

**Curriculum Vitae** | **Eleonora Poggiogalle, MD, PhD**

Business Address Sapienza University  
Department of Experimental Medicine  
Medical Pathophysiology, Food Science and Endocrinology Section  
Food Science and Human Nutrition Research Unit  
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Nationality Italian

**Professional experience/  
teaching experience**

11/2024 Lecturer, "The Obesity Multidisciplinary Approach project. A training for young health professionals from Egypt", Program of the High Specialization Training on Obesity- University of Helwan, Cairo, Egypt.

08/2023- present Junior Fellow and Lecturer- Sapienza School of Advanced Studies (SSAS)

05/2022- present Assistant Professor ("RTD-B"), Sapienza University, Department of Experimental Medicine, Food Science and Human Nutrition Research Unit, P.le Aldo Moro, 5- 00185 Rome (Italy)

11/2021- 11/2024 Lecturer , Université de Clermont Ferrand, France: Master Biologie Santé, "Nutrition, Health and Mobility"

02/2019 Visiting research scholar (Internship - data analysis) - Pennington Biomedical Research Center, Baton Rouge - LA (USA)

12/2018- 04/2022 Post-doctoral researcher, Department of Experimental Medicine, Food Science and Human Nutrition Research Unit, Sapienza University, Rome. Italy

03/2019- present Lecturer, Université Paris Descartes, Paris (France): DU Ufr des Sciences et Techniques des Activités Physiques et Sp: Troubles du comportement alimentaire

03/2019 Lecturer, Université Paris Descartes, Paris (France): Master "Entrainement Biologie Nutrition et Santé" (EBNS)

03/2018-12/2018 Visiting researcher (MD, PhD Fellow), Centre de Recherche en Nutrition Humaine, UCA, Clermont Ferrand, France (Prof. Yves Boirie)

2018- present Lecturer, Master Degree in Clinical Nutrition and Metabolism, Sapienza University, Rome, Italy

2017- present Teaching assistant: Dietitian Degree Course, and Residency program- Specialization School in Food Science and Human Nutrition, Sapienza University, Rome

11/2015-11/2016 Visiting researcher (MD, PhD Fellow), Pennington Biomedical Research Center, Baton Rouge, LA, USA (Prof. Eric Ravussin)

06/30/2011 - 06/30/2016 Resident doctor - Endocrinology Day Hospital Service (Nutritional Evaluation Laboratory) - High Specialization Center for Obesity Care (CASCO)- Policlinico "Umberto I" Hospital, "Sapienza" University, Rome (Italy)- EASO COMs Network

06/30/2011 - 06/30/2012 Resident doctor - Geriatrics Unit - Rehabilitation Clinical Institute " Villa delle Querce", Rome (Italy)

03/01/2010 - 06/01/2011	Staff physician - Pediatric Clinic - "SS. Annunziata" Hospital- University of Chieti (Italy)
07/28/2009 - 02/28/2010	Staff physician - Department of Pediatrics- Pediatric Hepatology and Infectivology Service- Policlinico "Umberto I" Hospital - "Sapienza" University, Rome (Italy)
07/2006 - 07/2009	Medical student - Department of Pediatrics- Pediatric Hepatology and Infectivology Service- Policlinico "Umberto I" Hospital - "Sapienza" University, Rome (Italy)
<b>Education and training</b>	
07-12/2021	European Innovation Technology- Food, Innovator fellowship
12/12/2018	Ph.D. in Endocrinology and Metabolic Sciences, "Sapienza" University, Rome (Italy): ( <i>ottimo cum laude</i> , =full marks and honors, with additional mention as Doctor Europaeus (Ph.D. Thesis titled: "Translational insights into the phenotype of sarcopenic obesity", Supervisors Prof. Yves Boirie, France, and Prof. Lorenzo Maria Donini, Italy)
03/26/2018-12/27/2018	Visiting researcher- Human Nutrition Laboratory- INRA- UCA- Clermont Ferrand (France)
06/2018	ESPEN Course in Tracer Methodology and Metabolism – Maastricht (The Netherlands)
07/2017	Training the Trainer EASO Summer School on Obesity Management, Annecy (France)
11/27/2015 – 12/12/2018	Ph.D. Fellow in Endocrinology and Metabolic Sciences, "Sapienza" University, Rome (Italy)
11/01/2015 - 11/01/2016	Visiting research scholar - Pennington Biomedical Research Center, Baton Rouge - LA (USA)
06/30/2011 - 06/30/2016	Residency program ( <i>70/70 cum Laude</i> = full marks and honors) - Medical Specialization School in Food Science and Clinical Nutrition, "Sapienza" University, Rome (Italy)
08/2015	Higher Education Course "PIA.DAO Project: Expert in the treatment of Eating Disorders" sponsored by the Italian Society for the Study of Eating Disorders-SISDCA- Bologna (Italy)
09/2014	Lifelong Learning Program (LLL): "Nutritional Support in Renal Diseases", The European Society for Clinical Nutrition and Metabolism- ESPEN 2014, Geneva, Switzerland
02/2014	Basic Life Support (BLS) Certificate, American Heart Association, Rome (Italy)
09/2013	Lifelong Learning Program (LLL): "Nutritional Support in Gastro-Intestinal Diseases", The European Society for Clinical Nutrition and Metabolism- ESPEN 2013, Leipzig, Germany
05/2012	Higher Education Course "Multidisciplinary approach in the treatment of Eating Disorders" sponsored by the Italian Society for the Study of Eating Disorders-SISDCA- Pisa (Italy)
04/2012	Higher Education Course "Therapeutic Education in Obesity" sponsored by the Italian Society for the Study of Eating Disorder-SISDCA, "Sapienza" University, Rome (Italy)
07/27/2009	M.D. degree ( <i>110/110 cum Laude</i> = full marks and honors) - School of Medicine- "Sapienza" University, Rome (Italy)
07/23/2003	High School Diploma ( <i>100/100 cum Laude</i> = full marks and honors) - Liceo Scientifico "Marco Vitruvio Pollione"- Avezzano - AQ (Italy)
03/2010 – present	Medical License Certification- College of Italian Physicians and Surgeons in L'Aquila, Italy (Active Member Registration # 3473)
18.11.2009- present	Registered Journalist- College of Italian Journalists- ODG Tessera n. 152169

### Personal skills and competences

Native language **Italian**

Other languages  
 Self-assessment  
 European level (\*)  
 English  
 French  
 Spanish

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user

(\*) Common European Framework of Reference for Languages

**Additional information**  
 2018-2019

ANVUR National Scientific Qualification (Abilitazione Scientifica Nazionale, Professore II Fascia, Settore 06/D2)

**Oral presentations  
International Conferences**

- 09/2013 International Conference on the Bioscience of Lipids- ICBL, Bari (Italy). "Functional and morphological vascular changes in subjects with Familial Combined Hypolipidemia: an exploratory analysis"
- 06/2015 International Academy Nutrition and Aging- IANA, Barcelona (Spain). "Fatty liver infiltration associates with relative sarcopenia, insulin sensitivity and growth hormone/ insulin-like growth factor 1 axis in obese subjects"
- 06/2016 European Obesity Summit- European Association for the Study of Obesity, Goteborg (Sweden). "Ectopic fat and the phenotype of sarcopenic obesity in metabolically healthy and metabolically abnormal middle-aged women"
- 04/2017 International Conference on Frailty and Sarcopenia Research, Barcelona (Spain): "Body composition, IGF 1 status, physical functionality and metabolic syndrome in nonagenarians from the Louisiana Healthy Aging Study: Implications for Osteosarcopenia"
- 05/2017 European Congress on Obesity, Joint Session with ESPEN, Oporto (Portugal): "Sarcopenic Obesity- Inflammation: a common ground?"
- 09/2017 ESPEN congress, The Hague (The Netherlands) "The onset of dynapenia may precede sarcopenia due to metabolic derangements in adult women with obesity"
- 10/2017 EASO COM Summit, Tonsberg (Norway) "Gallstone disease, NAFLD and bariatric surgery"
- 03/2018 International Conference on Frailty and Sarcopenia Research, Miami, FL (USA) "High endogenous BCAA levels are associated with muscle strength and signatures of myosteatosis: friends or foes?"
- 07/2018 The Rank Prize Funds: Mini-Symposium on Malnutrition Through the Life Course, Windermere, Lake District, UK 2018 "The phenotype of sarcopenic obesity"
- 09/2018 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Madrid (Spain) "Circulating branched-chain amino acids, lipid oxidation and ectopic fat in adults with obesity"
- 09/2018 Nursing Home Research International Working Group, Rome (Italy) "Sarcopenic obesity: nutritional, functional and metabolic characteristics"
- 04/2019 European Congress on Obesity, Glasgow (UK) "Association of circulating branched-chain amino acids ( BCAAs) with fuel selection and visceral adipose tissue in adults with obesity"
- 04/2019 European Congress on Obesity, Glasgow (UK)- Moderator of the session "Poster Networking Reception"
- 03/2020 International Conference on Frailty and Sarcopenia Research, Toulouse (France) "Impact of protein intake and high-fat diet on body composition and muscle lipid infiltration in relation to aging in rats: insights into sarcopenic obesity"
- 09/2020 European Congress on Obesity (ECO-ICO)- Moderator of the session "Abstract discussion: bariatric surgery"
- 09/2020 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), virtual congress "Response of circulating branched chain amino acids to an oral fat load in adult subjects with obesity"
- 09/2021 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), virtual congress "In vivo response to an oral fat load of ectopic lipids and acetylcarnitine in skeletal muscle in subjects with obesity"
- 05/2022 European Congress on Obesity (ECO), Maastricht (The Netherlands): "Deleterious effect of high-fat diet on skeletal muscle performance is prevented by high-protein intake in adult rats but not in old rats"
- 09/2022 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN): "Dietary inflammatory index is differently associated with ectopic fat depots in overweight and obese adults".
- 09/2022 EASO- COM Summit (Istanbul, Turkey): "Sarcopenic Obesity: Guidelines for Diagnosis"

- 03/2023 International Conference on Frailty and Sarcopenia Research (Toulouse, France): "Dynapenia, Muscle Quality, and Hepatic Steatosis in Patients with Obesity and Sarcopenic Obesity"
- 11/2023 SARCOPENIC OBESITY GLOBAL LEADERSHIP INITIATIVE (SOGLI) 2023, Rome: "Synchronizing the skeletal muscle and metabolic clocks: exercise and feeding timing in the context of chronobiology"
- 09/2024 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Milan, Implications of ectopic fat, Speaker
- 09/2024 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Milan, Educational Session. Case presentation: Obese and sarcopenic patient with acute complications in ICU (ARDS), Speaker
- 09/2024 European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Milan, Implications of sensory perception taste and eating behavior in chronic diseases, Moderator
- 11/2024 Congrès International Francophone en Activité Physique (CIFAP) Montréal, Canada-Système musculosquelettique : effet de l'âge et de l'activité physique, rôle modérateur
- 11/2024 SARCOPENIC OBESITY GLOBAL LEADERSHIP INITIATIVE (SOGLI) 2024, Rome: "Sarcopenic obesity in the extreme ages of life"
- 03/2025 ACCEPTED, International Conference on Frailty and Sarcopenia Research, Toulouse (France)- "Sarcopenic Obesity, a novel definition at work."

### Honors / Award

- 2021 European Innovation Technology- Food, Foodathon Winner
- 2020 Travel Grant - European Obesity Summit- European Association for the Study of Obesity (EASO), Dublin (Ireland)
- 2018 Outstanding Reviewer for the peer-reviewed Journal "Metabolism"
- 2018 Outstanding Reviewer for the peer-reviewed Journal "Nutrition"
- 2018 Travel Grant- European Society for Enteral & Parenteral Nutrition and Metabolism (ESPEN), Madrid (Spain)
- 2018 International Prize (Rome- San Francisco) awarded by the Italian Pasta Museum & Academy- University section, Rome (Italy)
- 2018 Travel Grant - European Obesity Summit- European Association for the Study of Obesity (EASO), Wien
- 2017 High Scoring Abstract Presenter, ESPEN congress, The Hague (The Netherlands)
- 2017 Outstanding Reviewer for the peer-reviewed Journal "Nutrition"
- 2016 New Investigator Clinical Research Award - European Obesity Summit- European Association for the Study of Obesity (EASO), Goteborg (Sweden)
- 2015 Travel Grant 2015- European Association for the Study of Obesity (EASO), Prague (Czech Republic)

### Research projects

- Participation as co-investigator during the Residency Program and during the PhD Course*
- 2011-2013 Functional and morphological vascular changes in subjects with familial combined hypolipidemia type 2 (Italy)- Research Project- Sapienza University 2006 and 2011
- 2011-2013 The Provide Study: The effect of nutritional supplementation on physical performance in elderly, a multicentric study (international *multicentric study- Danone Research*)

- 2014 National Research project PRIN 2009KENS9K- Sarcopenic obesity: effectiveness of a nutritional and functional rehabilitation program (Italy)
- 2012-2015 Postprandial lipoprotein metabolism in subjects with Familial Combined Hypobetalipoproteinemia type 2 (Italy) - Research Project- Sapienza University 2006 and 2011
- 2013- 2016 PIA.DAO Project: Development of a didactical manual for eating disorders and obesity- Italian Society for the Study of Eating Disorders SISDCA (Italy)
- 2014 – 2016 Effects of a nutritional intervention based on Mediterranean diet combined with physical activity on NAFLD, intramuscular fat and cardio-respiratory fitness in subjects with metabolic syndrome: a pilot study (Italy) Research Project- Sapienza University 2014
- 2015 - 2022 Individual determinants of dietary intake in community-dwelling older adults- a DEDIPAC study(international multicentric study)
- 2015- present Body composition, adiposity phenotype and metabolic flexibility in PNPLA3 and TM6SF2 gene variant carriers and non- carriers with nonalcoholic fatty liver disease (Italy) - Research Project- Sapienza University 2014
- 2016 Determinants of Longevity: the Louisiana Healthy Aging Study, Pennington Biomedical Research Center (USA)
- 2016 Does Meal Timing affect energy expenditure (GRAZING)- NORC, Pennington Biomedical Research Center (USA)
- 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, BIO101-CL2 BIOPHYTIS S.A.
- 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 - Caretek s.r.l. as substudy of SPRINTT (Sarcopenia and Physical fRailty IN older people: multi-componenT Treatment strategies IMI (Innovative Medicine Initiative)
- 2017- present MICROBESOMICS: effect of gut microbiome on “obesitytypes” in human subjects - PRIN 2017FM74HK
- 2018- present Effets of high-fat high-protein diet on body composition and energy expenditure in adult and old rats during overfeeding- CRNH- Université de Clermont Ferrand, France)
- 2019- present Identificazione di biomarcatori di aderenza alla Dieta Mediterranea in una popolazione universitaria di Sapienza (GONG) mediante analisi metabolomica NMR -Research project Sapienza University 2019-Prot. RM11916B7A7ED51B
- Participation as Study coordinator in international multicentric studies*
- 2011-2013 The Provide Study: The effect of nutritional supplementation on physical performance in elderly, a multicentric study
- 2017-present Biophytis Study-SARA-OBS Sarcopenic Obesity in the elderly
- 2019 Effects of an oral fat load on brown adipose tissue activation and diet-induced thermogenesis in obese patients. Research project Sapienza University "Medie Attrezzature Scientifiche - Medie Attrezzature 1" . prot. MA11916B8942FF05
- 2023-2026 PNRR MUR - Missione 4, Componente 2, Investimento 1.4 - Progetto CN\_00000022 “National Research Centre for Agricultural Technologies (AgriTech)” € 30000.
- 2024-present PINACLE:”Personalized Individualized Nutrition using Available Community LeftOvers”received funding from the European Union’s Horizon Europe research and innovation action programme, via the DRG4FOOD – Open Call #1 issued and executed under the DRG4FOOD project (Grant Agreement no. 101086523), € 69000.

*Participation as Principal Investigator*

2017-2018 Applicability of bioimpedance analysis in patients undergoing cardiac surgery with extracorporeal circulation (Italy)

2023 Progetti di Ricerca Grandi - Progetti Grandi- Bando Ateneo Sapienza "Interplay between circulating branched chain amino acids and signatures of endothelial dysfunction and vascular aging in patients with obesity and sarcopenic obesity." € 27500

2023-2026 PE 10 – Fondazione On-FOODS- PNRR - Research and innovation network on food and nutrition Sustainability, Safety and Security – Working ON Foods Codice progetto\_PE00000003 "LIFELONG NUTRITION- FOCUS ON OLDER ADULTS"- SPOKE 5 € 146400.

2023-2026 Scientific Coordinator, PREVENT TOGETHER, PREVENIRE INSIEME - PRospEctive randomized parallel controlled, open-label, multicentre trial of interVENTional sTrategies prOmotinG hEalTHy diEt and physical activity among childRen and their families- Scuola Superiore Studi Avanzati, Sapienza Università di Roma- e Università degli Studi di Brescia- Fondazione CARIPL0

**Mentoring**

2015 - present 6 medical students, 11 undergraduate students, 10 resident doctors, 8 dieticians.

**Service**

*Ad hoc* reviewer for the Journals: 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, Journal of Endocrinological Investigation

**2018-present**

Abstract reviewer for the European Association for the Study of Obesity.

**2022-2024** International project reviewer for the French National Research Agency (Agence Nationale de la Recherche)

**Editorial activity**

2017- present Associate Editor "Eating and Weight Disorder", Springer

2020- 2023 Associate Editor "BioChem", MDPI

2021- present Associate Editor "Frontiers in Nutrition"

2024- present Associate Editor "Nutrition & Metabolism", BMC Springer

**Scientific Societies**

2017- 2024 Member of the Scientific Board: SISDCA (Italian Society for the Study of Eating Disorders and Obesity)

2019- 2020 National Coordinator of the Young Section- National Obesity Society (SIO)

2017- 2022 Member of the Scientific Board: SIO Lazio (Regional Section- National Obesity Society (SIO)

2018-present Member of the ESPEN- European Society The European Society for Clinical Nutrition and Metabolism

1. Pacifico L, Anania C, **Poggiogalle E**, Osborn JF, Prossomariti G, Martino F, Chiesa C. Relationships of acylated and des-acyl ghrelin levels to bone mineralization in obese children and adolescents. *Bone* 2009;45:274–279. IF. 4.140
2. Pacifico L, **Poggiogalle E**, Costantino F, Anania C, Ferraro F, Chiarelli F, Chiesa C. Acylated and nonacylated ghrelin levels and their associations with insulin resistance in obese and normal weight children with metabolic syndrome. *Eur J Endocrinol* 2009;161: 861–870. IF 4.101
3. Pacifico L, **Poggiogalle E**, Cantisani V, Menichini G, Ricci P, Ferraro F, Chiesa C. Pediatric nonalcoholic fatty liver disease: A clinical and laboratory challenge. *World J Hepatol.* 2010;2:275-88.
4. Pacifico L, Carducci C, **Poggiogalle E**, Caravona F, Antonozzi I, Chiesa C, Maggiore G. Mutational analysis of ABCC2 gene in two siblings with neonatal-onset Dubin Johnson syndrome. *Clin Genet.* 2010;78:598-600. IF 3.326
5. **Poggiogalle E**, Olivero G, Anania C, Ferraro F, Pacifico L. Pediatric non-alcoholic fatty liver disease: recent advances and challenges. *Minerva Pediatr.* 2010;62:569-84.
6. Chiesa C, Pacifico L, Anania C, **Poggiogalle E**, Chiarelli F, Osborn JF. Helicobacter pylori therapy in children: overview and challenges. *Int J Immunopathol Pharmacol.* 2010;23:405-16. IF 3.679
7. Pacifico L, **Poggiogalle E**, Cantisani V, Chiesa C. Association between serum uric acid levels and atherosclerosis in childhood. [www.athero.org/commentaries](http://www.athero.org/commentaries) May 2009 .
8. Pacifico L, Anania C, Martino F, **Poggiogalle E**, Chiarelli F, Arca M, Chiesa C. Management of metabolic syndrome in children and adolescents. *Nutr Metab Cardiovasc Dis* 2011;21:455-66. IF 3.679
9. Donini LM, Neri B, De Chiara S, **Poggiogalle E**, Muscaritoli M. Nutritional care in a nursing home in Italy. *PLoS One* 2013;8:e55804.
10. Donini LM, **Poggiogalle E**, Morrone A, Scardella P, Piombo L, Neri B, Cava E, Cucinotta D, Barbagallo M, Pinto A. Agreement between different versions of MNA. *J Nutr Health Aging* 2013;17:332-8. IF: 2.77
11. Donini LM, **Poggiogalle E**, Piredda M, Pinto A, Barbagallo M, Cucinotta D, Sergi G. Anorexia and eating patterns in the elderly. *PLoS One* 2013;8:e63539.
12. Donini LM, **Poggiogalle E**, Del Balzo V, Lubrano C, Faliva M, Opizzi A, Perna S, Pinto A, Rondanelli M. How to estimate fat mass in overweight and obese subjects. *Int J Endocrinol* 2013; 2013: 285680.
13. Minicocci I, Cantisani V, **Poggiogalle E**, Favari E, Zimetti F, Montali A, Labbadia G, Pigna G, Pannozzo F, Zannella A, Ceci F, Ciociola E, Santini S, Maranghi M, Vestri A, Ricci P, Bernini F, Arca M. Functional and morphological vascular changes in subjects with familial combined hypolipidemia: an exploratory analysis. *Int J Cardiol.* 2013;168:4375-8.
14. Donini LM, **Poggiogalle E**, Mosca V, Pinto A, Brunani A, Capodaglio P. Disability affects the 6-minute walking distance in obese subjects (BMI>40 kg/m(2)). *PLoS One.* 2013;8:e75491. IF: 3.54
15. Brytek-Matera A, Krupa M, **Poggiogalle E**, Donini LM. Adaptation of the ORTHO-15 test to Polish women and men. *Eat Weight Disord.* 2014;19:69-76.
16. **Poggiogalle E**, Di Lazzaro L, Pinto A, Migliaccio S, Lenzi A, Donini LM. Health-related quality of life and quality of sexual life in obese subjects. *Int J Endocrinol.* 2014;2014:847871.
17. **Poggiogalle E**, Migliaccio S, Lenzi A, Donini LM. Treatment of body composition changes in obese and overweight older adults: insight into the phenotype of sarcopenic obesity. *Endocrine.* 2014;47:699-716.
18. Wannenes F, Papa V, Greco EA, Fornari R, Marocco C, Baldari C, Di Luigi L, Emerenziani GP, **Poggiogalle E**, Guidetti L, Donini LM, Lenzi A, Migliaccio S. Abdominal Fat and Sarcopenia in Women Significantly Alter Osteoblasts Homeostasis In Vitro by a WNT/  $\beta$ -Catenin Dependent Mechanism. *Int J Endocrinol.* 2014;2014:278316. IF 2.510
19. del Balzo V, Vitiello V, Germani A, Donini LM, **Poggiogalle E**, Pinto A. A cross-sectional survey on dietary supplements consumption among Italian teen-agers. *PLoS One.* 2014;9:e100508.
20. Brytek-Matera A, Donini LM, Krupa M, **Poggiogalle E**, Hay P. Orthorexia nervosa and self-attitudinal aspects of body image in female and male university students. *J Eat Disord.* 2015;3:2.



21. Bauer JM, Verlaan S, Bautmans I, Brandt K, Donini LM, Maggio M, McMurdo ME, Mets T, Seal C, Wijers SL, Ceda GP, De Vito G, Donders G, Drey M, Greig C, Holmbäck U, Narici M, McPhee J, **Poggiogalle E**, Power D, Scafoglieri A, Schultz R, Sieber CC, Cederholm T. Effects of a vitamin D and leucine-enriched whey protein nutritional supplement on measures of sarcopenia in older adults, the PROVIDE study: a randomized, double-blind, placebo-controlled trial. *J Am Med Dir Assoc*. 2015;16:740-7.
22. Mariani S, Fiore D, Persichetti A, Basciani S, Lubrano C, **Poggiogalle E**, Genco A, Donini LM, Gnessi L. Circulating SIRT1 Increases After Intragastric Balloon Fat Loss in Obese Patients. *Obes Surg*. 2016;6:1215-20.
23. Minicocci I, Tikka A, **Poggiogalle E**, Metso J, Montali A, Ceci F, Labbadia G, Fontana M, Di Costanzo A, Maranghi M, Rosano A, Ehnholm C, Donini LM, Jauhiainen M, Arca M. Effects of angiopoietin-like protein 3 deficiency on postprandial lipid and lipoprotein metabolism. *J Lipid Res*. 2016;57:1097-107.
24. Donini LM, **Poggiogalle E**, Mosca V, Pinto A, Migliaccio S, Brunani A, Capodaglio P. Critical review of the equations predicting 6-minute walking distance in obese subjects. *Monaldi Arch Chest Dis*. 2016;81:745.
25. Mariani S, Costantini D, Lubrano C, Basciani S, Caldaroni C, Barbaro G, **Poggiogalle E**, Donini LM, Lenzi A, Gnessi L. Circulating SIRT1 inversely correlates with epicardial fat thickness in patients with obesity. *Nutr Metab Cardiovasc Dis*. 2016;26:1033-38.
26. **Poggiogalle E**, Lubrano C, Gnessi L, Marocco C, Di Lazzaro L, Polidoro G, Luisi F, Merola G, Mariani S, Migliaccio S, Lenzi A, Donini LM. Reduced sleep duration affects body composition, dietary intake and quality of life in obese subjects. *Eat Weight Disord*. 2016 ;21:501-5. 1.784
27. **Poggiogalle E**, Lubrano C, Gnessi L, Mariani S, Lenzi A, Donini LM. Fatty liver index associates with relative sarcopenia and GH/ IGF-1 status in obese subjects. *PLoS One* 2016;11:e0145811. IF:3.54
28. **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;20:958-963. IF:2.77
29. Donini LM, **Poggiogalle E**, Molfino A, Rosano A, Lenzi A, Rossi Fanelli F, Muscaritoli M. Mini-Nutritional Assessment, Malnutrition Universal Screening Tool, and Nutrition Risk Screening Tool for the Nutritional Evaluation of Older Nursing Home Residents. *J Am Med Dir Assoc*. 2016;17:959.e11-8. IF 5.775
30. Donini LM, Merola G, **Poggiogalle E**, Lubrano C, Gnessi L, Mariani S, Migliaccio S, Lenzi A. Disability, Physical Inactivity, and Impaired Health-Related Quality of Life Are Not Different in Metabolically Healthy vs. Unhealthy Obese Subjects. *Nutrients*. 2016;8:pil: E759. IF:3.550
31. Bimonte VM, Fittipaldi S, Marocco C, Emerenziani GP, Fornari R, Guidetti L, **Poggiogalle E**, Nicolai E, Di Luigi L, Donini LM, Baldari C, Lenzi A, Greco EA, Migliaccio S. Physical activity and hypocaloric diet recovers osteoblasts homeostasis in women affected by abdominal obesity. *Endocrine*. 2016 Dec 16. [Epub ahead of print]. 3.131
32. **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;23:1747-1757. IF 3.365
33. Donini LM, Rosano A, Di Lazzaro L, **Poggiogalle E**, Lubrano C, Migliaccio S, Carbonelli M, Pinto A, Lenzi A. Validation of the Italian version of the Laval questionnaire: health-related quality of life in subjects with obesity. *Health Qual Life Outcomes*. 2017;15:101.
34. Sammarco R, Marra M, Di Guglielmo ML, Naccarato M, Contaldo F, **Poggiogalle E**, Donini LM, Pasanisi F. Evaluation of Hypocaloric Diet With Protein Supplementation in Middle-Aged Sarcopenic Obese Women: A Pilot Study. *Obes Facts*. 2017;10:160-167 IF 2.25.
35. Brytek-Matera A, Fonte ML, **Poggiogalle E**, Donini LM, Cena H. Orthorexia nervosa: relationship with obsessive-compulsive symptoms, disordered eating patterns and body uneasiness among Italian university students. *Eat Weight Disord*. 2017 Dec;22(4):609-617. IF 1.784
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