

## **VALENTINA SADA, MD**

PhD Candidate in Endocrinological Sciences

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### **EDUCATION**

#### **PhD Candidate in Endocrinological Sciences (2023–Present)**

Department of Experimental Medicine, Sapienza University of Rome, Italy

#### **Specialization in Endocrinology and Metabolic Diseases (2018–2022)**

Sapienza University of Rome – Faculty of Medicine and Dentistry

Final grade: **70/70 cum laude**

#### **Postgraduate Training in General Practice (2015–2018)**

ASL Roma 1, Rome, Italy

#### **MD – Single Cycle Degree in Medicine and Surgery (2007–2013)**

Sapienza University of Rome – Faculty of Medicine and Psychology

Final grade: **110/110 cum laude**

#### **Classical High School Diploma (2007)**

Liceo Classico “Enrico Perito” – Final grade: **100/100**

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### **CLINICAL EXPERIENCE**

#### **Resident Physician – Endocrinology and Metabolic Diseases**

Policlinico Umberto I, Rome

Sapienza University of Rome

2018–2022

Clinical and research activity in:

- Endocrinology outpatient and day-hospital services
- Pituitary and adrenal disorders
- Endocrine complications of infectious diseases
- Metabolic disorders

Diagnostic procedures:

- Thyroid ultrasound and color Doppler
  - Thyroid fine-needle aspiration biopsy
  - Bone mineral density assessment (DXA)
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#### **Medical Trainee – Endocrinology**

Sant’Andrea University Hospital, Rome

2013–2015

Clinical activity in:

- Thyroid disease outpatient clinic
  - Thyroid cancer follow-up clinic
  - Interventional endocrinology procedures including
    - Fine needle aspiration
    - Percutaneous ethanol injection
    - Radiofrequency ablation of thyroid nodules
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## **Postgraduate Training – General Practice**

ASL Roma 1

2015–2018

Rotations included:

- Internal Medicine
- Emergency Medicine and Emergency Department
- General and Oncologic Surgery
- Gynecology and Obstetrics
- Neonatology
- Territorial healthcare services and multidisciplinary outpatient clinics

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## **RESEARCH INTERESTS**

- Pituitary disorders
- Aggressive pituitary tumors
- Neuroendocrinology
- Endocrine complications of infectious diseases
- Bone metabolism and endocrine disorders
- Endocrine oncology

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## **RESEARCH ACTIVITIES**

The PhD project focuses on the investigation of immunological and angiogenic biomarkers in aggressive pituitary tumors, with the aim of improving the understanding of the biological mechanisms underlying tumor progression and identifying potential therapeutic targets. The research includes the analysis of biological samples and clinical data from patients with pituitary neoplasms, with particular attention to the characterization of the systemic immune profile and tumor microenvironment.

Immunological and molecular analysis techniques will be integrated with clinical, radiological, and endocrinological data to identify prognostic and predictive biomarkers of tumor aggressiveness and treatment response.

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## **TEACHING EXPERIENCE**

### **Lecturer – Integrated Pathology and Surgical Planning**

Practical Professional Activities in Endocrinology

Sapienza University of Rome

Topic: *Clinical cases in pituitary diseases*

Academic years: **2024–2025**

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## **SELECTED PUBLICATIONS**

1. Circulating immune cell profile in patients with acromegaly: results from the PROMISE prospective clinical trial. *European Journal of Endocrinology*, 2025.
2. Endocrine and metabolic consequences of childhood-onset craniopharyngioma during the transition age: a literature review. *Reviews in Endocrine and Metabolic Disorders*, 2025.
3. Environmental and lifestyle factors and risk of thyroid carcinoma: a cross-sectional study. *Endocrine*, 2025.
4. Breaking Down Bone Disease in People Living with HIV: Pathophysiology, Diagnosis and Treatment. *Advances in Experimental Medicine and Biology*, 2025.

5. Pituitary adenoma consistency affects postoperative hormone function: a retrospective study. *BMC Endocrine Disorders*, 2023.
  6. Sellar and parasellar lesions in the transition age: a retrospective Italian multicentre study. *Journal of Endocrinological Investigation*, 2023.
  7. Pituitary T1 signal intensity at MRI is reduced in patients with obesity: results from the CHIASM study. *International Journal of Obesity*, 2023.
  8. Safety and efficacy of PTH therapy in chronic hypoparathyroidism: a meta-analysis. *Journal of Bone and Mineral Research*, 2022.
  9. Selenium supplementation in pregnant women with autoimmune thyroiditis. *Nutrients*, 2022.
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## **CONFERENCES**

Participant

**TALENT – Transition Adolescence and Young Adults: Endocrine Diseases Management**

7th Conference Meeting – Endo-European Reference Network

Sapienza University of Rome, February 2025

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## **SKILLS**

Clinical skills:

- Thyroid ultrasound
- Thyroid fine needle aspiration
- DXA bone densitometry

Research and technical skills:

- Biomedical literature research (PubMed)
  - Basic statistical analysis (SPSS)
  - Microsoft Office Suite (Word, Excel, PowerPoint)
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## **LANGUAGES**

Italian – Native

English – Advanced reading (C1), intermediate writing and speaking (B1)