

Personal information:Surname / First name **Villarini Anna**

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Nationality Italian

Date of birth 11/03/1965

Gender Female

Occupational field Biologist/ Nutritionist**Work experience (main):****Dates** 31 October 2022-Nowadays

Occupation or position held Researcher (PhD) and Professor

Main activities and responsibilities Professor of hygiene, health education, epidemiology, health promotion
PI of the Project "DianaWeb": before and after study online based participatory research to test whether lifestyle and diet are able to reduce the incidence of recurrences (local, remote) or secondary cancers, improve prognosis and survival of breast cancer**Name of employer** Perugia University- Medicine and Surgery Department**Dates** July 2016 – October 2022

Occupation or position held Senior Researcher– Nutrition Consultant-PhD

Main activities and responsibilities PI of the Project "DianaWeb": before and after study online based participatory research to test whether lifestyle and diet are able to reduce the incidence of recurrences (local, remote) or secondary cancers, improve prognosis and survival of breast cancer

Name of employer Epidemiology Unit, Research Department, Fondazione IRCCS Istituto Nazionale dei Tumori**Dates** November 2007 – October 2022

Occupation or position held Senior Researcher Assistant – Nutrition Consultant

Main activities and responsibilities Co-PI of the Project "Diana 5, Diet and Androgens"
Randomized trial of diet, physical activity and breast cancer recurrences**Name of employer** Epidemiology Unit, Research Department, Fondazione IRCCS Istituto Nazionale dei Tumori**Dates** October 2004 – December 2007

Occupation or position held Researcher Assistant – Nutrition Consultant

Main activities and responsibilities Co-PI for the Project "StuDia – Pilot study of adjuvant diet and breast cancer patients"
Study on prevention of the breast cancer recurrences during the chemotherapy**Name of employer** Epidemiology Unit, Research Department, Fondazione IRCCS Istituto Nazionale dei Tumori**Type of business or sector** Health – Research - Breast cancer**Education and training (main):****Dates** November 2015Title of qualification awarded **PhD: Pathophysiological sciences, Neuropsicobiologiche and relief of the life cycle**
Name and type of organisation providing education and training Università degli Studi di Milano, Facoltà di Medicina e Chirurgia**Dates** February 2007 – December 2007Title of qualification awarded **Master**

Principal subjects/occupational skills covered Statistic, epidemiology, biometry

Name and type of organisation providing education and training Università degli Studi di Milano – School of Medicine and Surgery: Second Level "Master in Statistic and Statistical Methods for Epidemiology"

Dates 05 November 2001Title of qualification awarded **Post-graduate Diploma, Specialization in Science of Nutrition**

Principal subjects/occupational skills covered Nutrition Science and Technology

Name and type of organisation providing education and training Università degli studi di Ancona, School of Medicine and Surgery, Ancona, Italy

Dates 04 November 1992Title of qualification awarded **Degree in Biological Science**

Principal subjects/occupational skills covered Science of nutrition, biochemistry, biology, anatomy, microbiology, organic chemistry

Name and type of organisation providing education and training University of the study of Perugia: Department of Physics and Natural Sciences

Scientific Publications

33. Villarini A, Antonini M, Teso G, Ricci D, Cavaliere A, Peverini M. Clinical nutrition and the role of hospital pharmacist in the management of covid patient. *Clin Nutr ESPEN*. 2022 Apr;48:17-20. doi: 10.1016/j.clnesp.2022.02.011. Epub 2022 Feb 16. PMID: 35331488
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31. Natalucci V, Marini CF, Flori M, Pietropaolo F, Lucertini F, Annibalini G, Vallorani L, Sisti D, Saltarelli R, Villarini A, Monaldi S, Barocci S, Catalano V, Rocchi MBL, Benelli P, Stocchi V, Barbieri E, Emili R. Effects of a Home-Based Lifestyle Intervention Program on Cardiometabolic Health in Breast Cancer Survivors during the COVID-19 Lockdown. *J Clin Med*. 2021 Jun 17;10(12):2678. doi: 10.3390/jcm10122678. PMID: 34204528
30. Natalucci V, Villarini M, Emili R, Acito M, Vallorani L, Barbieri E, Villarini A. Special Attention to Physical Activity in Breast Cancer Patients during the First Wave of COVID-19 Pandemic in Italy: The DianaWeb Cohort. *J Pers Med*. 2021 May 6;11(5):381. doi: 10.3390/jpm11050381. PMID: 34066580
29. Gianfredi V, Nucci D, Balzarini M, Acito M, Moretti M, Villarini A, Villarini M. E-Coaching: the DianaWeb study to prevent breast cancer recurrences. *Clin Ter*. 2020 Jan-Feb;170(1):e59-e65. doi: 10.7417/CT.2020.2190. PMID: 31850486
28. Villarini M, Acito M, Gianfredi V, Berrino F, Gargano G, Somaini M, Nucci D, Moretti M, Villarini A. Validation of Self-Reported Anthropometric Measures and Body Mass Index in a Subcohort of the DianaWeb Population Study. *Clin Breast Cancer*. 2019 Apr 18. pii: S1526-8209(19)30032-1. doi: 10.1016/j.clbc.2019.04.008. PMID: 31182401
27. Roveda E, Bruno E, Galasso L, Mulè A, Castelli L, Villarini A, Caumo A, Esposito F, Montaruli A, Pasanisi P. Rest-activity circadian rhythm in breast cancer survivors at 5 years after the primary diagnosis. *Chronobiol Int*. 2019 Jun 10;1-10. doi: 10.1080/07420528.2019.1621330. PMID: 31177874
26. Villarini A. Alimentazione, obesità e salute nel bambino e nell'adolescente; La salute Umana.N:274 aprile-giugno 2019. ISSN 0391-223X
25. Cortellini M, Casagrande A, Fomaciarì G, Del Sette D, Gargano G, Di Mauro MG, Saibene G, Bruno E, Villarini A, Venturelli E, Berrino F, Baldassari I, Oliverio A, Pasanisi P. A management system for randomized clinical trials: A novel way to supply medication. *PLoS One*. 2019 Feb 22;14(2):e0212475. doi: 10.1371/journal.pone.0212475. eCollection 2019.
24. Vincenza Gianfredi, Daniele Nucci, Anna Villarini, Massimo Moretti, Milena Villarini. Creation and validation of a satisfaction questionnaire for the events promoted within the DianaWeb project, a participatory research for the study of the effect of lifestyle on breast cancer prognosis. *Sistema Salute. La rivista italiana di educazione sanitaria e promozione della salute*, vol. 63, n.1, gennaio-marzo 2019
23. Vettoretti S, Caldiroli L, Zanon F, Azzini V, Villarini A, Meazza R, Messa P. Patients with Hypertensive Nephropathy and Chronic Kidney Disease Might Not Benefit from Strict Blood Pressure Control. *Kidney Blood Press Res*. 2018 Nov 23;43(6):1706-1715. doi: 10.1159/000495388.
22. De Gregori M, Belfer I, De Giorgio R, Marchesini M, Muscoli C, Rondanelli M, Martini D, Mena P, Arranz LI, Lorente-Cebrián S, Perna S, Villarini A, Salamone M, Allegri M, Schatman ME. Second edition of SIMPAR's "Feed Your Destiny" workshop: the role of lifestyle in improving pain management. *J Pain Res*. 2018 Aug 27;11:1627-1636. doi: 10.2147/JPR.S160660. eCollection 2018. Review.
21. Annibalini G, Contarelli S, De Santi M, Saltarelli R, Di Patria L, Guescini M, Villarini A, Brandi G, Stocchi V, Barbieri E. The intrinsically disordered E-domains regulate the IGF-1 prohormones stability, subcellular localisation and secretion. *Sci Rep*. 2018 Jun 11;8(1):8919. doi: 10.1038/s41598-018-27233-3.
20. Rauh S, Antonuzzo A, Bossi P, Eckert R, Fallon M, Fröbe A, Gonella S, Giusti R, Lakatos G, Santini D, Villarini A. Nutrition in Cancer Patients: a new area for Medical Oncologists? A practising oncologist's interdisciplinary position paper. *ESMO Open*. 2018 May 5;3(4):e000345. doi: 10.1136/esmooopen-2018-000345. eCollection 2018. No abstract available.
19. Pasanisi P, Gargano G, Di Mauro MG, Cortellini M, Casagrande A, Villarini A, Bruno E, Roveda E, Saibene G, Venturelli E, Berrino F. A randomized controlled trial of Mediterranean diet and metformin to prevent age-related diseases in people with metabolic syndrome. *Tumori*. 2017 Jan 20:0.
18. Bruno E, Roveda E, Vitale J, Montaruli A, Berrino F, Villarini A, Venturelli E, Gargano G, Galasso L, Caumo A, Carandente F, Pasanisi P. Effect of aerobic exercise intervention on markers of insulin resistance in breast cancer women. *Eur J Cancer Care (Engl)*. 2016 Dec 7.

17. Roveda E, Vitale JA, Bruno E, Montaruli A, Pasanisi P, Villarini A, Gargano G, Galasso L, Berrino F, Caumo A, Carandente F. Protective Effect of Aerobic Physical Activity on Sleep Behavior in Breast Cancer Survivors. *Integr Cancer Ther.* 2016 Jun 1.
16. Villarini M, Lanari C, Nucci D, Gianfredi V, Marzulli T, Berrino F, Borgo A, Bruno E, Gargano G, Moretti M, Villarini A. Community-based participatory research to improve life quality and clinical outcomes of patients with breast cancer (DianaWeb in Umbria pilot study). *BMJ Open.* 2016 Jun 1;6(6)
15. Annibalini G, Bielli P, De Santi M, Agostini D, Guescini M, Sisti D, Contarelli S, Brandi G, Villarini A, Stocchi V, Sette C, Barbieri E. MIR retroposon exonization promotes evolutionary variability and generates species-specific expression of IGF-1 splice variants. *Biochim Biophys Acta.* 2016 May;1859(5):757-68
14. De Santi M, Annibalini G, Barbieri E, Villarini A, Vallorani L, Contarelli S, Berrino F, Stocchi V, Brandi G. Human IGF1 pro-forms induce breast cancer cell proliferation via the IGF1 receptor. *Cell Oncol (Dordr).* 2015 Dec 23.
13. Villarini A, Villarini M, Gargano G, Moretti M, Berrino F. DianaWeb: a demonstration project to improve breast cancer prognosis through lifestyles. *Epidemiol Prev.* 2015 Sep-Dec;39(5-6):402-5.
12. Bruno E, Gargano G, Villarini A, Traina A, Johansson H, Mano MP, Santucci De Magistris M, Simeoni M, Consolaro E, Mercandino A, Barbero M, Galasso R, Bassi MC, Zarcone M, Zagallo E, Venturelli E, Bellegotti M, Berrino F, Pasanisi P. Adherence to WCRF/AICR cancer prevention recommendations and metabolic syndrome in breast cancer patients. *Int J Cancer.* 2015 Jul 14.
11. Villarini M, Lanari C, Barchiesi L, Casciari E, Tabascio A, Castellini M, Levorato S, Vannini S, Fornaciari G, Moretti M, Villarini A Effects of the "PreveDi" lifestyle modification trial on metabolic syndrome. *Ann Ig.* 2015 May-Jun;27(3):595-606.
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8. Villarini A., Pasanisi P., Raimondi M., Gargano G., Bruno E., Morelli D. , Evangelista A., Curtosi P. and Berrino F. "Preventing weight gain during adjuvant chemotherapy for breast cancer: a dietary intervention study" - *Breast Cancer Research and Treatment Breast Cancer Res Treat.* 2012 Sep;135(2):581-9
7. Anna Villarini, Patrizia Pasanisi, Adele Traina, Maria Piera Mano, PM, Bernardo Bonanni, Salvatore Panico, Corrado Scipioni, Rocco Galasso, Adriana Paduos, Milena Simeoni, Elena Bellotti, Elisabetta Venturelli, Milena Raimondi, Eleonora Bruno, Giuliana Gargano, Giuseppe Fornaciari, Vittorio Krogh, Franco Berrino: "Lifestyle and breast cancer recurrences: The DIANA-5 trial"- *Tumori* - 2012 Jan-Feb; 98(1):1-18.
6. De Marco C, Invernizzi G, Miceli R, Mariani L, Villarini A, Munarini E, Mazza R, Boffi R. "Breast change perception in women after smoking cessation. A pilot study." *Tumori.* 2011 Sep-Oct;97(5):672-5. PMID: 22158502 DOI: 10.1700/989.10730
5. Pasanisi P, Villarini A, Bruno E et al. Nutritional advice to breast cancer survivors Supportive care in cancer Volume: 18 Supplement: 2 Pages: S29-S33 May 2010 PMID: 19626345 DOI: 10.1007/s00520-009-0701-8
4. Muti P, Berrino F, Krogh V, Villarini A, Barba M, Strano S, Blandino G: "Metformin, diet and breast cancer: an avenue for chemoprevention" - *Cell Cycle.* 2009 Aug 15;8(16):2661
3. Campa D, McKay J, Sinilnikova O, ... Villarini A, Kaaks R et al. "Genetic variation in genes of the fatty acid synthesis pathway and breast cancer risk" - *Breast Cancer Res Treat.* 2009 Feb 28.
2. Villarini M., Villarini A., Dominici L., and Moretti M., "L'obesità come fattore di rischio nella patologie tumorali". *Biologi Italiani*, 1:10-19 (2008)
1. Berrino F., Villarini A., De Petris M., Raimondi M. and Pasanisi P., "Adjuvant diet to improve hormonal and metabolic factors affecting breast cancer prognosis". *Ann. N.Y. Acad. Sci.* 1089: 110-118 (2006)