

**EUROPEAN  
CURRICULUM VITAE  
FORMAT**



**PERSONAL INFORMATION**

Name RUGGIERO CARMELINDA  
Address VIA TEVERE, 11/C - 06089, TORGIANO (PG), ITALIA  
Telephone +39 075 5783525 Mobile +39 3461267700  
Fax +39 0755783878  
E-mail [carmelinda.ruggiero@unipg.it](mailto:carmelinda.ruggiero@unipg.it) PEC [carmelinda.ruggiero.fcsd@pg.omceo.it](mailto:carmelinda.ruggiero.fcsd@pg.omceo.it)  
Nationality Italian  
Date of Birth 20/11/1975  
Gender Female

**WORK EXPERIENCE**

**CURRENT POSITION**

*from 2022 ongoing* Director of the School of Specialization in Geriatrics, Department of Medicine and Surgery, University of Perugia  
*from 2017 ongoing* Associate Professor Gerontology and Geriatrics, Department of Medicine and Surgery, University of Perugia  
*from 2018 to 2027* Italian Abilitation to the position of Full Professor in Geriatrics - Internal Medicine  
*from 2017 ongoing* Head of the Orthogeriatric Unit, Academic Hospital S. Maria della Misericordia, Perugia  
*from 2009 ongoing* Specialist and Consultant in Geriatrics Internal Medicine at Acute Care Ward and Outpatient Clinics, Academic Hospital S. Maria della Misericordia, Perugia

**PREVIOUS POSITION**

*from 2011 to 2017* Aggregate Professor of Gerontology and Geriatrics, School of Medicine, University of Perugia  
*from 2013 to 2017* Specialist in Internal Medicine and Geriatrics with High Specialized Position "Prevention Falls and Fractures among older adults", Head of the Osteoporosis Service, Geriatric Acute Care Ward, Academic Hospital S. Maria della Misericordia, Perugia  
*from 2008 to 2017* Researcher, Institute of Gerontology and Geriatrics, Department of Clinical and Experimental Medicine, University of Perugia  
*from 2008 to 2008* Consultant Geriatrician, Long Term Care Olindo Brancaleoni Panicale, Perugia  
*from 2007 to 2008* Medical Specialist Geriatrician, Continuity Care Service of the U.S.L. 2 Umbria.  
*from 2006 to 2008* Contract Researcher, Institute of Gerontology and Geriatrics, Department of Clinical and Experimental Medicine, University of Perugia

**EDUCATION AND TRAINING**

*from 2023 to 2023* Management training course for managers of a complex healthcare structure. Umbrian School of Public Administration of the Umbria Region  
*from 2008 to 2009* VII° Advanced Post-Graduated Course of the European Academy for Medicine of Aging, Institut Universitarie Kurt Bosch, Sion, Switzerland  
*from 2007 to 2010* PhD in "Biology and Pathology of Aging" at the Department of Medicine and Medical Specialties, University of Genoa, Italy  
*from 2007 to 2007* Courtesy Associate Researcher at National Institute of Aging, National Institute of Health, Baltimore, MD, USA. Tutor: Luigi Ferrucci, MD, PhD  
*from 2006 to 2007* Master degree II° in "Bone metabolic disease" at the Department of Medicine, University of Florence, Italy  
*from 2006 to 2006* Post-Doctoral Visiting Research Fellow at National Institute on Aging, NIH, Clinical Research Branch, Baltimore, MD, USA. Tutor: Luigi Ferrucci MD, PhD  
*from 2005 to 2005* Intermediate Epidemiology. John Hopkins Bloomberg School of Public Health, 23th Graduate Summer Institute of Epidemiology and Biostatistics, Baltimore, MD, USA

<i>from 2005 to 2006</i>	Special Research Volunteer at Longitudinal Studies Section, Clinical Research Branch, National Institute on Aging, NIH, Baltimore, MD, USA. Tutor: Luigi Ferrucci, MD, PhD
<i>from 2004 to 2004</i>	European Educational Programme in Epidemiology. I.A.R.C. (International Agency for Research on Cancer) Courses: Principles of Epidemiology, Statistical models (I); Statistical model (II): analysis of case-control data; Statistical models (III): analysis of follow up data. Centro "Studium", Firenze
<i>from 2002 to 2002</i>	Visiting Resident at the Geriatric Department of Garthneval General Hospital in Glasgow, Scotland, UK, Dr. Brain Williams, director.
<i>from 2001 to 2005</i>	Residency in Geriatrics at the Department of Gerontology and Geriatrics, University of Perugia

## TEACHING AND TUTORING ACTIVITIES

### PRE-GRADUATE COURSES

<i>from 2008 to 2023</i>	Gerontology and Geriatrics (30 hrs lecture), School of Medicine in Terni, University of Perugia; Geriatric Elements of Clinical Medicine (20 hrs lecture), School of Nursing, University of Perugia; Clinical Nursing, Disabilities and Chronic diseases (20 hrs lecture), School of Nursing, University of Perugia Gerontology and Geriatrics (12 hrs lecture), School of Podiatry, University of Perugia Geriatrics in Medical and Surgical Pathology (15 hrs lecture), School of Dietician, University of Perugia Gerontology and Geriatrics (15 hrs lecture), Specialized Degree Course in Motor Sciences, Sciences and Techniques of Preventive and Adaptive Motor Activities 76S
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### POST-GRADUATE COURSES

<i>from 2016 to 2023</i>	Training Course for General Medicine Physicians. Osteoporosis in the Community: prevention, diagnosis, therapy, follow-up. Umbria Region and Umbria School of Public Administration
<i>from 2018 to 2023</i>	Member of the board of the PhD program Clinical and Molecular Medicine, University of Perugia
<i>from 2008 to 2023</i>	Geriatrics Residency School (40 hrs lecture), University of Perugia, Italy  Modules: Comprehensive geriatric assessment; Bone metabolism, falls and fracture in the older persons; Geriatric syndromes; Epidemiology of aging; Atypical signs and symptoms in older persons; Gait disorders and risk of falls; Rehabilitation in older persons; Management of nursing home persons; Orthogeriatric care.
<i>from 2021 to 2023</i>	Insights into Geriatrics (12 hrs lecture), Second Cycle Degree Nursing and Midwifery Sciences- University of Perugia
<i>from 2018 to 2019</i>	Master I° level "Professional in motor activities for the prevention, recovery and optimization of health" (PAMPROS)- University of Perugia
<i>from 2018 to 2019</i>	Course of Advanced Training in "Preclinical and Clinical Research", Department of Surgical and Biomedical Sciences, University of Perugia
<i>from 2015 to 2016</i>	Advanced Training in Clinical Management of the elderly patient with a hip fracture. Sapienza University, Rome

## RESEARCH ACTIVITIES

### COMPETITIVE NATIONAL AND INTERNATIONAL RESEARCH PROJECTS

- Partecipant Researcher Progetto Ulisse (Un Link Informativo Sui Servizi Sanitari Esistenti Per L'Anziano) supported by the Italian Minister of Health 2003-2006.
- Co-PI of the clinical trial "Uric acid and inflammation. OSD inter-Laboratory Set Aside Award FY2005-2006. National Institute on Aging, NIH, Baltimore, MD, to investigate the role of uric acid to inflammaging.
- Head of Unit BANDO GIOVANI RICERCATORI 2008 – MINSAL - GR-2008-1142822. "Sviluppo e validazione di criteri per definire l'uso di farmaci inappropriati nei pazienti anziani" (Progetto CRIME) – Scientific Coordinator Graziano Onder – Coordinator Unit: C.E.M.I. - Università Cattolica del Sacro Cuore di Roma.

- Participant Researcher FP7 EU Health Research Project - PREDICT (Increasing the Participation of the Elderly in Clinical Trials) project - Grant number HEALTH-F4-2008-201917. Scientific coordinator: David Edbrooke –Coordinator Unit: Medical Economics and Research Centre, Rotherham General Hospital, Rotherham, UK.
- Associate Researcher BANDO FIRB 2012 - PROGRAMMA "FUTURO IN RICERCA"- Progetto: "Ruolo della glia e delle cellule immuno-infiammatorie nel dolore cronico: individuazione di nuovi target farmacologici nell'analgesia e nella neuroinfiammazione periferica e centrale". RBF126IGO\_004.
- Coordinator of Italian Sub-Unit FP7 EU Health Research Project – MID-FRIL (Studio clinico randomizzato per valutare l'efficacia in termini di fragilità e qualità della vita di un intervento multimodale in soggetti anziani fragili e pre-fragili affetti da diabete di tipo 2). Grant number FP7-HEALTH-2011-278803. Scientific coordinator: Alan Sinclair – Coordinator center: Leocadio Rodríguez Mañas-Fundación para investigación biomédica del hospital universitario De Getafe, Madrid, Spain.
- Participant Researcher Studio HYPODD (Hypovitaminosis D and organ damage in patients with arterial hypertension: a multicenter double blind randomized controlled trial of cholecalciferol supplementation). Grant of the Italian Hypertension Society, Scientific coordinator: Pasquale Strazzullo, Università degli Studi di Napoli Federico II, 2016.
- Participant Researcher Progetto CARIPO Grant Number Inflammation in the pathophysiology of ageing-related frailty: unravelling the contribution of blood platelets. Ricerca malattie invecchiamento - 2018 Inflammation in the pathophysiology of ageing-related frailty: unravelling the contribution of blood platelets. PI Torti Mauro.
- Italian Representative COST Action 21122: PROMoting Geriatric Medicine IN countries where it is still eMerGing- PROGRAMMING. 2022 - EU multicenter study aiming at the definition of the content of targeted education and training activities in Geriatric Medicine for health care professionals across various clinical setting. PI Marina Kostani.
- Participant Researcher Progetto IMPACT: fragility fracture patients care model. Grant of the SIOMMMS (Mission 6 PNRR and DM 71 MINSAL). PI Jacopo Chiodini.
- Participant Researcher Progetto MET-COG: Senotherapeutics to prevent cognitive decline: a randomized clinical trial of metformin in subjects with mild cognitive impairment. PRIN 2022 (Prot. 20227SWSBR). PI. Patrizia Mecocci.

#### **CLINICAL STUDIES**

- Research Participant FaSE (Heart Failure Survey in the Elderly Population) supported by BRACCO S.P.A. – 2008.
- Research Participant ADVICE (ADherence in Vitamin D and Calcium and Embedded) coordinator Maria Luisa Brandi – supported by OrtoMed Society- 2010.
- Research Participant FRACTURE UNIT coordinator Maria Luisa Brandi – supported by OrtoMed Society – 2011.
- Research Participant CODE (Connections between Outcome of Osteoporotic fractures, Depression, Delirium & Dementia in the Elderly) coordinator Maria Luisa Brandi - Azienda Ospedaliero-Universitaria Careggi, Firenze - 2012.
- PI and Coordinator Pragmatic Randomized Clinical Trial: Effects of Weekly Supplementation of Cholecalciferol and Calcifediol among the Oldest-Old People; (CEAS registration number 2121/13), no profit study, grant from Bruno Farmaceutici.
- Coordinator Studio Benisa (Benefici clinici della nutrizione nell'anziano), supported by Università della Terza Età and Fondazione Cassa di Risparmio di Perugia, 2014
- PI and Coordinator Prospective observational study Ortogeriatrics; (CEAS registration number 2257/14), no-profit study.
- Coordinator Studio Benisa (Benefici clinici della nutrizione nell'anziano), supported by Università della Terza Età and Fondazione Cassa di Risparmio di Perugia, 2015
- PI and Coordinator Studio FROST-UMBRIA (Identification and Prevention of falls and fractures among community dwelling persons: 5 year observational study in community) coordinator Carmelinda Ruggiero, supported by SIMG-UMBRIA 2015
- National Coordinator Phase III, randomized, double-blind, multicenter study aimed at evaluating the efficacy and safety of RGB-14-P compared to Prolia® in women with postmenopausal osteoporosis (EudraCT number: 2020-006017-38), sponsored by Gedeon-Richter, 2021

**PEER REVIEWED PUBLICATIONS**

Articles: 195  
H-index: 38 Scopus  
Citations: 4665

**INVITED LECTURERS AND CONTRIBUTIONS TO NATIONAL AND INTERNATIONAL CONGRESSES**

140 invited lectures to national congresses  
48 invited lectures to international congresses  
178 abstracts accepted to national congresses  
58 abstracts accepted in international congresses

**SCIENTIFIC DIRECTION AND COORDINATION OF NATIONAL AND INTERNATIONAL WORKSHOPS AND CONGRESSES**

II° European Regional Congress 2024, Istanbul, Turkey  
4° Fragility Fracture Network Italy. National Congress, 2023  
3° Fragility Fracture Network Italy. National Congress, 2021  
2° Fragility Fracture Network Italy. National Congress, 2020  
Member of the organizing committee Southern Europe Regional Expert Meeting of Fragility Fracture Network, Athens 25-26 April 2020, Greece  
2nd Inter-regional SIOMMMS Conference Marche-Tuscany-Umbria "New strategies and new indications for skeletal health", Pisa 8-9 May 2020  
1st Inter-regional SIOMMMS Conference Marche-Tuscany-Umbria "Appropriate care for the person at risk of fragility fracture - Care well, earn health", Assisi, May 17-18, 2019  
2018-2019 "Regional project for the implementation and implementation of the orthogeriatric clinical-care pathway in the main Umbrian hospitals". Region of Umbria, University of Perugia, S. Maria della Misericordia Hospital of Perugia.  
Training Course for Orthogeriatric Team Professionals. Quality care in the pre-, intra and post-operative phase. University of Perugia and Umbria School of Public Administration, Perugia 26 September and 10 October 2018.  
Conference "Orthogeriatrics for Umbria: the point on the implementation of regional guidelines". University of Perugia - AOPg Hospital, 6 May 2017, Perugia.  
Inter-regional conference Tuscany and Umbria of the Italian Society of Osteoporosis and Metabolic Mineral Diseases of the Skeleton (SIOMMMS) "Fragility fractures: improving their identification and management", University of Perugia - AOPg Hospital, Perugia, 2016.  
Conference "Orthogeriatrics. The ideal care model for the treatment of the elderly with a hip fracture". University of Perugia - AOPg Hospital, September 18, Perugia, 2012.  
Member of the Scientific Committee, National Congress of the Italian Society of Gerontology and Geriatrics (SIGG) - Italian Society of Gerontology and Geriatrics (SIGG). 2011-2013

**OFFICIAL FUNCTIONS**

*from 2023 ongoing* Member of the Expert Panel e-COST (European Cooperation in Science and Technology)  
*from 2022 ongoing* Deputy Chair of the Fragility Fracture Network Europe  
*from 2021 2022* National President of the Fragility Fracture Network Italy  
*from 2021 ongoing* Member of National Commissions for Tenders at  
- University of Perugia: D.R. n. 1987 27.10.2020;  
- University of Siena: DR 2710/2022, DR 1089/2022;  
*from 2021 ongoing* Member of the Community Health Activities Committee - SIOMMMS (Society for Osteoporosis, Bone Mineral Metabolism and Skeletal Disorders)  
*from 2021 ongoing* Member of the Osteoporosis Committee - SIOT (Italian Society of Orthopedics and Trauma)  
*from 2021 to 2021* External evaluators of PhD thesis XXXIV Medical and Surgical Biotechnology, University of Messina (prot. 0112942 del 21/09/2021)  
*from 2020 ongoing* Member of REPRISE (Register of Expert Peer Reviewers for Italian Scientific Evaluation), Minister of University and research.  
*From 2019 to 2020* President Elect of the Fragility Fracture Network Italy  
*from 2017 to 2021* Regional Coordinator of the Italian Society for Osteoporosis, Bone Mineral Metabolism and Skeletal Disorders.  
*from 2006 to 2008* President of the Regional Section of the Italian Gerontology and Geriatric Society

**MEMBER OF EXPERT PANELS**

**HEALTHCARE SERVICES***from 2020 to 2021*

Member of the panel for the development and implementation of the interdisciplinary PDTA (Pathway of Diagnosis, Care, and Monitoring) for the management of Fracture Risk among older adults with Prostate Cancer. Quality Department Academic Hospital S. Maria della Misericordia, Perugia

*from 2019 to 2020*

Member of the panel for the development of Interdisciplinary Guidelines and Procedures for the Prevention and Management of Medication-Related Osteonecrosis of the Jaws. Quality Department Academic Hospital S. Maria della Misericordia, Perugia

*from 2017 to 2018*

Member of the regional technical group on vitamin D, Umbria Region

*from 2014 to 2015*

Member of the regional technical group on Hip Fracture PDTA (Pathway of Diagnosis, Care, and Rehabilitation), Umbria Region

**MEMBER OF INTERNATIONAL  
EXPERT BOARDS***from 2021 ongoing*

EUGMs Falls and Fragility Fractures and Rehabilitation Working Group

*from 2020 ongoing*

FAN FLS Academy & Network

*from 2019 to 2020*

Global Fragility Fracture Prevention Coalition

**COLLABORATIONS WITH  
RESEARCH GROUPS**

Falls and fracture Interest Group of EUGMS (European Union Geriatric Medicine Society)

REgistro POLiterapie Società Italiana di Medicina Interna Study Group (REPOSI) - Italia

Fracture Fragility Network (F.F.N.) global

Gruppo Italiano Orto-Geriatria (G.I.O.G.- S.I.G.G.), Italia

Rete Geriatrica Alzheimer (REGAL project)

CRIteria to assess appropriate Medication use among Elderly complex patients (CRIME project)

Gruppo Fracture Unit di OrtoMed (Società Italiana di Ortopedia e Medicina), Italia

Baltimore Longitudinal Study of Aging (B.L.S.A.), USA

Invecchiare nell'area del Chianti (InCHIANTI Study), Italia -USA

Gruppo Italiano di Farmacoepidemiologia nell'Anziano (G.I.F.A.)

Progetto U.L.I.S.S.E (Un Link Informatico Sui Servizi Sanitari Esistenti Per L'Anziano)

**EDITORIAL ACTIVITIES**

*BOARD MEMBER  
AND GUEST EDITOR*

Aging clinical and experimental research; BMC Geriatrics; Biomedicines; European Journal of Translational Myology

*GUEST EDITOR FOR  
A SPECIAL ISSUE*

Falls, Fractures and Orthogeriatrics, BMC Geriatrics 2023.

*SERVED AS REVIEWER*

Aging Research Review; Annals Internal Medicine; Frontiers in Medicine; Archives of Gerontology and Geriatrics; Journals of Gerontology - Series A Biological Sciences and Medical Sciences; European Heart Journal; Journal of American College of Cardiology; Aging and Aging; Dementia Geriatrics and Cognitive Disorders; European Geriatric Medicine; Neurobiology of Aging; Journal of the American Medical Directors Association; BMC Geriatrics; Gerontology; Clinical Interventions in Aging; Osteoporosis International; Nutrients; Drugs and Aging; JAMA; International Journal of Psychiatry; Journal of Nutrition, Health and Aging; Journal of International Medical Research; SAGE Open Medicine; Therapeutic Advances in Drug Safety; International Journal of Environmental and Public Health.

**DISTINCTION AND AWARDS**

2023

"The best paper in the Special Issue " Nutrition and Aging - Featured Perspectives on Health and Metabolism" by Nutrients Journal

2021

Top Italian Scientist. Geriatric Medicine Clinical Sciences

2017

Fellowship award and travel grant. World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases- International Osteoporosis Foundation

2015

Fellowship award and travel grant. 4th Fracture Fragility Network Global Congress,

Netherlands  
 2012 Oral presentation prize. VII° National Congress OrtoMed  
 2011 Oral presentation prize. VI° National Congress OrtoMed  
 2011 Oral presentation prize. 56° SIGG National Congress. G Gerontol 2011;59: 424  
 2010 Oral presentation prize. 55° SIGG National Congress. G Gerontol 2010;59: 424  
 2006 "Top Five Paper" Recognition by European Heart Journal  
 2006 Visiting Research Fellow Award, National Institute of Aging, USA

**PERSONAL SKILLS AND COMPETENCES**

**NATIVE LANGUAGE** ITALIAN

**FOREIGN LANGUAGE**

**ENGLISH**

Reading	Writing	Comprehension	Interaction
C1	C1	C1	C1

**ORGANISATIONAL SKILLS AND COMPETENCES** Good coordination and organizational skills as shown by the implementation of the Falls and Fractures Outpatient Service, the Orthogeriatric Unit at AOPg and the leadership in fostering Continuous Improvement Activities and training for multidisciplinary healthcare professionals. Good competencies in making people working as a team and enhancing teamwork developed on the job and by participating to dedicated training sessions.

**SOFT SKILLS** Other activities and achievements/family: 2 kids (12, 9)  
 Good communication and media interaction skills as per experience and training (e.g. Media skills for scientists, SciDev.Net tr cert\_cwyfkd8; Date: 2022-04-09).  
 Skills in Gender Integration and Transformation as refined by the participation to specific course (e.g. Integrate gender into scientific research, SciDev.Net cert\_x9jgzncb; date 2022-04-10)

**TECHNICAL SKILLS** Advanced competencies with statistical packages for data analysis. Beginner in coding language. Mac OSX Operating System / Linux Operating Systems (Arch Ubuntu Fedora) Windows / Windows Operating System / Mastering the Office Package (Word Excel PowerPoint etc.)

**DRIVING LICENCE** Driving license B

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

December 20<sup>th</sup> 2023

Prof. Carmelinda Ruggiero  
