

# Andrea Grillo

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**Data di nascita:** 24/10/1983 | **Nazionalità:** Italiana | **Sesso:** Maschile | **Telefono:** (+39) 0403994749  
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Mediche Chirurgiche e della Salute, Strada di Fiume, 447 Trieste (Italia), 34100, Trieste, Italia (Lavoro)

## ● ESPERIENZA LAVORATIVA

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18/10/2025 - ATTUALE - TRIESTE, ITALIA

**ASSOCIATE PROFESSOR OF INTERNAL MEDICINE** DEPARTMENT OF MEDICINE SURGERY AND  
HEALTH SCIENCES, UNIVERSITY OF TRIESTE

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18/10/2022 - 17/10/2025 - TRIESTE, ITALIA

**RESEARCHER** UNIVERSITY OF TRIESTE

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2018 - TRIESTE, ITALIA

**PHYSICIAN - INTERNAL MEDICINE** ASUGI

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30/09/2015 - 02/2019 - MILANO, ITALIA

**PHD - PUBLIC HEALTH** UNIVERSITY OF MILANO-BICOCCA

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16/05/2010 - 16/05/2015 - TRIESTE, ITALIA

**RESIDENT IN INTERNAL MEDICINE** UNIVERSITY OF TRIESTE, SCHOOL OF SPECIALIZATION IN  
INTERNAL MEDICINE

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31/01/2014 - 30/01/2015 - MILANO, ITALIA

**RESIDENT PHYSICIAN** IRCCS ISTITUTO AUXOLOGICO ITALIANO - SAN LUCA HOSPITAL

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Research activity in the Cardiology Laboratory

## ● ISTRUZIONE E FORMAZIONE

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**PHD - PUBLIC HEALTH-** UNIVERSITY OF MILANO-BICOCCA

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16/05/2010 - 16/05/2010 - TRIESTE, ITALIA

**SPECIALIZATION IN INTERNAL MEDICINE-** SCHOOL OF SPECIALIZATION IN INTERNAL MEDICINE.  
UNIVERSITY OF TRIESTE.

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50/50 cum laude.

30/09/2003 - 20/10/2009 - TRIESTE, ITALIA

**DOCTOR OF MEDICINE-** UNIVERSITY OF TRIESTE

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110/110 cum laude.

## ● COMPETENZE LINGUISTICHE

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Lingua madre: **ITALIANO**

	COMPRESIONE		ESPRESSIONE ORALE		SCRITTURA
	Ascolto	Lettura	Produzione orale	Interazione orale	
<b>INGLESE</b>	C1	C1	C1	C1	C1
<b>FRANCESE</b>	C1	C1	C1	C1	C1

## ● **COMPETENZE**

Padronanza del Pacchetto Office (Word Excel PowerPoint ecc) | Padronanza dei maggiori software per l'elaborazione statistica dei dati biomedici

## ● **PUBBLICAZIONI**

### **Publications**

1. Ambulatory arterial stiffness indexes in acromegaly, *European journal of endocrinology*, 166,2,199-205,2012
2. Ambulatory arterial stiffness indices and non-alcoholic fatty liver disease in essential hypertension, "Nutrition, Metabolism and Cardiovascular Diseases", 23,4,389-393,2013
3. Supplementation of omega-3 polyunsaturated fatty acids prevents increase in arterial stiffness after experimental menopause, *Journal of cardiovascular pharmacology and therapeutics*, 19,1,114-120,2014
4. Ambulatory blood pressure monitoring-derived short-term blood pressure variability is increased in Cushing's syndrome, *Endocrine*, 47,2,557-563,2014
5. Omega-3 polyunsaturated fatty acids: structural and functional effects on the vascular wall, *BioMed research international*, 2015,,,2015
6. Baroreflex sensitivity and central hemodynamics after omega-3 polyunsaturated fatty acids supplementation in an animal model of menopause, *Vascular pharmacology*, 71,,65-69,2015, Elsevier
7. Ambulatory blood pressure monitoring-derived short-term blood pressure variability in primary aldosteronism, *The Journal of Clinical Hypertension*, 17,8,603-608,2015,
8. Noninvasive estimation of central blood pressure and analysis of pulse waves by applanation tonometry, *Hypertension Research*, 38,10,646-648,2015
9. Validation of noninvasive devices for central blood pressure assessment: a yet unresolved issue, *Journal of Hypertension*, 34,7,1249-1251,2016
10. A case report of malignant hypertension in a young woman, *BMC nephrology*, 17,1,1-6,2016
11. Arterial stiffening, pulse pressure, and left ventricular diastolic dysfunction", *European journal of heart failure*, 18,11,1362-1364,2016
12. Ambulatory arterial stiffness indexes in Cushing's syndrome, *Hormone and Metabolic Research*, 49,03,214-220,2017
13. Cardio-ankle vascular stiffness index (CAVI) and 24 h blood pressure profiles, *European Heart Journal Supplements*, 19,suppl\_B,B17-B23,2017
14. Influence of carotid atherosclerotic plaques on pulse wave assessment with arterial tonometry, *Journal of hypertension*, 35,8,1609-1617,2017
15. Ambulatory blood pressure monitoring-derived short-term blood pressure variability in primary hyperparathyroidism, *Endocrine*, 60,1,129-137,2018

### **Publications**

16. Short-term repeatability of noninvasive aortic pulse wave velocity assessment: comparison between methods and devices, *American journal of hypertension*, 31,1,80-88,2018, Oxford University Press US

17. Impaired central pulsatile hemodynamics in children and adolescents with Marfan syndrome, *Journal of the American Heart Association*, 6, 11, e006815, 2017,
18. Aortic dilatation in Marfan syndrome: role of arterial stiffness and fibrillin-1 variants, *Journal of hypertension*, 36, 1, 77-84, 2018
19. Cardio-ankle vascular index and carotid-femoral pulse wave velocity: limits and strengths, *Journal of hypertension*, 36, 4, 759-764, 2018
20. "Morning blood pressure surge: pathophysiology, clinical relevance and therapeutic aspects", *Integrated blood pressure control*, 11, 47, 2018
21. Systolic time intervals assessed from analysis of the carotid pressure waveform, *Physiological measurement*, 39, 8, 084002, 2018
22. Impact of cuff positioning on blood pressure measurement accuracy: may a specially designed cuff make a difference?, *Hypertension Research*, 40, 6, 573-580, 2017, Nature Publishing Group
23. Unreliable estimation of aortic pulse wave velocity provided by the mobilOgraph algorithm-based system in marfan syndrome, *Journal of the American Heart Association*, 8, 9, e011440, 2019,
24. Noninvasive estimation of aortic stiffness through different approaches: comparison with intra-aortic recordings, *Hypertension*, 74, 1, 117-129, 2019, "Lippincott Williams & Wilkins Hagerstown, MD"
25. Sodium intake and hypertension, *Nutrients*, 11, 9, 1970, 2019, Multidisciplinary Digital Publishing Institute
26. Post-operative and mid-term hemodynamic changes after replacement of the ascending aorta, *The Journal of Thoracic and Cardiovascular Surgery*, 2020
27. "COVIDMask": an atypical livedoid manifestation of COVID19 observed in a northern Italy hospital, *Dermatologic therapy*, 2020
28. Mean arterial pressure estimated by brachial pulse wave analysis and comparison with currently used algorithms, *Journal of Hypertension*, 38, 11, 2161-2168, 2020
29. Twenty-four hour ambulatory central blood pressure in adolescents and young adults: methodological issues, *Journal of Hypertension*, 38, 10, 1940-1942, 2020
30. "Reply to 'Brachial mean arterial pressure: extremely high accuracy, good precision and pressure dependence of currently used formulas'", *Journal of Hypertension*, 39, 1, 196-197, 2021

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## Publications

31. Meta-analysis on the effect of mild primary hyperparathyroidism and parathyroidectomy upon arterial stiffness *The Journal of Clinical Endocrinology & Metabolism* 106 (6), 1832-1831
32. Comparison between invasive and noninvasive methods to estimate subendocardial oxygen supply and demand imbalance. *Journal of the American Heart Association* 10 (17), e021207
33. Assessment of phasic changes of vascular size by automated edge tracking-state of the art and clinical perspectives. *frontiers in Cardiovascular Medicine* 8, 775635
34. Postoperative and mid-term hemodynamic changes after replacement of the ascending aorta *The Journal of Thoracic and Cardiovascular Surgery* 163 (4), 1283-1292
35. Meta-analysis on the association between thyroid hormone disorders and arterial stiffness *Journal of the Endocrine Society* 6 (4), bvac016
36. Non-invasive assessment of arterial stiffness: pulse wave velocity, pulse wave analysis and carotid cross-sectional distensibility: comparison between methods. *Journal of Clinical Medicine* 11 (8), 2225
37. Arterial Stiffness in Thyroid and Parathyroid Disease: A Review of Clinical Studies *Journal of Clinical Medicine* 11 (11), 3146
38. Estimation of Aortic Stiffness with Bramwell-Hill Equation: A Comparative Analysis with Carotid-Femoral Pulse Wave Velocity *Bioengineering* 9 (7), 265
39. Haemodynamic adaptive mechanisms at high altitude: comparison between European lowlanders and Nepalese highlanders *Journal of Clinical Medicine* 11 (13), 3843
40. Blood pressure variability: methodological aspects, clinical relevance and practical indications for management-a European Society of Hypertension position paper. *Journal of Hypertension* 41 (4), 527-544
41. Microcirculatory and Rheological Adaptive Mechanisms at High Altitude in European Lowlander Hikers and Nepalese Highlanders. *Journal of Clinical Medicine* 12 (8), 2872

42. Preliminary study on the effect of a night shift on blood pressure and clock gene expression. International Journal of Molecular Sciences 24 (11), 9309
43. Vascular ageing: moving from bench towards bedside. European journal of preventive cardiology 30 (11), 1101-1117
44. Myocardial oxygen supply and demand imbalance predicts mortality in older nursing home residents: The PARTAGE study. Journal of the American Geriatrics Society (2024)
45. Preliminary Study on Pulse Wave Changes in Patients with Inflammatory Arthropathies Treated with bDMARDs. Journal of Clinical Medicine 13 (9), 2684 (2024)
46. Simulation-guided auscultatory training before graduation is associated with better auscultatory skills in residents. Journal of Cardiovascular Medicine, 10.2459 (2024)
47. Developing technologies to assess vascular ageing: a roadmap from VascAgeNet. Physiological Measurement (2024)
48. Associations between central and brachial blood pressure in patients with hypertension and aortovascular disease: Implications for clinical practice. Current problems in cardiology (2024)

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## ● **RETI E ASSOCIAZIONI DI APPARTENENZA**

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**Memberships** Member of the Italian Society of Hypertension (SIIA), from 2010.  
Member of the European Society of Atherosclerosis (EAS), from 2013.  
Member of the European Society of Hypertension (ESH).  
Member of the Federazione delle Associazioni dei Dirigenti Medici Internisti (FADOI), since 2013.  
Member of the ARTERY Society, since 2017.  
Member of the European Association for Preventive Cardiology (EAPC), since 2017.

## ● **CONFERENZE/SEMINARI**

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**Conferences** Author of several abstracts presented in national (Società Italiana dell'Ipertensione Arteriosa, Società Italiana di Cardiologia, Società Italiana di Endocrinologia, Società Italiana di Reumatologia) and international congresses (ENDO, European Society of Hypertension, European Society of Cardiology, European Atherosclerosis Society, ARTERY), as posters or oral presentations.  
Invited speaker in the Consensus Conference on Blood Pressure Variability, ESH Satellite Symposium, June 2017.  
Invited speaker in the SIIA Congress 2016 for an oral presentation ("Arterial wall properties and pulse wave analysis").  
Relator in the CME course for medical doctors "Confronti in Reumatologia" (Trieste 2014).  
Relator in the international CME course "Master Class in Arterial Stiffness" (Prague 2016, Dubrovnik 2017).

## ● **ONORIFICENZE E RICONOSCIMENTI**

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**Honours and awards** Scholarship "Fondazione Aldo Duca", year 2007.  
Scholarship "Fondazione Nino e Hansi Cominotti", year 2013.  
Prize awarded from AMT - Associazione Medica Triestina, for the study "Non-invasive evaluation of myocardial viability in elderly patients", year 2016.

## ● **JOB-RELATED SKILLS**

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Job-related skills

Basic knowledge in medical and vascular ultrasonography, arterial tonometry and vascular stiffness measurement.

European Atherosclerosis Society Advanced course in clinical excellence in cardiovascular prevention and lipidology (2014).

European Society of Hypertension Summer School (2016).  
BLS-D and ATLS certification.

- **REVIEWER ACTIVITY**

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**Editor**

Member of the Editorial Board of "BMC Cardiovascular Disorders"

Reviewer for the journals: "Hypertension", "Journal of Hypertension", "Hypertension Research", "Journal of Clinical Medicine", "Medicine", "PLOS One", "Nutrients", "Frontiers in Cardiovascular Medicine", "BMC Cardiovascular Disorders", "Frontiers Physiology", "Archives of medical research", "Current Pharmaceutical Biotechnology", "Current Pharmaceutical Design", "British Journal of Pharmaceutical Research",