



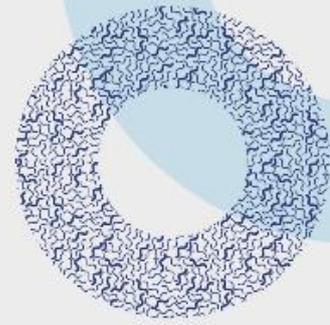
The Danish Diabetes and Endocrine
and Cardiovascular Academies

Basic Cardiometabolic
Research PhD Course:
The Role of Diet & Exercise

20-23 October 2025

Musholm Conference
Musholmvej 100
4220 Korsør
Denmark

Session overview



Monday, 20 October 2025

Session I: Fundamentals

Keynote Lecture

Tuesday, 21 October 2025

Session II: Fundamentals of Diet and Nutrition

Scientific Networking Activity

Session III: Organ Cross Talk

Meet the Speakers & Organisers

Wednesday, 22 October 2025

Session IV: Patient Perspectives and Exercise Physiology

Workshops

Meet the Speakers & Organisers

Thursday, 23 October 2024

Session V: Brain and Diet: Food Sensing and Food Cravings

Research Exercise Presentations

Programme

Monday 20 October

11:30-12:00 Arrival and registration

12:00-13:15 Welcome and networking lunch

13:15-13:35 Welcome by the organisers

Education and Networking Coordinator **Pernille Bruun Nielsen**, Danish Diabetes and Endocrine Academy (DK) & Course Manager **Pernille Højvang Nielsen**, Danish Cardiovascular Academy (DK)

Session I Fundamentals

Chair: Associate Professor **Joanna Kalucka**, Department of Biomedicine, Aarhus University (DK)

13:35-14:10 Fundamentals of Metabolic Regulation (part 1)

Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)

14:10-14:40 Tea & coffee break

14:40-15:15 Fundamentals of Metabolic Regulation (part 2)

Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)

15:15-15:30 Questions & answers

15:30-15:40 Energizer

15:40-16:15 Fundamentals of Cardiovascular Physiology (part 1)

Professor **Ebbe Bødtkjer**, Department of Biomedicine, Aarhus University (DK)

16:15-16:25 Energizer

16:25-17:00 Fundamentals of Cardiovascular Physiology (part 2)

Professor **Ebbe Bødtkjer**, Department of Biomedicine, Aarhus University (DK)

17:00-17:15 Questions & answers

17:15-18:15 Free time & check-in to rooms

18:15-19:15 **Keynote Lecture**

Chair: Scientific Partnerships Manager **Andreas Buch Møller**, Arla Foods (DK) &

Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)

Food for Health: Cutting Through Complexity

Professor **Nita Gandhi Forouhi**, MRC Epidemiology Unit, Institute of Metabolic Science, University of Cambridge School of Clinical Medicine (UK)

19:15-20:45 Dinner

20:45- Informal networking (optional)

Programme

Tuesday 21 October

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

08:30-08:45 Welcome back and reflections on the day before

08:45-10:45 Scientific networking activity

LEGO® SERIOUS PLAY® Facilitator **Gretchen Repasky**,
Danish Diabetes and Endocrine Academy (DK)

10:45-11:15 Tea & coffee break

Session II Fundamentals of Diet and Nutrition

Chair: Scientific Partnerships Manager **Andreas Buch Møller**,
Arla Foods (DK)

11:15-11:55 Key Principles for Understanding Diet as an Exposure and Its
Role in Cardiometabolic Health

Associate Professor **Daniel Borch-Ibsen**, Department of Public
Health, Aarhus University (DK)

11:55-12:10 Questions & answers

12:10-13:00 Lunch

Session III Organ Cross Talk

Chairs: Associate Professor **Joanna Kalucka**, Department of
Biomedicine, Aarhus University (DK) &
Professor **Thomas Jespersen**, Department of Biomedical
Sciences, University of Copenhagen and Executive Managing
Director, Danish Cardiovascular Academy (DK)

13:00-14:15 Gut & Heart

Assistant Professor **Anniek Lubberding**, Department of Biomedical Sciences, University of Copenhagen (DK)

PhD Student **Morten Asp Vonsild Lund**, Department of Biomedical Sciences, University of Copenhagen (DK)

14:15-14:50 Tea, coffee & group photo

14:50-16:05 Adipose Tissue & the Brain

Associate Professor **Matthew Paul Gillum**, Department of Biomedical Sciences, University of Copenhagen (DK)

Professor **Philipp Scherer**, Department of Internal Medicine, University of Texas Southwestern Medical Center (US)

16:05-18:00 Free time and voluntary group activities

18:00-19:30 Dinner

19:30-20:30 Meet the speakers & organisers

20:30- Informal networking (optional)

Programme

Wednesday 22 October

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

08:30-08:45 Welcome back and reflections on the day before

Session IV Patient Perspectives and Exercise Physiology

Chairs: Scientific Partnerships Manager **Andreas Buch Møller**, Arla Foods (DK)

08:45-10:45 Associate Professor **Mette Hansen**, Department of Public Health – Sport Science, Aarhus University (DK)

Chief Physician **Esben Thyssen Vestergaard**, Steno Diabetes Center Aarhus, Aarhus University (DK)

Speaker TBA

10:45-11:15 Tea & coffee break

11:15-12:00 Introduction to workshops and Research Exercise

12:00-13:00 Lunch with your research exercise group

13:00-16:30 Workshops

Chairs: Professor **Thomas Jespersen**, Department of Biomedical Sciences, University of Copenhagen and Executive Managing Director, Danish Cardiovascular Academy (DK) & Chief Operating Officer **Emil Toft Brøndum**, Danish Cardiovascular Academy (DK)

In small groups, participants will observe method demonstrations, then design and run their own experiment. Results will be presented the following day.

Instructors:

Professor **Jørn Wulff Helge**, Department of Biomedical Sciences, University of Copenhagen (DK)

Postdoc **Josephine Maria Kanta Hviid**, Department of Biomedical Sciences, University of Copenhagen (DK)

Assistant Professor **Hannah Grace Caldwell**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)

Postdoc **Mads Fischer**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)

16:30-18:00	Free time
18:00-19:15	Meet the speakers & organisers
19:15-20:45	Dinner
20:45-	Informal networking (optional)

Programme

Thursday 23 October

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

08:30-08:45 Welcome back and reflections on the day before

Session V **Brain and Diet: Food Sensing and Food Cravings**

Chair: Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)

08:45-09:10 Assistant Professor **Nathalie Krauth**, Department of Neuroscience, University of Copenhagen (DK)

09:10-09:25 Questions & answers

09:25-09:45 Tea & coffee break

09:45-10:10 Professor **James McCutcheon**, Department of Psychology, UiT The Arctic University of Norway (NO)

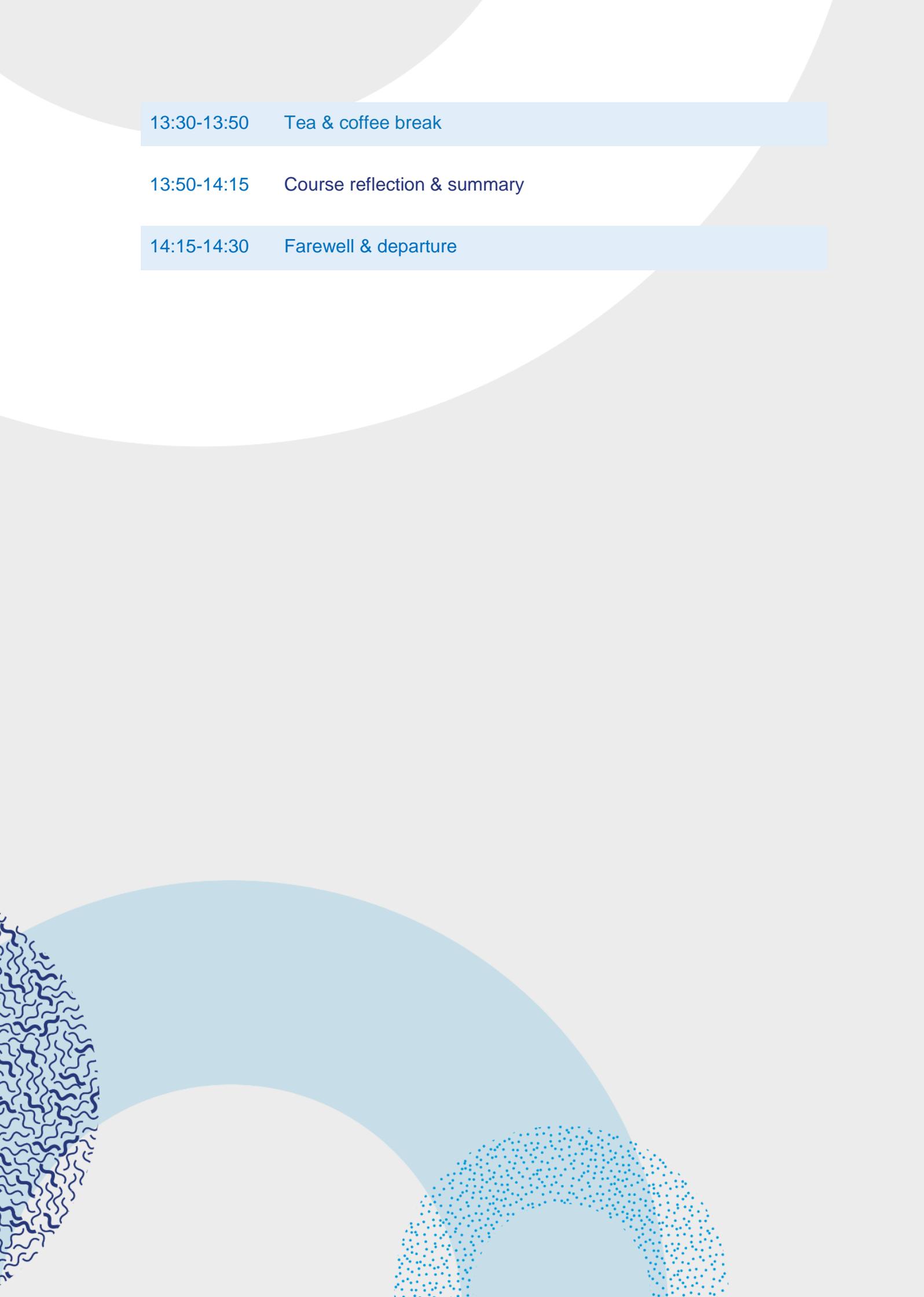
10:10-10:25 Questions & answers

10:25-11:30 Final preparations for Research Exercise Presentations

11:30-12:15 Lunch

12:15-13:30 **Research Exercise Presentations**

Chairs: Professor **Thomas Jespersen**, Department of Biomedical Sciences, University of Copenhagen and Executive Managing Director, Danish Cardiovascular Academy (DK) and Chief Operating Officer **Emil Toft Brøndum**, Danish Cardiovascular Academy (DK)



13:30-13:50 Tea & coffee break

13:50-14:15 Course reflection & summary

14:15-14:30 Farewell & departure

Organising Committee Scientific Programme

Andreas Buch Møller, Scientific Partnerships Manager, Arla Foods (DK)

Anniek Lubberding, Assistant Professor, Department of Biomedical Sciences, University of Copenhagen (DK)

Joanna Kalucka, Associate Professor, Department of Biomedicine, Aarhus University (DK)

Morten Asp Vonsild Lund, PhD Student, Department of Biomedical Sciences, University of Copenhagen (DK)

Nils Færgeman, Professor, Department of Biochemistry and Molecular Biology, University of Southern Denmark and Chair of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

Thomas Jespersen, Professor, Department of Biomedical Sciences, University of Copenhagen and Executive Managing Director, Danish Cardiovascular Academy (DK)



**The Danish Diabetes and Endocrine
and Cardiovascular Academies**