

University of Alberta
November 2, 2023

THE DR. D. LORNE TYRRELL KEYNOTE LECTURE

Mark Haykowsky PhD

Professor & Research Chair in Aging and Quality of Life
Faculty of Nursing, College of Health Sciences

“Benefits of Exercise: Taking care of your heart so your heart can take care of you”



Dr. Mark Haykowsky is a Professor and Endowed Research Chair in Aging and Quality of Life in the Faculty of Nursing, College of Health Sciences at the University of Alberta. Professor Haykowsky's internationally recognized research program examines the biological mechanisms underpinning the decline in cardiovascular health and fitness across the healthy aging and heart failure continuum, and the role of lifestyle interventions to improve cardiovascular and skeletal muscle function, and quality of life. A second research area is in the Cardio-Oncology field with specific focus on the role of exercise rehabilitation to prevent cardiovascular toxicity across the breast cancer survivorship continuum. A final research area is in sport cardiology with a primary focus on cardiac remodeling and mechanics in athletes. Professor Haykowsky has published over 300 peer-reviewed papers in leading scientific journals and has been an invited or keynote speaker for over 230 national and international scientific meetings. He has also been an *'expert working group'* member for several National Institutes of Health (NIH) heart failure initiatives including the most recent meeting focusing on potential extracardiac contributors to HFpEF in older adults. Professor Haykowsky has supervised over 110 trainees and has been awarded over 50 grants as a PI or Co-Investigator from numerous funding agencies including CIHR, Heart & Stroke and NIH. Finally, Professor Haykowsky is a Fellow of the American College of Cardiology (FACC), the American Heart Association (FAHA), and the American College of Sports Medicine (FACSM).