Short CURRICULUM VITAE

Valentina Natalucci, Ph.D.

UNIVERSITY EDUCATION AND CURRENT POSITION

- March 2023 – present: Post Doctoral position in exercise physiology and biomechanics of locomotion at the University of Milan. Supervisor: Prof. A.E. Minetti.
- November 2019 – February 2023: Post Doctoral position in exercise and health sciences at the University of Urbino Carlo Bo. Supervisor: Prof. E. Barbieri.
- November 2015 – December 2018: Winner of PhD scholarship and Full Time Ph.D. student in Life Sciences, Health and Biotechnologies at the University of Urbino Carlo Bo. Thesis: "Effect of exercise in breast cancer and its association with tumor characteristics risk factors for recurrence and lifestyle". Supervisor: Prof. L. Vallorani; Co-Advisor: Prof. M. Capecci.
- October 2012 – July 2015: Master's degree in Physical Education for Health and Prevention at the University of Urbino Carlo Bo.
- October 2012 – November 2013: 1st Level Master's Degree in Functional and Neuromotor Rehabilitation at the University of Urbino Carlo Bo.
- October 2009 – October 2012: Bachelor's degree in Sport Science at the University of Urbino Carlo Bo.

MAIN AREAS OF RESEARCH

- Biomolecular and functional modifications induced by exercise with particular attention to the role of exercise in preventing exercise-sensitive pathologies and to the biological-cellular mechanisms underlying the control of tumor proliferation.
- Role of exercise in people newly diagnosed with cancer, actively being treated for cancer, and recovery after cancer treatments to counteract cancer-related side-effects of anticancer treatment, buffer health-related fitness declines, and prevent long-term side complications.
- Physiological and biomechanical adaptations to microgravity in different conditions, and the role of exercise as countermeasure.

AWARDS AND GRANT/RESEARCH PROJECTS

- SISMES (Italian Society of Sports Science) Best Poster Award 2019.
- PRIN 2022 (Prot. 2022FW5A5K) – personnel of the research unit – Macro sector LS Life Sciences – Sector LS2 – Integrative Biology: from Genes and Genomes to Systems. Project Title: Physical Activity and Healthy aging: fighting low grade chronic inflammation to put out the oncologic risk (PhActHealth) (status: the project won research founding and is about to start).
- Clinical trial on the oncoprotective effect of exercise in breast cancer survivors. In particular, the study aims to assess the effects of single exercise sessions performed at different intensities on breast cancer cell proliferation and systemic adaptations (status: ongoing and article with preliminary results submitted for publication).
- Clinical trial that aims to assess IGF-1 system modulation as an oncoprotective strategy. This is a randomized controlled trial assessing the efficacy of supervised exercise training in reducing IGF-1 levels and bioactivity in breast cancer survivors (status: the project won research founding and is ongoing).
- Clinical trial (ClinicalTrials.gov Identifier: NCT04818359) that aims to assess the effects of different counseling strategies (focused on improving diet and physical activity habits) and supervised exercise on the quality of life of breast cancer survivors (status: ongoing and article with preliminary results submitted for publication).

BIBLIOMETRIC INDICATORS

- Pubblications: 21 (Scopus)
- H-index: 8 (Scopus)
- Total citations: 196 (Scopus)

SELECTED PUBLICATIONS

1. F. Bettariga, D.R. Taaffe, D.A. Galvão, P. Lopez, C. Bishop, A.M. Markarian, V. Natalucci, J.S. Kim, R.U. Newton. Exercise training mode effects on myokine expression in healthy adults: A systematic review with meta-analysis. J Sport Health Sci. 2024 Apr 10:S2095-2546(24)00049-8. doi: 10.1016/j.jshs.2024.04.005.
2. G. Baldelli, V. Natalucci, C. Ferri Marini, D. Sisti, G. Annibalini, R. Saltarelli, M. Bocconcelli, V. Gentilini, R. Emili, M.B.L. Rocchi, F. Lucertini, E. Barbieri, G. Brandi, M. De Santi. A home-based lifestyle intervention program reduces the tumorigenic potential of triple-negative breast cancer cells. Sci Rep. 2024 Jan 29;14(1):2409. doi: 10.1038/s41598-024-52065-9.
3. D. Vagnini, V. Natalucci, S. Moi, L. Vallorani, A. Pietrelli, A.R. Panico, C. Ferri Marini, F. Lucertini, G. Annibalini, D. Sisti, M.B.L. Rocchi, V. Catalano, E. Saita, R. Emili, E. Barbieri. Home-based lifestyle intervention for breast cancer survivors: A surprising improvement in the quality of life during the first year of COVID-19 pandemic. PLoS One. 2024 Jan 2;19(1):e0296163. doi: 10.1371/journal.pone.0296163.
4. V. Natalucci, C. Ferri Marini, F. Lucertini, G. Annibalini, D. Sisti, L. Vallorani, R. Saltarelli, A.R. Panico, M. Imperio, M. Flori, P. Busacca, A. Villarini, S. Donati Zeppa, D. Agostini, S. Monaldi, S. Barocci, V. Catalano, M.B.L. Rocchi, P. Benelli, V. Stocchi, E. Barbieri, R. Emili. Effect of a lifestyle intervention program's on breast cancer survivors' cardiometabolic health: Two-year follow-up. Heliyon. 2023 Oct 29;9(11):e21761. doi: 10.1016/j.heliyon.2023.e21761.
5. S. Donati Zeppa, V. Natalucci, D. Agostini, L. Vallorani, S. Amatori, D. Sisti, M.B.L. Rocchi, V. Pazienza, F. Perri, A. Villani, E. Binda, C. Panebianco, G. Mencarelli, L. Ciuffreda, C. Ferri Marini, G. Annibalini, F. Lucertini, A. Bartolacci, M. Imperio, E. Virgili, V. Catalano, G. Piccoli, V. Stocchi, R. Emili, E. Barbieri. Changes in gut microbiota composition after 12 weeks of a home-based lifestyle intervention in breast cancer survivors during the COVID-19 lockdown. Front Oncol. 2023 Sep 1;13:1225645. doi: 10.3389/fonc.2023.1225645.
6. M. Acito, V. Natalucci, T. Rondini, G. Gargano, R. Emili, M. Moretti, E. Barbieri, A. Villarini, M. Villarini. The DianaWeb cohort during the first COVID-19 lockdown: changes in eating behaviour in women with breast cancer. Acta Biomed. 2023 Aug 30;94(S3):e2023135. doi: 10.23750/abm.v94iS3.14285.
7. V. Natalucci, C. Ferri Marini, M. De Santi, G. Annibalini, F. Lucertini, L. Vallorani, A.R. Panico, D. Sisti, R. Saltarelli, S. Donati Zeppa, D. Agostini, M. Gervasi, G. Baldelli, E. Grassi, A. Nart, M. Rossato, V. Biancalana, G. Piccoli, P. Benelli, A. Villarini, M. Somaini, V. Catalano, S. Guarino, A. Pietrelli, S. Monaldi, D. Sarti, S. Barocci, M. Flori, M.B.L. Rocchi, G. Brandi, V. Stocchi, R. Emili, E. Barbieri. Movement and health beyond care, MoviS: study protocol for a randomized clinical trial on nutrition and exercise educational programs for breast cancer survivors. Trials. 2023 Feb 22;24(1):134. doi: 10.1186/s13063-023-07153-y.
8. M. Pistelli, V. Natalucci, L. Scortichini, V. Agostinelli, E. Lenci, S. Crocetti, F. Merloni, L. Bastianelli, M. Taus, D. Fumelli, G. Giulietti, C. Cola, M. Capecci, R. Serrani, M. G. Ceravolo, M. Ricci, A. Nicolai, E. Barbieri, G. Nicolai, Z. Bellatore, A. Savini, R. Berardi. The Impact of Lifestyle Interventions in High-Risk Early Breast Cancer Patients: A Modeling Approach from a Single Institution Experience. Cancers (Basel). 2021 Nov 4;13(21):5539. doi: 10.3390/cancers13215539.
9. V. Natalucci, F. Lucertini, L. Vallorani, G. Brandi, M. Marchegiani, M. Pistelli, R. Berardi, M. G. Ceravolo, E. Barbieri, M. Capecci. A Mixed-apprOach program To help women with breast cancer stay active (MOTIVE program): a pilot-controlled study. Heliyon. 2021 Oct 27;7(11):e08252. doi: 10.1016/j.heliyon.2021.e08252.
10. V. Natalucci, C.F. Marini, M. Flori, F. Pietropaolo, G. Annibalini, L. Vallorani, D. Sisti, R. Saltarelli, A. Villarini, S. Monaldi, S. Barocci, V. Catalano, M.B.L. Rocchi, P. Benelli, V. Stocchi, E. Barbieri, R. Emili. Effects of Home-Based Lifestyle intervention Program on Cardiometabolic Health in Breast Cancer Survivors during the COVID-19 Lockdown. J Clin Med. 2021 Jun 17;10(12):2678. doi: 10.3390/jcm10122678.
11. V. Natalucci, M. Villarini, R. Emili, M. Acito, L. Vallorani, E. Barbieri, A. Villarini. Special Attention to Physical Activity in Breast Cancer Patients during the First Wave of COVID-19 Pandemic in Italy: The DianaWeb Cohort. J Pers Med. 2021 May 6;11(5):381. doi: 10.3390/jpm11050381.
12. M. De Santi, G. Baldelli, F. Lucertini, V. Natalucci, G. Brandi, E. Barbieri. 2019. A dataset on the effect of exercise-conditioned human sera in three-dimensional breast cancer cell culture. Data Brief. 2019 Oct 21;27:104704. doi: 10.1016/j.dib.2019.104704.