

# **Dr. Cristina Polidori**

**Professor of Ageing Medicine and Geriatrics at University Hospital of Cologne**

Köln, , DE

Dr. Polidori is the head of the Ageing Clinical Research Unit of the Dpt II of Internal Medicine at the University Hospital of Cologne

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## **Biography**

M. Cristina Polidori is MD, Geriatrician and Gerontologist. She is the head of the Ageing Clinical Research Unit at the Dpt. II of Internal Medicine and Center for Molecular Medicine of the University Hospital of Cologne, Germany. Dr. Polidori's fields of expertise are 1) comprehensive geriatric assessment (CGA)-based prognosis and geriatric resource evaluation for personalized multidomain interventions in advanced age; 2) nutritional cognitive neuroscience; 3) translational challenges of bridging the gap between Geroscience and Geriatrics for healthy aging and 4) role of geriatric education for medical students and HealthCare professionals to improve the management of older adults. M. C. Polidori is Professor of Geriatrics, Professor of Physiological Chemistry and PI-Associate member of the Cluster of Excellence CECAD of the University of Cologne. She is author of over 130 peer-reviewed publications and co-editor of the first EuGMS textbook of Geriatrics Learning Geriatric Medicine. Dr. Polidori received numerous prestigious awards in the field of aging Research, is Honorary Fellow of the Royal College of Physicians and President of the German Association for Cognitive Training e.V.

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## **Areas of Expertise**

Nutritional Cognitive Neuroscience, Healthy Ageing, Geriatrics and Gerontology, Ageing Medicine, Comprehensive Geriatric Assessment

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## **Affiliations**

Cluster of Excellence CECAD of the University of Cologne : PI-Associate member, Royal College of Physicians : Honorary Fellow, German Association for Cognitive Training e.V. : President

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## **Education**

**Medical Faculty of the University of Perugia, Italy**

MD Degree

**Harvard Medical School and Whitaker Cardiovascular Institute**

Research Fellow Neurology

**University of Perugia, Italy**

Master Philosophy

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## **Accomplishments**

**Catherine Pasquier Award for Free Radical Research**  
2007

**Schiffbauer Award for Geriatrics**  
2012

**Award for Interdisciplinary Research on Ageing**  
2017

**Umbria in Rosa Award for Research**  
2018

**Award of the Wilhelm-Woort Foundation for Research on Aging**  
2019

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