**About me**

I graduated from the medical school in 2017 and I am completing my specialization training in Endocrinology and Metabolic Diseases at Policlinico Umberto I, University of Rome “La Sapienza”, Italy. During my medical education, I have been trained on the management of endocrinological diseases, and I have developed a special interest on metabolic syndrome, obesity, and diabetes mellitus.

**Research Interests**

​During my specialization training, my research interest has focused on the treatment of metabolically unhealthy obesity and non-alcoholic fatty liver disease, and in particular on the metabolic effects of nutritional ketosis. In the TVP lab, I am studying how human immune cells handle pro-inflammatory lipid challenges and to what extent this process can predict the development of obesity-related complications. My ultimate goal is to identify subjects at higher risk among patients suffering from obesity.

**Publications**

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Watanabe M, Risi R, Masi D, et al. Current evidence to propose different food supplements for weight loss: A comprehensive review. Nutrients. 2020;12(9):1-43. doi:10.3390/nu12092873

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