

Elena Formisano

Adjunct Professor

EDUCATION AND TRAINING

11/2022 – present

PhD – 38th Cycle

Course: Hemato-oncology and clinical-translational internal medicine; Curriculum: Gerontology, Nutrition and Anti-Aging Medicine. University of Genoa.

10/2020 – 10/2021

First-level Master's Degree in Management and Coordination Functions of Healthcare Professions

University of Rome “Unitelma Sapienza”.

11/2019 – 09/2020

First-level Master's Degree in Research Methodology in Nutrition

University of Padua.

2014 – 2017

MSc in Human Nutrition (LM-61)

University of Milan.

2009 – 2012

BSc in Dietetics

University of Genoa.

PROFESSIONAL HISTORY

09/2020 – 09/2023

Adjunct Professor – BSc in Dietetics

Course “Diet for Athletes” – integrated course “Professional Ethics, Physical Activity, Nutrition Education”, 3rd year, 2nd semester.

University of Genoa.

11/2022

Member of the Graduation Committee in Dietetics (November 2022 session)

University of Genoa.

03/2021 – 12/2021

Tutor for the BSc in Dietetics (3rd year).

University of Pavia.

02/2019 – 09/2019

Theoretical-Practical Internship Supervisor – BSc in Dietetics

Support for 1st- and 2nd-year internship activities.

WORK EXPERIENCE

12/2021 – present

Dietitian – IRCCS Ospedale Policlinico San Martino (Clinical Dietetics and Nutrition Unit)
Clinical and nutrition activities in a hospital setting at the Clinical Dietetics and Nutrition Unit.

02/2021 – 12/2021

Dietitian – Fondazione IRCCS Policlinico San Matteo, Pavia
Clinical and nutrition activities in a hospital setting at the Complex Operative Unit of Clinical Dietetics and Nutrition.

01/2020 – 02/2021

Dietitian – ASL1 Imperiese
Clinical and nutrition activities in a hospital setting at the Territorial Nutrition Unit and Eating Disorders Service; Borea Hospital, Sanremo (IM).

AWARDS AND HONORS FOR SCIENTIFIC ACTIVITY, INCLUDING AFFILIATION TO ACADEMIES OF RECOGNIZED PRESTIGE IN THE FIELD

26/02/2024

2nd ARCA Young Study Award

Project: "Impact of obesity and overweight on the effectiveness of PCSK9 inhibitors in patients with heterozygous familial hypercholesterolemia and in secondary cardiovascular prevention: a retrospective analysis".

ARCA – Genoa.

2012 and 2022

Travel Grants

Abstracts presented at the 26th SISA National Congress (2012) and the 36th SISA National Congress (2022).

SISA.

SPEAKER / INSTRUCTOR AT CONFERENCES, COURSES, SEMINARS

Date: 07/06/2025

CARDIOVASCULAR RISK IN TYPE 2 DIABETES: EFFECTIVENESS OF A HEALTHY LIFESTYLE

SISA Piedmont–Liguria–Aosta Valley Congress

Turin, 7 June 2025.

NUTRITIONAL STATUS AND MALNUTRITION RISK FOR MEDICAL AND SURGICAL PATIENTS

IG-IBD Piedmont–Liguria–Aosta Valley Course

Turin, 24 May 2025.

THE GLUTEN-FREE DIET
Refresher Course “Updates on Celiac Disease”
Genoa, 11/06/2024 and 05/12/2024.

NUTRITION: A LIFE ON A DIET OR A DIET FOR LIFE?
Conference “Food Science, Sport and Health” for Genoa European Capital of Sport 2024
Genoa, 21 November 2024.

DIETARY PLANNING
Course “Management of Clinical Nutrition in Facilities for Frail Patients”
Genoa, 10 October 2024.

SINPE LIGURIA BASIC COURSE – FUNDAMENTALS OF ARTIFICIAL NUTRITION IN HOSPITAL AND AT HOME
Sarzana, 26–27 September 2024.

DIET AND DYSLIPIDEMIAS
X-Files 2024 Congress
Genoa, 13–14/06/2024.

MEDITERRANEAN DIET AND CARDIOMETABOLIC RISK
Regional SISA Congress – Piedmont–Liguria–Aosta Valley
Genoa, 08/06/2024.

DIETARY AND NUTRACEUTICAL THERAPY IN THE MANAGEMENT OF METABOLIC SYNDROME...
SURROUND THE ENEMY ON MULTIPLE FRONTS?
Regional SISA Congress – Piedmont–Liguria–Aosta Valley
Genoa, 23/09/2023.

SINPE LIGURIA BASIC COURSE – FUNDAMENTALS OF ARTIFICIAL NUTRITION IN HOSPITAL AND AT HOME
Sarzana, 21–22/09/2023.

ROUND-ROBIN IN IBD: MODERN APPROACH TO THE TREATMENT OF THE PATIENT WITH IBD
Virtual Meeting
18/04/2023 – 11/05/2023 – 21/09/2023.

THE NUTRITIONAL APPROACH
Conference “Obesity: a systemic, emerging and chronic disease”
Genoa, 03/12/2022.

NUTRITION OF 420 SAILORS
International Meeting “420 High Level Coaches Clinic”
Sanremo, 02/12/2022.

IS IT POSSIBLE TO TREAT DYSLIPIDEMIAS WITH DIET?
Regional SISA Congress – Piedmont–Liguria–Aosta Valley
Genoa, 24/09/2022.

SINPE LIGURIA BASIC COURSE – FUNDAMENTALS OF ARTIFICIAL NUTRITION IN HOSPITAL AND AT HOME
Genoa, 26–27/05/2022.

NUTRITION AND SPORT – Training meeting with Basket Pegli organized by Casa della Salute S.p.A.
Genoa, 23/05/2019.

PRESENTATION OF A CLINICAL CASE WITH LOW CARDIOVASCULAR RISK
ARCA Congress “FOCUS ON... the jungle of antidyslipidemic therapy: how to choose rationally!”
Genoa, 30/10/2018.

PUBLICATIONS

1. Formisano E, Vignati A, Bertolini A, et al. Decline in LDL-C control in patients with dyslipidemia treated with PCSK9-inhibitors: The role of obesity in LDL-C target achievement. *J Clin Lipidol*. Published online June 25, 2025. doi:10.1016/j.jacl.2025.06.018
2. Caffa I, Proietti E, Turrini F, Borgarelli C, Ferrando MR, Formisano E, de Cassya Lopes Neri L, Martini D, Angelino D, Tagliabue A, Pisciotta L. Nutritional Aspects of Eggs for a Healthy and Sustainable Consumption: A Narrative Review. *Food Sci Nutr*. 2025 Sep 5;13(9):e70285. doi: 10.1002/fsn3.70285. PMID: 40918168; PMCID: PMC12411868.
3. Pasta A, Calabrese F, Furnari M, Savarino EV, Visaggi P, Bodini G, Formisano E, Zentilin P, Giannini EG, Marabotto E. Endoscopic Management of Eosinophilic Esophagitis: A Narrative Review on Diagnosis and Treatment. *Journal of Clinical Medicine*. 2025; 14(11):3756
4. Lotti S, Moretton M, Bulgari M, Costantini L, Dall'Asta M, De Amicis R, Esposito S, Ferraris C, Fiorini S, Formisano E, Giustozzi D, Guglielmetti M, Membrino V, Moroni A, Napoletano A, Perone N, Proietti E, Tristan Asensi M, Vici G, Colombini B, Martini D, Sofi F, Dinu M; Working Group “Young Members” of the Italian Society of Human Nutrition (SINU). Association between shift work and eating behaviours, sleep quality, and mental health among Italian workers. *Eur J Nutr*. 2025 Feb 18;64(2):97.
5. Pavanello C, Suppressa P, Castiglione S, Di Costanzo A, Tramontano D, Rizzi L, Steward K, Calabresi L, Arca M, Roeters van Lennep J, D'Erasmus L; Italian and European Working Group on Lomitapide in HoFH. Sex-related differences in response to lomitapide in HoFH: A subanalysis of the Pan-European Lomitapide retrospective observational study. *Atherosclerosis*. 2025 Feb;401:119089. Epub 2024 Dec 13.
6. Pasta A, Formisano E, Calabrese F, Marabotto E, Furnari M, Bodini G, Torres MCP, Pisciotta L, Giannini EG, Zentilin P. From Dysbiosis to Hepatic Inflammation: A Narrative Review on the Diet-Microbiota-Liver Axis in Steatotic Liver Disease. *Microorganisms*. 2025; 13(2):241.
7. Formisano E, Lopes Neri LC, Caffa I, Borgarelli C, Ferrando MR, Proietti E, Turrini F, Martini D, Angelino D, Tagliabue A, Pisciotta L. Effect of egg consumption on health outcomes: An updated umbrella review of systematic reviews and meta-analysis of observational and intervention studies. *Nutr Metab Cardiovasc Dis*. 2025 May;35(5):103849.

8. Pasta A, Formisano E, Calabrese F, Apollonio M, Demarzo MG, Marabotto E, Furnari M, Giannini EG, Pisciotta L, Bodini G. The use of the Crohn's disease exclusion diet (CDED) in adults with Crohn's disease: A randomized controlled trial. *Eur J Clin Invest.* 2025 Jun;55(6):e14389.
9. Formisano E, Proietti E, Perrone G, Demarco V, Galoppi P, Stefanutti C, Pisciotta L. Characteristics, Physiopathology and Management of Dyslipidemias in Pregnancy: A Narrative Review. *Nutrients.* 2024 Sep 1;16(17):2927.
10. Formisano E, Proietti E, Borgarelli C, Pisciotta L. Comment to "Vitamin D in psoriatic arthritis - A systematic review and meta-analysis". *Semin Arthritis Rheum.* 2024 Apr 27;67:152457.
11. Formisano E, Proietti E, Borgarelli C, Sukkar SG, Albertelli M, Boschetti M, Pisciotta L. The impact of overweight on lipid phenotype in different forms of dyslipidemia: a retrospective cohort study. *J Endocrinol Invest.* 2024 Dec;47(12):3111-3118.
12. Pasta A, Pelizzaro F, Marabotto E, Calabrese F, Formisano E, Djahandideh Sheijani S, Brandimarte G, Manes G, Gravina AG, Savarino EV. Patient journey in gastroesophageal reflux disease: real-world perspectives from Italian gastroenterologists, primary care physicians, and ENT specialists. *Therap Adv Gastroenterol.* 2024 Mar 22;17:17562848241239590.
13. D'Erasmo L, Bini S, Casula M, Gazzotti M, Bertolini S, Calandra S, Tarugi P, Averna M, Iannuzzo G, Fortunato G, Catapano AL, Arca M; LIPIGEN HoFH group. Contemporary lipid-lowering management and risk of cardiovascular events in homozygous familial hypercholesterolaemia: insights from the Italian LIPIGEN Registry. *Eur J Prev Cardiol.* 2024 Jun 3;31(8):1038-1047.
14. Mulder JWCM, Tromp TR, Al-Khnifawi M, Blom DJ, Chlebus K, Cuchel M, D'Erasmo L, Gallo A, Hovingh GK, Kim NT, Long J, Raal FJ, Schonck WAM, Soran H, Truong TH, Boersma E, Roeters van Lennep JE; Homozygous Familial Hypercholesterolemia International Clinical Collaborators. Sex Differences in Diagnosis, Treatment, and Cardiovascular Outcomes in Homozygous Familial Hypercholesterolemia. *JAMA Cardiol.* 2024 Apr 1;9(4):313-322.
15. Pasta A, Formisano E, Calabrese F, Plaz Torres MC, Bodini G, Marabotto E, Pisciotta L, Giannini EG, Furnari M. Food Intolerances, Food Allergies and IBS: Lights and Shadows. *Nutrients.* 2024 Jan 16;16(2):265.
16. Giannini EG, Testa T, Grillo F, Mastracci L, Arrigo S, Cai P, Paolino S, Burlando M, Pisciotta L, Formisano E, Cittadini G, Copello F, Tuo S, Bodini G. Institution of an interdisciplinary IBD centre is associated with improved healthcare utilization. *Eur J Clin Invest.* 2023 Dec 2:e14143.
17. Formisano E, Schiavetti I, Gradaschi R, Gardella P, Romeo C, Pisciotta L, Sukkar SG. The Real-Life Use of a Protein-Sparing Modified Fast Diet by Nasogastric Tube (ProMoFasT) in Adults with Obesity: An Open-Label Randomized Controlled Trial. *Nutrients.* 2023 Nov 17;15(22):4822.
18. Cogorno L*, Formisano E*, Vignati A, Prigione A, Tramacere A, Borgarelli C, Sukkar SG, Pisciotta L. Non-alcoholic fatty liver disease: dietary and nutraceutical approaches. *Liver Research*, 7(3), 2023, 216–22. (*co-first authors)

19. Casula M, Gazzotti M, Capra ME, Olmastroni E, Galimberti F, Catapano AL, Pederiva C, the LIPIGEN Group and the LIPIGEN Paediatric Group. Refinement of the diagnostic approach for the identification of children and adolescents affected by familial hypercholesterolemia: Evidence from the LIPIGEN study. *Atherosclerosis*. 2023 Nov;385:117231.
20. Formisano E, Proietti E, Borgarelli C, Pisciotta L. Psoriasis and Vitamin D: A Systematic Review and Meta-Analysis. *Nutrients*. 2023 Jul 30;15(15):3387.
21. Olmastroni E, Gazzotti M, Aversa M, Arca M, Tarugi P, Calandra S, Bertolini S, Catapano AL, Casula M; LIPIGEN Study Group *. Lipoprotein(a) Genotype Influences the Clinical Diagnosis of Familial Hypercholesterolemia. *J Am Heart Assoc*. 2023 May 16;12(10):e029223.
22. Pasta A, Borro P, Cremonini AL, Formisano E, Tozzi G, Cecchi S, Fresa R, Labanca S, Djahandideh A, Sukkar SG, Picciotto A, Pisciotta L. Effect of a common missense variant in LIPA gene on fatty liver disease and lipid phenotype: New perspectives from a single-center observational study. *Pharmacol Res Perspect*. 2021 Oct;9(5):e00820.
23. Caccialanza R, Cereda E, Klersy C, Nardi M, Masi S, Crotti S, Cappello S, Caissutti V, Brovia C, Lobascio F, Formisano E, Colombo S, Filippi AR, Bonzano E, Comoli P, Catenacci L, Alberti A, Musella V, Ferrari A, Imarisio I, Tancredi R, Monaco T, Ghi MG, Bossi P, Pedrazzoli P. The efficacy of immunonutrition in improving tolerance to chemoradiotherapy in patients with head and neck cancer, receiving nutritional counseling: study protocol of a randomized, open-label, parallel group, bicentric pilot study. *Ther Adv Med Oncol*. 2021 Sep 11;13:17588359211025872.
24. Cremonini AL, Formisano E, Pasta A, Borgarelli C, Fresa R, Pisciotta L. Evaluation of the efficacy of plant sterols supplement sterolip® ESI in patients with type IIA hypercholesterolemia in relation to genetic variants modulating intestinal absorption of cholesterol. *J Food Sci Nutr Res* 2021; 4(3): 181-193.
25. Caccialanza R, Formisano E, Klersy C, Ferretti V, Ferrari A, Demontis S, Masi S, Crotti S, Lobascio F, Cerutti N, Orlandoni P, Dalla Costa C, Redaelli E, Fabbri A, Malesci A, Corrao S, Bordandini L, Cereda E; NUTRI-COVID19 Collaborative Working Group. Nutritional parameters associated with prognosis in non-critically ill hospitalized COVID-19 patients: The NUTRI-COVID19 study. *Clin Nutr*. 2022 Dec;41(12):2980-2987.
26. Formisano E, Pasta A, Cremonini AL, Di Lorenzo I., Sukkar SG, Pisciotta L. Effects of a Mediterranean Diet, Dairy, and Meat Products on Different Phenotypes of Dyslipidemia: A Preliminary Retrospective Analysis. *Nutrients*. 2021 Apr 1;13(4):1161.
27. Formisano E, Di Maio P, Ivaldi C, Sferrazzo E, Arieta L, Bongiovanni S, Panizzi L, Valentino E, Pasta A, Giudice M, Demontis S. Nutritional therapy for patients with coronavirus disease 2019 (COVID-19): Practical protocol from a single center highly affected by an outbreak of the novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection. *Nutrition*. 2021 Feb;82:111048.
28. Pasta A, Cremonini AL, Formisano E, Fresa R, Bertolini S, Pisciotta L. Long-term follow-up of genetically confirmed patients with familial hypercholesterolemia treated with first- and second-generation statins and then with PCSK9 monoclonal antibodies. *Atherosclerosis* 2020 Jul 29;308:6-14.

29. Pasta A*, Formisano E*, Cremonini AL, Maganza E, Parodi E, Piras S, Pisciotta L. Diet and Nutraceutical Supplementation in Dyslipidemic Patients: First Results of an Italian Single-Center Real-World Retrospective Analysis. *Nutrients*. 2020 Jul 10;12(7):2056 (*co-first authors).
30. Formisano E, Pasta A, Cremonini AL, Favari E, Ronca A, Carbone F, Semino T, Di Pierro F, Sukkar SG, Pisciotta L. Efficacy of Nutraceutical Combination of Monacolin K, Berberine, and Silymarin on Lipid Profile and PCSK9 Plasma Level in a Cohort of Hypercholesterolemic Patients. *J Med Food*. 2020 Jun;23(6):658-666.

EDITORIAL ROLES

- Member of the Scientific Committee of the series “Nutrimento”, tab edizioni (07/2023).

OTHER EXPERIENCES

- Peer reviewer (2025) for: Clinical Nutrition; Nutrition, Metabolism and Cardiovascular Diseases.
- Membership in scientific societies: SINPE, SISA, SINU.
- Member of SINU Giovani (since 03/2023) and SINU SPORT (since 01/2024).
- SISA Regional Board (since 09/2022).
- Books: Contributions to the volumes “Manuale di dietistica e dietetica applicata” vol. 1 (2024) and vol. 2 (09/2023), tab edizioni.
- Third Mission activities: project “NOVA-CAMPUS: Let's challenge aging” (05/2024–04/2025); collaboration with the Genoa Chamber of Commerce for Liguria Gourmet courses (06/2024–11/2024).