

**Summerlee Science Complex** SSC 2315

SERIES

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## **15** PROFESSOR. DEPARTMENT OF BIOMEDICAL SCIENCES. UNIVERSITY OF GUELPH

DIRECTOR, CENTRE FOR CARDIOVASCULAR INVESTIGATIONS MCB HOST: JONES LAB

## Timing is Everything – **Circadian Medicine Benefits Heart Health and Improves Life**

Dr. Tami Martino's research focuses on applying circadian biology, the body's 24-hour sleep and wake cycle, to clinical medicine. Through this research, Dr. Martino's group is pioneering a new field called "Circadian Medicine", which will improve the treatment of patients with

cardiovascular disease. Her research investigates how circadian dysregulation drives heart diseases such as myocardial infarction (heart attack), cardiac hypertrophy, heart failure, and aging. Moreover, her research is revealing how the hearts' circadian biology can be therapeutically manipulated using genetic, environmental or pharmacologic approaches to prevent, slow or reverse heart disease. Her research also reveals how circadian biology underlies women's heart health, an area of contemporary clinical concern. Importantly, Circadian Medicine can also be applied to improve the health of patients with virtually every major clinical condition, and it's also applicable to veterinary medicine, aquaculture, agriculture, and more.

