

CURRICULUM VITAE

Professor ELIO LUGARESI

Present Home Address: Via Belluzi 10, Bologna (Italy)
Date of Birth: July, 1, 1926
Marriage: August 24, 1954; Children: Alessandra, Nicola
Academic Education: University of Bologna (School of Medicine) 1946–1952

Training:

- Neurological Institute – Bologna University School of Medicine, 1952 – 1958, Post-graduate Fellow
- EEG Laboratory – Hospital de la Timôme Marseille-France, 1956 – 1957, Resident Intern
- University of Bologna – Institute of Clinical Neurology, 1958 – 1968, Chief of Inpatient Neurology Service

Academic Appointments:

- University of Bologna – Full professor of Neurology
1975 – present
- University of Bologna – Director of the School of Neurophysiology Technicians
1975 – 1998
- University of Bologna – Director of the Postgraduate School of Neurology
1977 – 1999
- University of Bologna – Director of the Institute of Clinical Neurology
1975 -1998
- University of Bologna – Professor emeritus of Neurology
2001 – present

Editorial Responsibilities:

- Founder and Editor (1975 – 1981) of the Italian Journal of Clinical Neurophysiology
- Editorial Board, Journal of Sleep Research
Italian Journal of Neurology
Sleep

Membership in medical and Scientific Societies:

- Italian Society of Neurology
- Italian Society of Clinical Neurophysiology
- Italian League against Epilepsy
- The American Association for Sleep Research
- Associazione Italiana di Medicina del Sonno
- American Academy of Neurology

Honorary membership in Medical and Scientific Societies:

- Ambassador for Epilepsy for the International league against Epilepsy
- Corresponding member of the American Neurological Association
- Honorary Member of the Association for Sleep Disorders centres
- Honorary Member of the German EEG Society
- Honorary Member of the Société Française de Neurologie
- Honorary Member of the Spanish League against Epilepsy
- Honorary President of the Associazione Italiana di Medicina del Sonno

- Honorary Fellow of the American Sleep Disorders Association

Responsibilities in National and International Societies:

- Secretary of the Italian EEG Society, 1962 – 1968
- President of the Italian EFF Society, 1969 – 1972
- President of the Italian league against Epilepsy, 1972 – 1976
- President of the Italian Society of Neurology, 1984 – 1987
- President of the Associazione Italiana di Medicina del Sonno, 1990 – 1994
- President of the Italian College of neurologists, 1996 – 2000

Lectures and Conferences:

Elio Lugaresi has lectured in Europe, The United States and Japan on the major scientific achievements of the Bologna School. He has been an invited speaker and keynote lecturer at conferences all over the world.

Awards:

1983 – American Association of Sleep Disorders Centres special award for distinguished service
1995 – Ottorino Rossi award for neurology of “C. Mondino” Foundation, University of Pavia
1996 – Pisa Sleep award of the American Academy of Neurology
1997 – Potamkin Prize of the American Academy of Neurology
1998 – Guiseppe Moruzzi award of the World Federation of Clinical Neurophysiology

Journal Articles:

Elio Lugaresi has published over 500 scientific papers in International journals.

Books:

Gli aspetti psicopatologici delle Epilessie
with M. Sandri, Gaggi, 1959
Hypersomnia with Periodic Apneas
with G. Coccagna and M. Mantovani, Plenum Press, 1977
I disturbi del sonno
with G. Coccagna, Gaggi, 1976

Books:

Elio Lugaresi is co-editor of the following books

- Abnormalities of Sleep in Man, Gaggi, 1968
- Evolution and Prognosis of Epilepsies, Gaggi, 1972
- Long term Evolution and Prognosis of Sleep Disorders, Raven Press 1984
- Migraine and Epilepsy, Butterworths, 1986
- Fatal Familial Insomnia, Raven Press, 1993

Book Chapters:

Elio Lugaresi has contributed to many chapters to international textbooks on epilepsy and

sleep medicine

Other major titles include:

Principles and Practice of Sleep Medicine,

ed. Kryger, Roth, Dement. Saunders 1989, 1994

Prion Diseases of Humans and animals

ed. Prusiner, Collinge, Powell, Anderton. Ellis Horwood 1992

Thalamic Networks for Relay and Modulation

ed. Minciacch, Molinari, Macchi, Jones. Pergamon Press 1993

Sleep and Breathing

ed. Saunders and Sullivan. Dekker 1993

Major scientific achievements:

Epilepsy

- One of the first studies on the electro clinical aspects of petit mal status
- Demonstration of the importance of strategic thought in epilepsies triggered by mental arithmetic, card games and draughts
- Discovery that onset of drop attacks constitutes an ominous change in the evolution of partial epilepsies
- An electro clinical description of epilepsy with ecstatic seizures (so-called Doestoevsky epilepsy)

Sleep Medicine

- Demonstration that Propriospinal Myoclonus, strictly selected to the pre-dormitum, causes a severe chronic insomnia
- The first polysomnographic investigation into Restless legs syndrome demonstrating the presence of involuntary periodic limb movement they termed "Nocturnal myoclonus"
- Pioneering research into snoring and sleep apnea with demonstrated:
 - the hemodynamic and ventilatory effects of obstructive apneas
 - the clinical and pathophysiological link between snoring and apnea syndrome
 - snoring as a risk factor for cardiovascular disease
- Description of a sleep related nocturnal epileptic syndrome (Nocturnal Frontal Lobe Epilepsy)
- Discovery of a hereditary autosomal dominant disease termed Fatal familial insomnia characterized by loss of sleep, sympathetic hyperactivation and a progressive attenuation of vegetative and endocrine circadian oscillations consistently linked to a selective degeneration of the limbic thalamus
- The past decade of work has focussed on the study of Fatal familial insomnia, collecting original detailed data on the clinical, neurophysiological, endocrine and automatic features of the disease.
- Demonstration of the thalamic origin of Fatal familial insomnia has led to a radical revision of hitherto accepted theories on the mechanisms regulating the sleep-wake cycle and other circadian rhythms.
- Agrypnia Excitata is the term, which aptly defines a peculiar condition characterized by loss of slow-wave sleep, oneiric stupor, motor and sympathergic activation, shared by Fatal familial insomnia, Morvan's Chorea and Delirium Tremens.