

12th Annual Muscle Health Awareness Day Program

Friday May 28, 2021, From York University via ZOOM

Session 1: Muscle and lipid metabolism Session Chair: Dr. David A. Hood

9:00-9:05 – Dr. David Hood, *Kinesiology and Health Science, York University, Toronto, Canada*
Welcome and Introduction

9:05-9:35 – Dr. Kristian Gundersen, *Department of Biosciences, University of Oslo, Oslo, Norway*
Muscle memory: A feature of the syncytial muscle cell.

9:35-10:05 – Dr. Matthijs Hesselink, *Department of Nutrition and Movement Sciences, Maastricht University, Maastricht, The Netherlands*
Mitochondria and lipids droplets in skeletal muscle: fueling the furnace in health and disease

10:05-10:35 – Dr. Helga Ellingsgaard, *Centre for Physical Activity Research, University of Copenhagen, Copenhagen, Denmark*
Exercise-induced interleukin-6, a physiological regulator of adipose tissue mass in humans

10:35 – 10:50 (15 min BREAK)

Session 2: Muscle hypertrophy and regeneration Session Chair: Dr. Tara Haas

10:50-11:20 – Dr. Philip Atherton, *Metabolic & Molecular Physiology, University of Nottingham, Nottingham, United Kingdom*
Testosterone and muscle hypertrophy regulation in young/old humans

11:20-11:50 – Dr. Katrien De Bock, *Department of Health Sciences & Technology, Swiss Federal Institute of Technology Zurich, Switzerland*
Endothelial cells control muscle regeneration through angiocrine lactate.

11:50 – 12:00 (10 min BREAK)

Session 3A: Student and Industry presentations Session Chair: Dr. Andrea Josse

12:00 – 12:25 - Five (5) Abstract Presentations, 5 mins per Abstract
(3 min presentations + 2 mins questions)

12:25-12:35 – Dr. Anastasiia Aleksandrova, *Advanced Imaging Specialist, Nikon*
Nikon Ti2E Microscope Platform: Maximizing Speed and Efficiency for Image Acquisition and Analysis

12:35 – 12:45 (10 min BREAK)

Session 3B: Student and Professional Society presentations Session Chair: Dr. Lauren Skelly

12:45-1:10 - Five (5) Abstract presentations, 5 mins per Abstract
(3 min presentations + 2 mins questions)

1:10-1:20 – Nolan Turnbull, MSc(c); BKin; CSEP-CEP; CSEP-HPS, *Student Committee Chair, Canadian Society for Exercise Physiology (CSEP)*

1:20-1:30 (10 min BREAK)

Session 4: Muscle Disease and Exercise Adaptations Session Chair: Dr. Christopher Perry

1:30-2:00 – Dr. John Floras, *Mount Sinai Hospital Division of Cardiology, Toronto, Canada*
Muscle sympathetic responses to acute exercise of patients with heart failure

2:00-2:30 – Dr. Jeffery Woods, *Kinesiology, University of Illinois, Urbana, Illinois, USA*
Your microbes and exercise: Are microbes involved in endurance exercise adaptations?

2:30-3:00 – Dr. Melissa Spencer, *Department of Neurology, David Geffen School of Medicine, UCLA, CA, USA*
CRISPR/Cas9 gene editing for Duchenne muscular dystrophy

3:00-3:05 – Acknowledgment of Student Abstract Awards and Adjournment (Dr. Hood and Dr. Hawke)