

# SAVERIO STRANGES, MD, PhD

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## NATIONALITY/DATE OF BIRTH

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Italian/October 17, 1971

## CURRENT POSITION

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Associate Professor of Cardiovascular Epidemiology  
Director of Clinical Academic Training in Public Health  
Honorary Consultant Physician in Public Health Medicine (UHCW)  
Division of Health Sciences  
Statistics and Epidemiology  
University of Warwick Medical School  
United Kingdom

Affiliated Faculty  
Department of Social & Preventive Medicine  
State University of New York at Buffalo, Buffalo, NY, USA

Department of Epidemiology and Public Health  
University College London, UK

Department of Preventive Medical Sciences  
"Federico II" University of Naples Medical School, Naples, Italy

## LANGUAGES

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Reading, Writing, Speaking:

English (Fluent All)

Italian (Fluent All)

Spanish (Basic All)

## EDUCATION

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M.D. (30<sup>th</sup> July 1996)

"Federico II" University of Naples Medical School, Italy

Grade: 110/110 cum laude

Specialty (1<sup>st</sup> November 1996 – 12<sup>th</sup> October 2000)

Preventive Medicine/Epidemiology and Public Health

Department of Preventive Medical Sciences

"Federico II" University of Naples Medical School, Italy

Grade: 70/70 cum laude

Dissertation Title: "*Principles, mechanisms and implementation of primordial prevention: a challenge for community medicine of the future*"

## **SAVERIO STRANGES, MD, PhD**

Ph.D. Environmental Hygiene/Epidemiology (November 2000 – February 2004)  
Department of Preventive Medical Sciences

“Federico II” University of Naples Medical School, Italy

Dissertation Title: “SETIL Study: epidemiologic multicenter study on the environmental risk factors for emolinphopoietic tumors in the childhood”

Postdoctoral Research Fellow (August 2002 – July 2005)

Department of Social & Preventive Medicine

School of Public Health and Health Professions

State University of New York at Buffalo, Buffalo, NY, USA

MA - Postgraduate Certificate in Academic and Professional Practice (PCAPP)

January 2007-November 2009

University of Warwick, UK

## **PROFESSIONAL EXPERIENCE**

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|--------------|---|
| 2011-Present | Associate Professor of Cardiovascular Epidemiology (tenured), Division of Health Sciences, University of Warwick, UK          |
| 2006-2011    | Senior Clinical Lecturer in Cardiovascular Epidemiology (not tenured), Division of Health Sciences, University of Warwick, UK |
| 2005-2006    | Assistant Professor, Department of Social & Preventive Medicine, State University of New York at Buffalo, Buffalo, NY, USA    |
| 2002-2005    | Research Instructor, Department of Social & Preventive Medicine, State University of New York at Buffalo, Buffalo, NY, USA    |
| 1996-2000    | Resident, Preventive Medicine, "Federico II" University of Naples Medical School, Italy                                       |

## **CERTIFICATION AND SPECIALTY BOARDS**

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- 2007 Fellow of the Faculty of Public Health (UK)
- 2006 Board Certification (UK) in Public Health Medicine
- 2006 National Boards (UK) in Medicine and Surgery
- 2000 Board Certification (Italy) in Preventive Medicine
- 1997 National Boards (Italy) in Medicine and Surgery

## **PROFESSIONAL AWARDS**

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- 2006 Finalist for the Sandra Daugherty Award for Excellence in Cardiovascular Disease or Hypertension Epidemiology at the 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention, Phoenix, Arizona, USA
- 2004 First Prize for Research in Population Sciences, J. Warren Perry Lecture 2004, State University of New York at Buffalo, Buffalo, NY, USA
- 1996 Magna Cum Laude, "Federico II" University of Naples Medical School, Italy

## **SAVERIO STRANGES, MD, PhD**

### **PROFESSIONAL AFFILIATIONS**

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American Heart Association (AHA), American Diabetes Association (ADA), Society for Social Medicine (SSM)

### **EDITORIAL ACTIVITIES**

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#### Peer review activities

Addiction, American Journal of Epidemiology, Annals of Epidemiology, Annals of Internal Medicine, Archives of Internal Medicine, British Medical Journal, Circulation, Diabetes, Diabetes Care, Epidemiology, European Heart Journal, Hypertension, Journal of Behavioural Medicine, Journal of Human Hypertension, Journal of Hypertension, Metabolism, Nutrition Metabolism & Cardiovascular Disease, Preventive Medicine

Abstract reviewer for the 48th Annual Conference on Cardiovascular Disease Epidemiology and Prevention, American Heart Association. Colorado Springs, Colorado, USA, March 13-15, 2008.

#### Editorial board membership

2008- Editorial board, *Nutrition Metabolism & Cardiovascular Disease (NMCD)*  
(<http://www.nmcd-journal.com/>)

### **RESEARCH INTERESTS**

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- Traditional and emerging cardio-metabolic risk factors
- Alcohol drinking patterns and cardio-metabolic health
- Body fat distribution, obesity, and cardio-metabolic health
- Dietary patterns, micronutrients and cardio-metabolic health
- Sleep patterns, quality of life and ageing
- Global public health, cross-cultural research in chronic disease epidemiology

### **PUBLICATIONS IN PEER-REVIEWED JOURNALS**

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1. Hartley L, Igbinedion E, Holmes J, Thorogood M, Clarke A, **Stranges S**, Hooper L, Rees K. Increased consumption of fruit and vegetables for the primary prevention of cardiovascular diseases. *Cochrane Database Systematic Reviews* 2013 (in press).
2. Hartley L, Flowers N, Holmes J, Clarke A, **Stranges S**, Hooper L, Rees K. Green and black tea for the primary prevention of cardiovascular disease. *Cochrane Database Systematic Reviews* 2013 (in press).
3. Rees K, Hartley L, Flowers N, Clarke A, Thorogood M, **Stranges S**. Mediterranean dietary pattern for the primary prevention of cardiovascular disease. *Cochrane Database Systematic Reviews* 2013 (in press).
4. Gilmour H, **Stranges S**, Kaplan M, Feeny D, McFarland B, Huguet N, Bernier J. Longitudinal trajectories of sleep duration. *Health Reports* 2013 (in press).
5. Rees K, Hartley L, Day C, Clarke A, **Stranges S**. Selenium supplementation for the primary prevention of cardiovascular disease. *Cochrane Database Systematic Reviews* 2013;1:CD009671. DOI: 10.1002/14651858.CD009671.pub2. [[Medline](#)]

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6. Kandala N-B, Tigbe W, Manda SOM, **Stranges S**. Geographic variation of hypertension in Sub-Saharan Africa: a case study of South-Africa. *American Journal of Hypertension* 2013;26(3):382-91. [\[Medline\]](#)
7. Vinceti M, Crespi CM, Bonvicini F, Malagoli C, Ferrante M, Marmiroli S, **Stranges S**. The need for a reassessment of the safe upper limit of selenium in drinking water. *Science of the Total Environment* 2013;443:633-42. [\[Medline\]](#)
8. Maheswaran H, Petrou S, Rees K, **Stranges S**. Estimating EQ-5D utility values for major health behavioral risk factors in England. *Journal of Epidemiology & Community Health*. 2013;67(2):172-80. [\[Medline\]](#)
9. Laccetti R, Pota A, **Stranges S**, Falconi C, Memoli B, Bardaro L, Guida B. Evidence on the prevalence and geographic distribution of major cardiovascular risk factors in Italy. *Public Health Nutrition* 2013;16(2):305-15. [\[Medline\]](#)
10. **Stranges S**, Guallar E. Cardiovascular disease prevention in women: an evolving scenario. *Nutrition, Metabolism & Cardiovascular Diseases* 2012;22(12):1013-8. [\[Medline\]](#)
11. Rayman MP, Blundell-Pound G, Pastor-Barriuso R, Guallar E, Steinbrenner H, **Stranges S**. A randomized trial of selenium supplementation and risk of type-2 diabetes, as assessed by plasma adiponectin. *PLoS One*. 2012;7(9):e45269. [\[Medline\]](#)
12. Weich S, Bebbington P, **Stranges S**, Rai D, McBride O, Meltzer H, Jenkins R, McManus S, Brugha T. The population impact of common mental disorders and long term conditions on disability and acute hospital admission. *Psychological Medicine*. 2012 Aug 21:1-11. [Epub ahead of print] [\[Medline\]](#)
13. **Stranges S**, Tigbe W, Gómez-Olivé XF, Thorogood M, Kandala N-B. Sleep Problems: an Emerging Global Epidemic? Findings from the INDEPTH WHO-SAGE study among over 40,000 older adults from eight countries across Africa and Asia. *Sleep* 2012;35(8):1173-1181. [\[Medline\]](#)
14. Franco OH, Wong YL, Kandala N-B, Ferrie JE, Dorn JM, Kivimäki M, Clarke A, Donahue RP, Singh-Manoux A, Freudenheim JL, Brunner E, Trevisan M, **Stranges S**. Cross-cultural comparison of correlates of quality of life and health status: the Whitehall II Study (UK) and the Western New York Health Study (US). *European Journal of Epidemiology* 2012;27(4):255-65. [\[Medline\]](#)
15. Barba M, Sperati F, **Stranges S**, et al. Fasting glucose and treatment outcome in breast and colorectal cancer patients treated with targeted agents: results from a historic cohort. *Annals of Oncology* 2012;23(7):1838-45. [\[Medline\]](#)
16. **Stranges S**, Tabák AG, Guallar E, Rayman MP, Akbaraly TN, Laclaustra M, Mussalo-Rauhamaa H, Viikari JSA, Raitakari OT, Kivimäki M. Selenium status and blood lipids: the Cardiovascular Risk in Young Finns Study. *Journal of Internal Medicine* 2011;270(5):469-477. [\[Medline\]](#)
17. **Stranges S**, Galletti F, Farinaro E, D'Elia L, Russo O, Iacone R, Capasso C, Carginale V, De Luca V, Della Valle E, Cappuccio FP, Strazzullo P. Associations of selenium status with cardiometabolic risk factors: an 8-year follow-up analysis of the Olivetti Heart Study. *Atherosclerosis* 2011; 217(1):274-8. [\[Medline\]](#)
18. Rayman MP, **Stranges S**, Griffin B, Pastor-Barriuso R, Guallar E. Effect of supplementation with high-selenium yeast on plasma lipids: a randomized, controlled trial. *Annals of Internal Medicine* 2011;154(10):656-65.

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19. Siervo M, Corander M, **Stranges S**, Bluck L. Post-challenge hyperglycemia, nitric oxide production and endothelial dysfunction: the causal role of asymmetric dimethylarginine (ADMA). *Nutrition, Metabolism & Cardiovascular Diseases* 2011;21(1):1-10. [\[Medline\]](#)
20. Trevisan M, Dorn J, Chiodini P, Grioni S, Hovey K, Krogh V, Panico S, **Stranges S**. Patterns of Wine Drinking in the USA and Europe: Implications for Health. *Journal of Wine Research* 2011;22(2):109-112. [\[Scopus\]](#)
21. Donahue RP, Dorn JM, **Stranges S**, Swanson M, Hovey KM, Trevisan M. Impaired fasting glucose and recurrent cardiovascular disease among survivors of a first acute myocardial infarction: evidence for a sex Difference. The Western New York experience. *Nutrition, Metabolism & Cardiovascular Diseases* 2011;21(7):504-11. [\[Medline\]](#)
22. **Stranges S**, Navas-Acien A, Rayman MP, Guallar E. Selenium status and cardio-metabolic health: State of the evidence. *Nutrition, Metabolism & Cardiovascular Diseases* 2010;20(10):754-60. [\[Medline\]](#)
23. **Stranges S**, Sieri S, Vinceti M, Grioni S, Guallar E, Laclaustra M, Muti M, Berrino F, Krogh V. A prospective study of dietary selenium intake and risk of type 2 diabetes. *BMC Public Health*. 2010;10(1):564. [\[Medline\]](#)
24. Rafalson L, Donahue RP, **Stranges S**, LaMonte M, Dmochowski J, Dorn JM, Trevisan M. Short sleep duration is associated with progression to impaired fasting glucose: the Western New York Health Study. *Annals of Epidemiology* 2010;20(12):883-9. [\[Medline\]](#)
25. Rees K, Guraewal S, Wong E, Majanbu DL, Mavrodaris A, **Stranges S**, Kandala N-B, Clarke A, Franco OH. Is vitamin K consumption associated with cardio-metabolic disorders? A systematic review. *Maturitas* 2010; 67(2):121-8. [\[Medline\]](#)
26. Guallar E, Miller ER 3<sup>rd</sup>, Ordovas JM, **Stranges S**. Vitamin D supplementation in the age of lost innocence. *Annals of Internal Medicine* 2010; 152(5):327-9. [\[Medline\]](#)
27. Laclaustra M, **Stranges S**, Navas-Acien A, Ordovas JM, Guallar E. Serum selenium and plasma lipids in US adults: National Health and Nutrition Examination Survey (NHANES) 2003-2004. *Atherosclerosis* 2010; 210(2):643-8. [\[Medline\]](#)
28. **Stranges S**, Dorn JM, Cappuccio FP, Donahue RP, Rafalson LB, Hovey KM, Freudenheim JL, Kandala N-B, Miller MA, Trevisan M. A population-based study of short sleep duration and hypertension: the strongest association may be in premenopausal women. *Journal of Hypertension* 2010; 28(5):896-902 [\[Medline\]](#)
29. Parker J, Hashmi O, Dutton D, Mavrodaris A, **Stranges S**, Kandala N-B, Clarke A, Franco OH. Levels of vitamin D and cardio-metabolic disorders: systematic review and meta-analysis. *Maturitas* 2010; 65(3):225-36. [\[Medline\]](#)
30. **Stranges S**, Laclaustra M, Ji C, Cappuccio FP, Navas-Acien A, Ordovas JM, Rayman M, Guallar E. Higher selenium status is associated with adverse blood lipid profile in British adults. *Journal of Nutrition* 2010; 140(1):81-7. [\[Medline\]](#)
31. Barba M, Yang L, Schünemann HJ, Sperati F, Grioni S, **Stranges S**, Westerlind KC, Blandino G, Gallucci M, Lauria R, Malorni L, Muti P. Urinary estrogen metabolites and prostate cancer: a case-control study and meta-analysis. *Journal of Experimental & Clinical Cancer Research* 2009; 28:135. [\[Medline\]](#)
32. Laclaustra M, Navas-Acien A, **Stranges S**, Ordovas JM, Guallar E. Serum selenium concentrations and diabetes in US adults: National Health and Nutrition Examination Survey (NHANES) 2003-2004. *Environmental Health Perspectives* 2009; 117(9):1409-13. [\[Medline\]](#)

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33. Laclaustra M, Navas-Acien A, **Stranges S**, Ordovas JM, Guallar E. Serum selenium levels and hypertension in the US population. *Circulation Cardiovascular Quality and Outcomes* 2009; 2(4):369-76. [\[Medline\]](#)
34. Bleys J, Navas-Acien A, Laclaustra M, Pastor-Barriuso R, Menke A, Ordovas JM, **Stranges S**, Guallar E. Serum selenium and peripheral arterial disease: Results from the National Health and Nutrition Examination Survey (NHANES) 2003-2004. *American Journal of Epidemiology* 2009; 169(8):996-1003. [\[Medline\]](#)
35. Della Valle E, **Stranges S**, Trevisan M, Krogh V, Fusconi E, Dorn JM, Farinaro E. Drinking habits and health in Northern Italian and American men. *Nutrition, Metabolism & Cardiovascular Diseases* 2009; 19(2):115-22. [\[Medline\]](#)
36. **Stranges S**, Dorn JM, Shipley MJ, Kandala N-B, Trevisan M, Miller MA, Donahue RP, Hovey KM, Ferrie JE, Marmot MG, Cappuccio FP. Correlates of short and long sleep duration: cross-cultural comparison between UK and US. The Whitehall II Study and the Western New York Health Study. *American Journal of Epidemiology* 2008; 168 (12):1353-64. [\[Medline\]](#)
37. **Stranges S**, Dorn JM, Donahue RP, Browne RW, Freudenheim JL, Hovey KM, Trevisan M. Oxidation, type 2 diabetes and coronary heart disease, a complex interaction. Findings from a population-based study. *Diabetes Care* 2008; 31(9):1864-6. [\[Medline\]](#)
38. Bleys J, Navas-Acien A, **Stranges S**, Menke A, Miller III ER, Guallar E. Serum selenium and serum lipids in US adults. *American Journal of Clinical Nutrition* 2008; 88(2):416-23. [\[Medline\]](#)
39. **Stranges S**, Guallar E. Dietary iron and blood pressure. *British Medical Journal* 2008; 337:a547. [\[Medline\]](#)
40. **Stranges S**, Rafalson LB, Dmochowski J, Rejman K, Tracy RP, Trevisan M, Donahue RP. Additional contribution of emerging risk factors to the prediction of the risk of type 2 diabetes. *Obesity* 2008; 16 (6):1370-6. [\[Medline\]](#)
41. Fan AZ, Russell M, **Stranges S**, Dorn JM, Trevisan M. Association of lifetime alcohol drinking trajectories with cardiometabolic risk. *Journal of Clinical Endocrinology & Metabolism* 2008; 93 (1):154-161. [\[Medline\]](#)
42. **Stranges S**, Cappuccio FP, Kandala N-B, Miller MA, Taggart FM, Kumari M, Ferrie JE, Shipley MJ, Brunner E, Marmot MG. Cross-sectional versus prospective associations of sleep duration with changes in relative weight and body fat distribution: the Whitehall II Study. *American Journal of Epidemiology* 2008; 167 (3):321-329. [\[Medline\]](#)
43. Cappuccio FP, Taggart FM, Kandala NB, Currie A, Peile E, **Stranges S**, Miller MA. Meta-analysis of short sleep duration and obesity in children and adults. *Sleep* 2008; 31 (5):619-626. [\[Medline\]](#)
44. Kandala NB, Ji C, Stallard N, **Stranges S**, Cappuccio FP. Morbidity from diarrhoea, cough and fever in children in Nigeria. *Annals of Tropical Medicine and Parasitology* 2008; 102 (5):427-445. [\[Medline\]](#)
45. Kandala NB, Ji C, Stallard N, **Stranges S**, Cappuccio FP. Spatial analysis of risk factors for childhood morbidity in Nigeria. *American Journal of Tropical Medicine and Hygiene* 2007; 77 (4):770-779. [\[Medline\]](#)
46. Cappuccio FP, **Stranges S**, Kandala N-B, Miller MA, Taggart FM, Kumari M, Ferrie JE, Shipley MJ, Brunner E, Marmot MG. Gender-specific associations of short sleep duration with prevalent and incident hypertension: the Whitehall II Study. *Hypertension* 2007; 50 (4): 693-700. [\[Medline\]](#)

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47. **Stranges S**, Marshall JR, Natarajan R, Donahue RP, Trevisan M, Combs GF, Cappuccio FR, Ceriello A, Reid ME. Effects of long-term selenium supplementation on the incidence of type 2 diabetes. A randomized controlled trial. *Annals of Internal Medicine* 2007; 147 (4): 217-223. [\[Medline\]](#)
48. Donahue RP, **Stranges S**, Rejman K, Rafalson LB, Dmochowski J, Trevisan M. Elevated cystatin-C concentration is associated with progression to prediabetes: the Western New York Study. *Diabetes Care* 2007; 30 (7):1-6. [\[Medline\]](#)
49. **Stranges S**, Cappuccio FP. Children under pressure: an underestimated burden. *Archives of Disease in Childhood* 2007; 92 (4):288-290. [\[Medline\]](#)
50. Donahue RP, Rejman K, Rafalson LB, Dmochowski J, **Stranges S**, Trevisan M. Sex differences in endothelial function markers prior to conversion to pre-diabetes: does the clock start ticking earlier among women? The Western New York Study. *Diabetes Care*. 2007; 30 (2):354-359. [\[Medline\]](#)
51. **Stranges S**, Bonner MR, Fucci F, Cummings KM, Freudenheim JL, Dorn JM, Muti P, Giovino GA, Hyland A, Trevisan M. Lifetime cumulative exposure to secondhand smoke and risk of myocardial infarction in never smokers: results from the Western New York Health Study, 1995-2001. *Archives of Internal Medicine* 2006; 166 (9):1961-1967. [\[Medline\]](#)
52. **Stranges S**, Notaro J, Freudenheim JL, Calogero RM, Russell M, Nochajski TH, Trevisan M. Alcohol drinking pattern and subjective health in a population-based study. *Addiction* 2006; 101 (9): 1265-1276. [\[Medline\]](#)
53. Trevisan M, **Stranges S**. Cholesterol lowering and mortality: A great success story! *Nutrition, Metabolism and Cardiovascular Diseases*. 2006; 16 (6): 391-394. [\[Medline\]](#)
54. Barba M, McCann SE, Nie J, Vito D, **Stranges S**, Fuhrman B, Trevisan M, Muti P, Freudenheim JL. Perinatal Exposures and Breast Cancer Risk in the Western New York Exposures and Breast Cancer (WEB) Study. *Cancer Causes & Control* 2006; 17 (4):395-401. [\[Medline\]](#)
55. **Stranges S**, Marshall JR, Trevisan M, Natarajan R, Donahue RP, Combs GF, Farinaro E, Clark LC, Reid ME. Effects of Selenium Supplementation on Cardiovascular Disease Incidence and Mortality: Secondary Analyses in a Randomized Clinical Trial. *American Journal of Epidemiology* 2006; 163 (8): 694-699. [\[Medline\]](#)
56. Tayo BO, Liang Y, **Stranges S**, Trevisan M. Genome-wide linkage analysis of age at onset of alcohol dependence: a comparison between microsatellites and single-nucleotide polymorphisms. *BMC Genetics* 2005; 6 (Suppl 1): S12. [\[Medline\]](#)
57. **Stranges S**, Trevisan M, Dorn JM, Dmochowski J, Donahue RP. Body Fat Distribution, Liver Enzymes and Risk of Hypertension: Evidence from the Western New York Study. *Hypertension* 2005; 46 (5): 1186-1193. [\[Medline\]](#)
58. Boccia A, Damiani G, D'Errico MM, Farinaro E, Gregorio P, Nante N, Sante P, Siliquini R, Ricciardi G, La Torre G, Villari P, Boccia S, Sirianni L, **Stranges S**, Simioli P, Garramone L, Gregario R, Minniti D; ARPIC Collaborative Group. Age- and sex-related utilisation of cardiac procedures and interventions: a multicentric study in Italy. *International Journal of Cardiology* 2005; 101 (2):179-184. [\[Medline\]](#)
59. Bland SH, Valoroso L, **Stranges S**, Strazzullo P, Farinaro E, Trevisan M. Long-term follow-up of psychological distress following earthquake experiences among working Italian males: a cross-sectional analysis. *Journal of Nervous and Mental Diseases* 2005; 193 (6):420-423. [\[Medline\]](#)

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60. Carbone U, Della Valle E, Boggia B, Mancusi G, **Stranges S**, Pizzorusso V, Farinaro E. Occupational categories and chronic degenerative diseases in elderly workers. *International Congress Series* 2005; 1280:161-165. [[Scopus](#)]
61. **Stranges S**, Wu T, Dorn JM, Freudenheim JL, Muti P, Farinaro E, Russell M, Nochajski TH, Trevisan M. Relationship of alcohol drinking pattern to the risk of hypertension: a population-based study. *Hypertension* 2004; 44 (6):813-819. [[Medline](#)]
62. Barba M, McCann SE, Schünemann HJ, **Stranges S**, Fuhrman B, De Placido S, Carruba G, Freudenheim JL, Trevisan M, Russell M, Nochajski T, Muti P. Lifetime total and beverage specific alcohol intake and prostate cancer risk: a case-control study. *Nutrition Journal* 2004; 3 (1): 23. [[Medline](#)]
63. **Stranges S**, Freudenheim JL, Muti P, Farinaro E, Russell M, Nochajski T, Trevisan M. Greater hepatic vulnerability after alcohol intake in African-Americans compared with Caucasians-Americans: a population-based study. *Journal of the National Medical Association* 2004; 96 (9):1185-1192. [[Medline](#)]
64. Della Valle E, **Stranges S**, Trevisan M, Strazzullo P, Siani A, Farinaro E. Self rated measures of physical activity and cardiovascular risk profile in a sample of Southern Italy male workers - The Olivetti Heart Study. *Nutrition, Metabolism and Cardiovascular Diseases* 2004; 14 (3):143-149. [[Medline](#)]
65. **Stranges S**, Dorn JM, Muti P, Freudenheim JL, Farinaro E, Russell M, Nochajski T, Trevisan M. Body Fat Distribution, Relative Weight, and Liver Enzyme Levels: A Population-Based Study. *Hepatology* 2004; 39 (3):754-763. [[Medline](#)]
66. **Stranges S**, Freudenheim JL, Muti P, Farinaro E, Russell M, Nochajski T, Trevisan M. Differential effects of alcohol drinking pattern on liver enzymes in men and women. *Alcoholism: Clinical and Experimental Research* 2004; 28 (6): 949-956. [[Medline](#)]
67. Parrilli G, Orsini L, **Stranges S**, Cimino L, Abazia C, Scalice E, Manguso F, Farinaro E, Budillon G. Natural history of chronic viral hepatitis in southern Italy: epidemiological changes since the introduction of anti-HCV test. *Epidemiology and Infection* 2003; 131 (3):1111-1115. [[Medline](#)]
68. Carbone U, Pizzorusso V, Grieco L, Della Valle E, **Stranges S**, Farinaro E. A new model of health surveillance: lessons learned from epidemiology. *G Ital Med Lav Ergon.* 2003; 25 (3):307-308. [[Medline](#)]
69. **Stranges S**, Guglielmucci G, Trivelli L, Farinaro E. Economic progress and the impending pandemic of cardiovascular diseases. *Ann Ig.* 2000; Suppl 1: 17-23. [[Medline](#)]
70. Guglielmucci G, **Stranges S**, Cascone E, Postiglione A, Farinaro E. The pandemic of cardiovascular diseases, available resources and international cooperation. *Ann Ig.* 2000; Suppl 1:25-31. [[Medline](#)]
71. **Stranges S**, Cajafa A, Guglielmucci G, Farinaro E. Socioeconomic status and neoplasia. *Ann Ig.* 2000; Suppl 1:41-47. [[Medline](#)]
72. Farinaro E, **Stranges S**, Guglielmucci G, Iermano P, Celentano E, Cajafa A, Trevisan M. Heart rate, cigarette smoking and alcohol intake in hypertensive individuals. The Italian *TensioPulse* Study. *Nutrition, Metabolism and Cardiovascular Diseases* 1999; 9 (4):196-202. [[Medline](#)]

**INVITED REVIEW ARTICLES IN PEER-REVIEWED JOURNALS**

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1. **Stranges S**, Trevisan M. Age-associated metabolic effects of binge drinking. *Expert Review of Endocrinology & Metabolism* 2008; 3(2):109-111.



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2. **Stranges S**, Cummings KM, Cappuccio FP, Trevisan M. Secondhand smoke exposure and cardiovascular disease. *Current Cardiovascular Risk Reports* 2007; 1(5):373-378.
3. **Stranges S**, Cappuccio FP. Prevention and management of hypertension without drugs. *Current Hypertension Reviews* 2007; 3(3):182-195.
4. Farinaro E, **Stranges S**, Della Valle E, Guglielmucci G, Cajafa A, Triassi M, Chockalingam A. Cardiovascular Disease Pandemic: the global view on mortality and risk factors. *CARDIONet Journal* 2001:3.
5. Farinaro E, Guglielmucci G, **Stranges S**, Chockalingam A, Postiglione A. Principles, mechanisms and implementation of primordial prevention: a challenge for community medicine of the future. *CVD Prevention* 2000; 3(3):259-264.
6. Farinaro E, Motti C, **Stranges S**, Iacuzio L, De Cicco A, D'Argenzio A, Santoro E, Cortese C. Interaction between genetics and environment in coronary heart disease: The European Atherosclerosis Research Study (EARS). *Igiene Moderna* 1998;110:283-313.

### **LETTERS IN PEER-REVIEWED JOURNALS**

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1. Russell M, Trevisan M, **Stranges S**. Childhood obesity, other cardiovascular risk factors, and premature death. *The New England Journal of Medicine* 2010; 362(19):1840. [\[Medline\]](#)
2. **Stranges S**, Russell M, Fan AZ, Dorn JM, Trevisan M. Letter regarding article: "To Drink or Not to Drink? That Is the Question". *Circulation* 2008; 117 (6):e159. [\[Medline\]](#)
3. Cappuccio FP, **Stranges S**. Response to: Gender-specific associations of short sleep duration with prevalent hypertension. *Hypertension* 2008; 51 (3):e17. [\[Medline\]](#)
4. Trevisan M, **Stranges S**. Reply to Drs Vos, Ravnskov, Mascitelli and Pezzetta. *Nutrition, Metabolism and Cardiovascular Diseases* 2007; 17 (7):21-23. [\[Medline\]](#)
5. **Stranges S**, Bonner MR, Fucci F, Cummings KM, Freudenheim JL, Dorn JM, Muti P, Giovino GA, Hyland A, Trevisan M. Acute vs. Chronic Secondhand Smoke Exposure—Reply. *Archives of Internal Medicine* 2007; 167 (7):731-732. [\[Medline\]](#)

### **BOOK CHAPTERS**

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1. **Stranges S**, Trevisan M. "Alcohol drinking pattern, biologic pathways and coronary heart disease". In: *Cardiovascular Disease: Nutritional and Metabolic Bases*. Blackwell Scientific Publications, 2012 (in press).
2. Mavrodaris A, **Stranges S**. "Nutritional management of hypertension: cost versus benefit". In: *Nutrients, Dietary Supplements, and Nutraceuticals: Cost Analysis versus Clinical Benefits*, edited by Ronald Ross Watson, Joe K. Gerald and Victor R. Preedy. Springer Humana Press, 2011.
3. Marshall NS, **Stranges S**. "Sleep duration: risk factor or risk marker for ill-health?" In: *Sleep, health, and society: from aetiology to public health*, edited by Francesco P Cappuccio, Michelle Miller and Steven Lockley. Oxford University Press, chapter 3, pages: 35-49, 2010.
4. Cappuccio FP, Siani A, **Stranges S**. "Non-pharmacologic prevention and treatment of hypertension". In: *Cardiology*, 3rd edition, edited by Michael H. Crawford, John P. DiMarco and Walter J. Paulus. Mosby, Elsevier. Section 3, Chapter 44, pages 579-591, 2009.

### **SAVERIO STRANGES, MD, PhD**

5. **Stranges S**, Cappuccio FP. “Non-pharmacologic management of hypertension”. In: *Comprehensive Hypertension*, edited by John E. Hall and Gregory Y. H. Lip. Section 4, chapter 93, pages 1129-1146, 2007.
6. Della Valle E, **Stranges S**, Cajafa A, Guglielmucci G, Triassi M, Farinaro E. “Social inequalities, nutrition and health”. In: *Frontiers in Cardiovascular Health* edited by Dhalla NS, Chockalingam A, Berkowitz HI, Singal PK. Pages 489-494, Kluwer Academic Publishers, Boston, 2003.

### **PUBLICATIONS IN PEER-REVIEWED JOURNALS (ITALIAN)**

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1. **Stranges S**, Carbone U, Grieco L, Della Valle E, Cajafa A, Iorio A, Farinaro E. Health surveillance and promotion. Thirty years of observation of the metal industry in the Campania region. *Giornale Italiano di Medicina del Lavoro ed Ergonomia* 2003; 25(2):256.
2. **Stranges S**, Rubba F, Cajafa A, Guglielmucci G, Farinaro E. La crisi del Welfare State ed i Riflessi sulla Sanità. *Medic* 9(3): 160-164, 2001.
3. **Stranges S**, Guglielmucci G, Cajafa A, Barba M, Carbone U, Grieco L, Farinaro E. Campi elettromagnetici a frequenza estremamente bassa e tumori: un problema di Sanità Pubblica? *Poseidonia Medicina* 10: 13-18, 2001.
4. Farinaro E, Guglielmucci G, **Stranges S**, Panico S, Jossa F. Rischio cardiovascolare nella popolazione italiana: aspetti sociali ed economici. *Ipertensione e Prevenzione Cardiovascolare* 7 (2): 82-87, 2000.
5. Farinaro E, **Stranges S**, Guglielmucci G. Sale ed Ipertensione arteriosa: mito o realtà. *Igiene Moderna* 112: 653-680, 1999.
6. **Stranges S**, Guglielmucci G. Il ruolo della dieta nella etiologia delle malattie cronicodegenerative. *Poseidonia Medicina* 5: 6-9, 1999.
7. Farinaro E, **Stranges S**, Morelli L. Frequenza cardiaca e rischio cardiovascolare. *La Cardiologia nella pratica clinica* 3: 174-180, 1997.

### **MANUSCRIPTS UNDER EDITORIAL REVIEW**

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1. Kandala N-B, Manda SOM, Tigbe W, Mwambi H, **Stranges S**. Geographic distribution of cardiovascular co-morbidities in South Africa. *Geospatial Health* (submitted)
2. Zhong QA, Lin R, Zhang Y, Navas-Acien A, Rayman MP, **Stranges S**, Guallar E. Body mass index, percent body fat, waist circumference and serum selenium concentrations in US adults. *Journal of Nutrition* (submitted).
3. Gómez-Olivé XF, Thorogood M, Kandala N-B, Tigbe W, Kahn K, Tollman S, **Stranges S**. Sleep Problems and Mortality in Rural South Africa: Novel evidence on gender-specific associations. *American Journal of Epidemiology* (submitted).
4. Al-Khudairy L, **Stranges S**, Kumar S, Al-Dagher N, Rees K. Emerging Epidemic of Type 2 Diabetes in the Middle East: Does Diet Play a Major Role? – A Systematic Review. *Nutrients* (submitted).
5. Donahue RP, **Stranges S**, Rafalson L, Dmochowski J, Dorn JM, Trevisan M. Risk Factors for Prehypertension in the Community: A longitudinal analysis from the Western New York Health Study. *American Journal of Hypertension* (submitted).
6. Sperati F, Vici P, Maugeri Saccà M, **Stranges S**, Giordano A, Sergi D, Pizzuti L, Di Lauro L, Montella M, Crispo A, Mottolese M, Barba M. Vit D Supplementation and Breast Cancer Prevention: a Systematic Review and Meta-analysis of Randomized Clinical Trials. *European Journal of Cancer* (submitted).

**SAVERIO STRANGES, MD, PhD**

**CONFERENCE PRESENTATIONS**

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“Economic progress and the impending pandemic of cardiovascular diseases” in the International Symposium on: “Social inequalities and health”. Naples, Italy, June 1, 1999.

“From health promotion in the general population to rural workers security” in International Conference on Rural Health in Mediterranean and Balkan Countries. Bari, Italy, November 13-16, 2002.

“Alcohol Intake, Drinking Pattern and Hepatic Enzymes in a Population-Based Study” in 36th Annual Meeting of Society for Epidemiological Research. Atlanta, Georgia, USA, June 11-14, 2003.

“Fat Distribution, Body Mass Index and Liver Enzyme Levels: a Population-Based Study” in 15th Annual J. Warren Perry Lecture. University at Buffalo, Buffalo, New York, USA, November 7, 2003.

“Lifetime total and beverage specific alcohol intake and prostate cancer risk” in 95th American Association for Cancer Research Annual Meeting. Orlando, Florida, USA, March 27-31, 2004.

“Health surveillance an important tool to promote workers health care” in 4th European Conference on Promoting Workplace Health. Dublin, Ireland, June 14-15, 2004.

“Race, Alcohol Consumption and Liver Enzymes in a Population-based Study, 1995-2001” in 37th Annual Meeting of Society for Epidemiological Research. Salt Lake City, Utah, USA, June 15-18, 2004.

“Greater hepatic vulnerability after alcohol intake in African-Americans compared with Caucasians-Americans: a population-based study” in 26th Research Society on Alcoholism Annual Meeting. Vancouver, Canada, June 26-30, 2004.

“Relationship of alcohol drinking pattern to the risk of hypertension: a population-based study” in 16th Annual J. Warren Perry Lecture. University at Buffalo, Buffalo, New York, USA, October 1, 2004.

“Effects of Selenium Supplementation on Cardiovascular Disease Incidence and Mortality: Secondary Analyses in a Randomized Clinical Trial” in 38th Annual Meeting of Society for Epidemiological Research. Toronto, Canada, June 27-30, 2005.

“Alcohol Drinking Pattern and Subjective Health in a Population-Based Study” in 12th Annual Meeting of the International Society for Quality of Life Research. San Francisco, California, USA, October 19-22, 2005.

“Exposure to secondhand smoke is associated with an increased risk of myocardial infarction in never smokers: a population-based case-control study” in 17th Annual J. Warren Perry Lecture. University at Buffalo, Buffalo, New York, USA, October 28, 2005.

“Body Fat Distribution, Liver Enzymes and Risk of Hypertension: Evidence from the Western New York Study” in the American Heart Association Scientific Sessions 2005. Dallas, Texas, USA, November 13-16, 2005.

“Lifetime cumulative exposure to secondhand smoke is associated with an increased risk of myocardial infarction in never smokers: a population-based case-control study” in 46th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Phoenix, Arizona, USA, March 2-5, 2006.

**SAVERIO STRANGES, MD, PhD**

“Effects of Selenium Supplementation on Type 2 Diabetes Incidence: Secondary Analyses in a Randomized Clinical Trial” in 47th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Orlando, Florida, USA, February 28-March 3, 2007.

“Oxidation, diabetes and coronary heart disease, a complex interaction. Findings from a population-based study” in 40th Annual Meeting of Society for Epidemiological Research. Boston, Massachusetts, USA, June 19-22, 2007.

“Cross-sectional versus prospective associations of sleep duration with changes in relative weight and body fat distribution: the Whitehall II Study” in 19th Annual Scientific Meeting of the British Sleep Society. Robinson College, University of Cambridge, UK, 23-25 September 2007.

“Gender-specific associations of short sleep duration with prevalent and incident hypertension: the Whitehall II Study” in 19th Annual Scientific Meeting of the British Sleep Society. Robinson College, University of Cambridge, UK, 23-25 September 2007.

“Cross-sectional versus prospective associations of sleep duration with changes in relative weight and body fat distribution: the Whitehall II Study” in 48th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Colorado Springs, Colorado, USA, March 13-15, 2008.

“Serum selenium and serum lipids in US adults” in 48th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Colorado Springs, Colorado, USA, March 13-15, 2008.

“Short sleep duration is associated with hypertension only among women: a population-based study” in Hypertension 2008. 18<sup>th</sup> Scientific Meeting European Society of Hypertension; 22<sup>nd</sup> Scientific Meeting International Society of Hypertension. Berlin, Germany, June 14-19, 2008.

"Short sleep duration is associated with hypertension only among women: a population-based study" in 19th Congress of the European Sleep Research Society, Glasgow, Scotland, 9-13<sup>th</sup> September 2008.

“Correlates of Short and Long Sleep Duration: Cross-cultural Comparison between UK and US. The Whitehall II Study and the Western New York Health Study” in 19th Congress of the European Sleep Research Society (SECC), Glasgow, Scotland, 9-13<sup>th</sup> September 2008.

“High-Normal Selenium Status is Associated with Adverse Lipid Profile in British Adults” in 49th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Tampa, Florida, USA, March 10-14, 2009.

“A Population-Based Study of Short Sleep Duration and Hypertension: The Strongest Association May Be in Premenopausal Women” in 49th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Tampa, Florida, USA, March 10-14, 2009.

“Short Sleep Duration Is Associated with Progression to Impaired Fasting Glucose: The Western New York Health Study” in 49th Cardiovascular Disease Epidemiology and Prevention Annual Conference. Tampa, Florida, USA, March 10-14, 2009.

“Prospective association of high dietary selenium intake with increased risk of type 2 diabetes” in 11<sup>th</sup> Symposium of the International Diabetes Epidemiology Group (IDEG),

**SAVERIO STRANGES, MD, PhD**

Official Academic Satellite Symposia of the 20th World Diabetes Congress. Quebec City, Canada, October 15-18, 2009.

“Selenium status and trajectories of cardio-metabolic risk factors: a 21-year follow-up of the Young Finns Study” in 50<sup>th</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. San Francisco, California, USA, March 2-5, 2010.

“Acute coronary events following enactment of smoke-free legislations: a systematic review and meta-analysis” in 50<sup>th</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. San Francisco, California, USA, March 2-5, 2010.

“Prospective association of high dietary selenium intake with increased risk of type 2 diabetes. The ORDET Cohort Study” in 50<sup>th</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. San Francisco, California, USA, March 2-5, 2010.

“The interplay between B12 and folic acid on cardiovascular risk: do we need to consider mandatory B12 fortification?” in 50<sup>th</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. San Francisco, California, USA, March 2-5, 2010.

“Cross-sectional versus prospective associations of selenium status with cardiometabolic risk factors: an 8-year follow-up analysis of the Olivetti Heart Study”. 20<sup>th</sup> Scientific Meeting European Society of Hypertension. Oslo, Norway, June 18-21, 2010.

“Correlates of quality of life: a cross-cultural comparison between UK and US. The Whitehall II Study and the Western New York Health Study” in 17<sup>th</sup> Annual Meeting of the International Society for Quality of Life Research. London, UK, October 27-30, 2010.

“Cross-sectional versus prospective associations of selenium Status with cardiometabolic risk factors: an 8-year follow-up analysis of the Olivetti Heart Study” in 51<sup>st</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. Atlanta, Georgia, USA, March 22-25, 2011.

“Effect of supplementation with high-selenium yeast on plasma lipids: a randomized, controlled trial” in 51<sup>st</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. Atlanta, Georgia, USA, March 22-25, 2011.

“Blood pressure and the risk of impaired fasting glucose. A sex specific effect? The Western New York Health Study” in 51<sup>st</sup> Cardiovascular Disease Epidemiology and Prevention Annual Conference. Atlanta, Georgia, USA, March 22-25, 2011.

“Vitamin D to reduce depressive symptoms: a systematic review” in Society for Social Medicine 55th Annual Scientific Meeting. University of Warwick, Coventry, UK, September 14-16, 2011.

“Spatial Variation of Predictors of Hypertension in Sub-Saharan Africa: A Case Study of South-Africa” in Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2012 Scientific Sessions, American Heart Association, San Diego, CA, March 13-16, 2012.

“Geographic Co-morbidity of Cardiovascular Diseases in South Africa” in Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2012 Scientific Sessions, American Heart Association, San Diego, CA, March 13-16, 2012.

“Results of a Randomised trial of Selenium Supplementation and Type-2 diabetes Risk, as Assessed by Plasma Adiponectin” in Epidemiology and Prevention/Nutrition, Physical

**SAVERIO STRANGES, MD, PhD**

Activity and Metabolism 2012 Scientific Sessions, American Heart Association, San Diego, CA, March 13-16, 2012.

“Sleep Problems: an Emerging Global Epidemic? Findings from the INDEPTH WHO-SAGE study among over 40,000 older adults from eight countries across Africa and Asia” in 21<sup>st</sup> Congress of the European Sleep Research Society, Paris, France, 4-8 September 2012

“Selenium supplementation for the primary prevention of cardiovascular disease” in Society for Social Medicine 56<sup>th</sup> Annual Scientific Meeting. London School of Hygiene & Tropical Medicine, London, UK, September 12-14, 2012.

“Estimating EQ-5D utility values for major health behavioral risk factors in England” in Society for Social Medicine 56<sup>th</sup> Annual Scientific Meeting. London School of Hygiene & Tropical Medicine, London, UK, September 12-14, 2012.

“Sleep Problems: an Emerging Global Epidemic? Findings from the INDEPTH WHO-SAGE study among over 40,000 older adults from eight countries across Africa and Asia” in Society for Social Medicine 56<sup>th</sup> Annual Scientific Meeting. London School of Hygiene & Tropical Medicine, London, UK, September 12-14, 2012.

**INVITED TALKS**

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“Effects of Long-Term Selenium Supplementation on the Incidence of Type 2 Diabetes: a Randomized Controlled Trial”. Meeting of the European Association for the Study of Diabetes (EASD). Warwick Medical School, Coventry, UK, January 20, 2007.

“Global Trends in the Epidemiology of the Metabolic Syndrome”. Diabetes Update Symposium, Coventry, UK, October 10, 2007.

“Emerging & traditional risk factors and non-pharmacological interventions on cardiovascular and metabolic disease”. Workshop on “Establishing collaborative research on the impact of diabetes and obesity for patients, carers, and health providers”. Maastricht University, Faculty of Health, Medicine, and Life Sciences, Maastricht, Netherlands, November 8, 2007.

“Health benefits and risks of selenium supplementation”. In seminar series of the Department of Social and Preventive Medicine, State University of New York at Buffalo, NY, USA, November 16, 2007.

“Effects of selenium and other dietary supplements on chronic disease prevention”. Italian National Cancer Institute "Regina Elena", Rome, Italy, January 25, 2008.

“Sleep Deprivation and Chronic Disease”. London Hypertension Society. London, UK, February 5, 2008.

“Dietary Antioxidant Supplements in the Prevention of Chronic Diseases”. Population Science & Cancer Control. Nevada Cancer Institute, Las Vegas, NV, USA, March 11, 2008.

“Selenium and Chronic Disease”. Department of Epidemiology and Public Health, Faculty of Medicine, Imperial College London, UK, April 15, 2008.

“Dietary Supplements in Diabetes Prevention”. International symposium on “Diabetes and CVD: an Update”. University Hospital - Warwickshire and Coventry Campus, Coventry, UK, June 12-13, 2008.

**SAVERIO STRANGES, MD, PhD**

“Selenium and Chronic Disease: the DETECT Study”. Institute for Clinical Psychology and Psychotherapy, Technical University of Dresden, Germany. June 20, 2008.

“Selenium and Chronic Disease: an Overview of Potential Benefits and Adverse Effects”. MRC Epidemiology Unit, Addenbrooke's Hospital, Cambridge, UK, September 17, 2008.

“Selenium and Chronic Disease: Potential Benefits and Adverse Effects”. Department of Clinical and Experimental Medicine, "Federico II" University of Naples, Naples, Italy, October 13, 2008.

“Selenium and Chronic Disease: Potential Benefits and Adverse Effects”. Department of Epidemiology and Public Health, University College London, UK, October 24, 2008.

“Selenium and other dietary supplements in chronic disease prevention”. Department of Epidemiology, Italian National Cancer Institute, Milan, Italy, November 20, 2008.

“Selenium and other dietary supplements in chronic disease prevention”. IRCCS MultiMedica – Scientific and Technological Pole, Milan, Italy, November 21, 2008.

“Dietary supplements, selenium and chronic disease prevention”. Department of Cardiovascular Epidemiology and Population Genetics, National Center for Cardiovascular Research (CNIC), Madrid, Spain, March 30, 2009.

“Dietary Supplements in Diabetes Prevention”. International symposium on “Advancements in Diabetes”. University Hospital - Warwickshire and Coventry Campus, Coventry, UK, June 11-12, 2009.

“Dietary supplements, selenium and chronic disease prevention”. Department of Cardiovascular Sciences, University of Leicester, Leicester, UK, September 8, 2009.

“Supplementi nutrizionali e rischio cardio-metabolico”. Convegno scientifico: “Dalle linee guida alla pratica clinica. Prospettive diagnostiche e terapeutiche nella prevenzione cardiovascolare. Lloyd's Baia Hotel, Salerno, Italy, October 3, 2009.

“State of the Art in the Prevention of Type 2 Diabetes: The experience in Adults” in 3<sup>rd</sup> Cilento Diabetologic Days. Hotel Ariston, Paestum, Italy, February 18-20, 2010.

“CVD epidemiology: an overview on traditional and emerging risk factors and risk markers”. School of Community Health Sciences, University of Nevada Las Vegas, USA, March 9, 2010.

“Prevention of Type 2 Diabetes: The experience in Adults”. Warwickshire Institute for Diabetes, Endocrinology and Metabolism (WISDEM), University of Warwick Medical School, Coventry, UK, April 15, 2010.

“Dietary supplements, selenium and chronic disease prevention in the age of lost innocence”. MRC Human Nutrition Research, Cambridge, UK, May 17, 2010.

“Cardiovascular disease prevention: yesterday, today, tomorrow”. Training day, Italian-Swiss Association of Blood Donors (AVIS). Zurich, Switzerland, September 19, 2010.

“Dietary supplements, selenium and chronic disease prevention in the age of lost innocence”. Department of Quantitative Health Sciences at University of Massachusetts Medical School (UMMS). Worcester, MA, USA, October 6, 2010.

### **SAVERIO STRANGES, MD, PhD**

“Micronutrients & dietary supplements: a public health perspective”. WISDEM/IAS/CSRI Annual Symposium, University of Warwick Medical School. Coventry, UK, March 11, 2011.

“Selenium, dietary supplements and chronic disease prevention in the age of lost innocence”. Division of Diabetes Translation Epidemiology & Statistics Branch, Centers for Disease Control and Prevention (CDC). Atlanta, Georgia, USA, March 21, 2011.

“Micronutrients & dietary supplements: a public health perspective”. Department of Epidemiology, Rollins School of Public Health, University of Emory. Atlanta, Georgia, USA, March 22, 2011.

“Micronutrients & dietary supplements for the prevention of chronic disease: a public health perspective”. Laboratory of Genetic and Environmental Epidemiology, “John Paul II” Center for High Technology Research and Education in Biomedical Sciences, Catholic University. Campobasso, Italy, May 2, 2011.

“Micronutrients & dietary supplements: a public health perspective”. Department of Epidemiology, School of Public Health, University of the Witwatersrand. Johannesburg, South Africa, August 12, 2011.

“Sleep duration: risk factor or risk marker for disease”. School of Physiology, University of the Witwatersrand. Johannesburg, South Africa, August 18, 2011.

“Nutrition, Dietary Supplements & Chronic Disease Prevention: A Public Health Perspective”. Sophie Davis School of Biomedical Education, City College of New York (CUNY). New York, USA, November 18, 2011.

“Mediterranean Diet, Nutritional Supplements & Chronic Disease Prevention: Historical & Public Health Perspective”. Seminar Series, Division of Health Sciences, University of Warwick Medical School. Coventry, UK, February 15, 2012.

“Micronutrients & Dietary Supplements for the Prevention of Chronic Disease: A Public Health Perspective”. Unit of Epidemiology and Population Genetics, Institute of Food Sciences, National Research Council, Avellino, Italy, February 23, 2012.

“Epidemiology & prevention of cardio-metabolic disease: an overview on traditional and emerging risk factors and risk markers”. School of Public Health and Preventive Medicine Faculty of Medicine, Nursing and Health Sciences, Monash University, Melbourne, Australia, December 6, 2012.

“*Sleep Problems: Risk Factor or Risk Marker for Chronic Disease?*” Woolcock Institute of Medical Research, University of Sydney Nursing School, Sydney, Australia, December 11, 2012.

### **GRANT APPLICATIONS (FUNDED)**

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Karen Rees (PI), **Saverio Stranges (Co-Inv.)**, Ebrahim Shah, Aileen Clarke, Margaret Thorogood, Mike Kelly, Ngianga-Bakwin Kandala

Title: *Lifestyle and pharmacological interventions for the primary prevention of cardiovascular disease*

Funder: National Institute for Health Research Cochrane Collaboration Programme Grant Scheme

Duration: 36 months (June 2011-May 2014)

Total costs: £420,000

Role: Co-Investigator



**SAVERIO STRANGES, MD, PhD**

Margaret Thorogood (PI), **Saverio Stranges (Co-Inv.)**

Title: *MRC Global Alliance for Chronic Disease: Cost effectiveness of community outreach and enhanced facility services compared with usual care for management of hypertension in adults*

Funder: Medical Research Council (MRC), UK

Expected duration: 42 months

Expected total costs: £831,119.67

Role: Co-Investigator

**Saverio Stranges (PI)**

Title: *EASY-Care International Pfizer Grant 2011-2012*

Funder: Pfizer

Duration: 12 months (June 2011-May 2012)

Total costs: \$50,000

Role: Principal Investigator

Kandala N-B (PI), **Stranges S (Co-Inv.)**, Tigbe W.

Title: Sub-Saharan African Research Network (SSARN) – follow-up of collaborative research with Monash University

Funder: Monash-Warwick 2012-2013 Strategic Funding Initiative for Joint Research and Education Programmes

Expected duration: 3 months (September-November 2012)

Expected total costs: £29,949

Role: Co-Investigator

**Saverio Stranges (PI)**, Michelle Miller, Francesco P Cappuccio

Title: *Predictive Markers of Non-alcoholic Fatty Liver Disease (NAFLD) in Ethnic Groups in Britain*

Funder: Research Development Fund – University of Warwick

Duration: 10 months (January 2007 to October 2007)

Total costs: £15,000

Role: Principal Investigator

Maurizio Trevisan (PI), Gian Paolo Visentin (PI), **Saverio Stranges (Co-Inv)**

Title: *Diagnostic Markers of Non-alcoholic Fatty Liver Disease (NAFLD)*

Funder: UB 2020 Interdisciplinary Research Development Fund (IRDF)

Duration: 12 months (July 2006 to July 2007)

Total costs: \$28,000

Role: Co-Investigator

Gillian Hundt, **Saverio Stranges (Co-Inv)**

Title: *Establishing collaborative research on the impact of diabetes and obesity for patients, carers and health providers, Universities of Maastricht and Warwick*

Funder: British Council – NOW Partnership Programme in Science

Duration: 8 months (May 2007, November 2007)

Total costs: £5,637 + Euro 8,205

Role: Co-Investigator

Francesco P Cappuccio (PI), **Saverio Stranges (Co-Inv)**, Mario Nicodemi

Title: *Computational Analysis of Population Data for CVD Risk Prediction*

Funder: Institute of Advanced Study (IAS) Award - University of Warwick

Duration: 10 months (September 2007 to July 2008)

Total costs: £3,307

Role: Co-Investigator

**SAVERIO STRANGES, MD, PhD**

**Saverio Stranges (PI)**

Title: *Two visits to State University of New York at Buffalo*  
Funder: North American Travel Fund - University of Warwick  
Duration: 6 months (January 2007 to June 2007)  
Total costs: £500.00  
Role: Principal Investigator

**Saverio Stranges (PI)**

Title: *Role of selenium supplementation in insulin resistance and type 2 diabetes*  
Funder: North American Travel Fund - University of Warwick  
Duration: 6 months (July 2007 to December 2007)  
Total costs: £1,000  
Role: Principal Investigator

**Saverio Stranges (PI)**

Title: *Joint Application Warwick-Johns Hopkins*  
Funder: North American Travel Fund - University of Warwick  
Duration: 6 months (January 2008 to June 2008)  
Total costs: £1,000  
Role: Principal Investigator

**GRANT APPLICATIONS (PENDING)**

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Title: The DIABETES-SMILE trial: a cluster randomised controlled trial of a brief behavioural intervention to improve oral health in diabetes.  
Funder: NIHR Health Services and Delivery Research Programme.  
Total costs requested: £947,103.82  
Expected duration: 36 months  
Role: co-applicant

Title: Strategies for improving musculoskeletal health in the ageing workforce.  
Funder: MRC/LLHW Extending Working Lives Research Partnership Awards 2012  
Total costs requested: £ 2499995  
Expected duration: 60 months  
Role: co-applicant

**Saverio Stranges (PI), Bentson McFarland, Mark Kaplan, David Feeny**  
Title: *Sleep Trajectories, Quality of Life and Survival in an Aging Population*  
Funder: NIH National Institute on Aging (NIA), USA  
Expected duration: 36 months  
Expected total costs: \$970,386.00  
Role: Principal Investigator

**Stranges S (PI), Underwood M, Stallard N, Petrou S, Zehnder D (University of Warwick), Vieth R (University of Toronto).**  
Title: Vitamin D for Pain (VDP) trial.  
Funder: NIHR-HTA  
Expected duration: 24 months  
Expected total costs: £930,241.00  
Role: Principal Investigator

**SAVERIO STRANGES, MD, PhD**

Dimitris Grammatopoulos (PI), Hillhouse EW (co-PI), **Stranges S (co-Inv)**  
Title: Genetic biomarkers and identification of women at risk for postnatal depression.  
Funder: Qatar National Research Fund  
Expected duration: 24 months  
Expected total costs: \$699,511.82  
Role: Co-Investigator

**Saverio Stranges (PI)**, Margaret Rayman, Mika Kivimäki, Margaret Thorogood  
Title: *Impact of Trajectories of Selenium Status on Diabetes Risk and Cardio-metabolic Health- The Whitehall II Study*  
Funder: Diabetes UK  
Expected duration: 24 months  
Expected total costs: £76,929  
Role: Principal Investigator

Margaret Thorogood (PI), **Saverio Stranges (Co-Inv)**  
Title: *Assessing adult health and ageing in Africa*  
Funder: European Union, FP7, Marie Curie Actions, IRSES (International Research Staff Exchange Scheme)  
Expected duration: 48 months  
Expected total costs: £67,260.00  
Role: Co-Investigator

**GRANT APPLICATIONS (SUBMITTED/NOT FUNDED)**

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Alan Kristal (PI), **Saverio Stranges (Co-Inv)**, Margaret Rayman, Jim Marshall, E Guallar  
Title: *Selenium Supplementation and Risk of Diabetes and Other Cardio-Metabolic Abnormalities*  
Funder: NIH National Heart, Lung, and Blood Institute (NHLBI), USA  
Expected duration: 36 months  
Expected total costs: \$2,254,598.00  
Role: Co-Investigator

**Saverio Stranges (PI)**, Aileen Clarke, Siobhan Quenby, Stavros Petrou, Harpal Randeva, Karen Rees, Margaret Thorogood.  
Title: *The clinical and cost-effectiveness of identifying and treating pregnant women with Vitamin D deficiency*  
Funder: NIHR, Health Technology Assessment Programme, UK  
Expected duration: 18 months  
Expected total costs: £ 220,674  
Role: Principal Investigator

**Saverio Stranges (PI)**, Frances Griffiths, Tim Holt, Sue Jowett, Margaret Thorogood  
Title: *Cost-effectiveness and clinical effectiveness of providing folic acid supplementation in primary care for individuals at high risk of stroke*  
Funder: NIHR, Health Technology Assessment Programme, UK  
Expected duration: 18 months  
Expected total costs: £275,413  
Role: Principal Investigator

**Saverio Stranges (PI)**, Margaret Rayman, Mika Kivimäki, Adam Tabák, Tasnime Akbaraly.  
Title: *Trajectories of Selenium Status and Cardio-metabolic Health - The Whitehall II Study*  
Funder: Wellcome Trust, UK  
Expected duration: 24 months  
Expected total cost: £233,952  
Role: Principal Investigator

**SAVERIO STRANGES, MD, PhD**

**Saverio Stranges (PI)**

Title: *Selective dietary patterns for healthy European ageing (SELENAGE)*  
Funder: Collaborative Project, large-scale integrating project  
European Union - FP7 - Food, Agriculture & Fisheries and Biotechnology  
Expected duration: 60 months  
Expected total costs: £338,234  
Role: Principal Investigator

**Saverio Stranges (PI), Margaret Rayman, Mika Kivimäki, Adam Tabák, Tasnime Akbaraly.**

Title: *Trajectories of Selenium Status and Cardio-metabolic Health - The Whitehall II Study*  
Funder: Medical Research Council (MRC), UK  
Expected duration: 24 months  
Expected total cost: £233,952  
Role: Principal Investigator

**Saverio Stranges (PI).**

Title: *Selenium Status and Cardio-metabolic Health*  
Funder: Rank Prize Funds Post-graduate research studentship in human nutrition  
Expected duration: 36 months  
Expected total costs: £30,000  
Role: Principal Investigator

**Saverio Stranges (PI), Margaret Rayman, Bruce Griffin.**

Title: *Randomised controlled trial of the effect of selenium supplementation on lipid metabolism.*  
Funder: British Heart Foundation, UK  
Expected duration: 15 months  
Expected total costs: £103,572  
Role: Principal Investigator

**Saverio Stranges (PI), Margaret Rayman, Michelle A Miller, Francesco P Cappuccio, Antonio Ceriello**

Title: *Effects of long-term selenium supplementation on glucose metabolism and insulin resistance, and potential mechanisms*  
Funder: Medical Research Council (MRC), UK  
Expected duration: 24 months  
Expected total costs: £ 598,761  
Role: Principal Investigator

**Saverio Stranges (PI), Randy Carter, Richard P Donahue, Maurizio Trevisan**

Title: *Alcohol and Cardiovascular Disease: The Role of Lifetime Drinking Pattern*  
Funder: NIH National Institute on Alcohol Abuse and Alcoholism, USA  
Expected duration: 36 months  
Expected total costs: \$951,000  
Role: Principal Investigator

Edward Hillhouse (PI), **Saverio Stranges (Co-Inv)**, Harpal Randeva.

Title: *Vitamin D, the metabolic syndrome, diabetes mellitus and cardiovascular risk: a Cross-sectional study in a rural South Indian population and a multi-centre, randomised, controlled trial of vitamin D as a low cost means of correcting cardio-metabolic abnormalities in the Indian population.*  
Funder: ICMR-MRC Non-Communicable Disease Research Funding  
Expected duration: 60 months  
Expected total costs: £968,651  
Role: Co-Investigator

## **SAVERIO STRANGES, MD, PhD**

Marcia Russell (PI), Michael W. Todd, **Saverio Stranges (Co-Inv)**

*Title: Secondhand Smoke, Alcohol Use, and Cardiovascular Risk*

Funder: Tobacco-Related Disease Research Program, University of California, USA

Expected duration: 24 months

Expected total costs: \$275,000

Role: Co-Investigator

## TEACHING PORTFOLIO

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Basic and Advanced Epidemiology, Cardiovascular Epidemiology, Chronic Disease Epidemiology, Nutritional Epidemiology, Preventive Medicine, Public Health, International Health, Global Public Health

## TEACHING EXPERIENCE

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- 2006- Present      Basic and Advanced Epidemiology, Cardiovascular Epidemiology, Preventive Medicine, Public Health (Warwick Medical School, UK)
- 2002-2005      Basic and Advanced Epidemiology, Cardiovascular Epidemiology, Chronic Disease Epidemiology, Principles of Preventive Medicine (Department of Social & Preventive Medicine, State University of New York at Buffalo, NY, USA)
- 1996-2002      Hygiene & Preventive Medicine, Epidemiology, Occupational Health, Public Health (Federico II University of Naples Medical School, Italy)

## GRADUATE STUDENT/FELLOW SUPERVISION

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*Department of Social and Preventive Medicine, State University of New York at Buffalo, USA*

Federica Fucci (Master in Public Health)

Project title: *Lifetime cumulative exposure to second-hand smoke and risk of myocardial infarction in never smokers*

Completed date: Fall 2007

Susan Bruce (PhD in Epidemiology and Community Health)

Project title: *Body fat distribution and recurrent events in MI survivors*

Completed date: Fall 2008

Raymond Philip Skeps (PhD in Epidemiology and Community Health)

Project title: *Gender Differences: The Relation of Adipokines and Adiponectin to Change in Weight or Fat Distribution over a Six-Year Prospective Study*

Proposed date: Fall 2012

*Division of Health Sciences, University of Warwick Medical School, Coventry, UK*

Sally Turner (PhD in Epidemiology):

Project title: *Relationship of physical fitness, depression and mortality in a cardiac rehabilitation cohort*

Completed date: Spring 2009

**SAVERIO STRANGES, MD, PhD**

Piers Mook (PhD in Epidemiology)  
Project title: *Epidemiology of Listeriosis in the UK*  
Proposed date: Summer 2012

Lena Al Khudairy (PhD in Epidemiology)  
Project title: *Micronutrient status, dietary patterns and type 2 diabetes in Saudi Arabia*  
Proposed date: Summer 2013

Dr Hendy Maheswaran (Academic Clinical Fellow)  
Project title: *The interplay between folate, vitamin B12 and homocysteine status in a nationwide sample of British adults: should we consider B12 fortification?*  
Start date: September 2009

Dr Angelique Mavrodaris (Academic Clinical Fellow)  
Project title: *Nutritional management of hypertension: cost versus benefit*  
Start date: September 2009

Dr Emma Wong (Foundation Year 2 Trainees in Public Health)  
Project title: *Cross-cultural comparison of correlates/determinants of quality of life between the US and UK*  
Period: January-April 2010

Dr Sanjeet Guraewal (Foundation Year 2 Trainees in Public Health)  
Project title: *Vitamin K levels and cardio-metabolic health: systematic review and meta-analysis*  
Period: January-April 2010

Dr Camilla Day (Foundation Year 2 Trainees in Public Health)  
Project title: *Vitamin D supplementation and depressive mood*  
Period: September-December 2010

Dr Nicola Wilson (Foundation Year 2 Trainees in Public Health)  
Project title: *Dietary advice for reducing cardiovascular risk: systematic review and meta-analysis*  
Period: December 2010-April 2011

Dr Angharad de Cates (Foundation Year 2 Trainees in Public Health)  
Project title: *Sleep problem, quality of life and general wellbeing*  
Period: April-August 2011

Dr Morag Jarvis (Foundation Year 2 Trainees in Public Health)  
Project title: *Vitamin D and longevity*  
Period: December 2011-April 2012

**LETTERS OF RECOMMENDATION/REFERENCES**

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1. **Dr. Richard P. Donahue**, Professor, Department of Social and Preventive Medicine, School of Public Health and Health Professions, State University of New York at Buffalo, Buffalo, NY, USA  
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2. **Dr. Eliseo Guallar**, Associate Professor, Departments of Epidemiology and Medicine, and Welch Center for Prevention, Epidemiology and Clinical Research, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA  
Email: [eguallar@jhsph.edu](mailto:eguallar@jhsph.edu)

**SAVERIO STRANGES, MD, PhD**

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4. **Prof. Mika Kivimäki**, Professor of Social Epidemiology, Department of Epidemiology and Public Health, University College London, London, UK  
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5. **Dr Jane Ferrie**, Senior Research Fellow, Department of Epidemiology and Public Health, University College London, London, UK  
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6. **Dr. James R. Marshall**, Senior Vice President for Cancer Prevention and Population Sciences, and Chair of the Department of Cancer Prevention and Population Sciences, Roswell Park Cancer Institute (RPCI), Buffalo, NY, USA  
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7. **Prof. Margaret Rayman**, Professor of Nutritional Medicine, Nutritional Sciences Division, Faculty of Health and Medical Sciences, University of Surrey, Guildford, UK  
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8. **Prof. Margaret Thorogood**, Professor of Epidemiology, Division of Health Sciences, University of Warwick Medical School, Coventry, UK  
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9. **Prof. Aileen Clarke**, Professor of Public Health & Health Services Research, Division of Health Sciences, University of Warwick Medical School, Coventry, UK  
Email [aileen.clarke@warwick.ac.uk](mailto:aileen.clarke@warwick.ac.uk)
10. **Dr. Maurizio Trevisan**, Dean, Sophie Davis School of Biomedical Education, City College of New York (CUNY). NY, USA; email: [mtrevisan@med.cuny.edu](mailto:mtrevisan@med.cuny.edu)