

PhD Course: Sexspecific aspects in cardiometabolic research

- Why, how and when to consider?



Date: 20th-21st January 2025
Venue: Comwell Borupgaard, Nørrevej 80, 3070 Snekkerten
Course Leaders: Janne Lebeck, Ylva Hellsten and Lasse Gliemann

PRELIMINARY PROGRAMME

20th January 2025

8:00 - 8:45 Registration and coffee
8:45 - 9:00 **Welcome and introduction to the course**

Session 1: Sexhormones and their physiological impact

Chairs: TBD

9:00 - 9:30 **Female sexhormones and receptors' role in cardiometabolic health - what we do and do not know**
9:30 - 10:00 **Male sexhormones and receptors' role in cardiometabolic health - what we do and do not know**
10:00 - 10:30 **Group discussion on posed questions from lecturers followed by common discussion with coffee**
10:30 - 11:00 **The influence of aging on sexhormone levels and how it affects cardiometabolic health**
11:00 - 11:30 **Sex hormones and insulin sensitivity - implications for food intake**
11:30 - 12:00 **Group discussion on posed questions from lecturers followed by common discussion**
12:00 - 13:00 Lunch
13:00 - 13:30 **Pharmacological alterations in sexhormones and their influence on cardiometabolic health**
13:30 - 15:05 Social event - and coffee break

Session 2: To what extent do sexhormones influence the development of cardiometabolic disease?

Chairs: TBD

15:05 - 15:50 **Influence of sex and gender on cardiovascular disease: epidemiology/mechanisms**
15:50 - 16:20 **Influence of sex and gender on metabolic disease: epidemiology/mechanisms**
16:20 - 16:50 **Walk and talk and refreshments**
16:50 - 17:20 **Women, plasma lipids, and atherosclerotic cardiovascular disease**
17:20 - 17:50 **Menopause and changes in metabolic health**
17:50 - 18:00 Short break
18:00 - 18:30 **Group discussion on posed questions from lecturers followed by common discussion**
18:30 - 19:30 **Project Pitches Part 1**
19:30 - 22:00 Dinner, networking and a different angle on Sex Differences

21st January 2025

8:20 - 8:30 **Welcome: introduction to the content of the day**

Session 3: Prevention and treatment of cardiometabolic disease: relation to sex and gender

Chairs: TBD

8:30 - 9:30 **Sex and gender in research**
9:30 - 10:00 **Nutrition for cardiometabolic health: should recommendations be the same for males and females?**
10:00 - 10:20 Break & coffee
10:20 - 10:50 **Exercise for health: should recommendations for physical activity be the same for men and women?**
10:50 - 11:20 **Group discussion on posed questions from lecturers followed by common discussion**
11:20 - 12:30 **Project Pitches Part 2**
12:30 - 13:20 Lunch

Session 4: Experimental models: considerations

Chairs: TBD

- 13:20 - 13:40 **Animal and cell models and methods to study sex specific aspects**
- 13:40 - 14:00 **Human/clinical models to study sex specific aspects**
- 14:00 - 15:30 **Workshop on animal and cell models and on human/clinical models (coffee and refreshments)**
- 15:30 - 15:45 Short break

Session 5: Getting ready for tomorrow's symposium

Chairs: TBD

- 15:45 - 16:15 **"Crash course" on tomorrow's topics**
- 16:15 - 16:45 **In groups: Dive into the programme for the symposium and research the speakers**
- 16:45 - 17:15 **Present your group's research for the co-participants of the course**
- 17:15 - 17:45 **In groups: What can I do to get the most out of the symposium?**
- 17:45 - 18:00 Short break

Session 6: Do sex hormones influence the regulation of gene-expression?

Chairs: TBD

- 18:00 - 18:30 **Regulation of small non-coding RNA**
- 18:30 - 19:00 **Festive speak: What does the law say about sex and gender in medicine?**
- 19:00 - 19:15 **Final remarks for the course**
Course leaders
- 19:15 - 22:00 Dinner, networking and drinks

22nd January 2025

- 8:10 - Check out and bus to the symposium at Novo Nordisk Foundation, Hellerup
- 9:00 - 17:30 **Symposium**
- 17:30 - 20:00 **Reception**
Network, informal dinner and drinks