

PERSONAL INFORMATION



Francesca Lanfranconi

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Date of birth 09/10/1969 | Nationality Italian | National code LNFFNC69R49E507S



POSITION MD, PhD

WORK EXPERIENCE

1 November 2018 – to present
Medical coordinator of the research project

Maria Letizia Verga pediatric oncology center, Pediatric Department, Fondazione MBBM,

Researcher in human physiology and exercise in children and teenager with malignant hemopathies; medical coordinator of the research project "Sport Therapy" aimed at using tailored exercise programs to impact the efficiency of the oxidative metabolism. Clinical leader for 1 medical doctor, 7 exercise physiologists; 6 osteopaths.

Italy

Sector Medical career

6 December 2017 – to 17 October 2018
Research officer

Institute for Health and Sport (IHES), Victoria University

Researcher in human physiology and exercise in individuals affected by skeletal muscles and neurodegenerative diseases (amyotrophic lateral sclerosis).

Australia

Sector Academic career

1 December 2012 – to 30 November 2017
Medical Doctor and Assistant Professor

University of Milan Bicocca, Monza (www.unimib.it)

Researcher in human physiology and exercise in individuals affected by skeletal muscles and neurodegenerative diseases (amyotrophic lateral sclerosis; elderly; cancer related neuropathy; metabolic myopathy; children with leukaemia) and in athletes. Senior Lecturer in Human Physiology at University of Milan Bicocca Medical School: **140** students in Medicine and Surgery; **60** students in physiotherapy; **25** students in physiotherapy of children with physical and cognitive disease; **275** Nurses; **50** Obstetrics. Clinical leader for **5** medical doctors attending the specialization school in Sports Medicine, **4** sports sciences students, **4** osteopaths.

Italy

Sector Academic career

1 January 2009 – to 30 November 2012
Medical Doctor and Post-doctoral fellowship

University of Milan Bicocca, Monza

Researcher in human physiology and exercise in individuals affected by chronic disease (hypobaric hypoxia, children with acute lymphoblastic leukaemia) and in athletes.

Research fellow at University of Milan Bicocca Medical School. Lecturer in Human Physiology at University of Milan Bicocca Medical School for **140** students in Medicine and Surgery; **60** students in physiotherapy; **25** students in physiotherapy of children with physical and cognitive disease. Clinical leader for **5** medical doctors attending the specialization school in Sports Medicine.

Italy

Sector Academic career

03 April 2007 – to 28 February 2010
Chief medical doctor

Sacra Famiglia Hospital, Varenna

Chief of fragile elderly and mental illness wards. Clinical leader for a group of **15** nurses, **4** physiotherapists, **4** adult mental care supervisors, **45** healthcare workers.

Italy

Sector Italian national health system

1 April 2007 – to 31 March 2008
Post-doctoral fellowship

University of Milan, Milan

Italy Researcher in human physiology and exercise in individuals affected by chronic disease (bed rest) and in athletes. Research fellow at University of Milan Medical School. Lecturer in Human Physiology at University of Milan. Clinical leader for **5** medical doctors attending the specialization school in Sports Medicine and **2** in-training PhD in Human Physiology.

Sector Academic career

08 January 2006 – to 30 August 2008 **Sports Medicine Specialist**

Sports Medicine Centre, Dervio

Italy Evaluation of health and exercise tolerance among athletes and people with chronic disease involved in tailored training.

Sector Italian national health system

01 December 2006 – to 27 February 2007 **Medical coordinator**

NGO Médecins Sans Frontières (Italian Mission), Rome

Italy Programme coordinator of medical triage on arrival for boat landing migrants and asylum seekers, Lampedusa.

Sector International cooperation in medicine

09 October 2005 – to 28 September 2006 **Medical coordinator**

NGO Gruppo Volontariato Civile, Bologna – Italy

Burundi Programme Coordinator of the rural primary health services and community health committees development, Kirundo.

Sector International cooperation in medicine

15 January 2003 – to 30 September 2005 **Chief health officer**

Sports Medicine Centre, Morbegno

Italy Chief executive officer with contact to the national health agency (Lombardia Region Health System).

Sector Italian national health care system

WORK AS VOLUNTEER

01 January 2005 – to present **Medical coordinator**

Lorenzo Mazzoleni Association, Lecco (www.amicidilorenzo.net)

Pakistan Medical coordinator of the rural primary health services program and the community health committee development (Braldu Valley – Baltistan, Pakistan).

Sector International cooperation in medicine

01 December 2008 - to 15 January 2009 **Medical advisor**

Amici del Monte Rosa Association, Alagna

Nepal Evaluation of the quality of health cares provided by rural primary health services (Maleku).

Sector International cooperation in medicine

HIGHER EDUCATION

15 September 2002- to 15 September 2006 **PhD in human physiology, *Level 8**

University of Milan, Milan, the 20th of December 2006

Italy Independent researcher, leading research labs activities, publishing and presenting research results to international journals, writing successful research proposals to funding agencies. Main course of study: exercise physiology.

15 September 1998- to 30 July 2002 **EU medical specialist in Sports Medicine, *Level 8**

University of Pavia, Pavia, the 30th of October 2002

Italy Specialist in prevention, diagnosis and treatment of disease related to exercise activities in people affected by chronic diseases, sedentary individuals and athletes. Main course of study: sports medicine.

15 September 1999- to
30 July 2001 Degree in advanced studies, *Level 7

University of Pavia, Institute of Higher Studies, Pavia, the 11th of December 2001

Italy Postgraduate degree in advanced studies in interdisciplinary connection, multicultural society and communication. Main course of study: journalism.

15 September 1990 - to
30 July 1998 Degree in Medicine and Surgery and National Exam as practitioner,*Level 6

University of Milan, Milan, the 23th of March 1998

Italy Professional medical practitioner, medical doctor committed to empathetic and ethical health care, ability to examine patients and critically assess information. Main course of study: medicine and surgery.

15 September 1983- to
14 June 1989 High School Degree in Sciences, *Level 5

Scientific High School ("Liceo Scientifico"), Lecco, the 18th of December 1989

Italy Graduated with a science major

*Levels of European Qualifications Framework by the European Community

SKILLS AND STRENGTH

Communication skills

Excellent communication skills in national and international teams gained through my experience as medical doctor, researcher and lecturer.
Excellent skills in leadership and group consultation, through experience as chief medical officer and health care director.
Superior competence in training health care professionals (medical doctors, medicine students, nurses, physiotherapists, osteopaths), through experience as lecturer.
Excellent command of quality control processes, through experience as chief medical officer and health care director.

Job-related skills

Excellent skills in evaluation, analysis and development of health research studies by using planned processes to ensure compliance with the study protocol, through experience as researcher and as medical coordinator in rural areas.
Superior ability to plan and implement programs and actions regarding global and public health, through experience as researcher and as medical coordinator in rural areas.
Excellent oral and written communication skills with extensive drafting/reporting experience.
analytical skills.
Superior negotiation skills as fund raisers and in seeking sponsorship for research programs, through experience as research leader.
Very good communication skills in scientific divulgation of exercise physiology topics to the public at large, through experience as invited speaker in conferences for an academic and scientific audience as well as in speeches intended for information of the public at large.
In-depth knowledge of capacity and institution building, as well as monitoring. Strategic planning and program design and implementation experience in the areas of health, good governance, gender equity.
Ability to manage several tasks simultaneously and consistently meet deadlines.

SCIENTIFIC PUBLICATIONS

Pollastri, L., Macaluso, C., Vinetti, G., Tredici, G., **Lanfranconi, F.** Follow-up of Acute Respiratory Disorders in Cyclists Competing in the 100 thGiro d'Italia. International Journal of Sports Medicine, 2021, 42(3), pp. 234–240

Lanfranconi, F., Zardo, W., Moriggi, T., ...Biondi, A., Balduzzi, A. Precision-based exercise as a new therapeutic option for children and adolescents with haematological malignancies. Scientific Reports, 2020, 10(1), 12892

Lanfranconi, F., Marzorati, M., Tremolizzo, L. Editorial: Strategies to Fight Exercise Intolerance in Neuromuscular Disorders. Frontiers in Physiology, 2020, 11, 968

Ferri A, **Lanfranconi F**, Corna G, Bonazzi R, Marchese S, Magnoni A, Tremolizzo L. Tailored Exercise Training Counteracts Muscle Disuse and Attenuates Reductions in Physical Function in Individuals With Amyotrophic Lateral Sclerosis. Front Physiol. 2019 Dec 26;10:1537. doi: 10.3389/fphys.2019.01537. eCollection 2019.

Bomba M, Nicosia F, Riva A, Corbetta F, Conti E, **Lanfranconi F**, Tremolizzo L, Nacinovich R. QTc dispersion and interval changes in drug-free borderline personality disorder adolescents. *Eur Child Adolesc Psychiatry*. 2019 May 14. doi: 10.1007/s00787-019-01343-3. [Epub ahead of print]

Bomba M, Tremolizzo L, Corbetta F, Nicosia F, **Lanfranconi F**, Poggioli G, Goulene K, Stramba-Badiale M, Conti E, Neri F, Nacinovich R. QT interval and dispersion in drug-free anorexia nervosa adolescents: a case control study. *Eur Child Adolesc Psychiatry*. 2017 Nov 16. doi: 10.1007/s00787-017-1080-1.

Lanfranconi F, Pollastri L, Corna G, Bartesaghi M, Novarina M, Ferri A, Miserocchi G. The elusive path of brain tissue oxygenation and cerebral perfusion in harness hang syndrome in mountain climbers. *High Alt Med Biol*. 2017 Oct 5. doi: 10.1089/ham.2017.0028.

Beretta E, **Lanfranconi F**, Grasso GS, Bartesaghi M, Alemayehu HK, Pratali L, Catuzzo B, Giardini G, Miserocchi G. Air blood barrier phenotype correlates with alveolo-capillary O₂ equilibration in hypobaric hypoxia. *Resp Phys Neurob* 2017;246:53-58

Lanfranconi F, Ferri A, Corna G, Bonazzi R, Lunetta C, Silani V, Riva N, Rigamonti A, Maggiani A, Ferrarese C, Tremolizzo L. Inefficient skeletal muscle oxidative function flanks impaired motor neuron recruitment in amyotrophic lateral sclerosis during exercise. *Sci Rep*. 2017, full text

Maggiani A, Tremolizzo L, Valentina AD, Mapelli L, Sosio S, Milano V, Bianchi M, Badi F, Lavazza C, Grandini M, Corna G, Prometti P, Lunetta C, Riva N, Ferri A, **Lanfranconi F**. Osteopathic Manual Treatment for ALS: a feasibility pilot study. *Open Neurol J*. 2016 Aug 26;10:59-66. doi: 10.2174/1874205X01610010059

Beretta E, **Lanfranconi F**, Grasso GS, Bartesaghi M, Alemayehu HK, Miserocchi G. Reappraisal of DLCO adjustment to interpret the adaptive response of the air-blood barrier to hypoxia. *Respir Physiol Neurobiol*. 2017 Apr;238:59-65. doi: 10.1016/j.resp.2016.08.009. Epub 2016 Sep 3.

Pollastri L, **Lanfranconi F**, Tredici G, Schenk K, Burtscher M, Gatterer H. Body fluid status and physical demand during the Giro d'Italia. *Res Sports Med*. 2016 Jan-Mar;24(1):30-8. doi: 10.1080/15438627.2015.1126273. Epub 2016 Mar 4

Pollastri L, **Lanfranconi F**, Tredici G, Burtscher M, Gatterer H. Body Water Status and Short-term Maximal Power Output during a Multistage Road Bicycle Race (Giro d'Italia 2014). *Int J Sports Med*. 2016 Apr;37(4):329-33. doi: 10.1055/s-0035-1565105. Epub 2015 Dec 23

Lanfranconi F, Pollastri L, Ferri A, Fraschini D, Masera G, Miserocchi G. Near infrared spectroscopy (NIRS) as a new non-invasive tool to detect oxidative skeletal muscle impairment in children survived to acute lymphoblastic leukaemia. *PLoS One*. 2014 Jun 23;9(6):e99282. doi: 10.1371/journal.pone.0099282. eCollection 2014.

Bartesaghi M, Beretta E, Pollastri L, Scotti V, Mandolesi G, **Lanfranconi F**, Miserocchi G. Inter-individual differences in control of alveolar capillary blood volume in exercise and hypoxia. *Respir Physiol Neurobiol*. 2014 Jan 1;190:96-104. doi: 10.1016/j.resp.2013.08.021. Epub 2013 Sep 17.

Porcelli S, Marzorati M, **Lanfranconi F**, Vago P, Pisot R, Grassi B. Role of skeletal muscles impairment and brain oxygenation in limiting oxidative metabolism during exercise after bed rest. *J Appl Physiol* (1985). 2010 Jul;109(1):101-11. doi: 10.1152/jappphysiol.00782.2009. Epub 2010 Apr 15

Grassi B, Porcelli S, Marzorati M, **Lanfranconi F**, Vago P, Marconi C, Morandi L. Metabolic myopathies: functional evaluation by analysis of oxygen uptake kinetics. *Med Sci Sports Exerc*. 2009 Dec;41(12):2120-7. doi:10.1249/MSS.0b013e318181ae96b

Ferri A, Adamo S, Longaretti M, Marzorati M, **Lanfranconi F**, Marchi A, Grassi B. Insights into central and peripheral factors affecting the "oxidative performance" of skeletal muscle in aging. *Eur J Appl Physiol*. 2007 Jul;100(5):571-9. Epub 2006 Dec 22

Grassi B, Marzorati M, **Lanfranconi F**, Ferri A, Longaretti M, Stucchi A, Vago P, Marconi C, Morandi L. Impaired oxygen extraction in metabolic myopathies: detection and quantification by near-infrared spectroscopy. *Muscle Nerve*. 2007 Apr;35(4):510-20

Lanfranconi F, Borrelli E, Ferri A, Porcelli S, Maccherini M, Chiavarelli M, Grassi B.
Noninvasive evaluation of skeletal muscle oxidative metabolism after heart transplant.
Med Sci Sports Exerc. 2006 Aug;38(8):1374-83.

D'Antona G, **Lanfranconi F**, Pellegrino MA, Brocca L, Adami R, Rossi R, Moro G, Miotti D, Canepari M, Bottinelli R. Skeletal muscle hypertrophy and structure and function of skeletal muscle fibres in male body builders. J Physiol. 2006 Feb 1;570(Pt 3):611-27. Epub 2005 Dec 8

Documents: 24

CITATIONS (scopus) Citations:421 total citations by 340 documents
h-index: 9
Co-authors: 88

RESEARCH PROJECTS LEADERSHIP AND FUNDS

- 01 March 2021 - to present FORTEe project, "Get strong to fight childhood cancer: an exercise intervention for children and adolescents undergoing anti-cancer treatment". Monza-Italy **700000 € by European Union's Horizon 2020 research and innovation programme under grant agreement No 945153**
- 01 April 2017 - to present Sport Therapy project, "Precision exercise in children and adolescents with malignant hemopathies and/or undergoing stem cells transplant". Monza-Italy **160000/yearly € by private sponsorship (Charity: Comitato Maria Letizia Verga)**
- 15 January 2016 - to present IIIIDIET GSDIII project, "Ketogenic diet impact on oxidative metabolism of skeletal muscle in patients with glycogenosis". Monza-Italy **2000 € by private sponsorship (Charity: Italian association glycogenosis)**
- 15 January 2016 - to 30 November 2017 RESPIRA AL GIRO project, "Evaluation of early respiratory markers of inflammation in cyclist pro - Giro D'Italia 2017" Italy **3500 € by private sponsors (Bahrein Merida Cycling Team)**
- 1 April 2015 - to 30 January 2016 COSISSIA project, "Non invasive evaluation of oxidative metabolism in patients with ALS". Monza-Italy **800 € by Milano Bicocca University, departmental funds**
- July 2016 Competitive University funds. **15000 € by Milano Bicocca University inter-departmental funds**
- 3 September 2014 - to 31 July 2015 ME e ALS project, "Precision exercise to counteract the oxidative metabolism impairment in patients with ALS" Monza-Italy **4000 € by private sponsorship (Academic: AIMO Saronno)**
- 6 June 2015 - to 30 April 2016 SENSORY project, "Postural control strategies by stimulation of the sensory system". Monza-Italy **3000 € by private sponsorship (Enterprise: Arcos)**
- 4 September 2015 - to 30 November 2015 VAI IN GIRO project, "Injury risk at skeletal muscle level in cyclist pro - Giro D'Italia 2015" Italy **3500 € by private sponsorship (Enterprise: Lampre Merida Cycling Team)**
- 01 January 2013 - to 31 November 2013 MUOVITI, project, "Efficiency of oxidative metabolism in exercise training in elderly". Bellagio-Italy **4500 € by private sponsorship (Charity: Greco De Vecchi Foundation)**
- 01 January 2012 - to 31 January 2013 DIFFONDI project, "Individual differences in air-blood barrier diffusion in hypobaric hypoxia (Alps mountains), Rifugio Casati (Valtellina, Sondrio)-Italy **1500 € by Milano Bicocca University. departmental funds**
- 01 January 2009 - to 31 January 2010 SOSPESI project, "Hang harness syncope in workers and climbers". Monza-Italy **17.500 € by private sponsorship (Enterprises: CAMP, Geoneer, Servizi&Sistemi)**

ADDITIONAL INFORMATION

Mother tongue(s) Italian

Other languages English: listening C2; reading C2; spoken interaction C1; spoken production C1; writing C1
French: listening C2; reading C2; spoken interaction C1; spoken production C1; writing B2

Advanced international courses

Health Systems through conflict and recovery, Sant'Anna School of Advanced Studies, Pisa, Italy, 2016
Migrations and Borders in Europe, University of Milano Bicocca, Italy, 2016
Demystifying Non-discrimination: far effective Child right programming, UNICEF, Milano section, 2013

International awards and trade marks rights

Advanced School Higher Studies of Pavia Award, best thesis related to "Islamic culture toward Europe and Italian society: laws and institutions". Pavia, Italy 2002.
Sport Therapy, as Trade Mark registered on the Italian governmental authorities
Advanced School of Higher Studies of Pavia Award, best thesis related to "The contemporary giournalisms." Pavia, Italy 2004

REFERENCES

Dr. Davide Ziveri, Senior Psycosocial Advisor Syria, Handicap International, Belgium
davide.ziveri@gmail.com
Dr. Enrico Pavignani, Public Health Consultan at Freelance, Mozambico.
enicopavignani@hotmail.com
Dr. Alessandra Ferri, Assistant Professor, Victoria University, Melbourne, Australia.
alessandra.ferri@unimib.it

Prof. Adriana Balduzzi, Full Professor, Università degli studi di Milano Bicocca, Milano, Italy.
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Lecco, the 14th of October 2021