

Roberto Cesareo, MD, PhD
Director of Unit of Metabolic diseases
"S. M. Goretti" Hospital
Via G. Reni 1, Latina

Email: r.cesareo@ausl.latina.it; robertocesareo@libero.it

Current position

From Apr 2019 Director of Unit of Metabolic Diseases, "S.M.Goretti", Hospital, Latina

From Apr 2020 He started to teach Endocrinology lessons to the students of Medicine of
"Università Campus Bimedio", Roma

Education

Sep 1982 – Jul 1990 Degree at University "La Sapienza" Rome Thesis: "Endemic Goiter in Italy. Score:
110/100 cum laude

Nov 1990–Jul 1995 Resident in Endocrinology, Diabetes and Metabolic diseases at University "La
Sapienza", Rome. Thesis: "The Role of endothelin-1 in autoimmune thyroiditis".
Score: 70/70 cum laude

Professional Experience

Oct 1998-Sep 2001 Medical assistant in the Internal Medicine Department, Ciriè Hospital, Turin

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Oct 2001-Current	Medical assistant in the Internal Medicine Department, Latina Hospital
Nov 2004-Mar 2019	Head of the thyroid and bone metabolic center, "S.M.Goretti" Hospital, Latina
Apr 2019-Current	Director of Unit of Metabolic diseases, "S.M. Goretti" Hospital, Latina

Research Experience

I was coauthor of an Italian consensus about primary hyperparathyroidism's treatment.

I was also coauthor of an Italian consensus about osteoporosis treatment.

I was the first author of Italian guidelines regarding the treatment of hypovitaminosis D in adult patients.

I am one of the members of the Italian consensus regarding MITT (minimal invasive treatment of thyroid nodules).

Skills & Activities

<i>Skills</i>	<i>Thyroid diseases; thyroid thermo-ablation; Osteoporosis, Bone and Calcium metabolism, Vitamin D</i>
<i>Peer review activity</i>	<i>Journal of Clinical Endocrinology and Metabolism; Nutrients; Journal of Endocrinological Investigation; Endocrine; Osteoporosis International, International Journal of Hypertermia;</i>
<i>Editorial board member</i>	<i>International journal of molecular science; Annals of Thyroid Research; EC Gynaecology; International Journal of Medical Science</i>
<i>Editor for Special Issue</i>	<i>Biomedicine journal ("novelties in parathyroid gland diseases)</i>
<i>Scientific Memberships</i>	<i>Associazione Medici Endocrinologi (AME); SIOMMMS (società italiana osteoporosi e metabolismo minerale osseo); Federazione medici internisti ospedalieri (FADOI); ETA (European Thyroid Association)</i>
<i>Languages</i>	<i>Italian, English</i>

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Main Oral and Poster presentations (last two years)

June 2020 (San Francisco) Oral presentation. **Laser Ablation Versus Radiofrequency Ablation for Benign Non-Functioning Thyroid Nodules: Six-Month Results of a Randomized, Parallel, Open-Label, Trial (LARA Trial).** R. Cesareo, A. Palermo, V. Pasqualini et al.

2019 ECTS (Budapest) Oral presentation: **A novel interplay between irisin and PTH: from basic studies to clinical evidence in hyperparathyroidism.** Palermo A, Sanesi L, Colaiani G, Tabacco G, Naciu AM, Cesareo R.

October 2018 (Montreal) Poster presentation: **Cardiovascular Autonomic Neuropathy as a new complication of chronic hypoparathyroidism.** Gaia Tabacco, Anda M. Naciu, Roberto Cesareo et al

2018 European Society of Endocrinology (Barcelona, Spain) Poster presentation: **Nodule size as predictive factor of efficacy for radiofrequency ablation in treating autonomously functioning thyroid nodules.** A. Palermo¹, A.M. Naciu¹, M. Iozzino², V. Pasqualini², C. Simeoni³, S. Manfrini¹, G. Tabacco¹, C. M. Pacella⁴, Cesareo R⁵

2018 ENDO (Chicago) Poster presentation: **Nodule size as predictive factor of efficacy for radiofrequency ablation in treating autonomously functioning thyroid nodules.** A. Palermo¹, A.M. Naciu¹, M. Iozzino², V. Pasqualini², C. Simeoni³, S. Manfrini¹, G. Tabacco¹, C. M. Pacella⁴, Cesareo R⁵

2018 ENDO (Chicago) Poster presentation: **Raman Spectroscopy Applied to Parathyroid Tissues: a New Diagnostic Tool to Discriminate Normal Tissue from Adenoma.** G. Tabacco^a, A. Palermo^a, M. Fosca^b, F. Marini^c, V. Graziani^b, M.C. Santarsia^a, F. Longo^d, A. Lauria^a, R. Cesareo^e, I. Giovannoni^f, C. Taffon^f, M. Rocchia^g, S. Manfrini^a, P. Crucitti^d, P. Pozzilli^a, A. Crescenzi^f, J.V. Rau^b

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Main Publications

- 1) **R. Cesareo**, G. Reda, O. Verallo. Tolosa - Hunt syndrome and autoimmune polyglandular syndrome. A rare case report. *Min Endocrinologica* 1995; 20 (2): 149-52
- 2) C. Letizia, M. Centanni, **R. Cesareo** et al. - Increased plasma levels of endothelin-1 in patients with hyperthyroidism, *Metabolism*; 1995; 44 (10): 1239-42
- 3) S. Fiorani, G. Reda, **R. Cesareo** et al. - Hypothyroidism and megacolon; *Minerva Anestesiologica* 1996; 62(7-8): 271-5
- 4) G. Reda, **R. Cesareo**, E. Lolli et al. - Thyroid cancer and Hashimoto's thyroiditis. *Minerva chirurgica* 1997; 52(1-2): 139-41
- 5) M. Centanni, **R. Cesareo**, O. Verallo. - Reversible increase of intraocular pressure in subclinical hypothyroid patients. *European J Endocr* 1997; 136 (6): 595-8
- 6) **R. Cesareo**, M. De Meo, A. Agostino, G. Reda. - Pre-surgical medical therapy of hyperthyroidism. 1997; *Recenti Progressi in medicina*; 88 (6): 277-80
- 7) **R. Cesareo**, A. Casini, m. De Meo, G. Reda. Hashimoto's thyroiditis. - A rare case of familial hereditary transmission; *Recenti Progressi in medicina*; 1997; 88(11): 517-20
- 8) **R. Cesareo**, A. Tarabuso, M. Di Benedetto et al. - Plasmatic endothelin-1 levels in hyperthyroid patients before and after antithyroid therapy; *Minerva Endocrinologica* 2000; 25: 1-3
- 9) **R. Cesareo**, C. Napolitano, M. Di Benedetto et al. - Hyponatremia. Etiopathogenetic classification and description of a rare clinical case. *Minerva Endocrinologica* 2002; 27 (1): 43-7
- 10) **R. Cesareo**, M. Iozzino, C. Napolitano et al. - Obesity and hypertension. Recent advances in etiopathogenesis. *Recenti progressi in medicina* 2007; 98(7-8): 398-400
- 11) **R. Cesareo**, M. Iozzino, D. Alva et al. - Evidence based medicine and effective interventions of pharmacological therapy for the prevention of osteoporotic fractures. *Minerva Endocrinologica* 2008; 32 (4): 275-95

- 12) **R.Cesareo**, M. Iozzino, C. - Napolitano et al. AECA plasmatic levels in patients with severe dyslipidemia and carotid stenosis. *Recenti progressi in medicina* 2008; 99(5):252-4
- 13) F. Romitelli, E. Di Stasio, C. Santoro and **R. Cesareo**. - A Comparative Study of Fine Needle Aspiration and Fine Needle Non-Aspiration Biopsy on Suspected Thyroid Nodules. *Endocrine Pathology* 2009; 20(2): 108-13
- 14) **R. Cesareo**, C. Napolitano, M. Iozzino, F. Iarussi, B. De Rosa. - Using parathyroid hormone 1-84 in the treatment of osteoporosis: presentation and comments of main clinical trial. *La Clinica Terapeutica* 2009; 160 (4): 307-10
- 15) **R. Cesareo**, C. Napolitano, M. Iozzino, F. Romitelli. - Osteoporosis: Recent physiopatologic acquisitions and new therapeutic perspectives. *Minerva Endocrinologica* 2009; 34 (3): 255-62
- 16) R. Marrocco, V. Belvisi, **R. Cesareo**, C. Del Borgo et al. - Quantitative ultrasound in HIV-infected patients as a surrogate marker of early bone damage. *Infection* 2010; 38: 80-80
- 17) **R. Cesareo**, C. Napolitano, M. Iozzino. - Strontium ranelate in postmenopausal osteoporosis treatment: A critical appraisal. *Int J of Women Health's* 2010; 21 (1): 1-6
- 18) R. Cesareo, Short term effects of levothyroxine treatment in thyroid multinodular disease. *Endocrine Journal* 2010; 57(9): 803-9
- 19) R. Marrocco, H. Martini, V. Belvisi, T. Tieghi, **R. Cesareo**, C. Del Borgo et al. - Quantitative ultrasound (QUS) in HIV-infected patients: a reliable and low-cost technique for bone health assessment. *J of the International AIDS society* 2010; 13: 1-2
- 20) **R. Cesareo**. - A Rare Case of Hypoparathyroidism Associated to Rendu-Osler-Webber Syndrome. *Acta Endocrinologica*; 7 (2): 267-72
- 21) M ZINI, R. ATTANASIO, **R. CESAREO** ET AL. - Position Statement: Primary hyperparathyroidism in clinical practice; *Journal of endocrinological investigation* 2012; 35 (7): 2-21
- 22) **R. Cesareo**, V. Pasqualini, C. - Simeoni et al. Prospective Study of Effectiveness of Ultrasound-Guided Radiofrequency Ablation Versus Control Group in Patients

Affected by Benign Thyroid Nodules. JCEM 2014

- 23) R. Cesareo**, E. Di Stasio, F. Vescini, G. Campagna, R. Cianni, V. Pasqualini, F. Romitelli, F. Grimaldi, S. Manfrini, A. Palermo. - Effects of alendronate and vitamin D in patients with normocalcemic primary hyperparathyroidism. *Osteoporosis International* 2014; 26(4). DOI:10.1007/s00198-014-3000-2
- 24) R. CESAREO**, A. PALERMO, A. CASINI ET AL - THYROID RADIOFREQUENCY ABLATION: ORIGINAL CASE REPORT. *Thyroid Disorders Ther* 2015; 4: 31-33
- 25) R Cesareo**, M Iozzino, L D'onofrio, I Terrinoni, E Maddaloni, A Casini, G Campagna, A Santonati, A Palermo. - Effectiveness and safety of calcium and vitamin D treatment for postmenopausal osteoporosis. *Minerva endocrinologica*; 2015; 40(3):231-237.
- 26) Vescini F**, Attanasio R, Balestrieri A, Bandeira F, Bonadonna S, Camozzi V, Cassibba S, **Cesareo R** - Italian association of clinical endocrinologists (AME) position statement: drug therapy of osteoporosis. *J Endocrinol Invest*; 2016 40: 125-26
- 27) Cesareo R**, Naciu A, Barberi A et al. - A Rare and Severe Complication Following Thyroid Fine Needle Aspiration: Retropharyngeal Cellulitis. *Int J Endocrinol Metab*; 2016 Aug 22;14(4):e39174.
- 28) Cesareo R**, Palermo A et al. - Efficacy and safety of a single radiofrequency ablation of solid benign non-functioning thyroid nodules. *Arch Endocrinol Metab*; 2017 Feb 13:0.
- 29) CM Pacella**, G. Mauri, **R. Cesareo** et al. - A comparison of laser with radiofrequency ablation for the treatment of benign thyroid nodules: a propensity score matching analysis. *Int J of Hyperthermia* 2017; 33(8): 1-9
- 30) Cesareo R**, Naciu AM, Pasqualini V et al. - A Rare Complication following Thyroid Percutaneous Ethanol Injection: Plummer Adenoma. *Case Rep Endocrinol*; 2017:1026139.
- 31) R Cesareo**, Andrea Palermo, Valerio Pasqualini et al. - Radiofrequency ablation for the management of thyroid nodules: A critical appraisal of the literature; *2017 Dec*;87(6):639-648.
- 32) Briganti SI**, Gaspa G, Tabacco G, Naciu AM, **Cesareo R**. - Irisin as a regulator of bone and glucose metabolism: a narrative review. *Minerva Endocrinol*; 2017 Nov 20.

- 33)** Palermo A; Fosca M; Tabacco G, **Cesareo R** et al. - Raman Spectroscopy Applied to Parathyroid Tissues: a New Diagnostic Tool to Discriminate Normal Tissue from Adenoma. *Analytical Chemistry Anal Chem*; 2018 2;90(1):847-854.
- 34)** **R. Cesareo**, R. Attanasio, M. Caputo et al. - Italian Association of Clinical Endocrinologists (AME) and Italian Chapter of the American Association of Clinical Endocrinologists (AACE) Position Statement: Clinical Management of Vitamin D Deficiency in Adults. *Nutrients*; 2018; 10 (5): 546-54
- 35)** **Cesareo R**, Naciu AM, Iozzino M, Pasqualini V et al. - Nodule Size as Predictive Factor of Efficacy of Radiofrequency Ablation in Treating Autonomously Functioning Thyroid Nodules. *Int J Hyperthermia*; 2018; 22:1-19.
- 36)** Tabacco G, Naciu AM, Maggi D, Santonati A, Pedone C, **Cesareo R**. - Cardiovascular Autonomic Neuropathy as a new complication of post-surgical chronic hypoparathyroidism. *J Bone Miner Res*; 2018: 36-39
- 37)** G. Tabacco, AM Naciu, D. Maggi, A. Santonati, C. Pedone, **R. Cesareo**, D. Bosco. - Cardiovascular Autonomic Neuropathy as a new complication of post-surgical chronic hypoparathyroidism: Cardiovascular Autonomic Neuropathy and Hypoparathyroidism. *Journal of Bone and Mineral Research*; 2018; 34: 50-54
- 38)** A. Palermo, L. Sanesi, G. Colaianni, AM Naciu, **R. Cesareo**, M. Grano. - A Novel Interplay Between Irisin and PTH: From Basic Studies to Clinical Evidence in Hyperparathyroidism. *JCEM* 2019; 13: 2018-02216
- 39)** **R. Cesareo**, A. Palermo, D. Benevenuto and PP Trimboli. - Efficacy of radiofrequency ablation in autonomous functioning thyroid nodules. A systematic review and meta-analysis. *Review in Endocrine and Metabolic Disorders* 2019; 18: 10.1007/s11154-019-09487
- 40)** E. Papini, CM Pacella, LA Solbiati, G. Achille, D. Barbaro, **R. Cesareo**, A. Chiti et al. - Minimally-invasive treatments for benign thyroid nodules: a Delphi-based consensus statement from the Italian minimally-invasive treatments of the thyroid (MITT) group. *Int J of Hyperthermia* 2019; 36: 376-82
- 41)** **R. Cesareo**, A. Falchetti, R. Attanasio, G. Tabacco, AM Naciu, A. Palermo. - Hypovitaminosis D: Is It Time to Consider the Use of Calcifediol? *Nutrients* 2019; 6: 10.3390/nu11051016

- 42) PP. Trimboli, M. Castellana, LM Sconfienza, C. Virili, LC. Pescatori, **R. Cesareo**, F. Giorgino, R. Negro, G. Mauri. - Efficacy of thermal ablation in benign non-functioning solid thyroid nodule: A systematic review and meta-analysis. *Endocrine* 2020; 67: 35-43
- 43) PP. Trimboli, M. Castellana, LM Sconfienza, C. Virili, LC. Pescatori, **R. Cesareo**, F. Giorgino, R. Negro, G. Mauri. - Thermal ablation meta-analysis: the need of careful appraisal of meta-analysis methodology. 2020; 67: 270-1
- 44) G. Tabacco, AM Naciu, R. **Cesareo**, M. Maggi et al. - Cardiovascular autonomic neuropathy as a cause of fatigue in chronic hypoparathyroidism. *Endocrine* 2020; 67: 198-03
- 45) Di Masi A, Leboffe L, Sodo A, Tabacco G, **Cesareo R** et al. - Metabolic profile of human parathyroid adenoma. *Endocrine* 2020; 67: 699-07
- 46) **Cesareo R**, Pacella CM, Pasqualini V, Campagna G, Iozzino M et al. Laser Ablation Versus Radiofrequency Ablation for Benign Non-Functioning Thyroid Nodules: Six-Month Results of a Randomized, Parallel, Open-Label, Trial (LARA Trial). *Thyroid* 2020; 30 (6): 847-56
- 47) Palermo A, Naciu AM, Tabacco G, **R. Cesareo**. Clinical, biochemical and radiological profile of normocalcemic primary hyperparathyroidism. *JCEM* 2020; 1; 105 (7)
- 48) Di Bella S, **Cesareo R**, De Cristoforo P et al. Neck circumference as reliable predictor of mechanical ventilation support in adult inpatients with COVID-19: A multicentric prospective evaluation. *Diab Metab Res Rev* 2020;
- 49) **Cesareo R**, Palermo A, Pasqualini V et al. Radiofrequency Ablation on Autonomously Functioning Thyroid Nodules: A Critical Appraisal and Review of the Literature. *Front Endocrinol* 2020; 22; 11: 317
- 50) Bernardi S, Giudici F, **Cesareo R** et al. Five-year results of radiofrequency and laser ablation of benign thyroid nodules: a multicenter study from the Italian minimally-invasive treatments of the thyroid group. *Thyroid* 2020
- 51) Vescini F, Chiodini I, **Cesareo R** et al. Selenium: A Trace Element for a Healthy Skeleton - A Narrative Review. *Endocr Metab Immune Disord Drug Targets* 2020 Jun 27

- 52) Sambataro G, Giuffrè M, **Cesareo R et al.** The Model for Early COvid-19 Recognition (MECOR) Score: A Proof-of-Concept for a Simple and Low-Cost Tool to Recognize a Possible Viral Etiology in Community-Acquired Pneumonia Patients during COVID-19 Outbreak. *Diagnostic* 2020; 21; 619
- 53) Castellana M, Procinino F, Biacchi E, **Cesareo R et al.** Roux-en-Y Gastric Bypass vs Sleeve Gastrectomy for Remission of Type 2 Diabetes. *J Clin Endocrinol Metab* 2020; 106: 922-33
- 54) Briganti SI, Naciu AM, Tabacco G, **Cesareo R et al.** Proton Pump Inhibitors and Fractures in Adults: A Critical Appraisal and Review of the Literature. *Int J Endocrinol* 2021
- 55) Naciu A, Verri M, Crescenzi A, **Cesareo R.** Hobnail variant of papillary thyroid carcinoma showing goiter-like presentation and rapid growth. *Endocrinol Diabetes Metab Case Rep* 2021
- 56) **Cesareo R,** Manfrini S, Pasqualini V et al. Laser Ablation versus Radiofrequency Ablation for thyroid nodules: Twelve-month results of a randomized trial (LARA II study). *J Clin Endocrinol Metab* 2021
- 57) Naciu A, Tabacco G, **Cesareo R,** Palermo A. Bone Quality as Measured by Trabecular Bone Score in Normocalcemic Primary Hyperparathyroidism. *Endocr Pract* 2021; 10: 992-97
- 58) Tabacco G, Naciu A, Messina C, **Cesareo R,** Palermo A. DXA-Based Bone Strain Index: A New Tool to Evaluate Bone Quality in Primary Hyperparathyroidism. *JCEM* 2021; 106: 2304-12
- 59) **Cesareo R,** Tabacco G, Naciu A et al. Long-term efficacy and safety of percutaneous ethanol injection (PEI) in cystic thyroid nodules: A systematic review and meta-analysis. *Clin Endocrinol* 2021
- 60) Bernardi S, Palermo A, **Cesareo R.** Current Status and Challenges of US-Guided radiofrequency Ablation of Thyroid Nodules in the Long Term: A Systematic Review. *Cancers* 2021; 13: 2746

- 61) Perrone F, Piccirillo MC, Ascierio P, **Cesareo R**. Tocilizumab for patients with COVID-19 pneumonia. The single-arm TOCIVID-19 prospective trial. *J Translet Med* 2021; 19: 442
- 62) **Mauri G, Papini E, Bernardi S, Cesareo R et al.** Image-guided thermal ablation in autonomously functioning thyroid nodules. A retrospective multicenter three-year follow-up study from the Italian Minimally Invasive Treatment of the Thyroid (MITT) Group. ***Eur Radiol* 2021**
- 63) Vescin F, Chiodini I, Falchetti A, Palermo A, **Cesareo R**, et al. Management of Osteoporosis in Men: A Narrative Review. 2021

Latina 24/12/2021

Dr Roberto Cesareo