



Dr. Stefania Ubaldi is President of the European Lifestyle Medicine Organization (ELMO). She graduated summa cum laude in Medicine and Surgery from the University of Bologna (Italy) and holds a specialization in Internal Medicine from the University of Naples Federico II. She was awarded her PhD in Clinical Pathophysiology and Experimental Medicine, for research on Carotid Atherosclerosis (University of Naples Federico II).

Additionally, she is currently working on her second specialization in Psychotherapy at the "European School of Functional Psychotherapy" (Napoli, Italy), investigating the association between stress and illness. Since the beginning of her clinical practice, she has been dedicating herself to the promotion of healthy lifestyle applying evidence-based medicine in her internal medicine practice.

In 2014, she founded MedinVita, a company dedicated to the promotion and dissemination of Lifestyle Medicine and of its clinical application, made up of an interdisciplinary team of expert consultants in Nutrition, Physical Activity, Stress Management, Environmental Medicine, Toxicology, Epidemiology, Molecular Biology and Biochemistry.

In 2015, she established the first Lifestyle Medicine Course for the healthcare staff of a public Hospital in Italy where she co-founded the first Service for Lifestyle Medicine in Uro-Andrology in the Italian public health care system.

Specific research interests include patient-centered interviewing techniques to elicit behavior change, Environmental risk factors, Epigenetics with particular interest on environmental and psychological relevance and clinical application of Nutrigenetics. Dr Ubaldi is a frequent speaker and lecturer at medical conferences and Universities. She practices Lifestyle Medicine in Geneva (Switzerland) and in many Italian cities.