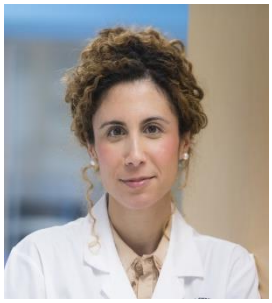
10th Annual Muscle Health Awareness Day Speaker Profiles

Dr. Keith Dadson, University Health Network

Dr. Keith Dadson is a Post-Doctoral Fellow in Molecular Cardiology at the Toronto General Research Institute, University Health Network. He is working under the supervision of Dr. Phyllis Billia. His research focuses on identifying pathways that lead to recovery of heart function following cancer therapy induced cardiotoxicity, and methods to stimulate cardiomyocyte cell-cycle re-entry to repair the heart following myocardial infarction. He completed his PhD at York University under the supervision of Dr. Gary Sweeney.



Dr. Mireille Khacho, University of Ottawa

Dr. Mireille Khacho is an Assistant Professor in the Department of Biochemistry, Microbiology and Immunology. Her research focuses on the mechanisms by which mitochondria regulate stem cell function and longevity in order to develop therapeutic strategies that enhance tissue regeneration during aging and degenerative diseases. She is also studying the metabolic regulation of muscle stem cells function and muscle regeneration.

Dr. Paul Oh, University of Toronto

Dr. Paul Oh is a Senior Scientist and Research Division Head at the Toronto Rehabilitation Institute. He is also the Medical Director of the Cardiovascular Prevention and Rehabilitation Program. His research focuses on how exercise affects cardiovascular health and on ways of optimizing exercise interventions. He is identifying ways to make cardiac rehab even more effective for people who are recovering from various forms of heart disease and/or surgery. He has found that the right volume and intensity of exercise are important to maximize gains in function, minimize risk factors and ultimately change cardiovascular health. Dr. Oh is also working to extend the successful model of cardiac rehabilitation to other at-risk populations

Dr. Geoffrey A. Power, University of Guelph

Dr. Geoffrey Power is Assistant Professor in the Department of Human Health and Nutritional Sciences in the College of Biological Sciences (CBS) at the University of Guelph. He is the Director of the Neuromechanical Performance Research Lab. His research uses various in vitro, in vivo, in situ and whole human techniques to investigate muscle function and neuromuscular control of movement across the lifespan.

Dr. David J. Dyck, University of Guelph

Dr. David Dyck is a Professor in the Department of Human Health and Nutritional Sciences at the University of Guelph. Dr. Dyck's research focuses in the regulation of fat and carbohydrate metabolism in skeletal muscle, with a particular emphasis on the dysregulation that occurs in obesity and diabetes. He studies the effects of adipokines on muscle lipid and carbohydrate metabolism, and how muscle becomes resistant to their effects in obesity models. The interaction of diet and exercise is also a point of interest in terms of the muscle's response to various hormones including insulin, leptin and adiponectin.

Dr. Ali Abdul-Sater, York University

Dr. Ali Abdul-Sater is an Assistant Professor in the School of Kinesiology and Health Science at York University. His research identifies novel regulators of inflammation and understanding the molecular mechanisms through which these regulators control innate immunity and the inflammatory response. Dr. Abdul-Sater investigates the molecular mechanisms through which different exercise regimens regulate the immune response. Understanding the disparate roles of TRAF1 in controlling chronic inflammatory and autoimmune diseases.

Dr. Marina Mourtzakis, University of Waterloo

Dr. Marina Mourtzakis is Associate Professor, Associate Chair, Applied Research, Partnerships and Outreach at the University of Waterloo. Her research focuses on the interrelationship between nutrition, exercise, body composition, and the effects of these factors on muscle metabolism in healthy people as well as patients with cancer. Furthermore, her research examines potential underlying mechanisms of this problem to develop rehabilitative approaches to counter, and potentially prevent, muscle loss by integrating concepts of nutrition, protein metabolism and muscle physiology.

Dr. Clark Dickerson, University of Waterloo

Dr. Clark Dickerson is Professor and Canada Research Chair in Shoulder Mechanics in the Department of Kinesiology at the University of Waterloo. He is the Associate Director, (Research) of the Centre of Research Expertise for the Prevention of Musculoskeletal Disorders. His research focuses on identifying, quantifying, and reducing work-related stresses in the shoulder through mathematical modeling and experimentation. This can then be used together to improve the safety and usability of workspaces and other man-machine interfaces, thereby reducing the frequency and severity of occupational shoulder injuries.