Carla Distasi graduated in Physics at University of Turin (Italy) in 1984 and received a PhD in Physiology at the University of Milan (Italy) in 1992. From 1984 to 1985 she was researcher at the Laboratoire de Biologie Cellulaire et Moléculaire-CNRS, Gif-sur-Yvette, France. From1986 to 1988 she was assistant professor at Département de Physiologie Centre Médical Universitaire, Geneve, Switzerland, from 1993 to 1998 at the Faculty of Science of the University of Turin, Department of Biologia Animale e dell'Uomo and from 1999 at the Faculty of Pharmacy of the University of Piemonte Orientale. Starting from 2002 she is Associate Professor of Physiology at the Department of Pharmacological Science, UPO.

Since 1984 she is working in electrophysiology of excitable and unexcitable cells by applying patch clamp technique and calcium imaging mainly to the study of potassium channels and calcium permeable channels in developing neurons. She focused on the study of the biophysical properties and molecular identity of the calcium permeable channels activated by growth factors, neurotransmitters and hormones in neurons and glial cells and the role of these proteins in neuronal development, with emphasis on neuron-glia interaction in neuronal migration.
She is currently involved in projects aimed at the study of the interface between neurons and nanoparticles, the potential toxic effects of nanoparticles on the nervous system and the mechanisms underlying chemotherapy-induced neurotoxicity