

BIOGRAPHICAL SKETCH**NAME: SIMONA MRAKIC SPOSTA**ERA COMMONS USER NAME (credential, e.g., agency login): **at National research Council - Institute of Clinical Physiology (CNR-IFC) – Milan – Italy; University Telematic San Raffaele - Roma (UNIROMA5)****POSITION TITLE: RESEARCHER and Contract Professor****EDUCATION/TRAINING**

INSTITUTION AND LOCATION	DEGREE	Completion Date	FIELD OF STUDY
High School – Milano - Italy	High school qualification	1989	
Accademia di Belle Arti di Brera - Milano - Italy	MSc	1994	Scenography and art history
Università Statale degli Studi di Milano – Facoltà di Medicina e Chirurgia – Milano, Italy	BCs	2004	NeurophysioPathology
Università Statale degli Studi di Milano – Facoltà di Medicina e Chirurgia – Milano, Italy – Course	Certificate of completion: “Deep Brain Stimulation in the treatment of Parkinson's disease and dystonia”	2004	Neuroscience
Università Statale degli Studi di Milano – Facoltà di Scienze Matematiche Fisiche e Naturali – Milano, Italy	MSc	2008	Biotechnology
Università Statale degli Studi di Milano – Facoltà di Scienze Matematiche Fisiche e Naturali – Milano, Italy	Certificate of completion: “Biologist Senior”	2008	Biology
Università Statale degli Studi di Milano – Scuola di Dottorato in Medicina Molecolare - Facoltà di Medicina e Chirurgia – Milano, Italy	PhD	2013	Molecular Medicine
Università Statale degli Studi di Padova–Padova, Italy	Certificate of completion: “Specialist in Mountain Medicine”	2017	Physiology, Medicine

A. Personal Statement

My research interests are related to Oxi-Inflammation and organ damage in physiological and pathological condition. I like working in a multidisciplinary team, adapt easily to my working environment, and I work well with others.

Orcid ID: <http://orcid.org/0000-0001-7359-2690>

Researcher ID: J-2969-2018

Loop profile: 285141

Web of Science Researcher: ID AAA-2991-2019

Scopus H-Index: 32

Hobby: photography, reading, painting

B. Positions, Scientific Appointments, and Honors

I am a researcher at the Italian National Council of Research and from 2020 at current, Università Telematica San Raffaele - Roma (UNIROMA 5), course of "Human Anatomy" (BIO-16), in Corsi di Laurea Scienze Motorie e Scienze Motorie curriculum Calcio (L22); Corso di Laurea Scienze e tecniche delle attività motorie preventive e adattate (LM67). From 2017 to 2021, contract Professor at University of Milan (UNIMI) course of "Human Anatomy and Histology", (BIO-16), at Discipline morfologiche (D7605) - modulo di Anatomia/Istologia; Basi biologiche e morfologiche della vita (D710G) in Corsi di Laurea in Tecniche di Neurofisiopatologia (L/SNT3) e Terapia Occupazionale (L/SNT2).

The research fields include studies on oxidative stress, redox status, inflammation and organ damage in: physiological (i.e. at rest in basal condition; during exercise; acute and chronic hypoxia, hyperoxia), pathological conditions (i.e. neurological, metabolic, muscle disease) and/or during/after dietary supplementation (i.e. oxiprolina, folic acid, R-Thioctic acid), or specific diet (i.e. ketogenic).

A part of research has focused, especially, on physiological adaptation to whole body in extreme condition/environmental (i.e. high altitude, hypobaric and normobaric hypoxia, saturation diving, apnea) with or without adaptation to exercise. Furthermore, another part of researcher is focused on muscle atrophy, with consequently sarcopenia and aging process. Focus on measurements of oxidative damage biomarkers by enzymatic-immuno and fluorescent-assays and "direct free radicals" and "antioxidant" detection by Electron Paramagnetic Resonance (EPR). Measures of Reactive Oxygen Species (ROS) productions and antioxidant capacity in biological samples (blood, saliva, urine, cell, and tissues: in vivo and in vitro by human and animals) by EPR technique. Study the role of myoglobin in human muscle: relationship between molecular structure and function of the different isoforms.

Analysis of specific biomarkers such as: Dopamine, Serotonin, Glutamates, BDNF linkages to disorders/status and/or pathologies.

Therefore, she continues to study the effects of non-invasive cortical stimulation (tDCS), rehabilitation, by quantitative EEG signals (power spectrum, coherence analysis) in neurological disorders (i.e.: Multiple Sclerosis, Alzheimer). In the previous year, has studied the effects and physio pathological mechanisms of: transcranial Direct Current Stimulation (tDCS), in health and disease.

- Qualified as Associate Professor N6/01 (31/03/2017).
- Member ad Secretary of Italian Society of Mountain Medicine, SIMeM.
- From October 2017 at current. Secretary of the SIMeM society (segretariosimem@gmail.com)

C. Contributions to Science

- Publications: more 100 papers in major international journals; more than 140 abstracts in national and/or international journals; 2 Patent Industrial invention; 4 chapters in textbook.
- Speaker in National and International scientific conferences
- Organization of national conferences and courses for students
- Actually, she is a Review Editor for: Frontiers in Integrative Physiology (IF 4.37), Antioxidant (IF 7.76), Nutrients (5.719)
- Guest Editor for Special topics "Oxygen variation 2.0" in IJMS (IF 5.92) and "Immunological Tolerance and Regulation" in Frontiers in Immunology (IF 7.3)
- In the 2022-23 Guest Editor for Special topics "Women in Environmental Physiology 2022" Frontiers in Physiology (IF 4.37); Guest Editor for Special topics "Oxygen variation" in IJMS (IF 5.92) and "Inflammation and Oxidative Stress: Dietary Modulation and Nutraceutical" in Food (IF 4.35)
- In the 2020-21 a Guest Editor for Special topics "Human Molecular and Physiological Responses to Hypoxia" Frontiers in Physiology and Topic Editor Board Members of Nutrients (IF 5.71).

⌘ Prize:

In 2022, Prize Best Poster and Oral communication Società Italiana Medicina Subacquea – SIMSI (Padua)
In 2022, Prize Best Scientific Work - Oral communication Società Italiana Medicina di Montagna – SIMeM (Roma)
In 2016, Prize Best Oral communication Società Italiana Medicina di Montagna – SIMeM – (Lucca)

⌘ Last Grants 2023:

- PRIN – June 2023, Title: “From healthy aging to dementia: a digital multimodal low-impact infrastructure for disease detection, monitoring, and treatment”- Responsible CNR unit
- Office of Naval Research -ONR-USA Navy – August 2023, Title:”CO.DE-1 Compression and Decompression Stress in Diving: how are gases differentially managed in the brains of BHD and scuba?” - Responsible CNR unit

⌘ Other:

I participate in a spin-off company foundation (Newronika, s.r.l) of the University of Milan and the Fondazione Cà Granda IRCCS Ospedale Maggiore Policlinico of Milan, devoted to novel technologies for brain stimulation.

⌘ Patent

Patent for industrial invention:

“APPARATUS FOR THE CONTROLLED PRESCRIPTION AND ADMINISTRATION OF TRANSCRANIAL DIRECT CURRENT STIMULATION TREATMENTS IN HUMANS”.

Publication number: WO2009150687 A1

Numero domanda: PCT/IT2009/000252

Publication date: 17 dic 2009

Publication: EP2328655A1, EP2328655B1, US9026216, US20110118809

⌘ Scientific Papers:

1. Gussoni, M.; Moretti, S.; Vezzoli, A.; Genitoni, V.; Giardini, G.; Balestra, C.; Bosco, G.; Pratali, L.; Spagnolo, E.; Montorsi, M.; **Mrakic-Sposta, S.** Effects of Electrical Stimulation on Delayed Onset Muscle Soreness (DOMS): Evidences from Laboratory and In-Field Studies. *J J Funct Morphol Kinesiol.* 2023 Oct 13;8(4):146. doi: 10.3390/jfmk8040146.
2. **Mrakic-Sposta, S.**; Vezzoli, A.; Garetto, G.; Paganini, M.; Camporesi, E.; Giacon, T.A.; Dellanoce, C.; Agrimi, J.; Bosco, G. Hyperbaric Oxygen Therapy Counters Oxidative Stress/Inflammation-Driven Symptoms in Long COVID-19 Patients: Preliminary Outcomes. *Metabolites* 2023, 13, 1032. <https://doi.org/10.3390/metabo13101032>
3. Balestra C, **Mrakic-Sposta S**, Virgili F. Oxygen Variations-Insights into Hypoxia, Hyperoxia and Hyperbaric Hyperoxia-Is the Dose the Clue? *Int J Mol Sci.* 2023 Aug 30;24(17):13472. doi: 10.3390/ijms241713472.
4. Micarelli A, Malacrida S, Vezzoli A, Micarelli B, Misici I, Carbin V, Caputo S, **Mrakic-Sposta S**, Alessandrini M. Smell, taste and food habits changes along body mass index increase: an observational study. *Eur Arch Otorhinolaryngol.* 2023 Aug 29. doi: 10.1007/s00405-023-08204-5.
5. Leveque C, **Mrakic Sposta S**, Theunissen S, Germonpré P, Lambrechts K, Vezzoli A, Bosco G, Lévéné M, Lafère P, Guerrero F, Balestra C. Oxidative Stress Response Kinetics after 60 Minutes at Different (1.4 ATA and 2.5 ATA) Hyperbaric Hyperoxia Exposures. *Int J Mol Sci.* 2023 Aug 2;24(15):12361. doi: 10.3390/ijms241512361
6. Vezzoli A, **Mrakic-Sposta S**, Dellanoce C, Montorsi M, Vietti D, Ferrero ME. Chelation Therapy Associated with Antioxidant Supplementation Can Decrease Oxidative Stress and Inflammation in Multiple Sclerosis: Preliminary Results. *Antioxidants (Basel).* 2023 Jun 24;12(7):1338. doi: 10.3390/antiox12071338.
7. Leveque C, **Mrakic Sposta S**, Theunissen S, Germonpré P, Lambrechts K, Vezzoli A, Gussoni M, Levenez M, Lafère P, Guerrero F, Balestra C. Oxidative Stress Response Kinetics after 60 Minutes at

Different Levels (10% or 15%) of Normobaric Hypoxia Exposure. *Int J Mol Sci.* 2023 Jun 15;24(12):10188. doi: 10.3390/ijms241210188.

8. Demartini B, Nisticò V, Benayoun C, Cigognini AC, Ferrucci R, Vezzoli A, Dellanoce C, Gambini O, Priori A, **Mrakic-Sposta S**. Glutamatergic dysfunction, neuroplasticity, and redox status in the peripheral blood of patients with motor conversion disorders (functional movement disorders): a first step towards potential biomarkers discovery. *Transl Psychiatry.* 2023 Jun 17;13(1):212. doi: 10.1038/s41398-023-02500-8.
9. Strapazzon G, Rauch S, Malacrida S, Dal Cappello T, Governo E, Catuzzo B, **Mrakic-Sposta S**, Urgesi M, Falla M, Cavoretto G, Visetti E, Giardini G, Brugger H, Prato F. An artificial air pocket device delays asphyxiation in supine subjects critically buried in avalanche debris. *JAMA Netw Open.* 2023 May 1;6(5):e2313376. doi: 10.1001/jamanetworkopen.2023.13376.
10. Eftedal I, **Mrakic-Sposta S**, Lang M. Editorial: Women in environmental physiology 2022. *Front Physiol.* 2023 Mar 8;14:1175366. doi: 10.3389/fphys.2023.1175366
11. Micarelli A, Vezzoli A, Malacrida S, Micarelli B, Misici I, Carbini V, Iennaco I, Caputo S, **Mrakic-Sposta S**, Alessandrini M. Taste Function in Adult Humans from Lean Condition to Stage II Obesity: Interactions with Biochemical Regulators, Dietary Habits, and Clinical Aspects. *Nutrients.* 2023 Feb 23;15(5):1114. doi: 10.3390/nu15051114.
12. **Mrakic-Sposta S**, Vezzoli A, Cova E, Ticozzelli E, Montorsi M, Greco F, Sepe V, Benzoni I, Meloni F, Arbustini E, Abelli M, Gussoni M. Evaluation of Oxidative Stress and Metabolic Profile in a Preclinical Kidney Transplantation Model According to Different Preservation Modalities. *Int. J. Mol. Sci.* 2023, 24, 1029. <https://doi.org/10.3390/ijms24021029>
13. **Mrakic-Sposta S**, Gussoni M, Marzorati M, Porcelli S, Bosco G, Balestra C, Montorsi M, Lafortuna C, Vezzoli A. The "ON-OFF" Switching Response of Reactive Oxygen Species in Acute Normobaric Hypoxia: Preliminary Outcome. *Int J Mol Sci.* 2023 Feb 16;24(4):4012. doi: 10.3390/ijms24044012. PMID: 36835421; PMCID: PMC9965553.
14. Brizzolari A, Bosco G, Vezzoli A, Dellanoce C, Barassi A, Paganini M, Cialoni D, **Mrakic-Sposta S**. Seasonal Oxy-Inflammation and Hydration Status in Non-Elite Freeskiing Racer: A Pilot Study by Non-Invasive Analytic Method. *Int J Environ Res Public Health.* 2023 Feb 10;20(4):3157. doi: 10.3390/ijerph20043157. PMID: 36833850; PMCID: PMC9960265.
15. Leveque C, **Mrakic-Sposta S**, Lafère P, Vezzoli A, Germonpré P, Beer A, Mievis S, Virgili F, Lambrechts K, Theunissen S, Guerrero F, Balestra C. Oxidative Stress Response's Kinetics after 60 Minutes at Different (30% or 100%) Normobaric Hyperoxia Exposures. *Int J Mol Sci.* 2022 Dec 30;24(1):664. doi: 10.3390/ijms24010664. PMID: 36614106; PMCID: PMC9821105.
16. Salvagno M, Coppalini G, Taccone FS, Strapazzon G, **Mrakic-Sposta S**, Rocco M, Khalife M, Balestra C. The Normobaric Oxygen Paradox-Hyperoxic Hypoxic Paradox: A Novel Expedient Strategy in Hematopoiesis Clinical Issues. *Int J Mol Sci.* 2022 Dec 21;24(1):82. doi: 10.3390/ijms24010082. PMID: 36613522; PMCID: PMC9820104.
17. Bosco G, Giacon TA, Paolucci N, Vezzoli A, Noce CD, Paganini M, Agrimi J, Garetto G, Cialoni D, D'Alessandro N, Camporesi EM, **Mrakic-Sposta S**. Dopamine/BDNF loss underscores narcosis cognitive impairment in divers: a proof of concept in a dry condition. *Eur J Appl Physiol.* 2023 Jan;123(1):143-158. doi: 10.1007/s00421-022-05055-6. Epub 2022 Oct 10. PMID: 36214902; PMCID: PMC9813116.
18. Verratti V, **Mrakic-Sposta S**, Fusi J, Sabovic I, Franzoni F, Pietrangelo T, Bondi D, Dall'Acqua S, Daniele S, Scarfò G, Di Giulio C, Garolla A. Fertility Impairment after Trekking at High Altitude: A Proof of Mechanisms on Redox and Metabolic Seminal Changes. *Int J Mol Sci.* 2022 Aug 13;23(16):9066. doi: 10.3390/ijms23169066. PMID: 36012330; PMCID: PMC9409093.
19. Bevere M, Di Cola G, Santangelo C, Grazioli E, Marramiero L, Pignatelli P, Bondi D, **Mrakic-Sposta S**. Redox-based Disruption of Cellular Hormesis and Promotion of Degenerative Pathways: Perspectives on Aging Processes. *J Gerontol A Biol Sci Med Sci.* 2022 Nov 21;77(11):2195-2206. doi: 10.1093/gerona/glac167. PMID: 35973816.
20. Micarelli A, **Mrakic-Sposta S**, Micarelli B, Malacrida S, Misici I, Carbini V, Iennaco I, Caputo S, Vezzoli A, Alessandrini M. Smell Impairment in Stage I-II Obesity: Correlation with Biochemical Regulators and Clinical Aspects. *Laryngoscope.* 2022 Oct;132(10):2028-2035. doi: 10.1002/lary.30325. Epub 2022 Jul 30. PMID: 35906890.
21. Malacrida S, De Lazzari F, **Mrakic-Sposta S**, Vezzoli A, Zordan MA, Bisaglia M, Menti GM, Meda N, Frighetto G, Bosco G, Dal Cappello T, Strapazzon G, Reggiani C, Gussoni M, Megighian A. Lifespan and

- ROS levels in different *Drosophila melanogaster* strains after 24 h hypoxia exposure. *Biol Open*. 2022 Jun 15;11(6):bio059386. doi: 10.1242/bio.059386.
22. Malacrida S, Strapazzon G, **Mrakic-Sposta S**, Pun M, Cogo A. Editorial: Human Molecular and Physiological Responses to Hypoxia. *Front Physiol*. 2022 Apr 29;13:888005. doi: 10.3389/fphys.2022.888005. PMID: 35574452; PMCID: PMC9100564
 23. **Mrakic-Sposta S**, Montorsi M, Porcelli S, Marzorati M, Healey B, Dellanoce C, Vezzoli A. Effects of Prolonged Exposure to Hypobaric Hypoxia on Oxidative Stress: Overwintering in Antarctic Concordia Station. *Oxid Med Cell Longev*. 2022 Apr 30;2022:4430032. doi: 10.1155/2022/4430032. PMID: 35535360; PMCID: PMC9078816.
 24. La Sala L, Tagliabue E, **Mrakic-Sposta S**, Uccellatore AC, Senesi P, Terruzzi I, Trabucchi E, Rossi-Bernardi L, Luzi L. Lower miR-21/ROS/HNE levels associate with lower glycemia after habit-intervention: DIAPASON study 1-year later. *Cardiovasc Diabetol*. 2022 Mar 4;21(1):35. doi: 10.1186/s12933-022-01465-0. PMID: 35246121; PMCID: PMC8895587.
 25. **Mrakic-Sposta S**, Biagini D, Bondi D, Pietrangelo T, Vezzoli A, Lomonaco T, Di Francesco F, Verratti V. OxInflammation at High Altitudes: A Proof of Concept from the Himalayas. *Antioxidants (Basel)*. 2022 Feb 11;11(2):368. doi: 10.3390/antiox11020368. PMID: 35204250; PMCID: PMC8869289.
 26. Giacon TA, Bosco G, Vezzoli A, Dellanoce C, Cialoni D, Paganini M, **Mrakic-Sposta S**. Oxidative stress and motion sickness in one crew during competitive offshore sailing. *Sci Rep*. 2022 Jan 21;12(1):1142. doi: 10.1038/s41598-022-05219-6. PMID: 35064225; PMCID: PMC8782845.
 27. Levenez M, Lambrechts K, **Mrakic-Sposta S**, Vezzoli A, Germonpré P, Pique H, Virgili F, Bosco G, Lafère P, Balestra C. Full-Face Mask Use during SCUBA Diving Counters Related Oxidative Stress and Endothelial Dysfunction. *Int J Environ Res Public Health*. 2022 Jan 15;19(2):965. doi: 10.3390/ijerph19020965. PMID: 35055791; PMCID: PMC8776018.
 28. Rivellini C, Porrello E, Dina G, **Mrakic-Sposta S**, Vezzoli A, Bacigaluppi M, Gullotta GS, Chaabane L, Leocani L, Marenga S, Colombo E, Farina C, Newcombe J, Nave KA, Pardi R, Quattrini A, Previtali SC. JAB1 deletion in oligodendrocytes causes senescence-induced inflammation and neurodegeneration in mice. *J Clin Invest*. 2022 Feb 1;132(3):e145071. doi: 10.1172/JCI145071. PMID: 34874913; PMCID: PMC8803330.
 29. Schenk K, Rauch S, Procter E, Grasegger K, **Mrakic-Sposta S**, Gatterer H. Changes in Factors Regulating Serum Sodium Homeostasis During Two Ultra- Endurance Mountain Races of Different Distances: 69km vs. 121km. *Front Physiol*. 2021 Nov 18;12:764694. doi: 10.3389/fphys.2021.764694. PMID: 34867470; PMCID: PMC8637410.
 30. Micarelli A, Malacrida S, Strapazzon G, **Mrakic-Sposta S**, Micarelli B, Alessandrini N, Carbin V, Caputo S, Falla M, Alessandrini M. Impact of Nutritional Intervention on Taste Perception-A Scoping Review. *Foods*. 2021 Nov 9;10(11):2747. doi: 10.3390/foods10112747. PMID: 34829027; PMCID: PMC8625746.
 31. Bosco G, Paganini M, Giacon TA, Oppio A, Vezzoli A, Dellanoce C, Moro T, Paoli A, Zanotti F, Zavan B, Balestra C, **Mrakic-Sposta S**. Oxidative Stress and Inflammation, MicroRNA, and Hemoglobin Variations after Administration of Oxygen at Different Pressures and Concentrations: A Randomized Trial. *Int J Environ Res Public Health*. 2021 Sep 16;18(18):9755. doi: 10.3390/ijerph18189755. PMID: 34574676; PMCID: PMC8468581.
 32. Balestra C, Lambrechts K, **Mrakic-Sposta S**, Vezzoli A, Levenez M, Germonpré P, Virgili F, Bosco G, Lafère P. Hypoxic and Hyperoxic Breathing as a Complement to Low-Intensity Physical Exercise Programs: A Proof-of-Principle Study. *Int J Mol Sci*. 2021 Sep 4;22(17):9600. doi: 10.3390/ijms22179600. PMID: 34502508; PMCID: PMC8431767.
 33. **Mrakic-Sposta S**, Gussoni M, Montorsi M, Vezzoli A. Comment on Menzel et al. Common and Novel Markers for Measuring Inflammation and Oxidative Stress Ex Vivo in Research and Clinical Practice-Which to Use Regarding Disease Outcomes? *Antioxidants* 2021, 10, 414. *Antioxidants (Basel)*. 2021 May 24;10(6):836. doi: 10.3390/antiox10060836. PMID: 34073807; PMCID: PMC8225111.
 34. Falla M, Papagno C, Dal Cappello T, Vögele A, Hübner K, Kim J, Weiss EM, Weber B, Palma M, **Mrakic-Sposta S**, Brugger H, Strapazzon G. A Prospective Evaluation of the Acute Effects of High Altitude on Cognitive and Physiological Functions in Lowlanders. *Front Physiol*. 2021 Apr 28;12:670278. doi: 10.3389/fphys.2021.670278. PMID: 33995130; PMCID: PMC8113692.
 35. Lassi E, Squeo BM, Sorrentino R, Scavia G, **Mrakic-Sposta S**, Gussoni M, Vercelli B, Galeotti F, Pasini M, Luzzati S. Sulfonate-Conjugated Polyelectrolytes as Anode Interfacial Layers in Inverted Organic

Solar Cells. *Molecules*. 2021 Feb 2;26(3):763. doi: 10.3390/molecules26030763. PMID: 33540730; PMCID: PMC7867262.

36. Rasica L, Porcelli S, Limper U, **Mrakic-Sposta S**, Mazzolari R, Gelmini F, Beretta G, Marzorati M. Beet on Alps: Time-course changes of plasma nitrate and nitrite concentrations during acclimatization to high-altitude. *Nitric Oxide*. 2021 Feb 1;107:66-72. doi: 10.1016/j.niox.2020.12.004. Epub 2020 Dec 17. PMID: 33346127.
37. Biswas P, Dellanoce C, Vezzoli A, **Mrakic-Sposta S**, Malnati M, Beretta A, Accinni R. Antioxidant Activity with Increased Endogenous Levels of Vitamin C, E and A Following Dietary Supplementation with a Combination of Glutathione and Resveratrol Precursors. *Nutrients*. 2020 Oct 22;12(11):3224. doi: 10.3390/nu12113224. PMID: 33105552; PMCID: PMC7690269.
38. **Mrakic-Sposta S**, Gussoni M, Dellanoce C, Marzorati M, Montorsi M, Rasica L, Pratali L, D'Angelo G, Martinelli M, Bastiani L, Di Natale L, Vezzoli A. Effects of acute and sub-acute hypobaric hypoxia on oxidative stress: a field study in the Alps. *Eur J Appl Physiol*. 2021 Jan;121(1):297-306. doi: 10.1007/s00421-020-04527-x. Epub 2020 Oct 15. PMID: 33057877.
39. **Mrakic-Sposta S**, Vezzoli A, D'Alessandro F, Paganini M, Dellanoce C, Cialoni D, Bosco G. Change in Oxidative Stress Biomarkers During 30 Days in Saturation Dive: A Pilot Study. *Int J Environ Res Public Health*. 2020 Sep 28;17(19):7118. doi: 10.3390/ijerph17197118. PMID: 32998440; PMCID: PMC7579105.
40. Vezzoli A, Dellanoce C, Caimi TM, Vietti D, Montorsi M, **Mrakic-Sposta S**, Accinni R. Influence of Dietary Supplementation for Hyperhomocysteinemia Treatments. *Nutrients*. 2020 Jun 30;12(7):1957. doi: 10.3390/nu12071957. PMID: 32630031; PMCID: PMC7400212.
41. Martinelli M, Moroni D, Bastiani L, **Mrakic-Sposta S**, Giardini G, Pratali L. High-altitude mountain telemedicine. *J Telemed Telecare*. 2022 Feb;28(2):135-145. doi: 10.1177/1357633X20921020. Epub 2020 Jun 15. PMID: 32539486; PMCID: PMC8915246.
42. **Mrakic-Sposta S**, Bosco G, Vezzoli A. Commentary on: "Targeted and untargeted metabolomics applied to occupational exposure to hyperbaric atmosphere". *Toxicol Lett*. 2020 May 18;330:71-72. doi: 10.1016/j.toxlet.2020.05.021. Epub ahead of print. PMID: 32439579.
43. **Mrakic-Sposta S**, Gussoni M, Vezzoli A, Dellanoce C, Comassi M, Giardini G, Bruno RM, Montorsi M, Corciu A, Greco F, Pratali L. Acute Effects of Triathlon Race on Oxidative Stress Biomarkers. *Oxid Med Cell Longev*. 2020 Jan 17;2020:3062807. doi: 10.1155/2020/3062807. PMID: 32256948; PMCID: PMC7109587.
44. Vezzoli A, **Mrakic-Sposta S**, Montorsi M, Porcelli S, Vago P, Cereda F, Longo S, Maggio M, Narici M. Moderate Intensity Resistive Training Reduces Oxidative Stress and Improves Muscle Mass and Function in Older Individuals. *Antioxidants (Basel)*. 2019 Sep 26;8(10):431. doi: 10.3390/antiox8100431. PMID: 31561586; PMCID: PMC6826968
45. **Mrakic-Sposta S**, Vezzoli A, Rizzato A, Della Noce C, Malacrida S, Montorsi M, Paganini M, Cancellara P, Bosco G. Oxidative stress assessment in breath-hold diving. *Eur J Appl Physiol*. 2019 Dec;119(11-12):2449-2456. doi: 10.1007/s00421-019-04224-4. Epub 2019 Sep 13. PMID: 31520216.
46. Verratti V, **Mrakic-Sposta S**, Moriggi M, Tonacci A, Bhandari S, Migliorelli D, Bajracharya A, Bondi D, Agrò EF, Cerretelli P. Urinary physiology and hypoxia: a pilot study of moderate-altitude trekking effects on urodynamic indexes. *Am J Physiol Renal Physiol*. 2019 Oct 1;317(4):F1081-F1086. doi: 10.1152/ajprenal.00333.2019. Epub 2019 Aug 28. PMID: 31461354.
47. Malacrida S, Giannella A, Ceolotto G, Reggiani C, Vezzoli A, **Mrakic-Sposta S**, Moretti S, Turner R, Falla M, Brugger H, Strapazzon G. Transcription Factors Regulation in Human Peripheral White Blood Cells during Hypobaric Hypoxia Exposure: an in-vivo experimental study. *Sci Rep*. 2019 Jul 9;9(1):9901. doi: 10.1038/s41598-019-46391-6. PMID: 31289332; PMCID: PMC6617471.
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December 29, 2023

Simona Mrakic Sposta

A handwritten signature in black ink, appearing to read 'Simona Mrakic Sposta', with a long horizontal flourish extending to the right.