

CV – Prof. Vincenzo Cavallaro

Since September 2025, Contract Professor at UniCamillus – International Medical University, Rome.

Graduated in Medicine and Surgery in 1982 from the University of Naples Federico II with a score of 110/110. Registered with the Medical Board of Naples in 1982.

Specializations:

- Cardiovascular Diseases (1985)
- Sports Medicine (1988)
- Internal Medicine (1994)

Provided clinical care at the former Department of Special Medical Pathology, later Medical Clinic, at the University of Naples Federico II, conducting scientific research focused on the morpho-functional study of the athlete's heart.

Served as team physician for Circolo Nautico Stabia, responsible for follow-up and functional evaluation of Olympic champion athletes from the Italian National Rowing Team between 1982 and 1993.

Taught General Pathology in the professional nursing course at the current ASL Napoli 3 (1991–1992). Regional physician for the Campania Cycling Federation (1996–2000).

From 2000 to 2005, member of the National Health Commission of the Italian Cycling Federation. Personal physician and consultant to cycling champions in both amateur (including a world road race champion) and professional categories.

Provided medico-legal cardiology consultations at the Military Hospital of Caserta.

Undertook freelance consultancy and support roles for the development of products in the sports, nutraceutical, and pharmaceutical sectors, with studies on pharmacokinetics and bioequivalence.

Worked professionally in the field of Cardiology at ASL Salerno, within the Departmental Operational Unit of Endocrinology and Diabetology (Cava de' Tirreni), and at the Respiratory Pathophysiology Unit of the M. Scarlato Hospital Complex in Scafati until April 2025.

Contributed to the drafting of the 2010 National Consensus Guidelines “Screening and Treatment of Ischemic Heart Disease in Diabetic Patients” by SID (Italian Society of Diabetology), specifically the chapter on “Plasma Lipid Control.” Engaged in educational and outreach activities within national continuing education programs for healthcare professionals, participating in 66 conferences as an ECM (Continuing Medical Education) lecturer. Speaker and moderator at regional and national conferences.

Scientific Interests:

- Clinical cardiology
- Cardiovascular adaptation to stress
- Cardio-metabolism
- Metabolomics

- Cardiovascular risk prediction
- Atherosclerosis
- Energy metabolism
- New therapeutic technologies for diabetes care (e.g., insulin pumps)

Collaborated in interdepartmental and university research projects (University of Naples Federico II, Sapienza University of Rome, and University of L'Aquila).

Cited in textbooks on Cardiovascular Pathology and Sports Cardiology (463 citations, h-index 8).
Published in national and international journals including:

- *Giornale Italiano di Cardiologia*
- *Il Diabete*
- *G.It. Diabetol. Metab.*
- *European Journal of Clinical Pharmacology*
- *European Heart Journal*
- *American Journal of Cardiology*
- *Medicine & Science in Sports & Exercise*
- *Thrombosis and Haemostasis*
- *Acta Diabetologica*
- *Diabetes Technology & Therapeutics*