



## Curriculum Vitae

### Informazioni personali

Nome / Cognome **LUIGI FONTANA**  
Data di nascita 22/04/1969  
Luogo di nascita Trento  
Nazionalità Italiana  
E-mail [luigi.fontana@unibs.it](mailto:luigi.fontana@unibs.it)  
Indirizzo Via Branze, 45 - Brescia

### Istruzione e formazione

#### Pre-Laurea

1983 – 1988 Diploma di Maturità Scientifica  
Liceo Scientifico "A.Maffei", Riva del Garda (TN), Italia  
1986 – 1987 Diploma di Programmatore Software in Linguaggio Cobol  
Istituto di Scienze Manageriali Informatiche, Rovereto (TN), Italia  
1988 Diploma di Erborista  
Facoltà di Farmacologia, Università di Urbino, Italia

#### Laurea

1988 – 1994 Laurea in Medicina e Chirurgia, 110/110 "cum laude"  
Facoltà di Medicina e Chirurgia, Università di Verona, Italia

#### Post-Laurea

1994 – 1999 Specializzazione in Medicina Interna e d'Urgenza  
Facoltà di Medicina e Chirurgia, Università di Verona, Italia  
1999 – 2003 Dottorato di Ricerca in Diabetologia, Farmacologia Clinica e Terapia Medica  
Facoltà di Medicina e Chirurgia, Università di Padova, Italia

#### Diplomi Aggiuntivi

1992 – 1995 Diploma in Agopuntura e Medicina Tradizionale Cinese  
Scuola di Agopuntura e Medicina Tradizionale Cinese "So Wen", Milano, Italia  
1997 Certificato Cambridge di Conoscenza Avanzata della Lingua Inglese  
Reference No. 97C108505009 (December 1997 Session)  
Southwark College, London, UK

### Esperienza lavorativa in ambito universitario

2014 – presente Professore Ordinario in Scienze Nutrizionali  
Dipartimento di Scienze Cliniche e Sperimentali  
Università degli Studi di Brescia, Brescia, Italia  
2011 – 2013 Professore Straordinario in Scienze Nutrizionali  
Dipartimento di Medicina e Chirurgia  
Università degli Studi di Salerno, Salerno, Italia  
2013 – presente Research Professor  
Division of Geriatrics and Nutritional Sciences & Center for Human Nutrition  
Department of Internal Medicine, Washington University School of Medicine, St. Louis, MO, USA  
2004 – 2013 Visiting Scientist  
Division of Geriatrics and Nutritional Sciences & Center for Human Nutrition  
Department of Internal Medicine, Washington University School of Medicine, St. Louis, MO, USA

2001 – 2003 Postdoctoral Fellow  
 Division of Geriatrics, Department of Internal Medicine  
 Washington University School of Medicine, St. Louis, MO, USA

1997 Research Fellow  
 Centre for Cardiovascular Biology and Medicine  
 King's College School of Medicine, University of London, London, UK (Prof. James M Ritter)

### Esperienza lavorativa in ambito extra-universitario

2010 – 2011 Dirigente di Ricerca  
 Reparto di Nutrizione ed Invecchiamento  
 Dipartimento di Sanità Pubblica Veterinaria e Sicurezza Alimentare  
 Istituto Superiore di Sanità, Roma, Italia

2008 – 2011 Direttore del Reparto di Nutrizione ed Invecchiamento  
 Dipartimento di Sanità Pubblica Veterinaria e Sicurezza Alimentare  
 Istituto Superiore di Sanità, Roma, Italia

2004 – 2010 Primo Ricercatore  
 Reparto di Alimentazione, Nutrizione e Salute  
 Dipartimento di Sanità Pubblica Veterinaria e Sicurezza Alimentare  
 Istituto Superiore di Sanità, Roma, Italia

### Responsabilità in strutture di cura

2001 – 2004 Dirigente Medico in Medicina Interna  
 Reparto di Medicina Interna  
 Azienda Provinciale per i Servizi Sanitari del Trentino, Ospedale di Tione, Trento

2000 Assistente Medico (tempo determinato)  
 Dipartimento di Pneumologia  
 Ospedale Universitario di Borgo Trento, Verona, Italia

1999 – 2000 Guardia Medica  
 Unità Sanitaria Locale No. 22, Negrar, Verona, Italia

### Incarichi scientifici

2008 – 2011 Membro del Consiglio Direttivo, Società Italiana di Geriatria e Gerontologia

2008 – 2010 Responsabile scientifico del National Information Focal Point for Nutrition and Physical Activity, WHO/EC DG SANCO Project: Monitoring Progress on Improving Nutrition and Physical Activity and Preventing Obesity in the European Union (EU)

1999 Co-direttore di un "Advanced Study Institute" sponsorizzato dalla NATO

2013 Director, Consensus workshop "Interventions to Slow Aging in Humans: Are We Ready?" - International School of Pharmacology, Ettore Majorana Foundation and Centre for Scientific Culture, Erice, Italy

2014 Member of the Steering Committee, Aging Research Center, Mexico City, Mexico

2014-presente Elected Scientific Member of the Board of Directors, American Aging Association

### Titoli professionali

2004 – presente Dottore di Ricerca in Diabetologia, Farmacologia Clinica e Terapia Medica

1999 – presente Specialista in Medicina Interna e d'Urgenza

1995 – presente Specialista in Agopuntura

1995 – presente Medico Chirurgo – Iscritto all'Ordine dei Medici-Chirurghi di Trento (Tessera No. 3148)

## Premi e riconoscimenti scientifici

2004	Premio Scientifico: "Calorie restriction and markers of aging in humans" Clinical Nutrition Research Unit Center, Washington University, St. Louis, MO, USA
2007	Biografia pubblicata in Marquis "Who's Who in America", 2007
2007	Selezionato dall'American Diabetes Association per tenere una serie di letture magistrali per il programma scientifico-educazionale "Best of ADA India 2007", Delhi e Calcutta, India, Oct 2007
2009	Biografia pubblicata in Marquis "Who's Who in America, 2009"
2009	Glenn/AFAR Breakthroughs in Gerontology Award
2011	Glenn Award for research in biological mechanisms of aging
2012	Fellow, Centre for Economic and International Studies, University of Rome "Tor Vergata", Italy
2013	2013 CERA Visiting Professor, University of Sydney, Australia
2014	Scholar, Institute of Public Health, Washington University in St. Louis, MO, USA
2014	Elected Scientific Member of the Board of Directors, American Aging Association

## Affiliazioni a società scientifiche

2008 – 2011	Società Italiana di Geriatria e Gerontologia
2010 – presente	American Aging association

## Responsabilità editoriali

2015 – presente	Editor in Chief: Nutrition and Healthy Aging
2015 – presente	Associate Editor: Age
2014 – presente	Editorial board Member: Ageing Research Review
2013 – presente	Editorial Board Member: Aging Cell
2011 – presente	Editorial Board Member: FACULTY of 1000
2011 – presente	Editorial Board Member: Gerontology
2011 – presente	Editorial board Member: Aging
2009 – presente	Editorial board Member: Giornale di Gerontologia

## Attività di ricerca

La mia ricerca si focalizza principalmente sul ruolo dell'alimentazione e dell'esercizio fisico nel prevenire le patologie croniche associate all'invecchiamento e nel rallentare i processi d'invecchiamento. I miei interessi scientifici comprendono la nutrizione umana, l'esercizio fisico, la biologia dell'invecchiamento e la fisiopatologia delle patologie croniche-degenerative associate agli scorretti stili di vita nell'uomo. In particolare, sto studiando gli effetti a lungo termine di diete ipocaloriche, di diete ipoproteiche, di diete ricche in fitocomposti, di diete vegetariane, e dell'esercizio fisico su diversi parametri clinici che comprendono i fattori di rischio cardiovascolare, la funzione cardiaca, l'infiammazione, la tolleranza glucidica, il metabolismo osseo, la funzione immunitaria e i processi di cancerogenesi. Sto anche studiando gli effetti endocrini dell'eccessivo accumulo di grasso addominale nel mediare insulino-resistenza, infiammazione cronica ed invecchiamento accelerato.

## Pubblicazioni principali

### Articoli in Giornali Scientifici peer-reviewed

Minuz P, Lechi C, Gaino S, Bonapace S, **Fontana L**, Garbin U, Paluani F, Cominacini L, Zatti M, Lechi A. Oxidized LDL and Reduction of the Anti-aggregating Activity of Nitric Oxide Derived from Endothelial Cells. **Thrombosis and Haemostasis** 1995;74(4):1175-9.

Lechi C, Gaino S, Tommasoli R, Zuliani V, Bonapace S, **Fontana L**, Degan M, Lechi A, Minuz P. In vitro study of anti-aggregating activity of two nitroderivatives of acetylsalicylic acid. **Blood Coagulation and Fibrinolysis** 1996;7:206-209.

- Andrioli G, Ortolani R, **Fontana L**, Gaino S, Bellavite P, Lechi C, Minuz P, Manzato F, Tridente G, Lechi A. Study of platelet adhesion in patients with uncomplicated hypertension. **Journal of Hypertension** 1996; 14(10):1215-21.
- Fontana L**, McNeill K.L, Ritter J.M, Chowienczyk P.J. Effects of vitamin C, a cell permeable superoxide dismutase mimetic manganese (III) tetrakis (1-methyl-4-pyridyl) and arginine on acute lipoprotein induced endothelial dysfunction in rabbit aortic rings. **British Journal of Pharmacology** 1999;126:730-734.
- McNeill K.L, **Fontana L**, Russell-Jones D.L, Rajman I, Ritter J.M, Chowienczyk P.J. Inhibitory effects of low-density lipoproteins from men with type II diabetes on endothelium-dependent relaxation. **Journal of American College of Cardiology** 2000;35(6):1622-7.
- Fontana L**, Giagulli C, Minuz P, Lechi A, Laudanna C. 8-iso-PGF<sub>2α</sub> induces β<sub>2</sub> integrin-mediated rapid adhesion of human polymorphonuclear neutrophils: a link between oxidative stress and ischemia/reperfusion injury. **Arteriosclerosis, Thrombosis, and Vascular Biology** 2001;21:55-60.
- Arosio E, Minuz P, Prior M, Zuliani V, Gaino S, De Marchi S, **Fontana L**, Andrioli G, Lechi C, Lechi A. Vascular adhesion molecule-1 and markers of platelet function before and after a treatment with iloprost or a supervised physical exercise program in patients with peripheral arterial disease. **Life Science** 2001;69(4):421-33.
- Fontana L**, Giagulli C, Cominacini L, Fratta Pasini A, Minuz P, Lechi A, Sala A, Laudanna C. Integrin-dependent neutrophil adhesion induced by minimally modified low density lipoproteins is mediated by F<sub>2</sub>-isoprostanes. **Circulation** 2002;106:2434-2441.
- ★ **Fontana L**, Meyer T.E., Klein S, Holloszy J.O. Long-Term Calorie Restriction Is Highly Effective In Reducing The Risk For Atherosclerosis In Humans. **Proceedings of the National Academy of Science USA** 2004;101(17):6659-6663.
- ★ Klein S, **Fontana L**, Young VL, Coggan AR, Kilo C, Patterson BW, Mohammed BS. Absence of an Effect of Liposuction on Insulin Action and Risk Factors for Coronary Heart Disease. **New England Journal of Medicine** 2004;350(25):2549-57.
- Fontana L**, Shew J.S., Holloszy J.O., Villareal D. Low Bone Mass in Subjects on a Long-term Raw Vegetarian Diet. **Archives of Internal Medicine** 2005;165:684-689.
- Reeds D.N., Yarasheski K.E., **Fontana L**, Cade W.T., Patterson B.W., Demoss A, Lacity E, Powderly W.G., Klein S. Alterations in liver, muscle, and adipose tissue insulin sensitivity in men with HIV infection and dyslipidemia. **American Journal of Physiology Endocrinology and Metabolism** 2006;290(1):E47-E53.
- ★ Meyer T.E., Kovács S.J., Ehsani A.A., Klein S, Holloszy J.O., **Fontana L**. Long-term Caloric Restriction Ameliorates the Decline in Diastolic Function in Humans. **Journal of American Collage Cardiology** 2006; 47(2):398-402.
- Fontana L**. Excessive adiposity, calorie restriction and aging. **JAMA** 2006; 295(13):1577-1578.
- Racette SB, Weiss EP, Villareal DT, Arif H, Steger-May K, Schechtman KB, **Fontana L**, Klein S, Holloszy JO, and The Washington University School of Medicine CALERIE Group. One Year of Caloric Restriction in Humans: Feasibility and Effects on Body Composition and Abdominal Adipose Tissue. **Journals of Gerontology Series A: Biological Sciences and Medical Sciences** 2006;61:943-950.
- Fontana L**, Klein S, Holloszy J.O, Premachandra B.N. Effect of Long-term Calorie Restriction with Adequate Protein and Micronutrients on Thyroid Hormones. **Journal of Clinical Endocrinology & Metabolism** 2006;91:3232-3235.
- ★ Weiss EP, Racette SB, Villareal DT, **Fontana L**, Steger-May K, Schechtman KB, Klein S, Holloszy JO. Improvements in glucose tolerance and insulin action induced by increasing energy expenditure or decreasing energy intake: a randomized controlled trial. **American Journal of Clinical Nutrition** 2006;84:1033-42.
- ★ Villareal DT, Miller III BV, Banks M, **Fontana L**, Sinacore DR, Klein S. Effect of lifestyle intervention on metabolic coronary heart disease risk factors in obese older adults. **American Journal of Clinical Nutrition** 2006;84:1317-23.
- Fontana L**, Klein S, Holloszy J.O. Long-term low-protein low-calorie diet and endurance exercise modulate metabolic factors associated with cancer risk. **American Journal of Clinical Nutrition** 2006;84:1456-62.

Villareal DT, **Fontana L**, Weiss EP, Racette SB, Steger-May K, Schechtman KB, Klein S, Holloszy JO, and the WUSM CALERIE Group. Bone Mineral Density Response to Caloric Restriction-Induced Weight Loss or Exercise-Induced Weight Loss: a Randomized Controlled Trial. **Archives of Internal Medicine** 2006;166(22):2502-10.

Meyer TE, Kovacs SJ, Ehsani AA, Klein S, Holloszy JO, **Fontana L**. Reply to the letter "The Emperor's New Clothes Are Loose: Lower Body Mass Index, Not Calorie Restriction, Accounts for Improved Diastolic Function" **Journal of American Collage Cardiology** 2006;48(4):848.

**Fontana L**, Eagon JC, Colonna M, Klein S. Impaired mononuclear cell function in extreme obesity is corrected by weight loss. **Rejuvenation Research** 2007;10(1):41-46.

Weiss EP, Racette SB, Villareal DT, **Fontana L**, Steger-May K, Schechtman KB, Klein S, Ehsani AA, Holloszy JO. The effects of weight loss by exercise or caloric restriction on lower extremity muscle size and strength and aerobic capacity. **Journal of Applied Physiology** 2007;102:634-640.

✪ **Fontana L**, Klein S. Aging, adiposity and calorie restriction. **JAMA** 2007;297(9):986-994.

✪ **Fontana L**, Eagon JC, Trujillo ME, Scherer PE, Klein S. Visceral fat adipokine secretion is associated with systemic inflammation in obese humans. **Diabetes** 2007;56:1010-1013.

**Fontana L**, Meyer T.E., Klein S, Shew J, Holloszy J.O. Long-term low-calorie low-protein diet and endurance exercise are associated with low cardiometabolic risk. **Rejuvenation Research** 2007;10(2):225-34.

**Fontana L**, Villareal DT, Weiss EP, Racette SB, Steger-May K, Klein S, Holloszy JO. Calorie Restriction or Exercise: Effects on Coronary Heart Disease Risk Factors. A Randomized Controlled Trial. **American Journal of Physiology Endocrinology and Metabolism** 2007;293(1):E197-202

Holloszy JO, **Fontana L**. Calorie restriction in humans: an update. **Experimental Gerontology** 2007;42(8):709-12.

**Fontana L**. Calorie restriction and cardiometabolic health. **European Journal of Cardiovascular Prevention and Rehabilitation** 2008;15(1):3-9.

Early DS, **Fontana L**, Davidson NO. Translational approaches to addressing complex genetic pathways in colorectal cancer. **Translational Research** 2008;151:10-16.

Weiss EP, Villareal DT, Racette SB, Steger-May K, Premachandrad BN, Klein S, **Fontana L**. Caloric restriction but not exercise-induced reductions in fat mass decrease plasma triiodothyronine concentrations: a randomized controlled trial. **Rejuvenation Research** 2008;11(3):605-609.

Pasanisi P, Venturelli E, Morelli D, **Fontana L**, Secreto G, Berrino F. Serum insulin-like growth factor I and platelet-derived growth factor as biomarkers of breast cancer prognosis. **Cancer Epidemiology, Biomarkers & Prevention** 2008;17(7):1719-22.

**Fontana L**. Neuroendocrine factors in the regulation of inflammation: excessive adiposity and calorie restriction. **Experimental Gerontology** 2008;44(1-2):41-5.

Hofer T\*, **Fontana L**\*, Weiss EP, Anton S, Malayappan B, Holloszy JO, Leeuwenburgh C. One year of caloric restriction and exercise in humans and the effects on DNA and RNA oxidation levels in white blood cells and urine. **Rejuvenation Research** 2008;11(4):793-799. (\*Both authors have equally contributed to this research)

✪ **Fontana L**, Weiss EP, Villareal D, Klein S, Holloszy JO. Long-term effects of calorie or protein restriction on serum IGF-1 and IGFBP-3 concentration in humans. **Aging Cell** 2008;7:681-687.

**Fontana L**, Weiss EP, Villareal D, Klein S, Holloszy JO. IGF-1, nutrition and aging: the big picture. **Aging Cell** 2009;8(2):215.

**Fontana L**. The scientific basis of caloric restriction leading to longer life. **Current Opinion in Gastroenterology** 2009; 25(2):144-150.

Weiss EP, Shah K, **Fontana L**, Holloszy JO, Villareal DT. Dehydroepiandrosterone replacement therapy in older adults: 1- and 2-year effects on bone. **American Journal of Clinical Nutrition** 2009;89(5):1459-67.

**Fontana L**. Modulating Human Aging and Age-Associated Diseases. **Biochim Biophys Acta – General Subjects** 2009;1790(10):1133-1138.

Ojetti V, Lauritano EC, Barbaro F, Migneco A, Ainora ME, **Fontana L**, Gabrielli M, Gasbarrini A. Rifaximin pharmacology and clinical implications. **Expert Opin Drug Metab Toxicol.** 2009;5(6):675-82.

Safdie FM, Dorff T, Quinn D, **Fontana L**, Wei M, Lee C, Cohen P, Longo VD. The Effects of Fasting in Cancer Treatment: Ten Case reports. **Aging (Albany NY)** 2009;1(12):988-1007.

- Fontana L, Klein S, Holloszy JO. Effects of long-term calorie restriction and endurance exercise on glucose tolerance, insulin action and adipokine production. **Age** 2010;32(1):97-108.
- ★ Longo VD, Fontana L. Calorie restriction and cancer: metabolic and molecular mechanisms. **Trends in Pharmacological Sciences** 2010;31(2):89-98
- Cangemi R, Friedmann AJ, Holloszy JO, Fontana L. Effects of long-term calorie restriction on serum sex hormones concentration in men. **Aging Cell** 2010; 9:236-242.
- ★ Fontana L, Partridge L, Longo VD. Extending Healthy Lifespan — From Yeast to Humans. **Science** 2010;328(5976):321-6.
- Fontana L, Partridge L. Dietary Restriction: Standing Up for Sirtuins — Response. **Science** 2010;329(5995): 1013.
- Fontana L, Partridge L. Dietary Restriction: Theory Fails to Siate — Response. **Science** 2010;329(5995): 1015.
- Raffaghello L, Safdie F, Bianchi G, Dorff T, Fontana L, Longo VD. Fasting and differential chemotherapy protection in patients. **Cell Cycle** 2010;9(22):1-3.
- Villareal D, Kotyk J, Armamento-Villareal RC, Kenguva V, Seaman P, Shahar A, Wald MJ, Kleerekoper J, Fontana L. Reduced bone mineral density is not associated with significantly reduced bone quality in men and women practicing long-term calorie restriction with adequate nutrition. **Aging Cell** 2011;10:96-102.
- Sancarlo D, D'Onofrio G, Franceschi M, Scarcelli C, Niro V, Addante F, Copetti M, Ferrucci L, Fontana L, Pilotto A. Validation of a Modified-Multidimensional Prognostic Index (m-MPI) Including the Mini Nutritional Assessment Short-Form (MNA-SF) for the Prediction of One-Year Mortality in Hospitalized Elderly Patients. **J Nutr Health Aging** 2011; 15(3):169-73.
- Omodei D, Fontana L. Calorie restriction and prevention of age-associated chronic disease. **FEBS Letters** 2011;585: 1537–1542.
- Addante F, Sancarlo D, Copetti M, Scarcelli C, Longo MG, Niro V, Paroni G, Pellegrini F, Fontana L, Pilotto A. Effect of Obesity, Serum Lipoproteins, and Apolipoprotein E Genotypes on Mortality in Hospitalized Elderly Patients. **Rejuvenation Research** 2011;14(2):111-118.
- Soare A, Cangemi R, Omodei D, Holloszy JO, Fontana L. Long-term calorie restriction, but not endurance exercise, lowers core body temperature in humans. **Aging** (Albany NY) 2011;3(4):374-379.
- ★ Muegge B, Kuczynski J, Peña AG, Fontana L, Henrissat B, Knight R, Gordon JI. Diet drives convergence in gut microbiome functions across mammalian phylogeny and within humans. **Science** 2011;332(6032):970-974.
- Weiss EP, Villareal DT, Fontana L, Holloszy JO. Dehydroepiandrosterone (DHEA) replacement decreases insulin resistance and lowers inflammatory cytokines in aging humans. **Aging** (Albany NY) 2011;3(5):1-10.
- Longo VD, Fontana L. Intermittent supplementation with rapamycin as a dietary restriction mimetic. **Aging** (Albany NY). 2011;3(11):1039-40.
- Paroni G, Seripa D, Panza F, Addante F, Copetti M, D'Onofrio G, Pellegrini F, Fontana L, Pilotto A. Klotho locus, metabolic traits, and serum hemoglobin in hospitalized older patients: a genetic association analysis. **Age** (Dordr). 2012;34(4):949-68.
- Niekamp K, Zavorsky GS, Fontana L, McDaniel JL, Villareal DT, Weiss EP. Systemic Acid Load from the Diet Affects Maximal Exercise Respiratory Exchange Ratio. **Med Sci Sports Exerc**. 2012;44(4):709-15.
- Murphy JC, McDaniel JL, Mora K, Villareal DT, Fontana L, Weiss EP. Preferential Reductions in Intermuscular and Visceral Adipose Tissue with Exercise-Induced Weight Loss as compared to Calorie Restriction. **Journal of Applied Physiology** 2012;112(1):79-85.
- Fontana L, Vinciguerra M, Longo VD. Growth factors, nutrient signaling, and cardiovascular aging. **Circulation Research** 2012;110:1139-1150.
- Stein PK, Soare A, Meyer TE, Cangemi R, Holloszy JO, Fontana L. Caloric Restriction May Reverse Age-Related Autonomic Decline in Humans. **Aging Cell** 2012;11(4):644-650
- Weiss EP, Villareal DT, Ehsani AA, Fontana L, Holloszy JO. Dehydroepiandrosterone replacement therapy in older adults: 1- and 2-year effects on arterial stiffness. Dehydroepiandrosterone replacement therapy in older adults reduces arterial stiffness. **Aging Cell** 2012;11(5):876-884

★ Yoshino J\*, Conte C\*, Fontana L, Mittendorfer B, Imai S, Schechtman KB, Gu CC, Kunz I, Patterson BW, Klein S. Resveratrol supplementation does not improve metabolic function in metabolically-normal women. *Cell Metabolism* 2012;16(5):658-64. (\*Both authors have equally contributed to this research).

Parrella E, Maxim T, Maialetti F, Zhang L, Wan J, Wei M, Cohen P, Fontana L, Longo VD. Protein restriction cycles reduce IGF-1 and phosphorylated Tau, and improve behavioral performance in an Alzheimer's disease mouse model. *Aging Cell* 2013;12(2):257-68.

Fontana L, Addante F, Copetti M, Paroni G, Fontana A, Sancarlo D, Pellegrini F, Ferrucci L, Pilotto A. Identification of a metabolic signature for multidimensional impairment and mortality risk in hospitalized older patients. *Aging Cell* 2013;12(3):459-66.

Fontana L, Atella V, Kammen DM. Energy and resource efficiency as a unifying principle for human, environmental and global health. *F1000Research* 2013;2:101

Mercken EM, Crosby S, Lamming DW, JeBailey L, Krzysik-Walker S, Villareal D, Capri M, Franceschi C, Zhang Y, Sabatini DM, de Cabo R, Fontana L. Calorie restriction in humans inhibits the PI3K/AKT pathway and induces a younger transcription profile. *Aging Cell* 2013;12(4):645-51.

Cava E, Fontana L. Will calorie restriction work in humans? *Aging* 2013;5(7):507-14.

Omodei D, Licastro D, Salvatore F, Crosby SD, Fontana L. Serum from humans on long-term calorie restriction enhances stress resistance in cell culture. *Aging* 2013;5(8):599-606.

Soare A, Weiss EP, Holloszy JO, Fontana L. Multiple dietary supplements do not affect metabolic and cardiovascular health. *Aging* 2014;6(2):149-57.

Rizza W, Veronese N, Fontana L. What are the roles of calorie restriction and diet quality in promoting healthy longevity? *Ageing Research Reviews* 2013;13C:38-45.

Fontana L, Adelaiye RM, Rastelli AL, Miles KM, Ciamporcerio E, Longo VD, Ngyen H, Vessella R, Pili R. Dietary protein restriction inhibits tumor growth in human xenograft models of prostate and breast cancer. *Oncotarget* 2013;4(12):2451-61.

Redman LM, Kraus WE, Bhapkar M, Das SK, Racette S, Martin CK, Fontana L, Wongg WW, Robert S, Ravussin E for the CALERIE Study Group. Energy Requirements in Non-Obese Men and Women: Results From Calerie. *Am J Clin Nutr* 2014;99(1):71-8.

Levine M, Suarez J, Brandhorst S, Balasubramanian, Fontana L, Mirisola MP, Wan J, Cohen P, Crimmins E, Passarino G, Longo VD. Effects of reduced protein intake on IGF axis, cancer, and overall mortality: epidemiological and experimental data. *Cell Metabolism* 2014;19:407-417.

Fontana L, Hu F. Optimal body weight for health and longevity: bridging basic, clinical, and population research. *Aging Cell* 2014;13(3):391-400.

Fontana L, Kennedy BK, Longo VD, Seals D, Melov S. Medical research: treat ageing. *Nature* 2014;511(7510):405-7.

Mattson MP, Allison DB, Fontana L, Harvie M, Longo VD, Malaisse WJ, Mosley M, Notterpek L, Ravussin E, Scheer FAJL, Seyfried T, Varady K, Panda S. Meal Frequency and Timing in Health and Disease. *Proceedings of the National Academy of Science USA* 2014; 111(47):16647-53.

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Nikolich-Žugich, J., D.P. Goldman, P.R. Cohen, D. Cortese, **L. Fontana**, B.K. Kennedy, M.J. Mohler, S.J. Olshansky, T. Perls, D. Perry, A. Richardson, C. Ritchie, A.M. Wertheimer, R.G.A. Faragher and M.J. Fain. 2015. Preparing for an Aging World: Engaging Biogerontologists, Geriatricians and the Society. **J. Gerontol. A Biol. Sci. Med. Sci.** 2015 (in press).

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Dey N, Wagner VE, Blanton LV, Cheng J, **Fontana L**, Haque R, Ahmed T, Gordon JI. Regulators of Gut Motility Revealed by a Gnotobiotic Model of Diet-Microbiome Interactions Related to Travel. **Cell** 2015;163(1):95-107.

Atella A, Kopinska J, Medea G, Belotti F, Tosti V, Piano Mortari A, Cricelli C, **Fontana L**. Excessive body weight increases the burden of age-associated chronic diseases and relative health care expenditures. **Ageing** 2015;7(10):882-92

Villareal DT, **Fontana L**, Smith SR, Redman L, Das SK, Saltzman E, Bales C, Pieper C, Schwartz A. Effect of Two-Year Caloric Restriction on Bone Metabolism and Bone Mineral Density in Non-obese Younger Adults: a Randomized Clinical Trial. **Journal of Bone and Mineral Research** 2016;31(1):40-51.

**Fontana L**, Villareal D, Das SK, Smith SR, Meydani SN, Pittas AG, Klein S, Bhapkar M, Rochon J, Ravussin E, Holloszy JO for the CALERIE Study Group. Effects of 2-year calorie restriction on circulating levels of IGF-1, IGF-binding proteins and cortisol in non-obese men and women: a Randomized Clinical Trial. **Ageing Cell** 2016;15(1):22-7.

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Bertozzi B, Tosti V, **Fontana L**. Beyond calories: an integrated approach to promote health, longevity and well-being. **Gerontology** 2016 (accepted for publication)..

**Fontana L**, Cummings NE, Arriola Apelo SI, Neuman JC, Kasza I, Schmidt BA, Cava E, Spelta F, Tosti V, Syed FA, Baar EL, Veronese N, Cottrell SE, Fenske RJ, Bertozzi B, Brar HK, Pietka T, Bullock AD, Figenshau RS, Andriole GL, Merrins MJ, Alexander CM, Kimple ME, Lamming DW. Decreased consumption of branched chain amino acids improves glycemic control. **Cell Reports** 2016;16(2):520-30.


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Meydani SN, Das S, Pieper CF, Lewis MR, Klein S, Dixit VD, Gupta A, Villareal DT, Bhapkar M, Huang M, Fuss PJ, **Fontana L**. Long-term moderate calorie restriction inhibits inflammation without impairing cell-mediated immunity: a randomized controlled trial in non-obese humans. **Ageing** 2016;8(7):1416-31.



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Gli articoli marcati con  rappresentano Institute for Scientific Information (ISI) Classics (articoli che sono stati citati più di 100 volte).

#### Capitoli di libro

**Fontana L**. Overweight and obesity. In: Enciclopedia Medica Italiana, UTET Scienze Mediche, 2nd edition, III update (2008), col.2577-2584.

**Fontana L**, Klein S. Liposuction and its metabolic consequences. In: Handbook of Obesity: Clinical Applications, Third Edition, By George A. Bray, Claude Bouchard, Chapter 35, page 545-552. Published by Informa Health Care, 2008.

**Fontana L**, Coleman RJ, Holloszy J, Weindruch R. Calorie restriction in non-human and human primates. HANDBOOK OF THE BIOLOGY OF AGING, SEVENTH EDITION (2010), edited by Edward J. Masoro and Steven N. Austad.

Fraterrigo G, **Fontana L**, Klein S. Liposuction and its metabolic consequences. In: Handbook of Obesity: Clinical Applications, Fourth Edition, By George A. Bray, Claude Bouchard. Published by Informa Health Care, 2012.

Weiss E, **Fontana L**. Metabolic Consequences of Caloric Restriction. Modern Nutrition in Health and Disease, Eleventh Edition, edited by Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR. Lippincott Williams & Wilkins 2013.

#### Lecture magistrali (invited professorships) e relazioni svolte in convegni

**Italian Cancer Institute**, Department of Preventive and Predictive Medicine, Milan, Italy - Lecture's title: "Long-Term Effects of Calorie Restriction and Raw Food Vegetarians Diets in Humans" – May 15, 2002

**Verona University School of Medicine**, Department of Internal Medicine, Verona, Italia - Lecture's title: "Long-term Effects of Calorie Restriction and Aging in Humans" – Jun 20, 2002

**Chieti University School of Medicine**, Center of Excellence On Aging, Chieti, Italy - Lecture's title: "Long-Term Effects of Calorie Restriction in Humans" – Oct 22, 2002

**Verona University School of Medicine**, Department of Endocrinology and Metabolism, Verona, Italy - Lecture's title: "Long-term Effects of Calorie Restriction and Aging in Humans" – Nov 3, 2002

**2nd Calorie Restriction Society Conference**, Madison, WI, USA - Lecture's title: "Metabolic and Cardiovascular Effects of Long-term Calorie Restriction and Aging in Humans" – Jun 2003

**15th Annual CAAD Symposium on Research on Aging**, New Orleans, LA, USA - Invited speaker at the symposium "Research on Aging" - Lecture's title: "Comparison of Long-Term Caloric Restriction and Endurance Exercise: Clues Regarding Mechanism" – Mar 2004

**Italian National Institute of Health**, Roma, Italy - Lecture's title: "Cardiovascular Effects of Long-Term Calorie Restriction and Endurance Exercise In Humans" – May 25, 2004

**Rome University School of Medicine "La Sapienza"**, Department of Internal Medicine, Rome, Italy - Lecture's title: "Cardiovascular Effects of Long-Term Calorie Restriction and Endurance Exercise In Humans" – Jul 9, 2004

**Italian Cancer Institute**, Department of Preventive and Predictive Medicine, Milan, Italy - Lecture's title: "Cardiovascular and Metabolic Effects of Long-Term Calorie Restriction, Raw Food Vegetarian Diets and Endurance Exercise In Humans". – Jun 15, 2004

**Chieti University School of Medicine**, Center of Excellence On Aging, Chieti, Italy - Lecture's title: "Cardiovascular Effects of Long-Term Calorie Restriction and Endurance Exercise In Humans" – Jul 6, 2004

**3<sup>rd</sup> Calorie Restriction Society Conference**, Charleston, SC, USA - Lecture's title: "Energy Intake, Food Composition and Aging in Humans" – Nov 7, 2004

**Rome University School of Medicine "La Sapienza"**, Department of Cellular Biology, Rome, Italy - Lecture's title: "Cardiovascular and Metabolic Effects of Long-Term Calorie Restriction and Endurance Exercise In Humans" – Jan 28, 2005

**NIH/NIDDK & Clinical Nutrition Research Unit Directors Meeting**, Washington University Medical School, St.Louis, USA – Invited speaker at the NIH/NIDDK & Clinical Nutrition Research Unit Directors Meeting -Lecture's title: "Calorie Restriction in Humans" — Apr 13, 2005

**The European Nutrigenomics Organization**, Krakow, Poland - Invited speaker at the symposium "Nutrigenomics for benefit-risk: defining markers of health" - Lecture's title: "Healthy Aging and Calorie Restriction in Humans" – May 23-24, 2005.

**Washington University School of Medicine**, Division of Geriatrics and Nutritional Science Wednesday Noon Seminar – Lecture's title: "Calorie Restriction in Humans" – May 4, 2005.

**Washington University School of Medicine**. Club for the Mechanism of Aging sponsored by the Department of Molecular Biology & Pharmacology and the Center for Aging, Washington University School of Medicine, St.Louis, USA - Lecture's title: "Long-Term Effects of Calorie Restriction in Humans" – Oct 6, 2005.

**Washington University School of Medicine**, Division of Geriatrics and Nutritional Science and the Center for Aging Friday Noon Lecture Series – Lecture's title: "Calorie Restriction and Aging in Humans" – Nov 4, 2005.

**Kilo Diabetes & Vascular Research Foundation and Washington University School of Medicine**, St.Louis, MO, USA - Invited speakers at the 33<sup>rd</sup> annual symposium of the Kilo Diabetes & Vascular Research Foundation and Washington University School of Medicine Continuing Medical Education: Current topics in diabetes, endocrinology and vascular disease" - Lecture's title: "Calorie Restriction and Metabolic Health" – Nov 18-19, 2005.

**IRCCS Maugeri Foundation**, Pavia - Lecture's title: "Calorie Restriction and Cardiovascular Health" – 12 Feb, 2006.

**4th Calorie Restriction Society Conference**, Tucson, AZ, USA - Lecture's title: "Calorie and protein restriction, cancer, and aging" – Apr 6, 2006.

**Baylor College of Medicine**, Houston, USA – Lecture's title: "Long-term effects of calorie restriction in humans" – May 8, 2006.

**Huffington Center on Aging at Baylor College of Medicine**, Houston Racquet Club, Houston, USA – Invited speaker at the Spring Forum - Lecture's title: "Is Caloric Restriction the Key to a Longer and Healthier Life?" – May 9, 2006.

**DSM Nutritional Products Ltd.**, R&D-Human Nutrition and Health, Basel, Switzerland: "Long-term effects of calorie restriction and nutrient dense foods on markers of aging" – Jun 27, 2006.

**Italian Foundation on Aging Research and Italian Society of Geriatrics**, Florence, Italy – Invited speaker at the workshop "Healthy Aging" – Lecture's title: "Calorie restriction and Aging" –July 4-5 2006.

**ISS/NIH Collaboration Program 2006 Meeting**, Italian National Institute of Health, Rome, Italy – Invited speaker at the symposium session "Cardiovascular disease prevention" - Lecture's title: "Calorie restriction and Aging in Humans" – Jul 5-7, 2006.

**National Institute on Aging**, Washington DC, MD, USA - Invited speaker at the workshop "Uncoupling and Aging Meeting" – Lecture's title: "Effects of long-term caloric restriction in humans" – Sep 19-20, 2006.

**The Kadota Fund International Forum 2006**, Inuyama, Japan - Invited speaker at the symposium "The scientific substantiation of functional foods: human studies towards the global standard" – Lecture's title: "Is Caloric Restriction the Key to a Longer and Healthier Life?", Nov 21, 2006

**Tokushima University School of Medicine**, Department of Nutrition, Tokushima, Japan – Lecture's title: "Calorie restriction and aging in humans" – Nov 24, 200

**Mario Negri Institute for Pharmacological Research and Unit of Nephrology and Dialysis** (Dott. Giuseppe Remuzzi), Bergamo, Italy - Lecture's title: "Effects of long-term caloric restriction and endurance exercise in humans" – Dec 14, 2006

**Modena University School of Medicine**, Division of Geriatrics, Modena, Italy - Lecture's title: "Adiposity, calorie restriction and aging in humans" – Dec 18, 2006

**Cambridge University**, MRC Human Nutrition Research, Cambridge, UK – Lecture's title: "Long-term effects of calorie and protein restriction in humans" – Jan 29-30, 2007

**National Institute of Aging**, Geriatrics and Clinical Gerontology Program, Washington DC, USA - Invited expert and speaker at the National Institute on Aging Workshop "Translational Research on Aging", Feb 5-6, 2007.

**Edmonton Aging Symposium**, Alberta, Canada – Invited speaker at the symposium session "Caloric Restriction: A Master Switch for Health" - Lecture's title: "Caloric Restriction Shows Attenuation of Biomarkers of Aging", Mar 30-31, 2007.

**University of Florida School of Medicine**, Department of Aging & Geriatrics, Gainesville, Florida, USA – Lecture's title: "Calorie restriction, exercise and aging in humans", Apr 16, 2007.

**Sirtris Pharmaceuticals**, Boston, Cambridge, MA, USA – Lecture's title: "Calorie restriction and longevity", Boston, Apr 24, 2007

**IRCCS "Casa Sollievo della Sofferenza"**, Division of Geriatrics, San Giovanni Rotondo, Italy – Invited speaker at the Geriatrics Conferences 2007 "The frail elderly: from diagnosis to prevention" sponsored by the Italian Gerontologic Society – Lecture's title: "Calorie restriction and longevity", May 19, 2007.

**Université Paris 6 "Pierre et Marie Curie"**, Paris, France - Lecture's title: "Long-term effects of calorie restriction and endurance exercise on metabolic health in humans", Jun 13, 2007.

**Institut Pasteur**, Paris, France. Invited speaker at the 2<sup>nd</sup> World Congress on Prevention and Therapies against Obesity "Paris Anti-Obesity 2007" – Lecture's title: "Last advances in calorie restriction: effects on adiposity and related metabolic alterations", Jun 14, 2007.

**American Diabetes Association, 67<sup>th</sup> Scientific Sessions**, Chicago, IL, USA - Invited speaker at the symposium session "Metabolic Benefits of Weight Loss through Exercise Training or Caloric Restriction" - Lecture's title: "Metabolic and cardiovascular benefits of chronic calorie restriction in humans", Jun 21-25, 2007.

**Calorie Restriction Society Workshop "Glucose Control and CR"**, New York, USA - Lecture's title: "Calorie restriction, metabolic health and aging" – Aug 9-13, 2007.

**Pennington Biomedical Research Center of Louisiana State University, Baton Rouge**, Louisiana, USA –Lecture's title: "Calorie restriction, endurance exercise and cardiometabolic health", Aug 30-31, 2007

**University of Alabama at Birmingham**, Clinical Nutrition Research Center, Birmingham, AL, USA – "Adiposity, Calorie restriction and Metabolic Health", Sep 24-25, 2007

**American Diabetes Association**, Invited speaker at the program "**Best of ADA, India**", Delhi, India - Lecture's title: "Metabolic and cardiovascular benefits of chronic calorie restriction in humans", Delhi, India, Oct 5-7, 2007.

**American Diabetes Association**, Invited speaker at the program "**Best of ADA, India**", Calcutta, India - Lecture's title: "Adiposity, Calorie Restriction, Exercise and Aging", Kolkata, India, Oct 8-10, 2007.

**Washington University School of Medicine**, Division of Geriatrics and Nutritional Science, St.Louis, MO, USA - Lecture's title: "Is Caloric Restriction the Key to a Longer and Healthier Life in Humans?" – Nov 7, 2007.

**Gerontological Society of America Annual Meeting**, San Francisco, CA, USA - Invited speaker of the symposium "Anti-aging or healthy aging?" - Lecture's title: "Metabolic effects of long-term calorie restriction in humans", Nov 16-20, 2007.

**Google Seminars, Google Inc., Mountain View, CA, USA** - Invited speaker - Lecture's title: "Is Caloric Restriction the Key to a Longer and Healthier Life in Humans?", Nov 20, 2007.

**NIA-funded conference "Body Weight, Adiposity, Energetics, and Longevity"**, - Invited speaker – Lecture's title: "Adiposity, energy balance and aging in humans", St. Simons Island, GA, USA - Nov 29 - 30, 2007.

**Pennington Biomedical Research Center of Louisiana State University, Baton Rouge**, Louisiana, USA – Invited speaker at the Pennington Scientific Symposium "NeuroImmune Signaling and Inflammation" – Lecture's title: "Calorie restriction and inflammation", Dec 2-4, 2007.

**Napoli University School of Medicine**, CEINGE Biotechnologie Avanzate, Napoli, Italy (Prof. Francesco Salvatore) - Lecture's title: "Adiposity, calorie restriction and aging in humans" – Jan 15, 2008.

**Cattolica University School of Medicine**, Division of Geriatrics, Rome, Italy – Lecture's title: "Seeking the Fountain of Youth: Is Caloric Restriction the Key to a Longer and Healthier Life ?", Feb 12, 2008.

**IRCCS Fondazione Maugeri, Talese Terme (BN), Italy** – Invited speaker of the workshop "Globesity – Multidisciplinary approach to obesity" - Lecture's title: "Excessive adiposity, nutrition and aging", Feb 8-9, 2008.

**P.A.N. Prevenzione Alimentazione Nutrizione Meeting**, Camera dei Deputati, Rome, Italy – Invited speaker at the workshop "Prevention and Health Promotion", Feb 19, 2007.

**Barshop Institute for Longevity and Aging Studies**, University of Texas Health Science Center, San Antonio, TX, USA. Lecture's title: "Metabolic effects of long-term calorie restriction and endurance exercise in humans", March 26, 2008.

**Yale University**, Division of Comparative Medicine, New Haven, CT, USA - Lecture's title: "Long-term metabolic effects of calorie restriction with adequate nutrition in humans", Apr 14, 2008

**22° Annual Meeting of the Italian Society of Diabetes**, Torino, Italy - Invited speaker at the symposium "Type 2 diabetes prevention" - Lecture's title: "Long-term effects of calorie restriction", May 27, 2008.

**Rome University School of Medicine "Tor Vergata"**, Department of Internal Medicine (Prof. Paolo Sbraccia), Rome, Italy - Lecture's title: "Metabolic Effects of Long-Term Calorie Restriction and Endurance Exercise In Humans" – Jun 24, 2008

**Ninth International Symposium on the Neurobiology and Neuroendocrinology of Aging**, Bregenz, Austria – Invited speaker – Lecture's title: "Metabolic effects of long-term calorie and protein restriction in humans", July 20-25, 2008.

**5th Congress of the European Union Geriatric Medicine Society**, Copenhagen, Denmark - Invited speaker – Lecture's title: "The Obese Geriatric Patient. New Challenges for the Geriatrician", Sep 4, 2008

**The Obesity Society's 2008 Annual Scientific Meeting**, Phoenix, AZ, USA - Invited speaker at the Symposium "Calorie Restriction and Longevity" – Lecture's title: "Metabolic effects of long-term calorie restriction in humans", Oct 3-7, 2008.

**3rd Edition of the Symposium "Global health in the 21st century: the latest successful perspectives"**, Embassy of Italy, Washington DC, USA – Lecture's title: "Food and Human Health: The Obesity Epidemic" - Oct 16-17 2008

**Nathan Shock Center of Excellence in the Biology of Aging Symposium on "Calorie restriction in aging research: where have we been and where are we going?"**, Mayan Ranch in Bandera, Texas, USA – Invited speaker - Lecture's title: "Metabolic effects of long-term calorie and protein restriction in humans" October 23-26, 2008.

**Harvard School of Medicine and Public Health**, Department of Nutrition, Boston, MA, USA – Nutrition Seminar Series - Lecture's title: "Metabolic effects of long-term calorie and protein restriction in humans" October 27, 2008.

**The University of Southern California**, Leonard Davis School of Gerontology, Los Angeles, CA, USA - Lecture's title: "Metabolic effects of long-term calorie and protein restriction in humans", Nov 17, 2008.

**The University of Southern California**, Department of Preventive Medicine, Keck School of Medicine, Los Angeles, CA, USA - Lecture's title: "Metabolic effects of long-term calorie and protein restriction in humans", Nov 18 2008.

**The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**, Bethesda, MD, USA - Intramural Lecture Series "Brain/Obesity" - Lecture's title: "Adiposity, Calorie Restriction & Aging", Dec 10, 2008.

**Tokushima University School of Medicine**, Tokushima, Japan - Invited speaker at the International Symposium "Nutritional, Medical and Social Sciences for Children" - Lecture's title: "Nutrition Interventions in Aging and Age-Associated Disease", Jan 22-23, 2009.

**IRCCS "Casa Sollievo della Sofferenza"**, Division of Geriatrics, San Giovanni Rotondo, Italy – Lecture's title: "Calorie restriction, metabolism and age-associated diseases", Feb 11, 2009.

**Genova University School of Medicine**, Division of Geriatrics, Genova, Italy - Lecture's title: "Modulating Human Aging and Age-Associated Diseases" – Feb 20, 2009.

**Center for Research on Biology and Pathology of Aging**, University of Pisa, Italy - Invited speaker at the Symposium "Intervention on Aging X: Evidence-Based Anti-aging Medicine: Facts and Future Directions" - Lecture's title: "Long-term metabolic effects of calorie restriction in humans", Volterra, Jan 6-7, 2009.

**Washington University School of Medicine**, Division of Geriatrics & Nutritional Science and the Harvey A. Friedman Center for Aging, St.Louis (MO), USA - Monday Noon Lecture Series – Lecture's title: "Adiposity, calorie restriction and aging" – Apr 13, 2009.

**USC Davis School Leadership Retreat** - Invited speaker – Lecture's title: "Calorie restriction and longevity" – Apr 24, 2009 at Four Seasons Resort, The Biltmore, Santa Barbara, CA, USA

**The 2009 Milken Institute Global Conference** – Invited speaker at the panel on longevity - The Beverly Hilton Hotel in Beverly Hills (CA), USA - April 27-29, 2009.

**Italian Society of Clinical Biochemistry and Molecular Biology** – Invited Speaker at the Meeting "AGI-LAB: Laboratory Medicine of Aging and Longevity"- Lecture's title: "Adiposity, calorie restriction and aging", Perugas (SS), Italy – June 4-6, 2009

**Italian Cancer Institute**, Istituto Regina Elena, Rome, Italy - Lecture's title: "Modulating Human Aging and Age-Associated Diseases" – June 10, 2009.

**National Academy of Sciences, Institute of Medicine**, Washington, DC, USA – Invited speaker at the Food Forum Workshop "Providing Healthy and Safe Foods as We Age" - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction", National Academy of Sciences Building, October 29-30, 2009.

**University of Colorado, Department of Integrative Physiology**, Boulder, CO, USA - Lecture's title: "Long-term metabolic and cardiovascular effects of calorie restriction in humans" – Nov 19, 2009

**Gerontological Society of America Annual Meeting**, Atlanta, USA - Invited speaker of the symposium "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" - Lecture's title: "Metabolic effects of long-term calorie restriction in humans", Nov 21, 2009.

**The Italian Geriatric and Gerontology Society, 54° Annual Scientific Meeting "SALUTE E BENESSERE DELL'ANZIANO: LA NOSTRA MISSIONE"** – Invited speaker – Lecture's title: "Modulating Human Aging and Age-Associated Diseases" - Florence, Italy - Dec 2-5 2009

**Institute for Biomedical Aging Research of the Austrian Academy of Sciences**, Innsbruck, Austria – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction", Dec 9, 2009.

**Chieti University School of Medicine**, Department of Cardiology, Chieti, Italy - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Jan 20, 2010.

**The 2010 Milken Institute Global Conference** – Invited speaker at the panel on longevity - The Beverly Hilton Hotel in Beverly Hills (CA), USA - April 25-28, 2010.

**23° Annual Meeting of the Italian Society for the Study of Diabetes**, Padova, Italy - Invited speaker at the symposium "Longevity and Metabolism" - Lecture's title: "Calorie restriction and longevity", June 10-11, 2010.

**Napoli University School of Medicine**, CEINGE Biotechnologie Avanzate, Napoli, Italy (Prof. Francesco Salvatore) - Lecture's title: "Metabolic and molecular effects of calorie restriction" – Jul 9, 2010.

**CBM Summer School 2010, Trieste, Italy** - Invited speaker at the Summer School entitled "Personalized Medicine: Nutrition and Health" - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction", July 14-16, 2010.

**Prostate Cancer Foundation's 17th Annual Scientific Retreat, Washington DC, USA** – Moderator and Invited speaker at the symposium "Adiposity, Metabolism and Prostate Cancer Progression" - Lecture's title: "Long-Term Effects of Calorie Restriction on Cancer Risk Factors", Sep 15-16, 2010.

**Longer Life Foundation/RGA**, St.Louis, MO, USA – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Sep 28, 2010.

**Washington University School of Medicine**, Division of Geriatrics & Nutritional Science, St.Louis (MO), USA - Thursday Noon Lecture Series – Lecture's title: "Metabolic and molecular effects of long-term calorie restriction in humans" – Oct 7, 2010.

**Global Health Forum, an Italy-US scientific symposium "Healthy Aging Globally: A Life Cycle Approach"**, Embassy of Italy, Washington DC, USA – Invited speaker at the symposium session "Behavioral/Environmental and Quality of Life Issues" - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" - Oct 12, 2010.

**RGA Webcast Series**, St.Louis, MO, USA - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Nov 17, 2010

**Accademia Medica di Roma**, Roma, Italy - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jan 27, 2011.

**Università Cattolica del Sacro Cuore**, Piacenza, Italy – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Feb 16, 2011.

**Bologna University Medical School**, Department of Experimental Pathology, Bologna, Italy – Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jan 18, 2011

**Roswell Park Cancer Institute**, Buffalo, NY, USA - Faculty Forum Lecture Series - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Mar 23, 2011

**USC Davis School Healthy Aging Retreat** - Invited speaker – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases" – The Resort at Pelican Hill, Newport Coast, CA, USA - Apr 29, 2011.

**The 2011 Milken Institute Global Conference** – Invited speaker at the panel on longevity - The Beverly Hilton Hotel in Beverly Hills (CA), USA - May 2, 2011.

**AFAR Grantee Conference**, Santa Barbara, California, USA - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – at Four Seasons Resort, The Biltmore, Santa Barbara, CA, USA - Jun 12–14, 2011.

**Technische Universität München in Freising**, Germany - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jun 21, 2011.

**36th FEBS Congress "Biochemistry for Tomorrow's Medicine"**, Torino, Italy - Invited speaker at the Symposium "Plasticity of Aging" – Lecture's title: "Calorie Restriction and Aging", Jun 28, 2011.

**Max Planck Institute for Biology of Ageing (MPI-Age) in Cologne**, Germany – Biology of Aging Seminar Series - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jul 4, 2011.

**Nestlé Research Center Lausanne, Svizzera** – Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" Jul 7, 2011.

**CBM Summer School 2011, Trieste, Italy** – Organizer and Invited speaker at the Summer School entitled "Active and Healthy Aging" - Lecture's title: "Molecular and metabolic effects of calorie restriction in humans", July 11-13, 2011.

**NugoWeek 2011**, Wageningen, The Netherlands – Measuring health: how to apply nutrigenomics for measuring metabolic health - Invited speaker – Lecture's title: "How to stay healthy ? Eat less ?", Sep 9 2011.

**3<sup>rd</sup> Workshop PASSI (The Italian behavioral risk factor surveillance system) "Overweight and Obesity"**, Istituto Superiore di Sanità, Rome, Italy - Lecture's title: "The biology of obesity: metabolic and molecular factors", Sep 13, 2011.

**Washington University & The Longer Life Foundation, St.Louis, USA** – Seminar "Calorie Restriction (CR) and Healthspan: Effect of long-term calorie restriction on metabolic and immune function in humans" - Lecture's title: "CR and Gene Expression", Oct 24, 2011.

**Global Health Forum, an Italy-US scientific symposium "Global Obesity: Scientific, Lifestyle and Policy Approaches"**, Embassy of Italy, Washington DC, USA – Invited speaker at the symposium session "The Basic Science of Obesity; Behavioral, Environmental and Medical Issues" - Lecture's title: "Adiposity, calorie restriction and age-associated disease" - Oct 25, 2011

**7<sup>th</sup> Calorie Restriction Society Conference**, Las Vegas, USA - Lecture's title: "Metabolic and molecular effects of calorie restriction in humans" – Oct 28, 2011.

**3<sup>rd</sup> Annual Novus International Science Day**, Novus Corporate Headquarters in Saint Charles, MO, USA - Invited speaker at the Meeting "NUTRITION, METABOLISM & HEALTH" - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" - November 14, 2011.

**Harvard School of Public Health**, Department of Genetics and Complex Diseases (Hotamisligil Laboratory), Boston, MA, USA - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction in humans" November 17, 2011.

**Gerontological Society of America Annual Meeting**, Boston, USA - Invited speaker of the symposium "Interventions in Human Aging" - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction", Nov 18, 2011.

**Brescia University**, Brescia, Italy - Lecture's title: "Energy efficiency and health" - Jan 7, 2012

**Napoli University School of Medicine**, CEINGE Biotechnologie Avanzate, Napoli, Italy - Lecture's title: "Importance of multidisciplinary in the prevention of the chronic diseases and health promotion" - Feb 6, 2012

**Brescia University School of Medicine**, Brescia, Italy - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" - Feb 22, 2012

**NutriTech kick-off Meeting**, Volendam, the Netherlands Italy - Lecture's title: "Calorie restriction and phenotypic flexibility" - Mar 12-14, 2012.

**National Institute of Aging**, Washington DC, USA - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" - April 17, 2012.

**The 2012 Milken Institute Global Conference** - Invited speaker at the panel on longevity - The Beverly Hilton Hotel in Beverly Hills (CA), USA - May 1, 2012.

**Stazione Zoologica Anton Dohrn**, Naples, Italy - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" - June 19, 2012.

**University of Graz**, Institute of Molecular Biosciences, Graz, Austria - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" - June 22, 2012.

**IV Continuing Medical Education Forum in Endocrinology and Metabolism**, Napoli, Italy - Invited speaker at the Symposium "Obesity in Campania Region: preventive multidisciplinary approach" - Lecture's title: "Lifestyle and treatment of obesity and its metabolic complications" - July 5, 2012.

**University of Newcastle**, Institute for Ageing and Health, Newcastle, UK - Annual faculty lecture series. Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" - Jul 11, 2012.

**Celebration of Science**, Washington DC, USA - Invited speaker at the panel "Lowering Healthcare Costs through Prevention and Wellness" - Sep 9, 2012.

**NUCE International Conference "Nutrition For Health During All Lifetime, Prevention With Food Products And Supplements"** Milan, Italy - Lecture's title: "Nutritional modulation of ageing and age-associated diseases" September 27, 2012.

**XXXII World Congress of Sports Medicine**: "Sports Medicine, the challenge for global health: Quo Vadis?" Rome, Italy - Invited speaker at the symposium "Nutritional strategies in sports and physical activity", Lecture's title: "Metabolic and molecular effects of long-term calorie restriction and endurance exercise" - 28 Sep 2012.

**Campus Bio-Medico University**, School of Human Nutrition and Nutritional Science, Rome, Italy - Lecture's title: "Metabolic and molecular effects of calorie restriction exercise in disease prevention" - Oct 1, 2012.

**University of Oslo Medical School**, Department of Nutrition, Oslo, Norway - Lecture's title: "Metabolic effects of calorie restriction and endurance exercise in disease prevention" - Oct 5, 2012

**XVI Continuing Medical Education Forum in Endocrinology and Metabolism**, Vietri sul Mare (SA), Italy - Invited speaker at the Symposium "Obesity and Diabetes: consequences and therapy" - Lecture's title: "Nutritional interventions in the prevention of obesity" - Oct 20, 2012

**University of Missouri**, Department of Nutrition and Exercise Physiology, Columbia, MO, USA - Invited Speaker at the Fall Seminar Lecture Series - "Metabolic and Molecular Effects of Calorie Restriction in Humans" - Dec 5, 2012.

**USC Davis School Healthy Aging Retreat** - Invited speaker - Lecture's title: "Molecular effects of calorie restriction in humans" - Andrus Gerontology Center Auditorium, Los Angeles, CA, USA - Dec 18, 2012

**University of Arizona College of Medicine & Arizona Center on Aging**, Tucson, AZ, USA - Invited Speaker at the Frontiers Seminar Lecture Series - "Metabolic and Molecular Effects of Calorie Restriction in Humans" - Feb 19, 2013

**Harvard School of Public Health**, Department of Nutrition, Boston, MA, USA - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction in humans" Feb 22, 2013.

**Seminar on Global Health and Preventive Medicine: Essential Solutions for Sustainable Development, Icahn School of Medicine at Mount Sinai, New York, USA** - Invited speaker – Lecture's title: "Nutrition Interventions in Aging and Age-Associated Disease" - Apr 2, 2013

**Washington University School of Medicine, Division of Urologic Surgery, St.Louis (MO), USA** - Friday Lecture Series – Lecture's title: "Effects of Dietary Restriction on Prostate Cancer Progression" – Apr 5, 2013.

**Verona University School of Medicine, Verona, Italia** - Lecture's title: "Extending healthy lifespan: from animal models to humans" – Apr 29, 2013.

**Aspen Seminars for Leaders, Venezia, Italy** – Invited expert and speaker at seminar on Healthy and Active Aging – July 12-14, 2013.

**SENS6 Conference, Cambridge, England** - Invited speaker – Lecture's title: "Will calorie restriction work in humans?" - Sep 3-7 2013.

**ABCD 2013 Congress, Ravenna, Italy** - Invited speaker in the session "Cellular mechanisms of ageing" - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" - September 12-14, 2013.

**Ninth World Conference on the "Future of Science"** devoted on "Longevity" - Invited speaker – Lecture's title: "Seeking the Fountain of Youth: Is Dietary Restriction the Key to a Longer and Healthier Life?", Venice, Italy - Sep 19-21, 2013.

**7th annual meeting of the International Society of Nutrigenetics and Nutrigenomics (ISNN), Québec City, Canada** - Invited speaker in the scientific session "Nutrigenetics of Aging and Cancer" - Lecture's title: "Long-Term Metabolic and Molecular Effects of Dietary Restriction in Humans" - October 5-8, 2013.

**Consensus workshop "Interventions to Slow Aging in Humans: Are We Ready?"** – Scientific director & speaker - International School of Pharmacology, Ettore Majorana Foundation and Centre For Scientific Culture, Erice, Italy – Oct 8-13, 2013.

**Saint Louis University, Department of Geriatrics, St.Louis, MO, USA** - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" Oct 23, 2013.

**Washington University Predoctoral Seminar Series, St.Louis, USA** - Lecture's title: "CR and Gene Expression", Oct 29, 2013.

**ANZAC Institute, University of Sydney, Australia** – Lecture's title: "Extending healthy lifespan: beyond calories" - Nov 25, 2013.

**Sydney University School of Medicine, Department of Medicine, Sydney, Australia** – Lecture's title: "Calorie restriction, adiposity, and aging" - Nov 26, 2013.

**Garvan Institute, Sydney, Australia** – Lecture's title: " Extending healthy lifespan: beyond calories" - Nov 27, 2013.

**University of Illinois at Chicago, Chicago, USA** - Distinguished Speaker Series - "Seeking the Fountain of Youth: Is Dietary Restriction the Key to a Longer and Healthier Life?", Chicago (IL), USA – Dec 6, 2013.

**DuPont Nutrition & Health, Department of Nutrition Discovery, St.Louis, MO, USA** – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases" - Dec 9, 2013.

**TIGEM (Telethon Institute of Genetics & Medicine), Naples, Italy** - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" - Jan 23, 2014.

**Web-based NIH workshop "Eating Patterns and Disease: From Molecular and Cellular Mechanisms to Interventions"** – Invited speaker in the session "Human Studies: Weight Regulation and Energy Metabolism" – Feb 18, 2014.

**Venetian Institute of Molecular Medicine, Padova, Italy** - Lecture's title: "Nutrition Modulation of Aging and Age-Associated Diseases" - Feb 19, 2014.

**Ohio University, Diabetes Institute, Athens (OH), USA** - Lecture's title: "Calorie restriction, adiposity, and aging" - Mar 21, 2014.

**Annual Research Planning Meeting for the NIH-funded R24 Network Planning Grant "The Domestic Dog as a Model System for Aging Research"**, University of Washington in Seattle, WA, USA – Invited speaker – April 1-3, 2014.

**"Preparing for an Aging World: Living Beyond 100" Meeting, Tucson (AZ), USA** – Invited speaker – Apr 27-29, 2014.



**NIA-funded "Longevity Consortium" workshop, "Realizing Ponce de Leon's Dream: Fulfilling the Promise of Developing Slow Aging and Healthy Aging Drugs",** Washington, DC, USA – Invited speaker – May 8-9, 2014

**Rome University School of Medicine "Tor Vergata",** Department of Medicine (Prof. Massimo Federici), Rome, Italy - Lecture's title: "Nutrition Modulation of Aging and Age-Associated Diseases" – May 13, 2014

**Mobilising the Potential of Active Ageing in Europe (MOPACT) Forum,** Brussels, Belgium – May 19-20 2014.

**Workshop I.M.A.G.E. 2014 "Management of Green Economy: Human and Environmental",** Torino, Italy – Invited speaker – May 23, 2014.

**Brescia University School of Medicine,** Department of Molecular and Translational Medicine, Brescia, Italy - Lecture's title: " Extending healthy lifespan: from animal models to humans" – May 27, 2014.

**IEO European Institute of Oncology,** Milan, Italy - European School of Molecular Medicine seminars series - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" – May 30, 2014.

**Cattolica University School of Medicine,** Department of Medicine, Rome, Italy – Lecture's title: "Dietary restriction, cancer, and aging", June 30, 2014.

**National Institute for Digestive Diseases "Saverio de Bellis",** Castellana Grotte (BA), Italy – Lecture's title: "Dietary restriction, cancer, and aging", Jul 4, 2014.

**Buck Institute,** Novato, CA, USA - Lecture's title: "Metabolic and Molecular Effects of Dietary Restriction in Humans", Aug 8, 2014.

**2013–2014 GU Focus Group & Seminar Series, Alvin J. Siteman Cancer Center at Washington University School of Medicine,** St.Louis, MO, USA - "Effects of Dietary Restriction on Prostate Cancer Progression" – Aug 22, 2014.

**Biology of Human Aging Conference,** Toledo, Spain – Lecture title "Challenges in adherence to CR with humans" - Sep 19-22, 2014.

**XXXIV National Congress of Sports Medicine: "Sedentary lifestyle: a new disease",** Catania, Italy - Invited speaker at the symposium "Nutrition and lifestyles", Lecture's title: "Nutritional modulation of metabolic and molecular pathways" – 24 Oct 2014.

**X Scientific Conference On Breast Cancer "Human Breast Cancer: In and Out the Utopia",** Palazzo Steri, Sala dei Baroni, Palermo - Invited speaker at the symposium "The Endless Research: The Utopia of a Cell", Lecture's title: " Calorie restriction and the prevention of cancer and age-associated chronic disease" - Nov 20-22, 2014.

**Institute for Biomedical Aging Research of the Austrian Academy of Sciences,** Innsbruck, Austria – Lecture's title: "Metabolic and molecular effects of dietary restriction in humans", Dec 2, 2014.

**The first Interventions in Aging Symposium,** Cancun, Mexico - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" – Feb 4-5 2015.

**Singapore Institute for Clinical Sciences, A\*STAR,** Singapore - Lecture's title: "Nutritional modulation of ageing and age-associated diseases" – Feb 24, 2015.

**Yong Loo Lin School of Medicine, National University of Singapore,** Singapore - Lecture's title: "Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms", Feb 25, 2015.

**Napoli University School of Medicine, CEINGE Biotecnologie Avanzate,** Napoli, Italy – Lecture's title: "Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms" – Apr 16, 2015.

**Scientific Conference on Nutrition and Aging "Nutrire la crescita",** Palazzo della Gran Guardia, Verona, Italy - Invited speaker at the symposium "Nutrition Frontiers", Lecture's title: "Nutrition and health promotion" – May 9, 2015.

**Wellcome Trust Scientific Conference on Aging,** Wellcome Trust Genome Campus, Hinxton, UK – Lecture titles "Dietary restriction, metabolism and aging" - May 18-20, 2015.

**Spanish National Cancer Research Centre (CNIO),** Madrid, Spain – CNIO Distinguished Seminar Series – Lecture's title: "Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms" – May 22, 2015

**Italian Cancer Institute Conference on Nutrition and Prevention and Treatment of Cancer, EXPO, Milan, Italy** - Lecture titles "Dietary restriction and cancer prevention" - Jun 28, 2015.

**Conference on Nutrition and Obesity: risk factors for cancer, University of Bari, Bari, Italy** - Lecture titles "Dietary restriction and longevity" - July 3-4, 2015.

**Gordon Research Conference on the Biology of Aging 2015** "The Translational Science of Aging: From Functional Pathways to Interventions" Sunday River Resort, Newry, Maine, USA - Lecture titles "Dietary restriction, metabolism and aging" - July 19-24, 2015.

**Baylor College of Medicine, Houston, USA** – Lecture's title: "Long-term effects of calorie restriction in humans" – Sep 23, 2015

**Biology of Aging Conference, Singapore** - Lecture's title: "Promoting Health and Longevity through Diet" – Oct 22-24 2015.

**Meeting of the Italian National Association of Gastroenterology, Treviso, Italy** - Lecture's title: "Nutritional and aging " - Nov 27, 2015.

**Istituto Scientifico Romagnolo per lo Studio e la Cura dei Tumori, Meldola (FC), Italy** – Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" – Dec 18, 2015

**Scuola Normale Superiore di Pisa, Pisa, Italy** - Lecture's title "Nutrition in health promotion and longevity: the scientific basis" – Dec 21 2015

**The Mayo Clinic, Rochester, Minnesota, USA** - Robert and Arlene Kogod Center on Aging seminar series focused on Successful Aging - Lecture's title: "Promoting Health and Longevity through Diet" – Mar 14, 2016.

**Drexel University, Department of Medicine, Philadelphia, USA** - Grand Rounds Lecture "Age-associated disease: a biology of aging perspective" – Apr 6, 2016

**Drexel University, Medical School, Philadelphia, USA** - "Nutritional Modulation of Aging" – Apr 6, 2016.

**26° Annual Meeting of the Italian Society of Diabetes, Rimini, Italy** - Invited speaker at the symposium "Nutrition: Beyond Calories" - Lecture's title: "Nutrition and longevity", May 7, 2016.

**Aspen Seminars for Leaders**, San Clemente Palace Kempinski, Venezia, Italy - Invited expert and speaker at the seminar "Quale medicina per il futuro? Prospettive, opportunità, impatti sulla società" - May 20-22, 2016

**NutriTech Symposium 'Phenotypic Flexibility – A new concept to quantify and optimise health, and its impact on nutrition research'** Lisbon, Portugal - Lecture's title: "Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms" - Jun 13-14, 2016.

**Symposium "Active and healthy longevity: genes, physical activity and nutrition"**, CEINGE, Napoli, Italy - Lecture's title: " Nutrition and Healthy Longevity" – Jun 27, 2016

**International Meeting on "Improving nutritional guidelines for sustainable health policies"**, Lecture's title "Promoting Healthy Longevity through Diet: Metabolic and Molecular Mechanisms" - Venice, Italy - July 1st, 2016

**Department of Bioscience, Biotechnology, and Biopharmaceutics, University of Bari**, Bari Italy – Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 4, 2016.

**Department of Medicine, University of Bari**, Bari, Italy - Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 4, 2016.

**University of Salento**, Lecce, Italy - Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 5, 2016.

**National Institute for Digestive Diseases "Saverio de Bellis"**, Castellana Grotte (BA), Italy – Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 6, 2016.

**Symposium on Dietary Restriction and Ageing, The Rank Prize Foundation**, Grasmere, Cumbria, England – Lecture's title: "Intervening in human ageing using caloric restriction" - Jul 11-14, 2016.

**The Mayo Clinic**, Rochester, Minnesota, USA - Metabolomics Interest Group Meetings - Lecture's title: "Metabolic and Molecular effects of dietary restriction in humans" - July 20, 2016

## Attività di reviewer per riviste scientifiche internazionali

Nature, New England Journal of Medicine, The Lancet, JAMA, Science, Science Translational Medicine, Nature Review Drug, Cell Metabolism, Cell Reports, Nature Communication, Journal of Clinical Investigation, Annals of Internal Medicine, Ageing Research Review, Archives of Internal Medicine, Journal of Experimental Medicine, Circulation, Journal of Clinical Endocrinology & Metabolism, FASEB Journal, PlosOne, Rejuvenation Research, American Journal of Clinical Nutrition, American Journal of the Medical Sciences, American Journal of Physiology Endocrinology and Metabolism, Journals of Gerontology Series A: Biological Sciences and Medical Sciences, Journal of Applied Physiology, Experimental Gerontology, European Journal of Cardiovascular Prevention and Rehabilitation, Translational Research, Preventive Medicine, Mechanisms of Ageing and Development, British Journal of Cancer, Journal of the American College of Nutrition, Journal of Nutritional Biochemistry.

## Attività di educazione e promozione della salute

Seminario presso la sede della Polizia di Verona "Prevenzione delle malattie cardiovascolari con dieta ed esercizio fisico", Verona, Italia, Aprile 1998.

Serie di seminari di promozione della salute pubblica presso il Comune di Riva del Garda "Prevenzione delle malattie cardiovascolari con dieta ed esercizio fisico", Riva del Garda, (TN) Italia, Maggio 9-12-19, 2000.

Educational activities in primary schools for children and parents "How to promote health: role of healthy diets and exercise", sponsored by the Health Promotion Educational Service, ASL 20, Verona, Italy, 2001-2002.

Health promotion seminar in the community "Pro and cons of vegetarian diets", St.Louis Vegetarian Society, St.Louis (MO), USA, May 2002.

Intervista su The New York Times - "Food for Holiday Thought: Eat Less, Live to 140?" by David Hochman, Nov 23, 2003.

Intervista su Giornale Scientifico Science - "Lean, Hungry, and Healthy" (Science 2004;304:514)

Intervista su Giornale Scientifico New Scientist - "Eat less and keep disease at bay" (New Scientist 2004;182:2444)

Partecipazione al documentario televisivo "Challenge the aging: You can live longer", a television documentary produced by the Japanese Nippon Hoso Kyokai (NHK) Television, 2004

Partecipazione al documentario televisivo "Secrets of Living, Aging, Illness and Death", a television documentary produced by the South Korea's premier public broadcaster KBS-TV, 2005

Partecipazione al documentario televisivo "Nutrition and aging", a television documentary produced by the Italian premier public broadcaster RAI-UNO, 2005

Intervista su Los Angeles Times, CA, USA - "The raw food puzzle", di Emily Singer, Aprile 4, 2005.

Intervista su The Times, London, UK - "Eat less — and live to 130" by David Mattin, Oct 3, 2005

Health promotion seminar in the community "Pro and cons of vegetarian diets", Rome Vegetarian Society, Rome, Italy, March 2006.

Intervista su Los Angeles Times, CA, USA - "Can we live longer?" di Andreas von Bubnoff, Dicembre 25, 2006

Intervista su The Wall Street Journal - "Reducing Your Daily Calories by 40%: The Science Behind 'Starvation' Diets", di Tara Parker-Pope, Gennaio 31, 2006.

Intervista su The Scientist - "The Trouble with Markers" (The Scientist 2006;20(3):36)

Intervista su The Washington Post, USA - "Low-Calorie Diet Keeps Heart Young", Jan 13, 2006

Intervista su The Scientist - "The Trouble with Markers" (The Scientist 2006;20(3):36)

Intervista su The Washington Post, USA - "High Protein Diets May Boost Cancer Risk" by Steven Reinberg, Dec 7, 2006

Partecipazione al programma radiofonico "The Health Report" by Norman Swan for the Australian Broadcasting Network. Interview topic: "The role of caloric restrictions in the ageing of the heart", on air Jan 23 2006.

Partecipazione al programma radiofonico "The Health Report" by Dr. Barry Dworkin for the Canadian Broadcasting Network. Interview topic: "Caloric restrictions in the aging of the heart", on air Feb 5, 2006

Partecipazione in un programma speciale dell'emittente televisiva CNN "Subtract calories, add years" di Keith Oppenheim, Jun 31, 2006

Selected as an American Diabetes Association (ADA) Faculty to lecture in the "Best of ADA India 2007" educational program for general practitioner in Delhi and Calcutta.

Partecipazione al documentario televisivo "Live longer: Caloric restrictions and ageing", a television documentary produced by the UK's premier public broadcaster BBC4, 2007.

Intervista su The Financial Times, UK - "Pear shapes more healthy than apples", by Alan Cane, Mar 17, 2007

Educational activities in primary schools for children and teachers "How to promote health: role of healthy diets and exercise", Rome, Italy, Jan 2008.

Invited speaker for an educational program in North America (sponsored by the EU) on the health benefits of extra-virgin olive oil and the Mediterranean diet - Montreal and Toronto, Canada, Apr 2008.

Partecipazione al documentario televisivo "Dieta Mediterranea", a television documentary produced by the Brazilian Globo TV, 2008.

Intervista su Newsweek Magazine - "Never say die", by Anne Underwood, Dec 12, 2008

Invited speaker for an educational program in North America (sponsored by the EU) on the health benefits of extra-virgin olive oil and the Mediterranean diet - Vancouver, Canada, Mar 2009.

Intervista su Los Angeles Times, CA, USA - "Running on empty: the pros and cons of fasting" by Shari Roan, Feb 2, 2009

Intervista su The New York Times, USA- "The Calorie-Restriction Experiment" by Jon Gertner, Oct 7, 2009

Partecipazione al programma radiofonico "On Point" with Tom Ashbrook for the National Public Radio (NPR), USA. Interview topic: "The Future of Aging". Live on Nov 5, 2009

Health promotion seminar "Nutrition, physical activity and health", Professional school of chefs, Palombara Sabina, Roma, Jan 8 2010.

WUSM's Mini-Medical School, Washington University School of Medicine, St.Louis, MO, USA – Lecture's title: "The keys to longevity" – Oct 26, 2010.

Intervista su Time Magazine - "Health Checkup: How to Live 100 Years - Eat Less, Live Longer?", by Bryan Walsh, Feb 11, 2010.

Intervista su New Scientist - "Eat less, live longer?" (New Scientist 2010;2762:36-39)

Partecipazione al programma radiofonico "Quirks & Quarks" for the CBC Radio, Canada. Interview topic: "Hungry for Life", on air Apr 24, 2010.

Featured in "Eat, Fast and Live Longer", a "Horizon" television documentary produced by the UK's premier public broadcaster BBC, which has been aired in UK, USA, Europe and Australia in 2012.

The Academy of Science - St. Louis and OASIS St. Louis, MO, USA - Eat Less: Live Better, Live Longer? The Scientific Evidence for Dietary Restriction and A Longer, Healthier Life – Jun 4 2012.

New Scientist - "Deprive yourself: The real benefits of fasting" (New Scientist 2012;2891:46-49)

Health promotion seminar at the Expò AMI "Alimentazione Mediterranea Internazionale", Rome, Italy - Jan 25, 2014.

Health promotion seminar in the community "Nutrition, Health and Longevity", Villa Valmarana, Noventa Padovana (PD), Italy, Feb 19 2014.

Educational seminar on health promotion and disease prevention for Zambon Company – May 22, 2014

Educational seminar on nutrition and cancer prevention at IEO European Institute of Oncology, Milan, Italy - May 30, 2014

Educational seminar on nutrition and health (organized by the local Physician Council), Auditorium San Barnaba, Brescia, Italy - Apr 23, 2015

Health promotion seminar in the community "Promoting Health and Longevity through Diet", Chesterfield, MO, USA - Aug 30 2015

Invited speaker for an educational program at McDougall Advanced Study Weekends, Santa Rosa, CA, USA – Sep 11-13 2015

Health promotion seminar in the community "Promoting Health and Longevity through Diet", Brescia, Italy - May 13, 2016

Time Magazine - "You Asked: Should I Try a Fasting Diet?", by Markham Heid, Mar 30, 2016.

Health promotion seminar in the community "Nutrition in the prevention of chronic diseases", Arco (TN), Italy - Jun 16, 2016

Time Magazine - "9 Healthy Snacks That Prevent Overeating", by Markham Heid, Aug 11, 2016.

## Ulteriori informazioni

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 (facoltativo)".

Firma

