

Patricia O. CHOCANO-BEDOYA, MD. PhD.

Head of Ageing Research

Institute of Primary Health Care (BIHAM), University of Bern

Senior Lecturer in Epidemiology

Population Health Laboratory, University of Fribourg

Email: patricia.chocano@biham.unibe.ch

EDUCATION

September 2011 –
August 2013

Postdoctoral Fellow

Neuroepidemiology Group. Department of Nutrition.
Harvard T.H. Chan School of Public Health
Harvard University. Boston, MA, USA

September 2005-
August 2011

Doctor in Philosophy (PhD)

Major in Epidemiology with minors in Nutrition and Biostatistics.
Division of Epidemiology and Biostatistics
School of Public Health and Health Sciences
University of Massachusetts Amherst. Amherst, MA, USA

April 1996-August
2003

Doctor in Medicine (MD)

School of Medicine. Saint Agustin University. Arequipa, Peru

EMPLOYMENT HISTORY

February 2020-
Present

Head of Ageing Research (60%, 50% since April 2022)

Institute of Primary Health Care (BIHAM)
University of Bern, Switzerland

February 2020-
Present

Senior Lecturer (20%-40% since Jan 2022)

Population Health Laboratory
University of Fribourg, Switzerland

March 2018 –
January 2020

Head of Epidemiology and Data Management (100%)

Centre on Aging and Mobility
University of Zurich and City Hospital Waid, Switzerland

August 2015-March
2018

Epidemiologist (100%)

Centre on Aging and Mobility
University of Zurich and City Hospital Waid, Switzerland

October 2013-
December 2014

Columbia Epidemiology Merit Fellow

Psycho-Neuro-Epidemiology Group
Department of Epidemiology. Mailman School of Public Health
Columbia University. New York, NY, USA

September 2013 –
August 2015

Visiting Scientist

Department of Nutrition. Harvard T.H. Chan School of Public Health
Harvard University. Boston, MA, USA

September 2005 –
August 2011

Research Assistant.

Division of Epidemiology and Biostatistics
School of Public Health and Health Sciences
University of Massachusetts Amherst. Amherst, MA, USA

May 2007 –
December 2007

Biostatistical Consultant

Environ. Amherst, MA, USA

June 2006 – August
2006

Epidemiology fellow

Department of Epidemiology. University of Ulm. Ulm, Germany

August 2004-August 2005	Primary Care Physician Peruvian Navy Health Services. Arequipa, Peru
March 2003-March 2004	Intern in Medicine. Goyeneche National Hospital. Arequipa, Peru

INSTITUTIONAL RESPONSIBILITIES

- Supervision of the research project: “Prospective international study of dairy and inflammation on cognitive decline”.
- Conduct of interdisciplinary research targeted to the older populations and promoting healthy ageing.
- Supervision of junior researchers on topics related to ageing.
- Scientific coordinator of Corona-Immunitas Bern.
- Representative of Gender Equality from BIHAM.

APPROVED RESEARCH PROJECTS AS PRINCIPAL INVESTIGATOR

March 2022- March 2025	Prospective international study of dairy and inflammation on cognitive decline Funding: Swiss National Science Foundation (Project)
January 2018 – January 2019	Prospective study of inflammatory diet patterns and cognition among European seniors Funding: Swiss Foundation for Nutrition Research.

FELLOWSHIPS

June 2012	Summer Research Institute in Geriatric Psychiatry National Mental Health Institute. USA
September 2011 – September 2013	Yerby Postdoctoral Fellowship Harvard T.H. Chan School of Public Health. Boston, MA, USA

SUPERVISION OF JUNIOR RESEARCHERS

April 2022 – present	PhD Student (Co-supervisor): <ul style="list-style-type: none"> • Natalia Ortega-Herrero (funded by my SNSF grant)
June 2020 – present	Research Fellows (Co-Supervisor): <ul style="list-style-type: none"> • Seraina Netzer, Dr. Med • Fanny Villos, cand. Med Dissertations (Co-Supervisor): <ul style="list-style-type: none"> • Benjamin Bulling, cand. Med. • Alexander Speierer, cand. Med. Master Students (Supervisor): <ul style="list-style-type: none"> • Stephan Kahlert, Master in Medicine, University of Fribourg (co-supervisor with Arnaud Chiolerio) • Laura Stanasila, Master in Nutrition, UniL (co-supervisor with Pedro Marques-Vidal)
January 2020 – July 2020	Master Students (Supervisor): <ul style="list-style-type: none"> • Nicolas Ban, Master in Pharmacy, University of Bern
August 2015 – August 2019	Dissertations (Co-supervisor): Virginia Ghisla, Corina Teister, Patricia Wald, Simon Gratza (USZ) Master Students (Co-supervisor): <ul style="list-style-type: none"> • Barbara Sommerhalder, cand. med. 2018. • Judith von Arx, MSc ETH in Nutrition and Health. 2018. • Caroline Bachmann, MSc ETH in Gesundheitswissenschaften und Technologie 2017.

TEACHING ACTIVITIES

Fall 2022	Tutor: Problem-Based Learning (Medical School, University of Bern)
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Fall 2022	Coordinator and Lecturer of a SSPH+ Course on Public Health Nutrition (to take place on November 2022, University of Fribourg)
Fall 2020 – ongoing	Lecturer: Master in Pharmacy. University of Bern. Switzerland
Spring 2020 – ongoing	Lecturer: Master in Medicine. University of Fribourg. Switzerland
Fall 2017 – Fall 2019	Coordinator and Lecturer: Advanced Medical Research Methods PhD Program in Clinical Science. University of Zurich. Switzerland
October 2015 – October 2019	Lecturer: Mantelstudium “Forschung in der Medizin” Medical School, University of Zurich. Switzerland
January 2013 – February 2014	Instructor in Medicine: Clinical Epidemiology and Population Health. Nutrition. Harvard Medical School. Harvard University. Boston, MA, USA
September 2005 – December 2007	Teaching Assistant. School of Public Health and Health Sciences University of Massachusetts Amherst. Amherst, MA, USA

ACTIVE MEMBERSHIPS IN SCIENTIFIC SOCIETIES

USA	The Gerontological Society of America, American College of Epidemiology
Peru	Peruvian College of Physicians

SKILLS AND SERVICE

Statistical Software	SAS (Windows/Unix, expert), R (basic)
Languages	<ul style="list-style-type: none"> • English (fluent) • Spanish (native) • German (B2/C1) • French (B1/B2)
Scientific Reviewing	Journal of Nutrition, Nutrition Reviews, European Journal of Nutrition, International Journal of Geriatric Psychiatry, Swiss Medical Weekly, Plos One, Depression and Anxiety, Journal of Affective Disorders

ORAL CONTRIBUTIONS TO INTERNATIONAL CONFERENCES

- Inflammatory diets and ageing and Digital epidemiology. I Congreso Internacional de Medicina Basada en Evidencia (International Conference of Medicine Based Evidence at the University of San Agustin, Peru). Arequipa, **Peru**. November 2019
 - Sarcopenia and Hip Fracture. 11ème Congrès International Francophone de Gérontologie et Gériatrie (CIFGG). Montreux, **Switzerland**. June 2018
 - DO-HEALTH vitamin D and omega 3 fatty acid trial – Dietary Patterns in five European countries. 10th International Symposium on Nutritional Aspects of Osteoporosis. Hong Kong, **China**. November 2017
 - Cognitive Function in DO-HEALTH. Swiss Society of Internal Medicine Spring Congress. Lausanne, **Switzerland**. May 2017
 - Cognitive Frailty. Results from 5 DO-HEALTH Countries. International Conference on Frailty & Sarcopenia Research. Barcelona, **Spain**. April 2017
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OUTREACH ACTIVITIES

- Presentation: **“Sustainable diets for Healthy Ageing”**. SSPH+ for sustainable health: Health in all Sustainable Development Goals (SDG's). Swiss Pavillion. World Expo Dubai, January 2022. <https://expo.sspplus.ch/en/expo-events/list/>
 - Interview for Tagesanzeiger: **Fit wie Joe Biden – Wie bleibt man im Alter lange gesund?** <https://www.tagesanzeiger.ch/fit-wie-joe-biden-wie-bleibt-man-im-alter-lange-gesund-704858203320>
 - Interview about the role of **nutrition on mental health** for Harvard’s Health online magazine (<https://www.health.harvard.edu/mind-and-mood/food-and-mood-is-there-a-connection>) which was translated into German, French and Spanish and cited more than 100 times.
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Publications in international peer-reviewed scientific journals

- Blankenberger J, Kaufmann M, Albanese E, Amati R, Anker D, Camerini AL, **Chocano-Bedoya P**, Cullati S, Cusini A, Fehr J, Harju E, Kohler P, Kriemler S, Michel G, Rodondi N, Rodondi PY, Speierer A, Tancredi S, Puhan MA, Kahlert CR; Corona Immunitas Research Group. Is living in a household with children associated with SARS-CoV-2 seropositivity in adults? Results from the Swiss national seroprevalence study Corona Immunitas. *BMC Med.* 2022 Jun 20;20(1):233. doi: 10.1186/s12916-022-02431-z. PMID: 35725472; PMCID: PMC9207841.
- Ghisla V*, **Chocano-Bedoya PO***, Orav EJ, Abderhalden LA, Sadlon A, Egli A, Krützfeldt J, Kanis JA, Bischoff-Ferrari HA; DO-HEALTH research group. Prospective Study of Ageing Trajectories in the European DO-HEALTH Study. *Gerontology.* 2022 Apr 20:1-8.
- de Godoi Rezende Costa Molino C*, **Chocano-Bedoya PO***, Sadlon A, Theiler R, Orav JE, Vellas B, Rizzoli R, Kressig RW, Kanis JA, Guyonnet S, Lang W, Egli A, Bischoff-Ferrari HA; DO-HEALTH Research Group. Prevalence of polypharmacy in community-dwelling older adults from seven centres in five European countries: a cross-sectional study of DO-HEALTH. *BMJ Open.* 2022 Apr 29;12(4):e051881.
- Stahl-Gugger A, de Godoi Rezende C, Wieczorek M, **Chocano-Bedoya PO**, Abderhalden LA, Schaer DJ, Spahn DR, Orav EJ, Vellas B, da Silva JAP, Kressig RW, Egli A, Bischoff-Ferrari HA; DO-HEALTH Research Group. Prevalence and incidence of iron deficiency in European community-dwelling older adults: an observational analysis of the DO-HEALTH trial. *Aging Clin Exp Res.* 2022 Mar 18.
- Schietzel S*, **Chocano-Bedoya PO***, Sadlon A, Gagesch M, Willett WC, Orav EJ, Kressig RW, Vellas B, Rizzoli R, da Silva JAP, Blauth M, Kanis JA, Egli A, Bischoff-Ferrari HA. Prevalence of healthy aging among community dwelling adults age 70 and older from five European countries. *BMC Geriatr.* 2022 Mar 2;22(1):174.
- Speierer A*, **Chocano-Bedoya PO***, Anker D, Schmid A, Keidel D, Vermes T, Imboden M, Levati S, Franscella G, Corna L, Amati R, Harju E, Luedi C, Michel G, Veys-Takeuchi C, Zuppinger C, Nusslé SG, D'Acromont V, Tall I, Salberg É, Baysson H, Lorthe E, Pennacchio F, Frei A, Kaufmann M, Geigges M, West EA, Schwab N, Cullati S, Chiolero A, Kahlert C, Stringhini S, Vollrath F, Probst-Hensch N, Rodondi N, Puhan MA, von Wyl V. The Corona Immunitas Digital Follow-Up eCohort to Monitor Impacts of the SARS-CoV-2 Pandemic in Switzerland: Study Protocol and First Results. *Int J Public Health.* 2022 Feb 28;67:1604506.
- Gagesch M, Edler K, **Chocano-Bedoya PO**, Abderhalden LA, Seematter-Bagnoud L, Meyer T, Bertschi D, Zekry D, Büla CJ, Gold G, Kressig RW, Stuck AE, Bischoff-Ferrari HA. Swiss Frailty Network and Repository: protocol of a Swiss Personalized Health Network's driver project observational study. *BMJ Open.* 2021 Jul 14;11(7):e047429.
- Gagesch M, **Chocano-Bedoya PO**, Abderhalden LA. *et al.* Prevalence of Physical Frailty: Results from the DO-HEALTH Study. *J Frailty Aging.* 2022;11(1):18-25
- Bischoff-Ferrari HA, Vellas B, Rizzoli R, Kressig RW, da Silva JAP, Blauth M, Felson DT, McCloskey EV, Watzl B, Hofbauer LC, Felsenberg D, Willett WC, Dawson-Hughes B, Manson JE, Siebert U, Theiler R, Staehelin HB, de Godoi Rezende Costa Molino C, **Chocano-Bedoya PO**, Abderhalden LA, Egli A, Kanis JA, Orav EJ; DO-HEALTH Research Group. Effect of Vitamin D Supplementation, Omega-3 Fatty Acid Supplementation, or a Strength-Training Exercise Program on Clinical Outcomes in Older Adults: The DO-HEALTH Randomized Clinical Trial. *JAMA.* 2020 Nov 10;324(18):1855-1868.

- Degen T, Fischer K, Theiler R, Schären S, Meyer OW, Wanner G, **Chocano-Bedoya P**, Simmen HP, Schmid UD, Steurer J, Stähelin HB, Mantegazza N, Bischoff-Ferrari HA. Outcomes after spinal stenosis surgery by type of surgery in adults aged 60 years and older. *Swiss Med Wkly.* **2020** Sep 20;150:w20325.
- Mattle M, **Chocano-Bedoya PO**, Fischbacher M, Meyer U, Abderhalden LA, Lang W, Mansky R, Kressig RW, Steurer J, Orav EJ, Bischoff-Ferrari HA. Association of Dance-Based Mind-Motor Activities With Falls and Physical Function Among Healthy Older Adults: A Systematic Review and Meta-analysis. *JAMA Netw Open.* **2020** Sep 1;3(9):e2017688.
- Wald P*, **Chocano-Bedoya PO***, Meyer U, Orav EJ, Egli A, Theiler R, Bischoff-Ferrari HA. Comparative Effectiveness of Functional Tests in Fall Prediction After Hip Fracture. *J Am Med Dir Assoc.* **2020** Sep;21(9):1327-1330.
- Mansky R, Marzel A, Orav EJ, **Chocano-Bedoya PO**, Grünheid P, Mattle M, Freystätter G, Stähelin HB, Egli A, Bischoff-Ferrari HA. Playing a musical instrument is associated with slower cognitive decline in community-dwelling older adults. *Aging Clin Exp Res.* **2020** Aug;32(8):1577-1584.
- Fischbacher M, **Chocano-Bedoya PO**, Meyer U, Bopp I, Mattle M, Kressig RW, Egli A, Bischoff-Ferrari HA. Safety and feasibility of a Dalcroze eurhythmics and a simple home exercise program among older adults with mild cognitive impairment (MCI) or mild dementia: the MOVE for your MIND pilot trial. *Pilot Feasibility Stud.* **2020**;6:101.
- Gratza SK*, **Chocano-Bedoya PO***, Orav EJ, Fischbacher M, Freystätter G, Theiler R, Egli A, Kressig RW, Kanis JA, Bischoff-Ferrari HA. Influence of fall environment and fall direction on risk of injury among pre-frail and frail adults. *Osteoporos Int.* **2019** Nov;30(11):2205-2215.
- Jung SJ, Roberts AL, **Chocano-Bedoya P**, Whitcomb BW, Missmer SA, Manson JE, Hankinson SE, Bertone-Johnson ER, Koenen KC. Posttraumatic stress disorder and development of premenstrual syndrome in a longitudinal cohort of women. *Arch Womens Ment Health.* **2019** Aug;22(4):535-539.
- Bailey RL, Sahni S, **Chocano-Bedoya P**, Daly RM, Welch AA, Bischoff-Ferrari H, Weaver CM. Best Practices for Conducting Observational Research to Assess the Relation between Nutrition and Bone: An International Working Group Summary. *Adv Nutr.* **2019** May 1;10(3):391-409.
- Stemmler J, Marzel A, **Chocano-Bedoya PO**, Orav EJ, Dawson-Hughes B, Freystaetter G, Egli A, Theiler R, Staehelin HB, Bischoff-Ferrari HA. Effect of 800 IU Versus 2000 IU Vitamin D3 With or Without a Simple Home Exercise Program on Functional Recovery After Hip Fracture: A Randomized Controlled Trial. *J Am Med Dir Assoc.* **2019** May;20(5):530-536.e1.
- Wiegand A, Zieger A, Staiger RD, Egli A, Freystätter G, Bischoff-Ferrari HA, **Chocano-Bedoya PO**. Association of depression with malnutrition, grip strength and impaired cognitive function among senior trauma patients. *J Affect Disord.* **2019** Mar 15;247:175-182.
- Schlögl M, **Chocano-Bedoya P**, Dawson-Hughes B, Orav EJ, Freystaetter G, Theiler R, Kressig RW, Egli A, Bischoff-Ferrari HA. Effect of Monthly Vitamin D on Chronic Pain Among Community-Dwelling Seniors: A Randomized, Double-Blind Controlled Trial. *J Am Med Dir Assoc.* **2019** Mar;20(3):356-361. PubMed PMID: 30401610.
- Teister CJ*, **Chocano-Bedoya PO***, Orav EJ, Dawson-Hughes B, Meyer U, Meyer OW, Freystaetter G, Gagesch M, Rizzoli R, Egli A, Theiler R, Kanis JA, Bischoff-Ferrari HA. Which Method of Fall Ascertainment Captures the Most Falls in Prefrail and Frail Seniors?. *Am J Epidemiol.* **2018** Oct 1;187(10):2243-2251. PubMed PMID: 29912266.

- Bischoff-Ferrari HA, Orav EJ, Egli A, Dawson-Hughes B, Fischer K, Staehelin HB, Rizzoli R, Hodler J, von Eckardstein A, Freystaetter G, Meyer U, Gugli T, Burckhardt P, Schietzel S, **Chocano-Bedoya P**, Theiler R, Willett WC, Felson D. Recovery after unilateral knee replacement due to severe osteoarthritis and progression in the contralateral knee: a randomised clinical trial comparing daily 2000 IU versus 800 IU vitamin D. *RMD Open*. **2018**;4(2):e000678. PubMed PMID: 30018805; PubMed Central PMCID: PMC6045766.
 - Bischoff-Ferrari HA, Fischer K, Orav EJ, Dawson-Hughes B, Meyer U, **Chocano-Bedoya PO**, Meyer OW, Ernst R, Schietzel S, Eberli F, Staehelin HB, Freystätter G, Roas S, Theiler R, Egli A, Wilson NM. Statin Use and 25-Hydroxyvitamin D Blood Level Response to Vitamin D Treatment of Older Adults. *J Am Geriatr Soc*. **2017** Jun;65(6):1267-1273.
 - Müller FS, Meyer OW, **Chocano-Bedoya P**, Schietzel S, Gagesch M, Freystaetter G, Neuhaus V, Simmen HP, Langhans W, Bischoff-Ferrari HA. Impaired nutritional status in geriatric trauma patients. *Eur J Clin Nutr*. **2017** May;71(5):602-606. PubMed PMID: 28327565.
 - **Chocano-Bedoya PO**, Mirzaei F, O'Reilly E, Lucas M, Okereke OI, Hu FB, Rimm E, Ascherio A. C-reactive protein, interleukin-6, soluble TNF- α receptor 2 and incident clinical depression. *J Affect Disord*. 2014 Jul;163:25-32.
 - Lucas M, **Chocano-Bedoya PO**, Schulze MB, Mirzaei F, O'Reilly E, Okereke OI, Hu HB, Willett WC, Ascherio A. Inflammatory dietary patterns and risk of depression among women. *Brain Behav Immun*. 2014 Feb;36:46-53.
 - **Chocano-Bedoya PO**, O'Reilly E, Lucas M, Mirzaei F, Okereke OI, Fung TT, Hu FB, Ascherio A. A prospective study on dietary patterns and depression among older women. *Am J Clin Nutr*. 2013 Sep;98(3):813-20
 - **Chocano-Bedoya PO**, Manson JE, Hankinson SE, Johnson SR, Chasan-Taber L, Ronnenberg AG, Bigelow C, Bertone-Johnson ER. Intake of selected minerals and risk of premenstrual syndrome. *Am J Epidemiol* 2013 May;177(10):1118-27
 - **Chocano-Bedoya P**, Manson JE, Hankinson SE, Willett WC, Johnson SR, Chasan-Taber L, Ronnenberg AG, Bigelow C, Bertone-Johnson ER. Dietary B vitamin intake and incident premenstrual syndrome. *Am J Clin Nutr* 2011;93:1-7
 - Bertone-Johnson ER, **Chocano-Bedoya PO**, Zagarins SE, Micka AE, Ronnenberg AG. Dietary vitamin D intake, 25-hydroxyvitamin D2 levels and premenstrual syndrome in a college-aged population. *J Steroid Biochem Mol Biol*. 2010 Jul;121(1-2): 434-7.
 - **Chocano-Bedoya P**, Ronnenberg AG. Vitamin D and tuberculosis. *Nutr Rev*. 2009 May; 67(5):289-93.
- *Shared first authorship.*

Book chapters

Chocano-Bedoya P and Bischoff-Ferrari HA. DO-HEALTH: Vitamin D3-Omega-3-Home Exercise-Healthy Aging and Longevity Trial—Dietary Patterns in Five European Countries. In: *Nutritional Influences on Bone Health: 10th International Symposium*. Weaver CM, Daly RM, Bischoff-Ferrari H (Eds.). Geneva, Switzerland: Springer International Publishing; 1st ed. 2019, pg. 3-10

Chocano-Bedoya P and Bertone-Johnson E. Premenstrual Syndrome. In: *Women and Health*. M.B. Goldman & MC Hatch (Eds.); 2nd ed. 2013, pg.179-192