

# Stanford

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## Elena Monti

Postdoctoral Scholar, Microbiology and Immunology

### Bio

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#### 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, Universita Degli Studi Di Milano (2017)
- Doctor of Philosophy, Universita Degli Studi Di Padova (2021)
- Bachelor of Science, Universita 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

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#### 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.

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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