

Personal Information

Name Prof. Vittorio Unfer

Date of birth Rome 12/10/1963

E-mail vittorio.unfer@unicamillus.org

vunfer@gmail.com

Register of Physicians and Surgeons N. 43144

Education

- Rome, Italy, 1995. Postgraduate School of Gynecology and Obstetrics, University of Rome “Sapienza” 70/70 and honors.
- Rome, Italy, 1991. Degree in Medicine and Surgery University of Rome “Sapienza”, 110/110 and honors

Educational activity

- **AA. 2021-2023** National Scientific Qualification of Associate Professor in Gynecology and Obstetrics 06/H1
- **AA 2020-2021** Master HEALTH COOMUNITY CARE: L’OSTETRICA DI COMUNITÀ. Titolo “Utilizzo e Sicurezza degli integratori alimentari in gravidanza”
- **AA 2016-2017** Postgraduate School "Psicologia del ciclo di vita" Faculty of Medicine and Psychology, Sapienza University of Rome
- **AA 2015-2016** Master Department of Medical and Surgical Sciences Maternal-Infant and Adult - University of Modena and Reggio Emilia. Title “Medicine non convenzionali nell’assistenza Ostetrica e Infermieristica”
- **14 aprile 2015** Faculty of Gynecology and Obstetrics, University of Modena and Reggio Emilia. Title “Autonomia dell’Ostetrica nella gestione di gravidanza, parto e puerperio a basso rischio”
- **28 gennaio 2015** Faculty of Gynecology and Obstetrics, University of Modena and Reggio Emilia. Title “Autonomia dell’Ostetrica nella gestione di gravidanza, parto e puerperio a basso rischio”
- **AA 2012-2013** Master in Integrated Health Care, Department of Integrated Maternal-Infant Activity, University Hospital of Modena
- **AA 2011-2013** Master in Integrated Health Care, Department of Integrated Maternal-Infant Activity, University Hospital of Modena
- **AA 2010-2011** Postgraduate School in Hospital Pharmacy, Faculty of Pharmacy, Department of Chemistry and Drug Technologies, University of Rome "La Sapienza". Title “Inositolo e PCO”
- **AA 2009-2010** Master Specialization in Endocrinology, Degree in Medicine and Surgery, University of Messina. Title “Endocrinologia dell’infanzia, dell’adolescenza e della donna”

- **AA 2008-2009** Postgraduate School in Gynecology and Obstetrics at the University of Perugia (PG). Titolo “Nutrizione, alimentazione e patologia alimentare in gravidanza”
- **AA 2001-2002** Department of Gynecological, Perinatal and Puericoltura Sciences, Degree Course in Obstetrics at the University "La Sapienza" of Rome (RM)
- **AA 1999-2000** Department of Gynecological, Perinatal and Puericoltura Sciences - Degree course in Obstetrics at the University "La Sapienza" of Rome (RM)
- **AA 1993 – 1994** School of Obstetrics at the University "La Sapienza" of Rome (RM)

Memberships

- 2021 - ESHRE European Society of Human Reproduction and Embryology
- 2020 - EGOI - *The Experts Group on Inositol in Basic and Clinical Research*
- 2019 - SBGlab System Biology group, La Sapienza University, Rome
- 2008 – ISDSP President - *International Society of Dietary Supplements and Phytotherapy*
- 2008 - SIFIPsi Vice president - *Italian Society of Herbal and Supplements Medicine in Psychopathology*

International conferences

- **Roma 10 – 11 giugno 2022.** III International conference ISDSP – Alliance for Health: from scientific evidence to disclosure. “Perché occuparsi degli Inositoli - Why Inositols need studies”
- **Roma, 8-11 giugno 2011.** 13th World Congress on Menopause “Phytoestrogens may improve the pregnancy rate in in vitro fertilization-embryo transfer cycles”
- **Roma, 7 – 9 giugno 2012.** 1st World Congress on Dietary supplements and phytotherapy in medicine – III Congresso SIFIOG. PCOS e Prostate – Specific Antigen (PSA): un nuovo tool diagnostico
- **Berlino, 18-21 marzo 2015.** 16th World Congress on Human Reproduction. “Inositol: from the ovulation induction to the androgenetic alopecia”
- **Mazatlán (MIC) 11-15 novembre 2018.** 68° Congreso Mexicano de Obstetricia Ginecología FEMECOG, Federación Mexicana de Colegios de Obstetricia y Ginecología, Centro de Convenciones de Mazatlán (MIC)
- **8-11 Settembre 2021.** XXXI ANNUAL INTERNATIONAL RAHR CONFERENCE “Reproductive technologies today and tomorrow” PAPY, The Russian Association for Human Reproduction “Preventive strategies of increasing ART effectiveness”
- **Sofia, Bulgaria, 23 settembre 2021.** 1st EGOI MEETING “Inositols and gynecological pathophysiology”

Editorial boards

- Austin Journal of In vitro Fertilization ISSN 2471-0628 **IF 1.2**
- European Review for Medical and Pharmacological Sciences **IF 3.507**
- International Journal of Molecular Sciences **IF 5.923**

Scientific Publications

Citations n. 5704

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- Cardinale V, Lepore E, Basciani S, Artale S, Nordio M, Bizzarri M, **Unfer V**. Positive Effects of α -Lactalbumin in the Management of Symptoms of Polycystic Ovary Syndrome. *Nutrients*. 2022 Aug 6;14(15):3220. doi: 10.3390/nu14153220.
- **Unfer V**, Dinicola S, Radici S, Gerli S. Adjuvant treatment with D-chiro-inositol: A possible therapeutic strategy for insulin resistant and obese women with endometrial hyperplasia? *Medical Hypotheses* vol 164, July 2022, 110860.
- Laganà AS, Forte G, Bizzarri M, Kamenov ZA, Bianco B, Kaya C, Gitas G, Alkatout I, Terzic M, **Unfer V**. Inositols in the ovaries: activities and potential therapeutic applications. *Expert Opin Drug Metab Toxicol*. 2022 May 10:1-11. doi:10.1080/17425255.2022.2071259. Epub ahead of print. PMID: 35472446.
- Montanino Oliva M, Gambioli R, Forte G, Porcaro G, Aragona C, **Unfer V**. Unopposed estrogens: current and future perspectives. *Eur Rev Med Pharmacol Sci*. 2022 Apr;26(8):2975-2989. doi: 10.26355/eurrev_202204_28629.
- Pkhaladze L, Russo M, **Unfer V**, Nordio M, Basciani S, Khomasuridze A. Treatment of lean PCOS teenagers: a follow-up comparison between Myo-Inositol and oral contraceptives. *Eur Rev Med Pharmacol Sci*. 2021 Dec;25(23):7476-7485. doi: 10.26355/eurrev_202112_27447.
- Bezerra Espinola MS, Laganà AS, Bilotta G, Gullo G, Aragona C, **Unfer V**. D-chiro-inositol Induces Ovulation in Non-Polycystic Ovary Syndrome (PCOS), Non-Insulin-Resistant Young Women, Likely by Modulating Aromatase Expression: A Report of 2 Cases. *Am J Case Rep*. 2021 Oct 7;22:e932722. doi: 10.12659/AJCR.932722. PMID: 34615846.
- Dinicola S, **Unfer V**, Facchinetti F, Soulage C.O, Greene ND, Bizzarri M, Laganà AS, Chan SY, Bevilacqua A, Pkhaladze L, Benvenga S, Stringaro A, Barbaro D, Appetecchia M, Aragona C, Bezerra Espinola MS, Cantelmi T, Cavalli P, Chiu TT, Copp AJ, D'Anna R, Dewailly D, Di Lorenzo C, Diamanti-Kandarakis E, Hernández Marín I, Hod M, Kamenov Z, Kandaraki E, Monastra G, Montanino Oliva M, Nestler JE, Nordio M, Ozay AC, Papalou O, Porcaro G, Prapas N, Roseff S, Vazquez-Levin M, Vucenik I, Wdowiak A. Inositols: From Established Knowledge to Novel Approaches. *Int. J. Mol. Sci*. 2021, 22, 10575. <https://doi.org/10.3390/ijms221910575>.
- De Luca MN, Colone M, Gambioli R, Stringaro A, **Unfer V**. Oxidative Stress and Male Fertility: Role of Antioxidants and Inositols. *Antioxidants (Basel)*. 2021 Aug 13;10(8):1283. doi: 10.3390/antiox10081283. PMID: 34439531; PMCID: PMC8389261.
- Lepore E, Loretta R, Bianchini M, Mormando M, Di Lorenzo C, **Unfer V**. Inositols Depletion and Resistance: Principal Mechanisms and Therapeutic Strategies. *Int J Mol Sci*. 2021 Jun 24;22(13):6796. doi: 10.3390/ijms22136796. PMID: 34202683; PMCID: PMC8268915.
- Monastra G, Vazquez-Levin M, Bezerra Espinola MS, Bilotta G, Laganà AS, **Unfer V**. D-chiro-inositol, an aromatase down-modulator, increases androgens and reduces estrogens in male volunteers: a pilot study. *Basic Clin Androl*. 2021 Jun 3;31(1):13. doi: 10.1186/s12610-021-00131-x. PMID: 34078260; PMCID: PMC8173878.

- Gambioli R, Forte G, Buzzaccarini G, **Unfer V**, Laganà AS. Myo-Inositol as a Key Supporter of Fertility and Physiological Gestation. *Pharmaceuticals (Basel)*. 2021 May 25;14(6):504. doi: 10.3390/ph14060504. PMID: 34070701; PMCID: PMC8227031.
- Iervolino M, Lepore E, Forte G, Laganà AS, Buzzaccarini G, **Unfer V**. Natural Molecules in the Management of Polycystic Ovary Syndrome (PCOS): An Analytical Review. *Nutrients*. 2021 May 15;13(5):1677. doi: 10.3390/nu13051677. PMID: 34063339; PMCID: PMC8156462.
- Benvenga S, Nordio M, Laganà AS, **Unfer V**. The Role of Inositol in Thyroid Physiology and in Subclinical Hypothyroidism Management. *Front Endocrinol (Lausanne)*. 2021 May 10;12:662582. doi: 10.3389/fendo.2021.662582. PMID: 34040582; PMCID: PMC8143049.
- Hernandez Marin I, Picconi O, Laganà AS, Costabile L, **Unfer V**. A multicenter clinical study with myo-inositol and alpha-lactalbumin in Mexican and Italian PCOS patients. *Eur Rev Med Pharmacol Sci*. 2021 Apr;25(8):3316-3324. doi: 10.26355/eurrev_202104_25743. PMID: 33928619.
- Cantelmi T, Lambiase E, Unfer VR, Gambioli R, **Unfer V**. Inositol treatment for psychological symptoms in Polycystic Ovary Syndrome women. *Eur Rev Med Pharmacol Sci*. 2021 Mar;25(5):2383-2389. doi: 10.26355/eurrev_202103_25278. PMID: 33755979.
- Bezerra Espinola MS, Bertelli M, Bizzarri M, **Unfer V**, Laganà AS, Visconti B, Aragona C. Inositol and vitamin D may naturally protect human reproduction and women undergoing assisted reproduction from Covid-19 risk. *J Reprod Immunol*. 2021 Apr; 144:103271. doi: 10.1016/j.jri.2021.103271. Epub 2021 Jan 8. PMID: 33493945; PMCID: PMC7833496.
- Ranaldi G, Ferruzza S, Natella F, **Unfer V**, Sambuy Y, Monastra G. Enhancement of D-chiro-inositol transport across intestinal cells by alpha-Lactalbumin peptides. *Eur Rev Med Pharmacol Sci*. 2020 Oct;24(19):10143-10154. doi: 10.26355/eurrev_202010_23234. PMID: 33090422.
- **Unfer V**, Dinicola S, Laganà AS, Bizzarri M. Altered Ovarian Inositol Ratios May Account for Pathological Steroidogenesis in PCOS. *Int J Mol Sci*. 2020 Sep 28;21(19):7157. doi: 10.3390/ijms21197157. PMID: 32998310; PMCID: PMC7582282.
- Laganà AS, Garzon S, **Unfer V**. New clinical targets of d-chiro-inositol: rationale and potential applications. *Expert Opin Drug Metab Toxicol*. 2020 Aug;16(8):703-710. doi: 10.1080/17425255.2020.1785429. Epub 2020 Jul 9. PMID: 32552009.
- **Unfer V** and Forte G. Does inositol ratio orchestrate the fate of ovarian follicles? *Medical Hypotheses* vol. 144; 2020.
- Facchinetti F, Appetecchia M, Aragona C, Bevilacqua A, Bezerra Espinola MS, Bizzarri M, D'Anna R, Dewailly D, Diamanti-Kandaraki E, Hernández Marín I, Kamenov ZA, Kandaraki E, Laganà AS, Monastra G, Montanino Oliva M, Nestler JE, Orio F, Ozay AC, Papalou O, Pkhaladze L, Porcaro G, Prapas N, Soulage CO, Stringaro A, Wdowiak A, **Unfer V**. Experts' opinion on inositols in treating polycystic ovary syndrome and non-insulin dependent diabetes mellitus: a further help for human reproduction and beyond. *Expert Opin Drug Metab Toxicol*. 2020 Mar;16(3):255-274. doi: 10.1080/17425255.2020.1737675. Epub 2020 Mar 19. PMID: 32129111.
- Russo M, Forte G, Montanino Oliva M, Laganà AS, **Unfer V**. Melatonin and Myo-Inositol: Supporting Reproduction from the Oocyte to Birth. *Int. J. Mol. Sci*. 2021, 22, 8433. <https://doi.org/10.3390/ijms22168433>.

- Gateva A, **Unfer V**, Kamenov Z. The use of inositol(s) isomers in the management of polycystic ovary syndrome: a comprehensive review. *Gynecol Endocrinol.* 2018 Jul;34(7):545-550. doi: 10.1080/09513590.2017.1421632. Epub 2018 Jan 8. PMID: 29309199.
- Facchinetti F, Orrù B, Grandi G, **Unfer V**. Short-term effects of and myo-inositol in women with polycystic ovarian syndrome (PCOS): a meta-analysis of randomized clinical trials. *Gynecol Endocrinol.* 2019 Mar;35(3):198-206. doi: 10.1080/09513590.2018.1540578. Epub 2019 Jan 7. PMID: 30614282.
- Montanino Oliva M, Buonomo G, Calcagno M, **Unfer V**. “Effects of myo-inositol plus alpha-lactalbumin in myo-inositol-resistant PCOS women.” *Journal of ovarian research* vol. 11,1 38. 10 May. 2018, doi:10.1186/s13048-018-0411-2.
- **Unfer V**, Tilotta M, Kaya C, Noventa M, Török P, Alkatout I, Gitas G, Bilotta G, Laganà AS. Absorption, distribution, metabolism and excretion of hyaluronic acid during pregnancy: a matter of molecular weight. *Expert Opin Drug Metab Toxicol.* 2021 Jul;17(7):823-840. doi: 10.1080/17425255.2021.1931682. Epub 2021 Jun 30. PMID: 33999749.
- Gambioli R, Forte G, Aragona C, Bevilacqua A, Bizzarri M, **Unfer V**. (2021). The use of D-chiro-inositol in clinical practice. *EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES*, vol. 25, p. 438-446, ISSN: 1128-3602, doi: 10.26355/eurrev_202101_24412.
- Facchinetti F, Cavalli P, Copp AJ, D'Anna R, Kandarakis E, Greene NDE, **Unfer V**. (2020). An update on the use of inositols in preventing gestational diabetes mellitus (GDM) and neural tube defects (NTDs). *EXPERT OPINION ON DRUG METABOLISM & TOXICOLOGY*, vol. 16, p. 1187-1198, ISSN: 1742-5255, doi: 10.1080/17425255.2020.1828344.
- Facchinetti F, Espinola MSB, Dewailly D, Ozay AC, Prapas N, Vazquez-Levin M, Wdowiak A, **Unfer V**, Appetecchia M, Aragona C, Bertelli M, Bevilacqua A, Bizzarri M, Cavalli P, Copp A, D'Anna R, Greene N, Marin I H, Kamenov ZA, Kandarakis E, Diamanti-Kandarakis E, Laganà AS, Monastra G, Oliva MM, Nestler JE, Papalou O, Pkhaladze L, Porcaro G, Soulage CO, Stringaro A. (2020). Breakthroughs in the Use of Inositols for Assisted Reproductive Treatment (ART). *TRENDS IN ENDOCRINOLOGY AND METABOLISM*, vol. 31, p. 570-579, ISSN: 1043-2760, doi: 10.1016/j.tem.2020.04.003.
- Facchinetti F, **Unfer V**, Dewailly D, Kamenov ZA, Diamanti-Kandarakis E, Laganà AS, Nestler J E, Soulage CO. (2020). Inositols in Polycystic Ovary Syndrome: An Overview on the Advances. *TRENDS IN ENDOCRINOLOGY AND METABOLISM*, vol. 31, p. 435-447, ISSN: 1043-2760, doi: 10.1016/j.tem.2020.02.002.
- Minini M, Senni A, **Unfer V**, Bizzarri M. (2020). The Key Role of IP6K: A Novel Target for Anticancer Treatments? *MOLECULES*, vol. 25, ISSN: 1420-3049, doi: 10.3390/molecules25194401.
- Dinicola S, Fuso A, Cucina A, Santiago-Reyes M, Verna R, **Unfer V**, Monastra G, Bizzarri M (2018). Natural products - alpha-lipoic acid and acetyl-L-carnitine - in the treatment of chemotherapy-induced peripheral neuropathy. *EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES*, vol. 22, p. 4739-4754, ISSN: 1128-3602. DOI: 10.26355/eurrev_201807_15534.

- Carlomagno G, Minini M, Tilotta M, **Unfer V.** (2018). From implantation to birth: insight into molecular melatonin functions. *INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES*, vol. 19, p. 1-16, ISSN: 1661-6596, doi: 10.3390/ijms19092802.
- Dinicola S, Minini M, **Unfer V**, Verna R, Cucina A, Bizzarri M (2017). Nutritional and Acquired Deficiencies in Inositol Bioavailability. Correlations with Metabolic Disorders. *IJMSInt J Mol Sci.* 2017 Oct 20;18(10). pii: E2187. doi: 10.3390/ijms18102187. *INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES*, vol. Oct 20;18(10), ISSN: 1661-6596, doi: 10.3390/ijms18102187.
- Monastra G, **Unfer V**, Harrath AH, Bizzarri M. (2017). Combining treatment with myo-inositol and D-chiro-inositol (40:1) is effective in restoring ovary function and metabolic balance in PCOS patients. *GYNECOLOGICAL ENDOCRINOLOGY*, vol. 33, p. 1-9, ISSN: 0951-3590, doi: 10.1080/09513590.2016.1247797.
- **Unfer V**, Nestler, John E, Kamenov, Zdravko A, Prapas N, Facchinetti F (2017). Inositol(s) from Bench to Bedside in Endocrinology and Gynecology. *INTERNATIONAL JOURNAL OF ENDOCRINOLOGY*, vol. 2017, p. 1-2, ISSN: 1687-8337, doi: 10.1155/2017/8515703.
- Costabile L, **Unfer V** (2017). Treatment of gestational diabetes mellitus with myo-inositol: analyzing the cutting edge starting from a peculiar case. *EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES*, vol. 21, p. 73-76, ISSN: 1128-3602.
- **Unfer V**, Facchinetti F (2017). Editorial - Update on Inositol(s). *EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES*, vol. 21, p. 1-3, ISSN: 1128-3602.
- **Unfer V**, Monastra G. (2017). On the Therapy for Polycystic Ovary Syndrome. *INDIAN JOURNAL OF ENDOCRINOLOGY AND METABOLISM*, vol. 21, p. 639-640, ISSN: 2230-8210, doi: 10.4103/ijem.IJEM_409_17.
- D'Oria R, Laviola L, Giorgino F, **Unfer V**, Bettocchi S, Scioscia M (2017). PKB/Akt and MAPK/ERK phosphorylation is highly induced by inositols: Novel potential insights in endothelial dysfunction in preeclampsia. *PREGNANCY HYPERTENSION*, ISSN: 2210-7789.
- **Unfer V**, Facchinetti F, Orrù B, Giordani B, Nestler JE. (2017). Myo-inositol effects in women with PCOS: a meta-analysis of randomized controlled trials. *ENDOCRINE CONNECTIONS*, vol. 6, p. 647-658, ISSN: 2049-3614, doi: 10.1530/EC-17-0243.
- Monastra G, De Grazia S, Cilaker Micili S, Goker A, **Unfer V** (2016). Immunomodulatory activities of alpha lipoic acid with a special focus on its efficacy in preventing miscarriage. *EXPERT OPINION ON DRUG DELIVERY*, vol. 13, p. 1695-1708, ISSN: 1742-5247.
- **Unfer V**, Nestler JE, Kamenov ZA, Prapas N, Facchinetti F (2016). Effects of Inositol(s) in Women with PCOS: A Systematic Review of Randomized Controlled Trials. *INTERNATIONAL JOURNAL OF ENDOCRINOLOGY*, vol. 2016, p. 1-12, ISSN: 1687-8337, doi: 10.1155/2016/1849162.
- Santamaria A, Corrado F, Baviera G, Carlomagno G, **Unfer V**, D'anna R (2016). Second trimester amniotic fluid myo-inositol concentrations in women later developing gestational diabetes mellitus or pregnancy-induced hypertension. *THE JOURNAL OF MATERNAL-FETAL & NEONATAL MEDICINE*, vol. 29, p. 2245-2247, ISSN: 1476-7058, doi: 10.3109/14767058.2015.1081886.
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INTERNATIONAL JOURNAL OF ENDOCRINOLOGY, ISSN: 1687-8345, doi: 10.1155/2016/1849162.

- **Unfer V**, Orrù B, Monastra G. (2016). Inositols: from physiology to rational therapy in gynecological clinical practice. *EXPERT OPINION ON DRUG DELIVERY*, vol. 12, p. 1129-1131, ISSN: 1744-7593, doi: 10.1080/17425255.2016.1225039.
- Bizzarri M, Cucina A, Dinicola S, Harrath AH, Alwasel SH, **Unfer V**, Bevilacqua A. (2016). Does Myo-Inositol effect on PCOS follicles involve cytoskeleton regulation? *MEDICAL HYPOTHESES*, p. 1-5, ISSN: 0306-9877, doi: 10.1016/j.mehy.2016.03.014.
- Gullo G, Carlomagno G, **Unfer V**, D'Anna R. (2015). Myo-inositol: from induction of ovulation to menopausal disorder management. *MINERVA GINECOLOGICA*, vol. 67, p. 485-486, ISSN: 0026-4784.
- Carlomagno G, **Unfer V**, Benvenga S, Nestler JE. (2015). Myo-inositol: with or without. *ENDOCRINE JOURNAL*, vol. 62, p. 297-298, ISSN: 0918-8959, doi: 10.1507/endocrj.EJ14-0566.
- **Unfer V**, Brosio F, Mizar Paragona Sabrina Pizzulo, Pascal Riu (2015). Uterine Artery Embolization for a Safe Surgical Abortion in Human Very High-Order Multifetal Pregnancy: A Case Report. *OPEN JOURNAL OF OBSTETRICS AND GYNECOLOGY*, vol. 5, p. 735-739, ISSN: 2160-8792, doi: 10.4236/ojog.2015.513103.
- Nestler JE, **Unfer V** (2015). Reflections on inositol(s) for PCOS therapy: steps toward success. *GYNECOLOGICAL ENDOCRINOLOGY*, vol. 31, p. 501-505, ISSN: 0951-3590, doi: 10.3109/09513590.2015.1054802.
- **Unfer V**, Carlomagno G, Papaleo E, Vailati S, Candiani M, Baillargeon JP (2014). Hyperinsulinemia Alters Myoinositol to d-chiroinositol Ratio in the Follicular Fluid of Patients With PCOS. *REPRODUCTIVE SCIENCES*, vol. 21, p. 854-858, ISSN: 1933-7191.
- Costantino M, Guaraldi C, Costantino D, De Grazia S, **Unfer V** (2014). Peripheral neuropathy in obstetrics: efficacy and safety of a-lipoic acid supplementation. *EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES*, vol. 18, p. :2766-71, ISSN: 1128-3602.
- Dinicola S, Chiu TT, **Unfer V**, Carlomagno G, Bizzarri M. (2014). The rationale of the myo-inositol and D-Chiro-Inositol combined treatment for polycystic ovary syndrome. *THE JOURNAL OF CLINICAL PHARMACOLOGY*, vol. 54, p. 1079-1092, ISSN: 0091-2700, doi: 10.1002/jcph.362.
- **Unfer V**, Porcaro G. (2014). Updates on the myo-inositol plus D-chiro-inositol combined therapy in polycystic ovary syndrome. *EXPERT REVIEW OF CLINICAL IMMUNOLOGY*, vol. 7, p. 623-631, ISSN: 1744-666X, doi: 10.1586/17512433.2014.925795.
- **Unfer V**, Proietti S, Gullo G, Porcaro G, Carlomagno G, Bizzarri M (2014). Polycystic ovary syndrome: features, diagnostic criteria and treatments. *ENDOCRINOLOGY & METABOLIC SYNDROME*, vol. 3, p. 1-12, ISSN: 2161-1017, doi: 10.4172/2161-1017.1000136.
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- **Unfer V**, Cavalli, P, De Grazia S., Cavalli, G. (2013). Understanding and preventing folic acid-resistant neural tube defects. In: Alberich Klein. *Neural Tube Defects: Prevalence, Pathogenesis and Prevention*. Alberich Klein, ISBN: 978-1-62417-893-1.

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- **Unfer V**, Carlomagno G, Dante G, Faccinetti F (2012). Effects of myo-inositol in women with PCOS: a systematic review of randomized controlled trials. *GYNECOLOGICAL ENDOCRINOLOGY*, vol. 28, p. 509-515, ISSN: 0951-3590, doi: 10.3109/09513590.2011.650660.
- Carlomagno G, Montanino Oliva M, Roseff SG, **Unfer V** (2012). Myo-inositol: Ovarian stimulation and IVF outcomes. *FERTILITY AND STERILITY*, vol. 98, p. 74-75, ISSN: 0015-0282, doi: 10.1016/j.fertnstert.2012.07.270.
- Carlomagno G, Nordio M, Chiu TT, **Unfer V** (2011). Contribution of myo-inositol and melatonin to human reproduction. *EUROPEAN JOURNAL OF OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE BIOLOGY*, vol. 159, p. 267-272, ISSN: 0301-2115, doi: 10.1016/j.ejogrb.2011.07.038.
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Clinical trials

- **NCT01246310** Myoinositol for the Treatment of Ovarian and Psychiatric Disorder in Polycystic Ovary Syndrome (PCOS) Patients. Study Type: Interventional Phase; Phase 4; PI: Vittorio Unfer
- **NCT01267604** Ovarian Stimulation: Inositol and Melatonin Study Type: Interventional Phase; Phase 4; PI: Vittorio Unfer
- **NCT01511835** Efficacy of Myo-inositol in Preventing Gestational Diabetes in High-risk Pregnant Women Study Type: Interventional Phase; Phase 4; PI: Vittorio Unfer
- **NCT01338844** Role of Myo-inositol and D-chiroinositol on Oocyte Quality Study Type: Interventional Phase: Phase 4; PI: Vittorio Unfer
- **NCT01325389** Myo-inositol Plus Melatonin in Perimenopausal Women Study Type: Interventional Phase: Phase 4; PI: Vittorio Unfer

Languages

- English – advanced
- Italian – native speaker