

# 15<sup>th</sup> Annual Muscle Health Awareness Day

## Speaker Research Profiles



### **Dr. Robert Bentley, University of Toronto**

Robert Bentley completed his PhD in cardiovascular physiology in the School of Kinesiology & Health Studies at Queen's University in 2016. His doctorate was followed by a postdoctoral position, during which he conducted research in the laboratories of KPE Professor Jack Goodman and Associate Professor Susanna Mak of the Faculty of Medicine at the University of Toronto. His overarching research goal is to understand how individuals match oxygen delivery to oxygen demand to help inform strategies and interventions to improve exercise performance, exercise tolerance and quality of life across the health spectrum.




### **Dr. Julia Creet, York University**

JULIA CREET, B.A., History, University of Victoria, M.A. History and Philosophy of Education, University of Toronto, Ph.D., History of Consciousness, UC Santa Cruz. Prof. Julia Creet is a leading international scholar in Cultural Memory Studies having been involved in the development of the field since the 1990s. Prof. Creet's research projects are broadly interdisciplinary spanning the Humanities and the Social Sciences including the history of the Holocaust, literary studies, film studies, archival studies, public history, data privacy and direct-to-consumer genetics.

Memory and Migration: Multidisciplinary approaches to memory studies, co-edited with Andreas Kitzmann (UTP 2010, reissued in paper in 2014) is held by 925 libraries worldwide (Worldcat) making it one of the foundational texts in the field of Memory Studies. H.G. Adler: Life, Literature, Legacy, (Northwestern UP 2016) co-edited with Sara Horowitz and Amira Dan, won the Jewish Thought And Culture Award from the Canadian Jewish Literary Awards. Her forthcoming *The Genealogical Sublime* (University of Massachusetts Press, 2019) is a crossover academic/trade book that traces the cultural, historical and corporate histories of the longest, largest, and most profitable genealogy databases in the world.

In 2017, Julia Creet received a York Research Leader Award in part for her leadership in public engagement. In addition to her scholarship, Creet has also produced and directed two documentary films. MUM: A Story of Silence (38 min 2008) is a personal documentary about a Holocaust survivor who tried to forget. That engagement with family history led to a documentary investigating the cultural and technological zeitgeist of genealogy itself. Data Mining the Deceased: Ancestry and the Business of Family (56 mins 2017, HD) has aired multiple times on TVO to over 300,000 viewers and is now streaming on demand in Canada, the UK, the US, India and Australia. Creet's nonfiction and journalism has featured in The Conversation, The National Post, Reader's Digest, Toronto Life, Exile, Border/Lines and West Coast Line.

	<p><b>Dr. Nicolas Dumont, Université de Montréal</b></p> <p>Dr. Nicolas Dumont obtained his PhD at the Université Laval where he studied the regulatory network between inflammatory cells and skeletal muscles. He did his post-doctoral training at the Ottawa Hospital Research Institute in Dr. Michael Rudnicki's lab, where he studied muscle stem cell defects in Duchenne Muscular Dystrophy. Dr. Dumont became an assistant professor at the Université de Montréal in 2016, and he established his lab at the Sainte-Justine hospital research center. His research program is divided in 3 axes: 1) characterizing the intrinsic mechanisms regulating muscle stem cell fate decision during myogenesis, 2) characterizing the impact of rare genetic variants on muscle stem cell function, and 3) investigating novel therapeutic avenues targeting defective muscle stem cells to mitigate muscular dystrophies. Dr. Dumont holds a FRQS Junior-2 award, and his lab is funded by grants from the CIHR, NSERC, ThéCell network, Stem Cell Network, Orphan disease center, AFM-Telethon, and Muscular Dystrophy Canada.</p>
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## **Dr. Lora Giangregorio, University of Waterloo**



The aim of Dr. Giangregorio's research and that of her research team is to reduce the burden of osteoporotic fractures. We use medical imaging technologies to explore bone and muscle responses to activity or neurologic impairment, and evaluate new methods for image analysis. We conduct epidemiologic studies to inform fracture risk assessment algorithms. We conduct clinical trials to investigate the effects of exercise interventions for reducing fracture risk in high risk individuals. We lead knowledge dissemination and translation activities, and implementation studies to move research on exercise for older adults into practice. For example, our research team has worked with Osteoporosis Canada to develop [BoneFit](#), a two-day workshop for physiotherapists and kinesiologists on appropriate assessment and exercise prescription for individuals with osteoporosis. We also led the development of the [Too Fit To Fracture Exercise and Physical Activity Recommendations for Individuals with Osteoporosis](#).

## **Dr. Tom Hazell, Wilfrid Laurier University**



My research program aims to better understand how physical activity/exercise contributes to the regulation of appetite, its subsequent effects on energy intake, and its overall role in reducing positive energy balance and fat mass. Current funded work examines the regulation of energy intake via the specific mechanisms involved in how exercise alters appetite through the integration of peripheral signals with either orexigenic (appetite-stimulating) or anorexigenic (appetite-inhibiting) properties. Overall, we are interested in the potential for exercise intensity to improve energy balance through alterations in appetite regulation and post-exercise metabolism. With my research interests in nutrition/exercise physiology, I am also interested in the effect of different nutritional supplements or feeding strategies on exercise metabolism.

	<p><b>Dr. Andrea Josse, York University</b></p> <p>Dr. Josse joined York University in January 2019 from Brock University where she has been an assistant professor since 2014. Her research area combines clinical nutrition and exercise physiology in the context of both health and chronic disease, and centres on lifestyle modification strategies and/or training regimens that manipulate diet and exercise to achieve a healthier body composition and/or a beneficial metabolic outcome. She is particularly interested in utilizing diet (i.e. whole foods [including dairy products], nutrients, supplements) with different modes of exercise (i.e. aerobic, resistance, plyometric) to facilitate changes in body weight, body composition, strength and bone turnover in different populations across the lifespan.</p>
	<p><b>Dr. Daniel Keir, University of Western Ontario</b></p> <p>Daniel Keir's integrative cardiorespiratory research lab studies how the cardiovascular, respiratory, sympathetic and muscle metabolic systems respond, interact, and adapt to environments, activities, and conditions that challenge oxygen availability and carbon dioxide removal in health, chronic disease and across the lifespan. Of specific interest are integrative physiological responses to exercise, hypoxia (low O<sub>2</sub>), hypercapnia (high CO<sub>2</sub>), and their combination.</p>
	<p><b>Michael Modica, PhD Candidate, York University</b></p> <p>Michael is currently pursuing his PhD in Kinesiology and Health Science at the WHIPR lab Investigating varsity athlete concussion reporting in university and collegiate settings. With the purpose of bringing actionable recommendations to help identify effective and manageable concussion reporting strategies that can be implemented within postsecondary institutions.</p> <p>Michael has over 10 years experience as an athletic therapist with national and international experience. Having been an athletic therapist for professional teams such as the Toronto Argonauts and the TFC Academy, Michael has a deep understanding and experience treating a diverse range of athletic injuries.</p>

## **Zach Weston, Canadian Society for Exercise Physiology**



Zach Weston is a clinician, educator and health system administrator. As an entrepreneur, he has founded and operated several health science companies leveraging [MedTech](#) in the Kitchener-Waterloo, Guelph and Toronto communities. Since 2003, he has taught courses in entrepreneurship and kinesiology/exercise physiology within the Faculty of Science, as well as entrepreneurial methods/business model development within the Lazaridis School of Business and Economics. Currently, he also holds the role of Manager of Health System Performance and Clinical Innovation at the Waterloo Wellington Local Health Integration Network (LHIN). He earned a BSc in Kinesiology and MSc in Exercise Physiology from the University of Waterloo and an MBA at Laurier. He is a registered clinical exercise physiologist with the American College of Sports Medicine and the Canadian Society for Exercise Physiology.