

# Dr. Pilar Guallar Castellón

Senior researcher and Head of Research Line in the influence of diet on the development of cardiometabolic diseases



Dr. Pilar Guallar-Castillon MD, MPH, PhD is an associate professor in the Department of Preventive Medicine and Public Health in the Universidad Autónoma de Madrid. An specialist in Preventive Medicine and Public Health via MIR (La Paz Hospital). Has spent more than 20 years teaching Public Health by participating in graduate and postgraduate programs.

She is also responsible for courses on nutritional epidemiology. Her research activity has focused on the study of healthy behaviours and habits (HBH) especially in the field of cardiovascular and nutritional epidemiology. The author of more than 180 publications that are mainly in the first quartile of impact factor in their categories. Currently interested in the influence of cooking methods and chronobiology in the process of suffering from cardiometabolic diseases. Research collaborator in IMDEA Food Institute. Dr. Guallar's

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## Objectives

- Influence of ultraprocessed food consumption on cardiovascular health.
- Influence of ultraprocessed food consumption on age-related frailty.
- Influence of phthalate consumption on cardiovascular health.

## Projects in Focus

Ultra-processed food consumption and subclinical atherosclerosis progression: The role of specific food groups, phthalates, and phosphates.

## Personnel

Dr. Carolina Donat Vargas (Ph.D)