

The International XIX Puijo Symposium: “Physical Activity, Muscle Metabolism and Insulin Resistance”

Kuopio, Finland, June 29 – July 2, 2005

WEDNESDAY, June 27

- Molecular heterogeneity in the etiology of insulin resistance and type 2 diabetes
- The role of skeletal muscle energy metabolism in insulin resistance and type 2 diabetes
- Physical exercise in the prevention and treatment of insulin resistance and type 2 diabetes
- Physical exercise- gene interactions in the etiology of insulin resistance and type 2 diabetes
- Free communications (8 presentations)

THURSDAY, June 28

Exercise and gene control of Metabolism

- Physical exercise, systemic inflammation and insulin resistance
- Physical exercise, mitochondrial function and insulin resistance
- Physical exercise, insulin signaling and insulin resistance
- Physical exercise, calcineurin signalling and insulin resistance
- Physical exercise, skeletal muscle lipid metabolism and insulin resistance
- Physical exercise, skeletal muscle ceramides and insulin resistance

- AMPK, energy metabolism in and insulin resistance
- Physical exercise, AMPK and insulin resistance
- Free communications (4 presentations)
- Physical exercise, endothelial function and insulin resistance
- Physical exercise, heart metabolism, and insulin resistance

FRIDAY, June 29

- Physical exercise in the treatment of type 2 diabetes: a clinician's view
- Feasibility of life-style intervention
- Health benefits of physical exercise – EXGENESIS. European collaboration study for the prevention of type 2 diabetes
- The first results from the DR's EXTRA Study
- Assessment of physical activity
- Up-to-date assessment of physical activity
- Integrating the metabolic disease and physical activity transcriptomes
- Ralph S. Paffenbarger Jr Poster competition
- Puijo Symposium Honorary Lecture

More information: www.uku.fi/conf/puijo