

## Curriculum Vitæ

### Personal Information

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### Education

1978-1984 University of Sassari, Italy. Degree *summa cum laude* in  
Medicine and Surgery (MD)  
1990-1993 University of Pavia, Italy. *Post-doc* in Medical Statistics

### Academic appointments

1990-2000 Teaching Assistant in Molecular Biology, Dept. of Biomedical Sciences,  
University of Sassari  
2001-2017 Graduate Research Assistant, Dept. of Medical, Surgical and Experimental  
Sciences, University of Sassari  
2017-present Associate Professor SSD MED/49, Dept. of Medical, Surgical and  
Experimental Sciences, University of Sassari

### Research activities

1. Genetic dyslipidemias (autosomal dominant familial hypercholesterolemia, autosomal recessive hypercholesterolemia, lipoprotein lipase deficiency, genetic polymorphisms modulating familial hypercholesterolemia).
2. Epidemiological, immunological and clinical aspects of Latent Autoimmune Diabetes in Adult.
3. Genetic, epidemiological and clinical features of celiac disease.
4. Populations characterised by exceptional longevity in the world (Blue Zones, [http://en.wikipedia.org/wiki/Blue\\_Zone](http://en.wikipedia.org/wiki/Blue_Zone))
5. Relationship between nutrition and exceptional longevity in humans

6. Relationship between nutrition and anthropometric parameters (weight, height, body composition)

#### Collaborations

- **Duke University** (Durham, NC) – Prof. James W. Vaupel (*Demographic Analysis of Sardinian Longevity*)
- **Max Planck Institute for Demographic Research** (Rostock, Germania) - Executive Director: Prof. James. W. Vaupel (*Analysis of Sardinian Longevity*)
- **Université Catholique de Louvain**, Belgium - Prof. Michel Poulain (*Geographic areas characterized by extreme longevity in Sardinia*)

**International publications:** N° 142; **Citations:** 4061; **H-index:** 35;

**Source:** <http://scholar.google.it>

Commentato [GMP1]:

#### Selected Publications:

Poulain M, Buettner D, **Pes GM**. Blue Zones. In: Rattan, S.I.S. (Ed.), Encyclopedia of Biomedical Gerontology. Elsevier. vol. 1, Academic Press, 2020, pp. 296–305.

<https://dx.doi.org/10.1016/B978-0-12-801238-3.11437-0>

Tolu F, Palermo M, Dore MP, Errigo A, Canelada A, Poulain M, **Pes GM**. Association of endemic goitre and exceptional longevity in Sardinia: evidence from an ecological study. *Eur J Ageing*. 2019;16:405-414.

Melis M, Errigo A, Crnjar R, **Pes GM**, Tomassini Barbarossa I. TAS2R38 bitter taste receptor and attainment of exceptional longevity. *Sci Rep*. 2019;9:18047.

**Pes GM**, Errigo A, Tedde P, Dore MP. Sociodemographic, Clinical and Functional Profile of Nonagenarians from Two Areas of Sardinia Characterized by Distinct Longevity Levels. *Rejuvenation Res*. 2019 Oct 14.

**Pes GM**, Ganau A, Tognotti E, Errigo A, Rocchi C, Dore MP. The association of adult height with the risk of cardiovascular disease and cancer in the population of Sardinia. *PLoS One*. 2018;13:e0190888.

**Pes GM**, Dore MP, Errigo A, Poulain M. Analysis of Physical Activity Among Free-Living Nonagenarians From a Sardinian Longevous Population. *J Aging Phys Act*. 2018;26:254-258.

**Pes GM**, Cocco F, Bibbò S, Marras G, Dore MP. Cancer time trend in a population following a socio-economic transition: results of age-period-cohort analysis. *Int J Public Health*. 2017;62:407-414.

**Pes GM**, Tognotti E, Poulain M, Chambre D, Dore MP. Why were Sardinians the shortest Europeans? A journey through genes, infections, nutrition, and sex. *Am J Phys Anthropol*. 2017;163:3-13

**Pes GM**, Poulain M. Blue Zones. Encyclopedia of Geropsychology 2016, Springer, pp 1-7.

**Pes GM**, Tolu F, Dore MP, Sechi GP, Errigo A, Canelada A, Poulain M. Male longevity in Sardinia, a review of historical sources supporting a causal link with dietary factors. Eur J Clin Nutr. 2015;69:411-8.

Poulain M, **Pes GM**, Salaris L. A population where men live as long as women: Villagrande Strisaili, Sardinia. J Aging Res. 2011;2011:153756.

**Pes GM**, Tolu F, Poulain M, Errigo A, Masala S, Pietrobelli A, Battistini NC, Maioli M. Lifestyle and nutrition related to male longevity in Sardinia: an ecological study. Nutr Metab Cardiovasc Dis. 2013;23:212-9.

Poulain M, **Pes GM**, Grasland C, Carru C, Ferrucci L, Baggio G, Franceschi C, Deiana. Identification of a geographic area characterized by extreme longevity in the Sardinia island: the AKEA study. Exp Gerontol. 2004;39:1423-9.

**Pes GM**, Lio D, Carru C, Deiana L, Baggio G, Franceschi C, Ferrucci L, Oliveri F, Scola L, Crivello A, Candore G, Colonna-Romano G, Caruso C. Association between longevity and cytokine gene polymorphisms. A study in Sardinian centenarians. Aging Clin Exp Res. 2004;16:244-8.

#### **Book chapters:**

M. Poulain, G.M. Pes, C. Carru et al. The Validation of Exceptional Male Longevity in Sardinia. In: Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population. International Studies in Population. J-M Robine, E.M. Crimmins, S. Horiuchi, Zeng Yi (Eds.), Springer 2006, ISBN: 978-1-4020-4846-3.

G.M. Pes, M. Poulain. La longevità in Sardegna: una prospettiva storica. In: L'identificazione della "Zona Blu" dei centenari in Ogliastra. Ed. Franco Angeli, 2014 (ISBN 9788891708076).

G.M. Pes, A. Errigo. Fattori alimentari e longevità in Sardegna. In: L'identificazione della "Zona Blu" dei centenari in Ogliastra. Ed. Franco Angeli, 2014 (ISBN 9788891708076).

#### **Meeting Invited Speaker**

**New possible insight on longevity from Sardinian centenarians.** Meeting 'Genes, Genealogies and Longevity'. Montpellier, ottobre 14-16, 1999.

**Validation of Antonio Todde.** Workshop on Supercentenarians. Rostock (Germany), 15-16 giugno 2000.

**Genes from Sardinian centenarians.** 17-th World Congress of Gerontology. Vancouver, July 1-6, 2001.

Pes GM, Poulain M. **Longevity Blue Zones.** Seminar held at Loma Linda University (CA), 11 settembre 2008.

**Dietary factors and exceptional longevity of the population living in the Sardinian Blue Zone** (사르데냐의 'BLUE ZONE (푸른지역)' 거주인들의 장수와 식생활 특성). The International Symposium on Global Longevity. Sunchang-Gun, South Korea, 25 october 2008.

**Sardinian sourdough bread is capable to improve glucose metabolism in pre-diabetes.** Seminar held at Seoul National University Institute on Aging, 27 ottobre 2008.

**Nutrition et santé,** 1ère Conference Mondiale sur "Alimentation – Terroir - Longévité". Montecarlo, 5 giugno 2010.

**Alimentazione, stile di vita e longevità: il fenomeno delle Zone Blu.** Congresso Internazionale di Nutrizione Pratica. Milano, 28-29 aprile 2010.

**Association of occupational status, lifestyle and nutrition with longevity in the population of Sardinia** (사르데냐 인구 표본에서 직업상태, 생활양식, 영양과 장수와의 관련). The International Symposium on Global Longevity. Gurye County, South Korea, 1 october 2010.

Pes G.M., Poulain M. **Longevity Blue Zones: a first attempt to compare longevity between different populations.** The 20th IAGG World Congress of Gerontology and Geriatrics. Seoul, 2013.

**What is the Secret of Sardinian Longevity?** Máster en Fisiología. Envejecimiento y ejercicio. Valencia, May 20th, 2014.