







PERSONAL INFORMATION **Replace with SONYA VASTO**

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 <https://www.unipa.it/persone/docenti/v/sonya.vasto> Scopus Author's ID 13007464600

Sex F |  | Nationality Italian

**Current Position:** Associate Professor SSD MED/04 (General Pathology)

**PhD awarded** in 2007

**Scientific Profile:**

- A. NUTRITION AND NUTRACEUTICALS": Studies on the effect of nutraceuticals on oxidative and inflammatory stress indices in the prevention of chronic-degenerative diseases in vitro and ex-vivo.
- B. ALZHEIMER'S DISEASE AND TYPE 3 DIABETES: Modulatory effects of metformin in obese mice and neurodegeneration indices.
- C. LONGEVITY AND BLOOD GROUPS and REGENERATIVE MEDICINE. Haematology and regenerative medicine and longevity
- D. MEDITERRANEAN DIET: Heavy metals and nutrition.

GOLDEN PARAGRAPH

**Bibliometric Indicators:**

# Publications: 119 ; # Citations 4229; H index 40; H Index (5 y)  
<https://www.scopus.com/authid/detail.uri?authorId=13007464600>

ROLE IN THE PROJECT

Planning and conducting experiments

WORK EXPERIENCE

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Associate Professor, STEBICEF department, university of Palermo, Researcher at STEBICEF department, university of Palermo, Research Grants at Pathobiology and Biomedical Methodology department, University of Palermo, Managing Editor at Immunity&Ageing journal BioMedCentral, Elsevier, Elsevier Journals, Amsterdam, The Netherlands (September 2003, January 2004) Responsible of scientific databases, Crucell Holland B.V., Leiden, The Netherlands Product specialist (Customer Support Department)(August 2001 – March 2003), Crucell Holland B.V, Leiden, The Netherlands, Scientist (January 1999 – July 2001), Introgene, Leiden, The Netherlands (Acquired by Crucell)\_Research fellow (Fellowship from Associazione Nazionale Talassemia, Azienda Ospedaliera V. Cervello, Palermo (November 1997-December 1998), Regional Water Drinking Control of Sicily (Regione Siciliana Azienda Unità Sanitaria Locale n. 6, Palermo, Italy, Assistant microbiologist (February 1996 – February 1997)

**2022 – Current**

Coordinator Master 2 level "Gestione integrata e Multidisciplinare dei disturbi del  
 Coordinator research lab N:a:B.bio (Nutrition, ageing and bone)

**2021 – Current**

Associate Professor, General Pathology MED/04 at Pharmacy and Chemical and Pharmaceuticals Technology Faculty (STEBICEF), university of Palermo.

<https://www.unipa.it/persone/docenti/v/sonya.vasto?msckid=066655facf6911ec9d205ca1f7ae13f1>

**Main duties/responsibilities:**

Teaching a number of classes and seminars, attending conferences, conducting research, and supervising students, publishing papers.

Attending academic events and networking with other researchers and field experts.

Supervising, advising, and mentoring teaching assistants and graduate students.

Participating in faculty and departmental meetings.

**2011 – 2021**

University of Palermo.

Researcher in General Pathology MED/04 at Pharmacy and Chemical and Pharmaceuticals Technology Faculty

**Main duties/responsibilities**

planning and conducting experiments

recording and analysing data

carrying out fieldwork, eg collecting samples

presenting results to senior/other research staff

writing research papers, reports, reviews and summaries

**2007 – 202011**

University of Palermo.

Research grants

**Main duties:**

Study blood samples for transfusion use including the blood type, blood group, cell morphology and compatibility with other blood types

Use medical equipment and computerized systems to perform various lab tests

Operate laboratory equipment like cell counters and microscopes

Log data from lab tests and enter results in patient's record

Discuss the results of the lab tests with doctors

Sector: Academic, Research sector, and Health sector.

**2008-2011**

University of Palermo.

Contract Professor of General Pathology, Pharmacy and Chemical and Pharmaceuticals Technology Faculty

Responsibilities: Student's lessons and tutoring

**2007-2018**

University of Palermo,

Managing Editor at Immunity&Ageing journal BioMedCentral,

Responsibilities:

Collaborating with editor in chief to determine issues' content and topics

Sector: Academic and Research sector.

**1999-2004**

Crucell Holland B.V, Leiden, The Netherlands

(January 1999 – July 2001)

Position: Scientist

Responsibilities:

Design, manage and execute a research project

Translate research goals into action and accomplish the research target(s)

Create intellectual property

Work according to GLP and internal procedures

Stay up to date with relevant literature and technologies

Attend scientific meetings and conferences/ courses

**1997-1998**

Introgene, Leiden, The Netherlands

(November 1997- December 1998)

Position: Research fellow

Responsibilities:

Technical, scientific and practical aspects of a research project

Document experiments and results in lab notebooks

Evaluate results with the supervisor

Present results in a group meetings and give seminar

Write reports, patents and scientific articles

General lab tasks

**1996-1997**

USL(Local Sanitary Unit), Palermo, Italy

(February 1996 – February 1997)

Position: Assistant Biologist

Responsibilities:

Implementation of new techniques and assays

Internal organization of the lab

Perform experiments and test

Set up assay and present data in a group meetings

## EDUCATION AND TRAINING

**2009-2010**

Master in Clinical Nutrition  
University Catania, Italy  
Celiac Disease and inflammation

**2004-2007**

PhD in Biopathology  
University Palermo, Italy  
Inflammatory marker in Alzheimer's Disease

**1995-2000**

Diploma post-University in virology and bacteriology  
University of Palermo, ITALY  
Adeno associated virus in Gene Therapy

**1989-1994**

MD in Biological Sciences  
University of Palermo, ITALY

## PERSONAL SKILLS

## Organisational / managerial skills

Time management, Communication, Setting goals, Delegation, Working under pressure, Self-motivation, Analytical thinking, Decision-making

## ADDITIONAL INFORMATION

**Most relevant publications in the last 10 Years**

Spazzafumo L, Olivieri F, Abbatecola AM, Castellani G, Monti D, Lisa R, Galeazzi R, Sirolla C, Testa R, Ostan R, Scurti M, Caruso C, Vasto S, Vescovini R, Ogliari G, Mari D, Lattanzio F, Franceschi C. Remodelling of biological parameters during human ageing: evidence for complex regulation in longevity and in type 2 diabetes. *Age (Dordr)*. 2013 Apr;35(2):419-29. doi: 10.1007/s11357-011-9348-8. Ag (IF 4.6 cit 23)

Rizzo C, Castiglia L, Arena E, Gangi S, Mazzola G, Caruso C, Vasto S. Weak D and partial D: our experience in daily activity. *Blood Transfus*. 2012 Apr;10(2):235-6. doi: 10.2450/2012.0060-11. IF 3.6 cit 7)

Vasto S, Scapagnini G, Rizzo C, Monastero R, Marchese A, Caruso C. Mediterranean diet and longevity in Sicily: survey in a Sicani Mountains population. *Rejuvenation Res*. 2012 Apr;15(2):184-8. doi: 10.1089/rej.2011.1280. (IF 3.8 cit 21)

Zizzo C, Colomba P, Albeggiani G, Gallizzi R, Iemolo F, Nuzzo D, Vasto S, Caruso C, Duro G. Misdiagnosis of familial Mediterranean fever in patients with Anderson-Fabry disease. *Clin Genet*. 2013 Jun;83(6):576-81. doi: 10.1111/j.1399-0004.2012.01940.x. (IF 3.6 cit 8)

Vasto S, Buscemi S, Barera A, Di Carlo M, Accardi G, Caruso C. Mediterranean diet and healthy ageing: a Sicilian perspective. *Gerontology*. 2014;60(6):508-18. doi: 10.1159/000363060 (IF 3.5)

Viruso C, Accardi G, Colonna-Romano G, Candore G, Vasto S, Caruso C. Nutraceutical properties of extra-virgin olive oil: a natural remedy for age-related disease? *Rejuvenation Res*. 2014 Apr;17(2):217-20. doi:10.1089/rej.2013.1532. (IF 3.8 cit 19)

Accardi G, Viruso C, Balistreri CR, Emanuele F, Licastro F, Monastero R, Porcellini E, Vasto S, Verga S, Caruso C, Candore G. SHIP2: a "new" insulin pathway target for aging research. *Rejuvenation Res*. 2014 Apr;17(2):221-5. doi: 10.1089/rej.2013.1541. (IF 3.8 cit 4)

Nuzzo D, Picone P, Caruana L, Vasto S, Barera A, Caruso C, Di Carlo M. Inflammatory mediators as biomarkers in brain disorders. *Inflammation*. 2014 Jun;37(3):639-48. doi: 10.1007/s10753-013-9780-2. (IF 3.2 cit 37)

Buscemi S, Donatelli M, Grosso G, Vasto S, Galvano F, Costa F, Rosafio G, Verga S. Resting energy expenditure in type 2 diabetic patients and the effect of insulin bolus. *Diabetes Res Clin Pract*. 2014 Dec;106(3):605-10. doi:10.1016/j.diabres.2014.09.016. (IF 4.2 cit 9)

Rizzo C, Caruso C, Vasto S. Possible role of ABO system in age-related diseases and longevity: a narrative review. *Immun Ageing*. 2014 Nov 1;11:16. doi:10.1186/1742-4933-11-16. (IF 2.8 cit 0)

Buscemi S, Vasto S, Di Gaudio F, Grosso G, Bergante S, Galvano F, Massenti FM, Amodio E, Rosafio G, Verga S. Endothelial function and serum concentration of toxic metals in frequent consumers of fish. *PLoS One*. 2014 Nov 17;9(11):e112478. doi: (IF 2.7 cit 3)

- Rizzo C, Vetro R, Vetro A, Mantia R, Iovane A, Di Gesù M, Vasto S, Di Noto L, Mazzola G, Caruso C. The role of platelet gel in osteoarticular injuries of young and old patients. *Immun Ageing*. 2014 Dec 2;11(1):21. doi: 10.1186/s12979-014-0021-9. (IF 2.8 cit 4)
- Picone P, Nuzzo D, Caruana L, Messina E, Barera A, Vasto S, Di Carlo M. Metformin increases APP expression and processing via oxidative stress, mitochondrial dysfunction and NF-κB activation: Use of insulin to attenuate metformin's effect. *Biochim Biophys Acta*. 2015 May;1853(5):1046-59. doi: 10.1016/j.bbamcr.2015.01.017. (IF 3.4 cit 48)
- D, Italiano E, Monastero R, Rizzo C, Caruso C, Candore G. Dietary Supplements as Surrogate of Mediterranean Diet in Healthy Smoking Subjects. *Rejuvenation Res*. 2018 Feb;21(1):37-43. doi: 10.1089/rej.2017.1950. (IF 3.8 cit 2)
- Buscemi S, Massenti FM, Vasto S, Galvano F, Buscemi C, Corleo D, Barile AM, Rosafio G, Rini N, Giordano C. Association of obesity and diabetes with thyroid nodules. *Endocrine*. 2018 May;60(2):339-347. doi: 10.1007/s12020-017-1394-2. (IF 3.2)
- Baldassano S, Accardi G, Vasto S. Beta-glucans and cancer: The influence of inflammation and gut peptide. *Eur J Med Chem*. 2017 Dec 15;142:486-492. doi: 10.1016/j.ejmech.2017.09.013. (IF 5.5 cit 14)
- Aiello A, Di Bona D, Candore G, Carru C, Zinellu A, Di Miceli G, Nicosia A, Gambino CM, Ruisi P, Caruso C, Vasto S, Accardi G. Targeting Aging with Functional Food: Pasta with *Opuntia* Single-Arm Pilot Study. *Rejuvenation Res*. 2018 Jun;21(3):249-256. doi: 10.1089/rej.2017.1992. (IF 3.8 cit 5)
- Buscemi S, Corleo D, Vasto S, Buscemi C, Massenti MF, Nuzzo D, Lucisano G, Barile AM, Rosafio G, Maniaci V, Giordano C. Factors associated with circulating concentrations of irisin in the general population cohort of the ABCD study. *Int J Obes (Lond)*. 2018 Mar;42(3):398-404. doi: 10.1038/ijo.2017.255. (IF 4.4 cit 11)
- Siino V, Amato A, Di Salvo F, Caldara GF, Filogamo M, James P, Vasto S. Impact of diet-induced obesity on the mouse brain phosphoproteome. *J Nutr Biochem*. 2018 Aug;58:102-109. doi: 10.1016/j.jnutbio.2018.04.015. (IF 4.9 cit 4)
- Baldassano, S; Accardi, G; Aiello, A; Buscemi, S; Di Miceli, G; Galimberti, D; Candore, G; Ruisi, P; Caruso, C; Vasto, S. Fibres as functional foods and the effects on gut hormones: The example of beta-glucans in a single arm pilot study. *JOURNAL OF FUNCTIONAL FOODS*. 2018. 47, 264-269. doi: (IF 3.7 10.1016/j.jff.2018.05.059. (IF 3.7 cit 2)
- Attanzio A, Tesoriere L, Vasto S, Pintaudi AM, Livrea MA, Allegra M. Short-term cactus pear [*Opuntia ficus-indica* (L.) Mill] fruit supplementation ameliorates the inflammatory profile and is associated with improved antioxidant status among healthy humans. *Food Nutr Res*. 2018 Aug 20;62. doi: 10.29219/fnr.v62.1262. (IF 3.6 cit 3)
- Attanzio A, Frazzitta A, Vasto S, Tesoriere L, Pintaudi AM, Livrea MA, Cilla A, Allegra M. Increased eryptosis in smokers is associated with the antioxidant status and C-reactive protein levels. *Toxicology*. 2019 Jan 1;411:43-48. doi: 10.1016/j.tox.2018.10.019. (IF 4.1 cit 3)
- Zareian N, Aprile S, Cristaldi L, Ligotti ME, Vasto S, Farzaneh F. Triggering of Toll-like Receptors in Old Individuals. Relevance for Vaccination. *Curr Pharm Des*. 2019;25(39):4163-4167. doi: 10.2174/1381612825666191111155800. (IF 2.2 cit 1)
- Buscemi S, Corleo D, Vasto S, Buscemi C, Barile AM, Rosafio G, Randazzo C, Currenti W, Galvano F. Serum Irisin Concentrations in Severely Inflamed Patients. *Horm Metab Res*. 2020 Apr;52(4):246-250. doi: 10.1055/a-1111-9249. (IF 2.6)
- Tuttolomondo A, Di Raimondo D, Vasto S, Casuccio A, Colomba C, Norrito RL, Di Bona D, Arnao V, Siciliano L, Cascio A, Pinto A; KIRIIND (KIR Infectious and Inflammatory Diseases) Collaborative Group. Protective and causative killer Ig-like receptor (KIR) and metalloproteinase genetic patterns associated with Herpes simplex virus 1 (HSV-1) encephalitis occurrence. *J Neuroimmunol*. 2020 Jul15;344:577241. doi: 10.1016/j.jneuroim.2020.577241. (IF 3.1, cit 0)
- Maida CD\*, Vasto S\*, Di Raimondo D, Casuccio A, Vassallo V, Daidone M, Del Cuore A, Pacinella G, Cirrincione A, Simonetta I, Della Corte V, Rizzica S, Geraci G, Tuttolomondo A, Pinto A. Inflammatory activation and endothelial dysfunction markers in patients with permanent atrial fibrillation: a cross-sectional study. *Aging (Albany NY)*. 2020 May 3;12(9):8423-8433. doi: 10.18632/aging.103149. \*Equal contribution (IF 4.8, cit 0)
- Cancemi P, Aiello A, Accardi G, Caldarella R, Candore G, Caruso C, Ciaccio M, Cristaldi L, Di Gaudio F, Siino V, Vasto S. The Role of Matrix Metalloproteinases (MMP-2 and MMP-9) in Ageing and Longevity: Focus on Sicilian Long-Living Individuals (LLIs). *Mediators Inflamm*. 2020 May 5;2020:8635158. doi: 10.1155/2020/8635158. (IF 3.7 cit 0)
- Allegra M, Restivo I, Fucarino A, Pitruzzella A, Vasto S, Livrea MA, Tesoriere L, Attanzio A. Proeryptotic Activity of 4-Hydroxynonenal: A New Potential Physiopathological Role for Lipid Peroxidation Products. *Biomolecules*. 2020 May 16;10(5):770. doi: 10.3390/biom10050770. (IF 4)
- Marzullo P, Vasto S, Buscemi S, Pace A, Nuzzo D, Palumbo Piccionello A. Ammonium Formate-Pd/C as a New Reducing System for 1,2,4-Oxadiazoles. Synthesis of Guanidine Derivatives and Reductive



- Rearrangement to Quinazolin-4-Ones with Potential Anti-Diabetic Activity. *Int J Mol Sci*. 2021 Nov 14;22(22):12301. doi: 10.3390/ijms222212301. PMID: 34830187; PMCID: PMC8621334.
- Siino V, Jensen P, James P, Vasto S, Amato A, Mulè F, Accardi G, Larsen MR. Obesogenic Diets Cause Alterations on Proteins and Theirs Post-Translational Modifications in Mouse Brains. *Nutr Metab Insights*. 2021 May 3;14:11786388211012405. doi: 10.1177/11786388211012405. PMID: 34017182; PMCID: PMC8114309.
- Vasto S, Di Gaudio F, Raso M, Sabatino L, Caldarella R, De Pasquale C, Di Rosa L, Baldassano S. Impact on Glucose Homeostasis: Is Food Biofortified with Molybdenum a Workable Solution? A Two-Arm Study. *Nutrients*. 2022 Mar 24;14(7):1351. doi: 10.3390/nu14071351. PMID: 35405964; PMCID: PMC9002377.
- Baldassano S, Di Gaudio F, Sabatino L, Caldarella R, De Pasquale C, Di Rosa L, Nuzzo D, Picone P, Vasto S. Biofortification: Effect of Iodine Fortified Food in the Healthy Population, Double-Arm Nutritional Study. *Front Nutr*. 2022 Mar 23;9:871638. doi: 10.3389/fnut.2022.871638. PMID: 35399653; PMCID: PMC8984677.
- Vasto S, Amato A, Proia P, Baldassano S. Is the Secret in the Gut? SuperJump Activity Improves Bone Remodeling and Glucose Homeostasis by GLP-1 and GIP Peptides in Eumenorrhic Women. *Biology (Basel)*. 2022 Feb 11;11(2):296. doi: 10.3390/biology11020296. PMID: 35205162; PMCID: PMC8869418.
- Baldassano S, Polizzi MR, Sabatino L, Caldarella R, Macaluso A, Alongi A, Caldara GF, Ferrantelli V, Vasto S. A New Potential Dietary Approach to Supply Micronutrients to Physically Active People through Consumption of Biofortified Vegetables. *Nutrients*. 2022 Jul 20;14(14):2971. doi: 10.3390/nu14142971. PMID: 35889926; PMCID: PMC9320783.
- Siino V, Ali A, Accardi G, Aiello A, Ligotti ME, Mosquim Junior S, Candore G, Caruso C, Levander F, Vasto S. Plasma proteome profiling of healthy individuals across the life span in a Sicilian cohort with long-lived individuals. *Aging Cell*. 2022 Sep;21(9):e13684. doi: 10.1111/ace1.13684. Epub 2022 Aug 6. PMID: 35932462; PMCID: PMC9470904.
- Picone P, Sanfilippo T, Vasto S, Baldassano S, Guggino R, Nuzzo D, Bulone D, San Biagio PL, Muscolino E, Monastero R, Dispenza C, Giacomazza D. From Small Peptides to Large Proteins against Alzheimer's Disease. *Biomolecules*. 2022 Sep 22;12(10):1344. doi: 10.3390/biom12101344. PMID: 36291553; PMCID: PMC9599460.
- Vasto S, Amato A, Proia P, Caldarella R, Cortis C, Baldassano S. Dare to jump: The effect of the new high impact activity SuperJump on bone remodeling. A new tool to maintain fitness during COVID-19 home confinement. *Biol Sport*. 2022 Oct;39(4):1011-1019. doi: 10.5114/biolSport.2022.108993. Epub 2021 Dec 30. PMID: 36247958; PMCID: PMC9536383.
- Amato A, Baldassano S, Vasto S, Schirò G, Davi C, Drid P, Dos Santos Mendes FA, Caldarella R, D'Amelio M, Proia P. Effects of a Resistance Training Protocol on Physical Performance, Body Composition, Bone Metabolism, and Systemic Homeostasis in Patients Diagnosed with Parkinson's Disease: A Pilot Study. *Int J Environ Res Public Health*. 2022 Oct 11;19(20):13022. doi: 10.3390/ijerph192013022. PMID: 36293598; PMCID: PMC9602560.
- Vasto S, Baldassano D, Sabatino L, Caldarella R, Di Rosa L, Baldassano S. The Role of Consumption of Molybdenum Biofortified Crops in Bone Homeostasis and Healthy Aging. *Nutrients*. 2023 Feb 17;15(4):1022. doi: 10.3390/nu15041022. PMID: 36839380; PMCID: PMC9960304.
- Baggieri M, Gioacchini S, Borgonovo G, Catinella G, Marchi A, Picone P, Vasto S, Fioravanti R, Bucci P, Kojouri M, Giuseppetti R, D'Ugo E, Ubaldi F, Dallavalle S, Nuzzo D, Pinto A, Magurano F. Antiviral, virucidal and antioxidant properties of *Artemisia annua* against SARS-CoV-2. *Biomed Pharmacother*. 2023 Dec;168:115682. doi: 10.1016/j.biopha.2023.115682. Epub 2023 Oct 11. PMID: 37832410.
- Ferrantelli V, Vasto S, Alongi A, Sabatino L, Baldassano D, Caldarella R, Gagliano R, Di Rosa L, Consentino BB, Vultaggio L, Baldassano S. Boosting plant food polyphenol concentration by saline eustress as supplement strategies for the prevention of metabolic syndrome: an example of randomized interventional trial in the adult population. *Front Nutr*. 2023 Dec 22;10:1288064. doi: 10.3389/fnut.2023.1288064. PMID: 38196756; PMCID: PMC10774224.
- Di Rosa L, De Pasquale A, Baldassano S, Marguglio N, Drid P, Proia P, Vasto S. New Regenerative and Anti-Aging Medicine Approach Based on Single-Stranded Alpha-1 Collagen for Neo-Collagenesis Induction: Clinical and Instrumental Experience of a New Injective Polycomponent Formulation for Dermal Regeneration. *Biomedicines*. 2024 Apr 20;12(4):916. doi: 10.3390/biomedicines12040916. PMID: 38672270; PMCID: PMC11048055.

### Projects/Grants

- **PON200451-3361785 DIMESA** - Valorizzazione di prodotti tipici della Dieta Mediterranea e loro impiego a fini salutistici e nutraceutici. **Unità Operativa 2004**
- PRIN Bando 2006 "La longevità dei genitori influenza l'invecchiamento in salute dei figli?" **Unità Operativa**

- Studio multicentrico Palladin Pharma, **Coordinatore Scientifico** 2009
- PRIN:–Bando 2015 Prot. 20157ATSLF “Discovery of molecular and genetic/epigenetic signatures underlying resistance to age-related diseases and comorbidities”) 20157ATSLF (iniziale: 20157ATSLF\_001) **Unità Operativa**
- **Scientific coordinator** Valorizzazione di specie orticole ai fini nutraceutici - (ValORTO)” Bando PSR Sicilia 2014/2020 - Misura 16 Cooperazione – Sottomisura 16.1 “Sostegno per la costituzione dei gruppi operativi del PEI in materia di produttività e sostenibilità dell’agricoltura”, di cui al DDG 1912 del 10.08.2018; Decreto: n.20/13/02/2020
- **PI project coordinator** La biofortificazione per una fragolicoltura eco-sostenibile e funzionale” Misura 16 Cooperazione – Sottomisura 16.2 Bando PSR Sicilia 2014/2020 Responsabile Scientifico Prof. C. D’anna Delibera n.5 del 15/04/2019 Domanda sostegno n.94250098764 del 10/05/2019
- **PNRR, medicina rigenerativa, Heal Italy.** 2023-26
- **PNC-DARE** Responsabile dipartimentale PNC DARE, prevenzione primaria e alimentazione. 2023-26

**Conferences** **Replace with list of**  
**Invited Lectures**

1. *5<sup>th</sup> Biogerontology Congress, INSTABUL 16-20Sep. 2006* – **S.Vasto**-Zinc and inflammatory/immune response in ageing
2. *E&HD, Estrogens & Human Disease Congress, ERICE 15-21 May 2006* – **S.Vasto**- Opposite role of pro-inflammatory alleles in longevity and atherosclerosis
3. *UABBA, Understanding aging Biomedical and Bioengineering approaches, Los Angeles, 27-29 June 2008*- **S.Vasto**- Does parental longevity impact on the healthy ageing of their offspring? An immunological study
4. *5<sup>th</sup> International Meeting" Advances in antioxidants: molecular mechanisms, nutritional and clinical aspects" in Monastir/ Sousse (Tunisia) October 11<sup>th</sup> - 15<sup>th</sup>, 2008.* - **S.Vasto**- Zinc and inflammatory/immune responses in ageing
5. *Strategies for Engineered Negligible Senescence (SENS), Fourth Conference, Queens' College, Cambridge, England, 3<sup>rd</sup>- 7<sup>th</sup> September, 2009*- **S. Vasto**; Parental longevity impacts on the healthy ageing of their offspring: Effects on blood and clinical chemistry parameters in centenarians' offspring
6. *Mediterranean School of Oncology, CINBO: La salute orale ed il paziente anziano. Nuove realtà: dalla diagnosi alla terapia. 27-28 Novembre 2009 Domus Sessoriana, Roma*- **S. Vasto**; Invecchiamento e fattori di rischio dei tumori orali
7. *La salute orale ed il paziente anziano. Nuove realtà: dalla diagnosi alla terapia. 27-28 Novembre 2009 Domus Sessoriana, Roma*- **S. Vasto**; Invecchiamento e fattori di rischio dei tumori orali.
8. *7<sup>th</sup> Biogerontology Congress: Astoria palace, Palermo 14-17<sup>th</sup> October 2010*- **S.Vasto**; Blood group, genetic and longevity.
9. *ECOPRAM 2<sup>nd</sup> European congress “ Preventive, regenerative and anti-ageing medicine”*- **S. Vasto (Milan 18-20 March 2010)**
10. *7<sup>th</sup> Biogerontology Congress: Astoria palace, Palermo 14-17<sup>th</sup> October 2010*- **S. Vasto**; Blood group, genetic and longevity.
11. *AMIA, LA MEDICINA DEL DOMANI: INVECCHIARE CON SUCCESSO. III Workshop di Nutrigenomica e Nutraceutica e Functional Food, Milano 20 Novembre 2010.* – **S.Vasto**. Nutrizione e Infiammazione.
12. *Workshop Progetto PON02\_00451\_3361785 (PON02\_00667)Di.Me.Sa. - Valorizzazione di prodotti tipici della Dieta Mediterranea e loro impiego a fini salutistici e nutraceutici: Valorizzazione dei composti prebiotici nella pasta - Girolamo Cirrincione e Sonya Vasto dal 10- 11-10-2014*
13. *150<sup>th</sup> Course Course Geriatrics, Molecular and Clinical Oncology: an Overview, Erice, 27<sup>th</sup>-29<sup>th</sup> April, 2015. Ettore Majorana Center for Scientific Culture Erice (TP) - Italy;* An example of Nutraceutics **S. Vasto**
14. *2<sup>nd</sup> CONGRESSO NAZIONALE SIPMEL, 33<sup>rd</sup> CONGRESSO NAZIONALE SIPMET, 3<sup>o</sup> CONGRESSO DELL'AREA DI PATOLOGIA E MEDICINA DI LABORATORIO*

*Medicina di Precisione - Medicina Traslationale Medicina di Laboratorio, Montesilvano (PE), 4-5-6 Ottobre 2016: Palacongressi d'Abruzzo. BETA-GLUCANS AND POST PRANDIAL SATIETY: THE ROLE OF GASTROINTESTINAL HORMONES IN HEALTHY VOLUNTIERS, Sonya Vasto*

15. *4h CONGRESSO NAZIONALE SIPMEL, 34th CONGRESSO NAZIONALE SIPMET, 4° CONGRESSO DELL'AREA DI PATOLOGIA E MEDICINA DI LABORATORIO "The signature of longevity: preliminary data". S. Vasto 23-25 Ottobre 2018*

16. *10<sup>th</sup> PROBIOTICS, PREBIOTICS NEW FOODS, NUTRACEUTICALS AND BOTANICALS for NUTRITION & HUMAN and MICROBIOTA HEALTH, "Role of dietary intervention in the prevention of age-related diseases" S. Vasto Rome, (Italy) September 8-10 2019*

17. *CORSO DI APPROFONDIMENTO IN NUTRIGENOMICA, EPIGENETICA E MEDICINA AMBIENTALE "Clinical application of Fasting mimicking diet" S. Vasto 29-31 Ottobre Erice (Tp) 2019*

#### Honours and awards

- Member Board of International Journal of Molecular Sciences (IF 4.5 EISSN 1422-0067, Published by MDPI AG).
- Managing Editor Immunity&Ageing (ISSN:1742-4933) IF 2015-2019 3.2: Publisher:Springer Nature (Gennaio 2004- 2019)
- PhD teaching staff "MEDICINA MOLECOLARE" Accademical year: 2012 - Ciclo: XXVI - from 01-01-2012 to 31-12-2012
- PhD teaching staff "MEDICINA MOLECOLARE": 2013 - Ciclo: XXIX - Durata: 3 from 01-01-2013 to 31-12-2013
- PhD teaching staff "MEDICINA MOLECOLARE E BIOTECNOLOGIE" Anno accademico from: 2016/2017 - Ciclo: 32 from 01-11-2016 to 2019
- Referee activity: Experimental Gerontology, Molecular Genetics and Metabolism, Journal Pharmacogenomics(FUTURE MEDICINE), Immunity&Ageing, IJERPH, MAD, Nutrition and Metabolic Insights , Journal of Functional Foods, Probiotics and Antimicrobial Proteins, Biomedicines, Neuropsychiatric Disease and Treatment, Inflammation and Alzheimer's Disease, J Am Coll Nutrition, Rejuvenation Research.
- Scientific responsible at l'Istituto Euro Mediterraneo di Scienza e Tecnologia- I.E.ME.S.T. (www.IEMEST.eu, Ente privato no-profit vigilato MIUR)
- Scientific responsible at Istituto di Biomedicina e Immunologia Molecolare (IBIM) del CNR of Palermo research actuvutyn. Modulo SV.P17.008.008, Nulla Osta n.6 del 20.06.2021
- Member of the Didactic Commission LM-13 "Farmacia, Farmacia Industriale" (verbale n°07/2015 del 17 dicembre 2015).
- Guest Editor Experimental Gerontology , Special issue dal titolo:"Centenarians in Italy" Vol 43, n.2, Feb 2008 (Elsevier) (ISSN 05315565) <https://www.sciencedirect.com/journal/experimental-gerontology/vol/43/issue/2>

**According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV**

Location, Date  
Signature

Palermo, 12.06.2024

Sonya Vasto

