

SRP DIABETES WEBINAR

Healthy obesity – a myth?

MATTHIAS BLÜHER

Professor

University Leipzig, Department of
Endocrinology, Nephrology,
Rheumatology/ IFB Adiposity
Diseases



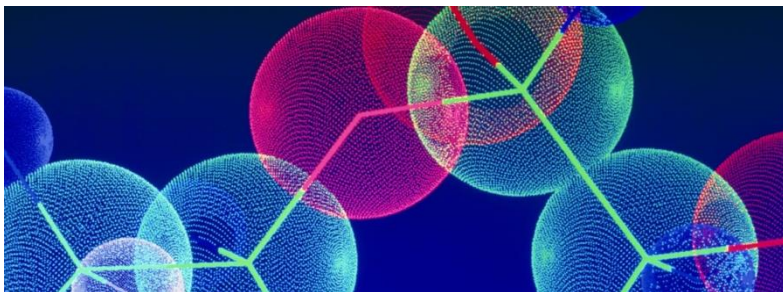
See presentation of Dr. Blüher on
next page.

Date: Friday, March 26, 2021, 12.00 –13.00

Place: Zoom webinar

Register in advance [at this link](#)

Host: Peter Arner / SRP Diabetes



**Karolinska
Institutet**

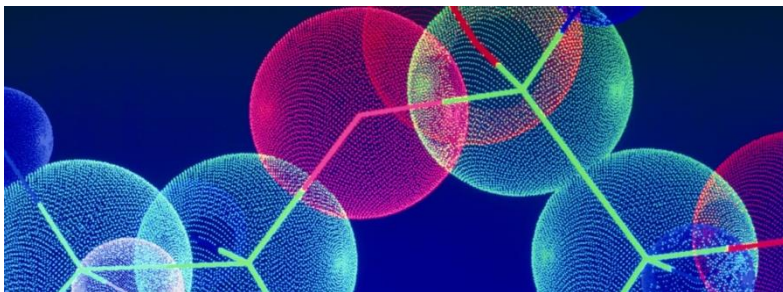
SRP DIABETES WEBINAR

Matthias Blüher biography

Matthias Blüher is currently Professor in Molecular Endocrinology and Speaker of the Collaborative Research Center “Obesity mechanisms” at the University of Leipzig. Matthias obtained his medical degree and completed his training in Internal Medicine and Endocrinology at the University in Leipzig under the supervision of Professor Michael Stummvoll and became a Professor of Molecular Metabolism Research at the University of Cologne in 2004 and one year later at the University of Leipzig. From 2000-2003, he worked as a postdoctoral fellow at the laboratory of C. Ronald Kahn at the Joslin Diabetes Center, Harvard Medical School in Boston.

Matthias Blüher’s research is focused on the role of adipose tissue function and distribution in insulin resistance, the development of type 2 diabetes and other metabolic and cardiovascular diseases. He established a large adipose tissue bank from well-phenotyped individuals which supported the functional characterization and translation of association signals for type 2 diabetes and obesity traits into molecular, cellular and physiological mechanisms. This work includes the discovery of several developmental genes, which may play a role in the determination of fat distribution. His group performed studies in adipose tissue inflammation, the role of IGF-1 signalling and the endocannabinoid system in adipose tissue, the specific biology of visceral fat depots including microRNA expression studies and the characterization of novel adipokines such as vaspin, progranulin, retinol binding protein 4, chemerin, glypican 4, adipsin, neuregulin 4 and others. For example, he discovered a potential role of progranulin as novel chemoattractant molecule, which may recruit immune cells into adipose tissue. His work suggests a potential role of vaspin to improve glucose tolerance and insulin sensitivity. Using clinical trials, human cohorts and animal models, Blüher’s group identified novel markers of fat mass changes. More recently his group demonstrated that normal adipose tissue function and protection against adipose tissue inflammation may underly the insulin sensitive “metabolically healthy” obese phenotype.

Matthias’ work has been recognized both nationally and internationally as he is a recipient of the Obesity Research Award of the German Obesity Society 2003, the Ferdinand-Bertram-Prize of the German Diabetes Association 2008, a European Association for the Study of Diabetes (EASD) Rising Star Award (2008), the Research Award of the Dr. mult. Heinz Bürger-Büsing-Stiftung 2009 and the Hans-Christian-Hagedorn Award (German Diabetes Association 2011). He serves as Associate Editor of Diabetologia.



**Karolinska
Institutet**