

Paolo Emilio Adami, MD, PhD, Sports Medicine Specialist

Paolo Emilio is a Medical Doctor specialised in Sports Medicine. He is the Medical Manager of the Health and Science Department at World Athletics, where he looks after the organisation of health and medical services during World Athletics Series events; designs and develops research projects in the field of health, sports medicine and sports sciences; promotes walking, running, jumping and throwing disciplines to the general population for health enhancing purposes.

Paolo Emilio completed his Ph.D. in Exercise Physiology at the University of Rome “Foro Italico”, investigating the cardiovascular and metabolic adaptations to high intensity training modalities.

Before joining World Athletics, he worked as a team physician for Med-Ex, Medicine and Exercise, Medical Partner of Scuderia Ferrari, with the Ferrari Formula 1 and WEC Endurance Racing Teams.

His previous working experiences brought him to work in different countries and contexts, allowing him to carry on his interests both in clinical practice and in scientific research. As a consultant, Paolo Emilio, worked for the Sports Cardiology Department at the Sports Medicine and Sciences Institute of the Italian Olympic Committee - CONI, in Rome, Italy; at the Al Attar for Physical Medicine, Rehabilitation and Sports Medicine Clinic in Doha, Qatar; and as a visiting researcher at the New England Arrhythmia Center, Tufts Medical Center, Boston, Massachusetts, USA, supported by the 2016 American College of Sports Medicine Oded Bar-Or International Scholar Award.

His research interests include cardiovascular adaptations induced by exercise, prevention of sudden cardiac death, effect of air pollution on health and athletic performance, pre-participation assessment of elite, Olympic and Paralympic athletes, cardiovascular effects of drugs and doping substances, and the use of exercise for health enhancement and prevention.

Between 2008 and 2017 he was also committed to volunteering in the European Non-Governmental Sports Organisation ENGSO Youth, first as a committee member, then as vice chair and finally chairing the committee.

He enjoys practicing all sort of outdoor sports, particularly running, cycling, backcountry skiing, sailing and windsurfing.