

CURRICULUM VITAE ET STUDIORUM

Luigi Fontana, MD (Hons), PhD, FRACP

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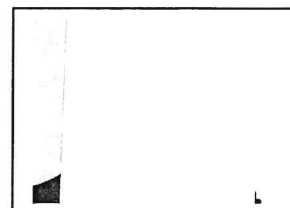
PERSONAL INFORMATION

Date of birth:

Place of birth:

CITIZENSHIP:

OFFICE ADDRESS:



PRESENT POSITIONS:

Professor of Medicine and Nutritional Sciences
Leonard P Ullmann Chair in Translational Metabolic Health
Director, Healthy Longevity Research and Clinical Program
Charles Perkins Centre and Central Clinical School
Faculty of Medicine and Health
The University of Sydney

Scientific Director
Charles Perkins Centre Royal Prince Alfred Clinic
The University of Sydney & Sydney Local Health District

Clinical Academic
Department of Endocrinology, Royal Prince Alfred Hospital,
Sydney Local Health District, Sydney

EDUCATION

Undergraduate:

- 1983 – 1988 **Scientific High School Diploma**
Liceo Scientifico "A. Maffei", Riva del Garda (TN), Italy
- 1986 – 1987 **Diploma of Cobol Language Computing**
Istituto di Scienze Manageriali Informatiche, Rovereto (TN), Italy
- 1988 **Diploma of Botany & Herbal Medicine**
Pharmacology Department, University of Urbino, Italy

Graduate:

- 1988 – 1994 **Medical Doctor (MD), 110/110 "summa cum laude"**
Verona University School of Medicine, Verona, Italy
- 1999 – 2004 **Doctor of Philosophy (PhD) in Metabolism**
Padova University School of Medicine, Italy

Postgraduate Training:

- 1994 **Medical Internship**
University Hospital, Verona University School of Medicine, Verona, Italy
Hospital of Riva del Garda, Division of Emergency Medicine, Riva del Garda (TN), Italy

- 1995 – 1999 **Residency in Internal and Emergency Medicine**
Verona University School of Medicine, Italy
- 1997 **Research Fellow in Metabolism and Cardiovascular Biology**
King's College School of Medicine, University of London, London, UK
- 1999 **Board Certification in Internal Medicine and Emergency Medicine**
Verona University School of Medicine, Italy

Additional postgraduate studies:

- 1992 – 1995 **Diploma of Acupuncture and Traditional Chinese Medicine**
So Wen Acupuncture and Chinese Medicine School, Milan, Italy
- 1997 **Cambridge Certificate in Advanced English Examination**
Reference No. 97C108505009 (December 1997 Session)
Southwark College, London, UK
- 1998 **Theoretical-practical Course on "Oxidative stress: from basic research to therapeutic applications"**
ASFA - Institute of Pharmacological Sciences – Chieti Medical School, University of Chieti, Italy
- 1998 **Master on "Hypertension diagnostic techniques"**
Master of the Italian Society of Hypertension – University of Brescia Medical School, Italy
- 1999 **Course on "Advances in Cardiology"**
Italian Society of Cardiology – University of Milano, Italy
- 2001 **Course on "Heart Failure: advances in diagnosis and therapy"**
Italian Society of Cardiology – University of Roma, Italy

LANGUAGES

Italian: Native
English: Full professional proficiency; fluent
German: Elementary proficiency

MEDICAL LICENSURE AND BOARD CERTIFICATION

- 1994 Italian Medical License: MD3148
- 1995 Specialist in Acupuncture & Traditional Chinese Medicine
- 1999 Board-certified in Internal Medicine & Emergency Medicine (Italy)
- 2004 Ph.D. in Metabolism
- 2019 Fellow of the Adult Medicine Division of the Royal Australasian College of Physicians
- 2020 Specialist in Obesity Medicine, Australian Health Practitioner Regulation Agency (AHPRA)

ACADEMIC POSITIONS/APPOINTMENTS

- 1990 **Visiting Medical Student**
Department of Pathology, Wroclaw University School of Medicine, Poland (Prof. Michael Jelen)
- 1993 – 1994 **Graduate Student in Internal Medicine**
Department of Internal Medicine, Verona University School of Medicine, Italy (Prof. A. Lechi)
- Jan-Dec 1997 **Research Fellow in Cardiology**
Centre for Cardiovascular Biology and Medicine
King's College School of Medicine, University of London, London, UK (Prof. James M Ritter)
- 2001 – 2002 **Research Associate**
Department of Internal Medicine, Division of Geriatrics, Section of Exercise Physiology,
Washington University School of Medicine, St. Louis, MO, USA (Prof. John O. Holloszy)
- 2002 – 2005 **Research Instructor of Medicine**
Department of Internal Medicine, Division of Geriatrics and Nutritional Sciences,
Center for Human Nutrition, Washington University School of Medicine, St. Louis, MO, USA
- 2005 – 2008 **Research Assistant Professor of Medicine**
Department of Internal Medicine, Division of Geriatrics and Nutritional Sciences, Center for Human
Nutrition, Washington University School of Medicine, St. Louis, MO, USA
- 2008 – 2012 **Research Associate Professor of Medicine**
Department of Internal Medicine, Division of Geriatrics and Nutritional Sciences, Center for Human
Nutrition, Washington University School of Medicine, St. Louis, MO, USA
- 2013 – 2018 **Professor of Medicine**
Department of Medicine, Division of Geriatrics and Nutritional Sciences, Center for Human Nutrition,

- Washington University School of Medicine, St. Louis, MO, USA
- 2008 – 2018 **Co-Director**
Longevity Research Program, Washington University Medical School, St. Louis, MO, USA
- 2012 – 2013 **Professor of Medicine and Nutritional Sciences**
Department of Medicine
Salerno University Medical School, Salerno, Italy
- 2013 **2013 CERA Visiting Professor**, University of Sydney, Sydney, Australia
- 2014 – present **Professor of Nutritional Sciences (in aspettativa)**
Department of Clinical and Experimental Sciences
Brescia University Medical School, Brescia, Italy
- 2018 – present **Adjunct Professor of Medicine**
Division of Geriatrics and Nutritional Sciences, Department of Medicine
Washington University School of Medicine, St. Louis, MO, USA
- 2018 – present **Professor of Medicine and Nutritional Sciences**
University of Sydney, Sydney, NSW, Australia
- 2018 – present **Leonard P Ullmann Chair in Translational Metabolic Health**
Charles Perkins Centre and Central Clinical School
University of Sydney, Sydney, NSW, Australia
- 2018 – present **Director**
Healthy Longevity Research and Clinical Program
Charles Perkins Centre, University of Sydney, Sydney, NSW, Australia
- 2022 – present **Academic Scientific Director**
Charles Perkins Centre Royal Prince Alfred Clinic
University of Sydney & Sydney Local Health District, Sydney, NSW, Australia

HOSPITAL AND GOVERNAMENTAL POSITIONS/APPOINTMENTS

- 1999 – 2001 **Night Duty Doctor**
ASL 22 of Negrar, Verona, Italy
- 1999 **Consultant**
Department of Respiratory Diseases, University Hospital “Borgo Trento”, Verona, Italy
- 2001 – 2004 **Consultant**
Department of Internal Medicine, Tione Hospital, Trento, Italy
- 2004 – 2011 **Senior Scientist**
Department of Nutritional and Animal Health
Italian National Institute of Health, Rome, Italy
- 2004 – 2011 **Scientific Coordinator** of an International Collaborative Research Program between the Italian National Institute of Health in Rome (Italy) and Washington University School of Medicine in St. Louis (USA).
- 2008 – 2011 **Director, Division of Nutrition and Aging**
Italian National Institute of Health, Rome, Italy
- 2008 – 2010 Scientific coordinator of the 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)
- 2011 **Scientific coordinator and referent** for the project "Analysis and study of the economic impact of obesity in Italy" - Convention between the Italian Ministry of Health and the Istituto Superiore di Sanità
- 2018 – present **Clinical Academic**
Department of Endocrinology
Sydney Local Health District, Sydney, NSW, Australia
- 2021 – 2022 **Co-Medical Lead for the COVID-19 vaccination program at RPAH**
Sydney Local Health District, Sydney, NSW, Australia
- 2022 – present **Scientific Director**
Charles Perkins Centre Royal Prince Alfred Clinic
University of Sydney & Sydney Local Health District, Sydney, NSW, Australia

TEACHING ACTIVITIES

- 2011 – 2013 Nutritional science and metabolism, MD program
University of Salerno Medical School, Italy
- 2014 – 2018 Nutritional science and metabolism, MD program

	University of Brescia Medical School, Italy
2014 – 2018	Nutritional science and metabolism, Bachelor Degree Program in Nutrition University of Brescia, Italy
2014 – 2018	Nutritional science and disease prevention, Master Degree Program in Science and technology for population health and wealth, University of Brescia, Italy
2014 – 2018	Nutritional modulation of healthy longevity and disease prevention, PhD Program in Technology for Health, University of Brescia, Italy
2018 – present	Translational metabolic health and disease prevention, School of Medicine, University of Sydney, Australia
2018 – present	Translational metabolic health and disease prevention, Business School, University of Sydney, Australia

INDIVIDUALS WHO HAVE TAKEN POSTDOCTORAL RESEARCH TRAINING WITH ME

Filomena Rinaldi, Ph.D.	2005-2008
Claudio Di Sanza, Ph.D.	2005-2008
Roberto Cangemi, M.D.	2007-2008
Manuela Abbate, Ph.D.	2008-2011
Daniela Omodei, Ph.D.	2009-2011
Andreaa Soare, M.D.	2009-2012
Gemma Fraterrigo, M.D.	2009-2012
Domenico Martone, Ph.D.	2012-2013
Edda Cava, M.D.	2012-2013
Nicola Veronese, M.D.	2013-2014
Wanda Rizza, Ph.D.	2013-2014
Francesco Spelta, M.D.	2013-2015
Concetta Montagnese, Ph.D.	2013-2015
Beatrice Bertozzi, Ph.D.	2013-2017
Serena Commissati, M.D.	2017-2018
Valeria Tosti, M.D.	2014-2018
Chiara Satriano, Ph.D.	2016-2018
Marjan Mosalman Haghighi, MS, PhD	2020-2021
Sophia Cassidy, PhD	2019-
Cynthia Kroeger, PhD	2020-
Sayan Mitra, PhD student	2019-
Tian Wang, PhD student	2020-
Andrius Masedunskas, PhD	2021-
Gayathiri Rajakumar, PhD student	2021-
María Lastra Cagigas, PhD	2022-

HONORS AND AWARDS

1994	“Summa cum laude” Graduate (M.D.), Verona University Medical School, Verona, Italy
1994	Internal Medicine Studentship Award (funded by the Italian Ministry of University and Research)
1999	Postgraduate Diploma of Specialization in Internal Medicine and Emergency Medicine (50/50)
1999	Metabolism Studentship Award (funded by the Italian Ministry of University and Research)
2004	Washington University Clinical Nutrition Research Unit Center P&F Award; “Calorie restriction and markers of aging in humans” (5,000 US\$)
2006 – 2009	The Longer Life Foundation Pilot & Feasibility Award
2007	Biography has been listed in Marquis “Who’s Who in America, 2007”
2007	Selected to lecture as an American Diabetes Association (ADA) Faculty in the “Best of ADA India 2007” educational program in Delhi and Calcutta
2009	Biography has been listed in Marquis “Who's Who in America, 2009”
2009	Glenn/AFAR Breakthroughs in Gerontology Award
2011	Unsolicited Glenn Award for Research in Biological Mechanisms of Aging
2012 – present	Fellow, Centre for Economic and International Studies, University of Rome "Tor Vergata", Italy
2013	Visiting CERA Professor, University of Sydney, Australia
2014 – present	Faculty Scholar, Institute of Public Health, Washington University in St. Louis, USA

- 2014 – 2019 Scientific Member of the Board of Directors, American Aging Association
- 2016 Vincent Cristofalo Rising Star Award in Aging Research, American Aging Association, 2016
- 2019 Fellow, Adult Medicine Division of the Royal Australasian College of Physicians
- 2021 Vice-Chancellor's Award for Research Excellence, University of Sydney
- 2022 Elected Honorary Member of the Italian Association of Hospital Gastroenterologists
- 2022 Elected Ordinary Non-resident Member of the Italian Pontanian Academy of Naples (II Section of Natural Sciences), founded in 1458 by Giovanni Pontano and patronized by Alfonso V of Aragon
- 2022 Elected Ordinary Non-resident Member of the Italian Academy of Medical and Surgical Sciences of the National Society of Sciences, Letters and Arts in Naples, founded in 1698

COMMITTEES AND APPOINTMENTS

- 1999 Co-director, 59th Course of International School of Pharmacology: “Nitric Oxide: from basic research to clinical application”, NATO Advanced Study Institute - “Ettore Majorana” Centre, Erice, Italy
- 2000 – 2001 Advisor for Nutrition, Health Promotion Educational Service, ASL 20, Verona, Italy
- 2008 – 2013 Board of Directors, Italian Society of Geriatrics and Gerontology
- 2008 – 2011 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)
- 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
- 2013 – 2016 President, Scientific Board, Healthy Foundation, Italy
- 2014 Member of the Steering Committee, Aging Research Center, Mexico City, Mexico
- 2014 – 2019 Scientific Member of the Board of Directors, American Aging Association
- 2019 – present Scientific Member, Sydney Local Health District Clinical Quality Council, Sydney, Australia
- 2022 – present Member of the Executive Steering Committee, Charles Perkins Centre, University of Sydney, Australia

PROFESSIONAL SOCIETIES AND ORGANIZATIONS

- 2008 – 2014 Italian Society of Geriatrics and Gerontology
- 2010 – present American Aging association
- 2019 – present Fellow of the Adult Medicine Division of The Royal Australasian College of Physicians
- 2021 – present Honorary Member, Italian Association of Hospital Gastroenterologists
- 2022 – present Ordinary Non-resident Member of the Italian Pontanian Academy of Naples, Italy
- 2022 – present Ordinary Non-resident Member of the Italian Academy of Medical and Surgical Sciences of the National Society of Sciences, Letters and Arts in Naples, Italy

EDITORIAL RESPONSIBILITIES

- 2015 – present Editor-in-Chief: Nutrition & Healthy Aging
- 2015 – present Associate Editor: Geroscience
- 2014 – present Editorial board Member: Ageing Research Review
- 2013 – 2022 Editorial board Member: Aging Cell
- 2011 – present Editorial Board Member: FACULTY of 1000
- 2011 – present Editorial Board Member: Gerontology
- 2011 – present Editorial board Member: Aging
- 2009 – present Editorial board Member: Giornale di Gerontologia
- 2009 – 2022 Aging Cell
- 2022 – present Aging Biology
- 2022 – present Biogerontology

EDITORIAL, REFEREEING AND REVIEWING ACTIVITIES

- 2002 – present Ad-hoc referee for New England Journal of Medicine, The Lancet, JAMA, Science, Nature Review Drug, Cell Metabolism, Nature Communication, Journal of Clinical Investigation, Annals of Internal Medicine, 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.

2004 – present Reviewer for Washington University Center for Human Nutrition grant proposals
Washington University Medical School, St.Louis, USA

2006 Reviewer for The Netherlands Organization for Health Research and Developmental (ZoneMw) grant proposals, Netherland

2007 Reviewer for the 2007 Pilot Grant Program of the Barshop Institute for Longevity and Aging Studies, University of Texas Health Science Center at San Antonio, TX, USA

2008 Reviewer for the 2008 Research Project Grants of the Medical Research Scotland, Edinburgh, UK

2008 Reviewer for the 2008 Pilot/Feasibility Grants Competition, University of Michigan Geriatrics Center Pilot Grants Program.

2008 - present Reviewer for the 2008 Grant Programme of the Longer Life Foundation, Washington University in St.Louis, MO, USA.

2008 Reviewer for the Global Centers of Excellence (COE) Program, Japan

2008 Reviewer for the Grant Program of the Italian Ministry of Health “Ricerca Finalizzata: Progetti Ordinari”

2009 Reviewer for the 2009 Research Project Grants of the Portuguese Foundation for Science and Technology

2010 Reviewer for the 2010 Grant Programme of the Longer Life Foundation, Washington University in St.Louis, MO, USA

2011 Reviewer for the 2011 Research Project Grants of the French National Research Agency (ANR), “Laboratories of Excellence 2011” (Labex 2011)

2011 Reviewer for the 2011 Grant Programme of the European Union (EU) FP7, theme 2 “European Knowledge Based Bio-Economy” (KBBE) 2012

2012 Reviewer for the 2012 American Federation Aging Research AFAR's National Scientific Advisory Council (NSAC), Glenn/AFAR BIG Research Grants.

2012 Reviewer for the 2012 Grant Programme of the Diabetes UK on Strategic research initiative on Type 2 diabetes remission.

2013 Reviewer for the 2013 American Federation Aging Research AFAR's National Scientific Advisory Council (NSAC), Glenn/AFAR BIG Research Grants.

2013 Reviewer for the Grant Program of the Italian Ministry of University “PRIN 2012”

2014 Reviewer for the Grant Program of the English Biotechnology and Biological Sciences Research Council (BBSRC), UK

2014 Reviewer for the Grant Program of the Fondazione Roma, Italy

2014 Reviewer for the Grant Program of the University of Graz, Austria

2014 Reviewer for the 2014 American Federation Aging Research AFAR's National Scientific Advisory Council (NSAC), Glenn/AFAR BIG Research Grants.

2015 Reviewer for the program project applications, NIH, National Institute on Aging, USA

2016 Reviewer for the program project applications, Dutch Cancer Society, The Netherland

2016 Reviewer for the program project applications, Canada First Research Excellence Fund, Canada

2017 Reviewer for the project applications, Dutch Cancer Society (KWF), The Netherland

2017-18 Reviewer for the American Federation Aging Research AFAR's National Scientific Advisory Council (NSAC), Glenn/AFAR BIG Research Grants

2019 Reviewer for the 2019 Grant Program of the Cancer Research UK's

2020 Reviewer for the 2020 Australian NHMRC/MRFF 2019 Preventive and Public Health Research Grant Opportunity

2020 Reviewer for the 2020 American Federation Aging Research AFAR's National Scientific Advisory Council (NSAC), U.S. National Academy of Medicine's (NAM) Healthy Longevity Global Competition

2020 Reviewer for the 2020 Research Grants Council (RGC) of Hong Kong, under the RGC's Faculty Development Scheme (FDS)

2021 Reviewer for the Australian NHMRC/MRFF 2020 Maternal Health and First 2000 Days, Early Childhood, and Exercise and Nutrition Grant Assessment

2021 Reviewer for the Australian NHMRC Investigator Grant Assessment

2021 Reviewer for the project applications, Dutch Cancer Society (KWF), The Netherland

2021 Reviewer for the 2021 Grant Programme of the Longer Life Foundation, Washington University in St.Louis, MO, USA

- 2021 Reviewer for the project applications, Dutch Research Council (NWO) 'Gravitation Programme', The Netherland
- 2022 Reviewer for the Australian NHMRC Investigator Grant Assessment
- 2022 Reviewer for the U.S. National Academy of Medicine's (NAM) Healthy Longevity Catalyst Award Competition
- 2022 Reviewer for the 2022 Grant Programme of the Longer Life Foundation, Washington University in St.Louis, MO, USA
- 2022 Reviewer for the Singaporean National Medical Research Council, Clinician Scientist Award (CSA) Program
- 2022 Reviewer for the Italian Multiple Sclerosis Award Program

FUNDING INFORMATION

Current support:

- 2018- SRRRP & Picasso (DVCR-419); Fontana L; DVC Research/Strategic Research Recruitment and Retention Program (SRRRP); L.Fontana, (P.I.); 750,000 AU\$
- 2019-2024 Australian Youth and Health Foundation, "Effects of comprehensive lifestyle modification on atherosclerosis progression in patients with coronary artery disease measured by non-invasive CT coronary angiography"; L.Fontana, (P.I.); 2,500,000 AU\$
- 2020-2024 NHMRC Investigator Grant, title "Food and exercise as medicine: a new medical approach for the prevention of age-related diseases" (APP1177797); L.Fontana, (P.I.); 2,721,276 AU\$
- 2021-2024 Philip Bushell Foundation, 'Improving the outcomes of chemotherapy treatment for cancer by reducing damage to normal cells'; L.Fontana, (P.I.); 1,050,013 AU\$
- 2022-2029 Australian Youth and Health Foundation, 'Food and exercise as medicine: education is key'; L.Fontana, (P.I.); 1,925,00 AU\$

Previous support:

- 2017-18 Longer Life Foundation-BJHF Grant for the "Longevity Research Program", title "Metabolic and molecular effects of prolonged fasting"; L.Fontana, (P.I.); 75,000 \$
- 2018 Bakewell Foundation; "Longevity Research Program". L.Fontana, (P.I); \$ 500,000 total direct costs
- 2017 Longer Life Foundation-BJHF Grant for the "Longevity Research Program", title "Metabolic and molecular effects of intermittent fasting and Mediterranean diet"; L.Fontana, (P.I.); 75,000 \$
- 2012–2017 European Community SEVENTH FRAMEWORK PROGRAMME, SSH.2012.3.2-1 Making longevity an asset for economic and social development; Collaborative Project "Mobilising the potential of active ageing in europe (MOPACT)"; L.Fontana (co-investigator); 88.458 Euro total direct costs.
- 2012 – 2017 Italian Ministry of Health: ordinary projects; "Effect of calorie restriction on renal function in obese diabetic patients". L.Fontana (P.I) 270.000 Euro total direct costs.
- 2016 Bakewell Foundation; "Longevity Research Program". L.Fontana, (P.I); \$ 500,000 total direct costs
- 2015 Bakewell Foundation; "Longevity Research Program". L.Fontana, (P.I); \$ 500,000 total direct costs
- 2016 Longer Life Foundation-BJHF Grant for the "Longevity Research Program", title "Effect of Fasting on Metabolic Health"; J.Holloszy (P.I); L.Fontana, (co-P.I.); 75,000 \$ total direct costs.
- 2014 Bakewell Foundation; "Longevity Research Program". L.Fontana, (P.I); \$ 500,000 total direct costs
- 2013 Bakewell Foundation; "Effect of Protein Restriction on Prostate Cancer in Humans". L.Fontana, (P.I); \$ 450,000.
- 2012 – 2015 European Community SEVENTH FRAMEWORK PROGRAMME, THEME 2 - Food, Agriculture and Fisheries, and Biotechnology; Collaborative Project "Application of new technologies and methods in nutrition research – the example of phenotypic flexibility (NUTRITECH)"; L.Fontana (co-investigator); 75.000 € total direct costs.
- 2011 - 2012 Scott and Annie Appleby Charitable Trust; "Effect of Calorie Restriction on Human Health". L.Fontana, (P.I); \$ 150,000.
- 2011 Glenn Award for research in biological mechanisms of aging. L.Fontana, (P.I); 60,000 US\$ direct costs.
- 2010 – 2013 Grant from Anonymous Donor; "Can Fish Oil and Phytochemical Supplements Mimic Anti-Aging and Anti-Cancer Effects of Calorie Restriction?"; L.Fontana (P.I); \$ 470.000.
- 2010 – 2013 Italian Ministry of Health – Bando Italia-Istituzioni USA 2010 - PRE 804/10; "Can protein restriction mimic the metabolic, cellular and gene expression effects of caloric, restriction and inhibit cancer growth"; L.Fontana (P.I.); 120.000 € total direct costs.

2010 – 2012 Longer Life Foundation-BJHF Grant for the “Longevity Research Program”, title “Effect of Calorie Restriction on Arterial Aging”; J.Holloszy (P.I); L.Fontana, (co-P.I.); 75,000 \$ total direct costs.

2009 – 2012 Italian Ministry of Health: progetti ordinary; “Effect of weight loss on metabolic, functional, cognitive status and biological markers of longevity in obese frail elderly”. L.Fontana (P.I) 360.000 € total direct costs.

2009 – 2012 2009 Glenn/American Federation for Aging Research Breakthroughs in Gerontology; “Calorie Restriction and Gene Expression in Humans”; L.Fontana, (PI); 200.000 \$ direct cost

2008 - 2009 Calorie Restriction Society; “Effect of calorie restriction on gene expression in skeletal muscle in humans”. L.Fontana (P.I) \$ 154,000 total direct costs.

2008 – 2009 Longer Life Foundation Grant #2008-002; “Longevity Research Program”; 06/01/2008–05/31/2009; J.Holloszy (P.I); L.Fontana, (co-P.I.); 75,000 \$ total direct costs.

2008 – 2011 DSM Investigator-Initiated Research Award “Effect of Resvida dietary supplementation on muscle tissue gene expression: A comparison with calorie restriction regimen”. S Klein (PI), L Fontana (Co-investigator); \$ 500,000 total direct costs.

2008 Scott and Annie Appleby Charitable Trust Donation; “Effect of Calorie Restriction on Human Health”. L.Fontana, (P.I); \$ 100,000. This fund has been restricted by the donor for research on the effects of calorie restriction on aging and longevity in humans under the current direction Dr. L.Fontana.

2007 - 2009 Italian Ministry of Health: Research Project Ex Art. 56 L 289/2002 - High level intensive cardiopulmonary rehabilitation program: implementation and outcome measures; Fondazione “Salvatore Maugeri”, IRCCS (P.I: P.Giannuzzi); L.Fontana – ISS (Co-PI); 50.000 € total direct costs.

2007 - 2010 Italian Ministry of Health – Cardiopulmonary rehabilitation in frail patients after myocardial infarction; Fondazione “Salvatore Maugeri”, IRCCS (P.I: Cacciatore Francesco); L.Fontana – ISS (Co-PI); 80.000 € total direct costs.

2007 – 2010 Italian Ministry of Health – Progetto Istituto Superiore di Sanità/National Institute of Health; “Preventing Renal Functional Abnormalities Predisposing to Chronic Kidney Disease in Abdominal Obesity: A Pilot Study of Calorie Restriction in Subjects with Abdominal Obesity and Type 2 Diabetes at Increased Renal and Cardiovascular Risk”; 20/4/2007 - 31/12/2010; L.Fontana (P.I.); 90.000 € total direct costs.

2007 – 2009 Longer Life Foundation; “Effects of caloric restriction on markers of aging and longevity”; 01/10/2007 – 31/9/2008; L.Fontana, (P.I.); 50,000 \$

2007 Private donation; “Effect of Calorie Restriction on Human Health”. L.Fontana, (P.I.); \$ 20,000. This fund has been restricted by the donor for research on the effects of calorie restriction on aging and longevity in humans under the current direction Dr. L.Fontana.

2006 – 2009 Italian Ministry of Health; “Development of a Call Center to help people with diabetes”; 1/1/2006 – 31/12/2008; L.Fontana, (P.I.); 70,000 € total direct costs

2006 – 2007 Longer Life Foundation; “Effects of caloric restriction on markers of aging and longevity”; 09/01/2006 – 08/31/2007; L.Fontana, (P.I.); 59,748 \$

2006 Private donation; “Effect of Calorie Restriction on Human Health”. L.Fontana, P.I.; \$ 20,000. This fund has been restricted by the donor for research on the effects of calorie restriction on aging and longevity in humans under the current direction Dr. L.Fontana.

2006 Private donation; “Effect of Calorie Restriction on Human Health”. L.Fontana, (P.I.); \$ 8,800. This fund has been restricted by the donor for research on the effects of calorie restriction on aging and longevity in humans under the current direction Dr. L.Fontana.

2006 Scott and Annie Appleby Charitable Trust Donation; “Effect of Calorie Restriction on Human Health”. L.Fontana, (P.I); \$ 53,000. This fund has been restricted by the donor for research on the effects of calorie restriction on aging and longevity in humans under the current direction Dr. L.Fontana.

2004 – 2006 Italian Ministry of Health – ISS/NIH; “Calorie restriction and aging in humans”; 10/10/2004 - 10/10/2006; L.Fontana, (P.I.); 90,000 € total direct costs.

2004 Scott and Annie Appleby Charitable Trust Donation; "Effects of a long-term vegan diet on glucose and lipid metabolism atherosclerotic process and bone density", HSC#01-0804; L.Fontana, (P.I.); \$ 30,000

2002 – 2005 NIH/NCAM - R01 AT 01103; "Long-term efficacy and safety of the Atkins' diet"; 5/1/2002-4/30/2007; S.Klein, Site P.I., G.Foster, P.I., L.Fontana, Co-investigator; \$144,595 Annual

2002 Private donation; “Effect of Vegan Diets on Human Health”. L.Fontana, (P.I.); \$ 10,000.

2001 – 2011 National Institutes of Health U01-AG020487; “Calorie restriction and aging in humans” 9/30/2001 – 8/31/2008; J.Holloszy, P.I., L.Fontana, Co-investigator; \$5,291,225 total direct costs.

2001 – 2006 National Institutes of Health AG020076; “Is DHEA replacement therapy beneficial?” 9/15/02 – 8/31/2007; J.Holloszy, PI, L. Fontana, Co-Investigator; \$1,703,817 total direct costs.

2001 – 2005 NIH/NIDDK - R01 DK37948; "Obesity and nonalcoholic fatty liver disease";

2001 – 2008 12/01/1986 - 11/30/2008; S Klein (PI), L Fontana (Co-investigator); \$269,180 Annual Washington University General Clinical Research Center Grant; "Effects of long-term vegan diet on glucose tolerance, lipid profile, carotid atherosclerosis and bone metabolism"; HSC#01-0804 7/1/2002 – 7/1/2010; L.Fontana, P.I.

RESEARCH INTERESTS

My research interests lie in preventive medicine and in the mechanisms mediating health and longevity in humans. They focus primarily on the role of nutrition, physical exercise, and other preventative interventions in retarding the aging process and in preventing the accumulation of metabolic and molecular damage leading to multiple age-associated and metabolic related chronic diseases. In particular, I have applied whole-body physiological and tissue-specific molecular approaches to investigate the effects of several clinical interventions, including calorie restriction, intermittent fasting, protein or amino acid restriction, Mediterranean diet, plant-based diets, physical exercise and CR mimetics, on outcomes such as cardiovascular health and function, glucose metabolism, insulin sensitivity, inflammation, neuroendocrine and immune function, gut microbiome health and cancer biology. I am also interested in the endocrine role of abdominal fat storage and associated metabolic alterations as mediators of insulin resistance and accelerated aging.

PUBLICATIONS

Articles in Peer Review Journals:

- 1) 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.
- 2) 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.
- 3) 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.
- 4) **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.
- 5) 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.
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- 146) Tosti V, Barve R, Bertozzi B, Veronese N, Early DS, Head RD, **Fontana L**. When a Calorie Is Not a Calorie: Metabolic and Molecular Effects of Intermittent Fasting in Humans. **Aging Biology** 2022 (accepted for publication).
- 147) Wang T, Kroeger CM, Cassidy S, Mitra S, Ribeiro RV, Jose S, Masedunskas A, **Fontana L**. Vegetarian Dietary Patterns and Cardiometabolic Risk in People With or At High Risk of Cardiovascular Disease: A Systematic Review and Meta-analysis. 2022 (submitted for publication).
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- 150) Cassidy S, Darke P, Twigg S, Klein S, Di Tanna G, Twigg S, **Fontana L**. Impact of high-normal fasting plasma glucose on the risk of type 2 diabetes in middle-aged men and women: a UK Biobank cohort study. 2022 (submitted for publication).
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Full list of publications: [ORCID 0000-0001-8500-5537](https://orcid.org/0000-0001-8500-5537)

As for Jan 2023, total citations: **28,048**; h-index **74** (Google scholar). **96.4%** of papers are in the top 10% most-cited journals. **65** articles marked with  represent citation classics (papers that have been cited more than 100 times).

Book Chapters:

- **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, edited by Edward J. Masoro and Steven N. Austad. Published by Elsevier Inc., 2011
- Weiss E, **Fontana L**. Metabolic Consequences of Caloric Restriction. In: Modern Nutrition in Health and Disease, Eleventh Edition, edited by Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR. Lippincott Williams & Wilkins 2013.
- 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, 2013.
- Yu D, **Fontana L**, Lamming D. Aging: Mechanisms, Signaling and Dietary Intervention. In: Principles of Nutrigenetics and Nutrigenomics, edited by Raffaele De Caterina, J. Alfredo Martinez and Martin Kohlmeier. Published by Elsevier Inc., 2020
- Batini N, **Fontana L**. Greening Food Demand in Advanced Economies. In: The Economics of Sustainable Food: Smart Policies for Health and the Planet, edited by Nicoletta Batini. Published by Island Press, 2021
- Leonie K Heilbronn, Kai Julia Liu, **Fontana L**. Biology of Calorie Restriction and Intermittent Fasting. In: Handbook of Obesity: Clinical Applications, 5th Edition, By George A. Bray, Claude Bouchard. Published by Informa Health Care, 2022.

- Green C, Lamming D, **Fontana L**. Metabolic and molecular consequences of dietary restriction. In: *Modern Nutrition in Health and Disease*, 12th Edition, edited by Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR. Lippincott Williams & Wilkins 2023.

BOOKS:

- 1) Berrino F, **Fontana L**. *La Grande Via: Nutrizione, Movimento, Meditazione*. Mondadori Editori, 2017.
- 2) **Fontana L**, Vittorio Fusari. *La felicità ha il sapore della salute*. Slow Food Editore, 2018.
- 3) **Fontana L**, Vittorio Fusari. *La table de longue vie*. Éditions du Rouergue, 2019.
- 4) **Fontana L**. *The Path to Longevity*. Hardie Grant Books, 2020.
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- 7) **Fontana L**. *Manual of Healthy Longevity & Wellbeing*. Hardie Grant Books, 2023.

Letters, articles in non-peer review scientific journals and others:

- 1) Andrioli G, **Fontana L**, Ortolani R, Gaino S, Minuz P, Lechi C, Bellavite P, Lechi A. Increased platelet size, adhesion and expression of P-selectin (GMP-140) in patients with essential hypertension. **European Journal of Clinical Investigation** 1996;26(Suppl 1):A23(124).
- 2) Andrioli G, Ortolani R, **Fontana L**, Gaino S, Bellavite P, Lechi C, Minuz P, Lechi A. Study of platelet adhesion in patients with uncomplicated hypertension. **High blood pressure & Cardiovascular prevention** 1996;5(Suppl 3):21.
- 3) **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 Clinical Pharmacology** 1998; 46: 288P.
- 4) **Fontana L**, McNeill K.L, Ritter J.M, Chowienczyk P.J. Inhibitory effects of low-density lipoproteins on endothelium-dependent relaxation are attenuated by vitamin C and a cell permeable superoxide dismutase mimetic. **Proceedings of the British Pharmacological Society** 1998 (P113).
- 5) Chowienczyk P.J, McNeill K.L, Fisher I, **Fontana L**, Ritter J.M. Metabolic abnormalities, antioxidants and vascular dysfunction. **British Journal of Clinical Pharmacology** 2000; 23 (SC3 - Abstract 85).
- 6) **Fontana L**. Nutrition and Longevity. **Notiziario dell'Istituto Superiore di Sanità** 2004; 17(7/8):28-31
- 7) **Fontana L**. Visceral Obesity, caloric restriction and aging. **Giornale di Gerontologia** 2006;54:131-133.
- 8) 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 College Cardiology** 2006;48(4):848.
- 9) **Fontana L**. Calorie restriction and aging in humans. **Rapporti ISTISAN** 2006;50:202-205.
- 10) **Fontana L**. Calorie Restriction with Adequate Nutrition and Aging in Humans. **Experimental Medicine (Japanese review journal)** 2007;25(12):1807-1815.
- 11) **Fontana L**. Calorie restriction, exercise and aging. **Giornale di Gerontologia** 2007;55:11-14.
- 12) **Fontana L**. Calorie restriction and aging in humans. **Rapporti ISTISAN**. 2009;09(05):412-414.
- 13) **Fontana L**, Weiss EP, Villareal D, Klein S, Holloszy JO. IGF-1, nutrition and aging: the big picture. **Aging Cell** 2009;8(2):215.
- 14) **Fontana L**. Nutrition and longevity. **Anti-Aging Medicine (Japanese journal)** 2009;5(1):4-8.
- 15) **Fontana L**, Partridge L. Dietary Restriction: Standing Up for Sirtuins—Response. **Science** 2010;329(5995): 1013.
- 16) **Fontana L**, Partridge L, Longo VD. Dietary Restriction: Theory Fails to Sate—Response. **Science** 2010;329(5995): 1015.
- 17) Veronese N, Stubbs B, Maggi S, **Fontana L**. Reply to KA Beals and to C Parks. **Am J Clin Nutr**. 2018;107(5):849-850.

INVITED PROFESSORSHIPS & LECTURESHIPS

1. **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
2. **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
3. **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
4. **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
5. **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

6. **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
7. **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
8. **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
9. **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
10. **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
11. **3rd Calorie Restriction Society Conference**, Charleston, SC, USA - Lecture's title: "Energy Intake, Food Composition and Aging in Humans" – Nov 7, 2004
12. **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
13. **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
14. **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.
15. **Washington University School of Medicine**, Division of Geriatrics and Nutritional Science Wednesday Noon Seminar – Lecture's title: "Calorie Restriction in Humans" – May 4, 2005.
16. **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.
17. **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.
18. **Kilo Diabetes & Vascular Research Foundation and Washington University School of Medicine**, St.Louis, MO, USA - Invited speakers at the 33rd 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.
19. **IRCCS Maugeri Foundation**, Pavia - Lecture's title: "Calorie Restriction and Cardiovascular Health" – 12 Feb, 2006.
20. **4th Calorie Restriction Society Conference**, Tucson, AZ, USA - Lecture's title: "Calorie and protein restriction, cancer, and aging" – Apr 6, 2006
21. **Baylor College of Medicine**, Houston, USA – Lecture's title: "Long-term effects of calorie restriction in humans" – May 8, 2006.
22. **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.
23. **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
24. **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
25. **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
26. **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
27. **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
28. **Tokushima University School of Medicine**, Department of Nutrition, Tokushima, Japan – Lecture's title: "Calorie restriction and aging in humans" – Nov 24, 2006

29. **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
30. **Modena University School of Medicine**, Division of Geriatrics, Modena, Italy - Lecture's title: "Adiposity, calorie restriction and aging in humans" – Dec 18, 2006
31. **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
32. **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.
33. **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.
34. **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.
35. **Sirtris Pharmaceuticals**, Boston, Cambridge, MA, USA – Lecture's title: "Calorie restriction and longevity", Boston, Apr 24, 2007
36. **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.
37. **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
38. **Institut Pasteur**, Paris, France. Invited speaker at the 2nd 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
39. **American Diabetes Association, 67th 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.
40. **Calorie Restriction Society Workshop "Glucose Control and CR"**, New York, USA - Lecture's title: "Calorie restriction, metabolic health and aging" – Aug 9-13, 2007.
41. **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
42. **University of Alabama at Birmingham**, Clinical Nutrition Research Center, Birmingham, AL, USA – "Adiposity, Calorie restriction and Metabolic Health", Sep 24-25, 2007
43. **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", New Delhi, India, Oct 5-7, 2007.
44. **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.
45. **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.
46. **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.
47. **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.
48. **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
49. **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
50. **Napoli University School of Medicine**, CEINGE Biotecnologie Avanzate, Napoli, Italy (Prof. Francesco Salvatore) - Lecture's title: "Adiposity, calorie restriction and aging in humans" – Jan 15, 2008
51. **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.
52. **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.
53. **P.A.N. Prevenzione Alimentazione Nutrizione Meeting**, Camera dei Deputati, Rome, Italy – Invited speaker at the workshop "Prevention and Health Promotion", Feb 19, 2008.

54. **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.
55. **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
56. **22^o 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.
57. **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
58. **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.
59. **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
60. **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.
61. **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
62. **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.
63. **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.
64. **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.
65. **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.
66. **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.
67. **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.
68. **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.
69. **Genova University School of Medicine**, Division of Geriatrics, Genova, Italy - Lecture's title: "Modulating Human Aging and Age-Associated Diseases" – Feb 20, 2009.
70. **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.
71. **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.
72. **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
73. **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.
74. **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", Perfugas (SS), Italy – June 4-6, 2009
75. **Italian Cancer Institute**, Istituto Regina Elena, Rome, Italy - Lecture's title: "Modulating Human Aging and Age-Associated Diseases" – June 10, 2009
76. **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.
77. **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

78. **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.
79. **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
80. **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.
81. **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
82. **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.
83. **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.
84. **Napoli University School of Medicine**, CEINGE Biotecnologie Avanzate, Napoli, Italy (Prof. Francesco Salvatore) - Lecture's title: "Metabolic and molecular effects of calorie restriction" – Jul 9, 2010
85. **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
86. **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
87. **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
88. **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.
89. **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
90. **Reinsurance Group of America (RGA) Webcast Series**, St.Louis, MO, USA - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Nov 17, 2010
91. **Accademia Medica di Roma**, Roma, Italy - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jan 27, 2011
92. **Università Cattolica del Sacro Cuore**, Piacenza, Italy – Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – Feb 16, 2011
93. **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
94. **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
95. **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
96. **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.
97. **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
98. **Technische Universität München in Freising**, Germany - Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" – Jun 21, 2011
99. **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.
100. **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
101. **Nestlé Research Center Lausanne, Svizzera** – Lecture's title: "Metabolic and molecular effects of long-term calorie restriction" Jul 7, 2011
102. **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

103. **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
104. **3rd 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
105. **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
106. **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
107. **7th Calorie Restriction Society Conference**, Las Vegas, USA - Lecture's title: "Metabolic and molecular effects of calorie restriction in humans" – Oct 28, 2011
108. **3rd 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
109. **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.
110. **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.
111. **Brescia University**, Brescia, Italy - Lecture's title: "Energy efficiency and health" - Jan 7, 2012
112. **Napoli University School of Medicine**, CEINGE Biotecnologie Avanzate, Napoli, Italy - Lecture's title: "Importance of multidisciplinary in the prevention of the chronic diseases and health promotion" – Feb 6, 2012
113. **Brescia University School of Medicine**, Brescia, Italy - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" – Feb 22, 2012
114. **NutriTech kick-off Meeting**, Volendam, the Netherlands Italy - Lecture's title: "Calorie restriction and phenotypic flexibility" – Mar 12-14, 2012
115. **National Institute of Aging**, Baltimore, USA - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" – April 17, 2012.
116. **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.
117. **Stazione Zoologica Anton Dohrn**, Naples, Italy - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction" – June 19, 2012.
118. **University of Graz**, Institute of Molecular Biosciences, Graz, Austria - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" – June 22, 2012
119. **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
120. **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
121. **Celebration of Science**, Washington DC, USA - Invited speaker at the panel "Lowering Healthcare Costs through Prevention and Wellness" – Sep 9, 2012
122. **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
123. **XXXII World Congress of Sport Medicine**: "Sport 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
124. **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
125. **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

126. **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
127. **Verona University School of Medicine**, Department of Internal Medicine, Verona, Italia - Lecture's title: "Metabolic and Molecular Effects of Calorie Restriction in Humans" – Nov 7, 2012
128. **Padua University School of Medicine**, Padova, Italia - Lecture's title: "Excessive adiposity, calorie restriction and aging " – Nov 12, 2012
129. **Longer Life Foundation Meeting**, St.Louis, MO, USA – Lecture's title: "Longevity Research Program: un update" – Dec 24, 2012
130. **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.
131. **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
132. **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.
133. **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.
134. **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
135. **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.
136. **Verona University School of Medicine**, Verona, Italia - Lecture's title: "Extending healthy lifespan: from animal models to humans" – Apr 29, 2013
137. **Aspen Seminars for Leaders**, Venezia, Italy – Invited expert and speaker at seminar on Healthy and Active Aging – July 12-14 2013
138. **SENS6 Conference**, Cambridge, England - Invited speaker – Lecture's title: "Will calorie restriction work in humans?" - Sep 3-7 2013
139. **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.
140. **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.
141. **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
142. **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.
143. **Saint Louis University**, Department of Geriatrics, St.Louis, MO, USA – Geriatric Grand Rounds Series - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" Oct 23, 2013.
144. **Washington University Predoctoral Seminar Series**, St.Louis, USA - Lecture's title: "CR and Gene Expression", Oct 29, 2013
145. **ANZAC Research Institute, University of Sydney**, Australia – Lecture's title: "Extending healthy lifespan: beyond calories" - Nov 25, 2013
146. **Sydney University School of Medicine**, Department of Medicine, Sydney, Australia – Lecture's title: "Calorie restriction, adiposity, and aging" - Nov 26, 2013
147. **Garvan Institute**, Sydney, Australia – Lecture's title: " Extending healthy lifespan: beyond calories" - Nov 27, 2013
148. **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.
149. **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.
150. **TIGEM (Telethon Institute of Genetics & Medicine)**, Naples, Italy - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" - Jan 23, 2014.
151. **NIH Web-meeting "Eating Patterns and Disease: From Molecular and Cellular Mechanisms to Interventions"** (<http://niahnsworkshop.wix.com/eating-patterns>) – Invited Speaker at the symposium "Regulation, Energy

- Metabolism, Circadian Rhythms" - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" - Feb 18, 2014
152. **Venetian Institute of Molecular Medicine**, Padova, Italy - Lecture's title: "Nutrition Modulation of Aging and Age-Associated Diseases" - Feb 19, 2014
 153. **Ohio University**, Diabetes Institute, Athens (OH), USA - Lecture's title: "Calorie restriction, adiposity, and aging" - Mar 21, 2014.
 154. **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
 155. **"Preparing for an Aging World: Living Beyond 100" Meeting**, Tucson (AZ), USA – Invited speaker – Apr 27-29, 2014
 156. **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
 157. **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
 158. **Mobilising the Potential of Active Ageing in Europe (MOPACT) Forum**, Brussels, Belgium – May 19-20 2014
 159. **Workshop I.MA.G.E. 2014 "Management of Green Economy: Human and Environmental"**, Torino, Italy – Invited speaker – May 23, 2014
 160. **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
 161. **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
 162. **Cattolica University School of Medicine**, Department of Medicine, Rome, Italy – Lecture's title: "Dietary restriction, cancer, and aging", June 30, 2014.
 163. **National Institute for Digestive Diseases "Saverio de Bellis"**, Castellana Grotte (BA), Italy – Lecture's title: "Dietary restriction, cancer, and aging", Jul 4, 2014.
 164. **Buck Institute for Research on Aging**, Novato, CA, USA - Lecture's title: "Metabolic and Molecular Effects of Dietary Restriction in Humans", Aug 8, 2014.
 165. **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.
 166. **Biology of Human Aging Conference**, Toledo, Spain – Lecture title "Challenges in adherence to CR with humans" - Sep 19-22, 2014.
 167. **Charles Perkins Center, University of Sydney**, Australia – Lecture's title: "Nutritional modulation of aging and age-associated diseases" - Oct 14, 2014
 168. **XXXIV National Congress of Sport Medicine: "Sedentary lifestyle: a new disease"**, Catania, Italy - Invited speaker at the symposium "Nutrition and lifestyles", Lecture's title: "Epigenetics and nutrition: the future ahead" – 24 Oct 2014
 169. **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
 170. **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.
 171. **The first Interventions in Aging Symposium**, Cancun, Mexico - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" – Feb 4-5 2015
 172. **Singapore Institute for Clinical Sciences, A*STAR** - Lecture's title: "Nutritional modulation of ageing and age-associated diseases" – Feb 24, 2015
 173. **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
 174. **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
 175. **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
 176. **Wellcome Trust Scientific Conference on Aging**, Wellcome Trust Genome Campus, Hinxton, UK – Lecture titles "Dietary restriction, metabolism and aging" - May 18-20, 2015.
 177. **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
 178. **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
 179. **Conference on Nutrition and Obesity: risk factors for cancer**, University of Bari, Bari, Italy - Lecture titles "Dietary restriction, and longevity" - July 3-4, 2015

180. **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
181. **Baylor College of Medicine**, Houston, USA – Lecture’s title: “Long-term effects of calorie restriction in humans” – Sep 23, 2015.
182. **Biology of Aging Conference, Singapore** - Lecture's title: "Promoting Health and Longevity through Diet" – Oct 22-24 2015.
183. **Meeting of the Italian National Association of Gastroenterology**, Treviso, Italy - Lecture's title: "Nutritional and aging " - Nov 27, 2015
184. **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
185. **Scuola Normale Superiore di Pisa**, Pisa, Italy - Lecture’s title “Nutrition in health promotion and longevity: the scientific basis” – Dec 21 2015
186. **The Mayo Clinic**, Rochester, Minnesota, USA - Robert and Arlene Kogord Center on Aging seminar series focused on Successful Aging - Lecture's title: "Promoting Health and Longevity through Diet" – Mar 14, 2016
187. **Drexel University**, Department of Medicine, Philadelphia, USA - Grand Rounds Lecture “Age-associated disease: a biology of aging perspective” – Apr 6, 2016
188. **Drexel University**, Medical School, Philadelphia, USA - “Nutritional Modulation of Aging” – Apr 6, 2016
189. **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.
190. **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
191. **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.
192. **Symposium “Active and healthy longevity: genes, physical activity and nutrition”**, CEINGE, Napoli, Italy - Lecture's title: " Nutrition and Healthy Longevity” – Jun 27, 2016
193. **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
194. **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.
195. **Department of Medicine, University of Bari**, Bari, Italy - Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 4, 2016.
196. **University of Salento**, Lecce, Italy - Lecture's title: " Promoting Health and Longevity through Diet: Metabolic and Molecular Mechanisms ", Jul 5, 2016.
197. **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.
198. **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.
199. **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
200. **University of Colorado, Department of Integrative Physiology**, Boulder, CO, USA - Lecture’s title: “Promoting Health and Longevity through Diet: metabolic and molecular effects” – Sep 27, 2016
201. **Yale University, Yale Program in Integrative Cell Signaling and Neurobiology of Metabolism**, New Haven, CT, USA - Lecture’s title: “Promoting Health and Longevity through Diet: metabolic and molecular effects” – Oct 4, 2016
202. **Brigham Young University, Department of Nutrition, Dietetics and Food Science**, Provo, UT, USA - Lecture's title: "Promoting Health and Longevity through Diet” – Oct 7, 2016
203. **Washington University School of Medicine, Division of Endocrinology**, St.Louis (MO), USA – CME Thursday Lecture Series – Lecture’s title: “Metabolic and Molecular effects of dietary restriction in humans” – Oct 27, 2016.
204. **Albert Einstein College of Medicine, The Institute for Aging Research**, New York, USA - Wednesday Lecture Series – Lecture’s title: “Promoting Health and Longevity through Diet: metabolic and molecular effects” – Nov 2, 2016.
205. **University of Alabama at Birmingham, Nathan Shock Center of Excellence in the Basic Biology of Aging**, Birmingham, AL - Wednesday Lecture Series – Lecture’s title: “Metabolic and Molecular effects of dietary restriction in humans” – Nov 9, 2016.
206. **Gerontological Society of America (GSA) Annual Scientific Meeting**, New Orleans, USA - Irving Wright and Cristofalo Award lecture - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Nov 18, 2016

207. **Brescia University School of Medicine**, Brescia, Italy – Workshop “ATHLeTiC Project: Air quality and Life styles: HealTh Cobenefits”. Lecture's title: " Nutrition, health and longevity" – Dec 1, 2016
208. **Annual Meeting Israel Pain Association**, Tel Aviv, Israel – Invited speaker - Lecture's title: "Dietary restriction and inflammation" – Dec 22, 2016.
209. **Scientific Meeting “Sport Medicine and cancer: Guidelines for exercise in cancer prevention”**, Foligno, Italy - Lecture's title: “Nutrition, physical exercise and cancer prevention” - Jan 20, 2017
210. **Scientific Meeting “Clinical application of nutritional interventions”**, Clinica Pederzoli, Peschiera (VR), Italy - Lecture's title: “Nutritional modulation of aging and age-associated diseases” - Jan 26, 2017
211. **XXVIII Simposium of the Roberto Farini ONLUS Association for Gastroenterology “Environment, Lifestyle and Hepato-Gastroenterology”**, Padua University – Lecture's title: “Beyond calories: an integrated approach to promote health, longevity and well-being” – Jan 28 2017
212. **Gordon Research Conference “IGF & Insulin System in Physiology & Disease”**, Ventura, CA, USA - Lecture's title: "Nutritional modulation of IGF/insulin pathway", Mar 13, 2017.
213. **International Conference “SPAZIO NUTRIZIONE”**, Rho (Milan), Italy - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - May 9, 2017
214. **Fondazione Bruno Kessler**, Trento, Italy - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" – May 24, 2017
215. **Summer Institute on Aging**, Venice International University, San Servolo, Venezia, Italy - Lecture's title: "Promoting Health and Longevity through Diet" – Jun 9, 2017
216. **University of Sassari**, Sassari, Italy - Lecture's title: " Promoting Health and Longevity through Diet: metabolic and molecular effects " - Jun 20, 2017.
217. **Italian National Institute of Health**, Rome Italy - Lecture's title: " Promoting Health and Longevity through Diet: metabolic and molecular effects " - Jun 26, 2017.
218. **Department of Medicine, San Marino Hospital**, Republic of San Marino - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects " - Jul 4, 2017.
219. **Diabetes Research Center, Albert Einstein College of Medicine**, New York, USA - Wednesday Lecture Series – Lecture's title: “What are the roles of calorie restriction and diet quality in promoting healthy longevity?” – Aug 9, 2017.
220. **Department of Environmental Medicine and Public Health, Icahn School of Medicine at Mount Sinai, New York, USA** - Environmental Medicine and Public Health Seminar series - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" – Aug 10, 2017
221. **National Institute on Aging Workshop**, NIH Campus, Bethesda, USA - Invited speaker at the workshop “Nutritional Interventions to Promote Healthy Aging” – Sep 5-7, 2017.
222. **53rd European Association for the Study of Diabetes (EASD) Annual Meeting**, Lisbon, Portugal - Invited speaker at the Symposium title: “Calorie restriction: How does it affect metabolic functions?” – Lecture title: “Metabolic impact of chronic intermittent calorie restriction” - Sep 14, 2017.
223. **University of Colorado, Department of Integrative Physiology**, Boulder, CO, USA - Lecture's title: “Promoting Health and Longevity through Diet: metabolic and molecular effects” – Oct 23, 2017
224. **Alma Mater Studiorum, University of Bologna, Italy** - Invited speaker at the Master in Law and Food Safety - Lecture's title: "The science of longevity" - Dec 2, 2017.
225. **European Research Institute for the Biology of Aging, University Medical Center Groningen**, Groningen, The Netherlands - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Dec 22, 2017
226. **Rome University School of Economics “Tor Vergata”**, Rome, Italy - Lecture's title: “WHEN ECONOMICS MEETS MEDICINE: Nutrition, Exercise and Cognitive Training for the Prevention of Chronic Diseases Associated with Aging” – Feb 2, 2018
227. **Azienda ULSS 9 – Scaligera**, Hospital “G. Fracastoro” S. Bonifacio, Verona, Italy – Meeting “ALIMENTAZIONE & NUTRIZIONE: DALLE EVIDENZE ALLA PRATICA” - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - May 12, 2018.
228. **Fondazione Bruno Kessler**, Trento, Italy - Lecture's title: "Promoting Health through Healthy Lifestyles” – May 18, 2018
229. **National workshop “Nutrition & Health: cancer and obesity”**, Belluno, Italy - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - May 26, 2018
230. **FIRST INTERNATIONAL MEETING ON THE MEDITERRANEAN DIET**, Palazzo Convento della Città di Nicotera, Nicotera (CS), Italy - Invited expert and speaker - Jun 8, 2018
231. **University of Sydney, Charles Perkins Centre**, Sydney, Australia - The Biology Domain seminar series - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Sep 6, 2018.

232. **University of Sydney, Chris O'Brien Lifehouse Cancer Center**, Sydney, Australia - The Biology Domain seminar series - Lecture's title: "Dietary restriction and cancer prevention: metabolic and molecular mechanisms" - Sep 11, 2018.
233. **University of Sydney, Westmead Millennium Institute**, Sydney, Australia - Lecture's title: "Metabolic and molecular effects of dietary restriction" - Oct 10, 2018.
234. **Crown Princess Mary Cancer Centre Symposium**, Lily's Function Centre in Seven Hills, Sydney - Translational Cancer Research session - Lecture's title: " Nutritional modulation of cancer biology: metabolic and molecular mechanisms" - November 23, 2018.
235. **University of Sydney, Department of Endocrinology**, Sydney, Australia – Royal Prince Alfred Hospital Endocrine Seminar series - Lecture's title: "Nutritional Modulation of Aging and Age-Associated Diseases" - Nov 28, 2018.
236. **Brown University**, Providence, RI, USA - Biology of Aging Seminar series - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Dec 3, 2018
237. **University of Wisconsin**, Department of Medicine, Madison, Wisconsin, USA - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Dec 12, 2018
238. **The South Australian Health and Medical Research Institute (SAHMRI)**, Adelaide, Australia - Tuesday Scientific Seminar series - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Feb 19, 2019
239. **University of Sydney & Royal North Shore Hospital**, Sydney, Australia - Grand Rounds at RNSH Seminar series - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Mar 12, 2019
240. **University of Sydney & Concord Hospital**, Sydney, Australia - Physicians' Workshop program series - "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" - Mar 14, 2019.
241. **XXXVI National Congress of Sport Medicine: "Biological age, chronological age"** Rome, Italy - Keynote lecture's title: "Promoting health and longevity through exercise and nutrition: metabolic and molecular mechanisms" – Mar 29, 2019
242. **Telethon Institute of Genetics & Medicine (TIGEM)**, Naples, Italy - Lecture's title: "Metabolic and molecular effects of dietary restriction in humans" - Apr 1, 2019.
243. **University of Napoli**, Naples, Italy - "Extending healthspan: preventative medicine for healthy aging" – Apr 2, 2019.
244. **International Conference "The role of scientific research in sport medicine"**, University of Napoli "Parthenope", Naples, Italy - Keynote lecture's title: " Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" – Apr 3, 2019
245. **Seminar "Prevention: for a healthy and sustainable future" organized by the Italian College of Physicians**, Sala Congressi Auditorium Terme di Comano (TN), Italy - Keynote lecture's title: "Promoting health and longevity through nutrition and exercise: metabolic and molecular mechanisms" - Apr 6, 2019
246. **University of Trieste Medical School**, Trieste, Italy - Lecture's title: "Promoting Health and Longevity through Diet: metabolic and molecular effects" - Apr 17, 2019
247. **Westmead Institute for Medical Research**, Sydney, Australia – Invited speaker at the WIMR 2019 Seminar Series – Lecture's title: "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" – May 2, 2019
248. **University of Sydney, Department of Endocrinology**, Sydney, Australia – Royal Prince Alfred Hospital Endocrine Seminar series - Lecture's title: "Nutritional modulation of cancer biology" - May 8, 2019.
249. **"Ageing, Healthspan and Rejuvenation" Conference** organized by the Erasmus University Medical Center Rotterdam, together with Nature, Nature Reviews Molecular Cell Biology and Nature Medicine, Rotterdam, The Netherlands. Invited speaker – Lecture title: "Nutrition modulation of human aging: metabolic and molecular pathways" - Jun 23, 2019.
250. **6th annual meeting of Frontiers of GP Diabetes: A collaboration between RPA Hospital Diabetes Centre and MSD**, Sydney, Australia Invited speaker – Lecture title: "Caloric restriction and longevity" – Aug 3, 2019.
251. **ABAC Conference**, Sydney, Australia - Invited speaker – Lecture title: "Nutritional modulation of metabolic and molecular pathways of aging in humans" - Aug 26, 2019.
252. **Geroscience Conference**, Sydney, Australia - Invited speaker - Lecture title: "Nutritional and aging" - Aug 27, 2019.
253. **Institute for Research in Biomedicine (IRB Barcelona)**, Barcelona, Spain - Lecture title: "Nutrition modulation of human aging: metabolic and molecular pathways" – Sep 16, 2019
254. **The Bellvitge Biomedical Research Institute (IDIBELL) & Center of Regenerative Medicine in Barcelona (CRMB)**, Barcelona, Spain - Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" - Sep 18, 2019.
255. **55th EASD Annual Meeting**, Barcelona, Spain - Invited speaker at the Symposium "Is type 2 diabetes produced by precocious senescence?" – Lecture title: "Calorie restriction and ageing" - Sep 19, 2019.

256. **University of Sydney, Matilda Centre**, Sydney, Australia - Invited speaker - Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" - Sep 24, 2019.
257. **Australian New Zealand Obesity Society (ANZOS) Annual Scientific Meeting 2019**, Sydney, Australia - Invited speaker at the Symposium "Macronutrient composition during weight loss for optimal health" - Lecture title: "Optimal body weight for health and longevity: bridging basic, clinical, and population research" – Oct 16, 2019.
258. **Sleep Down Under Annual Scientific Meeting 2019**, Sydney, Australia - Invited speaker at the Plenary Session "Sleep, Circadian Rhythms, and Lifestyle Impacts on Metabolism and Longevity" - Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" - October 17, 2019.
259. **11th International Association of Gerontology and Geriatrics (IAGG 2019) Asia/Oceania Regional Congress**, Taipei, Taiwan - Keynote lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Oct 25, 2019
260. **National Center for Geriatrics and Gerontology**, Obu City, Aichi Prefecture, Japan - Lecture title: "Nutrition modulation of human aging: metabolic and molecular pathways" – Dec 2, 2019
261. **The 42nd Annual Meeting of the Molecular Biology Society of Japan**, Fukuoka, Japan – Invited speaker - Keynote lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Dec 4, 2019
262. **Kyoto University, Faculty of Medicine**, Kyoto, Japan - lecture title: "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" – Dec 5, 2019
263. **Tokyo University of Science, Department of Medicinal and Life Sciences**, Tokyo, Japan - lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Dec 6, 2019
264. **University of Trieste and Local Health District of Trieste**, Trieste, Italy – Meeting "Prevention: ethical considerations, clinical implications and future perspectives" – Invited speaker - Keynote lecture title "Role of lifestyle interventions in the primary and secondary prevention of chronic diseases" - Dec 17, 2019
265. **University of Pisa Medical School**, Pisa, Italy - Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Dec 20, 2019
266. **Sydney Research Council Meeting**, Sydney Local Health District, Sydney, Australia - Lecture title: "Promoting health & longevity through healthy lifestyles: a new metabolic & molecular approach" – Jan 28, 2020
267. **University of Sydney**, Charles Perkins Centre, Sydney, Australia - The Biology Domain seminar series - Lecture's title: "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" - Feb 20, 2020.
268. **Royal Prince Alfred Hospital Grand Rounds**, Kerry Packer Education Centre, Sydney, Australia - Lecture title: "Promoting health & longevity through healthy lifestyles: a new metabolic & molecular approach" – Jun 12, 2020
269. **University of Sydney, DAFFODIL Cancer Prevention Centre**, Sydney, Australia - Lecture's title: "Dietary restriction and cancer prevention: metabolic and molecular mechanisms" - Aug 3, 2020.
270. **Sydney Healthy and Active Living Steering Committee**, Sydney Local Health District, Sydney Australia – Lecture title: "Flattening the curve: food and exercise as medicine for the prevention and treatment of age-related chronic diseases" – Aug 6 2020
271. **University of Colorado, Department of Integrative Physiology**, Boulder, CO, USA - Lecture's title: " Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases " - Sep 15, 2020
272. **China Studies Centre, The University of Sydney**, Zoom Webinar 'Smart food – the future nutrition in Australia and China' - Invited speaker and panellist – Sep 17, 2020
273. **Promoting Human and Environment Health – Webinar organized by the Italian League for the Fight against Cancer (LILT)** - Invited opening lecture of the meeting - Lecture's title: "Climate Mitigation through Food System Reform", Nov 28, 2020.
274. **28° Annual Meeting of the Italian Society of Diabetes**, Rimini, Italy - Invited opening lecture of the meeting - Lecture's title: "Food and Exercise as medicine: metabolic and molecular effects" - Dec 2, 2020.
275. **American Association for Precision Medicine Annual Meeting (AAPM2021)**, Zoom Webinar – Invited speaker at the Closing Keynote Panel - Lecture's title: "Healthy longevity & precision medicine" – Jan 8, 2021
276. **World Digestive Health Day (WDHD) 2021**, organized by the Italian Society of Gastroenterology, Italy – Invited speaker - Lecture title: "Prevention and treatment of obesity and its medical complications" – May 29, 2021
277. **The 44th Annual Meeting of the Japanese Society for Biomedical Gerontology**, National Center for Geriatrics and Gerontology, Obu City, Aichi Prefecture, Japan – Invited speaker - Keynote lecture title: "Dietary restriction in ageing and ageing-associated disease: mechanisms" – Jun 13, 2021
278. **XXXII Annual Congress of the Spanish Society of Diabetes**, Granada, Spain - Invited speaker at the Symposium "Longevity, lifestyle and diabetes" - Lecture title: "Clinical effects of calorie restriction" - Jun 17, 2021.
279. **University College London-University of Sydney Diet & Ageing** - Invited speaker "Dietary restriction in human ageing: what do we really know?" - Jul 6, 2021.

280. **Australian Diabetes Society Annual Scientific Meeting**, Brisbane, Australia - Invited Keynote speaker at the Symposium "Insulin as a regulator of aging" - Lecture title: "Nutritional modulation of insulin sensitivity" - Aug 11-13, 2021.
281. **Macquarie University, Department of Biomedical Sciences**, Sydney, Australia - Lecture title: "Food and exercise for the prevention of cognitive decline" - Sep 9, 2021
282. **27° Annual Meeting of Italian Society of Digestive Medicine**, Zoom webinar - Keynote Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Sep 23, 2021
283. **University of Trieste, Festival Trieste Next 2021** – Lecture's title: Changing the conversation from 'chronic disease' to 'chronic health' – Sep 25, 2021
284. **Columbia University**, New York, USA - Lecture title: "When a calorie is not a calorie: lessons from dietary restriction trials" - Oct 22, 2021
285. **Baylor College of Medicine**, Houston, USA – Endocrine Grand Rounds Series –Lecture's title: Changing the conversation from 'chronic disease' to 'chronic health' – Oct 29, 2021.
286. **University of Sydney, Symposium 'Diets in First Nations Peoples: What can we learn?'** –Lecture's title: Changing the conversation from 'chronic disease' to 'chronic health' – Dec 12, 2021.
287. **'Healthy longevity medicine' International Online Conference**, hosted by the Clinical and Research Center of Gerontology and Pirogov Russian National Research Medical University, Moscow, Russia – Invited Keynote speaker – Lecture title: "Role of lifestyle interventions in healthy aging" – Dec 16-17, 2021
288. **University Hospital Zurich**, Zurich, Switzerland – Lecture's title: Changing the conversation from 'chronic disease' to 'chronic health' – Jan 6, 2022
289. **Regional Centre for Biotechnology**, Faridabad, Haryana, India - Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Feb 14, 2022
290. **Sydney School of Health Sciences**, University of Sydney, Sydney, Australia – Lecture's title: "Changing the conversation from 'chronic disease' to 'chronic health'" – Feb 15, 2022
291. **Sydney School of Health Sciences**, University of Sydney, Sydney, Australia – Lecture's title: "Role of physical exercise interventions in healthy aging" – Mar 1, 2022
292. **Corso Interregionale AIGO 'La Nuova gastroenterologia'**, Rimini, Italy - Keynote Lecture title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Mar 19, 2022
293. **BIOHABANA2022 Workshop**, Havana, Cuba - Lecture title: "Metabolic and anti-inflammatory effects of dietary restriction without malnutrition" – Apr 27, 2022
294. **First Interdisciplinary Congress on Obesity and Nutritional Therapy**, São Paulo, Brazil - Keynote Lecture title: "Dietary restriction and longevity" – May 6, 2022
295. **LifeLab Sydney, Sydney Local Health District, Sydney, Australia** - Keynote Lecture title: "Diet and exercise in health promotion" – May 6, 2022
296. **American Aging Association 50th Annual Meeting, San Antonio, USA** - Keynote Lecture at the Orentreich Foundation Symposium - Lecture title: "Changing the conversation from 'chronic disease' to 'chronic health'" - May 17, 2022.
297. **Australian Lymphology Association**, Hobart, Tasmania - Keynote Lecture title: "Metabolic and anti-inflammatory effects of dietary restriction without malnutrition" – May 26-28, 2022
298. **Sydney Innovation and Research Symposium**, Sydney Local Health District, Sydney, Australia - Lecture's title: " Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases " - Jun 3, 2022
299. **Italian Society of Geriatrics: Hospital and Territory (SIGOT)**, Italy - Lecture's title: " Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases " - Jun 8, 2022
300. **Advanced Course/Summer School "Ageing: from fundamental biology to societal impact"**, Lisbon, Portugal - Keynote Lecture title: "Metabolic and molecular effects of dietary restriction" – Jul 1, 2022
301. **University of Verona, Department of Geriatrics**, Verona, Italy – Invited speaker Lecture's title: "Nutritional modulation of aging and age-associated diseases" – Jul 4, 2022
302. **Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR) annual meeting**, Translational Research Institute, Brisbane, Australia - Invited speaker at the Symposium "The role of nutrition in healthy life expectancy" - Lecture title: "Lifespan and nutrition in older adults" – Jul 9, 2022
303. **University of Pavia Medical School**, Pavia, Italy – Invited speaker at Wednesdays Research Seminars – Lecture's title: "Promoting healthy longevity through diet: metabolic and molecular mechanisms" – Jul 12, 2022
304. **University of Trieste**, Trieste, Italy – Invited speaker – Lecture's title: "Changing the conversation from 'chronic disease' to 'chronic health'" – Jul 19, 2022
305. **Trentino School of Management, University of Trento**, Trento, Italy – Invited speaker – Lecture's title: "Nutritional modulation of aging and age-associated diseases" – Aug 30, 2022

306. **44th ESPEN Congress, Vienna, Austria** - Lecture title: "Calorie restriction, intermittent fasting and metabolic health" – Sep 5, 2022
307. **Yong Loo Lin School of Medicine, National University of Singapore, Singapore** - NUS Healthy Longevity Webinar Series - Lecture's title: "Changing the conversation from 'chronic disease' to 'chronic health'", Sep 15, 2022
308. **Charles Perkins Centre – University of Glasgow Strategic Partnership Nutrition Seminar Series: Nutri-omics and microbiome** - Lecture title: "Calorie restriction and metabolic health" – Sep 27, 2022
309. **University Niccolò Cusano of Rome, Italy & Giovanni Lorenzini Foundation, Scientific Meeting "Sport is Medicine"**, Rome, Italy - Lecture title: "Nutrition and Sport Medicine" - Sep 29, 2022
310. **University of Sydney, Department of Endocrinology, Sydney, Australia** – Invited speaker at Wednesdays Research Seminars – Oct 5, 2022
311. **Colorado University Boulder & Colorado State University in Fort Collins, Graduate Course on the Physiology of Aging, Colorado, USA** - Lecture's title: "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" - Nov 4, 2022
312. **7th Annual Symposium of the Australian National Institute of Integrative Medicine Congress 'Advances in Integrative Medicine and Healthcare'**, Melbourne, Australia - Lecture title: Changing the conversation from 'chronic disease' to 'chronic health'" - Nov 26, 2022
313. **VIII Neurovascular meeting of Garda: Neglected prevention, Bussolengo (VR), Italy** - Invited speaker at the Symposium 'Neglected prevention' - Lecture title: "Nutrition in the prevention of cerebrovascular disease" - Dec 2, 2022
314. **Stanford University, Stanford, California, USA** – Stanford Continuing Studies "Biology of Aging" Series - Lecture's title: "Food and exercise as medicine: a new mechanism-based approach for the prevention and treatment of age-related diseases" - Dec 8, 2008
315. **"Healthy longevity medicine" International Congress**, hosted by Russian Gerontology Clinical and Research Centre of Pirogov Russian National Research Medical University, Moscow, Russia - Invited Keynote speaker - Lecture title: Changing the conversation from 'chronic disease' to 'chronic health'" - Dec 15-16, 2022
316. **Italian Liver Foundation, 2023 Yellow Webinar Series** - Lecture's title: "Food and exercise as medicine: metabolic and molecular mechanisms" - May 8, 2023

PUBLIC SCHOLARSHIP: COMMUNITY EDUCATIONAL AND HEALTH PROMOTION ACTIVITIES/SEMINARS

- 1998 Health promotion seminar for the Verona Police Force "How to prevent cardiovascular diseases with diet and exercise", Verona, Italy, April 1998
- 2000 Health promotion seminars in the community "Healthy diet and exercise in the prevention of chronic diseases", Riva del Garda, (TN) Italy, May 9-12-19, 2000
- 2000 – 2001 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
- 2002 Health promotion seminar in the community "Pro and cons of vegetarian diets", St.Louis Vegetarian Society, St.Louis (MO), USA, May 2002
- 2007 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
- 2008 Educational activities in primary schools for children and teachers "How to promote health: role of healthy diets and exercise", Rome, Italy, Jan 2008
- 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
- 2009 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
- 2009 Invited speaker for an educational program at McDougall Advanced Study Weekends, Santa Rosa, CA, USA – Sep 11 2009
- 2010 Health promotion seminar "Nutrition, physical activity and health", Professional school of chefs, Palombara Sabina, Roma, Jan 8 2010
- 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
- 2012 Educational program on health promotion and disease prevention for DeCecco Company (Progetto formativo SA8000) – Lecture's title: "La scienza del Buon Vivere: Progettare Ben-Essere" – Mar 1-2, 2012
- 2012 Booklet for primary school students ("La salute a capotavola"), sponsored by Azienda Roma Mercati, Italy

- 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.
- 2014 Health promotion seminar at the Expò AMI “Alimentazione Mediterranea Internazionale”, Rome, Italy - Jan 25, 2014
- 2014 Health promotion seminar in the community “Nutrition, Health and Longevity”, Villa Valmarana, Noventa Padovana (PD), Italy, Feb 19 2014
- 2014 Educational seminar on health promotion and disease prevention for Zambon Company – May 22, 2014
- 2014 Educational seminar on nutrition and cancer prevention at IEO European Institute of Oncology, Milan, Italy - May 30, 2014
- 2015 Educational seminar on nutrition and health (organized by the local Physician Council), Auditorium San Barnaba, Brescia, Italy - Apr 23, 2015
- 2015 Health promotion seminar in the community “Promoting Health and Longevity through Diet”, Chesterfield, MO, USA - Aug 30 2015
- 2015 Invited speaker for an educational program at McDougall Advanced Study Weekends, Santa Rosa, CA, USA – Sep 11-13, 2015
- 2016 Health promotion seminar in the community “Promoting Health and Longevity through Diet”, Brescia, Italy - May 13, 2016
- 2016 Health promotion seminar in the community “Nutrition in the prevention of chronic diseases”, Arco (TN), Italy - Jun 16, 2016
- 2016 Health promotion seminar in the community “Nutrition, physical and cognitive training in the promotion of healthy lifespan”, Arco (TN), Italy - Dec 2, 2016
- 2016 Health promotion seminar in the community “Nutrition, physical and cognitive training in the promotion of healthy lifespan”, Merano, Italy - Dec 7, 2016
- 2017 Health promotion seminar in the community “The science of Longevity”, Tione (TN), Italy - Jan 13, 2017
- 2017 WUSM's Mini-Medical School, Washington University School of Medicine, St.Louis, MO, USA – Lecture’s title: “BEYOND CALORIES: an integrated approach to promote health, longevity and well-being” – Mar 23, 2017
- 2017 Health promotion seminar in the community “The Great Path: an integrated approach to promote health, longevity and well-being”, Arco (TN), Italy - Jun 7, 2017
- 2017 Health promotion seminar in the community “The Great Path to Longevity: Nutrition, Physical Exercise, and Meditation for a long, healthy, and happy life”, Rovereto (TN), Italy - Jun 19, 2017
- 2017 Health promotion seminar in the community “The science of Longevity: Role of Nutrition, Physical and Cognitive Training in Disease Prevention”, Republic of San Marino - Dec 7, 2017
- 2017 Health promotion seminar in the community “Nutrition, Exercise and Meditation”, Trissino (VI), Italy - Dec 15, 2017
- 2018 Health promotion seminar in the community “The science of Longevity: Role of Nutrition, Physical and Cognitive Training in Disease Prevention”, Tione (TN), Italy - Jan 19, 2018
- 2018 Health promotion seminar in the community “The science beyond health: Health Nutrition, Physical and Cognitive Training”, Toscolano Maderno (BS), Italy - Jan 23, 2018
- 2018 Book presentation “Happiness has the taste of health”, Turin International Book Fair, Italy - May 12, 2018
- 2018 Health promotion seminar in the community “Nutrition, physical and cognitive training for health promotion”, Trento, Italy - May 18, 2018
- 2018 Health promotion seminar in the community “Nutrition, physical and cognitive training for health promotion”, Belluno, Italy - May 25, 2018
- 2018 Health promotion seminar in the community “Nutrition, Lifestyle and Health”, Spineda (CR), Italy - May 31, 2018
- 2018 Health promotion seminar in the community “Healthy nutrition and disease prevention”, Riva del Garda (TN), Italy – Jun 3, 2018
- 2018 Health promotion seminar in the community “Promoting human and environmental health through diet”, Sala della Protomoteca, Campidoglio, Rome, Italy – Jun 21, 2018
- 2018 Health promotion in the community: Young Presidents' Organization special event “Breaking through the Gut – Understanding the Hungry Microbiome”, Charles Perkins Centre, Sydney, Australia – Sep 25, 2018
- 2018 Health promotion in the community “Wellness and Longevity Panel - Moderator: Lawrence Gozlan”, UBS Australasia Conference 2018, Sheraton on the Park Hotel, Sydney, Australia – Nov 12, 2018

- 2018 Health promotion seminar in the community "Promoting human and environmental health through diet", Sala della Protomoteca, Campidoglio, Rome, Italy – Jun 21, 2018
- 2019 Health promotion seminar in the community "The science of healthy longevity: nutrition, exercise and mindfulness meditation", Sala dei Baroni, Castel Nuovo (Maschio Angioino), Napoli, Italy – Apr 1, 2019
- 2019 Health promotion seminar in the community "Promoting health through diet and healthy lifestyles", Terme di Comano, Comano (TN), Italy – Apr 6, 2019
- 2019 Health promotion seminar in the community "Promoting health through diet and healthy lifestyles", Vicenza, Italy – Apr 16, 2019
- 2019 Health promotion seminar in the community "Prevention & longevity: for active and sustainable aging", Trieste, Italy – Apr 17, 2019
- 2019 Health promotion in the community "Healthy Living Panel" - Moderator: Julie McCrossin, Wolper Jewish Hospital, Woollahra NSW, Australia – May 1, 2019
- 2019 Health promotion in the community "Presentation at Sydney Ideas - Living longer: why, and how?", University of Sydney, NSW, Australia – Aug 27, 2019
- 2019 Health promotion seminar in the community "Lifestyle for health and well-being", Arco (TN), Italy - Jun 9, 2019
- 2019 Health promotion in the community "Promoting health through diet and healthy lifestyles" – Trentino Sviluppo, Rovereto (TN), Italy – Sep 10, 2019
- 2019 Health promotion in the community "Rising the Bar - Living longer: why, and how?", Bristol Arms, NSW, Australia – Oct 16, 2019
- 2019 Health promotion in the community "The Mediterranean diet: where taste meet health" - Cultural Office of the Consulate General of Italy, Sydney, Australia – Nov 21, 2019
- 2020 Health promotion seminar in the community "Promoting health through diet and healthy lifestyles", Stra (VE), Italy - Jan 9, 2020
- 2020 Health promotion seminar in the community "Promoting health through healthy lifestyles", Sydney, Australia - Jun 8, 2020
- 2020 Health promotion seminar in the community "Food and exercise as medicine", Sydney, Australia - Sep 9, 2020
- 2021 Health promotion seminar in the community 'Changing the conversation from 'chronic disease' to 'chronic health'', Sydney, Australia - Sep 8, 2021
- 2021 Health promotion seminar in the community for YPO GOLD Chapter "Exercise as medicine", Centennial Park, Sydney, Australia – Oct 21, 2021
- 2021 Health promotion seminar in the community for YPO GOLD Chapter "Nutritional intervention for the prevention of chronic diseases", Sydney, Australia – Nov 14, 2021
- 2022 Health promotion seminar in the community for YPO Sydney Pacific Chapter "The Science of Healthy Longevity: Nutrition", Byron Bay, NSW Australia – Mar 20, 2022
- 2022 Health promotion seminar in the community for YPO Sydney Pacific Chapter "The Science of Healthy Longevity: Physical Exercise", Byron Bay, NSW Australia – Mar 22, 2022
- 2022 Health promotion seminar for consumers at the Australian Lymphology Association Meeting, "Diet and inflammation" – May 28, 2022
- 2022 Health promotion seminar in the community, "Exercise as medicine: mechanisms and interventions" – Trentino Sviluppo, Rovereto (TN), Italy – Jul 7, 2022
- 2022 Health promotion seminar in the community, "The Science of Healthy Longevity" – Trieste, Italy – Jul 18, 2022
- 2022 Health promotion webinar, "The Path to Longevity" co-hosted by the Office of Global Engagement and Centre in China, University of Sydney – Jul 21, 2022
- 2022 Health promotion seminar in the community, "The Science of Healthy Longevity" – Merano, Italy – Aug 3, 2022
- 2022 Health promotion seminar in the community, "LIVING WELL, LIVING LONG" – Terme Tamerici, Montecatini, Italy – Aug 13, 2022
- 2022 Health promotion seminar in the community, "The Science of Healthy Nutrition" – Trento, Italy – Aug 30, 2022
- 2023 Health promotion seminar in the community for Entrepreneurs Organisation - "The Science of Healthy Longevity", Brisbane, Queensland, Australia – Feb 7, 2022
- 2023 Health promotion seminar in the community for YPO Brisbane Chapter - "The Science of Healthy Longevity", Brisbane, Queensland, Australia – Feb 7, 2022

PUBLIC SCHOLARSHIP: SOCIAL MEDIA & TRADITIONAL MEDIA ENGAGEMENT

I. Social media scholarship:

- **LinkedIn:** <https://linkedin.com/in/luigi-fontana-md-phd-fracp-6383b1b0/>

Number of followers: 24,935

Yearly average impressions of my posts: 922,388

- **YouTube channel:** <https://youtube.com/c/lfontana1969>

Number of subscribers: 5,045

Total views of my educational videos: 440,572

Total impressions: 4,525,500

Watch time of my educational videos: 49,825 hours

- **Twitter:** @LuigiFontanaMD

Number of followers: 2,313 followers

Tweet impressions (average/week): 15,700

Profile visits (average/week): 4,832

- **Facebook:** <https://www.facebook.com/prof.luigifontanaMD.PhD>

Number of followers: 6,128

Post reach (average/month): 3,444

Post engagement (average/month): 1,764

- **Instagram:** Fontana2311

Number of followers: 2,626

II. Traditional media scholarship:

- Participation in 48 TV documentaries or programs (RAI, Canale 5, BBC, ABC, CNN, Globo, NHK, etc.)
- Participation in 46 Radio interviews (RAI, BBC, ABC,)
- 206 interviews for national and international newspapers (New York Times, Time Magazine, Corriere della Sera, Repubblica, Sole e 24 ore, Wall Street Journal, Washington Post, Financial Times, Los Angeles Times, El Pais, The Times, Sydney Morning Herald, among many others).

MAJOR MEDIA MENTIONS (selected)

- **The New York Times** - "Food for Holiday Thought: Eat Less, Live to 140?" by David Hochman, Nov 23, 2003
- **Science** - "Lean, Hungry, and Healthy" (Science 2004;304:514)
- Featured in "Challenge the aging: You can live longer", a television documentary produced by the Japanese **Nippon Hoso Kyokai (NHK) Television**, Sep 19 2004
- **New Scientist** - "Eat less and keep disease at bay" (New Scientist 2004;182:2444)
- **Los Angeles Times**, CA, USA - "The raw food puzzle", by Emily Singer, April 4, 2005.
- Featured in "Secrets of Living, Aging, Illness and Death", a television documentary produced by the South Korea's premier public broadcaster **KBS-TV**, Oct, 2005
- Featured in "Nutrition and aging", a television documentary produced by the Italian premier public broadcaster **RAI-UNO**, Sep 1, 2005
- **Los Angeles Times**, CA, USA - "Can we live longer?" by Andreas von Bubnoff, Dec 25, 2006
- **The Scientist** - "The Trouble with Markers" (The Scientist 2006;20(3):36)
- **The Wall Street Journal** - "Reducing Your Daily Calories by 40%: The Science Behind 'Starvation' Diets", by Tara Parker-Pope, Jan 31, 2006.
- **The Times**, London, UK - "Eat less — and live to 130" by David Mattin, Oct 3, 2005
- **The Washington Post**, USA - "Low-Calorie Diet Keeps Heart Young", Jan 13, 2006
- Featured in scientific radio program "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.
- Featured in a Special TV Report of **CNN** "Subtract calories, add years" by Keith Oppenheim, Jun 31, 2006

- Featured in scientific radio program “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.
- **The Washington Post**, USA - “High Protein Diets May Boost Cancer Risk” by Steven Reinberg, Dec 7, 2006
- **The Financial Times**, UK - “Pear shapes more healthy than apples”, by Alan Cane, Mar 17, 2007
- Featured in “Live longer: Caloric restrictions and ageing”, a television documentary produced by the UK’s premier public broadcaster **BBC4**, Feb 21, 2007
- **Newsweek Magazine** - “The Search for Longer Life”, by Anne Underwood, Dec 12, 2008.
- Featured in “Dieta Mediterrânea”, a television documentary produced by the Brazilian **Globo TV**, Dec 12, 2008
- **Los Angeles Times**, CA, USA - “Running on empty: the pros and cons of fasting” by Shari Roan, Feb 2, 2009
- **The New York Times**, USA- “The Calorie-Restriction Experiment” by Jon Gertner, Oct 7, 2009.
- Featured in scientific radio program “On Point” with Tom Ashbrook for the **National Public Radio (NPR), USA**. Interview topic: “The Future of Aging”. Live on Nov 5, 2009
- **Time Magazine** - “Health Checkup: How to Live 100 Years - Eat Less, Live Longer?”, by Bryan Walsh, Feb 11, 2010.
- Featured in scientific radio program “Quirks & Quarks” for the **CBC Radio, Canada**. Interview topic: “Hungry for Life”, on air Apr 24, 2010.
- **New Scientist** - “Eat less, live longer?” (New Scientist 2010;2762:36-39)
- **Scientific American** - “Defective Growth Gene in Rare Dwarfism Disorder Stunts Cancer and Diabetes” by Nina Bai, Feb 17, 2011
- Featured in radio program “Patt Morrison Show” for the **National Public Radio, USA**. Interview topic: “Keys to Longevity”, on air May 2, 2011.
- **Nature** - “Live long and prosper” (Nature 2012;492:S18-20)
- **New Scientist** - “Deprive yourself: The real benefits of fasting” (New Scientist 2012;2891:46-49)
- 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
- **Time Magazine** - “You Asked: Should I Try a Fasting Diet?”, by Markham Heid, Mar 30, 2016.
- **Time Magazine** - “9 Healthy Snacks That Prevent Overeating”, by Markham Heid, Aug 11, 2016.
- Featured in “Staying Younger for Longer”, a “Catalyst” television documentary produced by the Australian’s premier public broadcaster **ABC**, on air in Australia on Aug 13, 2019
- Featured in radio program “BIG IDEAS” with Paul Barclay for **ABC Radio National** - Interview topic: “Living Longer” on air Sep 17, 2019
- Featured in “The truth about fasting”, a “Catalyst” television documentary produced by the Australian’s premier public broadcaster **ABC**, on air in Australia on Jul 27, 2021
- Featured in radio program ‘Health Report’ with Dr Norman Swan for the **ABC Radio, Australia**. Interview topic: ‘Calls for more to be done to curb growing preventable disease rates’, on air Aug 15, 2011.
- Featured in ‘How To Live Younger’ Younger’, a television documentary produced by the Australian’s premier public broadcaster **ABC**, on air in Australia on Sep 21, 2021

EXECUTIVE SUMMARY OF CORE SKILLS AND ACCOMPLISHMENTS

- MD ‘cum laude’ (1994) & Specialization in Internal and Emergency Medicine (1999)
- PhD in Metabolism (2004)
- English: Full professional proficiency
- Current positions: Professor and Leonard P Ullmann Chair in Translational Metabolic Health, Faculty of Medicine and Health, University of Sydney (since July 2018); Director of the Healthy Longevity Program of the University of Sydney (since 2018); Scientific Director, Charles Perkins Centre RPA Clinic (since 2022); Clinical Academic, Department of Endocrinology, Sydney Local Health District (since 2018); Professor of Nutritional Sciences (in aspettativa), University of Brescia (since 2014); Adjunct Professor of Medicine, Washington University in St. Louis, USA (since 2018)
- Leadership: Internationally recognized as one of the world’s leaders in the field of nutrition and healthy longevity in humans. Evidence of the breadth of the knowledge impact of my research program is also shown in the number of citations in top international scientific journals across multiple disciplines (gerontology/geriatrics, endocrinology, cardiology, oncology, neurology, internal medicine, dietetics, sport medicine, immunology, physiology, microbiology, molecular biology, etc.) and invitations to present the results of my studies in more than 20 countries. My work has been cited more than 28,000 times (h-index 74; Google scholar) with 65 citation classics (papers cited >100 times). 96.4% of my papers are in the top 10% most-cited journals (SJR). For example, my Science and Cell review articles have been cited 3.091 and 1065 times, respectively; my Diabetes paper 1504 times; my NEJM paper 1.085, my PNAS paper 1.068 times, and my Science and Cell manuscripts in collaboration with Jeff Gordon 1792 and 142 times, respectively. Subsequently this has led to a high level of public awareness of the importance of lifestyle intervention

in maintaining and promoting health in many countries, for many chronic diseases with potential for profound reduction in healthcare costs.

- Career total of 146 refereed publications in top ranking journals including Nature, Science, Cell, New England Journal of Medicine, JAMA, Circulation, JACC, Cell Metabolism, PNAS. Invitations to write review articles for the most prestigious international scientific journals: JAMA (2007), Science (2010), Cell (2015), Nature Reviews Cardiology (2018), Nature Reviews Endocrinology (2020), Journal of Experimental medicine (2021), CA: A Cancer Journal for Clinicians (2021), Nature Reviews Molecular Cell Biology (2022)
- Seven prestigious awards: (1) 2009 AFAR BIG Award; (2) 2011 Glenn Award; (3) 2016 AFAR Cristofalo Award; 2021 Vice-Chancellor's Awards for Excellence, University of Sydney; (5) 2022 Elected Honorary Member of the Italian Association of Hospital Gastroenterologists; (6) Elected Ordinary Non-resident Member of the Italian Pontanian Academy of Naples; (7) Elected Ordinary Non-resident Member of the Italian Academy of Medical and Surgical Sciences of the National Society of Sciences, Letters and Arts in Naples.
- Career total of 315 invited national and international presentations in scientific meeting and leading universities around the world including Harvard, Yale, Cambridge, NUS, Baylor College, Max Plank, among many others.
- Total career research funding exceeds \$15 million US dollars across multiple countries
- Served on NIH, EU, NHMRC and many other international Grant Panels (2004-present)
- Editor-in-Chief of the journal 'Nutrition & Healthy Aging' (since 2015); Associate Editor of Geroscience (since 2015); Scientific Member of the Board of Directors, American Aging Association (2014-2019); Scientific Member of the Sydney Local Health District Clinical Quality Council (since 2019); Member of the Executive Steering Committee, Charles Perkins Centre, University of Sydney (since 2022); active in leadership roles in multiple professional committees across national and international contexts
- Current leading collaborations: wide range of international collaboration with top scientists around the world including Walter Willett, Alessio Fasano and Gokhan Hotamisligil (Harvard Medical School, USA), Brian Kennedy and Yap Seng Chong (NUS, Singapore), Vishwa Deep Dixit (Yale University, USA), Ana Maria Cuervo (Albert Einstein University, USA), Giorgio Trinchieri, Yasmine Belkaid, and Rafael DeCabo (NIH USA), Mark Mattson (John Hopkins University, USA), Paolo Vineis (Imperial College, London), Samuel Klein, Linda Peterson, and Richard Head (Washington University in St.Louis, USA), Frank Madeo (University of Graz, Austria), Dudley Lamming (Wisconsin University, USA), Lin Yang (Alberta Health Services, Calgary, Alberta), Vittorio Krogh (Istituto Tumori, Milano), Mario Siervo (University of Nottingham, UK), Vincenzo Atella (University of Roma Tor Vergata, Italia), Pili Roberto (University of Buffalo, USA), among many others in Europe, USA, Canada, Singapore, Japan, and Australia.

Sydney, 18 January 2023

