

Curriculum Vitae

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Pablo Belfiori

Nationality: Italian

Work Experience

May 2024 - Present

University Lecturer

University of Cagliari - Faculty of Medicine and Surgery

- Delivered a 12-hour course on "Eating and Nutrition Disorders in Sports" within the BSc in Motor and Sports Sciences (SSD - M-EDF/02).

January 2020 - Present

Head of "Food For Mind" Clinic - Southern Sardinia

National network of clinics for diagnosis and treatment of eating disorders

- Specialist in Nutrition Science; Coordinator and Clinical Lead.
- Conducts comprehensive medical assessments and designs rehabilitation plans for patients with eating disorders.
- Oversees periodic evaluations of treatment outcomes.

April 2019 - Present

Medical Director

"Lo Specchio" Center, Casa Emmaus Social Enterprise - Iglesias (SU)

- Conducts thorough medical consultations, diagnostic evaluations, and develops multifactorial,

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psycho-nutritional re-education plans.

- Supervises the clinical management within a medium-complexity residential facility.

April 2005 - Present

Private Practice Nutritionist

Medical Office - Viale Regina Margherita 56, 09124 Cagliari

- Performs in-depth clinical evaluations and follows patients throughout their nutritional treatment and maintenance phase.

2011 - 2018

Science Communicator - Blogger

Blog: "La salute vien mangiando... Bene" - dietologia.blog.tiscali.it

- Published educational content on health and nutrition.

Jan 2012 - Jan 2013

Health Columnist - Radiolina Radio Station

- Weekly contributor to a health-focused segment.

Nov 2004 - Dec 2006

Resident Physician / Specialist

Specialization School in Nutrition Science - Policlinico of Monserrato (CA)

- Patient assessments and dietary planning.
- Proficient in software for diet creation and bioimpedance analysis.

Nov 2002 - Dec 2006

Resident Physician / Specialist

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Ospedale SS. Trinità - Cagliari (ASL 08)

- Medical consultations and tailored dietary programs.
- Use of clinical software for nutrition and diagnostics.

Education and Training

2005: Specialization in Nutrition Science (Clinical Nutrition), University of Cagliari - Final grade: 50/50 cum laude

2001: MD, University of Cagliari - Grade: 109/110

1992: High School Diploma (Classical Studies), Liceo Classico "G.M. Dettori", Cagliari

Languages

Italian (Native)

English - Reading: Excellent, Writing: Good, Speaking: Good

French - Reading: Good, Writing: Basic, Speaking: Good

Skills

Interpersonal: Experience in multidisciplinary teams, event speaker, active in scientific committees (HRS, ebookecm.it)

Organizational: Strong problem-solving and leadership in clinical and academic settings

Technical: Proficient with PC, Apple devices, and Wi-Fi equipment

Artistic: Piano studies at Conservatory of Music in Cagliari (5 years), basic composition skills

Other

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Driving Licenses: A and B

Signature: Pablo Belfiori

Date: Cagliari, May 18, 2025