Professor Ylva Hellsten

Department of Nutrition, Exercise and Sports, University of Copenhagen

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Education

1993	Dr.Med.Sci, Dept of Physiology, Karolinska Institute, Stockholm, Sweden
1987	Bachelor of Arts, Hampshire College, Amherst, MA, USA

Positions

2009-	Professor, Dept. of Nutrition, Exercise and Sports, University of Copenhagen
1994-2009	Assoc. Professor, Dept. of Exercise and Sport Sciences, University of Copenhagen

Scientific Focus

Main research area is in physiology with a focus on cardiovascular function and microvascular growth in skeletal muscle in health and life style related disease and the role of physical activity. Our research and methods encompass both human integrative cardiovascular regulation and detailed cellular and molecular mechanisms. For the past decade my research has had a strong focus on the female cardiovascular physiology and the relationship to lifestyle.

Examples of current Collaborators

Eva Prescott, Bispebjerg Hospital, Christian Alkjær, Århus University, Thomas Andrew Jepps, UCPH**,** Henriette Pilegaard UCPH**,** Wim Derave, Ghent University, Belgium, Chris Ellis, University of Western Ontario, Canada, Christina Kruuse, Rigshospitalet; Adrian Evans,Swansea University, UK.

Supervision and teaching

Supervised 20 PhD students, 9 Post-Docs, ~100 masters students and ~50 bachelor students. Responsible for three courses in Exercise and Cardiovascular physiology. Responsible for 1-2 PhD courses per year.

Management and scientific commitments

Head of section for The August Krogh section for Human Physiology at the Department. Leader of The Cardiovascular research group for the past 25 years. The Cardiovascular group currently consists of 2 Assoc. Professors, a research coordinator, 4 Post-Docs, 8 PhDs, 10 master's students and 2 technicians.

2023	Member of the evaluation Committee on The Heart and Lung Foundation (Sweden)
2021-	Head of section for Human Physiology, Dept. Nutrition, Exercise and Sport
2019-21	Member of the Department Research board
2019-	Chair of the Swedish Sports Research council -Physiology and Medicine
2017-	Member of the steering board for the clinical academic group IMPACT
2017-	Editor for Translational Sports Medicine
2014-2018	Department PhD coordinator
2012-2020	Member of the Ministry of Culture Research Fund

Funding

Annual funding DKK ~2-4 million from public and private funds.

Scientific publications

- Total no of publications: 281
- H-index: 59
- Total citations: 10 467

Selected publications

For complete list please see Orcid ID: 0000-0002-2435-9558

Jeppesen JS, Caldwell HG, Lossius LO, Melin AK, Gliemann L, Bangsbo J, Hellsten Y (2024). Low energy availability increases immune cell formation of reactive oxygen species and impairs exercise performance in female endurance athletes. Redox Biol. 2024 75:103250.

Nørregaard LB, Hansen CC, Wickham KA, Møller S, Olsen K, Ehlers T, Bangsbo J, Hellsten Y. Exercise training alters skeletal muscle microvascular endothelial cell properties in recent postmenopausal females. J Physiol. 602(14):3449-3468.

Hellsten Y, Gliemann (2024) L. Peripheral limitations for performance: Muscle capillarization. Scand J Med Sci Sports. 34(1):e14442.

Jeppesen JS, Wickham KA, Zeuthen M, Thomassen M, Jessen S, Hellsten Y, Hostrup M, Bangsbo J (2024). Low-Volume Speed Endurance Training with Reduced Volume Improves Short-Term Exercise Performance in Highly Trained Cyclists. Med Sci Sports Exerc. 2024 Sep 1;56(9):1709-1721.

Nørregaard LB, Wickham KA, Ehlers T, Rocha MP, Fischer M, Lundberg Slingsby MH, Cheung SS, Evans PA, Bangsbo J, Hellsten Y (2023). Exercise training induces thrombogenic benefits in recent but not late postmenopausal females. Am J Physiol Heart Circ Physiol. 325(2):H346-H361.

Tamariz-Ellemann A, Wickham KA, Nørregaard LB, Gliemann L, Hellsten Y (2022). The time is now: Regular exercise maintains vascular health in aging women. J Physiol. (ePub ahead of print).

Wickham KA, Nørregaard LB, Lundberg Slingsby MH, Cheung SS, Hellsten Y. High-Intensity Exercise Training Improves Basal Platelet Prostacyclin Sensitivity and Potentiates the Response to Dual Anti-Platelet Therapy in Postmenopausal Women. Biomolecules 17;12:150