

## You are invited to our AIMSS Seminar Series:

"Molecular Mechanisms of Insulin Resistance. Unraveling the Conundrum in Skeletal Muscle from women with PCOS".



### Guest Speaker:

#### Professor Nigel Stepto:

Deputy Director of Research Training- Institute of Health and Sport. Professor of Clinical Exercise Science - College of Sports and Exercise Science.

Nigel earned his PhD in 2002 from RMIT University after extensive university studies at the University of Cape Town in South Africa. Nigel was appointed as a lecturer in Sport and Exercise Science at Victoria University in 2007 and progressed to his appointment as Professor of Clinical Exercise Science in 2018. His main area of research focus is in understanding the causes of insulin resistance in women with Polycystic Ovary Syndrome (PCOS), and the impact of lifestyle interventions such as diet and exercise. His work in this area has resulted in invitations to help develop, disseminate and translate two internationally recognised and endorsed evidence-based guidelines for the assessment and treatment of women with PCOS. After recent success with NHMRC funding he is now leading the multi-centre FIREx study (Understanding the role of tissue Fibrosis in Insulin Resistance associated with PCOS and the impact of Exercise) in collaboration with Australian Catholic University (Mary McKillop Institute for Health Research), MCHRI and the University of Adelaide (Robinson Research Institute).

Nigel has published 80 peer-reviewed scientific manuscripts in endocrinology, reproductive, sport and exercise science, and clinical journals, and 2 book chapters and has delivered a number of key-note/invited presentations in international conferences regarding the role of exercise in managing clinical features (cardio-metabolic, reproductive and mental health) in women with PCOS.

**Tuesday 19th March, 2019**

**5:00 - 6:00pm (followed by networking refreshments) Western Centre for Health Research and Education (WCHRE)**

**Auditorium – Level 1  
176 Furlong Road, St. Albans, VIC**

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