CURRICULUM VITAE

PROFESSOR CHRIS EASTON BSC (HONS), PGCHE, PHD, FHEA

EDUCATION

- PG Certificate in Learning & Teaching in HE (Distinction), Kingston University, Kingston upon Thames, UK (2011)
- PhD, Exercise Physiology, University of Glasgow, Glasgow, UK (2007)
- BSc (First Class Honours), Physiology & Sports Science, University of Glasgow, Glasgow, UK (2003)

CURRENT ROLES

- Head of Discipline: Sport and Exercise Science, Heriot-Watt University, Edinburgh, UK (2024 – Present)
- Professor of Exercise Physiology, School of Energy, Geoscience, Infrastructure and Society, Heriot-Watt University, Edinburgh, UK (2024 – Present)
- External Examiner for MSc Applied Exercise Physiology, St Mary's University, Twickenham (2021 – Present)
- Scientific Advisory Board Member for Berkeley Life, Galway, Ireland

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MEMBERSHIP OF PROFESSIONAL SOCIETIES

- Advance HE (previously Higher Education Academy), Fellow since 2011
- ACSM, Professional Member since 2006
- Physiological Society, Professional Member since 2009
- BASES, Professional Member since 2008

RESEARCH NARRATIVE

My research is broadly centred on exercise and health but has two principal strands of focus. The first is establishing the impact of modulating nitric oxide bioavailability, via the diet and exposure to sunlight, on parameters of cardiovascular health and exercise performance in different populations. The second strand is validating novel mobile methods of assessing physiological and health outcomes in free-living populations for application in health services.

PEER REVIEWED MANUSCRIPTS

I have published over 120 peer-reviewed abstracts and abstracts between 2006 and the present (>40 in the last 5 years). A full list of my publications can be found here: https://scholar.google.co.nz/citations?user=kxvFxpgAAAAJ&hl=en. Some key publication relating to the presentation are presented on the following page:

1. Rosier, B.T., Johnston, W., Carda-Dieguez, M., Simpson, A., Cabello-Yeves, E., Piela, K., Reilly, R., Artacho, A., **Easton, C.**, Burleigh, M., Culshaw, S., Mira, A. (2024). Nitrate reduction capacity of the oral microbiota is impaired in periodontitis: potential implications for systemic nitric oxide availability. *International Journal of Oral Science* 16: 1
2. Simpson, A., Johnston, W., Carda-Dieguez, M., Mira, A., **Easton, C.**, Henriquez, F.L., Culshaw, S., Rosier, B.T, Burleigh, M.C. (2024). Periodontal treatment causes a longitudinal increase in nitrite-producing bacteria. *Molecular Oral Microbiology* 39: 491-506
3. Burleigh, M.C., Rosier, B.T., Simpson, A., Sculthorpe, N., Henriquez, F., **Easton, C.** (2023). The Probiotic Streptococcus salivarius M18 Increases Plasma Nitrite but Does Not Alter Blood Pressure: A Pilot Randomised Controlled Trial. *Applied Microbiology* 3(3): 774-785
4. Liddle, L., Monaghan, C., Burleigh, M.C., Baczynska, K.A., Muggeridge, D.J., **Easton, C**. (2022). Reduced nitric oxide synthesis in winter: A potential contributing factor to increased cardiovascular risk. *Nitric Oxide*. 127: 1-9
5. Shannon, O.M., Allen, J.D., Bescos, R., Burke, L., Clifford, T., **Easton, C.**, et al. Dietary inorganic nitrate as an ergogenic aid: an expert consensus derived via the modified Delphi technique. *Sports Medicine*. 52(10): 2537-2558
6. Bryan, N.S., Burleigh, M.C., Easton, C. The oral microbiome, nitric oxide and exercise performance. *Nitric Oxide*. 125: 23-30
7. Shannon, O.M., **Easton, C.**, Shepherd, A.I., Siervo, M., Bailey, S.J., Clifford, T. (2021). Dietary nitrate and population health: a narrative review of the translational potential of existing laboratory studies. *BMC Sports Science, Medicine and Rehabilitation*. 13(1): 1-17
8. Burleigh, M.C., Sculthorpe, N., Henriquez, F.L., & **Easton, C.** (2020). Nitrate-rich beetroot juice offsets salivary acidity following carbohydrate ingestion before and after endurance exercise in healthy male runners. *PLOS ONE*. 15(12): e0243755
9. Bescos, R., Ashworth, A., Cutler, C., Brookes, Z. L., Belfield, L., Rodiles, A., Casas-Agustench, P., Farnham, G., Liddle, L., Burleigh, M., White, D., **Easton, C.**, & Hickson, M (2020). Effects of chlorhexidine mouthwash on the oral microbiome. *Scientific Reports*. 10(8): 5254.
10. Burleigh, M.C., Liddle L., Monaghan C., Muggeridge, D.J., Sculthorpe N., Butcher, J.P., Henriquez, F.L., **Easton, C**. (2019). Dietary nitrate supplementation alters the oral microbiome but does not improve the vascular responses to an acute nitrate dose. *Nitric Oxide*. 89: 54 – 63
11. Ashworth, A., Cutler, C., Farnham, G., Burleigh, M., Rodiles, A., Sillitti, C., Kiernan, M., Moore, M., Hickson, M., **Easton, C.**, Bescos, R. (2019). Dietary intake of inorganic nitrate in vegetarians and omnivores and its impact on blood pressure, resting metabolic rate and the oral microbiome. *Free Radical Biology and Medicine*. 138: 63 – 72
12. Smith, K., Muggeridge, D. J., **Easton, C.** & Ross, M. D. (2019). An acute dose of inorganic dietary nitrate does not improve high-intensity, intermittent exercise performance in temperate or hot and humid conditions. *European Journal of Applied Physiology*. 119(3): 723 – 733
13. McIlvenna, L. C., Muggeridge, D. J., Forrest, L., Monaghan, C., Liddle, L., Burleigh, M. C., Sculthorpe, N., Fernandez, B. O., Feelisch, M. & **Easton, C.** (2019). Lower limb ischemic preconditioning combined with dietary nitrate supplementation does not influence time-trial performance in well-trained cyclists. *Journal of Science and Medicine in Sport*. 22: 852 – 857
14. Liddle, L., Burleigh, M. C., Monaghan, C., Muggeridge, D. J., Sculthorpe, N., Pedlar, C. R., Butcher, J., Henriquez, F. L. & **Easton, C.** (2019). Variability in nitrate-reducing oral bacteria and nitric oxide metabolites in biological fluids following dietary nitrate administration: an assessment of the critical difference. *Nitric Oxide*. 83: 1-10.
15. Burleigh, M.C., Liddle L., Monaghan C., Muggeridge, D.J., Sculthorpe N., Butcher, J.P., Henriquez, F.L., Allen, J.D., **Easton, C**. (2018). Salivary nitrite production is elevated in individuals with a higher abundance of oral nitrate-reducing bacteria. *Free Radical Biology and Medicine*. 120: 80-88.