

ELENA ZOICO, MD, PhD

PERSONAL INFORMATION

17/06/1973  
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POSITION

Associate Professor of Internal and Geriatric Medicine, University of Verona

WORK EXPERIENCE

2019- present full time Associate Professor of Internal and Geriatric Medicine,  
University of Verona

from 2017 to 2028 Italian Abilitation for Full Professor of Internal and Geriatric  
Medicine, University of Verona

2007-present Full time Assistant at the Division of Geriatric Medicine, University  
Hospital, AOUI, Verona

2005-2019: Research Fellowship at the University of Verona, Department of  
Medicine, Geriatric Section

TEACHING EXPERIENCE

2021- present Teaching at the PhD Program in Medical and Clinical Science, School  
of Medicine, University of Verona

2019- present Teaching integrated course Clinical Medicine and Geriatrics, School  
of Medicine, University of Verona.

2019-present Teaching Geriatrics and Gerontology, Course in Nursing, School of  
Medicine, University of Verona

2009- present teaching in the School of Specialization in Geriatric Medicine, University of Verona

2021-2022 Teaching at the Professional Master's programme in Overweight and obesity: pathophysiology, clinical and multidisciplinary treatment, University of Verona

2019-2022 Teaching Geriatrics and Gerontology, Course of Rehabilitation Medicine, School of Medicine, University of Verona

2016- present member of the Scientific Committee of the Healthy Aging Centre, AOUI, Verona

2021-2022 member of the Scientific Committee of the Italian Society for the Study of Obesity (SIO)

## EDUCATION AND TRAINING

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- 1998: Degree in Medicine with honors at University of Verona.
- 1999: Italian Habilitation to practice.
- 2002: Specialization in Geriatric Medicine at the University of Verona
- 2007: PhD in Degenerative and Chronic Disease at the University of Verona

### Fellowships

2001- Visiting scientist " Nutrition Exercise Physiology and Sarcopenia (NEPS) Laboratory", directed by Professor Ronnen Roubenoff, at the Jean Mayer Human Nutrition Research Center of Boston - USA

### MOTHER TONGUE

**ITALIAN**

### OTHER LANGUAGES

**ENGLISH**

READING SKILLS GOOD

WRITING SKILLS GOOD

VERBAL SKILLS GOOD

## PERSONAL SKILLS

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### Communication skills

Participation in some International Meetings as Relator and in several National Meetings as Relator and Moderator

Organisational / managerial skills	Scientific Coordinator of the Laboratory of Geriatrics (Physiopathology of Adipose and Skeletal Muscle Tissue) of the LURM (University Laboratory of Medical Research), Department of Medicine, University of Verona from 01-10-2016 to present
Digital competence	Good competence in Office programs and SPSS

Publications  
Memberships  
Citations  
Certifications  
Clinical trials

## RESEARCH

Author or co-Author of 77 full length papers  
Total H Index (Scopus) 33  
Citation (Scopus) 3668

## MAIN TOPICS OF RESEARCH

- study of muscle loss with aging (sarcopenia), of its mechanisms and of the relationship with disability and functional status.
- study of adipose tissue physiology and pathophysiology in healthy aging and different diseases as well as the role of adipose tissue in cancer microenvironment.
- study of adipose tissue changes with aging
- study of the cross talk between adipose tissue and skeletal muscle in different physio pathological conditions

## NATIONAL AND INTERNATIONAL SCIENTIFIC COLLABORATIONS

- Collaboration with Prof. Tamara Harris Chief, Geriatric Epidemiology Section, Laboratory of Epidemiology, Demography, and Biometry - National Institute of Aging USA in the longitudinal study "Health ABC Verona Study" and in the project entitled "Role of lipid infiltration in the muscle: overweight, sarcopenia and aging " from 01-01-2006 to 01-01-2010
- Collaboration with the research group of prof. Claudio Franceschi in the project entitled: "Genetics of the mitochondrion: between plasticity and inflammation of the adipose organ". 01-01-2009
- Collaboration with the research group of prof. Saverio Cinti Director of the Interdepartmental Research Center on "Obesity" at the Polytechnic University of Marche. Several research protocols concerning the physiopathology of adipose tissue in obesity, aging and in the tumor microenvironment. from 01-01-2010
- Collaboration with prof. Yves Boirie, Head of the research team «Diet, Muscle Health and Sarcopenia» of the Unité de Nutrition Humaine at the Clermont Auvergne University, France. Projects made possible by the exchange of postdoctoral students. The main objective of the research is the study of the role of extracellular vesicles in the crosstalk between adipocytes and myocytes in different conditions of insulin resistance. From 1/09/2019

February 16th 2024

Prof. Elena Zoico