

PERSONAL INFORMATION

Mikiko Watanabe

WORK EXPERIENCE

- 12/05/21-ongoing **Scientific qualification of Associate Professor (MED13 Endocrinology) by the Italian Ministry of University (MIUR)**
- 31/05/21-ongoing **Scientific qualification of Associate Professor (MED50 Health Professions Sciences and Applied Medical Technologies Sciences) by the Italian Ministry of University (MIUR)**
- 22/07/2020-ongoing **Medical Advisory Board “Truth About Weight” Novo Nordisk**
Topic: Consulting – medical information for the project Truth about weight aimed at providing valuable medical information and obesity awareness
- 6/2021-ongoing **Lecturer**
Masterclass in Obesity treatment – Advanced Training course on the management of the patient with obesity
- 3/12/19-ongoing **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& 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& 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.
- 10/02/2015–09/04/2018 **Study Coordinator**
Study Coordinator (Rome center) for the multicentric RCT GLOW and GLOW-EX studying a novel medical device for weight loss in pre-diabetic patients.
- 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
- 01/08/2012–30/12/2012 **Co-investigator and Study Coordinator**
Co-investigator and Study Coordinator (Rome center) for the multicentric RCT FLOW studying a novel medical device for weight loss in obese patients

EDUCATION AND TRAINING

01/11/2016–02/12/2019	PhD Degree - Endocrinology Program (w/h) Sapienza University of Rome, Rome (Italy)
01/07/2011–07/07/2016	Fellowship in Endocrinology and Metabolic Disorders (70/70 w/h) Sapienza University of Rome, Roma (Italy)
19/09/2016–15/7/2017	Certificate in Applied Biostatistics Harvard University, Cambridge, MA (United States)
28/03/2016–09/05/2016	Successful Grant Writing Strategies Harvard University, Cambridge, MA (United States)
25/01/2016–13/04/2016	Fundamentals of Clinical and Translational Research Harvard University, Cambridge, MA (United States)
30/07/2014	USMLE step 1 pass (score: 242, percentile rank 74.2)
05/08/2013–07/08/2013	Pharmacovigilance and hospital acquired infection control - Summer School Sbarro Health Research Organization, Temple University, Philadelphia, PA (United States)
01/10/2004–26/07/2010	Doctor of Medicine Degree 110/110 w/h Sapienza University of Rome, Roma (Italy)
01/09/2010–05/10/2010	Medical Elective Student Hospital Universitario de Saltillo, Saltillo, Coahuila de Zaragoza (Mexico) Business or sector Surgery
01/09/2009–15/10/2009	Medical Elective Student Oxford University, Churchill Hospital, Oxford (United Kingdom) Business or sector Endocrinology and Diabetes
04/04/2009–05/05/2009	Medical Elective Student Ejed Clinic and St Francis Clinic, Kumba (Cameroon) Business or sector Internal Medicine and Surgery
01/03/2008–01/04/2008	Medical Elective Student

St George's Hospital, London (United Kingdom)

Business or sector Endocrinology and Diabetes

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

Organisational / managerial skills Excellent organisational and managerial skills acquired as a study coordinator in the multicentric FLOW, GLOW, GLOW-EX and INSAX studies (2012-2019)

Communication skills Excellent communication skills gained through teaching to Medical School Students (Endocrinology class, English Speaking Course, Sapienza University of Rome) and through giving oral communications at national and international medical conferences.

Job-related skills

Clinical skills: several years of clinical experience in endocrine inpatient and outpatient settings. Thyroid US. DXA. Dynamic tests. Night shifts in Internal Medicine, Gastroenterology, Immunology Units. Locum GP.

Clinical Research: several years of experience as co-investigator and study coordinator of multicentric and single centre RCTs.

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.

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Proficient user	Independent user	Independent user	Proficient user

Good knowledge of Office, GraphPad Prism, SPSS.

ADDITIONAL INFORMATION

Publications

1. 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
2. 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
3. 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
4. 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
5. 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**
6. 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
7. Palermo A¹, Tuccinardi D¹, D'Onofrio L², **Watanabe M**², 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 ^{1,2} *These authors contributed equally to this work.*
8. Desai BN¹, Singhal G¹, **Watanabe M**, Stevanovic D, Lundasen T, Fisher ffM, 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 ¹*These authors contributed equally to this work*
9. **Watanabe M**, Gangitano E, Francomano D, Addessi 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**^{*}, Singhal G^{*}, Fisher ffM, 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* **2019** 10.1007/s12020-019-02124-3 *in press.* ^{*} *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** 10.1016/j.jccase.2019.12.001 *In press*
14. Adriano Bruci, Dario Tuccinardi, Rossella Tozzi, Angela Balena, Silvia Santucci, Riccardo Frontani, Stefania Mariani, Sabrina Basciani, Giovanni Spera, Lucio Gnessi, Carla Lubrano* and **Mikiko Watanabe***. 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 ^{*} *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** 10.1111/obr.13024 *In press*
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*, Giorgino R*, 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*. **2020** Nov 13. *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*. **2020** Oct 22:S1051-2276(20)30232-6.
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*. **2020** Nov 4.
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*. **2020** Oct 12.
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*, Tuccinardi D*, **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*. **2020** Sep 14:e3406. *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*. **2020** Aug 28:1–11.
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*. **2020** May 25.
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**, 21(24).
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**, 12(12).
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 [published online ahead of print, 2021 May 6]. *Diabetes Metab Res Rev*. **2021**;
40. Genco A, Ernesti I, **Watanabe M**. chapter "Intragastric Balloon Treatment for Obesity ", in "Obesity, Bariatric and Metabolic Surgery: A Comprehensive Guide 2nd ed.", UK, Springer Nature. **2021** (in press)
41. Masi D, Tozzi R, **Watanabe M**. chapter "Genome editing in obesity", in "Genome editing in Cardiovascular and Metabolic Diseases", UK, Springer Nature. **2021** (in press)
42. Piccirillo F, **Watanabe M**, Di Sciascio G. Diagnosis, treatment and predictors of prognosis of myocarditis. A narrative review. *Cardiovascular Pathology* **2021** (in press)

Society Affiliations

SIO (Italian Obesity Society)
SIO Giovani (Young SIO)
Endocrine Society
Italian Society of Endocrinology (SIE)

Peer Review activity

Editorial board member:

Eating and Weight Disorders IF 2.73

Foods MDPI IF 4.092

Frontiers in Clinical Diabetes and Healthcare

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

Reviewer board member: International Journal of Environmental Research and Public Health

Peer review activity for the following journals:

Clinical Nutrition IF 6.36

Diabetes, Obesity and Metabolism IF 5.9

Reviews of Environmental Contamination and Toxicology IF 5.462

BMJ Open Diabetes Research & Care IF 5.067

Diabetes/Metabolism Research and Reviews IF 4.758

International Journal of Molecular Sciences IF 4.556

Antioxidants IF 4.52
 Nutrients IF 4.171
 Scientific reports IF 3.998
 Nutrition IF 3.591
 Endocrine IF 3.296
 Drug Design Development and Therapy IF 3.208
 European Journal of Clinical Nutrition IF 3.114
 Plos one IF 2.776
 Eating and Weight Disorders IF 2.73
 Biomedical and Environmental Sciences IF 2.656
 International Journal of Endocrinology IF 2.299
 Journal of Clinical Densitometry IF 2.184
 International Journal of Environmental Research and Public Health IF 2.468
 BMC Endocrine Disorders IF 1.816
 BMJ Case Reports

Honours and awards

- Scholarship: "Percorsi di Eccellenza" during the Medicine degree course at "Sapienza" University, 2008-2010
- Award: Best Graduation thesis "Omero Ranelletti" Contest, 2011
- Award: Best poster -112th National Congress SIMI, Rome, 22nd-25th October 2011
- Award: Best Oral communication in "Hypothalamus-Pituitary Section"-Scientific Meeting EnGiol, Modena, 11th-12th November 2011
- Award: Best poster 1°Convegno Nazionale Club SIE Ormoni, composizione corporea ed attività fisica, Torino, February 12-13, 2015
- Travel Grant: Boehringer Ingelheim Fonds 2017
- Travel Grant: American Association of Clinical Endocrinologists 2018
- Research Grant: "Sbarro Health Research Organization Rotary Club" 2013. Role: Principal Investigator
- Research Grant: Sapienza University funding for young researchers with the project "Adiponectin and tyrosine kinase inhibitors: study of their effect on breast cancer cell lines", 2013 Role: Principal Investigator
- Research Grant: "Mechanisms of adipose tissue dysfunction in obesity: a target of future weight loss strategies for the prevention of diabetes and cardiovascular diseases", PRIN 2017, Ministero dell'Università e della Ricerca Scientifica. Role: Sub-investigator
- Research Grant: "Therapeutic Educational Robot Enhancing Social interActions in the Management of Obesity (TERESA)" Progetti Medi di Ateneo, Sapienza Università di Roma, 2019. Role: Sub-Investigator

Conference oral presentations

- Watanabe M "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
- Watanabe M, "Impatto della dieta chetogenica sulla malattia cardiometabolica" Spring Meeting 2021 SIIA SIMI SIPREC SISA, Maggio 2021
- Watanabe M, "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
- Watanabe M, "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
- Watanabe M, "L'obeso metabolicamente sano: esiste" Webinar SIE Obesità il filo di Arianna della patologia

cardiometabolica, Gennaio 2021

- Watanabe M, "Impatto della KD sulla funzione immunitaria" SINUT 17-19 12 2020
- Watanabe M, "il grasso viscerale come predittore di severità della Sindrome respiratoria nei pazienti con COVID 19" Welfair 25 9 2020
- Watanabe M, "Il ruolo del microbiota umano nella genesi della patologia metabolica" Welfair 25 9 2020
- Watanabe M, "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
- Watanabe M, "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
- Watanabe M, Rossi V, Tozzi R, Gangitano E, De Giorgi F, Caputi A, Risi R, Balena A, Masi D, Mariani S, Basciani S, Gnessi L, and Lubrano C. "Circulating lymphocytes characterization in obese subjects: a correlation with risk factors for cancer" Opera, Napoli, Italy, February 2020
- Watanabe M, "Dyslipidemias, lipid lowering drugs and cancer", Opera, Napoli, Italy, February 2020
- Watanabe M, "Safety and contraindications of VLCKDs", Ketogenic Diet Academy, Bologna, Italy, February 2020
- Watanabe M, "Glucose and lipid pathophysiology and blood pressure regulation", Ketolearning-III module, Rome, Italy, November 2019
- Watanabe M, "Obesity and bariatric surgery: sexual and reproductive health aspects", Andrology and Gynecology Day at Sant'Andrea, Rome, September 2019
- Watanabe M, "The endocrine point of view", Ketogenic Diet-a medical perspective, Pescara, Italy, December 2018
- Watanabe M, "Endocrine and metabolic complications of obesity", Obesity in one day, Rome, Italy, November 2018
- Watanabe M, Costantini D, Tozzi R, De Giorgi R, Gangitano E, Poggiogalle E, Mariani S, Basciani S, Petrangeli E, Gnessi L, Lubrano C "Bmd/bmi ratio and trabecular bone score: new potential tools to assess the risk of fracture in obese patients". IIEEM, Bari, May 2018
- Watanabe M, Petrangeli E, Mariani S, Tozzi R, De Giorgi F, Costantini D, Vari M, Gangitano E, Lenzi A, Gnessi L, Lubrano C "Sensibilità al nickel in una popolazione italiana sovrappeso ed obesa". SIE Endocrinologia Ambientale, Rome, June 2017
- Watanabe M, Mariani S, Passeri M, Persichetti A, Fiore D, Giona F, Caprio M, Fabbri A, Gnessi L and Basciani S "Hypogonadism in a patient with two novel mutations of the LH beta subunit in compound heterozygosity", Scientific Meeting EnGiol Modena, November 2011

Autorizzo il trattamento dei miei dati personali ai sensi del D.L. n. 196 del 30 Giugno 2003 "Codici in materia di protezione dei dati personali".

Roma, 31 7 21