



BIOGRAPHICAL SKETCH

Name	
Stefano Benedini	
Position Title	
Ricercatore SSD: MED/13 - Endocrinologia	
Education	
Laurea in Medicina e Chirurgia, Università degli Studi di Milano	M.D. 1996 Medicine
Dottorato di Ricerca, Clinical Physiopathology, Università degli Studi di Milano	Ph.D. 2001 Physiopathology
Subspecialty School of Endocrinology Università Vita e Salute di Milano	2006
Employment	
1996-1997	Resident in Medicine, Istituto Scientifico H San Raffaele, Università degli Studi di Milano.
1997-1998	Research Fellow (Assistente Tecnico: "Amino acids and Stable Isotope Laboratory"). Istituto Scientifico H San Raffaele, Università degli Studi di Milano.
1998-2001	Dottorato di Ricerca in Clinical Pathophysiology ("Laboratory of Metabolism, Endocrinology and Nutrition"). Istituto Scientifico H San Raffaele Università degli Studi di Milano.
2001-2005	Resident Endocrine Unit, Dept. of Medical and Surgical Sciences, University of Padua, Italy.
2005-2007	Resident Endocrine Unit "Laboratory of Metabolism, Endocrinology and Nutrition"). Istituto Scientifico H San Raffaele Università Vita e Salute Milano.
2007-2008	Coinvestigator E.U. project "Aging of the cardiovascular system and diabetes: role of estrogens" contr. LSNM-CT-2005-518245
2007-2008	Adjunt Professor Faculty of Exercise Sciences, University of Milan, Italy
2008	Investigator Department of Sport Sciences, Nutrition and Health - Faculty of Exercise Sciences, University of Milan, Italy
2011 -2013	Consultant Research Centre of Metabolism IRCCS PoliclinicoSan Donato Milanese, Milan Italy



2013- current Doctor operating within the Regional Health Service at IRCCS Policlinico San Donato Milanese, Milan Italy

Selected publications

1. Perseghin G, Baratti D, **Benedini S**, Regalia E, Mazzaferro V, Luzi L. Effect of liver transplantation in cirrhotic-diabetic patients. *Trans Proc* 30: 1868, 1998. Impact Factor: 0.962
2. Perseghin G, Corno A, Santoro F, Biagioli B, Paolini G, Battezzati A, **Benedini S**, Donatelli F, Pozza G, Grossi A, Luzi L. Myocardial metabolism studied during warm blood antero-retrograde reperfusion in ischemic human hearts. *Acta Diabetologica* 35: 67-73, 1998. IF: 1.676
3. Battezzati A, Bonfanti S, **Benedini S**, Calori G, Caldara R, Mazzaferro V, Elli A, Secchi A, Di Carlo V, Pozza G, Luzi L. Spontaneous hypoglycemia after pancreas transplantation in IDDM. *Diabetic Medicine* 15: 991-996, 1998. IF: 2.484
4. Perseghin G, Mazzaferro V, Piceni Sereni L, Regalia E, **Benedini S**, Bazzigaluppi E, Pulvirenti A, Antonio Silva Leão Adriana, Calori G, Romito R, Baratti D, Luzi L. Contribution of reduced insulin sensitivity and secretion to the pathogenesis of hepatogenous diabetes: effect of liver transplantation. *Hepatology* 31:694-703, 2000. IF: 10.446
5. Battezzati A, **Benedini S**, Fattorini A, Piceni Sereni L, Luzi L. Effect of hypoglycemia on amino acid and protein metabolism in healthy humans. *Diabetes* 49: 1543-1551, 2000 IF: 7.955
6. Luzi L, Perseghin G, Brendel M D, Terruzzi I, Battezzati A, Eckhard M, Brandhorst D, Brandhorst H, Friemann S, Succi C, Di Carlo V, Piceni Sereni L, **Benedini S**, Secchi A, Pozza G and Bretzel R G. Metabolic Effects of Restoring Partial beta-Cell Function After Islet Allograft Transplantation in Type 1 Diabetic Patients. *Diabetes*, 50: 277-282, 2001 IF: 7.955
7. Perseghin G, Scifo P, Pagliato E, Battezzati A, **Benedini S**, Soldini L, Testolin G, Del Maschio A and Luzi L. Gender Factors Affect Fatty Acids-Induced Insulin Resistance in Nonobese Humans: Effects of Oral Steroidal Contraception. *The Journal of Clinical Endocrinology and Metabolism* 86: 3188-3196, 2001 IF: 5.799
8. Battezzati A, **Benedini S**, Caldara R, Calori G, Secchi A, Pozza G, Luzi L. Prediction of long-term metabolic success of the pancreatic graft function. *Transplantation* 71: 1560-1565, 2001. IF: 3.972
9. **Benedini S**, Fiocchi R, Battezzati A, Scifo P, Piceni Sereni L, Gamba A, Del Maschio A, Perseghin G, Luzi L. Glucose, fatty acids and leucine metabolism in heart transplanted patients. *Diabetes Care* Mar; 25(3): 530-6 2002. IF: 7.912
10. Perseghin G, J, Mazzaferro V, **Benedini S**, Pulvirenti A, Coppa Regalia E, Luzi L. Resting energy expenditure in diabetic and non-diabetic patients with liver cirrhosis: relationship with insulin sensitivity, and effect of liver transplantation and of immunosuppressive therapy. *Am J Clin Nutr* 2002 Sep; 76(3): 541-8 IF: 6.562
11. Battezzati A, **Benedini S**, Fattorini A, Losa M, Mortini P, Bertoli S, Lanzi R, Testolin G, Biolo G, Luzi L. Insulin action on protein metabolism in acromegalic patients. *Am J Physiol Endocrinol Metab.* 2003 Apr; 284(4): E823-9. Epub Oct 08 2002. IF: 4.123
12. Perseghin G, Scifo P, Danna M, Battezzati A, **Benedini S**, Meneghini E, Del Maschio A, Luzi L. Normal



insulin sensitivity and IMCL content in overweight humans are associated with higher fasting lipid oxidation. *Am J Physiol Endocrinol Metab.* 2002 Sep;283(3):E556-64. IF: 4.123

13. Perseghin G, Caumo A, Arcelloni C, **Benedini S**, Lanzi R, Pagliato E, Sereni LP, Testolin G, Battezzati A, Comi G, Comola M, Luzi L. Contribution of abnormal insulin secretion and insulin resistance to the pathogenesis of type 2 diabetes in myotonic dystrophy. *Diabetes Care.* 2003 Jul;26(7):2112-8. IF: 7.912
14. Perseghin G, Comola M, Scifo P, **Benedini S**, De Cobelli F, Lanzi R, Costantino F, Lattuada G, Battezzati A, Del Maschio A, Luzi L. Postabsorptive and insulin-stimulated energy and protein metabolism in patients with myotonic dystrophy type 1. *Am J Clin Nutr.* 2004 Aug;80(2):357-64. IF: 6.562
15. Lattuada G, Piceni Sereni L, Ruggieri D, Scollo A, **Benedini S**, Ragona F, Costantino F, Battezzati A, Luzi L and Perseghin G. Postabsorptive and insulin-stimulated energy homeostasis and leucine turnover in offspring of type 2 diabetic patients. *Diabetes Care.* 2004 Nov;27(11):2716-22. IF: 7.912
16. Zulian E, Sartorato P, **Benedini S**, Baro G, Armanini D, Mantero F, Scaroni C
Spironolactone in the treatment of polycystic ovary syndrome: effects on clinical features, insulin sensitivity and lipid profile. *J Endocrinol Invest.* 2005 Jan;28(1):49-53 IF: 1.469
17. **Benedini S**, Dalle Carbonare L, Albiger N, Scanarini M, Bilora F, Petrobelli F, Giannini S, Mantero F, Scaroni C. Effect of Short Term Therapy with Recombinant Human GH (GH) on Metabolic Parameters and Preclinical Atherosclerotic Markers in Hypopituitary Patients with Growth Hormone Deficiency. *Horm Metab Res* 2006; 38(1): 16-21. IF: 1.997
18. **Benedini S**, Fiocchi R, Battezzati A, Scifo P, Piceni Sereni L, Bevilacqua M, Del Maschio A, Perseghin G, Luzi L. Effects of Insulin Resistance and Heart Denervation on ANP plasma levels in healthy and diabetic humans. *Transplant Proc.* 2007;39(5):1580-1585. IF: 0.962
19. Matterello MJ, **Benedini S.**, Fiore C, Luisetto G, Camozzi V, Sartorato P, Armanini D. Effect of Licorice on PTH Levels in Healthy Women. *Steroids* 71(5):403-8. IF: 2.849
20. Dodesini AR, **Benedini S**, Terruzzi I, Piceni Sereni L, and Luzi L. ENERGY METABOLISM IN THE EARLY STAGES OF CANCER CACHEXIA: A PRELIMINARY REPORT. 2007; 46, 118-120. *Acta Oncologica* IF: 1.856
21. Betterle C, Lazzarotto F, Fusari A, Zanchetta R, **Benedini S**, Pedini B, Moscon A, Precotto F. Pancreatic Autoantibodies in Italian Patients with Newly Diagnosed Type 1 Diabetes Mellitus Over the Age of 20 Years. 2006;43(3):79-83. *Acta Diabetol.* IF:1.676
22. Sartorato P, Zulian E, **Benedini S**, Mariniello B, Schiavi F, Bifora F, Pozzan G, Greggio N, Pagnan A, Mantero F, Scaroni C. Cardiovascular risk factors and ultrasound evaluation of intima media thickness at common carotids, carotid bulbs, femoral and abdominal aorta arteries in patients with classic Congenital Adrenal Hyperplasia due to 21-hydroxylase deficiency. *J Clin Endocrinol Metab.* 2007 Jan 2; [Epub ahead of print] IF: 5.799
23. **Benedini S**, Terruzzi I, Lazzarin A and Luzi L. Recombinant Human Growth hormone for the Treatment of HIV-Associated Adipose Redistribution Syndrome. *BioDrugs* 2008 22 (2): 101-112. IF: 2.768
24. Battezzati A, **Benedini S**, Piceni Sereni L, DeTaddeo F, Maffi P, Secchi A and Luzi L. Protein and glutamine kinetics during counterregulatory failure in Type 1 Diabetes. In stampa *Nutr Metab Cardiovasc Dis* 2008 Aug 5. [Epub ahead of print] IF: 3.174
25. **Stefano Benedini**, Enrico Ruffini, Ileana Terruzzi, Maurizio Mancuso and Livio Luzi. GLUCOSE AND LEUCINE METABOLISM IN LUNG TRANSPLANTED PATIENTS WITH LOW DOSE OF STEROIDS IN IMMUNOSUPPRESSIVE THERAPY. *Transplant Proc.* 2008; 40(5):1566-71. IF: 1.027
26. C. Scaroni, R. Selice, **S. Benedini**, E De Menis, M Arosio, C. Ronchi, M Gasperi, L. Manetti, G. Arnaldi, B. Polenta, M. Boscaro, N. Albiger, E. Martino, F. Mantero. Adrenal morpho-functional alterations in patients with acromegaly. *J Endocrinol Invest* 31(7): 602-606, 2008. IF: 2.021



27. **Stefano Benedini**, Pietro Cortelli, Andrea Caumo, Ileana Terruzzi, Manolo Beelke, Gianluca Perseghin, Pasquale Montagna, Elio Lugaresi, Livio Luzi. Insulin resistance to both glucose and amino acid metabolism in a patient with Fatal Familial Insomnia. In stampa Nutr Metab Cardiovasc Dis IF: 3.174
28. **Benedini S**, Perseghin G, Terruzzi I, Scifo P, Invernizzi PL, Del Maschio A, Lazzarin A, Luzi L. Effect of L-Acetylcarnitine on Body Composition in HIV-related Lipodystrophy. Horm Metab Res. 2009 Jul 13. IF: 2.715
29. **Benedini S**, Codella R, Caumo A, Marangoni F, Luzi L. Different circulating ghrelin responses to isoglucidic snack food in healthy individuals. Horm Metab Res. 2011;43(2):135-40 IF: 2.715
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31. **Benedini S**, Villa P, Luzi L and Bevilacqua M. (2012) Pioglitazone does not modify ANP levels of type 2 diabetic patients. World Journal of Cardiovascular Diseases, 2, 277-282. doi: 10.4236/wjcd.2012.24043.
32. **S. Benedini**, S. Longo, A. Caumo, L. Luzi, P. L. Invernizzi. Metabolic and hormonal responses to a single session of kumite (free non-contact fight) and kata (highly ritualized fight) in karate athletes. Sport Sci Health, 2012; DOI 10.1007/s11332-012-0132-7
33. Benedini S. The Hypothalamus and energy balance. Sport Sci Health 5: 60-68, 2009.
34. Benedini S, Caimi A, Alberti G, Terruzzi I, Dellerma N, La Torre A, Luzi L. Increase in homocysteine levels after a half-marathon running: a detrimental metabolic effect of sport? Sport Sci Health, 2010; Vol: 6, Issue: 1: 35-42
35. S. Benedini, E. Capitelli, E. Casiraghi, R. Codella and L. Luzi. A "single-physician" model for diabetes care: best practice for life-style changes? Sport Sci Health, 2012; Vol: 7, Numbers 2-3:81-82
36. S. Benedini, A. Caumo, I Terruzzi, L. Luzi. (2013) Immunosuppressive therapy in Pancreas and Islet Transplant: need for simultaneous assessment of Insulin Sensitivity and Secretion. Journal of Diabetes Mellitus, vol.3, n. 3, 156-16032. Montesano A, Senesi P, Luzi L, **Benedini S**, Terruzzi I. Potential therapeutic role of L-carnitine in skeletal muscle oxidative stress and atrophy conditions. Oxid Med Cell Longev. 2015;2015:646171. doi: 10.1155/2015/646171. Epub 2015
37. **Benedini S**, Tufano A, Passeri E, Mendola M, Luzi L, Corbetta S. Autoimmune polyendocrine syndrome 3 onset with severe ketoacidosis in a 74-year-old woman. Case Rep Endocrinol. 2015;2015:960615. doi: 10.1155/2015/960615. Epub 2015
38. Bonato M, Rampichini S, Ferrara M, **Benedini S**, Sbriccoli P, Merati G, Franchini E, La Torre A. Aerobic training program for the enhancements of HR and VO2 off-kinetics in elite judo athletes. J Sports Med Phys Fitness. 2014.
39. Invernizzi PL, Longo S, Bizzi M, **Benedini S**, Merati G, Bosio A. INTERPRETATION AND PERCEPTION OF TWO DIFFERENT KUMITE FIGHTING INTENSITIES THROUGH AN INTEGRATED APPROACH TRAINING IN INTERNATIONAL LEVEL KARATEKAS: AN EXPLORATORY STUDY. Percept Mot Skills. 2015;121(2):333-49.
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41. Raffaele SCURATI, **Stefano BENEDEINI**, Giovanni MICHIELON, Pietro L. INVERNIZZI, Lucia ZANNINI, Giampietro ALBERTI. Controlled intensity aerobic activity in water and in the gym: effects on mood and physical efficiency in third age women. Medicina dello Sport 2016 June;69(2):215-27.
42. Mauri G, Cova L, Monaco CG, Sconfienza LM, Corbetta S, **Benedini S**, Ambrogi F, Milani V, Baroli A, Ierace T, Solbiati L. Benign thyroid nodules treatment using Percutaneous Laser Ablation (PLA) and Radiofrequency Ablation (RFA). Int J Hyperthermia. 2016 Oct 4:1-17. [Epub ahead of print]



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44. Codella R, **Benedini S**, Painsi S, Caumo A, Adamo M, Terruzzi I, Ferrulli A, Macrì C, Andreoni L, Sterlicchio M, Luzi L. Effect of Sugar versus Mixed Breakfast on Metabolic and Neurofunctional Responses in Healthy Individuals. *J Diabetes Res.* 2017;2017:9634585.
45. Ermetici F, Briganti S, Delnevo A, Cannà P, Leo GD, **Benedini S**, Terruzzi I, Sardanelli F, Luzi L. Bone marrow fat contributes to insulin sensitivity and adiponectin secretion in premenopausal women. *Endocrine.* 2018 Feb;59(2):410-418.
46. Massarini S, Ferrulli A, Ambrogi F, Macrì C, Terruzzi I, **Benedini S**, Luzi L. Routine resting energy expenditure measurement increases effectiveness of dietary intervention in obesity. *Acta Diabetol.* 2018 Jan;55(1):75-85.
47. Dozio E, Passeri E, Cardani R, Benedini S, Aresta C, Valaperta R, Corsi Romanelli M, Meola G, Sansone V, Corbetta S Circulating Irisin Is Reduced in Male Patients with Type 1 and Type 2 Myotonic Dystrophies. *Front Endocrinol (Lausanne).* 2017 14;8:320. doi: 10.3389/fendo.2017.00320 *Front Endocrinol*
48. Benedini S, Ermetici F, Briganti S, Codella R, Terruzzi I, Maffi P, Caldara R, Secchi A, Nano R, Piemonti L, Alejandro R, Ricordi C, Luzi L. Insulin-mimetic effects of short-term rapamycin in type 1 diabetic patients prior to islet transplantation. *Acta Diabetol.* 2018 Apr 13. doi: 10.1007/s00592-018-1141-z.