

CURRICULUM VITAE - MILENA NASI

Associate Professor of General Pathology (Academic Discipline: MEDS-02/A)

School of Medicine - Department of Medical and Surgical Sciences for Children and Adults, Dentistry and Morphological Sciences with an Interest in Transplantation, Oncology and Regenerative Medicine (CHIMOMO)

University of Modena and Reggio Emilia

c/o Biological Institutes, Via Campi 287, 41125 Modena, Italy

EDUCATION

2000: Degree in Biological Sciences, specialising in Pathophysiology, University of Modena and Reggio Emilia (UNIMORE), final grade 110/110 cum laude.

2002: Italian State Examination qualifying for the profession of Biologist at UNIMORE (first session), with the highest mark.

2004: PhD in 'Hepato-gastroenterological and endocrine-metabolic sciences: mechanisms of disease, ageing and biologically active molecules' - UNIMORE.

2007: Postgraduate Specialisation in Clinical Pathology - UNIMORE, final grade 110/110 cum laude.

PROFESSIONAL EXPERIENCE

From 2004 to present

1. Advanced University Research and Training Fellowship: 'Apoptosis and mitochondrial function in Down syndrome'. UNIMORE.
2. Research Fellowship: 'The immune system in primary and acquired immunodeficiencies'. UNIMORE.
3. Advanced University Research and Training Fellowship: 'Immunology of HIV infection'. UNIMORE.
4. Research Fellowship: 'Organisation of the database for the collection of immunological parameters from patients with HIV infection attending the Infectious Diseases Clinic of the University Hospital of Modena, for epidemiological analysis'. UNIMORE.
5. Awarded the Italian National Scientific Qualification for Academic Recruitment Field 06/A2 - Associate Professor level.
6. Research Fellowship: 'Role of Lon protease in modulating mtDNA levels in cancer cells'. UNIMORE.
7. Fellowship at the Infectious Diseases Unit of the University Hospital of Modena: 'Phenotypic characterisation of T lymphocytes in HIV-positive patients'.
8. Fixed-term Type B Researcher in General Pathology (MED/04) at UNIMORE.
9. Associate Professor of General Pathology (MED/04) at UNIMORE, Department of Surgery, Medicine and Dentistry with an interest in transplantation.

SCIENTIFIC ACTIVITY

Since 2000, Professor Nasi has primarily investigated alterations of the immune system in a range of physiological conditions, such as ageing, and pathological conditions, including Down syndrome, HIV infection, sepsis, multiple sclerosis and amyotrophic lateral sclerosis. In particular, she has studied the role of mitochondria and mitochondrial DNA (mtDNA) in the inflammatory processes associated with these conditions.

As part of her research on HIV infection, she has also contributed to the development of advanced diagnostic methods intended for use in developing countries.

In recent years, her research has focused mainly on the effects of amateur and professional sport and physical activity on the immune system, in close collaboration with the Sports Medicine Service, headed by Dr Gustavo Savino, and with several local and regional associations.

Professor Nasi's research addresses, on the one hand, health promotion, well-being and disease prevention and, on the other, the analysis of inflammatory markers in contact sports such as football, rugby and boxing. In this field, she received funding from UNIMORE (FAR 2021) to investigate inflammatory markers capable of enabling the early detection of concussion-related damage following moderate head trauma.

Part of her research is also devoted to studying the potential preventive and therapeutic applications of whole-body cryotherapy in both athletes and individuals with obesity. In the latter area, Professor Nasi also investigates the immune and inflammatory mechanisms associated with obesity and possible strategies for modulating them.

In 2024, Professor Nasi was awarded funding through a call supported by the Italian Ministry of Health - Section for Doping Surveillance and Control and for the Protection of Health in Sports Activities - for the project entitled 'Effects of hypobaric conditions on mitochondrial function and oxidative stress in athletes'. The project, which is currently ongoing, aims to assess the effects of exposure to hypobaric/hypoxic conditions on athletes' health, with particular attention to mitochondrial function and oxidative stress mechanisms.

Professor Nasi's research activity is documented by 173 international publications. The quality of her scientific output is demonstrated by the principal bibliometric indicators used in research assessment: an h-index of 47 and more than 8,000 citations. She has also served as an expert reviewer of scientific manuscripts for more than twenty international journals in her fields of expertise.

The relevance of Professor Nasi's scientific activity in the fields of inflammatory processes, immunology and physical activity is also demonstrated by invitations to participate in congresses and scientific initiatives. In particular, she was invited to serve as chair at the 'Bologna Heart Summit: The Future of Clinical Cardiology, from Precision Medicine to Clinical Practice', held on 27 February 2026 at the Starhotels Excelsior in Bologna. She also participated as a speaker in the conference 'Stories of Women and Sport: Movement and Lifelong Well-being', organised by the Sports Medicine Service and held on 15 November 2025 at the Arturo Loria Multimedia Library in Carpi, and in the conference 'Updates in Autoimmunity, Allergology and Clinical Immunology', held on 10 October 2025 at the Florim Gallery in Fiorano Modenese.

SCIENCE COMMUNICATION

Since 2015, Professor Nasi has contributed, as a member of the scientific committee, to the organisation of the science communication events known as 'Caffè Scienza' (www.caffescienza.unimore.it), held annually in Modena. These informal meetings take place in a bar or café during an aperitif and feature a scientist with expertise in a topic of general interest, with the aim of bringing science closer to the public in an accessible yet rigorous manner.

From 2014 to 2017, Professor Nasi was also responsible for organising a parallel series of events, the 'Vignola Caffè Scienza', held at the café of the Auris Library in Vignola.

AWARDS

1. **YOUNG INVESTIGATOR AWARD**, as presenting author, at the 14th Conference on Retroviruses and Opportunistic Infections (CROI, Los Angeles, CA, USA, 3-6 February 2007).
2. **YOUNG INVESTIGATOR AWARD**, as presenting author, at the 15th Conference on Retroviruses and Opportunistic Infections (CROI, Boston, MA, USA, 3-6 February 2008).
3. **YOUNG INVESTIGATOR AWARD**, as author, at the 21st Conference on Retroviruses and Opportunistic Infections (CROI), Boston, MA, USA, 2-6 March 2014.
4. **ICAR-CROI AWARD 2014** - 6th Italian Conference on AIDS and Retroviruses, Rome, May 2014.

ACADEMIC LEADERSHIP AND RESPONSIBILITIES

2018-2021 Member of the Department Board, Department of Surgery, Medicine and Dentistry with an interest in transplantation, University of Modena and Reggio Emilia.

2018-2021 Quality Assurance Coordinator, Department of Surgery, Medicine and Dentistry with an interest in transplantation, University of Modena and Reggio Emilia.

2021-present President of the Bachelor's Degree Programme in Biomedical Laboratory Techniques (UNIMORE), Degree Class L/SNT3 (Technical Health Professions).

2018-present Member of the Research Committee, Department of Surgery, Medicine and Dentistry with an interest in transplantation, University of Modena and Reggio Emilia.

2022 Chair of the Selection Committee for admission to the Health Professions Degree Programmes at UNIMORE (academic year 2022/2023).

2023 Chair of the Selection Committee for admission to the Health Professions Degree Programmes at UNIMORE (academic year 2023/2024).

2025-present Member of the Departmental Teaching Committee (CHIMOMO).

2024-present President of the Master's Degree Programme in Preventive and Adapted Physical Activity, Degree Class LM-67 (UNIMORE).

I authorise the processing of my personal data pursuant to Italian Legislative Decree No. 196 of 30 June 2003, 'Personal Data Protection Code'.

Modena, 31 August 2026

