



# Dr. med. Gaetano Bianchi

Specialist in dietology and nutrition applied to sport

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## Languages

IT,EN

## Work Experience

- since 2011 Hospital doctor at the Ars Medica Clinic in Gravesano
- since 2010 Physician at the Italian Sports Medical Federation
- since 2010 Certifying physician for non-competitive sports eligibility for the FMSI (Italian Medical Sports Federation)
- since 2001 Freelance activity as Nutritionist Physician Ener Zona Consultant, evaluation of nutritional status and body composition through whole-body bioelectrical impedance analysis (BIA)
- since 1999 Freelance activity as Posturologist - Specialist in postural gymnastics Mezieres method, Panca Fit method, Cranio Sacral Therapy according to Upledger
- 2007-2017 Official physician of the men's water polo Serie A team Società Como Nuoto
- 1998-2011 Medical Director of Internal Medicine, Department of Emergency and Emergency Medicine, Sant'Anna Hospital, Como
- 2001-2007 Official doctor of the A Series women's basketball team Società Ginnastica Comense

## Education

- since 2015 Qualification as PSS-D Teacher-Instructor for the FMSI (Italian Medical Sport Federation): First Aid in Sport with the use of the semi-automatic external defibrillator
- since 2001 Certification as "Master Ener Zone Consultant
- 2017 Master Zone Consultant
- 2016 FCTSA Lugano - Course Advance Cardiac Life Support Provider (A.C.L.S.) - Imparted according to the directives of the American Heart Association
- 2016 FCTSA Lugano - Course Advance Cardiac Life Support Provider (A.C.L.S.) - Imparted according to the directives of the American Heart Association
- 2016 FTCA Lugano - Training BLS-DAE Basic Life Support (B.L.S.) Automatic external defibrillation
- 2015 Qualification as PSS-D Teacher-Instructor for the FMSI (Italian Medical Sport Federation)
- 2007 Medical posturologist Mezierista
- 2003 Training in osteopathy and cranio-sacral therapy
- 2002 Training for specialisation in dietetics and nutrition applied to sport

1998	Training in manual medicine, manipulation and mobilisation of the osteomuscular system
1993-1997	Training Sports Medicine training methodology and food science applied to sport
1984	Degree in Medicine

## Accreditation

[Clinica Ars Medica](#)

[Ars Medica Centro Medico Manno](#)

## Specialties

[Nutritional counseling](#)

## Contact

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