

Guglielmo M. Trovato, M.D. is Clinical Professor of Internal Medicine and Researcher in the School of Medicine and Surgery of the Public University of Catania, Italy. He is the chief of the Clinical Unit of Non-Invasive Diagnostic and Personalized Therapy of the University Hospital of Catania. He is also the Director of the Postgraduate School in e-learning in Health Sciences and Medicine, and Professor of Health Psychology in the Faculty of Psychology, University of Catania.

Dr. Trovato is the Coordinator of the Italian EPMA Board and the Associate Editor for Predictive, Preventive and Personalised Medicine in Clinical Nutrition and Health Psychology of the EPMA Journal.

He pioneered in Italy since 1975 Echocardiography and Clinical Ultrasound in Medicine, after several periods of research and training at the Mt Sinai School of Medicine (New York), London University (Brompton Hospital) and Clinique de l'Université (Paris). His clinical and research work is based on the use of non-invasive procedures and biomarkers targeted to a predictive approach for the early detection and prevention of disease mainly consequent to unhealthy environment and detrimental lifestyle. Clinical Nutrition and Health Psychology strategies were and are developed in intervention and in tailored treatments used in obesity, arterial hypertension, fatty liver and other conditions. Dr. Trovato was the Scientific Coordinator of a project (2008-2010) aimed at the dissemination of knowledge and skills focused to interventions on lifestyle in the USA. This project was based on the use of Mediterranean Diet as a general paradigm of European Healthy Lifestyle, with well established components of assessment, epidemiologic/preventive evidences and personalized, sustainable and friendly therapeutic options. The most important International Meeting in USA were held at the Emory University (Atlanta, Georgia) and at the Rockefeller Center (New York). Along this line of research the most significant contributions are in the study of the modulator effects adipogenic Human Adenoviruses in the pathophysiology and clinical occurrence of obesity and fatty liver and in the overview of the relationship of functional brain imaging changes related with diet and physical exercise. He served as independent expert evaluator for health, life, social, environment and technological research issue and as VC for Ethics for the EU Commission (FP5-FP7).