

Paloma Gil del Álamo

Curriculum Vitae

Present Position

Endocrinological surgery in Marbella, Fuengirola and Sevilla.

Professional Experience

- Adviser as endocrinologist in the docushow La Báscula in Canal Sur TV.
- Consulting staff as endocrinologist in Day Hospital Virgen de la Sierra and Centro Médico Parque San Antonio of Marbella. 1999 to 2002.
- Contributor as endocrinologist with ELLE magazine from Hachette-Filipacchi group in articles related with nutrition, diets and health. 1996 to 2002.
- Attending Physician in Department of Endocrinology, Hospital of León. 1995 to 1998.
- Consulting staff as endocrinologist in Multiclínica S.L and Medical Center Santa Engracia. 1994 to 1996.
- Internship and Residency in Department of Endocrinology, Hospital Maggiore of Milano. 1989 to 1994.
- Instructor and teaching assistant in endocrinology for medical students, Milano Medical University. 1991 to 1994.
- Consulting staff in geriatric municipal residences of Milano. 1993 to 1994.

Education

- School of Medicine, Complutense University of Madrid. 1989.
- Specialist in Endocrinology and Metabolism, Cum Laude, Milano Medical School. 1994.
- Doctor of Medicine, Magna Cum Laude, Complutense University of Madrid. 1997.

Postgraduate Courses

- "Neuroendocrinology of growth". Internacional Meeting Center for Molecular Biology. Juan March Institute. Madrid. October, 4-6. 1993.

- Diabetes Training, first course for endocrinologists. 50 hours. Mijas.Spain. March, 7-10. 1996.Genetic probes and PCR in clinical diagnosis.50 hours. Cum Laude. Citological Investigations Institute. Fundación Valenciana de Investigaciones Biomédicas. Valencia. July 7-11.1997.
- Design and Statistic in Medical Investigation. Statistic models. Autónoma University of Barcelona. 300 hours.1997 to 1998.
- V Course of Nutrition, Dietetics and Diets. Navarra University. 150 hours.1999 to 2000.
- Foods: composition and attributes". Navarra University. 50 hours. October-December 2000.
- Distance Learning course on Nutrition and Obesity. Navarra University. 25 hours. May to June2001.
- Diabetes Self-Assesment Program. American Diabetes Association. 2002-2003.
- Clinical Nutrition and Dietetics. Spanish Endocrinological Society. 2002 to 2003.
- XX Course of Retraining in Diabetes, Theory and Practise. Barcelona 28-30 of November 2007.
- Exercise, Calcium Supplementation May Improve BMD in Postmenopausal Women. Medscape. December, 14 2007
- The Comorbid Relationship of Hypogonadism and Type 2 Diabetes Mellitas in the Aging Male. Medscape. April 18, 2008
- Genetic and Obesity. Hotel-Medical Incosol. Marbella, November 14,2008.
- New strategies in diabetes treatment. In collaboration with the American Diabetes Association,the European Association for the Sudy of Diabetes and the Spanish Diabetes Association. Santiago de Compostela, 10 of May 2008.
- On-line course about Diabetes type 2 treatment. Second Edition. Fundación para la Formación de la Organización Médica Colegial y Novocampus. 60 hours. 2008-2009.
- Practical Strategies for the Clinical Use of Incretin Mimetics. Institute for Medical and Nursing Education. 9 November 2009.
- 15th International Congress of Endocrinology and 14th European Congress of Endocrinology (ICE-ECE 2012). Accredited by the European Accreditation Council for Continuing Medical Education (EACCME). Florence, Italy. May 5-9. 2012
- The Best of American Diabetes Association. Spain 2012. Madrid,June 29-30.2012.
- XIII Course ofEndocrinological and Nutrition Techniques. Badalona. Spain. November 9-10. 2012
- Thyroidal Ultrasound techniques. Course for Endocrinologists. University Hospital of Gran Canaria. Spain. 22-23 de Noviembre de 2012.

Research Grants

- "Study of possible role of growth factors (oncogenes, growth factors, hypothalamic peptides) in the pathogenesis of human pituitary tumors". From Maggiore Hospital from Milan. 1991 to 1993.
- "In vitro study of growth factors in human pituitary tumors". From Maggiore Hospital from Milan. 1993 to 1994.

Publications

- 11 original papers in International Medical Reviews included in Current-Contents-Life Sci as Journal of Clinical Endocrinology and Metabolism, Journal of Neuroendocrinology, Journal of Endocrinological Investigation, Clinical Endocrinology or Clinical Investigation and 4 en National Medical Reviews.

PUBLICATIONS IN INTERNATIONAL JOURNALS

- HYPOTHALAMIC PEPTIDES MODULATE CYTOSOLIC FREE Ca²⁺ LEVELS AND ADENYLYL CYCLASE ACTIVITY IN HUMAN NONFUNCTIONING PITUITARY ADENOMASA. Spada, F. Reza-Elahi, A. Lania, P. Gil-del-Alamo, M. Bassetti, G. Faglia. *J. Clin Endocrinol Metab* 73:913-918, 1991
- THYROTROPHIN-RELEASING HORMONE RAISES CYTOSOLIC FREE CALCIUM CONCENTRATION IN HUMAN ADENOMATOUS SOMATOTROPHS AND CORTICOTROPHS; COMPARISON WITH IN VIVO RESPONSIVENES TO THYROTROPHIN-RELEASING HORMONE IN PATIENTS WITH ACROMEGALY OR CUSHING DISEASEA. Spada, F. Reza-Elahi, A. Lania, A. Pandiella, M. Bassetti, N. Bazzoni, P. Gil-del-Alamo, G. Faglia. *J. Neuroendocrinol* 3:51-56, 1991
- IN VITRO DETECTION OF GLYCOPROTEIN PRODUCTION AND SECRETION BY HUMAN NONFUNCTIONING PITUITARY ADENOMASK. Saccomanno, P. Gil-del-Alamo, M. Bassetti, F. Reza-Elahi, A. Spada. *J. Endocrinol Invest* 16:109-115, 1993
- IMMUNODETECTION OF CHORIONIC GONADOTROPIN AND ITS SUBUNITS IN HUMAN NONFUNCTIONING PITUITARY ADENOMASK. Saccomanno, A. Spada, M. Bassetti, P. Gil-del-Alamo, G. Faglia. *J. Clin Endocrinol Metab* 78:1103-1107, 1994
- ABNORMAL RESPONSE OF LUTEINIZING HORMONE BETA SUBUNIT TO THYROTROPIN-RELEASING HORMONE IN PATIENTS WITH NONFUNCTIONING PITUITARY ADENOMAP. Gil-del-Alamo, K.S.I. Pettersson, K. Saccomanno, A. Spada, G. Faglia, P. Beck-Peccoz. *Clin Endocrinol* 41: 661-666, 1994
- HORMONE RECEPTORS IN PITUITARY TUMORSA. Spada, P. Gil-del-Alamo, A. Lania. *Frontiers in Endocrinology* 9:169-173, 1994
- SERUM LEVELS OF BETA SUBUNIT OF CHORIONIC GONADOTROPIN AS TUMORAL MARKER IN PITUITARY TUMORS P. Gil-del-Alamo, K. Saccomanno, A. Spada. *Frontiers in Endocrinology* 9: 143-146, 1994

- ABNORMAL TRANSDUCTION OF DOPAMINE SIGNAL IN HUMAN NONFUNCTIONING PITUITARY ADENOMASA. Lania, F. Reza-Elahi, P. Gil-del-Alamo, K. Saccomanno, S. Mantovani, A. Spada. *J. Clin Invest* 18: 265-270, 1995
- SERUM LEVELS OF BETA SUBUNIT OF CHORIONIC GONADOTROPIN IN PATIENTS WITH PITUITARY TUMORS. Gil-del-Alamo, K. Saccomanno, A. Lania, K.S.I. Pettersson, P. Beck-Peccoz and A. Spada. *Eur J Endocrinol*, 133; 1:33-37, 1995
- MECHANISM OF ACTION OF PITUITARY ADENYLATE CYCLASE-ACTIVATING POLYPEPTIDE (PACAP) IN HUMAN NONFUNCTIONING PITUITARY TUMORS. Lania, P. Gil-del-Alamo, K. Saccomanno, L. Persani, G. Faglia, A. Spada. *J Neuroendocrinol*, 7: 695-702, 1995
- ABNORMAL TRANSDUCTION OF DOPAMINE SIGNAL IN HUMAN NONFUNCTIONING PITUITARY ADENOMASA. Lania, F Reza Elahi, P. Gil-del-Alamo, K Saccomanno, S Mantovani, A Spada. *J Endocrinol Invest* 18: 265-270, 1995

PUBLICATIONS IN NATIONAL JOURNALS

- SUPRESIÓN RÁPIDA DE TSH TRAS TRATAMIENTO DE CHOQUE CON L-TIROXINA SÓDICA EN LOS PACIENTES CON CÁNCER DIFERENCIADO DE TIROIDES. Gil-del-Alamo, MD Ballesteros, C de la Fuente, P Uriarte, R Aguado, I Cano, M Suárez. *Endocrinología y Nutrición* 46: 157-160, 1999
- GH SECRETING ADENOMA OF UNCERTAIN MALIGNANT POTENTIAL. Gil-del-Alamo, MD Ballesteros, R Aguado, I Cano, M Suárez. *Endocrinología y Nutrición* 46:173-175, 1999
- RETRASO DE CRECIMIENTO Y ENFERMEDAD DE CRHONP. Gil-del-Alamo, I Cano, R Aguado, MD Ballesteros, M Suárez. *Hormona y Factor de Crecimiento* 3, 1999
- SÍNDROME DE TURNER CON ISOCROMOSOMA X: DIAGNÓSTICO TARDÍO. Gil-del-Alamo, I. Cano. *Anales de Medicina Interna*. 167-8, Mar.18(3), 2001

Books

- 2 endocrinological Textbook Chapters.

ALTERATIONS IN RECEPTOR STATUS AND POSTRECEPTOR EVENTS IN HUMAN PITUITARY TUMORS. Spada, F. Reza-Elahi, A. Lania, P. Gil-del-Alamo, M. Bassetti, G. Faglia. En: Faglia G., Beck-Peccoz P., Ambrosi B., Travaglini P., Spada A. (eds) "Pituitary adenomas: new trends in basic and clinical research" *Excerpta Medica*, 1991, pp.95-102

ACROMEGALIA: EVALUACIÓN DIAGNÓSTICA. Gil-del-Alamo. En: Susan M. Webb (ed) "Acromegalia " *Acción Médica* 1999, pp.39-53

- 4 books as coauthor
 - *EL MÉTODO DE LA BÁSCULA* Ediciones Alfar 2012
 - *EL RETO DE LA BÁSCULA* Ediciones Alfar 2013

- *LA SALUD EN TU DESPENSA* Ediciones Alfar 2014
- *EL NUEVO MÉTODO DE LA BÁSCULA* Ediciones Alfar 2019
- Two books as author

EL FIN DE LAS DIETAS. Editorial Cúpula 2017

LOS NIÑOS SI COMEN VERDURA. Editorial Cúpula 2018

- Contributorin Hachette-Filipacchi group as endocrinologist for publications related with nutrition and diets (from 1996 to 2002).

CLINICAL TRIALS

- Investigator in: ACORISC study: Criteria and targets for control and treatment in patients with high cardiovascular risk. 2004
- Investigator in: "TARMIDAS study. Characteristics, therapy and clinical trials in hypertensive and diabetic patients with high cardiovascular risk. 2004
- Investigator in: "Relationship between life style modifications and loss of weight with sibutramine and "FORMA" programme" From September 2001 to May 2002
- Principal Investigator in: "Study of efficiency and tolerance of long acting somatostatin analog, BIM-23014 L.P., as presurgical treatment in acromegalic patients." From February 1996 to July 1998

Selected Abstracts

- 23 abstracts in international meetings and 9 in spanish meetings.
- 2 abstract in international meetings and 2 in national meetings with the results of the participants of La Báscula.

Conferences

- "Goiter" organized by Dirección General de Salud Pública y Asistencia de la Consejería de Sanidad y Bienestar Social of León. León, December 15, 1995.
- Endocrinological didactic sessions of multinodular goiter for General Practitioners. León, January 18, 1996.
- Diabetes education meeting organized by the Consejería de Sanidad y Bienestar Social de la Junta de Castilla y León. Subject: Treatment of Diabetes. November 10-12, 1997.
- Obesity and cardiovascular risk. Supported by Abbot laboratories. Centro de Salud de San Pedro Alcántara, Centro de Salud de la zona centro de Fuengirola, Centro

de Salud de los Boliches de Fuengirola, Centro de Salud de Las Lagunas de Fuengirola, Centro de Salud de Leganitos de Marbella. June-July 2003.

- La importancia de comer bien. Programa Vibrant Living. Procter and Gamble. Febrero 2018
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- Tecnología DEXA en el campo de la Nutrición y la Obesidad. Sevilla 2018
- Jornada DXA y Medicina del deporte. Facultad de Medicina. Universidad Complutense University of Madrid. March,16 2018
- Alimenta tu cerebro. Programa Vibrant Living. Procter and Gamble. April 2018
- Belleza, salud y dieta. Chanel. June 2019
- Dieta y diabetes. Roche Laboratories. July 2019.

Languages

- Spanish, English, French and Italian. German, medium level.