

# Café Scientifique Headingley

Monday 15th April 2024

**Moments in time: Applying novel exercise and dietary approaches to decelerate cardiovascular ageing**

**By: Yasina Somani**



**Outline:** Yasina Somani will speak on her research which is centred on investigating exercise and dietary strategies for the primary and secondary prevention of cardiovascular disease and includes exploring the effects of ‘exercise preconditioning’. The latter is the concept that single to short-term exercise can provide immediate cardiovascular protection against ischaemia-reperfusion injury which is a type of injury that plays a central role in cardiovascular events (heart attacks). The research involves large observational studies as well as laboratory work and is aimed at assessing whether more accessible forms of exercise can minimize vascular injury. Other work involved examining the effects of reproductive ageing and dietary nitrate supplementation on vascular health in postmenopausal women. The aim is to apply the results of the work in clinical populations to improve cardiovascular outcomes.

**Speaker:** *Dr Yasina Somani joined the Faculty of Biological Sciences of the University of Leeds as a Lecturer in June 2023. She obtained a PhD from Penn State University, held a postdoctoral fellowship funded by the Canadian institutes of health research. She has worked in the Netherlands and at Liverpool John Moores University*

**Venue:** *The New Headingley Club, 56 St Michaels Road, LS6 3BG*

**Time:** *Room opens 7:30pm, Talk begins promptly at 7:45pm*

**Entry:** *Donation please for room hire and expenses: £4 at the door*



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