

## PERSONAL INFORMATION

## Andrea Silvio Benso

 corso Quintino Sella, 10131 Torino (Italy)

 (+39)0116709594

 andrea.benso@unito.it

Sex Male | Date of birth 07/11/1973 | Nationality Italian, Italy

## EDUCATION AND TRAINING

- 09/1995–07/1998 **Internal student at the Division of Endocrinology, Diabetology and Metabolism**  
University of Turin, Turin (Italy)
- 1998 **Graduated in Medicine cum laude**  
University of Turin, Turin (Italy)
- 1998–2003 **Post-graduate School in Endocrinology and Metabolism**  
University of Turin, Turin (Italy)
- 2003–2006 **PhD in Clinical Science**  
University of Turin, Turin (Italy)
- 2012 **Graduated at the 19th advanced post-graduate course in Mountain Medicine**  
University of Padua, Bressanone (Bz) / Arabba (BI) (Italy)
- 12/2010–02/2022 **Assistant Professor in Endocrinology (settore scientifico-disciplinare MED/13 Endocrinologia)**
- 03/2022–Present **Associate Professor in Endocrinology (settore scientifico-disciplinare MED/13 Endocrinologia)**
- 10/2013 **National scientific qualification for the functions of Associate Professor (Bando 2013 - DD n.161/2013 - settore concorsuale 06/D2 – Endocrinology, Nefrology and Food and Well-Being Sciences)**

## WORK EXPERIENCE

- 12/2006–01/2009 **Grant for clinical research at Division of Endocrinology, Diabetology and Metabolism of the University of Turin**  
Compagnia San Paolo / AOU San Giovanni Battista, Turin (Italy)
- 02/2009–12/2010 **Grant for clinical research at Division of Endocrinology, Diabetology and Metabolism of the University of Turin**  
Univeristy of Turin (cofunding Regione Piemonte), Turin (Italy)

"Azione A Contenimento del Brain Drain Area 16" – Clinical Medical Sciences for the project "Endocrine and metabolic activities of obestatin, an alternative product of the ghrelin gene, in humans"

12/2010–Present **Assistant Professor at Division of Endocrinology, Diabetology and Metabolism**  
University of Turin, Turin (Italy)

In the last twenty years his clinical practice has been mainly focusing on the study and treatment of essential and secondary hypertension, type 2 and type 1 diabetes mellitus, dyslipidemia and cardiovascular aspects of endocrine and metabolic diseases. In this field he is the coordinator of the services for the 24 hours ambulatory blood pressure monitoring, fundus oculi exam, ABI and carotid artery echoDoppler for the identification of hypertensive vascular damage and for the screening of vascular complications of endocrine and metabolic diseases.

In the last fifteen years he has also been involved in the clinical management (from diagnosis to therapy and periodic follow-up) of subjects affected by Fabry Disease, a rare X-linked metabolic storage disorder.

Coordinator of the Cardiovascular Endocrinology and Cardiometabolic Section of Clinical Trials, at the Clinical Research Center (head: Dr. Silvia Grottoli), Division of Endocrinology, Diabetology and Metabolism of the University of Turin

#### PERSONAL SKILLS

Mother tongue(s) Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	C1	B1	B1	B2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Job-related skills Clinical medicine in hospital and outpatient settings  
Teaching in University  
Clinical research in endocrinology and metabolism

Digital skills Good command of Microsoft Office tools (Word, Excel and Power Point) and competent with most common operating packages

#### ADDITIONAL INFORMATION

Research interest Endocrine and metabolic activities of products of the ghrelin-gene and of synthetic Growth Hormone Secretagogues in humans.  
Hormonal and metabolic control of ghrelin secretion in humans.  
GH/IGF-I axis activity in dilated cardiomyopathy in humans.  
Endocrine and metabolic activities of somatostatin and of its natural (cortistatin) and synthetic analogues in humans  
Central and peripheral effects of high altitude chronic hypoxia on endocrine and metabolic system in humans

Professional Membership He is member of the Italian Society of Endocrinology (SIE), European Society of Endocrinology (ESE),

Italian Society of Diabetes (SID), Italian Society of Obesity (SIO) and Italian Society for the Study of Hereditary Metabolic Diseases and Neonatal Screening (SIMMESN). He has been member of Italian Society of Hypertension (SIIA) for many years and aggregate member of the Medical Sports Italian Federation (FMSI) in 2004 and 2005.

**Corporate assignments** From 2011 to 2013 he has been member of "Young Committee" of the Italian Society of Endocrinology. From December 2013 to December 2017 he has been member of the executive committee Regione Piemonte-Valle d'Aosta of the Italian Society of Endocrinology.

**Honours and awards** 2003: Tronchetti award of the Italian Society of Endocrinology for researcher younger than 30 years old.

**Bibliography** More than 60 original articles in international journals;  
More than 50 reviews or book chapters;  
More than 100 communications at both national and international meetings.

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.

Turin, 20th April 2023

