



# The 9<sup>th</sup> Seminar on Exercise in Medicine

10:00-15:00 Wednesday December 14, 2022

**Øivind Rognmo and  
Ulrik Wisløff**

10:00

**WELCOME AND OPENING OF THE SEMINAR** by Cardiac Exercise Research Group (CERG), Department of Circulation and Medical Imaging (ISB), Norwegian University of Science and Technology (NTNU), Trondheim, NO.

**Location:** KA12, 1<sup>st</sup> Floor, Kunnskapsenteret, St. Olav's Hospital, Olav Kyrres gate 17, 7030 Trondheim, NO.

## DON'T YOU FORGET ABOUT... DEMENTIA PREVENTION

**Geir Selbæk**

10:25

Faculty of Medicine, University of Oslo, NO

**Physical Activity and Cardiorespiratory Fitness as Modifiable Risk Factors for Dementia**

**Atefe R Tari**

10:45

CERG, ISB, NTNU, and Department of Neurology, St. Olav's Hospital

**Transfusing Molecules of Exercise to Protect Against Alzheimer's Disease**

11:05 *Break*

**Asta Håberg**

11:20

Department of Neuromedicine and Movement Science, NTNU

**Generation 100 Brain Study: Exercising for a Healthier Brain?**

## NOTHING BUT A HEARTACHE?

**Thijs Eijvogels**

11:40

Radboud University Medical Centre, NL

**Cardiac Troponin Elevations Following Exercise – Physiology or Pathology?**

12:00 *Lunch*

**Jon Magne Letnes**

13:00

CERG, ISB, NTNU and Clinic of Cardiology, St. Olav's Hospital, NO

**The Question of Exercise in Atrial Fibrillation – Can NEXAF Provide some Answers?**

**Marius Myrstad**

13:25

Research Department, Bærum Hospital, NO

**Long-Term Endurance Sports and Risk of Atrial Fibrillation – a Snake in Paradise? The Birkebeiner Studies and NEXAF Detraining.**

13:45 *Break*

**Sanjay Sharma**

14:00

St George's Hospital and St George's University of London, UK

**Cardiac Adaptations to Exercise**

**Alexander Svenningsen**

14:25

CERG, ISB, NTNU, NO

**The Largest Exercise Intervention of All Time: Experiences So Far and Preliminary Results from NorEx**

14:45 **Key Features of Today** by CERG.

## POSTER- AND DINNER PARTY

17:30

**Location:** HAVET Arena, Strandveien 104, 7067 Trondheim, NO.

## 10:00-15:10 Thursday December 15, 2022

**Alexander Svenningsen**

10:00

**WELCOME BACK TO THE SEMINAR** by CERG.

**Location:** KA12, 1<sup>st</sup> Floor, Kunnskapssenteret, St. Olav's Hospital, Olav Kyrres gate 17, 7030 Trondheim, NO.

### LET THE MOLECULES DO THE TALKING

**Yannis Pitsiladis**

10:05

School of Sport and Health Sciences, Centre for Stress and Age-Related Disease, University of Brighton, UK

**Characterizing the Genetics and Biology of Exercise Medicine**

**Sean Bankier**

10:25

Department of Informatics, University of Bergen, NO

**Reconstructing Tissue-Specific Gene Networks in Coronary Artery Disease Using Multi-Omics**

10:45 *Break*

**Torbjørn Omland**

11:00

Cardiovascular Research Group, Akershus University Hospital, University of Oslo, NO

**Cardiac Biomarkers for Assessment of Subclinical Myocardial Injury, Prognosis and Effect of Treatment**

**Anja Bye**

11:20

CERG, ISB, NTNU, and St. Olav's Hospital, NO

**The Genetics of Aerobic Fitness – New Possibilities for the Future**

11:45 *Lunch*

### THE SHOW MUST GO ON – THE NEXT FRONTIERS: A TRIBUTE TO PROFESSOR ØYVIND ELLINGSEN

**Øyvind Ellingsen**

12:45

Clinic of Cardiology, St. Olav's Hospital and ISB, NTNU, NO

**My Favorite Slides**

**Geir Christensen**

13:10

Institute for Experimental Medical Research, Oslo University Hospital, University of Oslo, NO

**Frontiers and Networking in Fundamental Heart Research – NorHeart Achievements**

**Erik Ekker Solberg**

13:30

Diakonhjemmet Hospital, Medical Department, NO

**Preventive Cardiology in Sports**

13:50 *Break*

### DATA BLITZ

**Trine Moholdt**

14:05

ISB, NTNU, NO

**Killing Two Birds with One Stone: Lifestyle Modifications in the Reproductive Years**

**Emma Ingeström**

and

**Karsten Øvretveit**

14:15

CERG, ISB, NTNU, NO

**What, Why, and Who is My Medical Digital Twin?**

K.G. Jebsen Center for Genetic Epidemiology, Department of Public Health and Nursing, NTNU, NO

**Polygenic Predictions and Interactions in Hypertension**

**Morten Høydal**

14:30

ISB, NTNU, NO

**The Protein Disrupted in Schizophrenia 1 (DISC1), a Novel Treatable Target in Ischemic Heart Disease?**

**Dorthe Stensvold**

14:40

CERG, ISB, NTNU, NO

**Generation 100: Looking Back and Moving Forward**

**Q&A**

15:00

**Key Features of Today and Closing Remarks** by CERG.