

# VIOLA VIOLA, MSc, CURRICULUM VITAE

## EDUCATION

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- 2021-2025: **PhD**, Integrated Biomedical Sciences and Bioethics, Curriculum of Endocrinology, Unit of Endocrinology and Diabetes, Faculty of Medicine, Campus Bio- Medico University of Rome, Rome, Italy.
  - Main study project:
    - LITROS: Testosterone Modulation of Muscle Transcriptomic Profile during Lifestyle Therapy in Older Men with Obesity and Hypogonadism.
  - Collaboration projects:
    - DEMFOS: Diet And Exercise Plus Metformin to Treat Frailty in Obese Seniors.
    - BVAS: Molecular Interplay Between the Atherosclerotic Plaques and Bone Metabolism in Diabetic Patients with Arteriopathy.
    - FEHC: High-Fiber Diet on Anthropometric Values, The Endocannabinoid System, The Inflammatory State at The Tissue Level (Bone, Muscle and Fat) and The Quality of Skeletal and Bone Musculature.
    - WD: Study The Mechanisms Underlying Bone Fragility in Patients With Type 2 Diabetes Mellitus.
    - DIABESARS: Study Of Anti-SARS-Cov2 Vaccine Response in Patients with Diabetes.
    - oxIDIA: Study of Autoantibody And T-Cell Response Against Modified Forms of Insulin in Type 1 Diabetes.
- **Licensed Biologist** – Section A: AA\_101053
- 2018-2020: **Master of Science** in Human Nutrition at Campus Bio-Medico University of Rome, Rome, Italy.
  - Degree final grade: 110 cum laude
  - Study project: "Gene expression analysis of WNT signaling in bone tissue of patients with Type 2 Diabetes Mellitus". Evaluation of molecular and cellular mechanisms underlying the increased bone fragility and risk of fractures in patients with Type 2 Diabetes Mellitus.
- 2014-2018: **Bachelor's degree** in Human Nutrition at Campus Bio-Medico University of Rome, Rome, Italy.
- 2009-2014: High School **Diploma**, Rome, Italy.

## WORK EXPERIENCES

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- 2023- 2025: Research Fellow, Veterans Affairs Michael DeBaKey Health Care System and Baylor College of Medicine, Houston, Texas, United States.
- 2021-2022: Nutrizionist, Poliambulatorio Vallerano, Rome, Italy.
- 2020-2021: Training at the laboratory of Endocrinology and Diabetes, Campus Bio-Medico University of Rome, Rome, Italy.
- 2020: Training at Azienda Sanitaria Locale Frosinone "Casa della Salute di Ceccano", Endocrinologia e Malattie Metaboliche, Ceccano, Italy.

- 2019: Teaching assistant, Nutrition education and bowel function, “Istituto Comprensivo Statale, Marta Russo”, Rome, Italy.

## CLINICAL SKILLS

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- Dietary Prescription
- Nutritional History and Assessment
- Capillary Blood Glucose Monitoring
- Anthropometric Indices (waist-to-hip ratio, biceps skinfold thickness)
- Bioelectrical Impedance Analysis (BIA)

## LANGUAGES

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- English: proficient in speaking, reading and writing.
  - 2018: English Course, Kaplan International English, Bournemouth, UK.
- Italian (Native).

## CONGRESS

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- 2021: Speaker - Clinical and therapeutic approach to obesity: focus on treatment and real life, “Progetto TOP”, Rome, Italy.

## AWARDS

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- Travel Grant: Early Career Forum, Endocrine Society, 2024.
- Research Grant: Centro Internazionale Studi Diabete, 2021.

## PUBLICATIONS

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- Giulia Leanza, Malak Faraj, Francesca Cannata, **Viola Viola**, Niccolò Pellegrini, Flavia Tramontana, Claudio Pedone, Gianluca Vadalà, Alessandra Piccoli, Rocky Strollo, Francesca Zalfa, Roberto Civitelli, Mauro Maccarrone, Rocco Papalia, Nicola Napoli. Increased bone inflammation in type 2 diabetes and obesity correlates with Wnt signaling downregulation and reduced bone strength. 2025. (Submitted).
- Francesca Cannata\*, **Viola Viola\***, Alice Laudisio, Giulia Leanza, Flavia Tramontana, Alessandra Piccoli, Rocky Strollo, Malak Faraj, Mauro Maccarrone, Fabrizio Russo, Gianluca Vadalà, Rocco Papalia, Nicola Napoli. Fiber-Enriched High-Carbohydrate (FEHC) Diet Modulates Inflammation and Preserves Bone and Muscle Health in Older Women With Obesity: From Clinical Outcomes to Molecular Insights in a Randomized Controlled Trial. Diabetes Metab Res Rev. (under revision) 2025.

*\*co-first author*

- **Viola Viola**, Tagari Samanta, Maria Liza Duremdes Nava, Alessandra Celli, Reina Armamento-Villareal, Ngoc Ho Lam Nguyen, Georgia Colleluori, Yoann Barnouin, Nicola Napoli, Clifford Qualls, Benny Abraham Kaiparettu, Dennis T Villareal. Testosterone Modulation Of Muscle Transcriptome Profile During Intensive Lifestyle Intervention In Older Men With Obesity And Hypogonadism. 2025 Feb 27. doi: 10.1002/jcsm.13697.
- Faraj M, Leanza G, Krug J, Cannata F, **Viola V**, Zampogna B, Russo F, Banfi G, Lombardi G, Vadalà G, Mangiavini L, Papalia R, Denaro V, Busse B, Napoli N. High-fiber diet reduces bone formation but does not affect bone microarchitecture in type 2 diabetes individuals. *JBMR Plus*. 2024 Aug 16;8(10):ziae111. doi: 10.1093/jbmrpl/ziae111.
- Leanza G, Cannata F, Faraj M, Pedone C, **Viola V**, Tramontana F, Pellegrini N, Vadalà G, Piccoli A, Strollo R, Zalfa F, Beeve AT, Scheller EL, Tang SY, Civitelli R, Maccarrone M, Papalia R, Napoli N. Bone canonical Wnt signaling is downregulated in type 2 diabetes and associates with higher advanced glycation end-products (AGEs) content and reduced bone strength. *Elife*. 2024 Apr 10;12:RP90437. doi: 10.7554/eLife.90437.
- Gonzalez-Gil AM, Barnouin Y, Celli A, **Viola V**, Villarreal MD, Duremdes Nava ML, Sciuk A, Qualls C, Armamento-Villareal R, Villareal DT. Metabolic effects of testosterone added to intensive lifestyle intervention in older men with obesity and hypogonadism. *J Clin Endocrinol Metab*. 2024 Apr 12:dgae249. doi: 10.1210/clinem/dgae249.
- Alhamar G, Briganti S, Maggi D, **Viola V**, Faraj M, Zannella C, Galdiero M, Franci G, Fusco C, Isgrò C, Leanza G, Malandrucchio I, Spinelli A, Tramontana F, Iaria D, Tortoriello R, Pieralice S, Rosati M, Matarese G, Pozzilli P, Galgani M, Strollo R. Pre vaccination Glucose Time in Range Correlates With Antibody Response to SARS-CoV-2 Vaccine in Type 1 Diabetes. *J Clin Endocrinol Metab*. 2023 Jun 16;108(7):e474-e479. doi: 10.1210/clinem/dgad001.
- **Viola V**, Tramontana F, Leanza G. Letter to the Editor from Viola et al.: "Diminishing Value from Multiple Serial Bone Densitometry in Women Receiving Antiresorptive Medication for Osteoporosis". *J Clin Endocrinol Metab*. 2022;107(1):e438-e439. doi:10.1210/clinem/dgab584
- **Viola V**, Leanza G, Tramontana F. Letter to the Editor from Viola et al: "Calcifediol Treatment and COVID-19-related Outcomes". *J Clin Endocrinol Metab*. 2021;106(12):e5271-e5272. doi:10.1210/clinem/dgab565.
- Pozzilli P. et al, Handbook: L'Endocrinologia del Campus Bio-Medico, Chapter 8 "Osteoporosi", section "Soluzioni terapeutiche".

## ABSTRACT AND POSTER

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- Oral Presentation - **Viola Viola**, Tagari Samanta, Maria Liza Duremdes Nava, Alessandra Celli, Reina Armamento-Villareal, Ngoc Ho Lam Nguyen, Georgia Colleluori, Yoann Barnouin, Nicola Napoli, Clifford Qualls, Benny Abraham Kaiparettu, Dennis T Villareal. ENDO, 2024.

- Oral Presentation - **Viola Viola**, Tagari Samanta, Maria Liza Duremdes Nava, Alessandra Celli, Reina Armamento-Villareal, Ngoc Ho Lam Nguyen, Georgia Colleluori, Yoann Barnouin, Nicola Napoli, Clifford Qualls, Benny Abraham Kaipparettu, Dennis T Villareal. NORC, 2023.
- First place, poster section, - **Viola Viola**, Tagari Samanta, Maria Liza Duremdes Nava, Alessandra Celli, Reina Armamento-Villareal, Ngoc Ho Lam Nguyen, Georgia Colleluori, Yoann Barnouin, Nicola Napoli, Clifford Qualls, Benny Abraham Kaipparettu, Dennis T Villareal. CTRID, 2023.
- Plenary Poster - Leanza G., Tramontana F., Cannata F., Piccoli A., **Viola V.**, Faraj M., Strollo R., Beeve A., Scheller E., Pozzilli P., Civitelli R. and Napoli N. ASBMR 2021.
- Oral Presentation - G. Leanza, F. Tramontana, F. Cannata, A. Piccoli, **V. Viola**, M. Faraj, R. Strollo, P. Pozzilli, N. Napoli. EASD, 2021.
- Poster Presentation - Giulia Leanza, Flavia Tramontana, Francesca Cannata, Alessandra Piccoli, Malak Faraj, **Viola Viola**, Rocky Strollo, Nicola Napoli and Paolo Pozzilli. ADA, 2021.

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Roma 19/02/2025

Viola Viola

