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She studied Medicine at the Ludwig-Maximilians-University (LMU) in Munich, Germany from 1982-1988. She subsequently participated in a specialized training program in Tropical Medicine at the Bernhard Nocht Institute for Tropical Medicine in Hamburg, Germany. She then worked as a medical doctor in the field of Internal Medicine in different hospitals. In 2002, she studied Biostatistics and Epidemiology at the Harvard Extension School in Cambridge, MA, USA. Since 2008, she works at UMIT.

Her main research interests are in Public Health, Evidence Based Medicine, Obesity, Physical Activity, Lifestyle Interventions, Healthy Aging, Movement Disorders, Chronic Hepatitis C, Infectious Diseases, and Cancer Screening.

She is currently involved in the local and international course management of the HTADS – Program on Health Technology Assessment & Decision Sciences and research projects in Infectious Diseases and Cancer.