The Danish Diabetes and Endocrine and Cardiovascular Academies

Basic Cardiometabolic Research PhD Course: *Organ Cross-Talk*

20-23 October 2026

Musholm Conference
Musholmvej 100
DK-4220 Korsør

Session overview

Tuesday, 20 October
Course Opening
Meet the Speakers/Organisers

Wednesday, 21 October
Session I: Fundamentals
Keynote Lecture

Thursday, 22 October
Session II: Adipose Tissue
Session III: Muscle & Heart
Workshops
Meet the Speakers/Organisers

Friday, 23 October
Session IV: Gut
Session V: Kidney
Course Summary

Programme
Tuesday 20 October

16:00-17:00	Arrival and check-in
17:00-17:20	Welcome and introductions Education and Networking Coordinator **Pernille Bruun Nielsen**, Danish Diabetes and Endocrine Academy (DK) and members of the Scientific Organising Committee
17:20-18:15	Scientific networking exercise
18:15-18:30	Pre-dinner drinks
18:30-20:00	Dinner
20:00-21:00	Meet the Speakers & Organisers
21:00.	Informal networking

Programme
Wednesday 21 October

07:00-08:30	Breakfast & morning exercise (optional)
08:30-08:45	Welcome back
08:45-09:00	Case introduction
Session I	**Fundamentals** Chair: Assistant Professor **Anniek Lubberding**, Department of Biomedical Sciences, University of Copenhagen (DK)
09:00-09:35	Fundamentals of Metabolic Regulation (part 1) Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)
09:35-09:45	Energizer
09:45-10:20	Fundamentals of Metabolic Regulation (part 2) Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)
10:20-10:30	Questions & answers
10:30-11:00	Tea & coffee break
11:00-11:35	Fundamentals of Cardiovascular Physiology (part 1) Assistant Professor **Anniek Lubberding**, Department of Biomedical Sciences, University of Copenhagen (DK)
11:35-11:45	Energizer

11:45-12:20	Cardiovascular Physiology (part 2) Assistant Professor **Anniek Lubberding**, Department of Biomedical Sciences, University of Copenhagen (DK)
12:20-12:30	Questions & answers
12:30-13:00	Case reflection & discussion
13:00-14:00	Networking lunch
14:00-15:00	Introduction to the workshops Chairs: Postdoctoral Fellow **Josephine Maria Kanta Hviid**, Department of Biomedical Sciences, University of Copenhagen (DK) & Associate Professor **Rasmus Kjøbsted,** Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)
15:00-17:00	The Musholm Games
17:00-17:45	Free time
	Keynote Lecture Chair: Professor **Nils Færgeman**, Department of Biochemistry and Molecular Biology, University of Southern Denmark (DK)
17:45-18:30	Obesity and Metabolic Diseases in an Evolutionary Perspective Professor **Martin Jastroch**, Department of Molecular Biosciences, Stockholm University (SE)
18:30-18:45	Questions & answers
18:45-20:15	Dinner
20:15-	Informal networking (optional)

Programme
Thursday 22 October

07:00-08:30	Breakfast & morning exercise (optional)
08:30-08:45	Welcome back
Session II	**Adipose Tissue**
	Chair: Researcher **Christine Rode Schwarz**, Steno Diabetes Center Copenhagen (DK) & Associate Professor **Rasmus Kjøbsted**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)
08:45-09:05	The Genetic Control of Adipose Progenitor Stemness: From Polygenic Scores to Single-gene Dissection Postdoctoral Fellow **Sophia Metz**, Novo Nordisk Foundation Center for Basic Metabolic Research, University of Copenhagen (DK)
09:05-09:15	Questions & answers
09:15-09:35	Defining the Vascular Niche of Human Adipose Tissue Across Metabolic States Postdoctoral Fellow **Ibrahim AlZaim**, Department of Biomedicine, Aarhus University (DK)
09:35-09:45	Questions & answers
09:45-10:15	Tea & coffee break
10:15-10:35	Insulin Regulation of Regional Lipolysis and Hepatic FFA Delivery in Obese and Non-obese Humans Professor, Consultant **Søren Nielsen**, Steno Diabetes Center Aarhus, Aarhus University Hospital and Department of Biomedicine, Aarhus University (DK)
10:35-10:45	Questions & answers

10:45-11:05	Case reflection & discussion
11:05-11:30	Tea & coffee break
Session III	**Muscle & Heart** Chairs: Assistant Professor **Anniek Lubberding**, Department of Biomedical Sciences, University of Copenhagen (DK) & Associate Professor **Rasmus Kjøbsted,** Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)
11:30-12:45	Associate Professor **Daniel C. Andersson**, Department of Physiology and Pharmacology, Karolinska Institutet (SE) PhD Student, MD **Guglielmo Fibbi**, Department of Cardiology and Pneumology, University of Göttingen Medical Center (DE)
12:45-13:30	Lunch in workshop groups with instructors
13:30-17:00	**Workshops** Postdoctoral Fellow **Andrea Sofia Tamariz-Ellemann**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK) Postdoctoral Fellow **Josephine Maria Kanta Hviid**, Department of Biomedical Sciences, University of Copenhagen (DK) Professor **Jørn Wulff Helge**, Department of Biomedical Sciences, University of Copenhagen (DK) Postdoctoral Fellow **Mads Fischer**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK) Associate Professor **Rasmus Kjøbsted,** Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)
17:00-18:30	Free time
18:30-20:00	Dinner
20:00-21:00	Meet the Speakers & Organisers
20:45-	Informal networking

Programme
Friday 23 October

07:00-08:45	Breakfast, morning exercise (optional)
08:30-08:50	Check-out of rooms
08:50-09:00	Welcome back
Session IV	**Gut**
	Chair: Researcher **Christine Rode Schwarz**, Steno Diabetes Center Copenhagen (DK)
09:00-10:15	Senior Researcher and Group Leader **Trine Nielsen**, Cardiometabolic Prevention Research, Steno Diabetes Center Copenhagen (DK)
	Senior Researcher and Team Leader **Andreas Andersen,** Cardiometabolic Prevention Research, Steno Diabetes Center Copenhagen (DK)
10:15-10:45	Tea & coffee break
Session V	**Kidney**
	Chair: Managing Director **Tore Christiansen**, Danish Diabetes and Endocrine Academy (DK)
10:45-12:00	Professor, Head of Department **Boye Lagerbon Jensen**, Department of Molecular Medicine, University of Southern Denmark (DK)
	Associate Professor **Charlotte Mehlin Sørensen**, Department of Biomedical Sciences, University of Copenhagen (DK)
12:00-12:30	Course reflection & summary

12:30-12:45	Closing remarks
12:45-13:30	Farewell lunch

Organising Committee
Scientific Programme

Anniek Lubberding, Assistant Professor, Department of Biomedical Sciences, University of Copenhagen (DK)

Christine Rode Schwarz, Researcher, Steno Diabetes Center Copenhagen, and member of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

Joanna Kalucka, Associate Professor, Department of Biomedicine, Aarhus University and member of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

Nils Færgeman, Professor, Department of Biochemistry and Molecular Biology, University of Southern Denmark, and Chair of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

Rasmus Kjøbsted, Associate Professor, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)

Søren Nielsen, Associate Professor, Department of Biomedical Sciences, Endocrinology and Metabolism, University of Copenhagen and member of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

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