



# Danish Diabetes Academy

DDA Winter School  
for Postdocs 2019

3-8 November 2019

Higuerón Hotel, Malaga  
Avenida del Higuerón 48  
29639 Fuengirola, Spain

# Session overview



## Day 1

### Sunday 3 November

Keynote talk

Inspirational talk to the Winter School challenge

## Day 2

### Monday 4 November

Session I

Organ Axes & Cross Talk

Lunch with the professor

Session II

Adipose Biology

Introduction to the Winter School challenge & group work

Poster session I

Poster pitches & presentations: P 1-25

## Day 3

### Tuesday 5 November

Session III

Sex Dimensions in Research

Session IV

Career Paths

Poster session II

Poster pitches & presentations: P 26-50

Meet the professor

## Day 4

### Wednesday 6 November

Session IV

Career Paths

Winter School challenge group work

## Day 5

### Thursday 7 November

Session V

Exercise & Diabetes

Session VI

Winter School Challenge Finale

# Programme

## Sunday 3 November

12.00-17:45 Arrival, check in & registration

18:00–18:10 Welcome

Managing Director **Tore Christiansen**, DDA (DK) &  
Chairman of the Winter School organising committee, Chief  
Operating Officer **Gretchen Repasky**, DanStem, UCPH (DK)

Chair: International Researcher **Maria Hauge Pedersen**,  
University of Copenhagen (DK) & Postdoc, PhD, MSc **Sara Lind  
Jepsen**, University of Copenhagen (DK)

18:10-18:40 **Keynote talk:** Diabetes-research: If You Don't Want to Make a  
Difference – Get Out of Science

Chairman of the Board of Directors, DDA **Allan Flyvbjerg**, CEO,  
Steno Diabetes Center Copenhagen (DK)

18:40-19:10 Questions & answers

Chair: Postdoc, MSc, PhD **Kaja Plucinska**, University of  
Copenhagen (DK)

19:10-19:40 Inspirational talk to the Winter School challenge

Senior Lecturer **Katherine Button**, University of Bath (UK)

20:00- Welcome dinner

# Programme

## Monday 4 November

07:00-08:30 Breakfast & morning exercise (optional)

08:30-09:00 Welcome, practical information, meet & greet

Managing Director **Tore Christiansen**, DDA (DK), Chairman of the Winter School organising committee, Chief Operating Officer **Gretchen Repasky**, DanStem, UCPH (DK) & Education and Networking coordinator **Pernille Bruun Nielsen**, DDA (DK)

### Session I Organ Axes & Crosstalk

Chair: Research associate **Rugivan Sabaratnam**, Steno Diabetes Center Odense (DK) & Postdoc, MSc, PhD **Sara Lind Jepsen**, University of Copenhagen (DK)

09:00-09:30 The Liver-alpha Cell Axis and Its Role in Type 2 Diabetes

Professor, MD **Jens Juul Holst**, University of Copenhagen (DK)

09:30-09:45 Questions & answers

09:45-10:00 Energizer

10:00-10:30 Dynamic Adipose Tissue Interorgan Crosstalk in Diabetes and Obesity

Postdoctoral fellow **Christy Gliniak**, University of Texas Southwestern Medical Center (US)

10:30-10:45 Questions & answers

10:45-11:15 Coffee break & group photo

11:15-11:45 Incretins Along the Gut-pancreatic-brain Axis  
Professor **Frank Reimann**, University of Cambridge (UK)

11:45-12:00 Questions & answers

12:00-13:00 Lunch with the professor

## Session II **Adipose Biology**

Chair: Assistant professor **Elahu Gosney Sustarsic**, University of Copenhagen (DK), Postdoc, MD, PhD **Naja Zenius Jespersen**, Rigshospitalet (DK) & Postdoc, MSc, PhD **Kaja Plucinska**, University of Copenhagen (DK)

13:00-13:30 Heterogeneity of the Adipocyte Pool in Mice and Humans

Professor, Dr. **Christian Wolfrum**, Eidgenössische Technische Hochschule Zürich (CH)

13:30-13:45 Questions & answers

13:45-14:15 Local and Systemic Adipose Tissue Crosstalk in Health and Disease

Assistant professor, MD, PhD **Paul Cohen**, Rockefeller University (US)

14:15-14:30 Questions & answers

14:30-15:00 Coffee break

15:00-15:30 Adipose Tissue Progenitor Cells and Fat Tissue Remodeling

Associate professor **Patrick Seale**, University of Pennsylvania (US)

15:30-15:45 Questions & answers

15:45-16:00 Introduction to the Winter School challenge

International researcher, **Maria Hauge Pedersen**, University of Copenhagen (DK)

16:00-17:00 Group work: The Winter School challenge

17:00-18:00 Free time or voluntary networking activity

18:00-18:30 Poster pitches: P 1-25

18:30-19:30 Poster & drinks session I: P 1-25

19:30- Dinner at a fish restaurant near the hotel

# Programme

## Tuesday 5 November

07:00-08:30 Breakfast & morning exercise (optional)

### Session III Sex Dimensions in Research

Chair: Postdoc, MSc, PhD **Jonas Salling Quist**, Steno Diabetes Center Copenhagen (DK) & Postdoc, MD, PhD **Naja Zenius Jespersen**, Rigshospitalet (DK)

08:30-09:00 Sex Hormones: Critical Determinants of Metabolism

Associate Dean of Research, PhD **Deborah Clegg**, Drexel University College of Nursing and Health Professions (US)

09:00-09:20 Activation of Estrogen Receptor Alpha Induces Beiging of Adipocytes

Postdoctoral fellow, PhD **Roberta De Souza Santos**, Cedars-Sinai Medical Center (US)

09:20-09:35 Group work: Preparation of questions

09:35-09:40 Energizer

09:40-10:10 Human Fat Distribution – Does the Sex-specificity Explain Relationships to Adult Chronic Disease?

Professor, Head of Department, MD **Fredrik Karpe**, University of Oxford (UK)

10:10-10:30 Cellular Models of Human Fat Distribution – Impact of Sex

Postdoctoral fellow, PhD **Katherine Pinnick**, University of Oxford (UK)

10:30-10:45 Group work: Preparation of questions

10:45-11:15 Coffee break

11:15-11:45 Panel debate with speakers from session III: Sex Dimensions in Research

#### **Session IV Career Paths**

Chair: Assistant professor **Elahu Gosney Sustarsic**, University of Copenhagen (DK) & Postdoc, MSc, PhD **Jonas Salling Quist**, Steno Diabetes Center Copenhagen (DK)

11:45-12:30 Personality Test & Career Paths

Industrial-organizational psychology consultant **Amel Skobalj**, SDU, OUH, Psykologkonsulenter (DK)

12:30-13:30 Lunch

13:30-14:15 Personality Test & Career Paths

Industrial-organizational psychology consultant **Amel Skobalj**, SDU, OUH, Psykologkonsulenter (DK)

14:15-14:45 Coffee break

14:45-15:45 Personality Test & Career Paths

Industrial-organizational psychology consultant **Amel Skobalj**, SDU, OUH, Psykologkonsulenter (DK)

15:45-18:00 Free time

18:00-18:30 Poster pitches: P 26-50

18:30-19:30 Poster & drinks session II: P 26-50

19:30-21:00 Dinner at the hotel

21:00 Meet the professor for a drink at the rooftop

# Programme

## Wednesday 6 November

07:00-08:30 Breakfast & morning exercise (optional)

### Session IV Career Paths (continued)

Chair: Postdoc, MSc, PhD **Jonas Salling Quist**, Steno Diabetes Center Copenhagen (DK) & Postdoc, MD, PhD **Naja Zenius Jespersen**, Rigshospitalet (DK)

08:30-09:00 Career Paths – What are Your Options?  
Overview of Possibilities in the Industry

Vice President, Professor **Allan Vaag**, AstraZeneca (SE)

09:00-09:30 Career Paths – What are Your Options?  
Overview of Possibilities in Academia

Head of Department, **Cathrine Ørskov**, University of Copenhagen (DK)

09:30-09:50 Questions & answers

09:50-09:55 Energizer

09:55-10:15 Instructions for Peer Mentoring Circles

Chief Operating Officer **Gretchen Repasky**, DanStem, University of Copenhagen (DK)

10:15-10:45 Peer group preparations:  
Pick up coffee, find your peer mentor group & introductions

10:45-11:40 Peer mentoring discussions

11:40-11:50 Summing up within the individual circles

11:50-12:35 Follow up on the Winter School challenge & group work

12:35-13:30 Lunch

13:30-15:00 Group work: The Winter School challenge

15:00-17:00 Trip to the Picasso Museum

17:00-19:30 Free time in Malaga

19:30-21:00 Dinner in Malaga

# Programme

## Thursday 7 November

07:00-08:30 Breakfast & morning exercise (optional)

### Session V Exercise & Diabetes

Chair: Research associate **Rugivan Sabaratnam**, Steno Diabetes Center Odense (DK) & Postdoc, MSc, PhD **Jonas Salling Quist**, Steno Diabetes Center Copenhagen (DK)

08:30-09:00 Benefits of Physical Exercise and Type 1 Diabetes

Associate professor, Dr. **Richard M. Bracken**, Swansea University (UK)

09:00-09:20 Insulin Analogue Alterations and Carbohydrate Intake Around Aerobic Exercise in Type 1 Diabetes

Postdoctoral fellow **Olivia McCarthy**, Swansea University (UK)

09:20-09:40 Discussion, questions & answers

09:40-09:45 Energizer

09:45-10:15 Exercise Response Variation in Type 2 Diabetes: A Clinical Outcome with Epigenomic Underpinnings

Assistant professor, PhD **Lauren M. Sparks**, Florida Hospital (US)

10:15-10:35 Effects of Exercise on Human Skeletal Muscle Insulin Resistance and Mitochondrial Bioenergetics in Aging and Type 2 Diabetes

Postdoctoral fellow, PT, PhD **Giovanna Distefano**, Florida Hospital (US)

10:35-10:50 Discussion, questions & answers

10:50-11:20	Coffee break
11:20-11:50	Impact of Hyperglycemia on Aerobic Exercise Capacity Assistant professor, PhD <b>Sarah J. Lessard</b> , Joslin Diabetes Center and Harvard Medical School (US)
11:50-12:10	Mechanisms Underlying Low Exercise Capacity in Diabetes Postdoctoral fellow, PhD <b>Tara MacDonald</b> , Joslin Diabetes Center and Harvard Medical School (US)
12:10-12:30	Discussion, questions & answers
12:30-13:45	Lunch & final preparation for the Winter School challenge presentations

## **Session VI Winter School Challenge Finale**

Chair: International Researcher **Maria Hauge Pedersen**, University of Copenhagen (DK), Postdoc, PhD, MSc **Sara Lind Jepsen**, University of Copenhagen (DK) & Postdoc, MSc, PhD **Kaja Plucinska**, University of Copenhagen (DK)

13:45-15:15	Winter School challenge presentations
15:15-15:45	Winter School challenge follow up Senior Lecturer <b>Katherine Button</b> , University of Bath (UK)
15:45-15:55	Questions & answers
15:55-16:15	Closing remarks & evaluation
16:15-19:00	Free time
19:00-	Pre-dinner drinks in the bar, dinner in the restaurant & party

# Programme

## Friday 8 November

07:00-10:00 Breakfast & morning exercise (optional)

11:00- Check out, farewell & departure

# Organising Committee Scientific Programme

Chairman of the organising committee:

Chief Operating Officer **Gretchen Repasky**, DanStem, University of  
Copenhagen (DK)

Postdoc, MSc, PhD **Andreas Buch Møller**  
Steno Diabetes Center Aarhus (DK)

Assistant Professor **Elahu Gosney Sustarsic**  
University of Copenhagen (DK)

Postdoc, MSc, PhD **Jonas Salling Quist**  
Steno Diabetes Center Copenhagen (DK)

Postdoc, MSc, PhD **Kaja Plucinska**  
University of Copenhagen (DK)

International Researcher **Maria Hauge Pedersen**  
University of Copenhagen (DK)

Postdoc, MD, PhD **Naja Zenius Jespersen**  
Rigshospitalet (DK)

Research Associate **Rugivan Sabaratnam**  
Steno Diabetes Center Odense (DK)

Postdoc, MSc, PhD **Sara Lind Jepsen**  
University of Copenhagen (DK)



**Danish Diabetes Academy**  
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