 €
2019-present	Identificazione di biomarcatori di aderenza alla Dieta Mediterranea in una popolazione universitaria di Sapienza (GONG) mediante analisi metabolomica NMR <i>Role: I</i>	Research project Sapienza University 2019- Prot. RM11916B7A7ED51B	14,500 €
2019	Effects of an oral fat load on brown adipose tissue activation and diet-induced thermogenesis in obese patients. <i>Role: I</i>	"Medie Attrezzature Scientifiche - Medie Attrezzature 1" . prot. MA11916B8942FF05	31,000 €

Part VII – Research Activities

Keywords

Obesity
Skeletal muscle
Lipotoxicity
Energy metabolism
Protein metabolism
Metabolic flexibility
Circadian rhythm
Meal timing
Amino acids

Brief Description

My research activities focused on four main topics: 1. body composition, (obesity, sarcopenia and sarcopenic obesity) and aging; 2. circadian rhythm, early time restricted feeding, sleep and energy metabolism; 3. lipotoxicity and ectopic fat deposition in humans and rodents; 4. protein metabolism in the skeletal muscle and the liver in humans and rodents. During my PhD Course I spent one year at the Pennington Biomedical Research Center, Baton Rouge, LA, USA, under the supervision of Prof. Eric Ravussin, where I was involved in the study of body composition phenotypes (i.e. sarcopenia, osteo-sarcopenia) and their association with insulin-like growth factor 1 in nonagenarians from the Louisiana Healthy Aging Study; furthermore, in collaboration with Prof. Courtney M. Peterson we investigated the effects of meal timing (i.e. the early-time restricted feeding intervention) and circadian rhythm on energy metabolism and metabolic flexibility through the gold-standard methodology of the metabolic chamber for the assessment of energy expenditure, respiratory quotient and substrate oxidation. In addition I was involved in the performance and data analysis of the euglycemic hyperinsulinemic clamp procedure in postmenopausal women with overweight/ obesity and continuous glucose monitoring, and I attended a course on the assessment of total daily energy expenditure and physical activity level using the Doubly Labeled Water methodology. I moved to France in the last year of the PhD Course: I worked under the supervision of Prof. Yves Boirie in the “Centre de Recherche en Nutrition Humaine”- Université de Clermont Ferrand, to finalize my PhD thesis in line with the requirements for the mention of Doctor Europaeus. In more detail, as a medical doctor I had the chance to investigate the phenotype of sarcopenic obesity based on a translational approach, exploring the relationship between protein synthesis in the skeletal muscle and lipotoxicity in rats. I was in charge of lipid extraction from the tibialis muscle and from the liver of rats fed a high-fat diet with a macronutrient manipulation of protein intake. Diacylglycerols and triacylglycerols were analyzed by gas-liquid chromatography. I had the chance to learn the gold-standard methodology for the assessment of in vivo muscle protein synthesis rate and the albumin synthesis rate in the liver by using the flooding-dose method (labeled tracer ^{13}C -valine) and to perform data analysis related to the procedure. I also attended the ESPEN Course in Tracer Methodology and Metabolism, Research School NUTRIM, Maastricht University, the Netherlands. Moreover, I had the opportunity to manage and analyze data from the calorimetric cage for the evaluation of energy expenditure and metabolic flexibility in rats. During my internship as PhD student and as post-doctoral researcher at the Sapienza University, Food Science and Human Nutrition Research Unit (supervisor: Prof. Lorenzo Maria Donini), I investigated ectopic lipid accumulation in the skeletal muscle and in the liver (i.e. myosteatosi and hepatic steatosis) in patients with obesity through magnetic resonance spectroscopy for the assessment in vivo of the postprandial response of intramyocellular lipids and acetyl-carnitine to an oral fat load. In addition I contributed to the study of body composition relying on magnetic resonance imaging, focusing on the association of sarcopenic obesity with muscle strength and metabolic

derangements such as insulin resistance and amino acid metabolism (especially branched-chain amino acids).

Part VIII – Speaker/ Moderator in National and International meetings hosted by scientific societies

Year	Meeting	Role	Title
2013	International Conference on the Bioscience of Lipids- ICBL, Bari (Italy).	Speaker	“Functional and morphological vascular changes in subjects with Familial Combined Hypolipidemia: an exploratory analysis
2014	Congresso della Società Italiana di Nutrizione Umana - SINU, Roma.	Speaker	“Relationship between lipid accumulation product, body composition, and metabolic parameters”.
2015	International Academy Nutrition and Aging- IANA, Barcelona (Spain).	Speaker	“Fatty liver infiltration associates with relative sarcopenia, insulin sensitivity and growth hormone/ insulin-like growth factor 1 axis in obese subjects”
2016	European Obesity Summit- European Association for the Study of Obesity, Goteborg (Sweden).	Speaker	Ectopic fat and the phenotype of sarcopenic obesity in metabolically healthy and metabolically abnormal middle-aged women“
2017	International Conference on Frailty and Sarcopenia Research, Barcelona (Spain):	Speaker	“Body composition, IGF 1 status, physical functionality and metabolic syndrome in nonagenarians from the Louisiana Healthy Aging Study: Implications for Osteosarcopenia”
2017	European Congress on Obesity, Joint Session with ESPEN, Oporto (Portugal):	Speaker	“Sarcopenic Obesity- Inflammation: a common ground?” Plenary Session
2017	ESPEN congress, The Hague (The Netherlands)	Speaker	“The onset of dynapenia may precede sarcopenia due to metabolic derangements in adult women with obesity”
2017	EASO COM (Centres for Obesity management) Summit, Tonsberg (Norway)	Speaker	“Gallstone disease, NAFLD and bariatric surgery”
2017	Congresso SISDCA (Italian Society for the Study of Eating Disorders and Obesity), Rome, Italy	Speaker	“Durata, qualità del sonno e stato di nutrizione”
2018	International Conference on Frailty and Sarcopenia Research, Miami, FL (USA)	Speaker	“High endogenous BCAA levels are associated with muscle strength and signatures of myosteatosis: friends or foes?”
2018	The Rank Prize Funds: Mini-Symposium on Malnutrition Through the Life Course, Windermere, Lake	Speaker	"The phenotype of sarcopenic obesity"

	District, UK		
2018	European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Madrid (Spain)	Speaker	“Circulating branched-chain amino acids, lipid oxidation and ectopic fat in adults with obesity”
2018	Nursing Home Research International Working Group, Rome (Italy)	Speaker	”Sarcopenic obesity: nutritional, functional and metabolic characteristics”
2019	European Congress on Obesity, Glasgow (UK)	Speaker	“Association of circulating branched-chain amino acids (BCAAs) with fuel selection and visceral adipose tissue in adults with obesity”
2019	European Congress on Obesity, Glasgow (UK)	Moderator	Posters Networking Reception (Management)’
2019	Congresso SIE (Italian Society of Endocrinology), Rome (Italy)	Speaker	Associazione degli amino acidi ramificati plasmatici e adiposità viscerale in pazienti con obesità
2020	European-International Congress on Obesity (ECO-ICO)	Moderator	Abstract Discussion: Bariatric Surgery
2020	European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), virtual congress	Speaker	“Response of circulating branched chain amino acids to an oral fat load in adult subjects with obesity”
2020	Le Giornate di Carlo Cannella Alimentazione e Nutrizione: interrelazioni sistemiche, Roma	Speaker	“Ritmo circadiano e metabolismo energetico e dei nutrienti”
2021	European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), virtual congress	Speaker	“In vivo response to an oral fat load of ectopic lipids and acetylcarnitine in skeletal muscle in subjects with obesity”

Part IX – Summary of Scientific Achievements

Product type	Number	Data Base	Start	End
Papers [international]	60	Scopus (ID 26632255800)	2009	2021
Papers [national]	---			
Books [scientific]	3	Scopus	2009	2021
Books [teaching]	1	ISBN 9788870006278	2009	2021

Total Impact factor	212.963
Average Impact factor per Product	3.55
Total Citations	1670
Average Citations per Product	26.5
Hirsch (H) index	21
Normalized H index*	1.75

*H index divided by the academic seniority.

Part IX– Selected Publications

List of the publications selected for the evaluation. For each publication report title, authors, reference data, journal IF (if applicable), citations, press/media release (if any).

1. **Poggiogalle E**, Kiesswetter E, Romano M, Saba A, Sinesio F, Polito A, Moneta E, Ciarapica D, Migliaccio S, Suwalska A, Wieczorowska-Tobis K, Pałys W, Łojko D, Sulmont-Rossé C, Feart C, Brug J, Volkert D, Donini LM. Psychosocial and cultural determinants of dietary intake in community-dwelling older adults: A Determinants of Diet and Physical Activity systematic literature review. *Nutrition*. 2021 May; 85:111131. doi: 10.1016/j.nut.2020.111131. Epub 2020 Dec 31. PMID: 33545539. IF (Year of publication): 4.008. Citations (Scopus): 0.
2. **Poggiogalle E**, Parrinello E, Barazzoni R, Busetto L, Donini LM. Therapeutic strategies for sarcopenic obesity: a systematic review. *Curr Opin Clin Nutr Metab Care*. 2021 Jan;24(1):33-41. doi: 10.1097/MCO.0000000000000714. PMID: 33323715. IF (Year of publication): 4.294. Citations (Scopus): 1.
3. Donini LM, Pinto A, Giusti AM, Lenzi A, **Poggiogalle E**. Obesity or BMI Paradox? Beneath the Tip of the Iceberg. *Front Nutr*. 2020 May 7;7:53. doi: 10.3389/fnut.2020.00053. PMID: 32457915; PMCID: PMC7221058. IF (Year of publication): 5.87. Citations (Scopus): 11.
4. **Poggiogalle E**, Mendes I, Ong B, Prado CM, Mocciano G, Mazidi M, Lubrano C, Lenzi A, Donini LM, Siervo M. Sarcopenic obesity and insulin resistance: Application of novel body composition models. *Nutrition*. 2020 Jul-Aug;75-76:110765. doi: 10.1016/j.nut.2020.110765. Epub 2020 Feb 13. PMID: 32279031. IF (Year of publication): 4.008. Citations (Scopus): 3.
5. Donini LM, Busetto L, Bauer JM, Bischoff S, Boirie Y, Cederholm T, Cruz-Jentoft AJ, Dicker D, Frühbeck G, Giustina A, Gonzalez MC, Han HS, Heymsfield SB, Higashiguchi T, Laviano A, Lenzi A, Parrinello E, **Poggiogalle E**, Prado CM, Rodriguez JS, Rolland Y, Santini F, Siervo M, Tecilazich F, Vettor R, Yu J, Zamboni M, Barazzoni R. Critical appraisal of definitions and diagnostic criteria for sarcopenic obesity based on a systematic review. *Clin Nutr*. 2020 Aug;39(8):2368-2388. doi: 10.1016/j.clnu.2019.11.024. Epub 2019 Nov 27. PMID: 31813698. IF (Year of publication): 7.324 Citations (Scopus): 45.
6. Ravussin E, Beyl RA, **Poggiogalle E**, Hsia DS, Peterson CM. Early Time-Restricted Feeding Reduces Appetite and Increases Fat Oxidation But Does Not Affect Energy Expenditure in Humans. *Obesity (Silver Spring)*. 2019 Aug;27(8):1244-1254. doi: 10.1002/oby.22518. PMID: 31339000; PMCID: PMC6658129. IF (Year of publication): 3.742 Citations (Scopus): 72;
Press/ media release:
http://www.ansa.it/canale_terraegusto/notizie/cibo_e_salute/2019/07/25/dieta-dellorologio-cena-entro-le-14-pasti-entro-6-ore_c707143f-771f-404a-9cdd-cfacbb9190c1.html
<https://www.lasicilia.it/news/cibo-salute/266400/la-dieta-dell-orologio-dimagrire-con-un-occhio-alle-lancette.html>
<https://www.altoadige.it/salute-e-benessere/dieta-dell-orologio-cena-entro-le-14-pasti-entro-6-ore-1.2077382>
<https://www.dailymail.co.uk/health/article-7280855/Eating-meal-2pm-help-lose-weight-suppresses-appetite.html>
Corriere della Sera, Io Donna- 07/09/2019, pagg. 80-81: “La dieta dell’orologio” a cura di Eliana Liotta.
7. **Poggiogalle E**, Fontana M, Giusti AM, Pinto A, Iannucci G, Lenzi A, Donini LM. Amino Acids and Hypertension in Adults. *Nutrients*. 2019 Jun 27;11(7):1459. doi: 10.3390/nu11071459. PMID: 31252583; PMCID: PMC6683075. IF (Year of publication): 4.777 Citations (Scopus): 11.
8. Caprio M, Infante M, Moriconi E, Armani A, Fabbri A, Mantovani G, Mariani S, Lubrano C, **Poggiogalle E**, Migliaccio S, Donini LM, Basciani S, Cignarelli A, Conte E, Ceccarini G, Bogazzi F, Cimino L, Condorelli RA, La Vignera S, Calogero AE, Gambineri A, Vignozzi L, Prodam F, Aimaretti G, Linsalata G, Buralli S, Monzani F, Aversa A, Vettor R, Santini F, Vitti P, Gnassi L, Pagotto U, Giorgino F, Colao A, Lenzi A; Cardiovascular Endocrinology Club of the Italian Society of Endocrinology. Very-low-calorie ketogenic diet (VLCKD) in the management of metabolic diseases: systematic review and consensus statement from the Italian Society of Endocrinology (SIE). *J Endocrinol Invest*. 2019 Nov;42(11):1365-1386. doi: 10.1007/s40618-019-01061-2. Epub 2019 May 20. PMID: 31111407. IF (Year of publication): 3.397. Citations (Scopus): 54.

9. **Poggiogalle E**, Lubrano C, Gnessi L, Mariani S, Di Martino M, Catalano C, Lenzi A, Donini LM. The decline in muscle strength and muscle quality in relation to metabolic derangements in adult women with obesity. *Clin Nutr*. 2019 Oct;38(5):2430-2435. doi: 10.1016/j.clnu.2019.01.028. Epub 2019 Feb 10. PMID: 30792144. IF (Year of publication): 6.36. Citations (Scopus): 12.
10. Perna S, Rondanelli M, Spadaccini D, Lenzi A, Donini LM, **Poggiogalle E**. Are the therapeutic strategies in anorexia of ageing effective on nutritional status? A systematic review with meta-analysis. *J Hum Nutr Diet*. 2019 Feb;32(1):128-138. doi: 10.1111/jhn.12594. Epub 2018 Aug 29. PMID: 30159922. IF (Year of publication): 3.146 Citations (Scopus): 2.
11. **Poggiogalle E**, Cherry KE, Su LJ, Kim S, Myers L, Welsh DA, Jazwinski SM, Ravussin E. Body Composition, IGF1 Status, and Physical Functionality in Nonagenarians: Implications for Osteosarcopenia. *J Am Med Dir Assoc*. 2019 Jan;20(1):70-75.e2. doi: 10.1016/j.jamda.2018.07.007. Epub 2018 Aug 24. PMID: 30149984; PMCID: PMC7001873. IF (Year of publication): 5.716. Citations (Scopus): 10.
12. Kiesswetter E, **Poggiogalle E**, Migliaccio S, Donini LM, Sulmont-Rossé C, Feart C, Suwalska A, Wieczorowska-Tobis K, Pałys W, Łojko D, Saba A, Sinesio F, Polito A, Moneta E, Ciarapica D, Brug J, Volkert D. Functional determinants of dietary intake in community-dwelling older adults: a DEDIPAC (DEterminants of DIet and Physical ACtivity) systematic literature review. *Public Health Nutr*. 2018 Jul;21(10):1886-1903. doi: 10.1017/S1368980017004244. Epub 2018 Feb 12. PMID: 29429429. IF (Year of publication): 2.526. Citations (Scopus): 14.
13. **Poggiogalle E**, Jamshed H, Peterson CM. Circadian regulation of glucose, lipid, and energy metabolism in humans. *Metabolism*. 2018 Jul;84:11-27. doi: 10.1016/j.metabol.2017.11.017. Epub 2018 Jan 9. PMID: 29195759; PMCID: PMC5995632. IF (Year of publication): 6.513. Citations (Scopus): 106.
14. **Poggiogalle E**, Donini LM, Chiesa C, Pacifico L, Lenzi A, Perna S, Faliva M, Naso M, Rondanelli M. Does endogenous GLP-1 affect resting energy expenditure and fuel selection in overweight and obese adults? *J Endocrinol Invest*. 2018 Apr;41(4):439-445. doi: 10.1007/s40618-017-0764-1. Epub 2017 Oct 3. PMID: 28975572. IF (Year of publication): 3.439. Citations (Scopus): 2.
15. **Poggiogalle E**, Donini LM, Lenzi A, Chiesa C, Pacifico L. Non-alcoholic fatty liver disease connections with fat-free tissues: A focus on bone and skeletal muscle. *World J Gastroenterol*. 2017 Mar 14;23(10):1747-1757. doi: 10.3748/wjg.v23.i10.1747. PMID: 28348479; PMCID: PMC5352914. IF (Year of publication): 3.3. Citations (Scopus): 22.
16. **Poggiogalle E**, Lubrano C, Sergi G, Coin A, Gnessi L, Mariani S, Lenzi A, Donini LM. Sarcopenic Obesity and Metabolic Syndrome in Adult Caucasian Subjects. *J Nutr Health Aging*. 2016;20(9):958-963. doi: 10.1007/s12603-015-0638-1. PMID: 27791227. IF (Year of publication): 2.772. Citations (Scopus): 21.
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Books

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La sottoscritta, consapevole che – ai sensi dell’art. 76 del D.P.R. 445/2000 – le dichiarazioni mendaci, la falsità negli atti e l’uso di atti falsi sono puniti ai sensi del codice penale e delle leggi speciali, dichiara che le informazioni riportate rispondono a verità.

Il sottoscritto in merito al trattamento dei dati personali esprime il proprio consenso al trattamento degli stessi nel rispetto delle finalità e modalità di cui al d.lgs. n. 196/2003

Roma, 15/09/2021

Firma

