

Sex specific 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

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: Charlotte Usselman and Ylva Hellsten

9:00 - 9:30 **Female sexhormones and receptors' role in cardiometabolic health - what we do and do not know**
Susana Novella, Department of Physiology, University of Valencia (ES)

9:30 - 10:00 **Male sexhormones and receptors' role in cardiometabolic health - what we do and do not know**
Anne Skakkebæk, MOMA, Aarhus University Hospital (DK)

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**
Kerrie Moreau, The Department of Medicine, Division of Geriatrics at the University of Colorado (US)

11:00 - 11:30 **Pharmacological alterations in sexhormones and their influence on cardiometabolic health**
Ellen Løkkegaard, Nordsjællands Hospital, Copenhagen University Hospital (DK)

11:30 - 12:00 **Group discussion on posed questions from lecturers followed by common discussion**

12:00 - 12:45 Lunch

12:45 - 14:45 Break - with a fun joint activity

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

Chairs: Susana Novella and Janne Lebeck

14:45 - 15:30 **Influence of sex and gender on cardiovascular disease: epidemiology/mechanisms**
Eva Prescott, Copenhagen University Hospital, Bispebjerg (DK) and Amani Meaidi, Danish Cancer Society (DK)

15:30 - 16:00 **Influence of sex and gender on metabolic disease: epidemiology/mechanisms**
Susanna Hofmann, German Center for Diabetes Research, Ludwig-Maximilians University Munich (DE)

16:00 - 16:30 **Walk and talk and refreshments**

16:30 - 17:00 **Women, plasma lipids, and atherosclerotic cardiovascular disease**
Marianne Benn, Klinisk Biokemi, University of Copenhagen (DK)

17:00 - 17:30 **Menopause and changes in metabolic health**
Steen Larsen, University of Copenhagen (DK)

17:30 - 18:00 **Group discussion on posed questions from lecturers followed by common discussion**

18:00 - 18:10 Short break

18:10 - 19:20 **Project Pitches Part 1**

19:20 - 22:30 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: Kerrie Moreau and Lasse Gliemann

8:30 - 9:30 **Sex and gender in research**

Charlotte Usselman, Kinesiology & Physical Education, McGill University (CA)

9:30 - 10:00 **Do sex differences in metabolic physiology warrant sex specific nutrition recommendations?**

Faidon Magkos, NEXS, University of Copenhagen (DK)

10:00 - 10:20 **Break & coffee**

10:20 - 10:50 **Do sex differences in cardiovascular and metabolic physiology warrant sex specific exercise recommendations?**

Kerrie Moreau, University of Colorado (US) and Ylva Hellsten, NEXS, University of Copenhagen (DK)

10:50 - 11:20 **Sex hormones and insulin sensitivity - implications for food intake**

Martin Heni, Division of Endocrinology and Diabetology, University Hospital of Ulm (DE)

11:20 - 11:50 **Group discussion on posed questions from lecturers followed by common discussion**

11:50 - 12:35 **Lunch**

12:35 - 13:35 **Project Pitches Part 2**

Session 4: Methods and Experimental models in sex specific research: considerations

Chairs: Yaël Nossent and Christian Aalkjær

13:35 - 14:05 **Experimental investigation of gene expression**

Yaël Nossent, Einthoven Laboratory (NL)

14:05 - 14:25 **Animal and cell models and methods to study sex specific aspects**

Yaël Nossent, Einthoven Laboratory (NL) and Steen Larsen, University of Copenhagen (DK)

14:25 - 14:45 **Human/clinical models to study sex specific aspects**

Lasse Gliemann, NEXS, University of Copenhagen (DK)

14:45 - 16:15 **Workshop on animal and cell models and on human/clinical models (with coffee and refreshments)**

16:15 - 16:30 **Short break**

Session 5: Getting ready for tomorrow's symposium

Chairs: Eva Prescott and Viviany Taqueti

"Crash course" on tomorrow's topics

16:30 - 17:00 Eva Prescott, Copenhagen University Hospital, Bispebjerg (DK) and Viviany Taqueti, Harvard Medical School, Brigham and Women's Hospital (US)

17:00 - 17:30 **In groups: Dive into the programme for the symposium and research the speakers**

17:30 - 18:00 **Present your group's research for the co-participants of the course**

18:00 - 18:20 **In groups: What can I do to get the most out of the symposium?**

18:20 - 18:30 **Short break**

Session 6: Concluding Session

Chair: Janne Lebeck

Festive talk: What does the law say about sex and gender in medicine?

18:30 - 19:00 Jakob Wested, Faculty of Law, University of Copenhagen (DK)

19:00 - 19:30 **Final remarks for the course and oral evaluation**

Course leaders

19:30 - 22:30 **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**

Reception

17:30 - 20:00 Network, informal dinner and drinks