

CURRICULUM VITAE

Gustavo Savino

I, Gustavo Savino, born on 2 February 1969 in Salerno (SA), residing at 67 Via Canalino, Modena (MO), hereby declare the following personal details, education and professional experience.

PERSONAL INFORMATION

Gustavo Savino

Born on 2 February 1969 in Salerno (SA) - Italian citizen

Resident at 67 Via Canalino - 41121 Modena (MO)

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EDUCATION, QUALIFICATIONS AND CURRENT APPOINTMENTS

- Degree in Medicine and Surgery, awarded on 26 July 1995 by the University of Naples Federico II.
- Licence to practise medicine, May 1996 - University of Naples Federico II.
- Postgraduate Specialisation Diploma in Clinical Pharmacology, awarded on 10 November 2003 by the University of Modena and Reggio Emilia.
- Postgraduate Specialisation Diploma in Sports Medicine, awarded on 29 March 2012 by the University of Naples Federico II.
- Diploma as an Acupuncture Specialist, 20 October 2001, following a three-year programme - University of Milan, Faculty of Medicine and Surgery.
- BLS-D-B Instructor Diploma (Basic Life Support and Early Defibrillation; cardiopulmonary resuscitation and early defibrillation), 20 February 2005 - Italian Resuscitation Council, obtained at 118 Bologna Emergency Service, Ospedale Maggiore.
- Permanent appointment since 1 July 2006 as Medical Executive within the Complex Unit of Sports Medicine and Physical Activity Promotion and the Emilia-Romagna Regional Anti-Doping Centre, Department of Public Health, Modena Local Health Authority (AUSL Modena).
- From 1 July 2012: D3 management profile, qualified professional appointment, pursuant to Article 27(c) of the National Collective Labour Agreement dated 8 June 2000.
- Since 1 July 2013: Technical Coordinator of the Emilia-Romagna Regional Anti-Doping Centre, appointed by Regional Executive Decision No. 7740 of 1 July 2013.
- From 1 February 2015: D2 management profile, qualified professional appointment concerning the prevention of doping-substance use and the appropriate use of medicines to protect health in sporting activities.
- Since 1 December 2016: D1 management profile, Pharmacology Module; highly specialised appointment in pharmacology and sport, health protection, and prevention of doping and the abuse of medicines and substances in sport.
- From 25 August 2017: Acting Director of the Sports Medicine and Physical Activity Promotion Service pursuant to Article 18(7) of the National Collective Labour Agreement dated 8 June 2000, Modena Local Health Authority; renewed in August 2018 and August 2019 for one year each.
- 21 November 2017: completed the Advanced Training Course in Management for the Direction of Complex Healthcare Units at the University of Modena and Reggio Emilia - Marco Biagi Foundation.
- 22 December 2017: appointed member of the Ministry of Health's Technical Health Committee, Section H - Supervision and Control of Doping and Health Protection in Sporting Activities, with term ending 21 July 2018.
- 26 September 2018: appointed member of the newly constituted Ministry of Health Technical Health Committee, Section H - Supervision and Control of Doping and Health Protection in Sporting Activities, for a three-year term.
- 21 October 2021: appointed member of the Ministry of Health Technical Health Committee, Section H - Supervision and Control of Doping and Health Protection in Sporting Activities, for a three-year term.
- Since 16 February 2020: Director of the Complex Unit of Sports Medicine and Physical Activity Promotion.

SIGNIFICANT PROFESSIONAL EXPERIENCE AND COLLABORATIONS

- 15 June 1996-10 August 1996 - Gastroenterology Unit, Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA: research project on intestinal malabsorption disorders in collaboration with the University of Naples Federico II.
- 1 November 1998-30 October 1999 - Night-time and holiday Emergency and Out-of-Hours Primary Care Service at Local Health Authority No. 3, Lagonegro (PZ).

- 1 November 1999-15 January 2000 - SIAS physician responsible for medical and surgical emergencies at Milano/Opera Prison.
- Since 2001 - Collaboration on the project 'Tallone d'Achille: Come partecipare senza farsi male' ('Achilles' Heel: How to Take Part Without Getting Hurt') for the prevention and control of doping and drug dependence in sport, co-funded by the European Community and supported by the Province and Municipality of Modena.
- 2003-2006 - Freelance activity and annual fixed-term contracts from 15 December 2003 to 15 June 2006 as a Medical Pharmacologist at the Drug Addiction Service (Ser.T.), Modena Local Health Authority. Under the same appointment, Medical Pharmacologist at the Drug Addiction and Alcoholism Unit of Sant'Anna Prison and the Saliceta San Giuliano Workhouse (MO).
- Since 2004 - Use of acupuncture in the treatment of sports injuries, aimed at reducing medication prescribing for athletes.
- 2005-2010 - Lecturer at the Postgraduate School of Medical Toxicology for Special Pharmacology: pharmacology of doping substances, misuse of medicines in sport, and characteristics, indications and contraindications of dietary supplementation.
- 2005-2010 - Established and coordinated the 'Telefono Pulito' telephone counselling service providing information on products, supplements and substances used in sport; contributed scientific and pharmacological content to the Tallone d'Achille website.
- Since 2005 - Pharmacology expert working with the Carabinieri Health Protection Units (NAS) of Parma and Bologna and the Public Prosecutors' Offices at the Courts of Parma and Bologna, analysing samples and materials seized during NAS anti-doping operations in Emilia-Romagna ('TITANO' and 'TITANO II') and preparing expert reports and technical opinions.
- Since 2005 - Pharmacological consultancy for athletes and sports organisations on the appropriate use of medicines and supplements in sport; preparation of Therapeutic Use Exemption (TUE) applications; blood chemistry monitoring to assess athletes' health and protect health in sport.
- Since 2006 - Teaching in schools throughout the Province of Modena for the projects 'Tallone d'Achille: Come partecipare senza farsi male' and 'Positivo alla Salute'.
- Since 2007 - Scientific and pharmacological lead for the Emilia-Romagna Region projects 'Positivo alla Salute' and 'Palestra Sicura'.
- Since 2007 - Collaboration in training activities for students, teachers and healthcare professionals at the regional training centre 'Luoghi di Prevenzione'.
- 2006-2008 - Team physician for Volley Carpi Femminile 'Ricambi-Galardi', national Serie B2-B1 championship.
- 2008-2009 - Team physician for Modena FC, national Serie B football championship, under an agreement with AUSL Modena.
- 2009-2010 - Head of Medical Services / Team Physician for Volley Carpi Liu-Jo, national Serie A2 championship, under an agreement with AUSL Modena.
- Since 2015 - Consultant for updates to the Province of Modena Health Map regarding registered Health-Promoting Gyms (formerly ethical/safe gyms), walking groups, and training courses for Walking Leaders.
- Since 2006 - Twice-yearly teaching for FIGC and FIPAV coaching courses and other sports federations on doping prevention and national anti-doping regulations (most recent event listed: Ravenna, 29 June 2019, on behalf of the CONI National School of Sport).
- July 2017 - Lecturer appointed by the Italian National Institute of Health for the 4th Intensive Master's Programme for Anti-Doping Investigative Inspectors, intended for officers of the Carabinieri Health Protection Command (NAS), Rome, 10-13 July 2017.
- Since 2014 - Member of regional working groups on the prescription of adapted physical activity and external collaborator with the Collective Prevention and Public Health Sector of the Emilia-Romagna Region (management decisions Nos. 3591 of 18 March 2014 and 15128 of 19 September 2017).
- 26 February 2019 - Lecturer for postgraduate trainees at the University of Parma on doping prevention and national and international anti-doping regulations.
- 5 and 8 April, 13 May and 11 June 2019 - Lecturer for General Practice postgraduate trainees at the University of Modena and Reggio Emilia (UNIMORE).
- 9 May 2019 - Seminar on doping at the University of Bologna Alma Mater Studiorum, Department for Life Quality Studies, Rimini campus.
- 2010-2018 - Head of Medical Services / Team Physician for Liu-Jo Volley Modena, national Serie A1 championship, under an agreement with AUSL Modena.
- 2018-2023 - Head of Medical Services / Team Physician for Volley Academy Sassuolo, national Serie A2 and B1 championships, under an agreement with AUSL Modena.
- 2024-30 June 2026 - Head of Medical Services / Team Physician for the US Sassuolo Calcio Women's Division, FIGC national Serie A championship, under an agreement with AUSL Modena.

PERSONAL SKILLS AND COMPETENCES

LANGUAGES

Mother tongue: Italian

English: Reading - Good; Writing - Good; Speaking - Good

Spanish: Reading - Good; Writing - Intermediate; Speaking - Intermediate

INTERPERSONAL SKILLS

Strong interpersonal and staff-management skills, based on motivation, listening and recognition of colleagues' expertise among both medical management and non-managerial personnel.

Strong interpersonal skills and ability to manage relationships with athletes, executives and the technical staff of sports teams.

ORGANISATIONAL SKILLS

Excellent organisational and team-management skills; considerable flexibility; results-oriented approach, process-management ability and a strong focus on problem-solving.

Excellent ability to establish and manage institutional relationships at local, regional and national levels for the design and delivery of research and training activities on healthy lifestyles, as well as to coordinate multidisciplinary working groups addressing athletes' needs from different perspectives.

Excellent management of healthcare provision for sports teams, including the creation of collaborative networks among local specialists to protect health in sport.

Excellent ability to manage multidisciplinary teams supporting athletes from assessment through certification, and to deliver health-promotion activities, courses and training events.

Excellent knowledge and application of institutional accreditation requirements, ensuring quality throughout all stages of the Service's work.

Competences acquired and developed through varied professional experience were systematised during the 2017 management training course.

TECHNICAL SKILLS

- Excellent knowledge of motivational counselling techniques for promoting healthy lifestyles, developed since working in the Drug Addiction Service.
- Excellent active-listening skills and experience establishing and leading working groups focused on motivation for change.
- Excellent ability to manage student groups and train peer educators in doping-prevention education.
- Excellent knowledge of Microsoft Office (Word, Excel, Access and PowerPoint).

ARTISTIC SKILLS

Good modern piano technique and piano improvisation skills; aptitude for musical composition; good proficiency in music-production software.

DRIVING LICENCES AND OTHER PERMITS

- Category B driving licence.
- Firearms licence for personal protection, obtained in connection with consultancy on doping substances commissioned by Public Prosecutors' Offices and carried out with the Carabinieri Health Protection Unit (NAS).

SCIENTIFIC OUTPUT

MAIN PUBLICATIONS

Ciacci C, Cirillo M, Sollazzo R, Savino G, Sabbatini F, Mazzacca G. Gender and clinical presentation in adult celiac disease. *Scand J Gastroenterol.* 1995 Nov;30(11):1077-81.

Ciacci C, Maurelli L, Klain M, Savino G, Salvatore M, Mazzacca G, Cirillo M. Effects of dietary treatment on bone mineral density in adults with celiac disease: factors predicting response. *Am J Gastroenterol.* 1997 Jun;92(6):992-6.

Ciacci C, De Rosa A, de Michele G, Savino G, Squillante A, Iovino P, Sabbatini F, Mazzacca G. Sexual behaviour in untreated and treated coeliac patients. *Eur J Gastroenterol Hepatol.* 1998 Aug;10(8):649-51.

Savino G, Cicero AFG, Arletti R, Cipressi F. Stato sociodemografico ed ipertensione in una popolazione di pazienti psichiatrici severi. *Cardiologia Extraospedialiera.* 2001;7(2).

Vergoni AV, Watanobe H, Guidetti G, Savino G, Bertolini A, Schioth HB. Effect of repeated administration of prolactin releasing peptide on feeding behavior in rats. *Brain Res.* 2002 Nov 15;955(1-2):207-13.

Cicero AF, Vitale G, Savino G, Arletti R. Panax notoginseng effects on fibrinogen and lipid plasma level in rats fed on a high-fat diet. *Phytother Res.* 2003 Feb;17(2):174-8.

Ferrari A, Pasciullo G, Savino G, Cicero AFG, Ottani A, Bertolini A, Sternieri E. Headache treatment before and after the consultation of a specialized centre: a pharmacoepidemiology study. *Cephalalgia.* 2003.

Savino G. Fascicolo: Problematiche correlate all'uso degli oppioidi nel dolore cronico. Continuing Education in Algologia. Il Pensiero Scientifico Editore; 2005.

Cainazzo MM, Pinetti D, Savino G, Bartiromo M, Forgione A, Bertolini A. Pharmacokinetics of a new extended-release nifedipine formulation following a single oral dose in human volunteers. *Drugs Exp Clin Res.* 2005;31(3):115-21.

Ferrari A, Savino G, Gallesi D, Pinetti D, Bertolini A, Sances G, Coccia CP, Pasciullo G, Leone S, Loi M, Sternieri E. Effect of overuse of the antimigraine combination of indomethacin, prochlorperazine and caffeine (IPC) on the disposition of its components in chronic headache patients. *Pharmacol Res.* 2006 Aug;54(2):142-9.

Roli L, De Vincentis S, Rocchi MBL, Trenti T, De Santis MC, Savino G. Testosterone, cortisol, hGH, and IGF-1 levels in an Italian female elite volleyball team. *Health Science Reports.* 2018 Feb;1(4).

Savino G. Author of the chapter 'Cannabis e Sport' in: Cipolla C, ed. La normalità di una droga - Hashish e marijuana nelle società occidentali. Il Pensiero Scientifico Editore; 2008.

Savino G, Candini R. Co-author of *Storie di Doping*. Mucchi Editore; September 2012.

Savino G. Co-author of *Le ricette dello Sportivo - Come prevenire il doping con gusto e tradizionalità*. Antonio Delfino Editore; 2018.

Savino G, Valenti L, D'Alisera R, Pinelli M, Persi Y, Trenti T. Dietary supplements, drugs and doping in the sport society. *Annali di Igiene, Medicina Preventiva e di Comunità.* 2019.

Fallace P, Aiese P, Bianco E, Bolognini I, Costa MP, Esposito R, Gallé F, Liguori G, Pandolfi R, Pasquarella C, Savino G, Valeriani F, Romano Spica V; WDPP Working Group. Education strategies for promoting prevention of doping in different populations. *Ann Ig.* 2019 Nov-Dec;31(6):556-57.

Lodi E, Scavone A, Carollo A, Guicciardi C, Reggianini L, Savino G, Modena MG. Return to sport after the COVID-19 pandemic. How to behave? *G Ital Cardiol (Rome).* 2020 Jul;21(7):514-522. doi:10.1714/3386.33637.

Nasi M, Bianchini E, Lo Tartaro D, De Biasi S, Mattioli M, Paolini A, Gibellini L, Pinti M, De Gaetano A, D'Alisera R, Roli L, Chester J, Mattioli AV, Polverari T, Maietta P, Tripi F, Stefani O, Guerra E, Savino G, Trenti T, Cossarizza A. Effects of whole-body cryotherapy on the innate and adaptive immune response in cyclists and runners. *Immunol Res.* 2020 Dec;68(6):422-435.

Nasi M, D'Alisera R, Cossarizza A, Guerra E, Savino G, Mattioli AV. Sex Difference in Access to Sports: A 1-Year Retrospective Study. *Am J Lifestyle Med.* 2020 Dec 29;15(1):108-112.

Tripi F, Savino G, Ciotti L, Lusi A, Romano Spica V; WDPP Working Group. Education to legality and doping. *Ann Ig.* 2019 Nov-Dec;31(6):626-641.

Lodi E, Lodi G, Reggianini L, Savino G, Modena MG. Sports activity and COVID-19: what's new? *G Ital Cardiol (Rome).* 2021 Jul;22(7):529-534.

Lodi E, Savino G, Reggianini L, Toni G, Bernaroli L, Modena MG. La prescrizione dell'esercizio fisico adattato come strumento di prevenzione e terapia. *Giornale Italiano di Cardiologia.* 2020;21(Suppl 2 to No. 12):36. 81st National Congress of the Italian Society of Cardiology, Rome, 17-20 December 2020.

Zanini G, De Gaetano A, Sella V, Savino G, Cossarizza A, Pinti M, Mattioli AV, Nasi M. Mitochondrial DNA and Exercise: Implications for Health and Injuries in Sports. *Cells.* 2021 Sep 28;10(10):2575. doi:10.3390/cells10102575.

Sella V, Mattioli M, Lo Tartaro D, Paolini A, Zanini G, De Gaetano A, D'Alisera R, Roli L, Melegari A, Maietta P, Tripi F, Guerra E, Chester J, Savino G, Trenti T, Cossarizza A, Mattioli AV, Pinti M, Nasi M. Innate immunity changes in soccer players after whole-body cryotherapy. *BMC Sports Sci Med Rehabil.* 2022 Oct 25;14(1).

Coppi F, Pinti M, Sella V, Zanini G, D'Alisera R, Latessa PM, Tripi F, Savino G, Cossarizza A, Nasi M, Mattioli AV. Cardiovascular Effects of Whole-Body Cryotherapy in Non-professional Athletes. *Front Cardiovasc Med.* 2022 Jun 10;9:905790.

Sella V, Malerba M, D'Alisera R, Seidenari C, Sinigaglia G, Zanini G, Micheloni G, Savino G, Mattioli AV, Curia G, Critelli R, Pinti M, Nasi M. Increase of circulating cell-free mitochondrial DNA in amateur boxers after sparring matches. *J Sci Med Sport.* 2025 Jun;28(6):437-446.

Pagliarini M, Sella V, Forleo L, Gualerzi A, Ciacci C, Saltarelli R, Pappagallo N, Minelli A, Pinti M, Bedoni M, Savino G, D'Alisera R, Albertini MC, Nasi M, Ambrogini P. Exploring Neuronal Exosome miRNAs as Biomarkers of Neuroinflammation and Neuroplasticity in Amateur Boxers After Repetitive Head Trauma. *Mol Neurobiol.* 2026 Mar 15;63(1):501-515.

Lodi E, Poli ML, Paoloni E, Lodi G, Savino G, Modena T. Anthropometric Indicators and Early Cardiovascular Prevention in Children and Adolescents: The Role of Education and Lifestyle. *J Cardiovasc Dev Dis.* 2026 Jan 22;13(1):57.

Sella V, Bazo M, Sinigaglia G, Zanini G, Micheloni G, Coppi F, D'Alisera R, Savino G, Nasi M, Pinti M. Cumulative increases in circulating mtDNA as a potential biomarker of brain injury in rugby union: a pilot study. *J Sci Med Sport.* 2026:1-11.

Savino G. Author of the chapter 'Sicurezza nella prescrizione e somministrazione dell'esercizio fisico strutturato' in the FMSI-SIC Sport document *La prescrizione dell'esercizio fisico in ambito cardiologico.* 2025.

MAIN CONFERENCE PRESENTATIONS

Savino G, Cuzzola DF, Cicero AFG, Tripi F, Ferrari A, Bertolini A, Sternieri E. TELEPHONE ADVICE AND INFORMATION SERVICE ON DOPING AGENTS (Modena-Reggio Emilia). Italian Society of Toxicology (SITOX), National Congress, Urbino, 22-25 January 2003.

Savino G, Tripi F, Ferrari A, Pasciullo G, Bertolini A, Sternieri E. 'Clean Telephone', an Italian telephone advice and information service on doping agents and frequently used substances in sports practice. European Association for Sport Management, CD-ROM, September 2003.

Tripi F, Savino G, Scognamiglio A, Gavioli C, Licata M, De Palma A, Severi S, Rebecchi D, Poggiopollini G, Beduschi G, Bertolini A, Trenti T. A control panel for detection of substance use, abuse and misuse in non-professional athletes: prevention as a primary role of the Emilia-Romagna Regional Anti-Doping Center. World Anti-Doping IAAF Symposium, Lausanne, Switzerland, 30 September-2 October 2006.

Severi S, Tripi F, Gavioli C, Licata M, Rebecchi D, Scognamiglio A, Trenti T, Savino G. The power of food and healthy nutrition for preventing doping in young non-professional athletes by the Emilia-Romagna Regional Anti-Doping Center (Modena, Italy). 10th European Nutrition Conference, Paris, 10-13 July 2007.

Tripi F, Trenti T, Savino G. Il Centro Regionale Antidoping dell'Emilia-Romagna: esperienza della promozione di sani stili di vita nello sport. SITI Congress, Riccione, October 2014.

Savino G, Tripi F, Trenti T, Fattori G, Finarelli AC, Tedeschi E. Positivo alla Salute, il contrasto al doping attraverso la promozione della salute: una consolidata esperienza della Regione Emilia-Romagna. Review of Emilia-Romagna Regional Health Service experiences, 2014.

Savino G, Tripi F, Pasquarella C, Liguori G, Fallace P, Ripani M, Persi Y, Pinelli M, Milicia GM, Veronesi L, Saccani E, Odone A, Zoni R, Miduri A, Gallè F, Di Onofrio V, Aiese P, Carpino G, Gianfranceschi G, Robert P, Romano Spica V. Prevenzione del doping: elaborazione di uno strumento permanente di educazione coordinato dai Dipartimenti di Prevenzione del SSN. SITI Congress, Turin, November 2017.

Gustavo Savino. Oral presentation: 'Riflessioni sull'impiego di supplementi alla dieta nello sport... e non solo'. SIBioC Regional Conference, Bologna, 30 November 2018.

Director and Scientific Coordinator, conference series 'Storie di donne e sport' - CME-accredited events dedicated to clinical, medical, technical and sociological aspects of female athletic performance and prevention, organised by AUSL Modena and the Emilia-Romagna Regional Anti-Doping Centre: 3rd edition, Carpi, November 2025; 2nd edition, Modena (Polisportiva San Faustino), December 2024; 1st edition, Bomporto (Galleria Tornacanal), October 2022.

Scientific Coordinator, '1st Regional Conference - The Emilia-Romagna Regional Anti-Doping Centre: Structure, Functions and Projects' - institutional conference presenting and planning supervision and health-protection activities in sport. Organised by AUSL Modena and the Emilia-Romagna Region, Emilia-Romagna Regional Government headquarters, September 2025.

MEMBERSHIP OF SCIENTIFIC SOCIETIES

- Member of the Italian Sports Medicine Federation (FMSI), serving as a Doping Control Officer (DCO).
- Member of the Italian Volleyball Physicians Association.
- Member of the Italian Society of Hygiene, Preventive Medicine and Public Health (SItI).

DECLARATION OF CONFLICTS OF INTEREST

No conflicts of interest to declare.

DATA PROTECTION CONSENT

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

Modena, 29 June 2026

Yours faithfully,
Gustavo Savino