

Stanford



Elena Monti

Postdoctoral Scholar, Microbiology and Immunology

Bio

BIO

My research during my PhD focused on the human neuromuscular system adaptations in response to overloading (training), unloading, aging and disease (specifically, cancer cachexia).

To date, during my postdoc, I am working on the effects of the enzyme 15-PGDH on the neuromuscular system health/connection in young and aged animals.

HONORS AND AWARDS

- Best Oral Presentation, American Physiological Society (2020)
- Scholarship for talented students, University of Milan (2015)

PROFESSIONAL EDUCATION

- Master of Science, Università Degli Studi Di Milano (2017)
- Doctor of Philosophy, Università Degli Studi Di Padova (2021)
- Bachelor of Science, Università Degli Studi Di Milano (2015)
- PhD, University of Padova , Biomedical Sciences (2021)
- MSc, University of Milan , Sport Science (2017)
- BSc, University of Milan , Sport Science (2015)

STANFORD ADVISORS

- Helen Blau, Postdoctoral Faculty Sponsor

Publications

PUBLICATIONS

- **C-terminal agrin fragment as a biomarker of muscle wasting and weakness: a narrative review.** *Journal of cachexia, sarcopenia and muscle*
Monti, E., Sarto, F., Sartori, R., Zanchettin, G., Lofler, S., Kern, H., Narici, M. V., Zampieri, S.
2023
- **Effects of a 2-year exercise training on neuromuscular system health in older individuals with low muscle function** *JOURNAL OF CACHEXIA SARCOPENIA AND MUSCLE*
Monti, E., Tagliaferri, S., Zampieri, S., Sarto, F., Sirago, G., Franchi, M., Ticinesi, A., Longobucco, Y., Adorni, E., Lauretani, F., Von Haehling, S., Marzetti, E., Calvani, et al
2023
- **Motor units alterations with muscle disuse: what is new?** *The Journal of physiology*
Sarto, F., Valli, G., Monti, E.

2022

- **Effects of short-term unloading and active recovery on human motor unit properties, neuromuscular junction transmission and transcriptomic profile.** *The Journal of physiology*

Sarto, F., Stashuk, D. W., Franchi, M. V., Monti, E., Zampieri, S., Valli, G., Sirago, G., Candia, J., Hartnell, L. M., Paganini, M., McPhee, J. S., De Vito, G., Ferrucci, et al

2022