

# Curriculum Vitae

## Personal Details

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**Name** PAOLA GUALTIERI  
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## Work Experience

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**18 February – present** **Type B fixed-term researcher (RTDB) in Applied Dietary Technical Sciences (MED/49), Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata**

**01 August 2020 – 28 February 2022** **Research Fellow**  
**Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata**  
**“4P medicine: creation of a telemedicine-teleconsultation program”**

**23 November 2018 – 15 July 2020** **Researcher**  
**Elleva Pharma/CNR/Tor Vergata, Naples/Rome**  
Researcher for a POR FERS 2014-2020 project.

**14 Sept 2018 – 14 Dec 2018** **Scientific Collaborator**  
**Department of Surgery Sciences, Magna Græcia University of Catanzaro, Catanzaro**  
Development of new techniques to increase the EVO shelf-life during storage

**04/2018 - 09/2018** **Volunteer Scientific Collaborator**  
**Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata, Rome**  
Interaction between food component of diet and body composition

**12/2017 - 04/2018** **Scientific Collaborator**  
**Department of Agriculture, Mediterranean University of Reggio Calabria, Reggio Calabria**  
Nutritional characterization of food systems containing derivatives of olive

processing

11/2017 - 11/2017

**Volunteer Scientific Collaborator**  
**Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata, Rome**

Interaction between food component of diet and body composition

11/2014 - 10/2017

**PhD Student in Applied Medical-Surgical Sciences, line of research: Clinical Nutrition**

**Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata, Rome**

Study of some clinical Nutrition aspects; analysis of body composition parameters; nutrigenetics and nutrigenomics; study of NACCP processes; DNA extraction; RT-PCR.

03/2014 - 10/2014

**Volunteer Scientific Collaborator**  
**Section of Clinical Nutrition and Nutrigenomics, Department of Biomedicine and Prevention, University of Rome Tor Vergata, Rome**

Study of some clinical Nutrition aspects; analysis of body composition parameters; nutrigenetics and nutrigenomics; study of NACCP processes; DNA extraction; RT-PCR.

12/2013 - 02/2014

**Volunteer Scientific Collaborator**  
**Department of Chemistry, Sapienza University of Rome, Rome**

Extraction in organic and water phases from food sample and analysis with Nuclear Magnetic Resonance

## Education

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11/2014 - 10/2017

**PhD in "Applied Medical-Surgical Sciences", research in Clinical Nutrition**  
**University of Rome Tor Vergata, Rome (18 April 2018)**

Thesis "Process innovation to contrast the erosion of the Mediterranean Diet and consumer protection: study of a territorial model"

Clinical, nutrigenetic and nutrigenomic nutrition

- Extraction of DNA from salivary sample.
- Analysis, by PCR method and subsequent electrophoretic run, of genetic polymorphisms.
- Extraction of RNA from blood sample.
- Analysis, through PCR-Real Time method, of genes for oxidative stress, genes involved in inflammatory processes and genes involved in the detoxification of drugs, toxic chemicals, hormones and micronutrients important for pharmacological, endocrinological and food science studies.
- Analysis of oxidized LDL by ELISA method on plasma, at different study phases.

09/2011 - 12/2013

**Analytical Chemistry, 110/110 cum laude**  
**Sapienza University of Rome, Rome**

Thesis "Study by Nuclear Magnetic Resonance of plant systems subjected to environmental pollution"

Chemistry, Analytical Chemistry, Nuclear Magnetic Resonance

- Extraction techniques, sample preparation, statistical analysis of the results (univariate and multivariate analysis)

09/2008 - 09/2011

**Chemistry**  
**University of Calabria, Rende (CS)**

## Skills

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<b>Microsoft office</b>	Very good
<b>Windows</b>	Very good
<b>Internet</b>	Very good
<b>SPSS</b>	Good
<b>SigmaPlot</b>	Average
<b>Unscramler</b>	Average

## Languages

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<b>IT</b>	Native
<b>EN</b>	Very Good

## Qualities and Personal Skills

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I have good relationship skills and I have an open mind. I can work well both alone and in a team, perfectly adapting to multicultural situations (acquired during university thesis and doctoral experiences, but also during voluntary and sports activities).

I have good communication skills. I can manage groups of people and organize work team (experiences gained over the years of my doctorate and in volunteering).

I react well and have an excellent organizational spirit even in stressful situations (e.g. unexpected deadlines).

### COURSES

- E-Learning course (F.A.D.) on D.LGS. 81/08 and subsequent amendments, FORMATION AND INFORMATION OF WORKERS, Elleva Pharma
- Course: BASIC INFORMATION AND TRAINING ON CHEMICAL RISK, expected from D.LGS. 81/2008 and subsequent amendments, Sapienza University of Rome

### Partecipation in Reasearch Groups

Several scientific documents are the result of collaborations between research groups both nationally and internationally.

## Editorial Documents

- Chapter in “Pathology”, Victor R. Preedy Editor, ISBN: 978-0-12-815972-9. Abenavoli L, Romano L, **Gualtieri P**, De Santis GL De Lorenzo A. “Mediterranean diet: the role of antioxidants in liver disease”, pp 255-264.
- Chapter of “Nutrizione Umana” book, Edilson Editore, ISBN: 978-88-7947-649-2: Valutazione dello stato nutrizionale, Antonino De Lorenzo, **Paola Gualtieri**, Lorenzo Romano, Laura Di Renzo
- “Manuale Delle Procedure Operative Per La Garanzia Della Qualità Nella Nutrizione Ospedaliera” by Antonino De Lorenzo; Autori: Antonino De Lorenzo, Fabrizio Jacoangeli, Anna Anzidei, Giovanni Capria, Nicoletta Del Duca, Simona Giglio, **Paola Gualtieri**, Eleonora Moriconi, Elena Papa, Tiziana Persichetti, Leila Shizard, Elaine Tyndall, Laura Di Renzo, Ed. Universitalia (2016)

## PROJECTS

- PNRR\_Ricerca Biomedica. CODICE PNRR-MAD-2022-12376383. Title: “Characterization of Immunoinflammatory mechanisms and immunonutrients action on cognitive ageing and Alzheimer's disease”. Ministry of Health – RESEARCHER
- Traiettorie 5 del Piano operativo salute. Title: “Modello di progettazione della rete dei sistemi di sicurezza alimentare, qualità nutrizionale e nutrigenomica della Dieta Mediterranea per la difesa della salute in Italia: applicazione del processo Nutrient Analysis of Critical Control Point” – MOOD. Ministry of Health – RESEARCHER
- Programma di Sviluppo Rurale Della Regione Calabria 2014-2020. Title: “Il processo NACCP per la valorizzazione dei grani antichi” – Calabria Region - RESEARCHER
- Ricerca Corrente Istituto Zooprofilattico del Lazio e della Toscana. Title: “Studio delle caratteristiche bromatologiche e verifica in vitro degli effetti pro e anti infiammatori del latte con isoforme A1 e A2 della  $\beta$ -caseina finalizzato alla implementazione di un sistema di certificazione del latte e dei derivati prodotti nella Regione Lazio” IZSLT 05/22. Ministry of Health - RESEARCHER
- External Collaborator on the “Viticultural models and health value of grapes and wine: agricultural and die – VINSALUT” Project. Ministry of Agriculture and Forestry; DM 18829/7818 del 05 august 2009, from 03 march 2014 to 31 october 2014
- External Collaborator on the “Enhancement of quality and Nutraceuticals Healthy Hazelnut: between the territorial productive practices, customs, food and gastronomic capital of the local memory – VALSANUT” Project: Ministry of Agriculture and Forestry; D.M.; 2017188 del 24 march 2011, from 02 april 2018 to 31 august 2018

## EDUCATIONAL ASSIGNMENTS / TUTORING

- AY 2024/25
  - Teaching in “Human Nutrition and Dietistics” (3 CFU, MEDS-08/C), degree in Pharmacy, University of Rome “Tor Vergata”
  - Teaching in “Food and Nutrition for Health and Fitness” (2 CFU, MEDS-08/C), in integrated course “Food and Nutrition for Health and Fitness and Clinical Pathology”, degree in Physical Activity and Health Promotion, University of Rome “Tor Vergata”
  - Teaching in “Fisiologia dell’Alimentazione” (2 CFU, MEDS-08/C), degree in Dietistica, University of Rome “Tor Vergata”
  - Teaching in “Nutraceutica e regimi alimentari” (2 CFU, MEDS-08/C), degree in Scienza e Tecnica dello Sport, University of Rome “Tor Vergata”
  - Teaching in “Medicina Pratica 3” (1 CFU, MEDS-08/C) degree in Medicina e Chirurgia, University of Rome “Tor Vergata”

Teaching at the Doctoral School in Applied Medical-Surgical Sciences, University of Rome “Tor Vergata”

Member of the Teaching Board of the Doctoral School in Applied Medical-Surgical Sciences, SSD MEDS-08/C, University of Rome “Tor Vergata”

Teaching in Applied Dietetic Technical Sciences MEDS-08/C (3 CFU frontal teaching activities + 20 CFU professional training activities), at the School of Specialization in Food Science, University of Rome "Tor Vergata"

Member of the Council of the School of Specialization in Food Science, University of Rome “Tor Vergata”

Member of the Teaching Board of the Master "Diagnosis and treatment of behavioral and weight disorders", University of Rome "Tor Vergata"

- AY 2023/24

Member of the admission commission for the Degree Course in Pharmacy, University of Rome “Tor Vergata”

Teaching in “Food Chemistry” (5 CFU, CHIM/10), in integrated course “Dietistic Sciences And Food Chemistry”, degree in Pharmacy, University of Rome “Tor Vergata”

Teaching in “Nutraceutica e regimi alimentari” (2 CFU, MED/49), degree in Scienza e Tecnica dello Sport, University of Rome “Tor Vergata”

Teaching at the Doctoral School in Applied Medical-Surgical Sciences, University of Rome “Tor Vergata”

Member of the Teaching Board of the Doctoral School in Applied Medical-Surgical Sciences, SSD MED/49, University of Rome “Tor Vergata”

Teaching in Applied Dietetic Technical Sciences MED/49 (3 CFU frontal teaching activities + 20 CFU professional training activities), at the School of Specialization in Food Science, University of Rome "Tor Vergata"

Member of the Council of the School of Specialization in Food Science, University of Rome “Tor Vergata”

Member of the Teaching Board of the Master "Diagnosis and treatment of behavioral and weight disorders", University of Rome "Tor Vergata"

Supervisor of the thesis “Nutraceutical and supplements on athletes immune system”, 29/02/2024, in Pharmacy, University of Rome "Tor Vergata"

Supervisor of the thesis “Hydroxytyrosol and Polyphenols from Extra Virgin Olive Oil on Neurological Disease And Cancer”, 29/02/2024, in Pharmacy, University of Rome "Tor Vergata"

Co-Supervisor of the thesis “Exploring the Interplay of Infertility: Microbiota Modulation, Body Composition Dynamics, and the Role of the Mediterranean Diet”, 29/02/2024, in Pharmacy, University of Rome "Tor Vergata"”

- AY 2022/23

Teaching at the Doctoral School in Applied Medical-Surgical Sciences

Member of the Teaching Board of the Doctoral School in Applied Medical-Surgical Sciences, SSD MED/49, University of Rome “Tor Vergata”

Teaching in Applied Dietetic Technical Sciences MED/49 (3 CFU frontal teaching activities + 20 CFU professional training activities), at the School of Specialization in Food Science, University

of Rome "Tor Vergata"

Member of the Council of the School of Specialization in Food Science, University of Rome "Tor Vergata"

Coordinator of the 1st level Master in "Sustainable Nutrition", University of Rome "Tor Vergata"

Member of the Teaching Board of the Master "Diagnosis and treatment of behavioral and weight disorders", University of Rome "Tor Vergata"

Supervisor of the thesis "Immunonutrition in Female Gamete Competence", 31/10/2023, in Pharmacy

Supervisor of the thesis "Effect of high-fat diet on pancreatic cancer", 31/10/2023, in Pharmacy

Supervisor of the thesis "A Retrospective Study on PNI and Inflammatory Status", 31/10/2023, in Pharmacy

Supervisor of the thesis "Sustainability of the Diet", 31/10/2023, in Pharmacy

- AY 2021/22

Teaching in SSD MED/49 at the Doctoral School in Applied Medical-Surgical Sciences

Teaching in "Module II: Food Chemistry" of "Dietistic Sciences and Food Chemistry Integrated Course"

Co-supervisor of the thesis "Il Ruolo del Dietista nei DNA", CdL in Dietistica

- AY 2020/21

Teaching in SSD MED/49 at the Doctoral School in Applied Medical-Surgical Sciences

Subject expert for Degree in Pharmacy, Dietistic Sciences and Food Chemistry Integrated Course, Module II: Food Chemistry

Secretary's office Master "Diagnosi e trattamento dei disturbi del comportamento alimentare e del peso"

- AY 2019/20

Teaching in SSD MED/49 at the Doctoral School in Applied Medical-Surgical Sciences

Subject expert for Degree in Pharmacy, Dietistic Sciences and Food Chemistry Integrated Course, Module II: Food Chemistry

Secretary's office Master "Medicina Preventiva e di Iniziativa", Università degli Studi di Roma Tor Vergata

Secretary's office Master "Consulente per la certificazione e l'etichettatura nutrizionale", Università degli Studi di Roma Tor Vergata

- AY 2018/2019

Teaching in SSD MED/49 at the Doctoral School in Applied Medical-Surgical Sciences

- from AY 2018/2019 to date

Supervision of PhD students

Tutoring activities for Students of Schools of Specialization in Food Science

- from AY 2016/2017 to date

Tutoring for theses

## **EDITORIAL BOARD & REVIEWER**

- Associate Editor per "Frontiers in Nutrition" – Section "Nutritional Epidemiology"
- Associate Editor per "Trials"
- Editorial Board "BMC Nutrition"

- Guest Editor Special Issue "Eating Behaviors, Body Composition and Neuro Vulnerability in Energy Metabolism Regulation" – 2nd edition, 2024
- Co-Guest Editor con la Prof.ssa Laura Di Renzo, Special Issue “Precision Nutrition, Diet Quality, Health Behavior Change, Gut Microbiota, and Environmental Sustainability to target the Management of Obesity”, *Nutrients*, 2022
- Guest Editor Special Issue "Eating Behaviors, Body Composition and Neuro Vulnerability in Energy Metabolism Regulation", *Nutrients*, 2022
- Guest Editor per la Special Issue “Impact of High Fiber Diet, High Protein Diet and Low Carbohydrate Diet and of Fat Mass on Diseases Prevention and Treatment”, *Nutrients*, 3030
- Reviewer per numerose riviste, tra cui: *Scientific Reports*; *Journal of Translational Medicine*; *Journal of Obesity*; *International Journal of Food Sciences and Nutrition* *Diabetes*; *Metabolic Syndrome and Obesity: Targets and Therapy*.

## Congress & Oral Communication

- Scientific Committee and Speaker at the 4th International Yale Symposium on Olive Oil and Health organization 15-18 September 2022, Rome
- Oral Communication, “Congresso SIME 2020 41° Congresso Nazionale della Società Italiana di Medicina Estetica (SIME), 15° Congresso Nazionale dell'Accademia Italiana di Medicina Anti-Aging (AIMAA)”: "Psychobiotics regulate the anxiety symptoms in carriers of allele A of IL1-β gene: a randomized, placebo-controlled clinical trial", **Paola Gualtieri**
- Oral Communication, “Congresso SIME 2020, 41° Congresso Nazionale della Società Italiana di Medicina Estetica (SIME), 15° Congresso Nazionale dell'Accademia Italiana di Medicina Anti-Aging (AIMAA)”: “Effects of a Personalized VLCKD on Body Composition and Resting Energy Expenditure in the Reversal of Diabetes to Prevent Complications" **Paola Gualtieri**
- 16-20 September 2019, 28° ITALO-AMERICAN CONGRESS OF ETHNOMEDICINE (Italo-Latin\_American Society of Ethnomedicine – SILAE), Cuba “Very-low-calorie ketogenic diet with aminoacid supplement versus very low restricted-calorie diet for preserving muscle mass during weight loss: a pilot double-blid study”, Merra G, Miranda R, Barrucco S, **Gualtieri P**, Mazza M, Moriconi E, Marchetti M, Chang TF, De Lorenzo A, Di Renzo L.
- 26 May 2018, “Nutrizione 4.0: l'innovazione della certificazione NHACCP”, intervento dal titolo: “Risultati del Processo NACCP”, Speaker
- 19 December 2016, Oral Communication at 77° National Congress of Italian Society of Cardiology – *Italian Journal of Cardiology*: “M.A. Perrone, A. Intorcchia, R. Morgagni, **P. Gualtieri**, G. Cioccoloni, A. De Lorenzo, R. Romeo. Mediterranean Meal Versus Western Meal Effects on Post-Prandial Ox-LDL, Oxidative and Inflammatory Gene Expression in Healthy Subjects: Nutrigenomic Approach in Cardiometabolic Risk”
- 27-29 March 2019, Oral Communication at XXXVI National Congress of Italian Sport Medicine Federation, Perrone MA, Donatucci B, Salvati A, **Gualtieri P**, De Lorenzo A, Bernardini S. Inflammation, oxidative stress and gene expression. The post-prandial approach in professional soccer players: when Nutrigenomics can reduce the risk of muscle injuries and early atherosclerosis.

## ORGANIZZAZIONE CONVEGNI

- ASNS 1st Congress Albanian Society of Nutrition Science, 18 May 2024, Maritim Hotel Plaza Tirana, Rruga Abdi Toptani 18, Tiranë 1001, Shqipëria
- Scientific Committee of the Conference “LIPPEDEMA: LA RICERCA AL SERVIZIO DEL PAZIENTE”, University of Rome “Tor Vergata”, Rome, November 22, 2019
- Scientific Committee and Organization of “Sicurezza Alimentare e Nutrizionale”, Camera dei Deputati, Rome, December 16, 2019

## Awards

- Lazio Region Award: “Contributi premiali per i ricercatori e assegnisti di ricerca per rafforzarne la condizione professionale e potenziare il sistema della ricerca del Lazio”, 2022
- Best Oral Communication at 77° National Congress of Italian Society of Cardiology – Italian Journal of Cardiology: “M.A. Perrone, A. Intorcia, R. Morgagni, **P. Gualtieri**, G. Cioccoloni, A. De Lorenzo, R. Romeo. Mediterranean Meal Versus Western Meal Effects on Post-Prandial Ox-LDL, Oxidative and Inflammatory Gene Expression in Healthy Subjects: Nutrigenomic Approach in Cardiometabolic Risk”
- Best Scientific Contribution - 27-29 March 2019, XXXVI National Congress of Italian Sport Medicine Federation. Perrone MA, Donatucci B, Salvati A, Gualtieri P, De Lorenzo A, Bernardini S. Inflammation, oxidative stress and gene expression. The post-prandial approach in professional soccer players: when Nutrigenomics can reduce the risk of muscle injuries and early atherosclerosis.

## SCIENTIFIC DOCUMENTS

From Scopus: H index= 24; Documents = 89; Citation = 3423

1. Di Renzo L, **Gualtieri P**, Frank G, Cianci R, Raffaelli G, Peluso D, Bigioni G, De Lorenzo A. Sex-Specific Adherence to the Mediterranean Diet in Obese Individuals. *Nutrients*. 2024 Sep 12;16(18):3076. doi: 10.3390/nu16183076. PMID: 39339676; PMCID: PMC11434719.
2. **Gualtieri P**, Frank G, Cianci R, Dominici F, Mappa I, Rizzo G, De Santis GL, Bigioni G, Di Renzo L. Fish Consumption and DHA Supplementation during Pregnancy: Study of Gestational and Neonatal Outcomes. *Nutrients*. 2024 Sep 10;16(18):3051. doi: 10.3390/nu16183051. PMID: 39339651; PMCID: PMC11434981.
3. Frank G, **Gualtieri P**, Cianci R, Caldarelli M, Palma R, De Santis GL, Porfilio C, Nicoletti F, Bigioni G, Di Renzo L. Body Composition and Alzheimer's Disease: A Holistic Review. *Int J Mol Sci*. 2024 Sep 4;25(17):9573. doi: 10.3390/ijms25179573. PMID: 39273520; PMCID: PMC11395597.
4. Vella R, Pizzocaro E, Bannone E, **Gualtieri P**, Frank G, Giardino A, Frigerio I, Pastorelli D, Gruttadauria S, Mazzali G, di Renzo L, Butturini G. Nutritional Intervention for the Elderly during Chemotherapy: A Systematic Review. *Cancers (Basel)*. 2024 Aug 9;16(16):2809. doi: 10.3390/cancers16162809. PMID: 39199582; PMCID: PMC11352472.
5. Pala B, Tocci G, Nardoiani G, Barbato E, Cianci R, **Gualtieri P**, Frank G, Di Renzo L. Hormonal Balance and Cardiovascular Health: Exploring the Interconnection between Menopause, Body Composition, and Thyroid Function in a Cohort of Hypertensive Women. *Applied Sciences*. 2024; 14(17):7772. <https://doi.org/10.3390/app14177772>
6. Di Renzo L, **Gualtieri P**, Frank G, Cianci R, Caldarelli M, Leggeri G, Raffaelli G, Pizzocaro E, Cirillo M, De Lorenzo A. Exploring the Exposome Spectrum: Unveiling Endogenous and Exogenous Factors in Non-Communicable Chronic Diseases. *Diseases*. 2024 Aug 2;12(8):176. doi: 10.3390/diseases12080176. PMID: 39195175; PMCID: PMC11353379.
7. De Lorenzo A, Itani L, El Ghoch M, **Gualtieri P**, Frank G, Raffaelli G, Pellegrini M, Di Renzo L. Difference in Body Composition Patterns between Age Groups in Italian Individuals with Overweight and Obesity: When BMI Becomes a Misleading Tool in Nutritional Settings. *Nutrients*. 2024 Jul 25;16(15):2415. doi: 10.3390/nu16152415. PMID: 39125296; PMCID: PMC11314337.
8. Merra G, **Gualtieri P**, La Placa G, Frank G, Della Morte D, De Lorenzo A, Di Renzo L. The Relationship between Exposome and Microbiome. *Microorganisms*. 2024 Jul 8;12(7):1386. doi: 10.3390/microorganisms12071386. PMID: 39065154; PMCID: PMC11278511.
9. **Gualtieri P**, Frank G, Cianci R, Smeriglio A, Alibrandi A, Di Renzo L, Trombetta D. Mediterranean Diet Influence on SARS-CoV-2 Vaccine Adverse Reaction: Friend or Foe? *Nutrients*. 2024 Jun 12;16(12):1846. doi: 10.3390/nu16121846. PMID: 38931201; PMCID: PMC11206327.
10. De Lorenzo A, Itani L, El Ghoch M, Frank G, De Santis GL, **Gualtieri P**, Di Renzo L. The Association between Sarcopenic Obesity and DXA-Derived Visceral Adipose Tissue (VAT) in Adults. *Nutrients*. 2024 May 27;16(11):1645. doi: 10.3390/nu16111645. PMID: 38892578; PMCID: PMC11174391.

11. Merra G, Dominici F, **Gualtieri P**, Capacci A, Cennamo G, Esposito E, Dri M, Di Renzo L, Marchetti M. Role of vitamin K2 in bone-vascular crosstalk. *Int J Vitam Nutr Res.* 2024 Apr;94(2):143-152. doi: 10.1024/0300-9831/a000761. Epub 2022 Aug 30. PMID: 36039403.
12. Pradhan A, Bhandari M, Vishwakarma P, **Gualtieri P**, Di Renzo L, Iellamo F, Sethi R, Perrone MA. Dyslipidemia and heart failure: current evidence and perspectives of use of statins. *Eur Rev Med Pharmacol Sci.* 2024 Apr;28(7):2860-2877. doi: 10.26355/eurrev\_202404\_35929. PMID: 38639527.
13. Merra G, **Gualtieri P**, De Lorenzo A, Capacci A, Frank G, Dri M, Di Renzo L, Marchetti M. Impact of Precision Nutrition on Microbiota and Obesity. *Current Nutrition and Food Science.* 2024. 20 (5), pp. 602 – 614. doi: 10.2174/1573401319666230724112531.
14. De Lorenzo A, Pellegrini M, **Gualtieri P**, Itani L, Frank G, El Ghoch M, Di Renzo L. The Association between Obesity and Reduced Weight-Adjusted Bone Mineral Content in Older Adults: A New Paradigm That Contrasts with the Obesity Paradox. *Nutrients.* 2024 Jan 25;16(3):352. doi: 10.3390/nu16030352. PMID: 38337637; PMCID: PMC10857150.
15. Merra G, **Gualtieri P**, De Lorenzo A, Capacci A, Frank G, Dri M, Di Renzo L, Marchetti M. Could Microbiota Edit Oxalate Nephrolithiasis' Story? *Current Nutrition and Food Science.* 2024;20(3):271-282. doi: 10.2174/1573401319666230601143942.
16. Merra G, Donati G, Romano L, **Gualtieri P**, Capacci A, Di Renzo L, De Lorenzo A. Parenteral vs Enteral Nutrition: A Retrospective Study on PNI and Inflammatory Status. *Curr Nutr Food Sci.* 2024; 20(3):357-368. Doi: 10.2174/1573401319666230503153258.
17. De Lorenzo A, Itani L, **Gualtieri P**, Pellegrini M, El Ghoch M, Di Renzo L. Association between Sarcopenia and Reduced Bone Mass: Is Osteosarcopenic Obesity a New Phenotype to Consider in Weight Management Settings? *Life (Basel).* 2023 Dec 21;14(1):21. doi: 10.3390/life14010021. PMID: 38276270; PMCID: PMC10817427.
18. Di Renzo L, **Gualtieri P**, Frank G, De Santis GL, Cianci R, Bigioni G, De Lorenzo A. Sex Differences in the Efficacy of Mediterranean Diet Treatment: A Nutrigenomics Pilot Study. *Genes (Basel).* 2023 Oct 24;14(11):1980. doi: 10.3390/genes14111980. PMID: 38002923; PMCID: PMC10671063. *Co-first author*
19. **Gualtieri P**, Cianci R, Frank G, Pizzocaro E, De Santis GL, Giannattasio S, Merra G, Butturini G, De Lorenzo A, Di Renzo L. Pancreatic Ductal Adenocarcinoma and Nutrition: Exploring the Role of Diet and Gut Health. *Nutrients.* 2023 Oct 21;15(20):4465. doi: 10.3390/nu15204465. PMID: 37892540; PMCID: PMC10610120.
20. Di Renzo L, **Gualtieri P**, Zomparelli S, De Santis GL, Seraceno S, Zuena C, Frank G, Cianci R, Centofanti D, De Lorenzo A. Modified Mediterranean-Ketogenic Diet and Carboxytherapy as Personalized Therapeutic Strategies in Lipedema: A Pilot Study. *Nutrients.* 2023 Aug 20;15(16):3654. doi: 10.3390/nu15163654. PMID: 37630844; PMCID: PMC10457774. *Co-first author*
21. Cinelli G, Croci I, De Santis GL, Chianello I, Miller KP, **Gualtieri P**, Di Renzo L, De Lorenzo A, Tozzi AE, Zanna V. Adherence to a Mediterranean Diet, Body Composition and Energy Expenditure in Outpatients Adolescents Diagnosed with Anorexia Nervosa: A Pilot Study. *Nutrients.* 2023 Jul 20;15(14):3223. doi: 10.3390/nu15143223. PMID: 37513641; PMCID: PMC10385161.
22. Di Renzo L, **Gualtieri P**, Rio P, Massaro MG, Caldarelli M, Frank G, Della-Morte D, Gasbarrini A, Gambassi G, De Lorenzo A, Franza L, Cianci R. Role of nutrients in modulating microbiota and immunity in COVID-19 disease. *Eur Rev Med Pharmacol Sci.* 2023 Jun;27(12):5927-5945. doi: 10.26355/eurrev\_202306\_32832. PMID: 37401330.
23. Di Renzo L, **Gualtieri P**, Frank G, De Lorenzo A. Nutrition for Prevention and Control of Chronic Degenerative Diseases and COVID-19. *Nutrients.* 2023 May 10;15(10):2253. doi: 10.3390/nu15102253. PMID: 37242138; PMCID: PMC10224017. *Corresponding Author*
24. **Gualtieri P**, Trombetta D, Smeriglio A, Frank G, Alibrandi A, Leggeri G, Marchetti M, Zingale I, Fanelli S, Stocchi A, Di Renzo L. Effectiveness of Nutritional Supplements for Attenuating the Side Effects of SARS-CoV-2 Vaccines. *Nutrients.* 2023 Apr 7;15(8):1807. doi: 10.3390/nu15081807. PMID: 37111026; PMCID: PMC10141698.
25. Di Renzo L, Smeriglio A, Ingegneri M, **Gualtieri P**, Trombetta D. The Pharmaceutical Formulation Plays a Pivotal Role in Hydroxytyrosol Pharmacokinetics. *Pharmaceutics.* 2023 Feb 23;15(3):743. doi: 10.3390/pharmaceutics15030743. PMID: 36986604; PMCID: PMC10059125.
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I declare that the information contained in this Curriculum Vitae is correct and true.

In compliance with the GDPR (EU Regulation 2016/679) and the Italian Legislative Decree no. 196 dated 30/06/2003, I hereby authorize you to use and process my personal details contained in this document.

Rome, October 10, 2024

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