

Curriculum Vitae ai fini della pubblicazione

NAME AND SURNAME **Renata Risi**

WORK EXPERIENCE Past Fellowships

2021-2022 Research Fellow

Professor Antonio Vidal-Puig Lab, Institute of Metabolic Sciences, Metabolic Research Laboratories, Cambridge University, Cambridge, UK (supervisors: Prof. Antonio Vidal-Puig and Dr Guillaume Bidault)

- Lipotoxicity and lipid remodeling
- Mass spectrometry
- Human macrophages differentiation in vitro
- Obesity and its complications

[Basic/Translational Research](#)

2021-2022 Honorary Clinical Fellow in Endocrine & Diabetes

Addenbrookes Cambridge Hospital, Cambridge, UK (supervisors: Prof Krishna Chatterjee and Dr Nadia Schoenmakers)

- Outpatient clinics: Thyroid diseases; Bone Metabolism Diseases; Adrenal Diseases; Diabetes mellitus type 2 and 1
- Participation to weekly multidisciplinary meetings

[Clinical Activity](#)

2018-2022 Clinical Fellow in Endocrinology and Metabolic Diseases

V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy (supervisor: Prof. Lucio Gnessi)

- Outpatient and Day Hospital clinical activity: Obesity clinic, Thyroid diseases; Ultrasound Examination of Thyroid Diseases; Bone Metabolism Diseases and osteoporosis; Adrenal & Pituitary Diseases; Diabetes mellitus type 2 and 1; Gender Dysphoria clinic; Andrology & Male fertility clinic.
- Participation to weekly multidisciplinary meetings
- Participation to clinical studies in the field of obesity and metabolism

[Clinical Activity/Clinical research](#)

2017 Research Intern

Francesca Spagnoli Lab, Max Debruck Center, Berlin (supervisors: Dr Silvia Ruzzittu and Prof. Francesca Spagnoli)

Murine fibroblast trans-differentiation in hepatocytes and pancreatic beta cells
[Basic Research](#)

2016 [Research Intern](#)

Eleftheria Maratos-Flier/Jeffrey Flier Lab, Center of Life Sciences, Beth Israel Deaconess Medical, Harvard Medical School, Boston, MA, USA (supervisors: Prof. Eleftheria Maratos-Flier)

Adipose tissue and liver histological and molecular characterization; study of murine models of obesity; ELISA

[Basic/Translational Research](#)

WORK EXPERIENCE

[Editorial Activity](#)

2021-2022

[Topic Editor for Frontiers in Endocrinology](#)

Topic: The liver as an endocrine organ: Hepatokines and ketone bodies, novel hormones to be acknowledged

2019-in course

[Participation to scientific journals as reviewer for “Nutrients”, “Frontiers in Endocrinology”, “International Journal of Molecular Sciences”; “Frontiers in Nutrition”](#)

WORK EXPERIENCE

[Participation to International trials](#)

2023-in course

[REDEFINE-1](#)

Efficacy and safety of cagrilintide s.c. 2.4 mg in combination with semaglutide s.c. 2.4 mg (CagriSema s.c. 2.4 mg/2.4 mg) once-weekly in participants with overweight or obesity

Sponsor: Novo Nordisk A/S

ClinicalTrials.gov Identifier: NCT05567796

EDUCATION AND TRAINING

2023-in course

[1st year PhD student in Endocrinological Sciences](#)

V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy (supervisor: Prof. Lucio Gnessi)

- Lipotoxicity and lipid remodeling
 - Nutritional ketosis
 - Severe obesity, NASH, NAFLD, Diabetes
- Basic/Translational/Clinical Research**
- November 2022** **Board Certified in Endocrinology and Metabolic Diseases (Italy)**
V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy. Supervisor: Prof. Lucio Gnessi (Italy) and Prof. Antonio Vidal Puig(UK)
Thesis title: “Study of the link between the immune system and metabolic diseases through a lipidomic approach”.
Grade: 70/70 cum laude
- May 2022** **International Prader-Willi Syndrome training course**
24th European Congress of Endocrinology, European Society of Endocrinology (ESE), Milan, Italy
- August 2021** **Full Registration with license to practice (General Medical Council)**
Full medical license to conduct clinical activity in the UK
- November 2020** **Participation to “Corso teorico-pratico di Ecografia del Collo: indicazioni e tecnica”**
Associazione Medici Endocrinology (AME), online course
- November 2019** **Participation to the course “Ironmen 2019. Metodologia della Ricerca Scientifica in Medicina “**
Via Cernaia, Rome, Italy
- March 2018** **Italian license to practice Medicine**
University of Rome, La Sapienza
- Jul 2017-Oct 2017** **Research Fellowship in Basic Science, Max Delbruck Center, Berlin**
Francesca Spagnoli Lab, Max Delbruck Center, Berlin, Italy
Project Title “Transdifferentiation between fibroblasts, hepapocytes and pancreatic beta cells in vitro”. Supervisors: Prof Francesca Spagnoli and Dr Silvia Ruzzittu
- July 2017** **Degree in Medicine and Surgery**
University of Rome, La Sapienza. Supervisors: Prof Lucio Gnessi (Italy) and Prof Eleftheria Maratos-Flier (Boston)
Thesis Project: “FGF21 and obesity: study of a population undergoing a ketogenic diet”
Grade: 110/110 cum laude
- Nov 2016-Feb 2017** **Research Fellowship in Basic/Translational Science, Harvard Medical School, USA**

Eleftheria Maratos-Flier/Jeffrey Flier Lab, Center of Life Sciences, Beth Israel Deaconess Medical, Harvard Medical School, Boston, MA, USA
 Project Title: "FGF21 and obesity: study of a population undergoing a ketogenic diet"
 Supervisors: Prof Eleftheria Maratos-Flier and Dr Mikiko Watanabe

2015-2017 **Clinical Fellowship in Endocrinology and Metabolic Diseases**
 V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy. Supervisor: Prof. Lucio Gnessi (Italy)

2011 **High School Diploma**
 Liceo Classico Giosuè Carducci, Cassino, Italy.
 Grade: 100/100

RESEARCH AND CLINICAL SKILLS

Basic Research Skills

- DNA and RNA extraction from cells and tissues
- Lipid extraction and analysis
- Mass Spectrometry and Isotope tracing of lipids
- Cell culture skills, with a particular expertise in isolation, culture and differentiation of human PBMCs, monocytes and macrophages
- RT and q-PCR
- Western Blot
- Isolation of human PBMCs from blood samples
- Isolation of adipose tissue macrophages
- Immunofluorescence and confocal microscopy
- Basic knowledge of animal work and murine models of obesity

Clinical Research Skills

- Protocol ideation and writing
- Clinical studies organization and coordination
- Database creation
- Communication with local ethical committee
- Manuscript draft and publication

Statistical Skills

- Independent user of GraphPad (Prism) and SPSS for basic and clinical research

Clinical Skills

- General Endocrinology, with a special expertise in Obesity and Diabetes, Bone metabolism and Thyroid diseases, including Neck ultrasound examination

PAST AND ONGOING GRANTS

- 2022 Addenbrookes Charitable Trust Clinical Research Fellowship
Sponsor: Addenbrookes Charitable Trust, Biomedical Research Council, UK
Project Title: "Lipid remodeling ability of human macrophages as hallmark of metabolic disease"
Value: 26300 £
- 2022 Ermenegildo Zegna Founder's Scholarship
Sponsor: Ermenegildo Zegna company
Project Title: "Lipotoxicity in human mononuclear cells"
Value: 7000 €
- 2022 University of Rome, La Sapienza, "Piccoli Progetti"
Sponsor : University of Rome, La Sapienza
Project Title "Dietary approach of non alcoholic steatohepatitis: mechanisms, efficacy and safety of a very low carbohydrate ketogenic regimen versus an isocaloric mediterranean diet"
Value 3000 €
- 2022 University of Rome, La Sapienza, "Avvio alla Ricerca tipo 2"
Sponsor :University of Rome, La Sapienza
Thesis Project "Lipid remodelling capacity in human peripheral blood mononuclear cells: a predictor of metabolic disease?"
Value: 2000 €
- 2021 University of Rome, La Sapienza, "Avvio alla Ricerca tipo 1"
Sponsor :University of Rome, La Sapienza
Thesis Project "Impact of testosterone replacement therapy plus nutritional intervention on the improvement of body composition in male patients with obesity and functional hypogonadism: a pilot study.
Value: 1150 €
- 2020 University of Rome, La Sapienza, "Avvio alla Ricerca tipo 1"
Sponsor : University of Rome, La Sapienza
Thesis Project : "Valutazione degli effetti epatotprotettivi del consumo degli esteri dei chetoni in modelli murini sottoposti a dieta epatotossica ad alto contenuto di grassi "
Value: 1000 €
- 2019 University of Rome, La Sapienza, "Avvio alla Ricerca tipo 1"
Sponsor : University of Rome, La Sapienza
Thesis Project : "Valutazione degli effetti epatotprotettivi della caffeina in modelli murini wild type e knockout per FGF21 sottoposti a dieta ad alto contenuti di grassi "
Value: 1000 €

HONOURS AND AWARDS

- 2021 Best Poster Prize, X Conference, Italian Society of Obesity (SIO)
Title: "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"

- 2015-2017 Enrollment to the “Percorso di Eccellenza”, University of Rome, La Sapienza
Sponsor: La Sapienza University
Additional courses and research training for medical students with academic merits
- 2015-2017 “Borsa di Collaborazione” University of Rome, La Sapienza
Sponsor: University of Rome, La Sapienza
Part-time jobs in university libraries and as professor assistant to the course of Human Anatomy for medical school
- 2017 Erasmus Traineeship Fellowship
Sponsor : Erasmus Programme
Support for my internship at Spagnoli Lab, Max Delbruck Center, Berlin
- 2016 “Borsa per lo svolgimento della tesi all'estero”, University of Rome, La Sapienza
Sponsor : University of Rome, La Sapienza
Support for my thesis project internship at Maratos Flier Lab. Center of Life Sciences, Beth Israel Diaconess Medical Center, Harvard Medical School, Boston, MA, USA

SOCIETY MEMBERSHIPS

- Società Italiana di Endocrinologia (SIE)
- Società Italiana di Obesità (SIO)
- European Society of Endocrinology (ESE)
- European Association for the Study of Diabetes (EASD)

TEACHING AND TUTORING EXPERIENCE

- 2023-in course Tutoring for medical students and trainees in Endocrinology and Metabolic Diseases
V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy
- Clinical activities and research
- 2020 Tutoring for MD thesis (medical school)
V Clinica Medica, Dipartimento di Medicina Sperimentale, Policlinico Umberto I, Rome, Italy
- Thesis title: “I livelli basali di HOMA IR e FGF21 circolante predicono il miglioramento della NAFLD nei pazienti sottoposti a un intervento dietetico a basso contenuto di carboidrati per la perdita di peso: uno studio pilota osservazionale prospettico”

PRESENTATIONS TO NATIONAL AND INTERNATIONAL CONFERENCES

- 2022 British Heart Foundation Cambridge University Symposium 2022

Title: "Lipid remodeling in human peripheral blood mononuclear cells as a link to metabolic diseases"

- 2021 Webinar "Obesità, il filo di Arianna della patologia cardiometabolica", Società Italiana di Endocrinologia (SIE)
 "Gestione clinica del paziente obeso metabolicamente sano e malato: casi clinici"

SCIENTIFIC
ACHIEVEMENTS (SCOPUS)

Total number of Scientific Products (international)	22
Total Impact Factor (year of publication)	123.691
Total Citations	586
Average Citations per Product	26.6
Hirsch (H) index	11
Normalized H index*	2.75

LANGUAGES

Italian	First language	
English	C1, Proficiency (Academic IELTS overall grade 8, taken on March 2021)	

PUBLICATIONS

1. Watanabe M, **Risi R (first author equal contribution)**, 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;12(7):1-13. doi:10.3390/nu12072141. **IF (year of publication):5.717. Citations (Scopus):28**
2. Watanabe M, **Risi R (corresponding author)**, 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. doi: 10.3390/nu12092873. **IF (year of publication): 6.706. Citations (Scopus):24**
3. Watanabe M, Tozzi R, **Risi R**, Tuccinardi D, Mariani S, Basciani S, Spera G, Lubrano C, Gnessi L. Beneficial effects of the ketogenic diet on nonalcoholic fatty liver disease: A comprehensive review of the literature. *Obes Rev*. 2020;21(8). doi:10.1111/obr.13024 **IF (year of publication):9.213. Citations (Scopus):77**
4. 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. doi: **10.1002/dmrr.3325. IF (year of publication):4.876. Citations (Scopus):78**

5. Lubrano C, **Risi R**, Masi D, Gnessi L, Colao A. Is obesity the missing link between COVID-19 severity and air pollution? *Environ Pollut.* 2020 Nov;266(Pt 3):115327. doi: 10.1016/j.envpol.2020.115327. **IF (year of publication):8.071 Citations (Scopus):5**
6. 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. doi: 10.1210/clinem/dgaa229. **IF (year of publication):5.799 Citations (Scopus):0**
7. 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. doi: 10.1007/s40519-020-00936-1. **IF (year of publication):3.008 Citations (Scopus):24**
8. 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. doi: 10.1002/oby.23000. **IF (year of publication):5.002 Citations (Scopus):19**
9. 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. doi: 10.1053/j.jrn.2020.09.001. **IF (year of publication):4.354 Citations (Scopus):5**
10. **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. doi: 10.1097/MCO.0000000000000762. **IF (year of publication):3.362 Citations (Scopus):4**
11. Watanabe M, Singhal G, Fisher FM, Beck TC, Morgan DA, Socciarelli F, Mather ML, **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;67(1):95- 108. doi:10.1007/s12020-019-02124-3 **IF (year of publication) 3.63 Citations (Scopus):19**
12. 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;105(9):1-11. doi:10.1210/clinem/dgaa336 **IF (year of publication):5.799. Citations (Scopus):50**
13. 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.* 2020:154319. doi:10.1016/j.metabol.2020.154319 **IF (year of publication):8.694. Citations (Scopus):116**
14. **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. doi: 10.1007/s40519-020-01060-w **IF (year of publication):3.006 Citations (Scopus):8**
15. **Risi R**, Masieri S, Poggiogalle E, Watanabe M, Caputi A, Tozzi R, Gangitano E, Masi D, Mariani S, Gnessi L, Lubrano C. 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. doi: 10.3390/ijms21249733. **IF (year of publication):5.923 Citations (Scopus):5**
16. Watanabe M, Balena A, Tuccinardi D, Tozzi R, **Risi R**, Masi D, Caputi A, Rossetti R, Spoltore ME, Filippi V, Gangitano E, Manfrini S, Mariani S, Lubrano C, Lenzi A, Mastroianni C, Gnessi L. Central obesity, smoking habit, and hypertension are associated with lower antibody titres in response to COVID-19 mRNA vaccine. *Diabetes Metab Res Rev.* 2022 Jan;38(1):e3465. doi: 10.1002/dmrr.3465. **IF (year of publication):8.128 Citations (Scopus):107**
17. Watanabe M, **Risi R (first author equal contribution)**, 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. doi: 10.1038/s41598-021-02783-1. **IF (year of publication):4.997 Citations (Scopus):1**

18. 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. doi: 10.3390/nu14071410. **IF (year of publication):6.706 Citations (Scopus):2**
19. Masi D, **Risi R (first author equal contribution)**, Biagi F, Vasquez Barahona D, Watanabe M, Zilich R, Gabrielli G, Santin P, Mariani S, Lubrano C, Gnessi L. 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 Jan 15;14(2):373. doi: 10.3390/nu14020373. **IF (year of publication):6.706 Citations (Scopus):1**
20. 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 (Basel)*. 2022 Jan 5;10(1):79. doi: 10.3390/vaccines10010079. **IF (year of publication):4.961 Citations (Scopus):12**
21. **Risi R**, Rossini G, Tozzi R, Perialice 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. *Surg Obes Relat Dis*. 2022 Jul;18(7):983-996. doi: 10.1016/j.soard.2022.03.022. **IF (year of publication):3.709 Citations (Scopus):1**
22. **Risi R**, Postic C, Watanabe M. Editorial: The liver as an endocrine organ: Hepatokines and ketone bodies, novel hormones to be acknowledged. *Front Endocrinol (Lausanne)*. 2023 Jan 4;13:1117773. doi: 10.3389/fendo.2022.1117773. **IF (year of publication):6.05 Citations (Scopus):0**
23. 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. (2023). Predictors of weight loss in patients with obesity treated with a Very Low-Calorie Ketogenic Diet. *Front Nutr*. 2023;10:1058364. Published 2023 Jan 25. doi:10.3389/fnut.2023.1058364

Dati Personali

Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 "Codice in materia di protezione dei dati personali". La sottoscritta dichiara di essere consapevole che il presente *curriculum vitae* sarà pubblicato sul sito istituzionale dell'Ateneo, nella Sezione "Amministrazione trasparente", nelle modalità e per la durata prevista dal d.lgs. n. 33/2013, art. 15.

Data 31/03/2023

f.to Renata Risi