

PERSONAL INFORMATION

Klara Komici



📍 Affiliation
University of Molise
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Female | Date of birth 05/05/1982 | Nationality Italian

CURRENT POSITION

University	EPR	Enterprise
<input type="checkbox"/> Full professor	<input type="checkbox"/> Research Director and 1st level Technologist / First Researcher and 2nd level Technologist / Principal Investigator	<input type="checkbox"/> Management Level
<input checked="" type="checkbox"/> Associate Professor	<input type="checkbox"/> Level III Researcher and Technologist	<input type="checkbox"/> Mid-Management Level
<input type="checkbox"/> Researcher and Technologist of IV, V, VI and VII level / Technical collaborator	<input type="checkbox"/> Researcher and Technologist of IV, V, VI and VII level / Technical collaborator	<input type="checkbox"/> Employee / worker level

WORK EXPERIENCE

01/04/2023 - present	Associate Professor in Internal Medicine, Department of Medicine and Health Sciences, University of Molise Campobasso
29/01/2019-present	Medical Doctor in Exercise and Sports Medicine Unit, "Antonio Cardarelli Hospital", Campobasso, Italy.
16/05/2018-28/01/2019	Medical Doctor in Internal Medicine Unit, "Antonio Cardarelli Hospital", Campobasso Itali
30/10/2020- 01/04/2023	Fixed term research assistant Italian Lawn. 240/2010 (art. 24, paragraph 3, lett. b), in Internal Medicine (Med 09), Department of Medicine and Health Sciences, University of Molise, Campobasso, Italy.
01/07/2017-29/12/2020	Fixed term research assistant Italian Lawn. 240/2010 (art. 24, paragraph 3, lett. a), in Internal Medicine (Med 09), Department of Medicine and Health Sciences, University of Molise, Campobasso, Italy.
16/05/2018-present	Medical Doctor in Internal Medicine Unit and Exercise and Sports Medicine, "A. Cardarelli Hospital", Campobasso, Italy.
20/07/2017-15/10/2017	Medical Doctor, Cardiac Rehabilitation Unit, Maugeri Foundation, Veruno, Novara, Italy.

EDUCATION AND TRAINING

9/04/2018- 11/04/2018	Course in Systematic Reviews and Meta-analysis, Evidence-Based Guidelines in the Healthcare Sector University of Verona, Italy.
04/07/2012-04/07/2017	Specialization in Geriatrics, University of Naples Federico II, Naples, Italy with 50/50 and Honors.
04/01/2016-31/03/2017	Research Fellow Cardiac Rehabilitation Unit, Maugeri Foundation, Veruno, Novara, Italy.
05/05/2009-17/10/2011	Resident in Cardiology, Brodnowski Hospital, Medical University of Warsaw, Poland

September 2001-17/07/2007 Degree in Medicine, Medical University of Warsaw, Poland.

GRANTS AND PROJECTS

- Responsible for task 5.5, spoke 4 P "Age-It - Ageing well in an ageing society" (PE0000015), PNRR – PE8 - Missione 4, C2, Investimento 1.3., Spoke 4
- Participation in "MOLISE CTE, Verticale 2: Salute, Wellness e Wellbeing del Cittadino, piano di ricerca "CApaCità fisiCa fUnzionale in relazione con eseRcizio fisico e stile di vitA nuTrizionalE" (Accurate), atto ad analizzare immagini generate a partire da indicatori clinici attraverso tecniche di Computer Vision (CV), basate su AI.
- Participation "Ani in Movimento 2023, CONI Molise.
- Responsible for Research Unit for "A wearable sysTem for moTion and glucosE joiNT monItOriNg for neurodegenerative disease status evaluation in elder people", PRIN 2022

Awards

- World's Top 2% Scientists list by Stanford University in 2023. Stanford University: Ioannidis, John P.A. (2023), "October 2023 data-update for "Updated science-wide author databases of standardized citation indicators"", Elsevier Data Repository, V6, <https://doi.org/10.17632/btchxktzyw.6>
- Travel Grant, Frontiers in Cardio-Vascular Biology 2016, Florence, Italy for the communication: 'B-blocker therapy in heart failure reduces migratory and proliferative properties of primarily cultured failing cardiac fibroblasts via reduction of g protein-coupled receptor kinase-2 expression'.

Editorial activity

Associated Editor Frontiers in Medicine

Review Editor Frontiers in Pharmacology

Associated Editor Healthcare

Invited presentations

- INVITED SPEAKER AT THE SIGG NATIONAL CONGRESS ROME, 27-30 NOVEMBER 2019: 'ALTERATION OF THE SYMPATHETIC NERVOUS SYSTEM AND CARDIAC INNERVATION: FROM PHYSIOLOGICAL AGING TO HEART FAILURE'.
- INVITED SPEAKER ECM COURSE: THE AGING PLANET: NOT ONLY DEMENTIA. 15 NOVEMBER 2019 SESSANO DEL MOLISE: 'GENDER DIFFERENCES IN THE GERIATRIC AGE'.
- INVITED SPEAKER REGIONAL CONGRESS AICPR NAPLES 29 MARCH 2019: 'REHABILITATIVE CARDIOLOGY IN THE FRAIL ELDERLY'.
- INVITED SPEAKER AT THE NATIONAL CONGRESS OF THE COLLEGE OF UNIVERSITY TEACHERS OF ODONTOSTOMATOLOGICAL DISCIPLINES NAPLES 11-13 APRIL 2019: 'PERIODONTITIS AND CARDIOVASCULAR RISK: PATHOGENETIC CORRELATION AND CLINICAL EPIDEMIOLOGICAL EVIDENCE'.
- INVITED SPEAKER SIGG NATIONAL CONGRESS NAPLES, NOVEMBER 29-DECEMBER 2, 2017, 'TRANSLATIONAL EVIDENCE SYMPOSIUM IN BIOGERONTOLOGY', PAPER ENTITLED: 'CARDIAC FIBROSIS'.
- INVITED SPEAKER AT THE SIGG NATIONAL CONGRESS NAPLES, 30 NOVEMBER-3 DECEMBER 2016, SESSION 'AGE-RELATED ORGAN FIBROSIS', SPEECH ENTITLED: 'CARDIAC FIBROSIS'.
- INVITED SPEAKER 11 UNISTEM DAY 15 MARCH 2019, UNIVERSITY OF MOLISE, SPEECH ENTITLED: 'GENE THERAPY: CLINICAL APPLICATION'.
- INVITED SPEAKER 10 UNISTEM DAY 16 MARCH 2018, UNIVERSITY OF MOLISE, 16 MARCH 2018: 'STEM CELLS AS INNOVATIVE THERAPIES'.

- INVITED SPEAKER NATIONAL CONGRESS XXXIX NATIONAL CONGRESS OF THE ITALIAN SOCIETY OF ARTERIAL HYPERTENSION ROME 06-08 OCTOBER 2022, PROFESSIONAL TRAINING COURSE HYPERTENSION WITH COMORBIDITIES: GUIDELINES FOR THE PRESCRIPTION OF PHYSICAL EXERCISE ACCORDING TO THE AMERICAN COLLEGE OF SPORTS MEDICINE: THE ELDERLY PATIENT.
- INVITED SPEAKER AT THE SIGG NATIONAL CONGRESS ROME, 30 NOVEMBER 2022-02 DECEMBER 2022: FRAILITY IN CANCER PATIENTS: THE BENEFITS OF INTERVENTIONS BASED ON GERIATRIC ASSESSMENT.
- INVITED SPEAKER 11 UNISTEM DAY 10 MARCH 2023, UNIVERSITY OF MOLISE, SPEECH ENTITLED: 'FRAGILITY AND SUCCESSFUL AGEING: NEW THERAPEUTIC OPPORTUNITIES'.
- INVITED SPEAKER "LIGHT INTO A SCIENTIFIC PAPER: HOW TO CONCEIVE, WRITE AND REVIEW IT", CAMPOBASSO 19-20 APRIL 202.; REVIEWS, SYSTEMATIC REVIEWS: THE OXFORD METHOD.
- INVITED SPEAKER "360 GRADI DI SPORT E BENESSERE", UNIVERSITY OF MOLISE MAY 30-31 2023 RELAZIONE CON TITOLO:EVALUATION OF PHYSICAL FUNCTION IN ATHLETES.
- INVITED SPEAKER "INVECCHIARE IN SALUTE: BUONE ABITUDINI PER INVECCHIARE IN SALUTE LA SFIDA DEL XXI SECOLO" UNIVERSITÀ OF MOLISE , OMCEO CAMPOBASSO, JUNE 7 2023, "SUCSEFFUL AGING A QUESTION OF THE HEART : "THE GERIATRISCIAN POINT OF VIEW"
- INVITED SPEAKER "AHL NAPOLI 2023, SCALING UP DIGITAL SOLUTIONS FOR HEALTHY LIVING: IMPLEMENTING ACROSS SCIENTIFIC DISCIPLINES, INDUSTRIAL SECTORS AND SCENARIOS", NAPLES NOVEMBER 13-14 2023 : "THE RELATIONSHIP BETWEEN HANDGRIP STRENGTH AND EPICARDIAL FAT IN HEALTHY ADULTS"
- INVITED SPEAKER REGIONE MOLISE "LA PALESTRA DELLA SALUTE" , UNIVERSITY OF MOLISE , DECEMBER 19 2023 CAMPOBASSO: PHYSICAL EVALUATION IN CHRONIC AND DEGENERATIVE DISEASES.

PERSONAL SKILLS

Mother tongue(s) Albanian

Other language(s) Italian excellent, English excellent, Polish excellent

Job-related skills Multidimensional Geriatric Evaluations; Functional Status Evaluation, Management and Therapy in complex elderly patients; Cardio-pulmonary Exercise Test; Transthoracic Echocardiography, Spirometry, BIA evaluation.

Digital skills Microsoft Office, Endnote, IBM high level in SPSS statistics, high level STATA statistics, Review Manger, Comprehensive Systematic Reviews and Meta-Analysis; Android.

Other skills Team work; Communication; Flexibility

ADDITIONAL INFORMATION

Publications

SCOPUS: H INDEX 22
TOTAL CITATIONS:1483
80 ARTICLES

Relevant publications:

Mone P, Guerra G, Verderosa S, Santulli G, **Komici K**. Effects of moderate caffeine intake in athletes. *Eur J Intern Med*. 2024 Jan;119:139-140. doi: 10.1016/j.ejim.2023.09.018.

Komici K, Bencivenga L, Rengo G, Bianco A, Guerra G. Ventilatory efficiency in post-COVID-19 athletes. *Physiol Rep*. 2023 Sep;11(18):e15795. doi: 10.14814/phy2.15795.

Komici K, Verderosa S, D'Amico F, Parente A, Persichini L, Guerra G. The role of body composition on cardio-respiratory fitness in futsal competitive athletes. *Eur J Transl Myol*. 2023 Sep 4;33(3):11479. doi: 10.4081/ejtm.2023.11479.

Komici K, Verderosa S, D'Amico F, Guerra G. Self-reported side effects following COVID-19 vaccination in athletes: A retrospective study. *Hum Vaccin Immunother*. 2023 Aug 1;19(2):2234788. doi: 10.1080/21645515.2023.2234788.

Komici K, D'Amico F, Verderosa S, Piomboni I, D'Addona C, Picerno V, Bianco A, Caiazzo A, Bencivenga L, Rengo G, Guerra G. Impact of Body Composition Parameters on Lung Function in Athletes. *Nutrients*. 2022 Sep 16;14(18):3844.

Bencivenga L, **Komici K**, Paolillo S, Nappi C, Gargiulo P, Assante R, Gambino G, Santillo F, Femminella GD, Corbi GM, Ferrara N, Cuocolo A, Perrone-Filardi P, Rengo G. Cardiac sympathetic innervation and mortality risk scores in patients with heart failure. *Eur J Clin Invest*. 2022 Dec 28:e13948.

Komici K, Bencivenga L, Navani N, D'Agnano V, Guerra G, Bianco A, Rengo G, Perrotta F. Frailty in Patients With Lung Cancer: A Systematic Review and Meta-Analysis. *Chest*. 2022 Aug;162(2):485-497.

Komici K, Cappuccio M, Scacchi A, Vaschetti R, Delli Carpini G, Picerno V, Avella P, Brunese MC, Rengo G, Guerra G, Bencivenga L. The Prevalence and the Impact of Frailty in Hepato-Biliary Pancreatic Cancers: A Systematic Review and Meta-Analysis. *J Clin Med*. 2022 Feb 20;11(4):1116.

Bencivenga L, **Komici K**, Femminella GD, Paolillo S, Gargiulo P, Formisano R, Assante R, Nappi C, Puzone B, Sepe I, Cittadini A, Vitale DF, Ferrara N, Cuocolo A, Filardi PP, Rengo G. Impact of the number of comorbidities on cardiac sympathetic derangement in patients with reduced ejection fraction heart failure. *Eur J Intern Med*. 2021 Apr;86:86-90.

Komici K, Femminella GD, Bencivenga L, Rengo G, Pagano G. Diabetes Mellitus and Parkinson's Disease: A Systematic Review and Meta-Analyses. *J Parkinsons Dis*. 2021;11(4):1585-1596.

Komici K, Bianco A, Perrotta F, Dello Iacono A, Bencivenga L, D'Agnano V, Rocca A, Bianco A, Rengo G, Guerra G. Clinical Characteristics, Exercise Capacity and Pulmonary Function in Post-COVID-19 Competitive Athletes. *J Clin Med*. 2021 Jul 9;10(14):3053.

Komici K, Dello Iacono A, De Luca A, Perrotta F, Bencivenga L, Rengo G, Rocca A, Guerra G. Adiponectin and Sarcopenia: A Systematic Review With Meta-Analysis. *Front Endocrinol (Lausanne)*. 2021 Apr 15;12:576619.

Panzeri A, **Komici K**, Cerutti P, Sacco D, Pistono M, Rossi Ferrario S. Gender differences and long-term outcome of over 75 elderly in cardiac rehabilitation: highlighting the role of psychological and

physical factors through a secondary analysis of a cohort study. *Eur J Phys Rehabil Med.* 2021 Apr;57(2):288-297.

Komici K, Gnemmi I, Bencivenga L, Vitale DF, Rengo G, Di Stefano A, Eleuteri E. Impact of Galectin-3 Circulating Levels on Frailty in Elderly Patients with Systolic Heart Failure. *J Clin Med.* 2020;9(7): E2229. **IF 2020: 3.300 Citazioni Scopus: 10**

Komici K, Faris P, Negri S, Rosti V, García-Carrasco M, Mendoza-Pinto C, Berra-Romani R, Cervera R, Guerra G, Moccia F. Systemic lupus erythematosus, endothelial progenitor cells and intracellular Ca²⁺ signaling: A novel approach for an old disease. *J Autoimmun.* 2020;112: 102486.

Perrotta F, Corbi G, Mazzeo G, Boccia M, Aronne L, D'Agnano V, **Komici K**, Mazzarella G, Parrella R, Bianco A. COVID-19 and the elderly: insights into pathogenesis and clinical decision-making. *Aging Clin Exp Res.* 2020 Aug;32(8):1599-1608.

Komici K, Bencivenga L, Paolillo S, Gargiulo P, Formisano R, Assante R, Nappi C, Marsico F, D'Antonio A, De Simini G, Cittadini A, Vitale DF, Cuocolo A, Filardi PP, Ferrara N, Rengo G. Impact of body mass index on cardiac adrenergic derangement in heart failure patients: a 123I-mIBG imaging study. *Eur J Nucl Med Mol Imaging.* 2020;47(7):1713-1721.

Komici K, Vitale DF, Mancini A, Bencivenga L, Conte M, Provenzano S, Grieco FV, Visaggi L, Ronga I, Cittadini A, Corbi G, Trimarco B, Morisco C, Leosco D, Ferrara N, Rengo G. Impact of Malnutrition on Long-Term Mortality in Elderly Patients With Acute Myocardial Infarction. *Nutrients* 2019 Jan 22;11(2):224.

de Lucia C, Gambino G, Petraglia L, Elia A, **Komici K**, Femminella GD, D'Amico ML, Formisano R, Borghetti G, Liccardo D, Nolano M, Houser SR, Leosco D, Ferrara N, Koch WJ, Rengo G. Long-Term Caloric Restriction Improves Cardiac Function, Remodeling, Adrenergic Responsiveness, and Sympathetic Innervation in a Model of Postschismic Heart Failure. *Circ Heart Fail.* 2018;11(3): e004153.

Komici K, Vitale DF, Leosco D, Mancini A, Corbi G, Bencivenga L, Mezzani A, Trimarco B, Morisco C, Ferrara N, Rengo G. Pressure Injuries in Elderly With Acute Myocardial Infarction. *Clin Interv Aging* 2017 Sep 19;12: 1495-1501.

Rengo G, Pagano G, Filardi PP, Femminella GD, Parisi V, Cannavo A, Liccardo D, **Komici K**, Gambino G, D'Amico ML, de Lucia C, Paolillo S, Trimarco B, Vitale DF, Ferrara N, Koch WJ, Leosco D. Prognostic Value of Lymphocyte G Protein-Coupled Receptor Kinase-2 Protein Levels in Patients With Heart Failure. *Circ Res.* 2016 Apr 1;118(7):1116-24.

18. Mezzani A, Giordano A, **Komici K**, Corrà U. Different Determinants of Ventilatory Inefficiency at Different Stages of Reduced Ejection Fraction Chronic Heart Failure Natural History. *J Am Heart Assoc.* 2017;6(5): e005278. Published 2017 May 9.

Rengo G, Pagano G, Vitale DF, Formisano R, **Komici K**, Petraglia L, Parisi V, Femminella GD, de Lucia C, Paolillo S, Cannavo A, Attena E, Pellegrino T, DelleGrottaglie S, Memmi A, Trimarco B, Cuocolo A, Filardi PP, Leosco D, Ferrara N. Impact of aging on cardiac sympathetic innervation measured by 123I-mIBG imaging in patients with systolic heart failure. *Eur J Nucl Med Mol Imaging.* 2016;43(13):2392-2400.

Rengo G, Cannavo A, Liccardo D, Zincarelli C, de Lucia C, Pagano G, **Komici K**, Parisi V, Scala O, Agresta A, Rapacciuolo A, Perrone Filardi P, Ferrara N, Koch WJ, Trimarco B, Femminella GD, Leosco D. Vascular endothelial growth factor blockade prevents the beneficial effects of β -blocker therapy on cardiac function, angiogenesis, and remodeling in heart failure. *Circ Heart Fail.* 2013;6(6):1259-1267.

According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV.

16/01/2024

Name and surname: Klara Komici

signature