

Showcasing young health and medical research scientists in Melbourne today!

ASMR Symposium - Royal Melbourne Hospital, Parkville – 15th May

BAT-TLING VIRUSES

Bats are a major source of viruses that can infect people and cause life-threatening diseases such as Ebola and SARS. Curiously, bats harboring these viruses do not develop disease; understanding the immune system factors that make bats resistant to these viruses has profound implications for the development of effective vaccines. Amanda Woon and colleagues at Monash University have applied a state-of-the-art mass spectrometry technique to characterize the bat immune system, revealing unique features that could potentially be exploited for vaccine development.

STAND UP FOR YOUR HEALTH!

Many Australians lead sedentary lifestyles and excess sitting has been linked to a host of health problems. Despite the benefits of regular exercise for managing conditions such as type 2 diabetes, many patients find it challenging to follow exercise regimes. Paddy Dempsey from the Baker IDI Heart and Diabetes Institute has found that breaking up long periods of sitting with very brief intermittent bouts of low-intensity exercise dramatically improves blood sugar control. Just 3 minutes of walking or simple resistance activities for every half an hour of sitting was sufficient to produce beneficial effects in adults with type 2 diabetes. Dempsey's findings suggest that a simple routine to break up long periods of sitting could be a beneficial and practical strategy for managing type 2 diabetes.

OBESITY: NOT ALL FAT WEIGHS IN THE SAME

Almost 2 in 3 Australians are overweight or obese. However not all fat in our bodies is the same. While storing more fat around the stomach increases the risk of metabolic disease, storing a higher proportion of fat on the hips and buttocks may actually protect against metabolic disease. To understand why, Arthe Raajendiran and colleagues at Monash University have investigated how fat cells from the buttocks are different to those on the stomach.

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NOTES TO EDITOR:

Interview and photo opportunities

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