



The Singapore Bioimaging Consortium (SBIC)
presents a seminar

on

"Is Exercise Bad for You?"

Speaker: Prof Lindy Castell
University of Oxford, UK
Date : Tuesday, 3 September 2013
Time : 11.00am – 12.00pm
Venue : SBIC Seminar Room
11 Biopolis Way
Level 2, Helios Building
Singapore 138667
(Please use Level 1 entrance)

Abstract

Some aspects of problems that arise in prolonged, exhaustive exercise will be addressed, chiefly exercise-induced immunodepression. There is considerable evidence that immunodepression occurs as a result of strenuous exercise, particularly after endurance events. In addition, a high incidence of upper respiratory illness is frequently reported. During the recovery period after cessation of exercise, swinging changes are observed both in cell populations, as they migrate to areas of tissue damage, and in the cytokines, which interact with the cells. Several studies have examined the provision of different nutritional supplements in attempts to alleviate immunodepression and to aid more rapid recovery after exercise. Some of these will be discussed.

About the Speaker

In 1990, Dr Lindy Castell joined Professor Eric Newsholme's Biochemistry group at University of Oxford, to work on metabolism of amino acids. When Eric Newsholme retired in 1996, Lindy took over directing the Cellular Nutrition Research Group (CNRG). In 2001, Lindy became Honorary Research Associate at the Nuffield Department of Anaesthetics, University of Oxford. She is currently affiliated to Green Templeton College, as a Visiting Research Fellow and Graduate Advisor; Lindy is also Visiting Lecturer at other UK universities. For the past 17 years, she has supervised PhD, MSc and medical student research projects on topics including immunodepression, fatigue and amino acids in clinical and exercise studies. She has published more than 27 full papers in peer-reviewed journals. In 2009, she initiated the current A-Z series on nutritional supplements for athletes in the British Journal of Sports Medicine. In 2011, as a Board member, she was local organizer for the 10th

International Society of Exercise Immunology Conference in Oxford. In November 2011, she was invited by the American College of Nutrition to deliver the inaugural Eric Newsholme Memorial Lecture in New Jersey.

--- Admission is free and all are welcome ---