

CURRICULUM VITAE

ALICE AVANCINI, Ph.D.

PERSONAL DETAILS

Date of birth July 21st, 1990
Mailing Address University of Verona
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Languages:

- Italian (mother tongue)
- English (good in spoken, reading, and written)

PROFESSIONAL EXPERIENCE AND CURRENT POSITION

November 2022 – to date Post-doctoral research fellow at the Section of Oncology, Department of Engineering for Innovation Medicine at the University of Verona (Italy);
Chief: Prof. Michele Milella

April 2022 – October 2022 Post-doctoral research fellow at the Department of Neuroscience, Biomedicine, and Movement Science at the University of Verona (Italy);
Chief: Prof. Federico Schena

March 2022 – to date Adjunct Professor at the Department of Neuroscience, Biomedicine and Movement Science at the University of Verona (Italy);

February 2022- to date Scholarship holder at the Complex Epidemiology and Prevention Structure, Research Department; IRCCS Foundation, National Cancer Institute, Milan (Italy);
Supervisor: Dr. Valeria Maria Pala.

April 2021 – March 2022 Research fellow at the Department of Oncology at the University of Verona (Italy);
Chief: Prof. Michele Milella.

August 2018 – September 2018 Visiting student at Canadian Center for Activity and Ageing, Western University, Ontario (Canada);
Supervisor: Dr. Clara Fitzgerald.

October 2017 – February 2021 Ph.D. student in Biomedical, Clinical, and Experimental Science, Department of Medicine, University of Verona (Italy);
Supervisor: Prof. Massimo Lanza; Co-supervisor: Dr. Valeria Maria Pala.

EDUCATION

September 2021 **Ph.D. in Clinical and Experimental Biomedical Sciences**
Dept. of Medicine. University of Verona
Title: *Implement exercise in the oncological context*
Supervisor: Prof. Massimo Lanza
Coordinator: Giovanni Targher

October 2016 **Master's degree in Preventive and Adapted Exercise Science (110/110 cum laude)**
Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy.
Title: *Physical activity and exercise in patients with oncological diseases: before, during, and after anticancer treatment.*
Supervisor: Prof. Massimo Lanza; Co-supervisor: Dr. Ilenia Fracca.

March 2014 **Bachelor's degree in Sport and Exercise Science (107/110)**
Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy.
Title: *Socio-relational dynamics in youth football, the resilience: a survey among 11-14 years old players.*
Supervisor: Prof. Massimo Lanza.

MAIN AREAS OF RESEARCH

- Exercise to counteract cancer-related side-effects of anticancer treatment in the oncological population.
- Psychological aspects of exercise to increase adherence in the cancer population.
- Comprehensive approach to patients with cancer, including physical activity, nutrition, and psychological support.
- Lifestyle approach, including exercise, nutrition, and tobacco habits, to prevent cancer in healthy subjects and immigrants.

NATIONAL/INTERNATIONAL COLLABORATIONS AND RESEARCH GROUPS

- Member of the Task FORCE for Supportive Care for Associazione Italiana per lo Studio del Pancreas (AISP) scientific society [2023-to date]

- Member and Founding Member of the Italian Group of Exercise Oncology (IGEO). Such Group is dedicated to the study of exercise oncology and involves the University of Verona, the University of Rome “Foro Italico”, the University of Urbino, the University of Chieti/Pescara, the University of Naples “Parthenope” and the University of Bari [2021-to date]
- Member of the FORCE (Focus On Research and CarE) team, Coordinator Prof. Sara Pilotto. The team aims to provide an integrated supportive care approach (exercise, nutrition, and psychological intervention) to patients with cancer and increase the research on supportive care in cancer.[2019-to date]
- International collaboration with Prof. Lee W. Jones, Department of Memorial Sloan Kettering Cancer Center, New York (New York, USA), to study the impact of physical exercise on lung cancer (PMID: 32162811)
- International collaboration with Prof. Lin Yang, Department of Epidemiology and Prevention, Alberta Health Service Research, Calgary (Canada), to investigate barriers and facilitators related to physical activity in patients with cancer (PMID: 33349064)
- International collaboration with Prof. Joachim Wiskemann, Department of Oncology, National Center for Tumor Diseases (NCT) Heidelberg (Germany). (PMID: 35120796; PMID:33385107)
- International collaboration with Young Investigators del Lung Cancer Group della European Organization for Research and Treatment of Cancer (EORTC) to study the attitude and implementation of physical exercise in clinical practice among clinicians treating patients with lung cancer (PMID: 35691097)
- National collaboration with Dr. Valeria Pala, Epidemiology and Prevention Structure, Research Department; IRCCS Foundation, National Cancer Institute, Milan (Italy), to study the impact of lifestyle on cancer incidence of Chinese immigrants in Italy (PMID: 38233062)

AWARDS AND GRANT

- Individual research grant. Project title: INTENSITY trial: a feasibility study Integrating a multimodal approach during immunotherapy for lung cancer patients” (2023). Funded by PIETRO CASAGRANDE Onlus
- Co-investigator per the project: *C.H.O.i.C.E. (Choose Health: Oncological patients Centered Exercise): a pilot study*. Funded by LILT (Lega Italiana per la Lotta contro i Tumori). 2019-2021. ClinicalTrials.gov Identifier: (NCT04226508)
- Best Poster at VII National Congress SISMES, (Società Italiana delle Scienze Motorie e Sportive), Padua, Italy. October 2-4 (2015). Title: *Maximal power output in cycling: the effect of ankle flexibility*.

RESEARCH ACTIVITY AND BIBLIOMETRIC INDICATORS

- Publications: 62 (Scopus, <https://www.scopus.com/authid/detail.uri?authorId=57209346573>)
- H-index: 12 (Scopus)
- Total citations: 548 (Scopus)

SELECTED PUBLICATIONS

1. Avancini A. et al. (2024). A Feasibility Study Investigating an Exercise Program in Metastatic Cancer Based on the Patient-Preferred Delivery Mode. *The Oncologist*, doi:10.1093/oncolo/oyae002
2. Borsati A. et al. (2024). Feasibility of a novel exercise program for patients with breast cancer offering different modalities based on patient preference. *European Journal of Oncology Nursing*, doi: 10.1016/j.ejon.2024.102554
3. Del Bianco N. et al. (2024). What is the role of physical exercise in the era of cancer prehabilitation? A systematic review. *Crit Rev Onc/Hematology*, doi: 10.1016/j.critrevonc.2024.104350
4. Avancini, A, et al. (2024). A cross-sectional study evaluating the exercise discussion with oncologist during cancer consultation: the CONNECT study. *ESMO Open*, doi: 10.1016/j.esmoop.2024.103624
5. Avancini A. et al. (2023). Willingness, preferences, barriers, and facilitators of a multimodal supportive care intervention including exercise, nutritional and psychological approach in patients with cancer: a cross-sectional study. *Journal of Cancer Research and Clinical Oncology* doi: 10.1007/s00432-022-04232-6
6. Avancini A. et al. (2023). Exploring the feasibility of a combined exercise program for patients with advanced lung or pancreatic cancer. *Asia-pacific Journal of Oncology Nursing*, doi: 10.1016/j.apjon.2023.100298
7. Avancini A. et al. (2022). Effect of exercise on functional capacity in patients with advanced cancer: A meta-analysis of randomized controlled trials. *Critical Reviews in Oncology Hematology*, doi:10.1016/j.critrevonc.2022.103726
8. Pilotto S. et al. (2022) Exercise in lung Cancer, the healthcare providers opinion (E.C.H.O.): Results of the EORTC lung cancer Group (LCG) survey. *Lung Cancer*, doi: 10.1016/j.lungcan.2022.05.009
9. Avancini A. et al. (2022). Exercise for counteracting post-acute COVID-19 syndrome in patients with cancer: an old but gold strategy? *Acta Oncologica*, doi: 10.1080/0284186X.2021.2009565
10. Avancini A. et al. (2021). Multidisciplinary lifestyle intervention to manage pancreatic cancer-related cachexia: a case report. *FUTURE SCIENCE OA*, doi: 10.2144/fsoa-2020-0165
11. Avancini A. (2021). Nurses' perspectives on physical activity promotion in cancer patients: A qualitative research. *European Journal of Oncology Nursing*, doi:10.1016/j.ejon.2021.102061
12. Avancini A. et al. (2020). Factors influencing physical activity in cancer patients during oncological treatments: a qualitative study. *Integrative Cancer Therapies*, doi: 10.1177/1534735420971365

Verona, November 11st, 2024

Dr. Alice Avancini

