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**CONFERENCE**

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Wednesday, 25<sup>th</sup> February 2026**PREVENTIVE HEALTH CARE – FROM RESEARCH TO ACTION**

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**SHORT CV**

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Photo: Alessandro Falcone

**ALESSANDRO FALCONE****MEDICAL STUDENT AT HEINRICH HEINE UNIVERSITY AND MEDICAL INFLUENCER**

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Alessandro Falcone is a medical student in his final clinical year at Heinrich Heine University Duesseldorf and a doctoral researcher at the German Diabetes Center. His research focuses on exercise induced adaptations in skeletal muscle and their relevance for metabolic health. Alongside his academic work, he is active in evidence based health education and science communication. He hosts the podcast »Modern Medicine«, where he speaks with leading experts in medicine, nutrition and exercise science about evidence based strategies for a long and healthy life. Additionally, he creates short form educational content on preventive and lifestyle medicine via his social media channels, reaching more than 100.000 subscribers across all platforms.