Center for Circadian Biology

16th Annual Symposium, March 2 - 3, 2026

# Program Agenda

| DAY 1. | |
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| Morning session: Tissue Clocks and Integrated Physiology | |
| 9:00 – 9:15 | **Welcome remarks**<br>**Opening Message**<br>**Dr. John Carethers, Vice Chancellor of Health Sciences, UCSD** |
| 9:15 – 9:40 | **Amir Zarrinpar, MD, PhD, University of California, San Diego, CA USA**<br>Circadian Biology Beyond the Host: Microbial Time, Bile Acids, and Metabolic Health |
| 9:40 – 10:05 | **Joseph Bass, PhD, Northwestern University, Chicago, IL USA**<br>Circadian Design in Bioenergetics and Emerging Therapeutics |
| 10:05 – 10:30 | **Karyn Esser, PhD, University of Florida, Gainesville, FL USA**<br>Keeping Time for the Body: Skeletal Muscle Clocks and Systemic Health |
| Coffee Break | |
| 10:45 – 11:10 | **Frederic Gachon, PhD, Aarhus University, DENMARK**<br>Feeding-Regulated Glycogen Metabolism Drives Rhythmic Liver Protein Secretion |
| 11:10 – 11:35 | **Vanessa Leone, PhD, University of Wisconsin, Madison, WI USA**<br>Implications for Gut Microbes in Behavioral and Thermoregulatory Outputs of Circadian Networks |
| 11:35 – 12:00 | **Christoph Thaiss, PhD, Arc Institute, Palo Alto, CA USA**<br>Environment-Body-Brain Interactions |
| Lunch Break | |
| Afternoon Session: Nutrient Timing and Metabolic Homeostasis | |
| 1:30 – 1:55 | **Kristin Eckel-Mahan, PhD, MD Anderson Cancer Center/University of Texas Health Sciences Center, Houston, TX USA**<br>Circadian and nutrient-based control of adipocyte progenitor activity |
| 1:55 – 2:20 | **Satchidananda Panda, PhD, The Salk Institute for Biological Studies, La Jolla, CA USA**<br>Eat-Sleep-Exercise and repeat for health |
| 2:20 – 2:45 | **Gad Asher, PhD, Weizmann Institute, ISRAEL**<br>From Circadian Clock Resetting to Hepatopulmonary Syndrome |
| Coffee Break | |
| 3:00 – 3:25 | **Nicholas Webster, PhD, University of California, San Diego, CA USA**<br>Circadian Rhythms and Cancer |
| 3:25 – 3:50 | **Matthew Thomas, PhD, University of Kentucky, Lexington, KY, USA**<br>Targeting Circadian Rhythms to Reduce Metabolic Risk in Postmenopausal Women |
| 3:50 – 4:15 | **Atul Malhotra, MD, University of California, San Diego, CA USA**<br>Incretins in Sleep Disorders |
| 4:15 – 6:00 | Poster Session |

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| Day 2. | |
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| 8:30 – 9:00 Breakfast | |
| Morning Session: Circadian Disruption and Chronotherapeutics | |
| 9:00 – 9:25 | **Frank Scheer, PhD, Brigham and Women's Hospital, Boston, MA USA**<br>Circadian Misalignment, Metabolism, and Meal Timing Countermeasures |
| 9:25 – 9:50 | **Jessilyn Dunn, PhD, Duke University, Durham, NC USA**<br>Digital Biomarkers of Health and Disease |
| 9:50 – 10:15 | **Courtney Peterson, PhD, University of Alabama, Birmingham, AL USA**<br>Time-Restricted Eating and Chrononutrition Interventions: Do They Improve Cardiometabolic Health in Humans |
| Coffee Break | |
| 10:30 – 10:55 | **Emily Manoogian, PhD, The Salk Institute for Biological Studies, La Jolla, CA USA**<br>Chrononutrition for Shiftwork and Chronic Disease |
| 10:55 – 11:20 | **TBA** |
| 11:20 – 11:45 | **Andrew McHill, PhD, Oregon Health & Science University, Portland, OR USA**<br>Uncoupling the Impact of Sleep and Circadian Disruption on Metabolic Health |
| Lunch Break | |
| 11:45 – 1:15 | Lunch with the Professor |
| Afternoon Sessions: Model Organisms and Molecular Clock Mechanisms | |
| 1:15 – 1:40 | **Mimi Shirasu-Hiza, PhD, Columbia University, NY USA**<br>How to eat more, lose fat, and live longer: lessons from Drosophila on intermittent fasting |
| 1:40 – 2:05 | **Swathi Yadlapalli, PhD, University of Michigan, MI USA**<br>Introns as Molecular Circadian Timers |
| 2:05 – 2:30 | **Hikari Yoshitane, PhD, Tokyo Metropolitan Institute of Medical Science, JAPAN**<br>Mouse Circadian Proteome Atlas |
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| 2:45 – 3:10 | **Alex Keene, PhD, Texas A&M, College Station, TX USA**<br>The Evolution of Sleep Loss in Mexican Cavefish |
| 3:10 – 3:35 | **Jacqueline Pelham, PhD, Washington University, MO USA**<br>The Long and Short of it: Disordered Isoforms and Temperature in the Core Clock |
| 3:35 – 4:00 | **Closing Remarks** |
| Banquet<br>Award Ceremony – Best Poster<br>Special Lecture - Martin Tresguerres, PhD, Scripps Institute of Oceanography, La Jolla, CA, USA | |

*Agenda is subject to change