



Cristiana Aperio

Date of birth: 01/05/1969 | **Nationality:** Italian | **Gender:** Female | **Phone number:** (+39) 3489625408 (Mobile) | **Email address:** cristiana.aperio@gmail.com | **Website:** www.cristianaaperio.com

● EDUCATION AND TRAINING

2014 – 2015 Roma, Italy

MASTER (LEVEL II) INTEGRATED ONCOLOGY. 60 CREDITS Università degli Studi G. Marconi

- Learn the technical-scientific basis for a multidisciplinary treatment approach;
- Obtain knowledge about the use of drugs (biological, natural and antiproliferative) in association with each other or with the aid of different methodologies (timed, metronomic or fractional);
- Learn how to contribute to an improvement in doctor-patient relationships and between the various stakeholders.
- Studying and learning how to use the methodologies for applying therapies and their integration methods.
- Provide scientific support for improving the quality of life during cancer treatment

Address Via Plinio 44, Roma, Italy | **Website** www.unimarconi.it |

Final grade 110/110 cum laude (4.0 Summa cum Laude) |

Thesis IGF1 siero levels and Kefir consumption in a mediterranean ipocaloric diet

2005 – 2007 Camerino, Italy

MSC (MAGISTRALE) IN BIOMOLECULAR AND BIOFUNCTIONAL SCIENCE, MOLECULAR BIOLOGY. 120 CREDITS UNICAM - University of Camerino

To describe the principles of clinical management and identify the most relevant diagnostic tests to promote differential diagnosis in routine clinical practice, and perform the correct laboratory tests to exclude/confirm the diagnosis. Besides that, an overview of basic concepts of specimen collection and storage, quality control, and the methodologies utilized in laboratory medicine to monitor enzymes, proteins, antibodies, bacteria, and viruses and of methodologies for their phenotypic and genotypic detection. Furthermore, methodologies for histopathological assessment of biomarkers in cancer tissues and in pre and post-natal imprinting disorders.

Address Camerino, Italy | **Website** www.unicam.it | **Final grade** 110/110 cum Laude (4.0 Summa cum Laude) |

Thesis Correlation Between Serum Ig E and IL-22 mRNA in Peripheral Blood Mononuclear Cells

2002 – 2005 San Benedetto del Tronto, Italy

BSC -HONOURS- BIOLOGY OF NUTRITION. 180 CREDITS UNICAM - University of Camerino

- Learning the basics of Biology, Molecular Biology, Immunology, and Physiology
- Study of nutritional biology and metabolism, food science and safety, nutrition assessment, lifespan nutrition, obesity, and therapeutic diets
- Learning how to assess and recognize diseases and their prevention, the spread of misinformation, and the social and psychological effects of food on our wellbeing

Address San Benedetto del Tronto, Italy | **Website** www.unicam.it |

Final grade 110/110 cum Laude (4.0 Summa cum Laude) |

Thesis Contamination Anisakis SP. and Allergy Signs in a Pediatric Population Not Selected

1986 – 1991 Ancona, Italy

M.A. ECONOMY AND COMMERCE. 180 +120 CREDITS. DIPLOMA EQUIVALENT TO A MASTER DEGREE IN MANAGEMENT AND ECONOMY CLASS LM77 EX DI 07/09/2009 UNIVPM - University of Ancona

During the entirety of the course, besides the fundamentals, my deepest interest has been in **econometry**, which is the quantitative application of statistical and mathematical models that are used to test hypotheses, develop theories and predict trends based on the data collected, particularly applied in the financial field.

Address Ancona, Italy | **Website** www.univpm.it | **Final grade** 103/110 (3.4 GPA) |

Thesis Births and Deaths of Businesses: Theoretical Approaches and Empirical Evidence

● WORK EXPERIENCE

29/10/2009 – CURRENT

REGISTERED DIETITIAN

- Interpretation of cutting-edge tests for a unique and personalized diet
- Specialized in nutrition for anti-aging, menopause management, polycystic ovaries, couples infertility, endometriosis, oncologic patients, IBS patients, patients affected by metabolic syndrome and autoimmune diseases (especially psoriasis and rheumatoid arthritis)

Business or Sector Human health and social work activities | **Department** Antiaging, Oncologic Nutrition

2015 – CURRENT Camerino (MC), Italy

LECTURER UNIVERSITY OF CAMERINO

Lecturer at "Graduate School in Hospital Pharmacy (SSFO)" for the seminar "**Nutritional manipulation of cancer patients**"

- molecular basis of carcinogenesis
- metabolic vulnerability of several cancer types
- dietary changes and improvement of the response to cancer therapy
- practical hints about the nutritional plan in cancer patients

2014 – CURRENT SAN BENEDETTO DEL TRONTO, Italy

TUTOR FOR PRE-DEGREE INTERSHIP UNIVERSITY OF CAMERINO

Mentoring for and overseeing the research work and projects of graduating students for their final dissertation for the BSc in Biology of Nutrition (Laurea in Biologia della Nutrizione)

- Savini Roberta "Oncologic Nutrition" with Professor Tomassoni Daniele
- Marinozzi Mario "Il ruolo della nutrizione nell'insufficienza venosa" (The role of nutrition in venous insufficiency) with Professor Gabrielli Maria Gabriella
- Ranalli Melissa "Longevità e nutrizione" (Longevity and nutrition) with Professor Polzonetti Valeria
- Mara Fanizzi "Indicazioni nutrizionali nel paziente con colon irritabile" (Nutritional indications in the patient with irritable bowel) with Professor Paolo Polidori
- Annalisa Calati "Proprietà nutrizionali del kefir" (Nutritional properties of kefir) with Paolo Polidori
- Daniela Damiani "Intolleranza al lattosio e l'uso del latte e derivati nelle malattie croniche-intestinali" (Lactose intolerance and the use of milk and derivatives in chronic intestinal diseases) with Professor Antonino Miano
- Christian Ambrosini "La dieta nelle patologie del colon: casi clinici" (Diet in colon diseases: clinical cases report) with Professor Consuelo Amantini
- Sciocchetti Claudia "Management nutrizionale nei pazienti con candida recidivante" (Nutritional management in patients with relapsing candida) with Professor Dezemona Petrelli

29/06/2021 Italy

LECTURER AKESIOS

- ECM Lecturer
- Nutritional protocols in irritable bowel syndrome
- New integration strategies in irritable bowel syndrome
- Nutritional and supplementation strategies to keep a healthy gut

in collaboration with Dr Antonio Gasbarrini, MD, Direttore UOC di Medicina Interna e Gastroenterologia presso Fondazione Policlinico Universitario A. Gemelli IRCCS di Roma

2010 – 2020 Italy

SCIENTIFIC COORDINATOR REGENERA RESEARCH GROUP

- Research on anti-aging and predictive medicine and the subsequent development of diets
- Publication of articles regarding predictive, preventive, and healthy-aging medicine
- Organization of conferences (LONGEVA, Donne Senza Pausa), including the search for partners, speakers, and funds

Address Via Moisè Loira 75, 20144, Milano, Italy | **Website** www.regeneragroup.it

06/10/2017 – 06/10/2017 Ascoli Piceno, Italy

LECTURER ASUR MARCHE - ARSMARCHE

- ECM Lecturer for the Italian Statal Program for the Continuation of the Healthcare Worker's Formation (Programma per la Formazione Continua degli Operatori della Sanità)
- The course was directed to physicians and medics, exposing the clinical and nutritional problematics for ongoing special diets ("Problematiche Cliniche e Nutrizionali in corso di regimi alimentari particolari (A-507)")

03/2014 – 2019 Italy

R&D, GENETIC TEST REPORT COUNSELOR NEXT GENOMICS

- R&D and testing on Genetic Report Technology aimed to a complete screen for the gut, vaginal, skin, and eye micro-biodiversity
- R&D and testing on Genetic Report Technology aimed to search for neurodegenerative diseases, oxidative stress, cardiovascular risk, food allergy, and possible genetic-related sports injuries

Address Via Mozza sul Gorone 1/G, 59100, Prato, Italy | **Website** www.nextgenomics.it

01/2010 – 04/2012 San Benedetto del Tronto, Italy

REGISTERED DIETITIAN FORUM SALUTE&BENESSERE

09/2005 – 03/2007 Grottammare, Italy

MATHEMATICS TEACHER SECONDARY SCHOOL SCUOLA DOMANI

10/2005 – 09/2006 Porto Sant'Elpidio, Italy

MATHEMATICS TEACHER SECONDARY SCHOOL ISITSPS EINAUDI

Business or Sector Education | **Address** Via Legnano 17, 63821, Porto Sant'Elpidio, Italy |

Website www.polourbani.gov.it

01/2005 – 04/2005 San Benedetto del Tronto, Italy

MATHEMATICS TEACHER SECONDARY SCHOOL ITC A. CAPRIOTTI

09/2001 – 04/2004 Grottammare, Italy

MATHEMATICS TEACHER SECONDARY SCHOOL SCUOLA DOMANI

● **LANGUAGE SKILLS**

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B1	B2	B1	B1	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● DIGITAL SKILLS

Microsoft Office (Word, Excel & PowerPoint)

● ADDITIONAL INFORMATION

PUBLICATIONS

["Lo stress ossidativo e le sue implicazioni nella salute femminile"](#) – 2013

Bollettino di ginecologia Endocrinologica, Vol7:53-63, 2013

["IL-22 mRNA in peripheral blood mononuclear cells from allergic rhinitic and asthmatic pediatric patients"](#)

– 2011

Pediatric Allergy and Immunology, Volume 22, Issue 4, pages 419-423, June 2011

"Sensibilization rate of Anisakis Simplex in a not selected pediatric population"

Società Italiana di Allergologia ed Immunologia Pediatrica S.I.A.I.P.

A. Carlucci, A. M. Bianchi, C. Aperio

A randomized, controlled trial on the effectiveness of a proprietary marine lipo-peptide formula vs omega-3 on cytokines profile, anxiety, and pain symptoms in patients with fibromyalgia

– 2022

ABSTRACT

Objective: The aim of the present study in an RCT manner (physicians and patients) a novel lipo-peptide marine compound, LD-1227, on physical-, emotional- and functional-related symptomatic complaints in fibromyalgia patients as well as inflammatory cytokines profile and gene expression while using omega-3 as a control group. Methods: The following questionnaire-based or clinical evaluation-based parameters were evaluated: widespread pain index [WPI] patient global impression of change, total tender points [TTP], fibromyalgia impact questionnaire, Beck depression inventory, fatigue severity ratings, cognitive symptom severity, symptom severity score [SSS] and weekly pain intensity ratings. Additional biochemical and gene expression analysis of cytokines (IL6, TNF- α , IL-1 β , MCP-1, IL-8, IL-13, IL-1 α , and GM-CSF) was performed as well. Data were analyzed with either a paired t-test or the Wilcoxon signed rank test depending on the parametric or non-parametric distribution. Results: Comparing the data from before and after treatment for Group B indicated a statistically significant reduction ($p=0.05$) in TTP, WPI score, and SSS score. These data suggest a positive effect of a 3-month treatment with the LD-1227 but not omega-3 treatment on Fibromyalgia pain and related anxiety/depressive symptoms. Inspections of HRV and Cytokines found a statistically significant improvement after LD1227 treatment. Unlike the group supplemented with omega-3, the treatment with LD-1227 brought about a decrease in WPI and weekly pain intensity symptoms for the majority of participants. The pre-and post-treatment data for Group B indicated a statistically significant reduction

($p=0.05$) in TPC, WPI, and SSS scores. No adverse events were reported.

Conclusion: These results provide the first indications that the LD-1227 treatment has a statistically significant effect on

the recognized fibromyalgia diagnosis metrics of WPI, TTP, and SSS as well on inflammatory markers and parasympathetic balance.

Keywords: fibromyalgia, marine compound, lipopeptide, cytokines, anxiety, pain, LD-1227.

DOI: 10.31989/ffhd.v12i8.960

CONFERENCES AND SEMINARS

29/10/2021 – ONLINE CONFERENCE

"I Disturbi Intestinali in Real Life: Case History". (Intestinal Disorders in Real Life: Case History) Organized by Marco Biagi, Ph.D., University of Siena

Link www.fitmail.it/webinar

22/10/2021 – Teramo Campus

"Il Ruolo della Nutrizione nella Prevenzione dei Tumori e nel Supporto del Malato Oncologico". (The Role of Nutrition in Cancer Prevention and Support of Cancer Patients) "Le Terapie Oncologiche Integrate a Supporto dei Trattamenti Convenzionali". (Integrated Oncological Therapies to Support Conventional Treatments). Organized by MD Teresa Scipioni for "Order of Medical Surgeons and Dentists of the Province of Teramo"

Link <https://www.ekuonews.it/22/10/2021/terapie-oncologiche-integrate-evento-ecm-per-i-medici-della-provincia-di-teramo/>

23/07/2018 – Chieti - University Campus.

"L'alimentazione come fattore di rischio o di prevenzione dei tumori pancreatici". (Nutrition as a risk factor or prevention factor for pancreatic tumors) I tumori del pancreas dall'epidemiologia alle nuove terapie. (Pancreatic tumors from epidemiology to new therapies). Organized by MD Roberta Di Pietro, full Professor of Histology, G. d'Annunzio University of Chieti-Pescara, Department of Medicine and Aging Sciences

18/10/2017 – ICE with ENIT, New York, USA

"Marche: it's secret of long life" - Italy Le marche food wine surroundings

12/10/2017 – BSAAM's Anti Ageing Conference, London, UK

"Kefir and the role it can play in positive aging."

16/10/2016 – Università di Camerino, San Benedetto del Tronto (AP), Italy

"Uno spaccato della realtà marchigiana: numeri e qualità". (A cross-section of the Marche region: numbers and quality) LONGEVA MARCHE. Public Conference of informative nature, organized by me, in collaboration with University of Camerino, dott. Ascanio Polimeni, Craig Willcox, Giovanni Scapagnini

16/09/2016 – San Benedetto del Tronto

"Il Ruolo dell'alimentazione nel Healthy Aging: Antiossidanti e Chrono-fasting". (The Role of Nutrition in Healthy Aging: Antioxidants and Chrono-fasting) With the collaboration of Dr. Attilio Cavezzi fellows of European Society of Vascular and Endovascular Surgery.

05/04/2016 – San Benedetto del Tronto, Italy

"L'alimentazione a supporto delle terapie oncologiche". (Nutrition to support cancer therapies) in collaboration with Dott. Anna Villarini IRCCS Milano

18/02/2016 – San Benedetto del Tronto, Italy

"La salute dell'intestino, la bellezza della pelle". (The health of the intestine, the beauty of the skin)

02/2012 – 03/2016 – San Benedetto del Tronto, Verona and Ascoli Piceno, Italy

Donne Senza Pausa. (Women Without Break) A cycle of conferences organized by me in collaboration with experienced MD in the management of problems related to menopause and aging as coordinator of Regenera research group (international association for research in preventive and predictive medicine) founded by Dr. Ascanio Polimeni and Dr. Francesco Marotta with the aim of sensitizing MD, nutritionists and operators in the sector as well as the female population to the prevention and protection of active health.

- 23 April 2016 Verona 5^a edizione "Donne senza pausa". "Benessere e longevità: il ruolo dell'alimentazione". (Well-being and longevity: the role of nutrition)
- 05 June 2015 San Benedetto del Tronto 4^a edizione "Donne senza pausa" in collaboration with dott. Ascanio Polimeni and Regenera Research Group
- 23 May 2014 Ascoli Piceno 3^a edizione "Donne senza pausa" in collaboration with dott. Ascanio Polimeni, Giovanni Scapagnini and Regenera Research Group
- 3 May 2013 San Benedetto del Tronto 2^a edizione "Donne senza pausa" in collaboration with dott. Ascanio Polimeni and Regenera Research Group. "Ruolo dei test genetici e biochimici in menopausa". (Role of genetic and biochemical tests in menopause).
- 23 March 2012 San Benedetto del Tronto 1^a edizione "Donne senza pausa" in collaboration with dott. Ascanio Polimeni, Giovanni Scapagnini and Regenera Research Group

25/09/2015 – Montesilvano, Italy

"Il nostro intestino ci parla: impariamo ad ascoltarlo". (Our intestine speaks to us: we learn to listen to it) Public Conference of informative nature

04/06/2015 – San Benedetto del Tronto, Italy

"la salute e la longevità nelle tue mani". (Our intestine speaks to us: we learn to listen to it) Public Conference of informative nature

08/05/2015 – Camerino, Italy

"La salute è nelle tue mani" ("Health is in your hands") Public Conference of informative nature, organized by CRI (Italian Red Cross) and ARTOI (association for the research of integrated oncological diseases)

Pescara, Italy

"Frammentazione del Dna e ROS nel Liquido seminale". (Fragmentation of DNA and ROS in the seminal fluid) S.I.A. Sezione L.A.m.S Riproduzione e sessualità. (Italian Society of Andrology Section L.A.m.S Reproduction and sexuality)

16/01/2015 – San Benedetto del Tronto, Italy

"La medicina del Benessere. L'importanza della prevenzione, la tradizione alimentare e l'integrazione". (The medicine of Wellness. The importance of prevention, food tradition and integration) Public Conference of informative nature organized by CRI (Italian Red Cross).

23/11/2014 – Osimo, Diagnostica Marche (Diagnostic Imaging Center) Italy

"Lo Stress Ossidativo, un fattore emergente di rischio per la salute". (Oxidative Stress, an emerging health risk factor) Public Conference of informative nature

Camerino, Italy

"La valutazione dello stress Ossidativo -d-Roms e Bap test". (The evaluation of Oxidative stress - d-Roms and Bap test)

Università degli studi di Camerino - Scuola di Bioscienze e Biotecnologie - Corso di Laurea in Biologia della Nutrizione. (University of Camerino- school of bioscience and biotechnology- BSc -Honours- Biology of Nutrition.

02/05/2014 – San Benedetto del Tronto, Italy

"L'alimentazione nella pratica del ciclismo agonistico". ("Nutrition in the practice of competitive cycling")

Ascoli Piceno, Italy

"Alimentazione e prevenzione dei tumori della mammella". ("Nutrition and breast cancer prevention") IOM Ascoli Piceno. (Oncological Institute of the Marche).

05/12/2013 – Francavilla, Italy

"Lo stress ossidativo e la sua valutazione". ("Oxidative stress and its evaluation")

19/05/2013 – Grottammare, Italy

"L'alimentazione nella prevenzione della malattia oncologica". ("Nutrition in the prevention of oncological disease") classi 4[^] e 5[^] I.I.S.Fazzini-Mercantini

13/12/2012 – Pineto, Italy

"Stress Ossidativo e Sindrome Metabolica". ("Oxidative Stress and Metabolic Syndrome")

22/11/2012 – 23/11/2012 – Ascoli Piceno, Italy

"Gli allergeni nascosti". (Hidden allergens) "Novità in Neonatologia e Pediatria" (News in Neonatology and Pediatrics). With collaboration of ASUR ,SIP (Italian Society of Pediatrics), SIPO (Italian Society of Hospital Pediatrics)

02/11/2012 – 04/11/2012 – Fermo, Italy

"Il ruolo dell'alimentazione nella prevenzione delle recidive del carcinoma della mammella" (The role of nutrition in the prevention of breast cancer recurrence.) "Nuove prospettive nella cura dei tumori. Cura della malattia e cura della persona". (New perspectives in cancer treatment. Disease care and personal care). With collaboration of ASUR Marche and Regione Marche

26/10/2011 – 27/10/2011 – Napoli, Italy

"L'andrologia: pari opportunità per il maschio" (Andrology. equal opportunity for men) Congresso SOD Diagnostica Andrologica della Riproduzione e della Sessualità
SOD Congress Andrological Diagnostics of Reproduction and Sexuality

25/03/2011 – Milano, Italy

"L'universo Donna: prevenzione salute e benessere" (The universe of women: health and wellness prevention) Eudocet in collaboration with IEO (Istituto Europeo di Oncologia)

22/01/2010

"Le patologie correlate allo Stress Ossidativo" (Pathologies related to Oxidative Stress) Corso di formazione con il contributo educativo di Bracco

10/2010 – San Benedetto del Tronto, Italy

"Lo Stress Ossidativo e la sua valutazione" (Pathologies related to Oxidative Stress) con il contributo educativo di Bracco

22/03/2010 – San Benedetto del Tronto, Italy

"Lo stress ossidativo è un fattore emergente di rischio per la salute. Come individuarlo e combatterlo" (Oxidative stress is an emerging health risk factor. How to spot it and fight it) Rotary club San Benedetto del Tronto. In collaboration with IOOS

23/11/2009 – San Benedetto del Tronto, Italy

"Gli additivi alimentari: normativa" (Food additives: legislation) Rotary club San Benedetto del Tronto

15/11/2009 – San Benedetto del Tronto

"Conoscere le allergie e le intolleranze alimentari" (Learn about food allergies and intolerances) Fondazione Virgo Lauretana

COURSES FOLLOWED

Courses Followed

- Alimenti funzionali e nutraceutici per la salute.- Università i Camerino 28 giugno 2016
- Da febbraio 2016 Master: Immunologia, endocrinologia e neurologia per la modulazione biologica dell'attività metabolica cellulare e tissutale umana. Nutrizione immunologica.
- Da Marzo 2015 iscritta al Master "Oncologia integrata" dell'Università Guglielmo Marconi in collaborazione con ARTOI
- VI Congresso ARTOI 2014 - Oncologia Integrata e Nutrizione – Roma 8 Novembre 2014
- "Le pandemie del terzo millennio. Il contributo della medicina molecolare" – ISS-ARTOI – Roma, Aprile – Novembre 2014
- Corso di aggiornamento ANDID - Abruzzo"
- Congresso ONB "Alimentazione e supporto nutrizionale: linee guida per la professione di Biologo Nutrizionista"
- ecm fad "Nutrizione e sport"
- XXXIV Congresso Nazionale SINU Nutrizione, la pietra d'angolo. Fabbisogni nutrizionali e salute nell'epoca del genoma
- Pianeta Nutrizione 2010 "stili di vita della donna, fabbisogni nutrizionali nell'anziano, la corretta nutrizione in età pediatrica, preparazione atletica e nutrizione un binomio inscindibile"
- "Univpm e ADI: "celiachia e nutrizione"
- ONB "alimentazione e supporto nutrizionale: nutrizione, prevenzione e funzionalità degli organi"
- Milanopediatria 2010: "nutrizione genetica ambiente per l'educazione alla salute"
- Marzo-Ottobre 2010 Regione Marche – ASUR 12 "Principi elementari di enzimologia e farmacologia botanica"
- Teramo Novembre 2009 "Sindrome metabolica: corretto approccio alla caratterizzazione della patologia"
- Milano Novembre 2009 "La medicina del domani: invecchiare con successo"

DRIVING LICENCE

Driving Licence: AM

Driving Licence: B

NETWORKS AND MEMBERSHIPS

2013 – CURRENT

ARTOI Associated

2010 – 2019

REGENERA RESEARCH Group Scientific Coordinator

CURRENT Ascoli Piceno

Volunteer for "IOM Ascoli Piceno" Association I intervene as a consultant in a series of annual meetings organized for women operated on for breast cancer to sensitize them to improve their lifestyle and nutrition in order to improve the response to antineoplastic therapies and prevent recurrence of the disease.

Link <https://www.iomascoli.it/>

VOLUNTEERING

2017 – CURRENT Torino

Mettiamoci le tette. ONLUS Association.

Link <http://www.mettiamociletette.it/>

2019 – CURRENT San Benedetto del Tronto (A.P.)

Corri con Martina. Annual Marathon run <<CORRI con MARTINA>> an event to combine the passion for sport with fun, awareness and social commitment, organized by the Lions Club of San Benedetto del Tronto, Ascoli Piceno, Amandola and the Leo Club of Ascoli Piceno organize with the patronage of the Municipality of San Benedetto del Tronto and the collaboration of the ASD Running Team d'lu Mont. I supervise the organization and management of an information corner for the public on the role of correct nutrition in primary and secondary prevention of oncological diseases

Link <https://www.corriconmartina.it/>