

16th Annual Muscle Health Awareness Day Program

Friday May 9, 2025

Muscle Health Research Centre (MHRC)

Life Science Building South Lobby and Room 106, York University

8:00 – 8:45 Badge pick-up, poster mounting, and light breakfast

Session 1: Muscle Physiology (8:55-10:15)

Session Chair: Dr. Devin Phillips, *Kinesiology & Health Science, MHRC, York University*

8:45- 8:50 – Dr. Christopher Perry, *Director of the MHRC, York University*

Welcome and Introduction

8:50- 9:15 – Dr. Susanna Mak, *Associate Professor, University of Toronto*

Title: The heart is a muscle too; invasive cardiopulmonary exercise testing in clinical research and care

9:15- 9:40 – Dr. Stephanie Tobin, *Assistant Professor, Trent University*

Title: Decoding Muscle Loss: Cardiac Cachexia, tRNA Modifications, and Muscle Atrophy Pathways

9:40- 10:05 – Dr. Olasunkanmi Adegoke, *Associate Professor, York University MHRC*

Title: Malnutrition in cachexia: when the provision of nutrients is not enough

10:05 – 11:05 Poster Viewings (odd numbers) and Break (Life Science Building South Lobby)

Session 2: Neuromuscular Disease (11:05-12:05)

Session Chair: Dr. Christopher Perry, *Kinesiology & Health Science, MHRC, York University*

11:05- 11:30 – Dr. Hanns Lochmuller, *Clinician- Scientist, University of Ottawa, NMD4C Lead Investigator*

Title: Inherited Disorders of Neuromuscular Transmission- From Gene to Treatment

11:30- 12:05 – Danielle Campo-McLeod, *Paralympian, coach, and mental health expert*

(<https://www.daniellecampo.com/>).

12:05 – 1:05 Catered Lunch (Life Science Building South Lobby)

Session 3: CSEP- sponsored session on Human Metabolism (1:05-2:05)

Session Chair: Dr. Arthur Cheng, *Kinesiology & Health Science, MHRC, York University*

1:05- 1:15 - Emma Sutton, *Postdoctoral Fellow, The Ottawa Hospital Research Institute*

Title: Benefits of Trainee Membership in Neuromuscular Disease for Canada (NMD4C)

1:15- 1:40 – Dr. Chris McGlory, *Assistant Professor, Queen's University*

Title: Combatting surgery- induced muscle loss: Lessons from 'Simple' human disuse atrophy models

1:40- 2:05 – Dr. Jenna Gillen, *Assistant Professor, University of Toronto*

Title: Tracing the fate of exogenous glucose: Sex and exercise influence postprandial glucose oxidation

2:05 – 3:10 Poster Viewings (even numbers) and Break (Life Science Building South Lobby)

Session 4: Round Table and Conclusion (3:10-4:15)

Session Chair: TBA

3:10- 4:00 – Round Table Student-Professor Discussions

4:00- 4:15 - Awards and Concluding Remarks