ESC
Council
Basic Cardiovascular
Science

Elections to Council Nucleus and Nominating committee 2024-2026 –

Motivation letter: Why are you interested in joining the Council Nucleus or Nominating committee (250 words max)?

My name is **Gemma Chiva-Blanch**, and with this brief letter I would like to express my willingness to become Secretary of the CBCS.

As a proactive and highly motivated scientist, I firmly believe in professional societies and teamwork. I was elected nucleolus member of the **ESC- Young Thrombosis Group (YTRG)** from 2017 to 2020, and for two of those years, I served as the liaison with the Scientists of Tomorrow (SoT). I have been actively involved in the YTRG activities over these years and actively contributed to the SoT quarterly Newsletters. During my time as a member of the YTRG, we launched a Facebook page and established the Article of the Month programme, which allowed us to work closely with the Senior members of the WG.

I was elected as a SoT nucleus member (2021-2023), and I have been the **SoT representative within the CBCS these years**. After the pandemics, we (the SoT) have relaunched several activities such as career-mentoring sessions in close collaboration with the CBCS, or webinars with other Young Cardiovascular Societies. I am also non-voting nucleus member of the Working Group on Cellular Biology of the Heart thanks to my active involvement within the SoT-CBS.

I am enthusiastic, cheerful, hardworking, and I am willing to actively contribute to the activities of the Council from a senior perspective. My previous work within the ESC-CBCS qualifies me for the position, and I am prepared to serve as Secretary, if you give me the opportunity.

Yours sincerely,
Gemma Chiva-Blanch, PhD, FESC

SHORT CV - GEMMA CHIVA BLANCH

Name and Surname	**Gemma Chiva Blanch**	
Born date, age	November the 6th 1982, 41	
Researcher's identification number	Researcher ID	O-8072-2018
	Scopus Author ID	35774206800
	ORCID	0000-0001-6093-0160

Education and Degree Honours

Bachelor/Master/PhD	University	Year
PhD in Medicine	University of Barcelona (UB)	2013
Official Master in Food Development and Innovation	University of Barcelona (UB)	2009
Bachelor Degree in Food Science and Technology	University of Barcelona (UB)	2007
Diploma in Human Nutrition and Dietetics	Human Nutrition and Dietetics School (CESNID-UB) -UB	2004

Past and present positions

- January 2023- currently: Associate Professor of the Health Sciences Faculty, Universitat Oberta de Catalunya (UOC), and Researcher at the August Pi i Sunyer Biomedical Research Institute (IDIBAPS) in Barcelona. Group Leader of the "Nutrition, Biomarkers and Cardiovascular Risk" group at the Catalan Nutrition Center of the Institute of Catalan Studies (CCNIEC).

- December 2019- December 2022: CIBER Fisiopatología de la Obesidad y Nutrición (CIBEROBN-ISCIII) Research Fellow, IDIBAPS, group of Translational research in diabetes, lipids and obesity (PI, Dr. Josep Vidal).

- 2014-2019: Cardiovascular Research Center (ICCC) in Barcelona, currently integrated at the IIB-Sant Pau (PI: Prof. Lina Badimon) with Sara Borrell and Juan de la Cierva- Incorporación postdoctoral contracts.
2015-2016: Six-month research stage at international centre as invited scientist: Clinical Centre for Heart Research, Department of Cardiology, Ullevål Hospital in Oslo, Norway (IP: Prof. Ingebjørg Seljeflot).

- 2008-2013: Cardiovascular risk, Nutrition and Aging Laboratory, Institut d'Investigacions Biomèdiques Agustí Pi I Sunyer (IDIBAPS), Hospital Clínic-UB (PI: Dr. Ramon Estruch)
2011: Two-month stage at Institute of Advanced Studies of Madrid (IMDEA), Madrid (PI: Prof. Francesco Visioli) with an *Ajudes per a estudis o projectes fora de Catalunya de la Fundació Pedro i Pons*.

- 2007 (4 months): Nutrition and Food Science Department, Faculty of Pharmacy, UB (PI: Prof. Lamuela-Raventós).

- 2005-2007 (part-time): Nephrology Department, Hospital de Bellvitge, Universitat de Barcelona –UB- (PI: Dr. Grinyó)

Research Interests

I am a translational scientist interested in the interplay between nutrition and cardiovascular disease. My research is primarily focused in two main lines: 1) the role of extracellular vesicles in atherothrombosis, diabetes and obesity; and 2) the role of diet and specific food compounds in atherosclerosis and cardiovascular risk.

General quality indicators of scientific production

I am the Principal investigator of 2 national projects related to extracellular vesicles and atherosclerosis, and 2 other projects related to diet and cardiovascular risk. I have published 86 articles (Web of Science) among which 67 are indexed in Pubmed and include original manuscripts, consensus papers, and reviews. In addition, I have contributed to 8 book chapters, and I have been co-investigator of 21 research projects (National and European projects either funded by public agencies or industry).
I have an H-Index of 34, an average of 42 cites per paper, and 3581 citations in 2889 papers. I am also referee of several high-impact journals (please visit her publons profile at https://publons.com/researcher/1509223/gemma-chiva-blanch/).

I have mentored 6 Master Students and I am currently the thesis director of a PhD Student.

I also participate periodically in educational and dissemination activities such as the European Young Night of the Science, the Week of the Science, or #100tífiques.

Awards and Honours

- Fellow of the European Society of Cardiology (2021)
- Research Award from the Barcelona Local Government 2020
- European Society of Cardiology (ESC) Educational Grant 2019
- Best oral communication at Eurothrombosis 2018, Barcelona
- Best poster presentation at Eurothrombosis 2016, London (ESC)
- Second best presentation at XVIII Aniversario Becas Manuel de Oya, Centro de Información Cerveza y Salud, Madrid 2017
- 2017 Young Investigator Award for excellence in Clinical Research from the European Society of Clinical Investigation – ESCI, Genève
- Clinical Nutrition Award in recognition of the contribution to the quality of the journal made by a highly cited research paper published in 2013 as first author (2016)
- Immunotools Award (2014)
- Extraordinary Doctorate Award 2012-2013

Positions of trust

- Board member of GEIVEX (the working group of Spanish researchers specialized in the field of extracellular vesicles) from January 2024.
- Non-voting nucleus member of the Working Group of Cellular Biology of the Heart (2022-2025).
- Elected Nucleolus member of the Scientists of Tomorrow of the European Society of Cardiology (ESC; 2021-2023) and CBCS SoT representative.
- Young Fellow of the European Atherosclerosis Society (EAS; 2019-2023)
- Elected Nucleolus member of the Young Working Group of Thrombosis (YTRG) of the ESC (2017-2021) and representative of the YTRG within the SoT..

Funded Projects as Principal Investigator

1) Title: Extracellular vesicles and genetic variants as biomarkers of significant preclinical atherosclerosis independent of clinical cardiovascular risk
Funding entity: Spanish Arteriosclerosis Foundation
Start and end date: 01/01/2022-01/01/2023
Total amount: € 15,000

2) Title: Extracellular vesicles and genetic variants as biomarkers of significant preclinical atherosclerosis independent of clinical cardiovascular risk
Funding entity: Spanish Ministry of Health (ISCIII)
Start and end date: 01/01/2022- 12/31/2024
Total amount: € 84,700

3) Title: Long term effects of walnut consumption on vascular and immune cell

extracellular vesicle release and profile related to atherosclerosis progression and severity: The Walnuts And Healthy Aging (WAHA) Study.
Funding entity: Nutricia Research Foundation.
Start-end date: 01/01/2022-01/12/2022.
Total amount: € 29.955

4) Title: New strategies to promote a sustainable, healthy and
inclusive in the city of Barcelona based on a digitization of municipal markets
Funding entity: Barcelona's Town Hall
Start-end date: 02/28/2021 - 02/28/2022
Total amount: € 99,187.5

Short list of main publications

1- Pané A, Viaplana J, Giró O, Llopis J, Ibarzabal A, de Hollanda A, Vidal J, Ortega E, Jiménez A, **Chiva-Blanch G**. Effects of Bariatric Surgery on Blood and Vascular Large Extracellular Vesicles According to Type 2 Diabetes Status. J Clin Endocrinol Metab. 2023;109(1):e107-e118. doi: 10.1210/clinem/dgad473.

2- Bujosa F, Herreras Z, Catalán M, Pinyol M, Lamuela-Raventos RM, Martínez-Huélamo M, Gilabert R, Jiménez A, Ortega E, **Chiva-Blanch G**. Total carotene plasma concentrations are inversely associated with atherosclerotic plaque burden: A post-hoc analysis of the DIABIMCAP cohort. Clin Nutr. 2023;42(7):1168-1174. doi: 10.1016/j.clnu.2023.05.005.

3- Chiva-Blanch G, Bratseth V, Laake K, Arnesen H, Solheim S, Schmidt EB, Badimon L, Seljeflot I. One year of omega 3 polyunsaturated fatty acid supplementation does not reduce circulating prothrombotic microvesicles in elderly subjects after suffering a myocardial infarction. Clin Nutr. 2021;40(12):5674-5677. doi: 10.1016/j.clnu.2021.10.007.

4- Giró O, Jiménez A, Pané A, Badimon L, Ortega E, **Chiva-Blanch G**. Extracellular vesicles in atherothrombosis and cardiovascular disease: Friends and foes. Atherosclerosis. 2021;330:61-75. doi: 10.1016/j.atherosclerosis.2021.07.002.

5- **Chiva-Blanch G**, Peña E, Cubedo J, García-Arguinzonis M, Pané A, Gil PA, Perez A, Ortega E, Padró T, Badimon L. Molecular mapping of platelet hyperreactivity in diabetes: the stress proteins complex HSPA8/Hsp90/CSK2α and platelet aggregation in diabetic and normal platelets. Transl Res. 2021;235:1-14. doi: 10.1016/j.trsl.2021.04.003.

6- **Chiva-Blanch G**, Padró T, Alonso R, Crespo J, Perez de Isla L, Mata P, Badimon L. Liquid Biopsy of Extracellular Microvesicles Maps Coronary Calcification and Atherosclerotic Plaque in Asymptomatic Patients With Familial Hypercholesterolemia. Arterioscler Thromb Vasc Biol. 2019;39(5):945-955. doi: 10.1161/ATVBAHA.118.312414.

7- **Chiva-Blanch G**, Sala-Vila A, Crespo J, Ros E, Estruch R, Badimon L. The Mediterranean diet decreases prothrombotic microvesicle release in asymptomatic individuals at high cardiovascular risk. Clin Nutr. 2020:S0261-5614(20)30091-1. doi: 10.1016/j.clnu.2020.02.027.

8- **Chiva-Blanch G**, Crespo J, Suades R, Arderiu G, Padro T, Vilahur G, Cubedo J, Corella D, Salas-Salvadó J, Arós F, Martínez-González MA, Ros E, Fitó M, Estruch R, Badimon L. CD142+/CD61+, CD146+ and CD45+ microparticles predict cardiovascular events in high risk patients following a Mediterranean diet supplemented with nuts. Thromb Haemost. 2016;116(1):103-14. doi: 10.1160/TH16-02-0130.

9- **Chiva-Blanch G**, Urpi-Sarda M, Ros E, Arranz S, Valderas-Martínez P, Casas R, Sacanella E, Llorach R, Lamuela-Raventos RM, Andres-Lacueva C, Estruch R. Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. Circ Res. 2012;111(8):1065-8. doi: 10.1161/CIRCRESAHA.112.275636.

10- **Chiva-Blanch G**, Urpi-Sarda M, Llorach R, Rotches-Ribalta M, Guillén M, Casas R, Arranz S, Valderas-Martinez P, Portoles O, Corella D, Tinahones F, Lamuela-Raventos RM, Andres-Lacueva C, Estruch R. Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. Am J Clin Nutr. 2012;95(2):326-34. doi: 10.3945/ajcn.111.022889.