

---

## ***CURRICULUM VITAE***

|                         |                    |
|-------------------------|--------------------|
| NAME                    | JOSÉ MARIA TALLON  |
| DATE AND PLACE OF BIRTH | 13-09-1958 Granada |
| NATIONALITY             | Spanish            |

---

## **EDUCATION**

|           |  |
|-----------|--|
| 1976-1982 | Degree in Medicine and Surgery (Faculty of Medicine, University of Granada)  |
| 1985      | Master Degree (Faculty of Medicine, University of Granada)   |
| 1985-1986 | Medical Monographic Courses (University of Granada)  |
| 1986-1989 | Attending Physician at Hospital Santa Maria in Lisbon  |
| 1992-1994 | Master in Aesthetic Medicine (Spanish Society of Aesthetic Medicine)   |
| 1994-1996 | Master in Aesthetic Surgery (Spanish Society of Aesthetic Surgery)   |
| 1996-1997 | Specialist in Biological Therapy, Homeopathy, Homotoxicology (International Society of Homotoxicology and Antihomotoxic Therapy) |
| 2000-2001 | University Specialist in Obesity (National University of Distance Education)   |
| 2001-2002 | University Specialist in Psychopathology and Health (UNED)   |
| 2001-2003 | Specialist in Clinical Hypnosis (Lisbon Faculty of Medicine)   |
| 2002-2004 | Master in Psychopathology and Health (UNED)  |
| 2005-2007 | Post-Graduate in Anti Aging (World Society of Anti Aging Medicine)   |
| 2006-2007 | Post-Graduate Diploma in Medical Education (Health Sciences Center of the Universidade Católica Portuguesa)                      |
| 2010-2011 | Post-Graduate in Medicine of Ageing (Autonomous University of Barcelona)   |
| 2011      | Master Degree in Medical Education (Health Sciences Center of the Universidade Católica Portuguesa)                              |
| 2019      | PhD in Chemical and Biological Sciences (University of Trás-os-Montes and Alto Douro)  |

---

## ACCREDITED TRAINING COURSES FOR NATIONAL HEALTH SYSTEM

|           |   |
|-----------|---|
| 1995-1996 | Nutrition Dietetics and Diet Therapy (University of Navarra)  |
| 1996-1997 | Specialization in the Treatment of Pathology Aesthetic Tissue Subcutaneous Fat (Autonomous University of Barcelona)           |
| 1998-1999 | Nutrition for Children and Adolescents (University of Navarra)  |
| 1999      | Nutrition and Clinical Dietetics (Barcelona Order of Physicians)  |
| 1999      | Nutrition and Obesity (University of Navarra)   |
| 1999      | Immunity and Pharmacology (University of Navarra)   |
| 1999-2000 | Nutrition and Dietetics (National University of Distance Education)   |
| 1999-2000 | Food Composition and Properties (University of Navarra)   |
| 2000      | Pathology Associated with Nutritional errors (Studies and Health Education Foundation)  |
| 2000-2001 | Refresher Course in Family and Community Medicine (Continuing Education Commission of the Ministry of Health and Consumption) |
| 2001      | Nutrition and Public Health (University of Navarra)   |
| 2001      | Food Science (University of Navarra)  |
| 2010-2011 | Anti Aging Medicine Course - 1st Edition (AMCE – Hospital Central de la Defensa Gómez Ulla)                                   |
| 2012      | Anti Aging Medicine Course - 2nd Edition (FMC)  |
| 2012      | European Masters in Aesthetic & Anti-Aging Medicine, France.  |
| 2013      | Non-Surgical Facial Skin Rejuvenation (Europa-Espanha Medical Center)   |

---

## PROFISSIONAL EXPERIENCE

|              |  |
|--------------|--|
| 1982-1983    | General and Family Physician (Periphery Service)   |
| 1983-1985    | Medical Director - Center for Collection and Charter Renewal<br>Driving and Arms Porte license |
| 1986-Current | Medical Director - Clínica Médica Dr. Tallon   |

---

## TEACHING EXPERIENCE

|              |  |
|--------------|--|
| 1998-2000    | Invited Teacher at Modern University of Lisbon   |
| 2020-Current | Collaborating member of the Center for Research in Sports,<br>Health and Human Development (CIDESD) of the University of<br>Trás-os-Montes and Alto Douro (UTAD) |

---

## SCIENTIFIC ACTIVITIES

### 1- SCIENTIFIC MEMBERSHIPS

- Member of the Society of Medical Sciences of Lisbon
- Member of the Spanish Society of Aesthetic Surgery
- Founding member of the Professional Association of Physicians and Surgeons Esthetic
- Founding Member of the Portuguese Association of Clinical Hypnosis
- Member of the World Society of Anti-Aging Medicine

### 2- INTERNATIONAL CONVENTIONS, SCIENTIFIC MEETINGS AND CONFERENCES

- I International Congress of Aesthetic Facial and Body, participation as an Orator. Lisbon 1994.
- I International Congress of Surgery and Medicine Man Aesthetics, participation as Assistant. Lisbon 1996.

- VIII Annual Meeting of Cosmetic and Therapeutic Dermatology, participation as Assistant. Granada, 1996.
- III Meeting of the Spanish Society of Aesthetic Surgery, participation as Assistant. Palma de Mallorca, 1997.
- I Iberian Congress of Medicine and Aesthetic Surgery, participation as an Orator. Lisbon, 2000.
- I Latin Aesthetic Surgery, participation as an Orator. Madrid, 2001.
- Anti-Aging World Conference participation as Assistant. Paris, 2006.
- Anti-Aging World Conference participation as Assistant. Monte Carlo, 2007.
- Anti-Aging World Conference participation as Assistant. Paris, 2008.
- I Annual Iberian Congress on Anti-Aging Medicine and Biomedical Technologies, participation as Assistant. Estoril, 2008.
- Anti-Aging Medicine World Congress & Medispa, participation as Assistant. Monte Carlo, 2011.
- XIII International Congress on Obesity (ICO) hosted by World Obesity Federation, participation as an Orator. Vancouver, 2016.
- Multidisciplinary International Congress of Anti-Aging Medicine, Nutrigenomics and Orthomolecular, as an Orator. Lisbon, 2017.
- Workshop: Self Learning to Eat, integrated in the International Health Congress "An Intergenerational and Multidisciplinary Commitment" held at the Escola Superior de Saúde-UTAD. Vila Real, 2017.
- XIII Annual CICS-UBI Symposium, participation as an Orator. Covilhã, 2018.
- Agro-Food & Forestry & Evolution Digital Congress, organized by the University of Trás-os-Montes and Alto Douro - UTAD, participation as an Orator. Vila Real, 2019.
- Master Class "Personalized Medicine", organized by Fagron Genomics, participation as an Orator. Lisbon, 2020.

### **3- SEMINARS AND LECTURES**

- Participation in the seminar "Obesity: Diagnosis, Treatment and Control" organized by UNED. Madrid, 3 March 2001.
- Participation in the Seminar "Identification and Control of Major Cardiovascular Risk Factors", organized by the UNED. Madrid, April 26, 2001.
- Participation in the III Seminar "Theoretical" organized by the International Committee for Education in Anti-Aging Medicine. Paris, 18-24 March 2006.
- Participation in the IV Seminar "Theoretical" organized by the International Committee for Education in Anti-Aging Medicine. Prague, 12-14 May 2006.
- Participation in the First Seminar "Anti-Aging Medicine Specialization", organized by the International Committee for Education in Anti-Aging Medicine. Paris, 7-12 October 2006.

- Participation in the Seminar "Anti-Aging Medicine Specialization - Practical", organized by the International Committee for Education in Anti-Aging Medicine. Nice, 20-22 March 2007.
- "Balanced Food: Practical Examples". Pronounced lecture at the Hospital Ruber Internacional, in the course "Medicine Anti-Aging". Madrid, March 14, 2011.
- "Actual Distribution of Obesity in the World." Lecture given at the Hospital Ruber Internacional, in the course "Medicine Anti-Aging". Madrid, March 11, 2012.
- "Environmental Factors in the Development of Obesity." pronounced lecture at the Hospital Ruber Internacional, in the course "Medicine Anti-Aging". Madrid, March 12, 2013.
- "Childhood Obesity: Causes and Consequences". Lecture given at the Hospital Ruber Internacional, in the course "Medicine Anti-Aging". Madrid, March 16, 2014.
- "Obesity and Genetics". Lecture given at the Hospital Ruber Internacional, in the course "Medicine Anti-Aging". Madrid, March 16, 2015.
- "Obesity - Secrets for a perfect body." Lecture given at the University of Tras-os-Montes and Alto Douro. Vila Real, April 23, 2015.
- "Food and Balance - Myths, Realities and Solutions". Lecture under the Obesidata Project at Escola Secundária Santa Maria do Olival. Tomar, September 15, 2016.
- "Obesity - Causes, Consequences and Solutions". Lecture under the Obesidata Project at Escola Secundária de Palmela. Palmela, October 11, 2016.
- "Obesity - Causes, Consequences and Solutions". Lecture under the Obesidata Project at Escola Secundária de Tomaz Pelayo. Santo Tirso, November 16, 2016.
- "Obesity - Causes, Consequences and Solutions". Lecture under the Obesidata Project at Escola Profissional Gustave Eiffel. Lisbon, December 9, 2016.
- XIII International Congress on Obesity (ICO) Presentation of the study "Constructivist conception of teaching and learning against adolescent obesity" hosted by the World Obesity Federation, as a speaker. Vancouver, 2016.
- "Obesity - Causes, Consequences and Solutions". Lecture under the Obesidata Project at Escola Secundária de S. Lourenço. Portalegre, January 11, 2017.
- "Obesity - Causes, Consequences and Solutions". Lecture under the Obesidata Project at Escola Secundária Dr. Francisco Fernando Lopes. Olhão, January 19, 2017.
- "Obesity - The Pandemic of the 19th Century". Lecture under the Obesidata Project at the Escola Secundária de Tomaz Pelayo. Santo Tirso, April 27, 2017.
- "Learning to Eat". Workshop within the scope of the International Health Congress at Escola Superior de Saúde de Vila Real - UTAD. Vila Real, October 13, 2017.
- "The Influence of Using Technological Assets on School Programs to Provide Nutrition Education to Adolescents – A Systematic Review". Lecture given at the Center for Research in Health Sciences, within the scope of the XIII Annual CICS-UBI Symposium. Covilhã, July 5, 2018.
- "Obesity in the World – Evolution and Treatment". Lecture given at the Talatona Convention Hotel. Luanda, March 14, 2019.

- Seminar “Obesity in Adolescence: Etiology, Symptomatology and Prevention”, organized by the Escola Superior de Saúde de Vila Real – UTAD, as a speaker and member of the scientific committee. Vila Real, September 27, 2019.
- Digital Platform for Obesity Control: A Case Study, lecture given at the University of Trás-os Montes de Alto Douro – UTAD, within the scope of the Digital Agro-Food & Forestry Congress. Vila Real, December 12, 2019.
- Master Class “Personalized Medicine”, organized by Fagron Genomics, participation as a speaker. Lisbon, 25 January 2020.

---

## PUBLICATIONS

- TALLON, José Maria – *A Minha Dieta*. Editora Objectiva, 1ª Ed., Lisboa, 2010.
- Tallon, J.M. (2011). *Estratégias Preventivas em Saúde Alimentar* [Master's Dissertation in Medical Education]. Institute of Health Sciences of the Catholic University of Portugal.
- Tallon, J.M., Narciso, J., Barros, A., Pereira, A., Costa, A.M. and Silva, A.J. (2018). *Obesity: Nutrition and Genetics—A Short Narrative Review*. *Health*, 10, 1779-1788.  
<https://doi.org/10.4236/health.2018.1012134>
- Tallon, J.M., Dias, R.S., Costa, A.M., Leitão, J.C., Barros, A., Rodrigues, V., Monteiro, M.J., Almeida, A., Narciso, J., & Silva, A.J. (2019). *Impact of Technology and School-Based Nutrition Education Programs on Nutrition Knowledge and Behavior During Adolescence — A Systematic Review*. *Scandinavian Journal of Educational Research*, 0(0), 1–12.  
<https://doi.org/10.1080/00313831.2019.1659408>.
- Tallon, J.M.; Saavedra Dias, R.; Silva, A.J.; Barros, A.; Costa, Aldo M. (2019). *Characterization of the Anthropometric Profile and Physical Activity Levels of Portuguese Adolescents*. *Biometrics & Biostatistics International Journal*, 8(5): 184-193.  
<https://doi.org/10.154/bbij.2019.08.00288>.
- Tallon, J.M.; Saavedra Dias, R.; Costa, A.M.; Narciso, J.; Barros, A.; Silva, A.J. (2019). *Pilot Evaluation of an Interactive Multimedia Platform for Provide Nutrition Education for Portuguese Adolescents*. *European Journal of Public Health*, Volume 30, Issue 2, pages 353-357.  
<https://doi.org/10.1093/eurpub/ckz231>.
- Tallon, J.M.; Narciso, J.; Saavedra Dias, R., Barros, A.; Silva, A.J.; Costa, A.M. (2020). *Comparison of Predictive Equations for Resting Metabolic Rate in Portuguese Women*. *Motricidade*, Vol. 16, Nº 1, pp. 74-83.  
<https://dx.doi.org/10.6063/motricidade.20054>
- Tallon J.M.; Silva A. J.; Costa A.M., et al. (2020). *Obesity in Adolescence – From Etiological Variability to Interventional Efficacy in the School Context*. *Biometrics & Biostatistics International Journal*; Volume 9, Issue 1: 22–26.  
<https://10.15406/bbij.2020.09.00296>
- Tallon, J. M.; Gomes, Paulo; Bacelar-Nicolau, Leonor (2020). *Profiling European countries*

*on COVID-19 prevalence and association with non-pharmaceutical interventions.*  
Biometrics & Biostatistics International Journal. Volume 9, Issue 4.

<https://10.15406/bbij.2020.09.00309>

Saavedra Dias, R; Silva, A. J.; Leitão, J. C; Narciso, J; Barros, A; Costa, A. M; Tallon, J. M. (2019). *The Effect of School Intervention Programs on the Body Mass Index of Adolescents – A Systematic Review with Meta-Analysis.* Health Education Research, Volume 35, Issue 5, October 2020, pages 396-406.

<https://doi.org/10.1093/her/cyaa021>

Rego, Ana; Tresguerres, Jesus A.; Tallon, J. M.; Gomes, Paulo (2020). *Application of growth hormone to reduce osseointegration time in dental implants.* Journal of Dental Health, Oral Disorders & Therapy, Volume 11, Issue 4.

<https://10.15406/jdhodt.2020.11.00529>

Tallon, J. M; Narciso, J; Saavedra Dias, R; Barros, A. ; Silva, A. J.; Costa, A. M. (2019). *Reported Energy Intake Versus Estimated Energy Requirements of Portuguese Adolescents and Young Adults.* Journal of Nutrition and International Medicine, Volume 22, N° 3.

<https://doi.org/10.23751/pn.v22i3.8309>

Tallon, J. M.; Gomes, Paulo; Bacelar-Nicolau, Leonor (2020). *Comparative prevalence of COVID-19 in European countries: a time window at second wave.* Biometrics & Biostatistics International Journal, Volume 9, Issue 6.

<https://10.15406/bbij.2020.09.00321>