

CURRICULUM VITAE

M. Cristina Polidori Nelles

Professor of Ageing Clinical Research
Attending physician and Head Ageing Clinical Res
Department II of Internal Medicine
Faculty of Medicine, University of Cologne

Kerpener Str. 62, 50937 Cologne, Germany
Ph: +49 221 478 32753, Fax: +49 221 478 5959
E-Mail: maria.polidori-nelles@uk-koeln.de

Date/place of birth: June 24, 1969; Perugia
Family: married with Gereon Nelles, 3 children

Academic Education

1987 - 1993 Medicine, University of Perugia
2000 - 2005 Philosophy, University of Perugia

Scientific Degrees

2016 Habilitation, Venia legendi for Geriatrics, University of Cologne
2005 Master, Philosophy, University of Perugia
2002 Habilitation, Venia legendi for Physiological Chemistry, University of Düsseldorf
1993 Promotion (MD thesis), University of Perugia

Professional Experience

2021 – present Professor of Ageing Clinical Research (W2), University Hospital of Cologne
2021 - 2023 Short listed for / Winner of (/primo/secundo loco) Full Professorship and
Directorship positions, Departments of Geriatrics and Gerontology of the
Universities of Halle, Heidelberg, Bern
2019 – present PI of the Excellence Cluster CECAD, Cologne
2019 – present Management Team Member, Universitäre Altersmedizin, Department II of
Internal Medicine, University Hospital of Cologne
2019 Board Examination Internal Medicine and Geriatrics
2015 – present Head Ageing Clinical Research, Department II of Internal Medicine, University
Hospital of Cologne
2013 – 2015 Scientific coordinator, Institute of Geriatrics, University of Cologne
2008 – 2012 Clinical Research Fellowship in Geriatrics, Robert-Bosch Foundation, Ruhr
University Bochum
2002 – 2008 Research Assistant and Lecturer, Institute of Biochemistry and Molecular
Biology I, Heinrich-Heine University Düsseldorf
2000 – 2002 EU Marie-Curie Fellowship, Institute of Biochemistry and Molecular Biology I,
Heinrich-Heine University Düsseldorf
2000 Board examination in Geriatrics and Gerontology
1997 – 2000 Residency in Geriatrics and Gerontology, University Hospital of Perugia
1995 – 1997 Research Fellow in Neurology, Harvard Medical School, Boston
Research Fellow, Whitaker Cardiovascular Institute, Boston University
1994 Research Fellowship of the Italian Research Foundation (CNR)

Service to Scientific Community and Honors (Selection)

2023	Co-Organizer Annual Conference of the German Geriatrics Society (DGG), Frankfurt, September 14 th -16 th
2023	Clinical Science Award, Society for Free Radical Research Europe (SFRR-E)
2023	Women in Science Special Lecture, 1 st FEBS (Federation of the European Biochemical Societies) Redox Medicine Workshop
2022 – present	Member of the Management Committee and Delegate Germany (BMBF/DLR), COST Action “PROMoting GeRIAtric Medicine IN countries where it is still eMerGing” (PROGRAMMING) CA21122
2022 – present	Member of the Working Group Development of Clinical Guidelines of the European Geriatric Medicine Society (EuGMS)
2022 – present	Advisory Board Member, Lighthouse Aging Medicine Northrhine-Westfalia
2022 – present	Advisory Board Member, NUM (German National Network Medical Universities)
2021 – present	Member, EIT Health Ageing PhD School Scientific and Business Committee
2021 – present	Advisory Board Member, NAPKON (German National Pandemic Cohort Net)
2021 - present	Speaker, German National Network Universities Aging Medicine and Geriatrics
2021 – present	Scientific Board Member, National Guideline on Comprehensive Geriatric Assessment (AWMF S3-Guideline)
2020 – present	Corresponding Member, Academy of Science Umbria
2020 – present	Delegate, International Federation on Ageing
2020 – present	Delegate, Global Health Hub Germany
2019	Award of the Wilhelm-Woort Foundation for Ageing Research
2019 – present	PI of the Excellence Cluster CECAD, Cologne
2018	Co-Organizer Annual Congress of the European Geriatric Medicine Society (EuGMS), Berlin, October 10-12 th
2018 – 2019	President, Wissenschaftsforum Geriatrie e.V.
2016 – 2017	Vicepresident, Wissenschaftsforum Geriatrie e.V.
2016 – present	Organizer Annual “Cologne Symposia on Aging Medicine”, Center for Molecular Medicine (CMMC), Cologne, Germany
2016 – 2023	President, Bundesverband für Gedächtnistraining e.V.
2014 – present	Co-chair, <i>Special Interest Group</i> on Comprehensive Geriatric Assessment of the European Geriatric Medicine Society (EuGMS)
2014 – present	Honorary Fellow, Royal College of Physicians of London
2012	Schiffbauer Award, German Geriatrics Society
2007	Catherine Pasquier Award, Society for Free Radical Research Europe (SFRR-E)

Selected Publications, latest 5 years, 10 most important in bold (H index 46, as to June, 2023)

- 1. Falkenreck, J.M., Kunkler, M.C., Ophey, A., Weigert, H., Friese, A., Jahr, P., Nelles, G., Kalbe, E., and Polidori, M.C. (2023). Effects of the multicomponent cognitive training program BrainProtect in cognitively healthy adults: A Randomized Controlled Trial. *J. Alzheimers Dis.* doi: **10.3233/JAD-220619**. Online ahead of print.**
2. Custodero, C., Veronese, N., Topinkova, E., Michalkova, H., Polidori, M.C., Cella, A., Cruz-Jentoft, A.J., von Arnim, C.A.F., Azzini, M., Gruner, H., Castagna, A., Cenderello, G., Custureri, R., Zieschang, T., Padovani, A., Sanchez-Garcia, E., and Pilotto, A.; Study Group Investigators. (2023). The role of multidimensional prognostic index to identify hospitalized older adults with COVID-19 who can benefit from remdesivir treatment: An observational, prospective, multicenter study. *Drugs Aging* *40*, 643-651. doi: 10.1007/s40266-023-01036-2.
3. Müller-Werdan, U., Polidori, M.C., and Simm, A. (2023). On frailty and accelerated aging during SARS-Cov-2: senescence. *Aging Clin. Exp. Res.* *35*, 907-912. doi: 10.1007/s40520-023-02364-4.
4. Helbach, A., Dumm, M., Moll, K., Böttrich, T., Leineweber, C.G., Mueller, W., Matthes, J., and Polidori, M.C. (2023). Improvement of Dietary Habits among German Medical Students by Attending a Nationwide Online Lecture Series on Nutrition and Planetary Health ("*Eat This!*"). *Nutrients* *15*, 580. doi: 10.3390/nu15030580.
5. Bonnekoh, S.I., Meyer, A.M., Pickert, L., Schulz, R.J., Becker, I., and Polidori, M.C. (2023). The multidimensional prognostic index in hospitalized older adults: practicability with regard to time needs. *Aging Clin. Exp. Res.* *35*, 711-716. doi: 10.1007/s40520-022-02311-9.
6. Pilotto, A., Custodero, C., Palmer, K., Sanchez-Garcia, E.M., Topinkova, E., Polidori, M.C.; Members of the Special Interest Group on Comprehensive Geriatric Assessment of the EuGMS (European Geriatric Medicine Society). (2023). A multidimensional approach to older patients during COVID-19 pandemic: a position paper of the Special Interest Group on Comprehensive Geriatric Assessment of the European Geriatric Medicine Society (EuGMS). *Eur Geriatr Med.* 2023;14(1):33-41. doi: 10.1007/s41999-022-00740-3.
- 7. Weigert, H., Stuckenschneider, T., Pickert, L., Rossi, A., Meyer, A.M., Nelles, G., Schulz, R.-J., Stahl, W., Schneider, S., and Polidori, M.C.; NeuroExercise Study Group. (2022). Influence of a 12-Month Structured Exercise Program on the Micronutrient-Cognitive Fitness-Physical Association Profiles in Mild Cognitive Impairment. *J. Alzheimers Dis. Rep.* *6*, 711-722. doi: **10.3233/ADR-220039**.**
8. Lemhöfer, C., Appel, K.S., Häuser, W., Hettich, N., Kohls, M., and Polidori, M.C. (2022). Post-COVID: Alles eine Frage der Definition? [Post COVID - Just a matter of definition?]. *Dtsch. Med. Wochenschr.* *147*, 1391-1397. German. doi: 10.1055/a-1940-1222.
9. Heeß, A., Meyer, A.M., Becker, I., Noetzel, N., Verleysdonk, J., Rarek, M., Benzing, T., and Polidori, M.C. (2022). The prognostic fingerprint of quality of life in older inpatients : Relationship to geriatric syndromes' and resources' profile. *Z. Gerontol. Geriatr.* *55*, 38-43. English. doi: 10.1007/s00391-021-01978-5.
10. Presta, R., Brunetti, E., Polidori, M.C., and Bo, M. (2022). Impact of frailty models on the prescription of oral anticoagulants and on the incidence of stroke, bleeding, and mortality in older patients with atrial fibrillation: a systematic review. *Ageing Res. Rev.* *82*, 101761. doi: 10.1016/j.arr.2022.101761.
- 11. Meyer, A.M., Bartram, M.P., Antczak, P., Becker, I., Benzing, T., and Polidori, M.C. (2022). A Tailored Discharge Program Improves Frailty and Mood in Patients Undergoing Usual Rehabilitative Care: A Randomized Controlled Trial. *J. Am. Med. Dir. Assoc.* *23*, 1962.e1-1962.e13. doi: **10.1016/j.jamda.2022.09.003**.**
12. Pilotto, A., Veronese, N., Polidori, M.C., Strandberg, T., Topinkova, E., Cruz-Jentoft, A.J., Custodero, C., and Maggi, S.; EUROSOF Study Investigators. (2022). The role of prognostic stratification on prescription of anticoagulants in older patients with atrial fibrillation: a multicenter, observational, prospective European study (EUROSOF). *Ann. Med.* *4*, 2411-2419. doi: 10.1080/07853890.2022.2117407.

13. Zampino, M.* , Polidori, M.C.* , Ferrucci, L., O'Neill, D., Pilotto, A., Gogol, M., and Rubenstein, L. (2022). Biomarkers of aging in real life: three questions on aging and the comprehensive geriatric assessment. *Geroscience* **44**, 2611-2622. doi: 10.1007/s11357-022-00613-4.*Equal contributors.
14. Meyer, A.M., Pickert, L., Heeß, A., Becker, I., Kurschat, C., Bartram, M.P., Benzing, T., and Polidori, M.C. (2022). Prognostic Signature of Chronic Kidney Disease in Advanced Age: Secondary Analysis from the InGAH Study with One-Year Follow-Up. *Biomolecules* **12**, 423. doi: 10.3390/biom12030423.
15. Polidori, M.C., and Mecocci, P. (2022). Modeling the dynamics of energy imbalance: The free radical theory of aging and frailty revisited. *Free Radic. Biol. Med.* **181**, 235-240. doi: 10.1016/j.freeradbiomed.2022.02.009.
16. Lagolio, E., Demurtas, J., Buzzetti, R., Cortassa, G., Bottone, S., Spadafora, L., Cocino, C., Smith, L., Benzing, T., and Polidori, M.C. (2022). A rapid and feasible tool for clinical decision making in community-dwelling patients with COVID-19 and those admitted to emergency departments: the Braden-LDH-Horowitz Assessment-BLITZ. *Intern. Emerg. Med.* **17**, 839-844. doi: 10.1007/s11739-021-02805-w.
17. Schäfer, M., Körber, M.I., Vimalathanan, R., Mauri, V., Iliadis, C., Metze, C., ten Freyhaus, H., Baldus, S., Polidori, M.C.* , and Pfister, R*. (2021). Risk stratification of patients undergoing percutaneous repair of atrioventricular valves using a multidimensional geriatric assessment. *Circ. Cardiovasc. Qual. Outcomes* **14**, e007624. *Equal contributors.
18. Rarek, M.P., Meyer, A.M., Pickert, L., Pilotto, A., Benzing, T., Burst, V.* , and Polidori MC*. (2021). The prognostic signature of health-related quality of life in older patients admitted to the emergency department: a 6-month follow-up study. *Aging Clin. Exp. Res.* **33**, 2203-2211. *Equal contributors.
19. von Gersdorff, G., von Korn, P., Duvinage, A., Ihorst, G., Josef, A., Kaufmann, M., Baer, T., Fellerhoff, T., Fuhrmann, I., Koesel, E., Zeissler, S., Bobka, L., Heinrich, M., Schindler, A., Weber, R., Breuer, C., Meyer, A.M., Polidori, M.C., Dinges, S.M.T., Schoenfeld, J., Siebenbuerger, M., Degenhardt, S., Anding-Rost, K., Halle, M. (2021). Cluster Randomized Controlled Trial on the Effects of 12 Months of Combined Exercise Training during Hemodialysis in Patients with Chronic Kidney Disease-Study Protocol of the Dialysis Training Therapy (DiaTT) Trial. *Methods Protoc.* **4**, 60. doi: 10.3390/mps4030060.
20. Stuckenschneider, T., Abeln, V., Foitschik, T., Abel, T., Polidori, M.C., and Strüder, H.K. (2021). Disease-inclusive exercise classes improve physical fitness and reduce depressive symptoms in individuals with and without Parkinson's disease-A feasibility study. *Brain Behav.* **11**, e2352. doi: 10.1002/brb3.2352.
21. Polidori, M.C., Sies, H., Ferrucci, L., Benzing, T. (2021). COVID-19 mortality as a fingerprint of biological age. *Ageing Res. Rev.* **67**, 101308. doi: 10.1016/j.arr.2021.101308.
22. Polidori, M.C., Stahl, W., Griffiths, H.R. (2021). Nutritional cognitive neuroscience of aging: Focus on carotenoids and cognitive frailty. *Redox Biol.* **44**, 101996. doi: 10.1016/j.redox.2021.101996.
23. Kasdorf, A., Dust, G., Vennedey, V., Rietz, C., Polidori, M.C., Voltz, R., Strupp, J.; CoRe Net. (2021). What are the risk factors for avoidable transitions in the last year of life? A qualitative exploration of professionals' perspectives for improving care in Germany. *BMC Health Serv Res.* **21**, 147. doi: 10.1186/s12913-021-06138-4.
24. Pickert, L., Meyer, A.M., Becker, I., Heeß, A., Noetzel, N., Brinkkötter, P., Pilotto, A., Benzing, T., and Polidori, M.C. (2021). Role of a multidimensional prognosis in-hospital monitoring for older patients with prolonged stay. *Int. J. Clin. Pract.* **75**, e13989. doi: 10.1111/ijcp.13989.
25. Noetzel, N., Meyer, A.M., Siri, G., Pickert, L., Heeß, A., Verleysdonk, J., Benzing, T., Pilotto, A., Barbe, A.G., and Polidori, M.C. (2021). The impact of oral health on prognosis of older multimorbid inpatients: the 6-month follow up MPI oral health study (MPIOH). *Eur. Geriatr. Med.* **12**, 263-273. doi: 10.1007/s41999-020-00427-7.
26. Jacobs, A.H., Emmert, K., Baron, R., Bartsch, T., Bauer, J., Becker, C., Berg, D., Bergmann, P., Boetzel, K., Bollheimer, C., Deuschl, G., Djukic, M., Drey, M., Durwen, H., Ebersbach, G., Elshehabi, M., Geritz, J., Gisinger, C., Guennewig, T., Hauptmann, B., Heppner, H.J.,

- Hobert, M.A., Hofmann, W., Huellemann, P., Jahn, K., Klucken, J., Kurth, R., Lindner, R., Lingor, P., Lukas, A., Maetzold, S., Mokrusch, T., Mollenhauer, B., Nau, R., Plate, A., Polidori, M.C., Prell, T., Schellinger, P., Spira, D., Stephani, U., Studt, S., Trenkwalder, C., Unger, H.L., Urban, P., von Arnim, C.A.F., Warnecke, T., Weiss, M., Wiedemann, A., Wirth, R., Witt, K., Dodel, R., and Maetzler, W. (2020). Neurogeriatrics-a vision for improved care and research for geriatric patients with predominating neurological disabilities. *Z. Gerontol. Geriatr.* 53, 340-346. doi: 10.1007/s00391-020-01734-1.
27. Ungar, A., Rivasi, G., Petrovic, M., Schönenberger, A., Martínez-Sellés, M., Gasowski, J., Bahat-Ozturk, G., Bo, M., Dallmaier, D., Fumagalli, S., Grodzicki, T., Kotovskaya, Y., Maggi, S., Mattace-Raso, F., Polidori, M.C., Rajkumar, R., Strandberg, T., Werner, N., and Benetos, A.; From the EuGMS Special Interest Group on Cardiovascular Medicine. (2020). Toward a geriatric approach to patients with advanced age and cardiovascular diseases: position statement of the EuGMS Special Interest Group on Cardiovascular Medicine. *Eur. Geriatr. Med.* 11, 179-184. doi: 10.1007/s41999-019-00267-0.
 28. Cruz-Jentoft, A.J., Daragjati, J., Fratiglioni, L., Maggi, S., Mangoni, A.A., Mattace-Raso, F., Paccalin, M., Polidori, M.C., Topinkova, E., Ferrucci, L., Pilotto, A.; MPI_AGE Investigators. (2020). Using the Multidimensional Prognostic Index (MPI) to improve cost-effectiveness of interventions in multimorbid frail older persons: results and final recommendations from the MPI_AGE European Project. *Aging Clin. Exp. Res.* 32, 861-868. doi: 10.1007/s40520-020-01516-0.
 29. Pilotto, A., Custodero, C., Maggi, S., Polidori, M.C., Veronese, N., and Ferrucci, L. (2020). A multidimensional approach to frailty in older people. *Ageing Res. Rev.* 60, 101047. doi: 10.1016/j.arr.2020.101047.
 30. Veronese, N., Cella, A., Cruz-Jentoft, A.J., Polidori, M.C., Mattace-Raso, F., Paccalin, M., Topinkova, E., Greco, A., Mangoni, A.A., Daragjati, J., Siri, G., Pilotto, A.; MPI_AGE Investigators. (2020). Enteral tube feeding and mortality in hospitalized older patients: A multicenter longitudinal study. *Clin. Nutr.* 39, 1608-1612. doi: 10.1016/j.clnu.2019.07.011.
 31. Meyer, A.M., Podolski, N., Pickert, L., and Polidori, M.C. (2020). Präventive Geriatrie: kognitiven Abbau verhindern [Strategies to prevent age-related cognitive decline]. *Dtsch. Med. Wochenschr.* 145, 146-150. German. doi: 10.1055/a-0955-9587.
 32. Dias, I.H.K., Milic, I., Heiss, C., Ademowo, O.S., Polidori, M.C., Devitt, A., and Griffiths, H.R. (2020). Inflammation, Lipid (Per)oxidation, and Redox Regulation. *Antioxid. Redox Signal.* 33, 166-190. doi: 10.1089/ars.2020.8022.
 - 33. Meyer, A.M., Becker, I., Siri, G., Brinkkötter, P.T., Benzing, T., Pilotto, A., and Polidori, M.C. (2020). The prognostic significance of geriatric syndromes and resources. *Aging Clin. Exp. Res.* 32, 115-124.**
 34. Veronese, N., Siri, G., Cella, A., Daragjati, J., Cruz-Jentoft, A.J., Polidori, M.C., Mattace-Raso, F., Paccalin, M., Topinkova, E., Greco, A., Mangoni, A.A., Maggi, S., Ferrucci, L., and Pilotto, A.; MPI AGE Investigators. (2019). Older women are frailer, but less often die than men: a prospective study of older hospitalized people. *Maturitas.* 128, 81-86. doi: 10.1016/j.maturitas.2019.07.025.
 35. von Storch, K., Graaf, E., Wunderlich, M., Rietz, C., Polidori, M.C., * Woopen, C.* (2019). Telemedicine-Assisted Self-Management Program for Type 2 Diabetes Patients. *Diabetes Technol. Ther.* 21, 514-521. doi: 10.1089/dia.2019.0056. *Equal contributors
 - 36. Meyer, A.M., Siri, G., Becker, I., Betz, T., Bödecker, A.W., Robertz, J.W., Krause, O., Benzing, T., Pilotto, A., and Polidori, M.C. (2019). The Multidimensional Prognostic Index in general practice: One-year follow-up study. *Int. J. Clin. Pract.* e13403. doi: 10.1111/ijcp.13403.**
 37. von Arnim, C.A.F., Bartsch, T., Jacobs, A.H., Holbrook, J., Bergmann, P., Zieschang, T., Polidori, M.C., Dodel, R. (2019). Diagnosis and treatment of cognitive impairment. *Z. Gerontol. Geriatr.* 52, 309-315. English. doi: 10.1007/s00391-019-01560-0.
 38. Gerger, P., Pai, R.K., Stuckenschneider, T., Falkenreck, J., Weigert, H., Stahl, W., Weber, B., Nelles, G., Spazzafumo, L., Schneider, S., and Polidori, M.C. (2019). Associations of lipophilic micronutrients with physical and cognitive fitness in persons with mild cognitive impairment. *Nutrients* 11, 902. doi: 10.3390/nu11040902.

39. Weinrebe, W., Schiefer, Y., Weckmüller, K., Schulz, R.-J., Rupp, S., Bischoff, S., Karaman, M., Goetz, S., Heppner, H.J., and Polidori, M.C. (2019). Does the identification of seniors at risk (ISAR) score effectively select geriatric patients on emergency admission? *Aging Clin. Exp. Res.* *31*, 1839-1842. doi: 10.1007/s40520-018-1105-8.
40. Meyer, A.M., Becker, I., Siri, G., Brinkkötter, P.T., Benzing, T., Pilotto, A., and Polidori, M.C. (2019). New associations of the Multidimensional Prognostic Index. *Z. Gerontol. Geriatr.* *52*, 460-467. English. doi: 10.1007/s00391-018-01471-6.
41. Pilotto, A., Veronese, N., Daragjati, J., Cruz-Jentoft, A.J., Polidori, M.C., Mattace-Raso, F., Paccalin, M., Topinkova, E., Siri, G., Greco, A., Mangoni, A.A., Maggi, S., and Ferrucci, L.; MPI_AGE Investigators. (2019). Using the Multidimensional Prognostic Index to predict clinical outcomes of hospitalized older persons: A prospective, multicenter, international study. *J. Gerontol. A Biol. Sci. Med. Sci.* *74*, 1643-1649. doi: 10.1093/gerona/gly239.
42. Veronese, N., Argusti, A., Canepa, A., Polidori, M.C., Maggi, S., Strandberg, T., and Pilotto, A. on behalf of the EUROSAF Study Investigators (2018). Evaluating efficacy and risks of anticoagulant treatments in multimorbid frail older patients with atrial fibrillation: The EUROpean study of Older Subjects with Atrial Fibrillation - EUROSAF. *Eur. Geriatr. Med.* *9*, 149-154. doi: 10.1007/s41999-018-0026-6.
43. Pilotto, A., Polidori, M.C., Arboretti Giancristofaro, R., Daragjati, J., Prete, C., Cella, A., Maggi, S., and Panza, F. on behalf of the MPI_Age Project Investigators (2018). Factors associated with all-cause mortality in community-dwelling frail older patients with dementia: a two-year retrospective observational study. *J. Am. Med. Dir. Ass.* *19*, 162-168 doi: 10.1016/j.jamda.2017.08.017..
44. Röhrig, G., Becker, I., Pappas, K., Polidori, M.C., and Schulz, R.J. (2018). Analysis of cytopenia in geriatric patients. *Z. Gerontol. Geriatr.* *51*, 231-236. doi: 10.1007/s00391-017-1280-9.
45. Stuckenschneider, T., Askew, C.D., Rüdiger, S., Polidori, M.C., Abeln, V., Vogt, T., Krome, A., Olde Rikkert, M., Lawlor, B., and Schneider, S. on behalf of the NeuroExercise Study Group (2018). Cardiorespiratory fitness and cognitive function are positively related among participants with mild and subjective cognitive impairment. *J. Alzheimer's Dis.* *62*, 1865-1875. doi: 10.3233/JAD-170996.
46. Dias, I.H.K., Brown, C.L., Shabir, K., Killick, J., Polidori, M.C., and Griffiths, H.R. (2018). miRNA 933 expression by endothelial cells is increased by 27-hydroxycholesterol and is more prevalent in plasma from dementia patients. *J. Alzheimer's Dis.* *64*, 1009-1017. doi: 10.3233/JAD-180201.
47. Dias, I.H.K., Milic, I., Lip, G.H.Y., Devitt, A., Polidori, M.C., and Griffiths, H.R. (2018). Simvastatin reduces circulating oxysterol levels in men with hypercholesterolaemia. *Redox Biol* *16*, 139-145. doi: 10.1016/j.redox.2018.02.014.