

PERSONAL DETAILS	DANIELA LUCINI
COMPETITION JOB ACTUAL JOB DESIRED JOB QUALIFICATION PROFESSIONAL GOAL	MD, PhD - Tenured Associate Professor SSD MEDF/01 Methods and Didactics of Motor Activities (SSC 06/N2- Exercise and Sport Sciences) with National Scientific grade to Full Professorship University of Milan, Faculty of Medicine and Surgery, BIOMETRA Department - Director of the School of Specialization in Sports Medicine and Physical Exercise - University of Milan - Head of U.O.s. Exercise Medicine Section , Humanitas Clinical Institute , Rozzano - Meritorious Member of the Italian Federation of Sports Medicine
PROFESSIONAL EXPERIENCE	<hr/>
May 2018 to today	Member Commission "Sports Medicine" Order of Milan Medical Doctors
March 2018 to today	Didactic Referent SSD MEDF/01 and MEDF/02 Faculty of Medicine and Surgery, University of Milan
July 2017	Named Meritorious Member of the Italian Federation of Sports Medicine
Since 2007 to today	Referent Table "Food & Health" Città Studi Campus Sostenibile (University of Milan, Polytechnic)
October 2016 to today	Director of the School of Specialization in Sports Medicine and Physical Exercise - University of Milan
22.10.2014	National Scientific habilitation to Full Professor SSC 06/N1 Health Professions and Applied Medical Technologies Sciences - SSD MEDF/01 Methods and Didactics of Motor Activities
December 2013-July 2017	Adjunct Member Italian Federation of Sports Medicine.
January 2012 to today	Head of U.O.s. Exercise Medicine Section , Humanitas Clinical Institute , Rozzano (in agreement with Milan University for clinical work)
November 2008 to today	Associate Professor MEDF/01 Methods and Didactics of Motor Activities, University of Milan (Tenured since 01.17.2012)
2002 to 2008	Investigator in Internal Medicine (MED/09) Faculty of Medicine and Surgery, University of Milan (Tenured since 2005)
2002-2011	Outpatient clinical work at Centro Terapia Neurovegetativa (Clinical Sciences Department at L Sacco Hospital, University of Milan)) initially as Investigator in Internal Medicine (MED/09), subsequently as Associate Professor (M-EDF/01)
2000-2002	Agreement with L Sacco Hospital to perform clinical outpatient work at the Outpatient clinic of Neurovegetative Therapy (ward Internal Medicine 1)

- 1991-2000 Outpatient clinical work at General Medicine ward II, University of Milan. During this period work in the USA (see below)
- 1994-1995 Research and clinical fellowship at Ochsner Cardiovascular Health Center (Ochsner Clinic) New Orleans USA.

 EDUCATION AND TRAINING

- 2003 Fellowship in Clinical Psychology. University of Milan - grading 70/70 cum laude
- 1998 PhD in Clinical Methodology-Internal Medicine, University of Milan
- 1998 Personal Grant "IRCEA ONLUS"
- 1994 International Prize "Giulio Muiasan" from the Italian Society of Hypertension that supported a period of research and clinical work at the Ochsner Cardiovascular Health Center (Ochsner Clinic) New Orleans USA
- 1994 Research Prize in Internal Medicine from the Italian Society of Internal Medicine
- 1991 Authorization to practice medicine, second session, 1991, University of Milan
- 1991 Degree in Medicine and Surgery, 110/110 cum laude, University of Milan
- 1987-1991 Internship training Internal Medicine ward II, L Sacco Hospital, University of Milan
- 1984 Scientific High School Diploma

 PERSONAL SKILLS

Mather tongue Italian

Other languages

	UNDERSTANDING		SPOKEN		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C1	C1	C1

Communication skills

- Optimal communication skills, acquired through specific training (Fellowship in Clinical Psychology) and through continuous experience in handling groups, communications to groups in the field of health promotion (see Professional skills, Third mission) and through clinical work with individual patients..

Organizational Skills

As of now Head of U.O.s. Exercise Medicine Section , Humanitas Clinical Institute , Rozzano (in agreement with Milan University for clinical work)
Director of the School of Specialization in Sports Medicine and Physical Exercise - University of Milan

Job related skills

- **RESEARCH ACTIVITY**
- Dr Lucini's reasearch activity mostly regards:
 - 1.Non invasive evaluation of the neural regulation of the cardiovascular system through the study of the autonomic nervous system (ANS) both from a pathophysiological and a clinical point of view, in multiple conditions, such as:
 - -physical training in elite athletes and in patients with various cardiometabolic and oncologic conditions, with particular emphasis on exercise medicine in
 - -extreme conditions, such as (microgravity, bed rest, sleep deprivation, exercise in space)
 - -stress and functional syndromes (see below: Patents)
 - -cancer
 - -effects on the autonomic nervous system of strategies to change lifestyle (exercise, stop smoking, nutrition, stress management)
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 - 2.implementation of strategies to reduce cardiometabolic risk as primary or secondary prevention, with particular emphasis on methodologies aimed at improving exercise habits, healthy diet and stress management
 - -implementation of algorithms to quantify in a simple way lifestyle (with particular focus on exercise) and provide suggestions for improvements
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- Fundamental property of Dr. Lucini's research is .
- its translational aim in clinical areas through development of innovative, simple techniques to assess the autonomic nervous system performance, as well as the development and implementation of techniques to quantify lifestyle components and strategies to change lifestyle (with particular focus on exercise) to be applied in the clinical area both on outpatients (in specialized exercise clinics) and on the general population (in the field, university population, and industries).
- Lately, Dr Lucini's interest shifted towards
 - -optimization of autonomic nervous system assessment in the clinical, outpatient population. The specific aim is to extract reduced information on autonomic performance derived from the multitude of autonomic indices that the outpatient investigation generates. In particular Heart Rate Variability, a standard non invasive technique generating multiple indices of autonomic regulation and dysregulation that are difficult to interpret, a novel single multivariate index has been defined, which represents an individual proxy of autonomic regulation. This approach represent a potentially important simplification fostering the application of autonomic analysis in the cardiovascular and outpatient fields.
 - This methodology has been already tested in elite athletes (Rio 2016 Olympics), as well as healthy subjects or outpatients with chronic conditions
 - -the development and validation of simple questionnaires to quantify lifestyle that could be employed via web, and to assess lifestyle improvements by way of lifestyle management.
 - These simple methodologies are currently employed on large populations are form the basis for research activities and clinical interventions on populations (see below "third mission") and everyday clinical activity, with particular focus on exercise. Dr Lucini is head of one of very few clinical units dedicated to Exercise Medicine in the national territory.
- This type of research has been financed both with international (EU: DEDIPAC KH: Determinants of

Diet and Physical Activity; Knowledge Hub to integrate and develop infrastructure for research across Europe) and national grants (Public funding: e.g. Support to research plan; Private funding: Humanitas Foundation research for cardiopulmonary investigations; or research contracts from funding companies)

- Scopus: H index = 26; N Publications = 129; Citations =2435

▪ REVIEWER'S ACTIVITY

Dr Lucini is regularly involved in the process of peer review with specialized scientific journals

▪ PATENTS

Dr Lucini's activity resulted in the application for a patent (United States Patent application Publication No US2012/0065480 A1. Mar 15, 2012 Stress Monitor System and Method) aimed at the definition of methodologies to assess stress in humans through the study of the autonomic nervous system and ad hoc questionnaires. This patent could lead to a better management of stress also by way of life style management activity

▪ THIRD MISSION

La Dr Lucini is constantly involved in activity of the so called "third mission". In some detail:

-educational activities about correct life style at population levels, both by way of participation to meetings intended for the general public, or specific groups (schools, companies) possibly with the collaboration of media.

-as Referent for the Table Food & Health within the panel of activities of Sustainable Campus "university of Milano and Polytechnic" dr Lucini chairs a project for the promotion of healthy lifestyles within the student population. This project already launched a questionnaire (Lifestyle questionnaire) on line on a test group of about 6000 students with the collaboration of the Presidents of various University Diploma Schools.

-activity as scientific consultant for Companies interested in the promotion of healthy life style for their workers, with particular focus on exercise, healthy diet, stress management and stop smoking.

▪ TEACHING ACTIVITY

Dr Lucini has been and is involved in teaching activities inherent to SSD MEDF/01 Methods and Didactics of Motor Activities (SSC 06/N2- Exercise and Sport Sciences) and SSD MED/09 (Internal Medicine) in multiple courses of the University of Milan. She teaches frontally, as tutor, as supervisor at the preparation of graduation thesis and as a member of the examination commission.

-More in detail:

Since 2018 to today Teacher of the Doctorate in Translational Medicine

Since 2013 to today teacher of the Doctorate in Integrated Biomedical Research

Since 2007 to today teacher in the Specialization school of Sports Medicine

Since 2002 to today teacher in the Specialized Course of Medicine and surgery (International Medical School, Polo di Vialba, Polo San Paolo)

Since 2008 to today teacher in the Specialized course Science of health and rehabilitation professions

Since 2012 to today teacher in the specialized course of Nursing Science

Since 2012 to today teacher in the specialized course in Orthotics and ophthalmology

Since 2012 to today teacher in the specialized course in Physiotherapy

Since 2013 to today teacher in the course of Dietology

Since 2015 to today teacher in the course of Logopedy

Since 2002 to today responsibility of elective courses at the University of Milan, both in the Faculty of Medicine and Surgery (seminars or internship training) and in Health Faculties (as seminars)

Since 2011 until 2017 teacher in the course of Odontology

Since 2004 until 2009 teacher in the specialization school of Clinical psychology

2003-2004 Recipient of a teaching contract General and applied Hygiene (SSD MED/42) in the Faculty of Formative science Degree in "Operatore Socio Educativo", Catholic university, Milan

2002-2003 Recipient of a teaching contract General and applied Hygiene (SSD MED/42) in the Faculty of Formative science Degree in "Operatore Socio Educativo", Catholic university, Milan

2000-2001 Recipient of a teaching contract Psychosomatics (SSD M11E) in the Faculty of Formative science Degree in Psychology, University of Urbino

Digital Skills

SELF ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user`	Proficient user`	Proficient user	Proficient user

Driving license B

Publications

- Pagani, M., Sala, R., Malacarne, M., Lucini, D.
Benchmarking heart rate variability to overcome sex-related bias
Advances in Experimental Medicine and Biology.2018; 1065:191-205. DOI 10.1007/978-3-319-77932-4_13
- Porta A, Bari V, De Maria B, Cairo B, Vaini E, Malacarne M, Pagani M, Lucini D
On the relevance of computing a local version of sample entropy in cardiovascular control analysis
IEEE Transactions on Biomedical Engineering, DOI 10.1109/TBME.2018.2852713, in press 2018
- Porta A, Bari V, De Maria B, Cairo B, Vaini E, Malacarne M, Pagani M, Lucini D
Peripheral resistance baroreflex during incremental bicycle ergometer exercise: characterization and correlation with cardiac baroreflex.
Frontiers in Physiology Front. Physiol., 05 June 2018 |
<https://doi.org/10.3389/fphys.2018.00688>
- Lucini D, Solaro N, Pagani M.
Autonomic Differentiation Map: A Novel Statistical Tool for Interpretation of Heart Rate Variability
Frontiers in Physiology 2018 doi: 10.3389/fphys.2018.00401
- Lucini D, Sala R, Spataro A, Malacarne M, Benzi M, Tamorri S, Pagani M.
Can the use of a single integrated unitary autonomic index provide early clues for eventual eligibility for Olympic games?
Eur J Appl Physiol. 2018. <https://doi.org/10.1007/s00421-018-3822-2>
- Minetto MA, Motta, Gorji NE, Lucini D, Biolo G, Pigozzi F, Portincasa P, Maffioletti NA

- Reproducibility and validity of the Italian version of the International Physical Activity Questionnaire in obese and diabetic patients.
J Endocrinol Invest, 2018; 41(3):343-349 DOI 10.1007/s40618-017-0746-3
7. Di Girolamo FG, Situlin R, Fiotti N, Tence M, De Colle P, Mearelli F, Minetto MA, Ghigo E, Pagani M, Lucini D, Pigozzi F, Portincasa P, Toigo G, Biolo G.
 A higher protein intake is associated with improved muscle strength in elite senior athletes.
Nutrition, 42 (2017) 82-86 <http://dx.doi.org/10.1016/j.nut.2017.05.003>
 8. Lucini D, Vigo C, Malacarne M, Gatzemeier W, Pagani M.
 Lifestyle changes as internal medicine.
Eur J Int Med. 2017; 43 e40-e42 <http://dx.doi.org/10.1016/j.ejim.2017.06.003>
 9. Lucini D, Pagani M. Autonomic Nervous System Assessment: A novel window on clinical stress. *EC Psychology and Psychiatry* 4.5(2017):172-180
 10. Lucini D, Marchetti I, Spataro A, Malacarne M, Benzi M, Tamorri S, Sala R, Pagani M. Heart rate variability to monitor performance in elite athletes: criticalities and avoidable pitfalls. *Int J Cardiol* 2017. <http://dx.doi.org/10.1016/j.ijcard.2017.05.001>
 11. Sala R, Malacarne M, Tosi F, Benzi M, Solaro N, Tamorri S, Spataro A, Pagani M, Lucini D
 "Autonomic cardiac regulation in elite athletes preliminary observations with a unitary autonomic index on the national Italian Olympic committee team"
The Journal of sport Medicine and physical fitness. 2017 in press
 12. Sala R, Malacarne M, Solaro N, Pagani M, Lucini D.
 A composite autonomic index as unitary metric for heart rate variability: a proof Of concept
European Journal of Clinical investigation 2017; 47 (3): 241-249 DOI: 10.1111/eci.12730
 13. Porta, A., Bari, V., Ranuzzi, G., De Maria, B., Malacarne, M., Pagani, M., Lucini, D.
 Evaluating the association between cardiac and peripheral resistance arms of the baroreflex
Proceedings of the Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBS. 2017; Art n 8037519;3114-31-17 DOI 10.1109/EMBC.2017.8037516
 14. Sala R, Malacarne M, Pagani M, Lucini D.
 Association between aerobic fitness and indices of autonomic regulation: implications for cardiovascular risk.
The Journal of sport Medicine and physical fitness 2016; 56(6):794-801
 15. Sala R, Spataro A, Malacarne M, Vigo C, Tamorri S, Benzi M, Lucini D.
 Discriminating between two autonomic profiles related to posture in Olympic Athletes.
European Journal of Applied Physiology 2016; 116(4), 815-822 2016. DOI:10.1007/s00421-016-3337-7.
 16. Lucini D, Cesana G, Vigo C, Malacarne M, Pagani M. Reducing weight in an internal medicine outpatient clinic using a lifestyle medicine approach: a proof of concept.
European Journal of internal Medicine, 2015 Nov;26(9):680-4. doi: 10.1016/j.ejim.2015.05.020. Epub 2015 Jun 12.
 17. Sala R, Malacarne M, Pagani M, Lucini D
 Evidence of increased cardiac parasympathetic drive in subjects meeting current physical activity recommendations
Clinical autonomic research 2015 Oct;25(5):285-91. doi: 10.1007/s10286-015-0300-3.
 18. Pagani M, Lucini D. Cost Effectiveness of preparticipation screening of athletes with ECG in Europe and Algeria.
Intern Emerg Med 2015;10:125-127
 19. Lucini D, Zanuso S, Solaro N, Vigo C, Malacarne M, Pagani M.
 Reducing the risk of metabolic syndrome at worksite: preliminary experience with an ecological approach.
Acta Diabetologica 2016, 53:63-71 DOI: 10.1007/s00592-015-0744-x
 20. Vigo C, Gatzemeier W, Sala R, Malacarne M, Santoro A, Pagani M, Lucini D.
 Evidence of altered autonomic regulation in breast cancer survivors.
Journal of Cancer Survivorship 2015 in press
 21. Palombo C, Morizzo C, Baluci M, Lucini D, Ricci S, Biolo G, Tortoli P, Kozakova M. Large Artery Remodelling and Dynamics following simulated microgravity by prolonged head-down tilt bed rest in humans
BioMed Research International, vol. 2015, Article ID 342565, 7 pages, 2015. doi:10.1155/2015/342565
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 Autonomic nervous system dysregulation in irritable bowel syndrome

- Neurogastroenterology & Motility 2015;27,423-430 doi: 10.1111/nmo.12512
23. Daniela Lucini, Silvano Zanuso, Steven Blair, and Massimo Pagani
A simple healthy lifestyle index as a proxy of wellness: a proof of concept.
Acta Diabetologica, 2015;52:81-89. DOI: 10.1007/s00592-014-0605-z
 24. Lucini D, Vigo C, Tosi F, Toninelli G, Badilini F, Pagani M. Assessing autonomic responses to repeated bouts of exercise below and above respiratory threshold: insight from dynamic analysis of RR variability *European Journal of Applied Physiology*.
Eur J Appl Physiol (2014) 114:1269-1279 DOI 10.1007/s00421-014-2858-1
 25. Dalla Vecchia L, Traversi E, Porta A, Lucini D, Pagani M. On site assessment of cardiac function and neural regulation in amateur half marathon runners.
Open Heart 2014;1:e000005 Doi: 10.1136/openhrt-2013-000005
 26. Lucini D, Solaro N, Pagani M. May autonomic indices from cardiovascular variability help identify hypertension?
Journal of Hypertension 2014, 32:363-373. DOI:10.1097/HJH.000000000000020
 27. Marrocco-Trischitta MM, Cremona G, Lucini D, Natali-sora MG, Cursi M, Cianflone D, Pagani M, Chiesa R. Peripheral baroreflex and chemoreflex function after eversion carotid endarterectomy.
Journal of Vascular Surgery. 2013;58(1):136-144 doi: 10.1016/j.jvs.2012.11.130
 28. Lucini, D., Pagani, M
Stress management and behavior: From cardiac patient to worksite intervention
In: *Stress and Cardiovascular Disease*. 2013; 299-316
 29. Giussani M, Antolini L, Brambilla P, Pagani M, Zuccotti G, Lucini D, Genovesi S. Cardiovascular Risk Assessment in children: role of Physical Activity, Family History and Parental Smoking on Body Mass Index and Blood Pressure.
Journal of Hypertension 2013;31:983-992 DOI:10.1097/HJH.0b013e32835f17c7
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Heart 2013;99:376-381 <http://dx.doi.org/10.1136/heartjnl-2012-303125>
 33. Pagani M, Lucini D, Porta A. Sympathovagal balance from heart rate variability: Time for a second round? *Exp Physiol*. 2012;97(10):1141-2.
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 39. Lucini D, Solaro N, Lesma A, Gillet VB, Pagani M. Health promotion in the workplace: Assessing stress and lifestyle with an intranet tool. *Journal of Medical Internet Research*. 2011;13(4).
 40. Lucini D, Pagani M. Exercise: Should it matter to internal medicine? *Eur J Intern Med*. 2011;22(4):363-70.
 41. Vallais F, Porta A, Lucini D, Pagani M, Aletti F, Baselli G. Interferences between baroreflex and respiration: Evaluation by symbolic analysis and conditional entropy. *Methods Inf Med*. 2010;49(5):501-5.
 42. Bringard A, Pogliaghi S, Adami A, De Roia G, Lador F, Lucini D, et al. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. *Respiratory Physiology and Neurobiology*. 2010;172(1-2):53-62.

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45. Lucini D, Zuccotti G, Malacarne M, Scaramuzza A, Riboni S, Palombo C, et al. Early progression of the autonomic dysfunction observed in pediatric type 1 diabetes mellitus. Hypertension. 2009;54(5):987-94.
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Honors and awards

- 1991-1992 Prize "Farmitalia Carlo Erba", Ospedale "L. Sacco", Università di Milano
- 1994-1995 International prize "Giulio Muesan" della Società Italiana dell'Ipertensione Arteriosa
- 1994 Internal Medicine Prize, Società Italiana di Medicina Interna
- 1998-1999 Prize "IRCEA ONLUS"
- 2012 Prize Uliveto-Sports Medicine. Italian Society of internal Medicine

Dati personali

Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 (Codice in materia di protezione dei dati personali) e sue successive modifiche e integrazioni, nonché del Regolamento UE 679/2016 (Regolamento Generale sulla Protezione dei dati o, più brevemente, RGPD).

Data, 10.11.2018

Firma

Daniela Lucini