



DR ILARIA BERTINI

Dietitian

(professional activity based on nutritional counseling and cognitive-behavioural therapy-CBT)

Associated with:

ANDID – ADI – SIO – SISDCA - ASPIC – AIDAP: Italian Associations interested in nutrition, dietetics, weight control, psychological aspects and prevention and treatment of eating disorders and obesity.

Degree in Dietetics on the 22nd of November 2006, University of Padua, Faculty of Medicine. Thesis title: “OSTEOPOROSIS IN ANOREXIA NERVOSA: THE ROLE OF CALCIUM INTAKE”. Relator: Prof.ssa Lorenza Caregaro Negrin. Co-relator: Dott.ssa Gina Boffo and Dott.ssa Mariateresa Nardi.

January 2007: Free professional activity in Verona, collaboration with Dr. I. Mannucci, psychologist, for an interdisciplinary approach to obesity and eating disorders. New life, Verona - studi medici san bonifacio (vr).

January 2007- July 2007: training c/o Borgo Trento Hospital, dietetics and clinical nutrition service (Prof. O. Bosello), Verona.

April 2007: collaboration with Dr. A. Pollini and Dr. I. Mannucci, psychologist, for an interdisciplinary approach to obesity and eating disorders.

June 2007: training c/o San Bonifacio Hospital, Verona and collaboration with the dietitian involved in a project called “prevention and treatment of disease caused by a wrong lifestyle” (Prof. A. Pinto, Dr. G. Migliorini).

February 2008: training in “Nutritional Counseling” c/o ASPIC Modena, 50 cf.

April 2008: external collaborator for ANDID newsletter, “Books” section and “scientific articles” section.

March 2008: collaboration with CRC of Verona as FREELANCE dietitian for clinical trials (SOLVAY protocollo S245.4.008, EURAND protocollo PR-005 e PR-002, BARILLA protocollo CRC/2009/02).



October 2008: collaboration with CROM srl of Verona as Italian central dietitian for clinical trials.

Since June 2008: collaboration with “osservatorio nutrizionale grana padano” for educational and epidemiological iusse.

September 2008-february 2012: collaboration with Cotifa as dietitian for dietetics and nutritional advices c/o pharmacy in Veneto, Lombardy, Emilia-Romagna.

Collaboration with Dr. R. Robbi (specialist in food science and sport medicine) for a handbook about healthy eating behaviour and lifestyle, “Il taccuino del benessere” AlcionEdizioni.

Dietetic and Nutritional advices c/o Pharmacy and Sport Center with free educational interventions about a healthy lifestyle and prevention of eating disorder, obesity and unhealthy behaviours causing pathology.

September 2010-september 2011: Dietitian c/o “Sacro Cuore”Hospital Negrar Verona.

April 2011: medical dietetic therapy low in carbohydrate (SDM srl).

OctobeNovember 2011-february 2012 collaboration with AIDAP for Contacalorie review, 4th edition (PositivePress).

March 2012: collaboration as dietitian for Denpas “dietaZero Forever” (on line).

May 2013: GIFT DIETITIAN, examination with dr Luca Speciani.

Speaker in conferences about dietetics and nutrition.

Many publications on ANDID newsletter and presentation of the abstract of degree thesis during the DIET Network 2007. Collaboration with ANDID association activity and with SIO web (www.sio-triveneto.it)

Professional Updating in dietetics, clinical nutrition, physical activity and fitness, health care and wellness, counseling and communication skills, attending conferences and events.