



UNIVERSITÀ
di CATANIA

Facoltà di Medicina e Chirurgia
School of Medicine – founded A.D. 1434

CURRICULUM VITAE

Dr. [Guglielmo M. Trovato](#), M.D., currently is a permanent Senior Research Professorial Fellow of Internal Medicine at the Catania University Medical School, and Chief Physician in the Medical Unit of [Diagnostica e Terapia Medica of the University Hospital – Policlinico di Catania](#). He received his M.D. from the University of Catania, and is also USMLE, having passed both ECFMG and VQE in Philadelphia (1976 and 1977).



Dr. Trovato achieved the specialty certifications in Internal Medicine (1984), Endocrinology (1987) and Cardiovascular Medicine (1979) and he specialized in internal medicine ultrasound in Bologna, under the supervision of Luigi Bolondi (1981). Dr. Trovato passed in Rome the National Board Examination for Chief of Hospital Division (Primario) in Internal Medicine (1986), Cardiology (1987), Angiology (1987) and Endocrinology.

His clinical training was completed at Mt Sinai Hospital of the City University of New York (1975), at the London School of Medicine (Brompton Hospital, 1976-1977), at La Clinique de l'Université – Paris (1990-1992). Skills, knowledge and competence in ultrasound and echocardiography were developed under the close supervision of Teicholtz, Herman, Gorlin in New York, Gibson (London) and Didier Bonnel (Paris). In clinical investigations, the diagnostic non-invasive tools (echocardiography, medical ultrasound, BIA, Holter, Stress testing, personalized dietary and physical activity schedules) and laboratory investigations (homocysteine and MTHFR, ANP-BNP, Insulin Resistance, NGAL) were personally managed, after these specific trainings in Italy and Abroad.

After completing his training, Dr. Trovato joined the Catania Faculty, as Senior Researcher, and entered the staff at the Catania University Hospital in 1987. In the Faculty of Medicine, Medical Doctor Curriculum, University of Catania, dr. Trovato, as faculty member without permanent tenure, was, or is where specified, the lecturer of the following Courses:

1994 Medical Oncology (5th year)

1995-1998, for three consecutive years, Internal Medicine – (5th year)

1998-2010, for twelve consecutive years, Internal Medicine (Clinica Medica 6th year)

2004-2009, for five consecutive years, Clinical Pharmacology and Therapeutics – 5th Year (Ragusa)

1994- nowadays Postgraduate Schools of specialization (Internal Medicine, Cardiology, Rheumatology, Medical Genetics and Microbiology)- lecturer in post-graduate courses focused at EBM and Internal Medicine.

2001- nowadays Professor on Health Psychology – School and Faculty of Psychology

2004- nowadays, eight consecutive years : Coordinator of the Integrated Course of Human Sciences (Psychology, Anthropology, Bioethics, History of Medicine).

2003- nowadays Director of the Center for e-learning and of the Postgraduate Master in e-learning and Telemedicine

Dr. Trovato has served on several CNR study sections and Peer Reviewed Journals Referees' Boards (including Annals of Internal Medicine, Liver International, American J Physiology, American J Clinical Nutrition), and has Chaired the Emory's and New York Rockefeller Center's Conferences on Lifestyles interventions in Predictive, Preventive and Personalized Medicine. He managed and is managing a [Italy-USA project](#) for the diffusion of healthy lifestyles and Mediterranean Diet, in collaboration with several USA Institutions, including Emory University, University of California San Diego, NY University, NJ University, Columbia University and Harvard University.

Among the most recent researches, several studies dealing with lifestyles in health and disease and interventions in some very prevalent lifestyle-nutrition related conditions were done. Relationship of insulin resistance and non-invasive imaging with Obesity, Hypertension, Renal insufficiency and Fatty Liver (NAFLD), and effects of nutritional profiles on these conditions were assessed and challenged also by intervention studies. Inside the profiles studied, notably Mediterranean Diet, also the independent effects of Coffee habits were studied: effect of coffee is favorable on renal function – Renal Resistive Index which has relationship with arterial hypertension and atherosclerosis -, on insulin resistance and fatty liver, and on post-menopausal syndrome, including hypertension and concurrent effect of pharmacologic treatment. The contribution of the components of a dietary profile is studied and reported, the therapeutic approach is based on predictive, preventive and personalized dietary assessment aimed at tailored prescriptions with a careful follow-up. These are based on a psychological approach into a behavioral-cognitive framework, aimed at maintaining and enhancing benefits. The particular contribution to advancement of knowledge of the effects of Human Adipogenic Adenovirus is recognized by the International Society of Obesity. AD36 Adenovirus is confirmed as a significant putative contributory factor in obesity of Human beings (publ. by Nature-Obesity, 2009), but also as a protective factor for NAFLD, both in cohort and in intervention studies; this result is later confirmed by studies on animals by other research groups. Ad37 Adenovirus, which is strongly adipogenic in animals, was also studied: the effect on human obesity is not significant, but a very strong association with fatty liver was observed. This is the first report on a virus with possible independent effects on the mechanisms of liver steatosis.

Dr. Trovato has been a visiting Professor at many Institutions, has authored or co-authored more than 250 scientific publications (90 peer reviewed), has authored or edited 5 books, and contributed to patents for his work in the field of BCAA and L-carnitine. He served as advisor and expert to the Marie Curie Actions (1992-) to REA and EACEA, to the National Research and Health Commissions of the Czech Republic, Slovak Republic and Cyprus Republic and to the NPF (Norway and Sweden).

Dr. Trovato is Member of several National and International Scientific Societies, including Internal Medicine, Cardiology, Nephrology, and in the Board of EHPA, AMEE and American Society for Nutrition. Dr. Trovato, in behalf of the University of Catania, is the representative to the EPMA (European Predictive, Preventive and Personalized Medicine Association); the Catania School of Medicine is recognized as an Institutional EPMA Member.

[2000-2009 publications on the CINECA INSTITUTIONAL WEBSITE](#)

MOST RECENT PUBLICATIONS (2009-2011)

1: Catalano D, Trovato GM, Martines GF, Pirri C, Trovato FM. Renal function and severity of bright liver. Relationship with insulin resistance, intrarenal resistive index, and glomerular filtration rate. Hepatol Int. 2011 Jan 28. [Epub ahead of print] PubMed PMID: 21484130.

- 2: Trovato GM, Pirri C, Martines GF, Trovato F, Catalano D. Coffee, nutritional status, and renal artery resistive index. *Ren Fail.* 2010;32:1137-47. PubMed PMID: 20954972.
- 3: Trovato GM, Pace P, Salerno S, Trovato FM, Catalano D. Pain assessment in fibromyalgia and rheumatoid arthritis: influence of physical activity and illness perception. *Clin Ter.* 2010;161:335-9. PubMed PMID: 20931156.
- 4: Trovato GM, Pirri C, Martines GF, Tonzuso A, Trovato F, Catalano D. Lifestyle interventions, insulin resistance, and renal artery stiffness in essential hypertension. *Clin Exp Hypertens.* 2010;32:262-9. PubMed PMID: 20662726.
- 5: Trovato GM, Pace P, Tamburino C, Garufi G, Martines GF, Pirri C, Trovato F, Catalano D. Elective coronary stent patients: preinterventional functional status and clinical-instrumental assessment. *Heart Vessels.* 2010 Mar;25:82-6. Epub 2010 Mar 26. PubMed PMID: 20339967.
- 6: Catalano D, Martines GF, Tonzuso A, Pirri C, Trovato FM, Trovato GM. Protective role of coffee in non-alcoholic fatty liver disease (NAFLD). *Dig Dis Sci.* 2010 ;55:3200-6. Epub 2010 Feb 18. PubMed PMID: 20165979.
- 7: Trovato GM, Martines GF, Garozzo A, Tonzuso A, Timpanaro R, Pirri C, Trovato M, Catalano D. Ad36 adipogenic adenovirus in human non-alcoholic fatty liver disease. *Liver Int.* 2010 Feb;30:184-90. Epub 2009 Oct 13. PubMed PMID: 19840251.
- 8: Trovato GM, Castro A, Tonzuso A, Garozzo A, Martines GF, Pirri C, Trovato F, Catalano D. Human obesity relationship with Ad36 adenovirus and insulin resistance. *Nat. Int J Obes (Lond).* 2009;33:1402-9. Epub . PubMed PMID: 19786969.
- 9: Catalano D, Trovato GM, Spadaro D, Martines GF, Garufi G, Tonzuso A, Grasso D, Sciacchitano SG. Insulin resistance in postmenopausal women: concurrent effects of hormone replacement therapy and coffee. *Climacteric.* 2008 ;11:373-82. PubMed PMID: 18781481.
- 10: Catalano D, Trovato GM, Martines GF, Randazzo M, Tonzuso A. Bright liver, body composition and insulin resistance changes with nutritional intervention: a follow-up study. *Liver Int.* 2008 ;28:1280-7. Epub 2008 Apr 23. PubMed PMID:18435716.
- 11: G. M. Trovato, F. M. Trovato, C. Pirri, G. F. Martines, A. Pennisi, C. Puglisi, and D. Catalano .NAFLD and Celiac Disease in adult patients. *FASEB J* March 17, 2011 25:lb210
- 12: G. M. Trovato, G.F. Martines, F. M. Trovato, C. Pirri, A. Pennisi, P. Pace, and D. Catalano. Adherence to Mediterranean Diet and Counseling in Arterial Hypertension. *FASEB J* March 17, 2011 25:lb262
- 13: G. M. Trovato, D. Catalano, C. Pirri, F. M. Trovato, A. Pennisi, C. Puglisi, and G. F. Martines. Mediterranean diet adherence. Which relationship with obesity and insulin resistance. *FASEB J* March 17, 2011 25:lb299
- 14: Martines GF, Pirri C, Trovato F, Toro S, Tonzuso A, Carpinteri G, Catalano D, Trovato G: Predictive diagnostic value of biomarkers for renal failure in medical emergency relationship of ngal (neutrophil gelatinase associated lipocalin) with underweightness and malnutrition. *EPMA Journal* (2011) 2 (Suppl 1):S158–S159
- 15: Pirri C, Trovato FM, Tonzuso A, Pennisi A, Martines FG, Trovato GM, Catalano D. Tailored medical treatments in obesity. Adherence to the mediterranean diet promote a lower inflammatory profile and minor insulin resistance and lipid metabolic alterations. *EPMA Journal* (2011) 2 (Suppl 1):S160–S161.

- 16: Trovato FM, Pirri C, Tonzuso A, Pennisi A, Martines FG, Trovato GM, Catalano D. Personalized nutritional approach as the core treatment for nafld. Greater adherence to Mediterranean diet is a targeted prevention. EPMA Journal (2011) 2 (Suppl 1):S161–S162.
- 17: Trovato GM, Martines GF, Pirri C, Trovato FM, Pace P, Tonzuso A, Pennisi A, Toro S, Catalano D. AD36 human adenovirus seropositivity. A novel obesity biomarker associated with enhanced response to dietary interventions. EPMA Journal (2011) 2 (Suppl 1):S162–S163.
- 18: Trovato GM, Martines GF, Pirri C, Trovato FM, Castro A, Garozzo A, Catalano D. A predictive diagnostic serological biomarker of nafld. Ad37 human adenovirus as a putative causative factor. EPMA Journal (2011) 2 (Suppl 1):S163–S164.
- 19: Ventimiglia B, Tsirgiotis A, Motta S, Puglisi T, Trovato G. Uro- fecal disorders and dyspraxia. Fmri as an useful tool for personalized medicine. Preliminary results. EPMA Journal (2011) 2 (Suppl 1):S148–S149.
- 20: Trovato G, Amico P, Martines GF, Castaing M, Torrisi A, Vecchio GM, Salvatorelli L, Catalano D, Magro G. Predictive value of dominant nodule in Hashimoto Thyroiditis. A clue for a personalized approach for greater risk of papillary thyroid carcinoma. EPMA Journal (2011) 2 (Suppl 1):S112–S113.
- 21: Trovato GM, Martines GF, Trovato FM, Pirri C, Pace P, Garozzo A, Castro A, Catalano D. Adenovirus-36 Seropositivity Enhances Effects of Nutritional Intervention on Obesity, Bright Liver, and Insulin Resistance. Dig Dis Sci 2011 DOI 10.1007/s10620-011-1903-8

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