

## Ilaria Milani

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**Address** Via Gallo 10, Priverno (LT)

**Nationality** Italian

**Date of birth** 03/09/1994

**Place of birth** Latina (LT)

## Education and training

- 01/11/2023 **PhD in Endocrinological Sciences.**  
**Department of Experimental Medicine - Sapienza University of Rome**  
*Ongoing- Duration 3 years*
- 10/2022 31/03/2023 **Post-graduate Master in Dietetics and Clinical Nutrition**  
IAF-Institute of Higher Education, Rome
- 09/2022 **State Examination First Session 2022 with the achievement of the Qualification to practice as a Biologist Sec. A**  
*University of Bari*  
*Grade 10/10*  
*Enrollment in the Professional Register Section A No. AA\_100018*
- 02/2020 04/2022 **Master's degree in Food Science and Human Nutrition, Class of degree in Sciences of Nutrition Human (LM-61)**  
*University of studies of Perugia*  
*Grade 110/110 cum laude*
- 09/2016 11/2019 **Bachelor's Degree In Food and Gastronomy Sciences, Class of graduate degree in sciences and food technology (L-26)**  
*University San Raffaele, Rome*  
*Grade 110/110 cum laude*
- 09/2008 06/2013 **High School Diploma in Science, Address Chemical-Biological**  
*High school Scientific "Ettore Majorana", Latina*  
*Grade 95/10*

## Languages

Italian - A1

English - B1

## Certifications

- Good Clinical Practice (ICH-GCP E6(R3)), 2025
- Use of FibroScan 530 (Transient Elastography), 2024
- Good Clinical Practice (ICH-GCP E6(R2)), 2024

## Editorial Activity:

- Member of the editorial board of the Italian Society of Diabetes (SID)

## Publications

[11573/1760248](#) - 2026 - **MASLD in adults with type 1 diabetes and type 2 diabetes undergoing vibration-controlled transient elastography**

Mantovani, Alessandro; Scoccia, Enrico; Morandin, Riccardo; Giovanna Lando, Maria; Fiorio, Veronica; Taverna, Antonio; **Milani, Ilaria**; Chinucci, Mariana; Eugenia Parrotta, Maria; Colangeli, Luca; Palleschi, Simonetta; Sbraccia, Paolo; Leonetti, Frida; Valenti, Luca; Capoccia, Danila; Targher, Giovanni; Guglielmi, Valeria - 01a Articolo in rivista  
**rivista:** LIVER INTERNATIONAL (-MALDEN, USA: WILEY-BLACKWELL PUBLISHING -Copenhagen K Denmark: Blackwell Munksgaard) pp. - - issn: 1478-3223 - wos: WOS:001664645000001 (0) - scopus: 2-s2.0-105027802555 (0)

[11573/1761438](#) - 2026 - **Abdominal Obesity, Hepatic Steatosis, Oxidative Stress and Diastolic Dysfunction in Patients with Metabolic Dysfunction-Associated Steatotic Liver Disease**

Colangeli, Luca; **Milani, Ilaria**; Eugenia Parrotta, Maria; Longo, Susanna; Nucera, Alessandro; Federici, Massimo; Palleschi, Simonetta; Rossi, Barbara; Mantovani, Alessandro; Muscoli, Saverio; Leonetti, Frida; Capoccia, Danila; Sbraccia, Paolo; Guglielmi, Valeria - 01a Articolo in rivista  
**rivista:** INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES (Basel: MDPI Center) pp. - - issn: 1422-0067 - wos: (0) - scopus: 2-s2.0-105031528589 (0)

[11573/1742798](#) - 2025 - **Association between continuous glucose monitoring metrics and metabolic dysfunction-associated steatotic liver disease in adults with type 1 diabetes undergoing vibration-controlled transient elastography. A multicenter cross-sectional study**

Mantovani, Alessandro; Ciardullo, Stefano; Sani, Elena; Csermely, Alessandro; Shtembari, Emigela; **Milani, Ilaria**; Sbraccia, Paolo; Perseghin, Gianluca; Leonetti, Frida; Targher, Giovanni; Guglielmi, Valeria; Capoccia, Danila - 01a Articolo in rivista  
**rivista:** DIABETES & METABOLISM (Masson Editeur:21 rue Camille Desmoulins, 92786 Issy Cedex 9 France:011 33 1 73281634, EMAIL: infos@masson.fr, INTERNET: http://www.masson.fr, Fax: 011 33 1 73281649) pp. - - issn: 1262-3636 - wos: WOS:001533259800001 (2) - scopus: 2-s2.0-105009949912 (2)

[11573/1748877](#) - 2025 - **Sex differences in MASLD after age 50. Presentation, diagnosis, and clinical implications**

**Milani, Ilaria**; Eugenia Parrotta, Maria; Colangeli, Luca; Chinucci, Marianna; Palleschi, Simonetta; Rossi, Barbara; Sbraccia, Paolo; Mantovani, Alessandro; Leonetti, Frida; Guglielmi, Valeria; Capoccia, Danila - 01a Articolo in rivista  
**rivista:** BIOMEDICINES (Basel: MDPI) pp. - - issn: 2227-9059 - wos: WOS:001580630500001 (1) - scopus: 2-s2.0-105017158536 (2)

[11573/1753307](#) - 2025 - **Two-tier screening approach for liver fibrosis stratification in outpatients with type 2 diabetes mellitus. A multicenter cross-sectional study**

Mantovani, Alessandro; Lombardi, Rosa; Dalbeni, Andrea; Morandin, Riccardo; Giovanna Lando, Maria; Fiorio, Veronica; Rolli, Nicoletta; Forti, Matteo; Messetti, Dario; Zoncave, Mirko; **Milani, Ilaria**; Eugenia Parrotta, Maria; Capoccia, Danila; Guglielmi, Valeria; Leonetti, Frida; Sbraccia, Paolo; Ludovica Fracanzani, Anna; Targher, Giovanni - 01a Articolo in rivista  
**rivista:** DIABETES, OBESITY AND METABOLISM (Blackwell Science Limited:PO Box 88, Oxford OX2 0NE United Kingdom:011 44 1865 776868, 011 44 1865 206038, EMAIL: journals.cs@blacksci.co.uk, INTERNET: http://www.blackwell-science.com, Fax: 011 44 1865 721205) pp. 644-653 - issn: 1462-8902 - wos: WOS:001607068300001 (1) - scopus: (0)

[11573/1739437](#) - 2025 - **Social, cultural and ethnic determinants of obesity. From pathogenesis to treatment**

Capoccia, D.; **Milani, I.**; Colangeli, L.; Parrotta, M. E.; Leonetti, F.; Guglielmi, V. - 01g Articolo di rassegna (Review)

**rivista:** NMCD. NUTRITION METABOLISM AND CARDIOVASCULAR DISEASES (Milano: Medikal Press.) pp. - - issn: 1590-3729 - wos: WOS:001480885900001 (7) - scopus: 2-s2.0-105000028144 (9)

[11573/1739440](#) - 2025 - **Social isolation and loneliness in non-communicable chronic diseases. Impact of COVID-19 pandemic, population aging and technological progress**

Guglielmi, V.; Colangeli, L.; Parrotta, M. E.; Ciammariconi, A.; **Milani, I.**; D'adamo, M.; Sbraccia, P.; Capoccia, D. - 01a Articolo in rivista

**rivista:** NMCD. NUTRITION METABOLISM AND CARDIOVASCULAR DISEASES (-Amsterdam : Elsevier -Berlin : Springer -Milano: Medikal Press.) pp. - - issn: 0939-4753 - wos: WOS:001480895300001 (2) - scopus: 2-s2.0-105001881034 (5)

[11573/1732407](#) - 2025 - **Non-invasive liver disease assessments. Can they replace liver biopsy?**

**Milani, Ilaria**; Leonetti, Frida; Capoccia, Danila - 01b Commento, Erratum, Replica e simili

**rivista:** HEPATOBIILIARY SURGERY AND NUTRITION (Hong Kong : AME Publishing Company) pp. 147-150 - issn: 2304-3881 - wos: WOS:001396807400001 (2) - scopus: (0)

[11573/1736194](#) - 2025 - **MASLD. Prevalence, mechanisms, and sex-based therapies in postmenopausal women**

**Milani, Ilaria**; Chinucci, Marianna; Leonetti, Frida; Capoccia, Danila - 01g Articolo di rassegna (Review)

**rivista:** BIOMEDICINES (Basel: MDPI) pp. - - issn: 2227-9059 - wos: WOS:001477247900001 (8) - scopus: 2-s2.0-105003541783 (7)

[11573/1739319](#) - 2025 - **The challenge of type 3c diabetes. From accurate diagnosis to effective treatment**

**Milani, Ilaria**; Guarisco, Gloria; Chinucci, Marianna; Gaita, Chiara; Leonetti, Frida; Capoccia, Danila - 01i Case report

**rivista:** JCEM CASE REPORTS (Oxford: Published by Oxford University Press on behalf of the Endocrine Society) pp. - - issn: 2755-1520 - wos: (0) - scopus: 2-s2.0-105010873971 (3)

[11573/1722181](#) - 2024 - **Hepatokines and MASLD. The GLP1-Ras-FGF21-Fetuin-A crosstalk as a therapeutic target**

**Milani, Ilaria**; Codini, Michela; Guarisco, Gloria; Chinucci, Marianna; Gaita, Chiara; Leonetti, Frida; Capoccia, Danila - 01g Articolo di rassegna (Review)

**rivista:** INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES (Basel: MDPI Center) pp. - - issn: 1422-0067 - wos: WOS:001332375000001 (15) - scopus: 2-s2.0-85206448213 (15)

[11573/1714874](#) - 2024 - **Sex differences in anti-obesity drugs. Is it time to be more proactive in engaging men?**

**Milani, I.**; Leonetti, F.; Capoccia, D - 01b Commento, Erratum, Replica e simili

**rivista:** JOURNAL OF CLINICAL RESEARCH AND MEDICINE (Austin TX: Research Open Austin TX: Research Desk Inc) pp. - - issn: - wos: (0) - scopus: (0)

[11573/1717290](#) - 2024 - **The intricate relationship between obesity, type 2 diabetes and female breast cancer: A retrospective study of 335 women**

**Milani, Ilaria**; Gaita, Chiara; Guarisco, Gloria; Chinucci, Marianna; Parisella, Roberta; Piroli, Silvia; Bruno, Eleonora; Martellucci, Annunziata; De Falco, Elena; Ricci, Fabio; Calogero, Antonella; Leonetti, Frida; Capoccia, Danila - 01a Articolo in rivista

**rivista:** OBESITY SCIENCE & PRACTICE ([Hoboken, New Jersey] : John Wiley & Sons Inc., [2015]-) pp. 1-7 - issn: 2055-2238 - wos: WOS:001287510700001 (5) - scopus: 2-s2.0-85200761468 (5)

[11573/1714426](#) - 2024 - **Sex-differences in response to treatment with liraglutide 3.0 mg**

**Milani, Ilaria;** Guarisco, Gloria; Chinucci, Marianna; Gaita, Chiara; Leonetti, Frida; Capoccia, Danila - 01a Articolo in rivista  
**rivista:** JOURNAL OF CLINICAL MEDICINE (MDPI Publishing, Basel, Switzerland) pp. - - issn: 2077-0383 - wos: WOS:001257085500001 (3) - scopus: 2-s2.0-85197163458 (5)

### Conference Abstract Presentation:

- "Weight Loss Effectiveness of Semaglutide in Real-World Obesity Management: Analysis by Liraglutide Switch, Sex, and Baseline BMI." 33rd European Congress on Obesity - ECO 2026 - May 12-15, 2026
- "Real-world effectiveness and safety of semaglutide in obesity: early effects on weight loss and metabolic parameters." 33rd European Congress on Obesity - ECO 2026 - May 12-15, 2026
- "Metabolic-associated fatty liver disease (MASLD): a growing comorbidity in type 1 diabetes." Joint AMD-SID Lazio Congress- Diabetes Disease in 2025: Tradition, Innovation, and New Frontiers- October 24-25, 2025 - Rome
- "Diabetes and Obesity: The Renal Effects of GLP-1 Analogs" - SID-AMD Lazio Regional Congress - November 29-30, 2024 - Rome
- "Effects of Glucagon-like Peptide-1 Receptor Agonists on the Liver in Patients with Obesity and Type 2 Diabetes" - SID National Congress - October 23-26, 2024 - Rimini
- "Gender Difference in Response to Treatment with Liraglutide 3.0 mg" - 31st European Congress on Obesity - ECO 2024 - May 12-15, 2024

### Contributions to Scientific Journal:

- "La chirurgia bariatrica è ancora un'opzione di prima scelta nel trattamento dell'obesità?" (Is bariatric surgery still a first-change option for obesity treatment?) - Danila Capoccia, Ilaria Milani - Il Diabete Online, Organo ufficiale della Società Italiana di Diabetologia (Aggiornamenti in tema di obesità, Vol. 37 n.3 Ottobre 2025) - DOI: <https://doi.org/10.30682/ildia2503e>
- "Un insolito tipo di diabete "non 1" e "non 2"" (An unusual type of diabetes "not 1" and "not 2") - Ilaria Milani, Marianna Chinucci, Frida Leonetti, Danila Capoccia - Il Diabete Online, Organo ufficiale della Società Italiana di Diabetologia (Aggiornamento clinico, Vol. 36 n.3 Ottobre 2024) - DOI: <https://doi.org/10.30682/ildia2403g>

Latina, 12/March/2026