

## PERSONAL INFORMATION

Mikiko Watanabe

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Citations 2156

Publications 65

## WORK EXPERIENCE

20/12/2021-ongoing  
(present position)

## Research and Clinical Fellow- Endocrinology and Obesity medicine (Type A, RTDA)

High Specialization Centre for the Care of Obesity, Sapienza University of Rome, Rome (Italy)  
Viale Regina Elena 324 00161 Rome

Research topic: Mechanisms of adipose tissue dysfunction in obesity: strategies for the prevention of complications

1-08-2020-19/12/2021

## Research and Clinical Fellow- Endocrinology and Obesity medicine

High Specialization Centre for the Care of Obesity, Sapienza University of Rome, Rome (Italy)

Research topic: Mechanisms of adipose tissue dysfunction in obesity: strategies for the prevention of complications

1/4/2017–7/2019

## External Collaborator

Flier&amp; Maratos-Flier Lab, BIDMC – Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA (United States)

Research Topic: The role of FGF21 in obesity and diabetes with a specific interest in NAFLD and other metabolic comorbidities.

01/09/2015–31/3/2017

## Post Doctoral Fellow

Flier&amp; Maratos-Flier Lab, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA (United States)

Research Topic: The role of FGF21 in obesity and diabetes with a specific interest in NAFLD and other metabolic comorbidities.

01/07/2013–31/08/2013

## Research Scholar

Sbarro Institute for Cancer Research and Molecular Medicine, Philadelphia, PA (United States)

Basic research on obesity and metabolic disorders

## TEACHING

17/12/23-ongoing

Full Professor Scientific qualification (MEDS-26/D Advanced Medical and Surgical Technical Sciences), Italian Ministry of University (MIUR)

|                  |                                                                                                                                             |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 31/05/21-ongoing | Associate Professor Scientific qualification (MEDS-08/A Endocrinology), Italian Ministry of University (MIUR)                               |
| 2024 - ongoing   | Level II University Master "Use of Ketogenic Diets as Non-Pharmacological Therapy in Clinical Practice" Pegaso University<br>Lecturer       |
| 2023             | Residency Program in Endocrinology and Metabolic Diseases, Campus Bio-Medico<br>Lecturer                                                    |
| 2022-ongoing     | Scientific English Course, International Medical School, Sapienza University<br>Teaching approach to research methods, communication skills |
| 2022 - ongoing   | Anatomy and physiology, Physiotherapy Course, Sapienza University<br>Teaching physiology of the endocrine system                            |
| 2023 - ongoing   | Endocrinology Course, Medicine (High Tech), Sapienza University<br>Teaching obesity and metabolic diseases                                  |
| 2021-20022       | Masterclass in Obesity treatment – Advanced Training course on the management of the patient with obesity<br>Lecturer                       |

#### ADVISORY BOARDS and COMMITTEES

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|                    |                                                                                                                                                                                                     |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2024-ongoing       | Scientific Technical Committee of the Guidelines 'Therapy for Obesity Resistant to Behavioral Treatment in Adolescents'<br>Drafter of the guidelines for the Italian Society of Endocrinology (SIE) |
| 6/24- ongoing      | Medical Advisory board, Theras Lifetech<br>Topic: Consulting on new technologies for the management of obesity                                                                                      |
| 7/23-ongoing       | National Advisory Board Endocrinology "Clinical management of people with excess weight and semaglutide 2.4 mg", Novo Nordisk                                                                       |
| 2022-ongoing       | Scientific Committee member of the Italian Society of Endocrinology (SIE)                                                                                                                           |
| 2021 - ongoing     | Youth and communication Committee member, Italian Society of Obesity (SIO)                                                                                                                          |
| 22/07/2020-11/2022 | Medical Advisory Board "Truth About Weight" Novo Nordisk<br>Topic: Consulting – medical information for the project Truth about weight aimed at providing medical information and obesity awareness |

#### CLINICAL TRIALS

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|                       |                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7/24 - ongoing        | <b>Country Combined Lifestyle Intervention Counsellor (National Role, Italy)</b><br>Multicenter RCT Synchronize studying Survodutide for weight loss in patients with obesity SYNCHRONIZE (Boehringer) |
| 4/12/2023–ongoing     | <b>Study Coordinator and subinvestigator</b><br>Multicenter RCT Synchronize studying Survodutide for weight loss in patients with obesity SYNCHRONIZE (Boehringer)                                     |
| 23/12/2022–ongoing    | <b>Study Coordinator and subinvestigator</b><br>Multicenter RCT Redefine studying CagriSema for weight loss in patients with obesity REDEFINE (Novo Nordisk)                                           |
| 10/02/2015–09/04/2016 | <b>Study Coordinator and subinvestigator</b><br>Multicenter RCT GLOW and GLOW-EX studying a novel medical device for weight loss in pre-diabetic patients.                                             |
| 01/08/2012–30/12/2012 | <b>Subinvestigator and Study Coordinator</b><br>RCT FLOW studying a novel medical device for weight loss in patients with obesity                                                                      |

## EDUCATION AND TRAINING

|                       |                                                                                                                                                                              |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 01/11/2016–02/12/2019 | <b>PhD Degree - Endocrinology Program (w/h)</b><br>Sapienza University of Rome, Rome (Italy)                                                                                 |
| 01/07/2011–07/07/2016 | <b>Fellowship in Endocrinology and Metabolic Disorders (70/70 w/h)</b><br>Sapienza University of Rome, Roma (Italy)                                                          |
| 19/09/2016–15/7/2017  | <b>Certificate in Applied Biostatistics</b><br>Harvard University, Cambridge, MA (United States)                                                                             |
| 28/03/2016–09/05/2016 | <b>Successful Grant Writing Strategies</b><br>Harvard University, Cambridge, MA (United States)                                                                              |
| 30/07/2014            | <b>USMLE step 1 pass (score: 242, percentile rank 74.2)</b>                                                                                                                  |
| 05/08/2013–07/08/2013 | <b>Pharmacovigilance and hospital acquired infection control - Summer School</b><br>Sbarro Health Research Organization, Temple University, Philadelphia, PA (United States) |
| 01/10/2004–26/07/2010 | <b>Doctor of Medicine Degree 110/110 w/h</b><br>Sapienza University of Rome, Roma (Italy)                                                                                    |

## PERSONAL SKILLS

Mother tongue(s) Italian

| Other language(s) | UNDERSTANDING |         | SPEAKING           |                   | WRITING |
|-------------------|---------------|---------|--------------------|-------------------|---------|
|                   | Listening     | Reading | Spoken interaction | Spoken production |         |
| English           | C2            | C2      | C2                 | C2                | C2      |
| French            | A2            | A2      | A1                 | A2                | A2      |
| Japanese          | A2            | A2      | A1                 | A2                | A2      |

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

## Lab-related skills

**Molecular Biology Expertise:** DNA and RNA extraction from tissues and cell pellets, purification and quantification. Gel electrophoresis, PCR (Polymerase Chain Reaction), RT-PCR (Retro Transcriptase-Polymerase Chain Reaction), Real-time RT-PCR. Protein extraction from tissues and cell pellets, purification and quantification, Western Blotting, Northern Blotting, Immunoprecipitation, ELISA/EIA. DNA cloning. Radio labelled ribonucleic probes synthesis. Immunohistochemistry. Lipids extraction from liver and muscle.

**Cellular Biology Expertise:** culture medium preparation. Immortalized cell colonies maintenance and expansion.

**In Vivo Expertise:** Terminal surgery on mice (organs and tissues isolation). EchoMRI. CLAMS. Peripheral infusion pumps implantation. Murine colonies maintenance and breeding.

## ADDITIONAL INFORMATION

### Publications

- Mariani S, Abruzzese E, Basciani S, Fiore D, Persichetti A, **Watanabe M**, Spera G, Gnessi L "Reversible hair depigmentation in a patient treated with Imatinib" *Leukemia Research* **2011**; 35: e64-e66
- Basciani S, **Watanabe M**, Mariani S, Passeri M, Persichetti A, Fiore D, Scotto D'Abusco A, Caprio M, Fabbri A and Gnessi L "Hypogonadism in a Patient with Two Novel Mutations of the Luteinizing Hormone Beta-Subunit Gene Expressed in a Compound Heterozygous Form" *Journal of Clinical Endocrinology and Metabolism* **2012** Sep; 97(9):3031-8
- Mariani S, Fiore D, Varone L, Basciani S, Persichetti A, **Watanabe M**, Saponara M, Spera G, Moretti C, Gnessi L "Obstructive sleep apnea and bone mineral density in obese patients" *Diabetes Metab Syndr Obes.* **2012**; 5:395-401
- Basciani S, Costantini D, Contini S, Persichetti A, **Watanabe M**, Mariani S, Lubrano C, Spera G, Lenzi A, Gnessi L Safety and efficacy of a multiphase dietetic protocol with meal replacements including a step with very low-calorie diet. *Endocrine* **2015** Apr; 48(3):863-70
- Mariani S, **Watanabe M**, Lubrano C, Basciani S, Migliaccio S, Gnessi L chapter "Interdisciplinary approach to obesity" in *"Multidisciplinary Approach to Obesity - From Assessment to Treatment"*, Switzerland, Springerlink, **2015**
- Palermo A, Tuccinardi D, Defeudis G, **Watanabe M**, D'Onofrio L, Pantano A, Napoli N, Manfrini S, Pozzilli P BMI and BMD: The potential interplay between obesity and bone fragility *Int. J. Environ. Res. Public Health* **2016**, 13(6), 544
- Palermo A<sup>1</sup>, Tuccinardi D<sup>1</sup>, D'Onofrio L<sup>2</sup>, **Watanabe M**<sup>2</sup>, Maggi D, Maurizi AR, Greto V, Buzzetti R, Napoli N, Pozzilli P, Manfrini S Vitamin K and Osteoporosis, Myth or Reality? *Metabolism* **2017**, 70:57-71 <sup>1,2</sup> These authors contributed equally to this work.
- Desai BN<sup>1</sup>, Singhal G<sup>1</sup>, **Watanabe M**, Stevanovic D, Lundasen T, Fisher fM, Vardeh H, Douris N, Adams AC, Nasser IA, Fitzgerald GA, Flier JS, Skarke S, Maratos-Flier E Fibroblast growth factor 21 (FGF21) is robustly

- induced by ethanol and has a protective role in ethanol associated liver injury *Molecular Metabolism* **2017**, Nov;6(11):1395-1406 <sup>1</sup>These authors contributed equally to this work
9. **Watanabe M**, Gangitano E, Francomano D, Addressi E, Toscano R, Costantini D, Tuccinardi D, Mariani S, Basciani S, Spera G, Gnessi L, Lubrano C. Mangosteen Shows a Potent Insulin Sensitizing Effect in Obese Female Patients: A Prospective Randomized Controlled Pilot Study. *Nutrients*. **2018** May 9;10(5). pii: E586
  10. **Watanabe M**, Masieri S, Costantini D, Tozzi R, De Giorgi F, Gangitano E, et al. Overweight and obese patients with nickel allergy have a worse metabolic profile compared to weight matched non-allergic individuals. *PLoS ONE* **2018** 13(8): e0202683.
  11. Gnessi L, Scarselli F, Minasi MG, Mariani S, Lubrano C, Basciani S, Greco PF, **Watanabe M**, Franco G, Farcomeni A, Greco E. Testicular histopathology, semen analysis and FSH, predictive value of sperm retrieval: supportive counselling in case of reoperation after testicular sperm extraction (TESE). *BMC Urol.* **2018** Jul 4; 18 (1):63
  12. **Watanabe M**<sup>\*</sup>, Singhal G<sup>\*</sup>, Fisher fM, Beck TC, Morgan DA, Socciarelli F, Mather MM, Risi R, Bourke J, Rahmouni K, McGuinness OP, Flier JS, Maratos-Flier E. Liver-derived FGF21 is essential for full adaptation to ketogenic diet but does not regulate glucose homeostasis. *Endocrine* **2020** Jan;67(1):95-108<sup>\*</sup> These authors contributed equally to this work
  13. **Watanabe M**, Panetta GL, Piccirillo F, Spoto S, Myers J, Serino FM, Costantino S, Di Sciascio G. Acute Epstein-Barr related myocarditis: an unusual but life-threatening disease in an immunocompetent patient. *J Cardiol Cases* **2019** Dec 26;21(4):137-140
  14. Adriano Bruci, Dario Tuccinardi, Rossella Tozzi, Angela Balena, Silvia Santucci, Riccardo Frontani, Stefania Mariani, Sabrina Basciani, Giovanni Spera, Lucio Gnessi, Carla Lubrano<sup>\*</sup> and **Mikiko Watanabe**<sup>\*</sup>. Very low-calorie Ketogenic Diet: a safe and effective tool for weight loss in patients with obesity and mild kidney failure. *Nutrients* **2020** 12(2),333 <sup>\*</sup>These authors contributed equally to this work
  15. **Mikiko Watanabe**, Rossella Tozzi, Renata Risi, Dario Tuccinardi, Stefania Mariani, Sabrina Basciani, Giovanni Spera, Carla Lubrano, Lucio Gnessi. Beneficial effects of the ketogenic diet on Non-Alcoholic Fatty Liver Disease: a comprehensive review of the literature. *Obesity Reviews* **2020** Aug;21(8):e13024
  16. Mariani S, Di Giorgio MR, Rossi E, Tozzi R, Contini S, Bauleo L, Cipriani F, Toscano R, Basciani S, Barbaro G, **Watanabe M**, Valenti A, Cotugno A, Ancona C, Lubrano C, Gnessi L. Blood SIRT1 Shows a Coherent Association with Leptin and Adiponectin in Relation to the Degree and Distribution of Adiposity: A Study in Obesity, Normal Weight and Anorexia Nervosa. *Nutrients*. **2020** Nov 14;12(11):E3506.
  17. Tuccinardi D<sup>\*</sup>, Giorgino R<sup>\*</sup>, Pieralice S, **Watanabe M**, Maggi D, Palermo A, Defeudis G, Fioriti E, Pozzilli P, Manfrini S The utility of assessing C-peptide in patients with insulin-treated type 2 diabetes: a cross-sectional study. *Acta Diabetol.* **2021** Apr;58(4):411-417. <sup>\*</sup>These authors contributed equally to this work
  18. Masi D, Risi R, Basciani S, Tuccinardi D, Mariani S, Lubrano C, Gnessi L, **Watanabe M**. Very Low-Calorie Ketogenic Diets to Treat Patients With Obesity and Chronic Kidney Disease. *J Ren Nutr.* **2021** Jul;31(4):340-341
  19. Risi R, Tuccinardi D, Mariani S, Lubrano C, Manfrini S, Donini LM, **Watanabe M**. Liver disease in obesity and underweight: the two sides of the coin. A narrative review. *Eat Weight Disord.* **2021** Oct;26(7):2097-2107
  20. D'Alessio R, **Watanabe M**, Gallo IF, Manfrini S, Tuccinardi D, Bruni V. The gastro-jejunal anastomosis site influences dumping syndrome and weight regain in patients with obesity undergoing Laparoscopic Roux-en-Y Gastric Bypass. *Eat Weight Disord.* **2021** Aug;26(6):1871-1880
  21. Maddaloni E, D'Onofrio L, Alessandri F, Mignogna C, Leto G, Pascarella G, Mezzaroma I, Lichtner M, Pozzilli P, Agrò FE, Rocco M, Pugliese F, Lenzi A, Holman RR, Mastroianni CM, Buzzetti R; **CoViDiab Study Group**. Cardiometabolic multimorbidity is associated with a worse Covid-19 prognosis than individual cardiometabolic risk factors: a multicentre retrospective study (CoViDiab II). *Cardiovasc Diabetol.* **2020** Oct 1;19(1):164.
  22. **Watanabe M**, Risi R, Masi D, Caputi A, Balena A, Rossini G, Tuccinardi D, Mariani S, Basciani S, Manfrini S, Gnessi L, Lubrano C. Current Evidence to Propose Different Food Supplements for Weight Loss: A Comprehensive Review. *Nutrients*. **2020** Sep 20;12(9):2873.
  23. Di Mauro A<sup>\*</sup>, Tuccinardi D<sup>\*</sup>, **Watanabe M**, Del Toro R, Monte L, Giorgino R, Rampa L, Rossini G, Kyanvash S, Soare A, Rosati M, Piccoli A, Napoli N, Fioriti E, Pozzilli P, Khazrai YM, Manfrini S. The Mediterranean diet increases glucagon-like peptide 1 and oxyntomodulin compared with a vegetarian diet in patients with type 2 diabetes: A randomized controlled cross-over trial. *Diabetes Metab Res Rev.* **2021** Sep;37(6):e3406.<sup>\*</sup>These authors contributed equally to this work

24. Sisto A, Vicinanza F, Tuccinardi D, **Watanabe M**, Gallo IF, D'Alessio R, Manfrini S, Quintiliani L. The psychological impact of COVID-19 pandemic on patients included in a bariatric surgery program. *Eat Weight Disord.* **2021** Aug;26(6):1737-1747.
25. Lubrano C, Masi D, Risi R, Balena A, **Watanabe M**, Mariani S, Gnessi L. Is Growth Hormone Insufficiency the Missing Link Between Obesity, Male Gender, Age, and COVID-19 Severity? *Obesity (Silver Spring).* **2020** Nov;28(11):2038-2039.
26. **Watanabe M**, Caruso D, Tuccinardi D, Risi R, Zerunian M, Polici M, Pucciarelli F, Tarallo M, Strigari L, Manfrini S, Mariani S, Basciani S, Lubrano C, Laghi A, Gnessi L. Visceral fat shows the strongest association with the need of intensive care in patients with COVID-19. *Metabolism.* **2020** Oct;111:154319.
27. **Watanabe M**, Risi R, Camajani E, Contini S, Persichetti A, Tuccinardi D, Ernesti I, Mariani S, Lubrano C, Genco A, Spera G, Gnessi L, Basciani S. Baseline HOMA IR and Circulating FGF21 Levels Predict NAFLD Improvement in Patients Undergoing a Low Carbohydrate Dietary Intervention for Weight Loss: A Prospective Observational Pilot Study. *Nutrients.* **2020** Jul 18;12(7):2141.
28. **Watanabe M**, Tuccinardi D, Ernesti I, Basciani S, Mariani S, Genco A, Manfrini S, Lubrano C, Gnessi L. Scientific evidence underlying contraindications to the ketogenic diet: An update. *Obes Rev.* **2020** Oct;21(10):e13053.
29. Basciani S, Camajani E, Contini S, Persichetti A, Risi R, Bertoldi L, Strigari L, Prossomariti G, **Watanabe M**, Mariani S, Lubrano C, Genco A, Spera G, Gnessi L. Very-Low-Calorie Ketogenic Diets With Whey, Vegetable, or Animal Protein in Patients With Obesity: A Randomized Pilot Study. *J Clin Endocrinol Metab.* **2020** Sep 1;105(9):dgaa336.
30. **Watanabe M**, Risi R, De Giorgi F, Tuccinardi D, Mariani S, Basciani S, Lubrano C, Lenzi A, Gnessi L. Obesity treatment within the Italian national healthcare system tertiary care centers: what can we learn? *Eat Weight Disord.* **2021** Apr;26(3):771-778
31. Masi D, Risi R, Gnessi L, **Watanabe M**, Mariani S, Lubrano C. Letter to the Editor: "Our Response to COVID-19 as Endocrinologists and Diabetologists". *J Clin Endocrinol Metab.* **2020** Jul 1;105(7):dgaa229.
32. **Watanabe M**, Risi R, Tuccinardi D, Baquero CJ, Manfrini S, Gnessi L. Obesity and SARS-CoV-2: A population to safeguard. *Diabetes Metab Res Rev.* **2020** Apr 21:e3325.
33. Tozzi R, Moramarco A, **Watanabe M**, Balena A, Caputi A, Gangitano E, Petrangeli E, Mariani S, Gnessi L, Lubrano C: Case Report: Pituitary Morphology and Function Are Preserved in Female Patients With Idiopathic Intracranial Hypertension Under Pharmacological Treatment. *Front Endocrinol (Lausanne)* **2020**, 11:613054.
34. Risi R, Masieri S, Poggiogalle E, **Watanabe M**, Caputi A, Tozzi R, Gangitano E, Masi D, Mariani S, Gnessi L et al: Nickel Sensitivity Is Associated with GH-IGF1 Axis Impairment and Pituitary Abnormalities on MRI in Overweight and Obese Subjects. *Int J Mol Sci* **2020**, Dec 20;21(24):9733
35. Sorrenti S, Carbotta G, Di Matteo FM, Catania A, Pironi D, Tartaglia F, Tarroni D, Gagliardi F, Tripodi D, **Watanabe M** et al: Evaluation of Clinicopathological and Molecular Parameters on Disease Recurrence of Papillary Thyroid Cancer Patient: A Retrospective Observational Study. *Cancers (Basel)* **2020** Dec 4;12(12):3637
36. Gangitano E, Tozzi R, Gandini O, **Watanabe M**, Basciani S, Mariani S, Lenzi A, Gnessi L, Lubrano C. Ketogenic Diet as a Preventive and Supportive Care for COVID-19 Patients. *Nutrients.* **2021** Mar 20;13(3):1004.
37. Risi R, Tozzi R, **Watanabe M**. Beyond weight loss in nonalcoholic fatty liver disease: the role of carbohydrate restriction. *Curr Opin Clin Nutr Metab Care.* **2021** Jul 1;24(4):349-353
38. Nusca, A., Tuccinardi, D., Pieralice, S., Giannone, S., Carpenito, M., Monte, L., **Watanabe, M.**, Cavallari, I., Maddaloni, E., Ussia, G. P., Manfrini, S., & Grigioni, F. Platelet Effects of Anti-diabetic Therapies: New Perspectives in the Management of Patients with Diabetes and Cardiovascular Disease. *Frontiers in Pharmacology*, **2021** May 12;12:670155
39. **Watanabe M**, Balena A, Tuccinardi D, et al. Central obesity, smoking habit, and hypertension are associated with lower antibody titres in response to COVID-19 mRNA vaccine *Diabetes Metab Res Rev.* **2021** May 6:e3465
40. Genco A, Ernesti I, **Watanabe M**. chapter "Intra-gastric Balloon Treatment for Obesity ", in "Obesity, Bariatric and Metabolic Surgery: A Comprehensive Guide 2nd ed.", UK, Springer Nature. **2023**
41. Masi D, Tozzi R, **Watanabe M**. Genome editing in obesity, *Adv Exp Med Biol.* **2023**;1396:179-190
42. Piccirillo F, **Watanabe M**, Di Sciascio G. Diagnosis, treatment and predictors of prognosis of myocarditis. A narrative review. *Cardiovascular Pathology* **2021** Sep-Oct;54:107362

43. Tuccinardi D, Di Mauro A, Lattanzi G, Rossini G, Monte L, Beato I, Spiezia C, Bravo M, **Watanabe M**, Soare A, Kyanvash S, Ammirotti A, Bertozzi SM, Gastaldelli A, Pedone C, Khazrai YM, Pozzilli P, Manfrini S. An extra virgin olive oil-enriched chocolate spread positively modulates insulin-resistance markers compared with a palm oil-enriched one in healthy young adults: A double-blind, cross-over, randomised controlled trial. *Diabetes Metab Res Rev.* **2021** Aug 25:e3492.
44. **Watanabe M**, Risi R, Tafuri MA, Silvestri V, D'Andrea D, Raimondo D, Rea S, Di Vincenzo F, Profico A, Tuccinardi D, Sciuto R, Basciani S, Mariani S, Lubrano C, Cinti S, Ottini L, Manzi G, Gnessi L. Bone density and genomic analysis unfold cold adaptation mechanisms of ancient inhabitants of Tierra del Fuego. *Sci Rep.* 2021 Dec 2;11(1):23290.
45. **Watanabe M**, Balena A, Masi D, Tozzi R, Risi R, Caputi A, Rossetti R, Spoltore ME, Biagi F, Anastasi E, Angeloni A, Mariani S, Lubrano C, Tuccinardi D, Gnessi L. Rapid Weight Loss, Central Obesity Improvement and Blood Glucose Reduction Are Associated with a Stronger Adaptive Immune Response Following COVID-19 mRNA Vaccine. *Vaccines.* 2022; 10(1):79.
46. Masi, D.; Risi, R.; Biagi, F.; Vasquez Barahona, D.; **Watanabe M**; Zilich, R.; Gabrielli, G.; Santin, P.; Mariani, S.; Lubrano, C.; et al. Application of a Machine Learning Technology in the Definition of Metabolically Healthy and Unhealthy Status: A Retrospective Study of 2567 Subjects Suffering from Obesity with or without Metabolic Syndrome. *Nutrients* 2022, 14
47. Tozzi R, Masi D, Cipriani F, Contini S, Gangitano E, Spoltore ME, Barchetta I, Basciani S, **Watanabe M**, Baldini E, Ullisse S, Lubrano C, Gnessi L, Mariani S. Circulating SIRT1 and Sclerostin Correlates with Bone Status in Young Women with Different Degrees of Adiposity. *Nutrients.* 2022 Feb 25;14(5):983
48. Barrea L\*, Caprio M\*, **Watanabe M\***, Cammarata G, Feraco A, Muscogiuri G, Verde L, Colao A, Savastano S; and on behalf of Obesity Programs of nutrition, Education, Research and Assessment (OPERA) Group. Could very low-calorie ketogenic diets turn off low grade inflammation in obesity? Emerging evidence. *Crit Rev Food Sci Nutr.* 2022 Apr 4;1-17. *These authors contributed equally to this work*
49. Risi R, Rossini G, Tozzi R, Pieralice S, Monte L, Masi D, Castagneto-Gissey L, Gallo IF, Strigari L, Casella G, Bruni V, Manfrini S, Gnessi L, Tuccinardi D, **Watanabe M**; Sex Difference in the Safety and Efficacy of Bariatric Procedures: a Systematic Review and Meta-analysis. *Surgery for Obesity and Related Diseases* 2022 Apr 20;S1550-7289(22)00149-6
50. Pontiroli A et al. (among authors **Watanabe M**) Advice of General Practitioner, of Surgeon, of Endocrinologist, and Self-Determination. *The Italian Road to Bariatric Surgery.* *Obesity Surgery* 2022 Jun;32(6):1996-2002
51. Medenica S, Spoltore ME, Ormazabal P, Marina LV, Sojat AS, Faggiano A, Gnessi L, Mazzilli R, **Watanabe M**. Female infertility in the era of obesity: The clash of two pandemics or inevitable consequence? *Clin Endocrinol (Oxf).* 2022 May 29. doi: 10.1111/cen.14785
52. Defeudis G, Mazzilli R, Di Tommaso AM, Zamponi V, Carlomagno F, Tuccinardi D, **Watanabe M**, Faggiano A, Gianfrilli D. Effects of diet and antihyperglycemic drugs on erectile dysfunction: A systematic review. *Andrology.* 2022 Apr 29. doi: 10.1111/andr.13192
53. Camajani E, Persichetti A, **Watanabe M**, Contini S, Vari M, Di Bernardo S, Faro M, Lubrano C, Gnessi L, Caprio M, Basciani S. Whey Protein, L-Leucine and Vitamin D Supplementation for Preserving Lean Mass during a Low-Calorie Diet in Sarcopenic Obese Women. *Nutrients.* 2022 Apr 29;14(9):1884
54. Masi D, Spoltore ME, Rossetti R, **Watanabe M**, Tozzi R, Caputi A, Risi R, Balena A, Gandini O, Mariani S, Spera G, Gnessi L, Lubrano C. The Influence of Ketone Bodies on Circadian Processes Regarding Appetite, Sleep and Hormone Release: A Systematic Review of the Literature. *Nutrients.* 2022 Mar 28;14(7):1410
55. Tozzi R, Cipriani F, Masi D, Basciani S, **Watanabe M**, Lubrano C, Gnessi L, Mariani S. Ketone Bodies and SIRT1, Synergic Epigenetic Regulators for Metabolic Health: A Narrative Review. *Nutrients.* 2022 Jul 30;14(15):3145
56. Risi R, Postic C, **Watanabe M** Editorial to: "The Liver as an Endocrine Organ: Hepatokines and Ketone Bodies, Novel Hormones to Be Acknowledged" *Front. Endocrinol.Sec. Obesity* 2022 Dec doi: 10.3389/fendo.2022.1117773
57. Ernesti I, Baratta F, **Watanabe M**, Risi R, Camajani E, Persichetti A, Tuccinardi D, Mariani S, Lubrano C, Genco A, Spera G, Gnessi L, Basciani S. Predictors of weight loss in patients with obesity treated with a Very Low-Calorie Ketogenic Diet. *Front Nutr.* 2023 Jan 25;10:1058364
58. Defeudis, G., Mazzilli, R., Benvenuto, D., Ciccozzi, M., Di Tommaso, A. M., Faggiano, A., Tuccinardi, D., **Watanabe, M.**, Manfrini, S., & Khazrai, Y. M. (2023). Women with type 1 diabetes gain more weight during

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Peer Review  
activity

#### Associate Editor

Frontiers in Endocrinology (obesity) IF 5.555

#### Editorial board member:

Scientific Reports (Nature) IF 4.6

Nutrition Research and Reviews (Cambridge Univ. Press) IF 5.7

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Foods MDPI IF 4.35

Editorial Board of Obesity (specialty section of Frontiers in Endocrinology, Frontiers in Public Health and Frontiers in Nutrition)

Guest Editor Nutrients MDPI IF 5.719

Grants

**Horizon Europe 2024** HORIZON-HLTH-2023-TOOL-05 (AcceleRating the Translation of virtual twins towards a personalised Management of fatty liver patients-ARTEMIS) (member)

**Sapienza University Calls 2023, starting grants** (Assessment of serum FGF21 levels in patients with metabolic syndrome before and after a balanced lipid-lowering diet: correlation with serum lipid pattern, indirect indices of liver damage and NAFLD) (tutor)

**Sapienza University Calls 2022, starting grants** (Lipid remodelling capacity in human peripheral blood mononuclear cells: a predictor of metabolic disease?) (tutor)

**BE-FOR-ERC 2021** (Dietary approach of non alcoholic steatohepatitis: mechanisms, efficacy and safety of a very low carbohydrate ketogenic regimen versus an isocaloric mediterranean diet-PROMETHEUS study) (Principal investigator)

**Sapienza University Calls 2021, starting grants** (Long Term Immunization After mRNA Covid-19 Vaccine in Subjects with Obesity: Impact of Adiposity Parameters, Cardiometabolic Conditions, and Risk Factors) (Principal investigator)

**Sapienza University Calls 2019, medium projects** (Therapeutic Educational Robot Enhancing Social interActions in the Management of Obesity (TERESA) (member)

**PRIN 2017** (Mechanisms of adipose tissue dysfunction in obesity: a target of future weight loss strategies for the prevention of diabetes and cardiovascular diseases) (member)

**Sapienza University Calls 2016, medium projects** (Fuel selection, metabolic flexibility and signatures of endothelial dysfunction and vascular aging during an oral fat load in obese subjects with and without metabolic syndrome) (member)

**"Sbarro Health Research Organization - Rotary Club Research Call 2014"** scholarship

**Sapienza University Calls 2013, starting grants** (Adiponectin and Tyrosine Kinase Inhibitors: Study of Their Effect on Breast Cancer Cell Lines) (Principal investigator)

#### Congress Lectures and workshops

- "Gestione del trattamento farmacologico" Obesity Revolution: La Rivoluzione Nella Gestione Clinica Dell'eccesso Di Peso e Le Complicanze Correlate, September 2024, Rome
- "Uno sguardo alla pratica clinica" Simposio Sponsorizzato Novo Nordisk, Incontri Italiani di Endocrinologia e Metabolismo, Genova, September 2024
- "Come, quanto e ... quando mangiare" SIO WiP, Rome, October 2024
- "Dal sapere al saper fare: gestione efficace dell'eccesso di peso" Novo Nordisk Workshop, May 2024, Rome
- "Trattamento medico: esiste una differenza di genere?", Il Congresso nazionale Gender endocrinology differenze di genere nelle patologie endocrino-metaboliche, Castellammare di Stabia (NA) 2024
- "La dieta chetogena la VLCKD, la dieta chetogenica isocalorica nel paziente con obesità, con e senza diabete tipo 2" XII Convegno Nazionale Fondazione AMD, Rome, May 2024
- "Antiinflammatory and immunomodulatory effects of ketogenic diets", Ketogenic Diet Academy, Bologna, March 2024
- "La gestione del trattamento farmacologico: metodi pratici", Paving the way: le fondamenta della collaborazione tra chirurgia bariatrica e terapia medica Roma, December 2023
- "The role of ketogenic diet in human health and diseases" Ketogenic diets G8, Rome, June 2023
- "Terapia dietetica e farmacologica nel paziente con obesità e nefropatia", 42° Congresso Nazionale SIE Roma 2023
- "Miglioramento della fibrosi epatica con dieta chetogenica", Congresso Nazionale Società italiana di Obesità Abano Terme 2023
- "Effects of KDs on glucose and lipid metabolism", 36° Congresso Nazionale Società Italiana per lo Studio dell'Aterosclerosi, Roma 2022
- "La dieta come terapia pseudofarmacologica: effetti immunomodulanti e metabolici", Congresso Nazionale Società italiana di Obesità WiP Baveno 2022
- "Ketogenic diet role in the treatment of regain after bariatric surgery" XXX Congresso Nazionale Società Italiana di Chirurgia dell'Obesità e delle Malattie Metaboliche SICOB, Cagliari 2022
- "Indications, Contraindications, and Safety of the Ketogenic Diet" V Congresso Nazionale congiunto Società Italiana Nutrizione Sport e Benessere SINSEB e Società Italiana di Nutraceutica SINUT, Bologna 2022
- "Significato e ruolo delle diete chetogeniche" XIV Congresso Nazionale Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare SISDCA 2021- online
- "Dieta chetogenica e malattie autoimmunitarie nel paziente con obesità: quali evidenze?" IV Congresso Nazionale Opera, Napoli 2021

- "The role and significance of ketogenic diets" XIV congresso nazionale SISDCA 2021
- "Indications, contraindications and tolerability of ketogenic diets: effects on liver and kidney function", Ketogenic Diet Academy, Bologna, Italy, September 2021
- "Ruolo dei corpi chetonici e della dieta chetogenica nel dolore e nell'infiammazione: le basi scientifiche" Webinar Dolore e infiammazione: applicazioni della dieta chetogenica. ANSISA 5 6 2021
- "Impatto della dieta chetogenica sulla malattia cardiometabolica" Spring Meeting 2021 SIIA SIMI SIPREC SISA, Maggio 2021
- "Variazioni cliniche, nutrizionali e metaboliche provocate dalla Dieta Chetogenica" DIETE CHETOGENICHE IPOCALORICHE PER IL SOVRAPPESO E L'OBESITÀ: Basi teoriche e aspetti pratico-applicativi, Aprile 2021
- "Le principali Linee Guida, Consensus e Statement per il trattamento del sovrappeso e dell'obesità. Non solo KD" Diete Chetogeniche Ipocaloriche Per Il Sovrappeso E L'obesità: Basi Teoriche E Aspetti Pratico-applicativi, Marzo 2021
- "L'obeso metabolicamente sano: esiste" Webinar SIE Obesità il filo di Arianna della patologia cardiometabolica, Gennaio 2021
- "Impatto della KD sulla funzione immunitaria" SINUT 17-19 12 2020
- "il grasso viscerale come predittore di severità della Sindrome respiratoria nei pazienti con COVID 19" Welfair 25 9 2020
- "Il ruolo del microbiota umano nella genesi della patologia metabolica" Welfair 25 9 2020
- "Il microbiota intestinale: dalla modulazione dello stato di nutrizione alla patologia metabolica" Webinar SISDCA Personalizzazione delle cure, la nutrizione, scienza e miti, fattori di protezione e di rischio, 7 2020
- "Le diete chetogeniche hanno controindicazioni reali e specifiche? Quali sono realmente?" Webinar Ketolearning Alimentazione e COVID 19, è plausibile un ruolo per le diete chetogeniche? 6 6 2020
- "Dyslipidemias, lipid lowering drugs and cancer", Opera, Napoli, Italy, February 2020
- "Safety and contraindications of VLCKDs", Ketogenic Diet Academy, Bologna, Italy, February 2020
- "Glucose and lipid pathophysiology and blood pressure regulation", Ketolearning-III module, Rome, Italy, November 2019
- "Obesity and bariatric surgery: sexual and reproductive health aspects", Andrology and Gynecology Day at Sant'Andrea, Rome, September 2019
- "The endocrine point of view", Ketogenic Diet-a medical perspective, Pescara, Italy, December 2018
- "Endocrine and metabolic complications of obesity", Obesity in one day, Rome, Italy, November 2018

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