

## ***CURRICULUM VITAE***

### **PERSONAL INFORMATION**

Candidate: Goitre Ilaria

### **EDUCATION**

**Jun 2014:** State Exam; Biologist qualification; Professional Biologist registration number: AA\_073792

**Apr 2014:** Master Degree in: “Nutrition Science and Human Nutrition; LM-61 Department, Name of University/ Institution, Country: University of Turin; Italy. undergoing a lifestyle intervention”. - Supervisor of Master Degree Thesis: Prof.ssa Bo Simona

**Apr 2010:** Bachelor Degree in: Biological Sciences L-13; Department of Sciences FMN of Turin; University of Turin; Italy

**Jun 2000:** “Language Diploma” at the European linguistic high school Vittoria; Turin; Italy.

### **PROFESSIONAL POSITIONS**

*From 2015 to 2019:* Fellow in SCDU Endocrinology, Diabetology and Metabolism; A.O.U. Città della Salute e della Scienza di Torino, Department of Medical Sciences - University of Turin.

*From 2020 to 2021:* Researcher fellow at the DISAFA (Department of Agricultural, Forestry and Food Sciences); Italy. University of Turin.

*Current position:* PhD student in Medical Physiopathology; Department of Medical Science at the University of Turin.

### **PARTICIPATION TO RESEARCH PROJECTS (*from 2014 – until now at the University of Turin, Italy*)**

**2014 - Sub-investigator.**

Title project: *"Effects of Resveratrol on Inflammation in Patients with Type 2 Diabetes Mellitus. Double-blind randomized controlled clinical trial"*. The aim of the study was to evaluate the effect of resveratrol on inflammatory mediators in vivo in patients with type 2 diabetes mellitus. Specifically we analyzed the hypothesis that resveratrol administered orally in type 2 diabetic patients for 24 weeks induced a decrease in the values of high-sensitivity C-reactive protein (hs-PCR) (primary outcome measured), Interleukin 6 (IL-6) and Pentraxin 3 (PTX-3).

**2014 - Sub-investigator.**

Title project: *"Effect of self-conditioning techniques in promoting weight loss in patients with severe obesity. Randomized controlled trial."* The objective of the study was to test whether the experimental treatment, which includes self-conditioning techniques borrowed from hypnosis in addition to the standard treatment, was more effective in reducing weight at 12 months after enrollment than the standard treatment, which includes interventions based on diet, exercise, and behavioral therapy recommendations.

**2015 - Sub-investigator.**

Title project: *"Bioelectrical Phase Angle as a Predictor of Short- and Medium-term Mortality and Early Rehospitalization in Elderly Patients Hospitalized for Internal Diseases. Multicenter longitudinal prospective observational study."* The objective of the study was to evaluate the effectiveness of bioimpedance measurements as a predictors of short- and medium-term mortality and early rehospitalization in elderly patients hospitalized for medical conditions.

**2015 - Sub-investigator.**

Title project: *"Glycemic, insulinemic, and hormonal responses after intake of different types of bread."* The objective of the study was to investigate whether the intake of different types of bread affected glycemic, insulinemic, and hormonal responses differently.

**2015 - Sub-investigator.**

Title project: *"Flavonoid Dietary Intake and Cardiovascular Risk."* The objective of the study was to determine whether flavonoid intake was inversely associated with cardiovascular risk, cardiovascular disease incidence and mortality, and all-cause mortality in a cohort of 1658 individuals after a 12-year follow-up.

**2015 - Sub-investigator.**

Title project: *"Evaluation of gustatory perception in the diabetic patient"*. The primary objective of the study was to evaluate whether in diabetic subjects without neuropathic complications compared to non-diabetic subjects there was a difference in the identification threshold concentration (defined as the minimum concentration at which a subject is able to recognize the presence of a solute) for the 4 tastes; this concentration were assessed through a taste test based on the method of adjustment for the identification of perceptual threshold. Secondary objectives were to evaluate the correlation between gustatory perception and glycated hemoglobin (last known value) in diabetic patients and to evaluate the correlation between gustatory perception and sugar consumption in the diet.

**2015 - Sub-investigator.**

Title project: *"Evaluation of the predictivity of dietary-nutritional indices in frailty in elderly subjects monitored by telemedicine"*. The research activity consisted in: selecting the instruments to assess frailty from a multidimensional point of view; selecting the data collection strategies according to the target population and implementing the

measurements; integrating frailty measurements with the other objective and subjective indicators collected during the project; describing a quantitative model of the relationship between socio-demographic, physical, physiological, psycho-social, endocrine-metabolic and frailty variables; identify a strategy to make ICT-based frailty measurements; describe the fallout of the project in terms of frailty and endocrine-metabolic-nutritional variables; identifying potential intervention strategies to prevent frailty and disseminating the project results through reports and scientific publications.

**2019 - Sub-investigator. Study in progress.**

Title project: "*Non-celiac allergic wheat hypersensitivity: a randomized controlled trial of intervention with probiotics*". This randomized controlled trial aimed to evaluate the efficacy of some strains of probiotics (lactobacilli) on systemic and gastrointestinal systemic and gastrointestinal symptoms in subjects with non-celiac gluten/grain hypersensitivity.

**2019 - Sub-investigator.**

Title project: "*Efficacy of a "Time-Restricted Fasting, TFR" regimen in patients with obesity. Prospective Cohort Study.*" The aim of the following prospective observational study is to evaluate if a TFR regimen is effective in determining a greater reduction in body weight(primary outcome) and changes in metabolic pattern, basal energy expenditure and fecal microbiota (secondary outcomes) in patients with obesity, parity of caloric intake and nutritional composition of the diet.

**2019 - CRC. Study in progress.**

Title project: "SELECT - Semaglutide effects on cardiovascular outcomes in people with overweight or obesity." The primary objective of this project is to demonstrate that treatment with s.c Semaglutide 2.4mg once weekly reduces the incidence of Major Adverse Cardiovascular Events (MACE) compared to placebo, in addition to standard of care in obese or overweight subjects with established cardiovascular disease.

**2020 - Sub-investigator. Study in progress.**

Title project: "*Microbiome-Tailored Food Products Based On Typical Mediterranean Diet*". The aim of this research is to evaluate the effect of a vegetable smoothie based on foods characteristic of the Mediterranean diet (DM), naturally rich in bioactive components such as fiber, polyphenols, glucosinolates (GLS), on the structure and functions of the intestinal microbiome (bacteria, fungi and viruses), on the metabolome, on inflammatory parameters and oxidative stress in healthy adult subjects with a low adherence to MD. The intervention consists of randomly administering either a smoothie rich in fiber, polyphenols, flavonoids and glucosinolates ("superfoods") or placebo for 8 weeks in a double-blind fashion to 40 subjects with low adherence to MD.

## COURSES AND CONGRESS 2022

Oct 2022 Corso di formazione in materia di Igiene e Sicurezza - Rischio Alto in area sanitaria - Settore Ateco 2007 Q 86 - (D. Lgs. 81/08 s.m.i.). - Certificate of attendance.

Jun 2022 Training event : "Lifestyle medicine: nuovi approcci interdisciplinari per curare la depressione". - Certificate of attendance.

Jun 2022 Congress: L'educazione alimentare come strumento di prevenzione in tutte le età. Turin. - Certificate of attendance.

Sep 2022 Congress: "L'obesità: un puzzle complesso..focus su alcuni tasselli del puzzle". Turin. - Certificate of attendance.

## PUBLICATIONS

- 1) Ponzo V, **Goitre I**, Fadda M, Gambino R, De Francesco A, Soldati L, Gentile L, Magistroni P, Cassader M, Bo S. *Dietary flavonoid intake and cardiovascular risk. A population-based cohort study.* Journal of Translational Medicine 2015, 13:218. doi:10.1186/s12967-015-0573-2.
- 2) Sahebkar A, Ponziani M.C, **Goitre I**, Bo S. *Does Statin therapy Reduce Plasma VEGF levels in humans? A Systematic Review and Meta-Analysis of Randomized Controlled Trial.* Metabolism. 2015, 64(11):1466-76. Epub 2015 Aug 12. Review. doi: 10.1016/j.metabol.2015.08.002.
- 3) Bo S, Ponzo V, **Goitre I**, Fadda M, Pezzana A, Beccuti G, Gambino R, Cassader M, Soldati L, Broglio F. *Predictive role of the Mediterranean diet on mortality in individuals at low cardiovascular risk. A 12-year follow-up population-based cohort study.* Journal of Translational Medicine. 2016 in press. doi: 10.1186/s12967-016-0851-7.
- 4) Bo S, Ponzo V, Ciccone G, Evangelista A, Saba F, **Goitre I**, Procopio M, Pagano GF, Cassader M, Gambino R. *Six months of resveratrol supplementation has no measurable effect in type 2 diabetic patients. A randomized, double blind, placebo-controlled trial.* Pharmacol Res. 2016Sep;111:896-905. doi: 10.1016/j.phrs.2016.08.010. Epub 2016 Aug 9.
- 5) Bo S, Farnaz F, Properzi B, Regaldo G, **Goitre I**, Ponzo V, Boschetti S, Fadda M, Ciccone G, De Francesco A, Abbate Daga G, Mengozzi G, Belcastro S, Broglio F. *Effects of self-conditioning techniques in promoting weight loss in patients with severe obesity: a randomized controlled trial protocol.* IJCT. Vol 4, No 1 (2017): Jan-Mar 2017.
- 6) Bo S; Ponzo V; Evangelista A; Ciccone G; **Goitre I**; Saba F; Procopio M; Cassader M; Gambino R. *Effects of 6 months of resveratrol vs placebo on pentraxin 3 in patients with type*

*2 diabetes mellitus. A double-blind randomized-controlled trial.* Acta Diabetol. 2017 May;54(5):499-507. doi: 10.1007/s00592-017-0977-y. Epub 2017 Feb 25.

- 7) Ponzo V, Rosato R, Tarsia E, **Goitre I**, De Michieli F, Fadda M, Monge T, Pezzana A, Broglio F, Bo S. *Self-reported adherence to diet and preferences towards type of meal plan in patient with type 2 diabetes mellitus. A cross-sectional study.* Nutr Metab Cardiovasc Dis. 2017 Jul;27(7):642-650. doi: 10.1016/j.numecd.2017.05.007. Epub 2017 Jun 1.
- 8) Ferrocino I, Ponzo V, Gambino R, Zarovska A, Leone F, Monzeglio C, **Goitre I**, Rosato R, Romano A, Grassi G, Broglio F, Cassader M, Cocolin L, Bo S. *Changes in the gut microbiota composition during pregnancy in patients with gestational diabetes mellitus (GDM).* Sci Rep. 2018 Aug 15;8(1):12216. doi: 10.1038/s41598-018-30735-9.
- 9) Bo S, Rahimi F, **Goitre I**, Properzi B, Ponzo V, Regaldo G, Boschetti S, Fadda M, Ciccone G, Abbate Daga G, Mengozzi G, Evangelista A, De Francesco A, Belcastro S, Broglio F. *Effects of Self-Conditioning Techniques (Self-Hypnosis) in Promoting Weight Loss in Patients with Severe Obesity: A Randomized Controlled Trial.* Obesity (Silver Spring). 2018 Sep;26(9):1422-1429. doi: 10.1002/oby.22262.
- 10) Bo S, Gambino R, Ponzo V, Cioffi I, **Goitre I**, Evangelista A, Ciccone G, Cassader M, Procopio M. *Effects of resveratrol on bone health in type 2 diabetic patients. A double-blind randomized-controlled trial.* Nutr Diabetes. 2018 Sep 20;8(1):51. doi: 10.1038/s41387-018-0059-4.
- 11) Ponzo V, Fedele D, **Goitre I**, Leone F, Lezo A, Monzeglio C, Finocchiaro C, Ghigo E, Bo S. *Diet-Gut Microbiota Interactions and Gestational Diabetes Mellitus (GDM).* Nutrients. 2019 Feb 3;11(2). pii E330. doi: 10.3390/nu11020330. Review.
- 12) Gambino R, Fanni G, Togliatto G, Ponzo V, **Goitre I**, Cassader M, Brizzi MF, Bo S. *Rs12778366 single nucleotide polymorphism of Sirtuin 1 (SIRT1) and response to resveratrol supplementation in patients with type 2 diabetes mellitus.* Acta Diabetol. 2019 Aug 56(8):963-966. doi:10.1007/s00592-019-01341-6. Epub 2019 Apr 12. No abstract available
- 13) Pellegrini M, Cioffi I, Evangelista A, Ponzo V, **Goitre I**, Ciccone G, Ghigo E, Bo S. *Effects of time-restricted feeding on body weight and metabolism. A systematic review and meta-analysis.* Rev Endocr Metab Disord. 2020 Mar 21(1):17-33. doi: 10.1007/s11154-019-09524-w. Review. Erratum in: Rev Endocr Metab Disord. 2020 Feb 18.
- 14) Pellegrini M, Ponzo V, Rosato R, Scumaci E, **Goitre I**, Benso A, Belcastro S, Crespi C, De Michieli F, Ghigo E, Broglio F, Bo S. *Changes in Weight and Nutritional Habits in Adults with Obesity during the "Lockdown" Period Caused by the COVID-19 Virus Emergency.* Nutrients. 2020 Jul 7;12(7):2016. doi: 10.3390/nu12072016

- 15) Ponzo V, Scumaci E, **Goitre I**, Beccuti G, Benso A, Belcastro S, Crespi C, De Michieli F, Pellegrini M, Scuntero P, Marzola E, Abbate-Daga G, Ghigo E, Broglio F, Bo S. *Predictors of attrition from a weight loss program. A study of adult patients with obesity in a community setting*. Eat Weight Disord. 2021 Aug;26(6):1729-1736. doi: 10.1007/s40519-020-00990-9. Epub 2020 Aug 20
- 16) Ponzo V, Pellegrini M, D'Eusebio C, Bioletto F, **Goitre I**, Buscemi S, Frea S, Ghigo E, Bo S. *Mediterranean Diet and SARS-COV-2 Infection: Is There Any Association? A Proof-of-Concept Study*. Nutrients. 2021 May 19;13(5):1721. doi: 10.3390/nu13051721.
- 17) Ponzo V, Ferrocino I, **Goitre I**, Pellegrini M, Bruno M, Astegiano M, Cadario G, Castellana E, Bioletto F, Corvaglia MR, Malfa P, Cocolin L, Ghigo E, Bo S. *Non-Celiac Gluten/Wheat Sensitivity: Clinical Characteristics and Microbiota and Mycobiota Composition by Response to the Gluten Challenge Test*. Nutrients. 2021 Apr 12;13(4):1260. doi: 10.3390/nu13041260.
- 18) Ferrocino I, Ponzo V, Pellegrini M, **Goitre I**, Papurello M, Franciosa I, D'Eusebio C, Ghigo E, Cocolin L, Bo S. *Mycobiota composition and changes across pregnancy in patients with gestational diabetes mellitus (GDM)*. Sci Rep. 2022 Jun 2;12(1):9192. doi: 10.1038/s41598-022-13438-0.
- 19) Marzola E, Abbate-Daga G, Scumaci E, Ponzo V, **Goitre I**, Pellegrini M, D'Eusebio C, Benso A, Belcastro S, De Michieli F, Crespi C, Broglio F, Ghigo E, Bo S. *In Patients with Obesity, Are Affective Temperaments Associated with Attrition? An Evaluation during and before the SARS-CoV-2 Pandemic*. J Clin Med. 2022 Feb 7;11(3):862. doi: 10.3390/jcm11030862.
- 20) Ferrocino I, Pellegrini M, D'Eusebio C, **Goitre I**, Ponzo V, Fadda M, Rosato R, Mengozzi G, Beccuti G, Merlo FD, Rahimi F, Comazzi I, Cocolin L, Ghigo E, Bo S. *The Effects of Time-Restricted Eating on Metabolism and Gut Microbiota: A Real-Life Study*. Nutrients. 2022 Jun 21;14(13):2569. doi: 10.3390/nu14132569.
- 21) Canello R, Rey F, Carelli S, Cattaldo S, Fontana JM, **Goitre I**, Ponzo V, Merlo FD, Zuccotti G, Bertoli S, Capodaglio P, Bo S, Brunani A. *Telomere Length and Mitochondrial DNA Copy Number Variations in Patients with Obesity: Effect of Diet-Induced Weight Loss-A Pilot Study*. Nutrients. 2022 Oct 14;14(20):4293. doi: 10.3390/nu14204293.

## ABSTRACT

- 1) Guggino A, Barbero S, **Goitre I**, Ponzo V, Seletto M, Bo S. *Myths about nutrition in pregnancy*. Riunione monotematica SINPE 2014, Clinical governante in terapia nutrizionale. Rimini. 2014, 13:15.

- 2) Cioffi I, Ponzio V, Gambino R, **Goitre I**, Pasanisi F, Regaldo G, Bo S. *Effetti acuti di un pasto allucinato sul senso di fame/sazietà e regolazione dell'assunzione di cibo: trial cross-over randomizzato controllato*. SINU, 19-21 novembre 2018
- 3) Ponzio V, Gambino R, Cioffi I, **Goitre I**, Evangelista A, Ciccone G, Cassader M, Procopio M, Bo S. *Effetti della supplementazione con resveratrolo sull'osso. Trial randomizzato controllato in doppio cieco*. SINU, Torino 20-22 novembre 2017
- 4) **Goitre I**, Bo S, Ponzio V, Ciccone G, Evangelista A, Saba F, Procopio M, Pagano MG, Cassader M, Gambino R. *Effetto della supplementazione di resveratrolo sui livelli di pentraxina-3 in pazienti con diabete mellito di tipo 2. Trial randomizzato controllato*. SINU, Bologna 30 novembre-2 dicembre 2016

## LANGUAGE SKILLS

*Native speaker:* Italian

*Other languages:* English and French

## SOFT SKILLS

I am a very dynamic, precise and professional person. Excellent aptitude for teamwork and research.

Thanks to the group work and different research studies in which I have participated over the years, at The University of Turin from 2014 to 2021, I have acquired over time excellent organizational and patient management skills.

Over time has grown more and more my passion for research, which I follow with dedication and commitment.

Goitre Ilaria