

Curriculum vitae

Prof. Andrea Maria Maresca

Born in Milan on January 6, 1972

Residence: Via A. Bezzacca 32, 21100 Varese, Italy

Current Position

Associate Professor

Scientific Disciplinary: MEDS-05/A Internal Medicine

Scientific Group: 06/MEDS-05 Internal Medicine

Department of Medicine and Surgery

Director of the Residency School in Geriatrics, University of Insubria

University of Insubria

Director, Medical Area Department, ASST Lariana

Director, Geriatrics Unit, Sant'Anna Hospital, ASST Lariana

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Education

Degree in Medicine and Surgery, University of Milan, October 14, 1996 – 110/110 with honors

Specialization in Internal Medicine, University of Padua, December 19, 2001 – 70/70 with honors

Academic and Professional Appointments

December 1, 2002: University Researcher (MED09 Internal Medicine), University of Insubria

December 31, 2002: First-Level Medical Director, Circolo Hospital and Macchi Foundation – University Hospital of Varese

2006: Confirmed as University Researcher

2020: Associate Professor in Internal Medicine

2022: Director, Residency School in Geriatrics

2023: Director, Geriatrics Unit, ASST Lariana

2025: Director, Medical Area Department, ASST Lariana

Training

Hypertension Summer School, European Society of Hypertension (Kiel, Germany, October 4–9, 1998)

Visiting Doctor, Stroke Service, Massachusetts General Hospital (Boston, USA, July–September 2000)

Languages

Excellent written and spoken English

Research Activity

Investigator in studies on several antihypertensive drugs. Conducted independent studies on:

Blood pressure management in acute stroke

Intravenous thrombolysis in acute stroke

Effects of antihypertensive drugs on cerebral blood flow

Cerebrovascular reactivity and dementia

Hypertensive heart disease

Epidemiology of arterial hypertension

Telemedicine

Metabolic syndrome

Obstructive sleep apnea syndrome

Cardiovascular effects of antiretroviral therapy

Dyslipidemia

COVID-19 infection

Geriatric syndromes

Investigator in international randomized clinical trials in hypertension and acute stroke (GAIN, CONVINCe, VALUE, PROGRESS, PST 2238, ONTARGET, APROS, I-DEMAND)

Clinical Activity

Transcranial Doppler for cerebrovascular reactivity and acute stroke (1997–2001)

Member of the Stroke Team, University Hospital of Padua (1997–2001), managing acute stroke with intravenous and intra-arterial thrombolysis

Participation in:

Hypertension Center, Internal Medicine Clinic IV, Padua (1997–2002)

Hypertension Diagnosis and Treatment Center, Internal Medicine I, Varese (2002–2023)

Dyslipidemia Center, Varese (2014–2023)

Hypertension Center, ASST Lariana (2023–present)

Dyslipidemia Center, ASST Lariana (2023–present)

Clinical practice at:

Internal Medicine Clinic IV, Padua Hospital (1997–2002)

Internal Medicine I, Varese Hospital (January 1, 2003 – October 30, 2023)

24-hour ambulatory blood pressure monitoring (1997–present)

Head of Unit, Dyslipidemia and Atherosclerosis (2014–2017), Medicine Unit 1 – ASST Settelaghi

Head of Unit, Outpatient Activity Management (2017–2023), Medicine Unit 1 – ASST Settelaghi

Scientific Activity

Author of approximately 200 publications (105 full papers in peer-reviewed journals)

Speaker at CME events and national/international conferences

Reviewer for international journals (PlosOne, American Journal of Hypertension, Thrombosis and Hemostasis, Nutrition Metabolism and Cardiovascular Disease, Archives of Geriatrics and Gerontology, Italian Journal of Medicine)

Associate Editor, Frontiers in Cardiovascular Medicine

Member of:

Italian Society of Hypertension

Italian Federation of Cardiology

FADOI

Italian Society of Geriatrics and Gerontology

Italian Society of Respiratory Medicine in the Elderly

Board Member:

Italian Society of Geriatrics and Gerontology (Lombardy)

Italian Society of Respiratory Medicine in the Elderly (national)

Participation in national research groups (REPOSI, Minisal-SIIA, SIM-AF)

Reviewer for the Italian Ministry of University and Research (PRIN and Research Quality Assessment 2004–2010)

Teaching Activity

Lecturer at the University of Insubria:

Degree in Nursing (2003–present)

Internal Medicine

Degree in Dental Hygiene (2003–2005)

Medical Oncology

Hematology

Degree in Physiotherapy (2003–2005)

Internal Medicine

Biomedical Laboratory Technician Degree (2003–2005)

Internal Medicine

Radiology Technician Degree (2003–2005)

Internal Medicine

Cardiocirculatory Pathophysiology and Cardiovascular Perfusion Technician Degree (2004–2006)

Internal Medicine

Hematology

Emergency Medicine

Dentistry Degree (2004–present)

Internal Medicine and Gastroenterology

Medicine and Surgery Degree (2005–2009)

Integrated Course in Medical Pathology (Respiratory Diseases)

Medicine and Surgery Degree (2009–2013)

Integrated Course in Medical Pathology (Rheumatology)

Medicine and Surgery Degree (2011–present)

Medical Semeiotics

Medicine and Surgery Degree (2023–present)

Clinical Medicine

Residency School in Internal Medicine (2003–present)

Internal Medicine (2nd year)

Master Programs

Second-Level Inter-University Master in Arterial Hypertension and Cardiovascular Prevention (2011–2012):

Hypertension in pregnancy

Resistant hypertension

Chronic kidney disease

PhD Programs

Member of the PhD Board in Clinical and Experimental Pharmacology, University of Insubria (2011–2013 cycles)

Member of the PhD Board in Clinical and Experimental Medicine and Medical Humanities (2013–2016, 2020–present)