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NICHOLSON LECTURE

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SCIENCE FOR THE BENEFIT OF HUMANITY



Karolinska
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NICHOLSON LECTURE

Molecular Mechanisms for the Health-promoting Effects of Exercise: **Why Muscle Matters!**

Juleen R. Zierath, Ph.D.

Professor of Physiology, Department of Molecular Medicine and Surgery, Section for Integrative Physiology, Karolinska Institutet; Professor of Integrative Physiology and Scientific Director, Novo Nordisk Foundation Center for Basic Metabolic Research, Copenhagen University

Friday, October 25, 2013

3:15 p.m. Refreshments | 3:45 p.m. Lecture

Caspary Auditorium



Juleen R. Zierath, Ph.D.

Dr. Zierath's research has provided evidence for the physiological regulation of insulin signaling pathways in skeletal muscle, revealing key steps that are impaired in diabetic patients. As an exercise physiologist, Dr. Zierath has a long-standing interest in the health-promoting benefits of physical exercise. Recent work in her laboratory is directed toward understanding the link between diet and exercise in the development of insulin resistance through epigenetic modifications at the level of DNA methylation. Dr. Zierath is a recipient of the Fernström Prize and Karolinska Institutet's Hagberg Prize.

The Nicholson Lectures Program consists of two annual faculty lectures and is part of a cooperation agreement initiated in 2010 between The Rockefeller University and Karolinska Institutet. One Nicholson Lecture will be held at each of the universities by a visiting professor. Rockefeller University's C. David Allis spoke at Karolinska in May.