

Dr. Ilenia Cirilli

Education and Training

- 2015 - 2018** Doctorate (PhD) in **Biomedical Science** (BIO/10 - Biochemistry), Medicine Faculty, Polytechnic University of Marche, Ancona, Italy. The thesis was entitled "*Protective role of bioactive quinones in stress-induced senescence phenotype of endothelial cells using tobacco smoke*".
- 2014 - 2015** Post graduate internship at the Polytechnic University of Marche, Medicine faculty, (Ancona, Italy), laboratory of oxidative stress and aging contributing to research projects on the clinical and biochemical effects of physical exercise in diabetic patients; and the role of natural extracts in protecting human dermal fibroblast from UV-damage.
- 2012 - 2014** Master Degree on **Human Nutrition Science** (LM-61), Medicine-Agronomy inter-faculty, University of Milan, Italy; with a final mark of 110/110 presenting a thesis entitled "*Effects of a physical exercise protocol on the treatment of diabetes mellitus: differences between counselling and integrated management*".
- 2008 - 2012** Bachelor Degree on **Foods Science** (L-20), Department of Agricultural, Food and Environmental Sciences, Polytechnic University of Marche, Ancona, Italy; with a final mark of 104/110 presenting a thesis entitled "*Glutamate functions in the body*".

International meetings

- The 9th conference of the International Coenzyme Q₁₀ association. June 21-24 2018, New York, USA.
- OCC World Congress 2017 and Annual SFRR-E Conference: Metabolic stress and redox regulation. June 21-23 2017, Berlin.
- Summer school "Mitochondria in life, death and disease" EMBO/FEBS. October 9-13 2017, Brindisi, Italy.
- 5° International Forum on food and nutrition, Nov 27 2013, Barilla Center for Food and Nutrition, Milan, Italy.
- VI edition of the International Conference Women&Technologies: e-Nutrition, Nov 5 2013, Milan, Italy.

Presentation at meetings

- "*Citotossicità del fumo di sigaretta elettronica: effetto della componente aromatica*" at Di nuovo TUM: mappatura interregionale delle tematiche SIB tra Toscana, Umbria e Marche. June 11 2019, Ancona, Italy. (oral)
- "*Role of inflamma-mitomiRs: miR-146a, miR-181a and miR-34a in regulating mitochondrial dysfunction during replicative senescence of human endothelial cells*" at Summer school "Mitochondria in life, death and disease" EMBO/FEBS. October 9-13 2017, Brindisi, Italy. (poster)

- “Role of inflamma-mitomiRs: miR-146a, miR-181a and miR-34a in regulating mitochondrial dysfunction during replicative senescence of human endothelial cells” at OCC World Congress 2017 and Annual SFRR-E Conference: Metabolic stress and redox regulation. June 21-23 2017, Berlin. ([poster](#))

Publications

1. Damiani E, Brugè F, [Cirilli I](#), Marcheggiani F, Olivieri F, Armeni T, Cianfruglia L, Giuliani A, Orlando P, Tiano L. “Modulation of oxidative status by normoxia and hypoxia on cultures of human dermal fibroblasts: how does it affect cell aging?”. **Oxid Med Cell Longev**. 2018 Sep 23; 2018:5469159. doi: 10.1155/2018/5469159.
2. Giannubilo SR, Orlando P, Silvestri S, [Cirilli I](#), Marcheggiani F, Ciavattini A, Tiano L. “CoQ10 supplementation in patients undergoing IVF-ET: the relationship with follicular fluid content and oocyte maturity”. **Antioxidants (Basel)**. 2018 Oct 13; 7(10). pii: E141. doi: 10.3390/antiox7100141.
3. Giuliani A, [Cirilli I](#), Prattichizzo F, Mensà E, Fulgenzi G, Sabbatinelli J, Graciotti L, Olivieri F, Procopio A, Tiano L, Rippo MR. “The mitomiR/Bcl-2 axis affects mitochondrial function and autophagic vacuole formation in senescent endothelial cells”. **Aging (Albany NY)**. 2018 Oct 21; 10(10):2855-2873. doi: 10.18632/aging.101591.
4. Orlando P, Silvestri S, Galeazzi R, Antonicelli R, Marcheggiani F, [Cirilli I](#), Bacchetti T, Tiano L. “Effect of ubiquinol supplementation on biochemical and oxidative stress indexes after intense exercise in young athletes”. **Redox Rep**. 2018 Dec; 23(1):136-145. doi: 10.1080/13510002.2018.1472924.
5. Orlando P, Silvestri S, Marcheggiani F, [Cirilli I](#), Tiano L. “Menaquinone 7 stability of formulations and its relationship with purity profile”. **Molecules**. 2019 Feb; 26;24(5). pii: E829. doi: 10.3390/molecules24050829.
6. [Cirilli I](#), Orlando P, Silvestri S, Marcheggiani F, Tiano L. “Bioavailability of menaquinone-7 in milk formulation. Comparison of different solubilization techniques”. **Nutrafoods**. 2019, 1:34-39. doi: 10.17470/NF-019-0005.
7. Marcheggiani F, [Cirilli I](#), Orlando P, Silvestri S, Vogelsang A, Knott A, Blatt T, Weise JM, Tiano L. “Modulation of Coenzyme Q10 content and oxidative status in human dermal fibroblasts using HMG-CoA reductase inhibitor over a broad range of concentrations. From mitohormesis to mitochondrial dysfunction and accelerated aging”. **Aging (Albany NY)**. 2019 May 10; 11(9):2565-2582. doi: 10.18632/aging.101926.
8. Orlando P, Chellan N, Louw J, Tiano L, [Cirilli I](#), Dłudla P, Joubert E, Muller CJ. “Aspalathin-Rich Green Rooibos Extract Lowers LDL-Cholesterol and Oxidative Status in High-Fat Diet-Induced Diabetic Vervet Monkeys”. **Molecules**. 2019, May 2;24(9). pii: E1713. doi: 10.3390/molecules24091713.
9. Dłudla PV, Mazibuko-Mbeje SE, Nyambuya TM, Mxinwa V, Tiano L, Marcheggiani F, [Cirilli I](#), Louw J, Nkambuled BB. “The beneficial effects of N-acetyl cysteine (NAC) against obesity associated complications: A systematic review of pre-clinical studies”. **Pharmacol Res**. 2019 Jun 26;146:104332. doi: 10.1016/j.phrs.2019.104332.
10. [Cirilli I](#), Silvestri S, Marcheggiani F, Olivieri F, Galeazzi R, Antonicelli R, Recchioni R, Marcheselli F, Bacchetti T, Tiano L, Orlando P. “Three Months Monitored Metabolic Fitness Modulates Cardiovascular Risk Factors In Diabetic Patients”. **Diabetes Metab J**. 2019 Jun 27. doi: 10.4093/dmj.2018.0254.

Memberships

Italian Society of Biochemistry (SIB)

International Coenzyme Q10 Association (ICQA)

Society for Free Radical Research – Europe (SFRR)

Additional informations

2015 License to practice as a biologist (Polytechnic University of Marche, Ancona, Italy)

August 2, 2019