

PHYSIO NEWS

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Call us for advice or assistance.



FACULTY APPRECIATION

Congratulations to **Dr. Mahavir Singh**, President of the **Kentucky Chapter of the American Physiological Society**, on hosting a success 11th Annual Meeting held on the University of Louisville Health Science Campus.

Special thanks, as well, to Dr. Singh (Assistant Professor, Department of Physiology) who orchestrated a highly successful Kentucky Chapter of American Physiology Society Annual Meeting here at the CTR Building on the Health Science campus on Saturday, October 28, 2023. The Physiology Department was designated as the host for the 11th annual meeting and clearly Dr. Singh was impressive in the organization and execution of this annual meeting, which this year drew over 60 attendees (faculty, post-doctoral fellows, graduate students, undergraduate students, and high school students). Thanks also to those faculty, students and staff who helped with the organization of the meeting and who attended this annual event. Many compliments regarding the organization, hospitality and execution of this program were made to the chairman of the department.



9TH ANNUAL GRADUATE STUDENT APPRECIATION WEEK

Coffee and donuts will be served on **Wednesday, November 8, 2023**, from 8:30 AM to 10:30 AM in the Research Tower 3rd Floor, Room 310.

The Office of Graduate and Postdoctoral Studies, along with the Graduate School will offer coffee, donuts and snacks to all School of Medicine graduate students. Please contact Katie Hasper @Katie.hasper@louisville.edu if you have question.



Pizza will be served on **Friday, November 10**, from 12 PM to 1:30 PM also in the Research Tower, 3rd Floor, Room 310.

CHAIRMAN OF THE
DEPARTMENT OF
PHYSIOLOGY,
DR. IRVING JOSHUA



2024 OPEN
ENROLLMENT

Open Enrollment for 2024 benefits begins **Monday, Oct. 23, 2023** and continues through **Wednesday, Nov. 8, 2023** with benefit elections taking effect Jan. 1, 2024. Stay tuned for additional Open Enrollment communications in UofL Today and our 'Explore Your Benefits' mailer that will be mailed in the fall. New or continued health care and/or dependent care FSAs, must be elected during Open Enrollment each year.



FROM THE CHAIRMAN'S DESK

THE FISHERMAN & THE BUSINESSMAN

Once upon a time there was a businessman who was sitting on the beach in a small Italian village. As he sat, taking a brief break from the stress of his daily schedule, he saw a fisherman rowing a small boat back into the harbor. In the boat were a few large fish. Impressed, the businessman asked the fisherman, "How long does it take you to catch so many fish?" To which he replied "Oh, not so long." The businessman was confused, "Why don't you fish for longer to catch even more?" "More? This is enough to feed my entire family and even offer some to my neighbors," the fisherman said. "So what do you do for the rest of your day?" Enquired the businessman. The fisherman replied, "Well, I've usually caught my fish by late morning, at which point I go home, kiss my wife, and play with my kids. In the afternoon, I take a nap and read. In the evening, I go to the village to have a drink with my friends, play guitar, sing, and dance into the night!"

Putting his entrepreneurial hat on, the businessman offered a suggestion. "I have a PhD in business! I can help you become much more successful. From now on, you should spend longer at sea and catch as many fish as possible. When you've saved enough money, buy a bigger boat to catch even more fish. From there, you'll soon be able to buy more boats, set up your own company, build a production plant to can the fish and control distribution, and move to the city to control your other branches." To this, the fisherman asks, "And after that?" The businessman laughs, "After that, you'll be able to live like a king, take your company public, float your shares and be rich!" "And after that?" Asks the fisherman once more. "After that, you can retire, move to a house by the sea, wake up early in the morning to go fishing, then return home to play with your kids, kiss your wife, take a nap in the afternoon and join your friends in the village to drink, play guitar and dance into the night!" Puzzled, the fisherman replies, "But isn't that what I'm doing already?"

Moral of the story: Be content with what you have. Do you really need to keep pushing for more? Stress is often a choice. There's joy and peace in simplicity.

HAVE YOU SECURED YOUR 2024 GET HEALTHY NOW INCENTIVE?

To earn the \$40 Get Healthy Now monthly incentive in 2024, employees must receive 480 total wellness points by Nov. 30, 2023. Employees can register and log into their Health Advocate account using their new Health Advocate username and password. Instructions on how to register and log in are on the Get Healthy Now webpage. Some point programs require daily logins to receive points.

Visit the [Get Healthy Now webpage](#) for more information. Trouble registering or logging in? Contact Health Advocate Support at 866-799-2731, and they can assist you with the registration process.



PHYSIOLOGY SEMINAR SERIES

Baxter I Auditorium
11:45 a.m. to 12:45 p.m.

November 14

Cynthia Metz, Ph.D., Professor & Vice-Chair
Department of Physiology
“The Stress of Success: Coping with Impostor Thoughts”

November 21

Sara Petruska, Ph.D., Assoc. Dean for Medical School Admissions
Department of Obstetrics, Gynecology & Women’s Health
“The Medical School Admission Process”

November 28

Cynthia Metz, Ph.D., Professor & Vice-Chair
Department of Physiology
Panel discussion with current medical/dental/Ph.D. students

GRADUATE SCHOOL DEGREE APPLICATIONS DUE

Graduate students must submit their degree applications by Tuesday, November 14 in order to participate in the Graduation Ceremony on December 15. Graduate students can access their degree application by logging into ULink and selecting Student Services. [Learn more here.](#)

NOW OPEN: AFTER-HOURS CRISIS LINE

The UofL Counseling Center after-hours crisis line is now available to enrolled students. The answering service will operate after hours, providing immediate access to trained mental health professionals. [For more information, contact the Counseling Center.](#)

**THE UNIVERSITY WILL BE CLOSED
NOVEMBER 23-24 FOR
THANKSGIVING BREAK**



UOFL CAMPUS HEALTH SERVICES FLU & COVID-19 VACCINE SCHEDULE

[Schedule an appointment](#) at your preferred Campus Health Services location:

Belknap Campus

Cardinal Station Immunization Clinic: 215 Central Ave, suite 110 (building attached to UofL baseball stadium), 852-6479

HSC Campus

Health Sciences Campus (HSC) Immunization Clinic: 401 E. Chestnut St., Suite 110 (corner of Preston and Chestnut Sts.), 852-6446

Click this [link](#) and log in with your Ulink email and password to schedule an appointment at your preferred office location.

Note: COVID testing is also available at Campus Health Services for symptomatic students, staff and faculty. To schedule an appointment, call the Campus Health Services office directly, 852-6479.

KY APS WINNERS FROM PHYSIOLOGY



“The Effects of Omega-3 Fatty Acid Supplementation on the Cerebrospinal Inflammatory Environment in Patients with Alcohol Use Disorder.”
Alex Shefflette
Ph.D., Physiology
Graduate Student,
University of Louisville



“Ambient Temperature and Light Differentially Modify Sleep-Wake Metabolic Flexibility.”
Kara Gouwens
MD, Ph.D. Physiology
Graduate Student,
University of Louisville

AWARD WINNERS FOR 11TH ANNUAL KY CHAPTER OF THE APS MEETING

Oral Presentations

Post-doc/MD-PhD Category

1st Place - **Josiah Hardesty**, Postdoctoral, University of Louisville

"Hepatic Proteomic Analysis Identifies Impaired REDOX and Blood Coagulation Factor Expression in Fpr2-/- Mice Fed alcohol."

2nd Place - **Kara Gouwens**, MD/PHD Graduate Student, Physiology, UofL

"Ambient Temperature and Light Differentially Modify Sleep-Wake Metabolic Flexibility."

Graduate Category

1st Place - **Genesee Martinez**, Graduate, University of Kentucky

"Glucocorticoid Resistance Induces Adiposity and Remodels liver fat content."

2nd Place - **Alex Shefflette**, Ph.D., Physiology Graduate Student, University of

Louisville, "The Effects of Omega-3 Fatty Acid Supplementation on the Cerebrospinal Inflammatory Environment in Patients with Alcohol Use Disorder."

Undergraduate Category

1st Place - **Bidhu Sharma**, Undergraduate, University of Louisville "Safeguarding Public Health: Exploring Physiological Factors in Vaccine Preventable Diseases and Measles Resurgence."

2nd Place - **Urelys Casiano-Esquilin**, Undergraduate, University of Louisville

"Beneficial Effects of Epoxide Hydrolase Inhibition on Ethanol-induced Liver Inflammation in Experimental Mice."

Poster Presentations

Post-doc/MD-PhD Category

1st Place - **Subir K. Juin**, Postdoctoral, University of Louisville

Alpha-Glucosidase Inhibitor Mitigates Bone Loss In Type-1 Diabetes."

Graduate Category

1st Place - **Brittany Reynolds**, Ph.D. Student, Physiology, University of Louisville

Overexpression Of Pulmonary Extracellular Superoxide Dismutase Does Not Prevent E-Cigarette-Induced Autonomic Imbalance And Arrhythmia

2nd Place - **Alex Pettey**, Ph.D. Student, Physiology, University of Kentucky

Deficiency Of Plasminogen Activator Inhibitor-1 Augments Angiotensin II-Induced Cardiac And Thoracic Aortic Pathologies

Undergraduate Category

1st Place - **Romith Paily**, Undergraduate, University of Louisville

Disposable E-Cigarettes Evoke Arrhythmias Dependent On Flavors

2nd Place - **Nikitha Dharanipragada**, Undergraduate, University of Kentucky

Uncovering A Role For Carnitine Palmitoyltransferase 1a In Adipocytes.

High School Category

1st Place - **Jiwoo Kim**, Model Lab High School, Richmond, KY. The Effects Of Temperature On Habituation Of The Crayfish Tail Response

NOVEMBER RECIPE OF THE MONTH

PUMPKIN PRALINE CAKE



INGREDIENTS

- 1 cup packed brown sugar
- 1/2 cup butter or margarine
- 1/4 cup whipping (heavy) cream
- 3/4 cup chopped pecans
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 1/2 cups granulated sugar
- 1 cup vegetable oil
- 4 eggs
- 1 can (15 ounces) pumpkin (not pumpkin pie mix)

STEPS

1. Heat oven to 350°F. Heat brown sugar, butter and whipping cream in 2-quart saucepan over medium heat, stirring occasionally, until butter is melted. Pour into ungreased rectangular pan, 13x9x2 inches. Sprinkle with pecans.
2. Mix flour, baking powder, cinnamon, salt, baking soda, nutmeg and cloves; set aside. Beat sugar, oil, eggs and pumpkin. Gradually beat in flour mixture on medium speed 2 minutes, scraping bowl occasionally. Carefully spoon batter over pecan mixture.
3. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Place heatproof serving tray upside down onto pan; turn tray and pan over. Let pan remain over cake a few minutes. Cool completely, about 1 1/2 hours.