

Antioxidant status and miRNA

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ABSTRACT

ROS (Reactive Oxygen Species) are instable molecules synthesized either in physiological and pathological situation, we are exposed to then because of UV ray, pollution, combustions, stress, but they are naturally produced during cellular respiration too. Our body possess a machinery to inactivate it (vitamins and antioxidant enzymes). If there's an imbalance between ROS production and inactivation by our body, they could modify organic molecules, particularly phospholipids (modifying structures and permeability of membranes), proteins (cutting down their biological function) and finally DNA (becoming a potential carcinogen) altering normal activity of cells. So it is mandatory, for a good health state, to manage this delicate equilibrium. We demonstrated how diet (in particular ketogenic diet) could positively regulate this mechanism and we assessed it via miRNA, small circulating RNA sequences, a novel way to have biological marker, we used too it to check diet progression and immunological status.

BIOGRAPHY

Roberto Cannataro has his expertise in evaluation and passion in improving the health and wellbeing particularly on field of nutrition and nutritional supplementation. He's involved in several project regarding diet and supplement evaluation. Recently He's working on the very brand new field of miRNA, purposing it as novel biomarkers, in antioxidant and immune status. Other interesting filed is ketogenic diet, applied not only as useful tool to loose weight but to manage diseases such migraine, lipoedema and epilepsy

PUBLICATIONS

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