

2022 ANNUAL REPORT

Exercise Medicine Research Institute



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Director's report

It is a great pleasure to present the *2022 Annual Report* for the Exercise Medicine Research Institute (EMRI), at Edith Cowan University (ECU).

EMRI is a pioneer in the prescription of exercise for the management of chronic disease. By researching solutions for patients and clinicians, we have established best practice in exercise medicine, informed patient management and improved the efficiency of standard therapies and treatments for disease.

In 2022, the Institute focused its efforts in accordance with the University's new *Strategic Plan 2022–2026 – Towards the University of the Future*. EMRI performed strongly during the year, with total external funding for the year of \$2.276 million. We continued to attract, grow and retain the best researchers, and our world-class research in exercise medicine was published in 67 prestigious journal papers.

The Institute's research excellence and high-calibre researchers won significant awards and recognition throughout the year. In alignment with ECU's new strategic goal to empower the talent and potential of our staff, EMRI continued to recognise staff via our career development awards for early- and mid-career researchers.

In 2022, we established the Catherine Bell Award for Excellence and Professional Development. The award was introduced in recognition of Catherine's long-term contribution to ECU and EMRI. The Institute has also developed professional courses for exercise physiologists who work with people with cancer.

EMRI's numerous strategic achievements in 2022 are highlighted in this report. Of note is the Institute's establishment, together with ECU, of an exercise clinic facility within the West Coast Eagles premises at Mineral Resources Park, in Lathlain. The facility is used as a site for clinical trials and for Vario Clinic services.

Also noteworthy, new findings from EMRI's current research into the anti-cancer mechanisms of exercise through exercise-induced myokines on prostate cancer cells attracted significant global media coverage in top-tier media outlets, securing 517 global mentions and reaching a potential 1.01 billion people, valued at an estimated A\$9 million in advertising spend.

The journal *Prostate Cancer and Prostatic Diseases*, from the prestigious *Nature* publishing group, included a landmark paper from research led by our EMRI PhD candidate Jin-Soo Kim, among its collection of most significant articles published: 'Best of 2022 in prostate cancer and prostatic diseases'.

Here at EMRI, our staff, students, and collaborators foster cooperation, consensus-building and active decision-making. I commend the dedicated efforts of all EMRI staff and our students. We are each committed to ensuring that all people benefit from exercise medicine regardless of location, access, or finances, by extending our allied health clinics and telehealth services. As we did during 2022, we will continue to work with clinicians, community groups and not-for-profit organisations to understand the issues they encounter and respond with targeted research and clinical programs that improve health care and patient outcomes.



Professor Daniel Galvão,
Director, Exercise Medicine Research Institute

Who we are

Established in 2003, the Exercise Medicine Research Institute (EMRI) at Edith Cowan University (ECU) is an international leader in exercise as a medicine in the management of chronic disease, with a primary focus on cancer and neurological disorders. The Institute houses an innovative, multidisciplinary and productive research team in exercise science and behavioural medicine that is dedicated to investigating the extent to which exercise can be employed in cancer management to materially improve patient outcomes.

EMRI is a National Health and Medical Research Council (NHMRC) Centre for Research Excellence in Prostate Cancer Survivorship and has received continuous nationally competitive research funding since its establishment including from the NHMRC, Prostate Cancer Foundation of Australia (PCFA), Cancer Australia, Cancer Council Western Australia (WA) and the Movember Foundation.

EMRI has extensive national and international linkages, and continues to build collaboration among researchers, clinicians, industry and government to optimise health and improve the quality of life and survival for people with cancer.

The research team's unique convergence of clinical patient care, exercise medicine and innovation in health intervention underpins the Institute's achievement in cancer research.

Our vision, purpose and values

In line with the University's purpose, vision and values, EMRI's vision is for a world where exercise is an accepted medicine for complex chronic conditions. Through research informed by health consumers and clinicians, EMRI advocates for best practice in exercise medicine, informs best practice patient management and changes the narrative around the treatment of chronic disease.

ECU's **purpose** is to transform lives and enrich society.

ECU's **vision** is to lead the sector in educational experience, research with impact, and in positive contributions to industry and communities.

Students, staff and Council members will always conduct their study, work and service to ECU in ways that embrace the University's **values**.



Integrity: We are ethical, honest and fair and demonstrate trust and personal responsibility.

Respect: We treat everyone within our diverse community with dignity and respect.

Rational Inquiry: Our decision-making is driven by evidence, sound reasoning and creative thinking.

Personal Excellence: We demonstrate the highest personal and professional standards.

Courage: We are bold and resolute in our thinking and actions in pursuit of our goals.

Our strategic focus

The Exercise Medicine Research Institute is committed to meeting the goals and objectives of the University's new *Strategic Plan 2022–2026 – Towards the University of the Future*, which outlines ECU's commitments to achieve its vision as follows:

- Be dedicated to every student's success
- Provide real-world research solutions
- Create partnerships for economic and social wellbeing
- Empower our staff to lead in a diverse and values-based organisation
- Secure our future through innovation and leadership

EMRI's goals and priorities

1. Attract, support, grow and retain the best researchers
2. Undertake world-class research on exercise medicine, from benchtop to bedside
3. Ensure exercise medicine is innovative and integrated for patient care
4. Change the narrative around management of chronic disease

ECU's strategic goals and priorities

1. Delivering an exceptional student experience for success in work and life
2. Undertaking impactful world-class research
3. Leading the sector in internationalisation
4. Empowering the talent and potential of our staff
5. Securing our future

Awards and recognition

- Dr Oliver Schumacher received the Cancer Council WA Postdoctoral Research Fellowship (\$225,000 over three years).
- Dr Oliver Schumacher received the PCFA Priority Impact Research Award – Future Leaders (\$100,000)
- Dr Carolyn McIntyre received an EMRI Mid-career Research Award for career development support (\$10,000).
- Dr Jodie Cochrane Wilkie received an EMRI Mid-career Research Award for career development support (\$10,000).
- Dr Caitlin Fox-Harding received an EMRI training award to attend the World Health Organization’s ‘International Agency for Research on Cancer (IARC)’ Research Leadership Training Programme.
- Ms Christine Kudiarasu received the inaugural Catherine Bell Award for Excellence and Professional Development.
- Mr Hao Luo awarded the 2022 Rowe Scientific Prize for Excellence in a Scientific Discipline.
- Mr Pedro Lopez was Highly Commended for Best Media Campaign by a Higher Degree by Research Student at ECU, in the annual ECU Media Awards.



From left: Professor Daniel Galvão, Dr Jodie Cochrane Wilkie, Dr Carolyn McIntyre and Professor Rob Newton

Report on performance

EMRI's response in 2022 to the strategic goals and priorities set out in the University's Strategic Plan met or exceeded the Institute's targets. Key highlights of EMRI's achievements during the year follow.

Highlights: Strategic goal 1

Delivering an exceptional student experience for success in work and life

EMRI promotes a high-level research culture through a model of participation, collaboration and integration. It's an environment in which staff and students share and work towards realising ECU's vision: to lead the sector in educational experience, research with impact, and in positive contributions to industry and communities.

Higher Degree by Research (HDR)

EMRI's objective to foster HDR excellence saw an increase in the total HDR cohort from 19 to 23, with four new enrolments at the Institute in 2022.

HDRs	2022
Number of HDR completions (including PhD and Masters)	5
Number of new HDR enrolments (including PhD and Masters)	4
Total number of HDR candidates (including PhD and Masters)	23
Number of publications co-authored by a HDR candidate	17

Compliance	
Research Integrity Training (number and percentage of members completed)	100%
Registered Accredited HDR Supervisors (number and percentage of members completed)	100%

Highlights: Strategic goal 1

Delivering an exceptional student experience for success in work and life (cont'd)

HDR students

- Francesco Bettariga (PhD)
- Kylie Cormack (PhD)
- Cristina Crespo Garcia (PhD)
- Brendan Crosby (MSc)
- Kedar Deshpande (PhD)
- Brianna Fleay (MSc)
- Sarah Ford (MSc)
- Min-Jyue Huang (PhD)
- Jin-Soo Kim (PhD)
- Christine Kudiarasu (PhD)
- Yang Li (PhD)
- Pedro Lopez (PhD)
- Amber Louw (PhD)
- Hao Luo (PhD)
- Lorna Mansell (MSc)
- Anna Maria Markarian (PhD)
- Callum McCaskie (PhD)
- Sanjay Ramakrishnan (PhD)
- Bristi Roy (MSc)
- Christelle Schofield (PhD)
- Oliver Schumacher (PhD)
- Calvin Sidhu (PhD)
- Hong Ngoc Thai Vo (MSc)

Highlights: Strategic goal 2

Undertaking impactful world-class research

EMRI’s ongoing research program responds to the constantly evolving clinical treatment of complex conditions. We are discovering, for example, the underlying biological mechanisms through which exercise medicine suppresses cancer cell growth and enhances the effectiveness of radiation therapy. We are also investigating if exercise in patients with borderline resectable or locally advanced pancreatic cancer undergoing neoadjuvant therapy can improve patient outcomes, and the potential of telehealth exercise programs in patients who are overweight or obese.

Research excellence	
Grants awarded/ Total external income for the year	\$3.3 million /\$2.3 million
Number of publications	67
Number of Q1 publications (journal articles)	41
Number of publications with an international co-author	32

New research grants

EMRI secured almost \$3.3 million in research grant funding in 2022 as follows:

- 2023-2025, Spinal Cord Injury Collaborative Research Program: A partnership between Spinal Cord Injuries Australia (SCIA) and ECU 2023-2025, SCIA, SCIA Grant, **\$2,138,503**.
- 2022-2025, Exploring the gap in supportive cancer care in rural and remote WA, Department of Health WA, Future Health Research and Innovation Fund – Implementation Science Fellowship, **\$731,186**.
- 2022-2027, SCIA Industry Scholarship, SCIA, PhD Scholarship, **\$105,000**.
- 2023-2025, Postdoctoral Research Fellowship, Cancer Council WA, **\$225,000**.
- 2022, Priority Impact Research Award – Future Leaders, PCFA, **\$100,000**.

Continuing grants

- 2022-2026, A multicomponent exercise medicine program in patients with pancreatic cancer undergoing neoadjuvant therapy (the EXPAN trial): A two-armed phase I randomised controlled trial, NHMRC, MRFF – Clinical Trials Activity (Rare Cancers, Rare Diseases and Unmet Need) Initiative, **\$561,910**.
- 2021, Prostate cancer survivorship essentials for men with prostate cancer on androgen deprivation therapy: Transforming care to improve outcomes, NHMRC Partnership Project Grant, **\$2,250,000**.
- 2021-2025, Australasian Malignant Pleural Effusion (AMPLE)-3 trial, NHMRC, clinical trials and cohort studies, **\$1,105,749**.
- 2021-2023, Weight loss for overweight and obese prostate cancer patients: A randomised trial of a clinic-based versus telehealth delivered exercise and nutrition intervention, Cancer Council WA, Prostate Cancer Research Initiative, **\$472,739**.

Continuing grants (cont'd)

- 2020-2022, Exercise as adjuvant therapy to increase prostate tumour oxygenation and improve effectiveness of radiotherapy, Cancer Council WA, Grant, **\$94,449**.
- 2020-2022, Medical and Health Research Infrastructure Fund (MHRIF) 2019 (Round 23), Department of Health WA, Medical and Health Research Infrastructure, **\$49,651**.
- 2020-2022, Lower-body injury risk stratification in female and male recruits through muscle-bone imaging., Department of Jobs, Tourism, Science and Innovation, Defence Science Collaborative Research Grants, **\$150,000**.
- 2020-2023, Physical health during isolation, including chronic disease progression in older Western Australians, Department of Jobs, Tourism, Science and Innovation, Covid-19 Research Fund, **\$100,000**.
- 2020-2022, The added value of BAP1 immunohistochemistry and fluorescence in-situ hybridisation for CDKN2A/p16 in the diagnosis and prognostication of pleural mesothelioma, Institute for Respiratory Health, Scholarships to Support Industry Engagement PhD Projects, **\$150,000**.
- 2019-2024, SCIA, SCIA, Scholarships to Support Industry Engagement PhD Projects, **\$105,000**.
- 2019-2023, Examining the effect of creatine supplementation in augmenting adaptations to resistance training in prostate cancer patients undergoing androgen deprivation therapy: A randomised, double-blind, placebo-controlled trial. Cancer Council WA, Collaborative Cancer Grant Scheme, **\$50,000**.
- 2019-2022, Muscle morphology and function in women with advanced-stage ovarian cancer: Response to exercise medicine and implications for treatment, Cancer Council WA, PhD Top Up Scholarship, **\$30,000**.
- 2019-2022, Assessment of elite AFL athletes and the integration of data analytics, Pernix, scholarships to support Industry Engagement PhD projects, **\$52,500**.
- 2019-2022, Develop a systematic profiling of neurological conditions that will facilitate personalised treatment and streamline service delivery, Multiple Sclerosis Society of Western Australia (MSWA), MSWA – Research funding for social and applied research, **\$3,300,000**.
- 2018-2024, An exploratory study to determine if exercise can impact the gut microbiota composition of men receiving androgen suppression therapy for prostate cancer, PCFA, Grant, **\$98,875**.
- 2018-2023, Intense Exercise for survival among men with Metastatic Castrate-Resistant Prostate Cancer (INTERVAL – MCRPC): A multicentre, randomised, controlled, phase III study, The Movember Group, Movember – GAP4 Prostate Cancer Exercise and Metabolic Health, **\$635,910**.
- 2018-2023, Can exercise delay transition to active therapy in men with low grade prostate cancer? A multi-centre randomised controlled trial, NHMRC, Project Grants, **\$596,084**.
- 2018-2023, The effect of cognitive and exercise training on brain atrophy and cognitive decline in breast cancer patients treated with adjuvant chemotherapy agents, Cancer Council WA, Collaborative Cancer Grant Scheme, **\$99,932**.
- 2016-2024, Centre for Research Excellence in Prostate Cancer Survivorship (CRE-PCS), NHMRC, Centres of Research Excellence, **\$1,172,654**.
- 2016-2022, GAP4 exercise and metabolic health trial – exercise central coordinating centre, The Movember Group, Movember – GAP4 Prostate Cancer Exercise and Metabolic Health, **\$418,856**.
- 2015-2022, Spinal Cord Injury Collaborative Research Program: A partnership between SCIA and ECU 2015-2017, SCIA, SCIA – Grant, **\$1,389,440**.

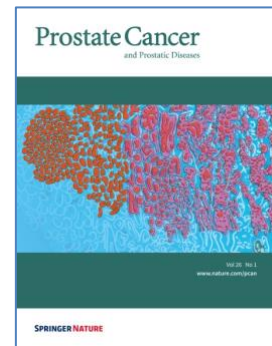


Current research studies

- INTense exercise for survival among men with metastatic castrate-resistant prostate cancer (INTERVAL – MCRPC): A multi-centre, randomised, controlled phase III study.
- Weight loss for overweight and obese prostate cancer patients: A randomised trial of a clinic-based versus telehealth-delivered exercise and nutrition intervention.
- A multicomponent exercise medicine program in patients with pancreatic cancer undergoing neoadjuvant therapy (the EXPAN trial).
- The effects of accentuated eccentric resistance training on muscle mass and strength in prostate cancer patients undergoing androgen-deprivation therapy.
- An exploratory study to determine if exercise can impact the gut microbiota composition of men receiving androgen suppression therapy for prostate cancer.
- A randomised controlled trial of exercise medicine for men undergoing active surveillance for prostate cancer.
- Exercise as adjuvant therapy to increase prostate tumour oxygenation and improve the effectiveness of radiotherapy.
- The effect of a supervised resistance exercise intervention on muscle in advanced-stage ovarian cancer survivors who have completed first line treatment.
- The effects of structured exercise on melanoma patients receiving immunotherapy.
- The effects of conventional and accentuated eccentric resistance exercise training on tissue composition and inflammation in patients with lung cancer cachexia.
- Physical health during isolation, including chronic disease progression in older West Australians.
- Exercise medicine prior to open radical cystectomy: Feasibility and preliminary efficacy.
- Effect of chronic and acute exercise-induced myokines on prostate cancer cells.
- Exploring moderators of resistance exercise effects and dosage in men with prostate cancer: From aggregate to individual patient data meta-analyses.
- Develop a systematic profiling of neurological conditions that will facilitate personalised treatment and streamline service delivery.
- Prostate cancer survivorship essentials for men with prostate cancer on androgen deprivation therapy: transforming care to improve outcomes.

EMRI in the media (summary of major events reported)

- Researchers from the Exercise Medicine Research Institute authored the paper ‘Exercise in advanced prostate cancer elevates myokine levels and suppresses in-vitro cell growth’, originally published in *Prostate Cancer and Prostatic Diseases* in March 2022. New findings in the ongoing research project highlighted first-ever results that men with advanced prostate cancer are able to produce an acute elevation in anti-cancer molecules (myokines) in response to a single bout of vigorous exercise. The research attracted media coverage in tier-one media outlets such as [msn.com](https://www.msn.com), *New York Post*, *Medical News Today*, *Daily Mirror*, *Times of India*, *Mundo Deportivo* and more. The campaign secured 517 global mentions, reaching a potential 1.01 billion people and worth an estimated A\$9 million in advertising spend.



- The paper ‘Resistance training effectiveness on body composition and body weight outcomes in individuals with overweight and obesity across the lifespan: A systematic review and meta-analysis’ was originally published in *Obesity Reviews* in February 2022. The research found weight training, paired with a lower calorie intake for people with obesity, to be as effective, and a safer alternative for people with serious obesity, as aerobic exercise, which is commonly prescribed for weight loss. Lead author Mr Pedro Lopez appeared in media such as [msn.com](https://www.msn.com). The campaign reached 17 countries – proving particularly popular in the US – and generated 264 media mentions overall with a potential audience of over 220 million people, worth an advertising space rate of A\$2 million.
- The Washington Post - <https://www.washingtonpost.com/health/2022/06/10/cancer-exercise-benefits/> Exercise may lower your cancer risk and help if you get the disease.



(The Washington Post illustration/Stock)

- Prostate Cancer Foundation of Australia. <https://www.pcfa.org.au/news-media/news/scientists-study-benefits-of-exercise-to-combat-prostate-cancer/>



Research Learn about our research program	Awareness Learn about prostate cancer and treatment options	Support Learn about support groups and programs	Get Involved Events, donations and partnerships	Online Community Login or join our free forum, research blog and video gallery
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 A banner with a blue background. On the left, a white rounded rectangle contains the text "Scientists study benefits of exercise to combat prostate cancer". On the right, a photograph shows a man in a dark polo shirt with an "ECU" logo, smiling in a laboratory setting.

- Sydney Morning Herald. <https://www.smh.com.au/lifestyle/health-and-wellness/the-exercise-elixir-five-ways-movement-lengthens-longevity-20220609-p5ashd.html> The exercise elixir: Five ways movement lengthens longevity.
- ECU Media – <https://www.ecu.edu.au/newsroom/articles/news/ecu-exercise-scientist-awarded-prestigious-cancer-council-western-australia-postdoctoral-fellowship>. ECU exercise scientist, Dr Schumacher, awarded prestigious Cancer Council Western Australia Postdoctoral Fellowship. It will see \$225,000 go towards work which may soon change how we treat cancer patients. Dr Schumacher is investigating the effects of exercise on tumours, and how exercise may improve the delivery and effectiveness of common anti-cancer treatments such as chemotherapy and radiotherapy.
- ECU Media – <https://www.ecu.edu.au/newsroom/articles/research/working-out-to-fight-back-against-breast-cancer-treatment-side-effects>. Working out to fight back against breast cancer treatment side effects. Radiotherapy has emerged as an important component of breast cancer treatment, but can lead to cancer-related fatigue and negatively impact patients' health-related quality of life. ECU research has revealed exercise may make life more tolerable for patients. The campaign reached 25 countries, and a potential audience of over 330 million people worth an estimated \$3 million in advertising spend.

Highlights: Strategic goal 3

Leading the sector in internationalisation

In 2022, EMRI continued to nurture existing international collaborations and pursue prestigious international partnerships; for example, with the University of California San Francisco, University of Cologne, University of Alberta, the University of Montreal Hospital Center and Radboud University Medical Centre, The Netherlands.

Long-term industry partnerships include global pharmaceutical company Abbvie, multinational pharmaceutical and biotechnology company AstraZeneca, and Technogym – the pre-eminent exercise equipment manufacturer in the world.

Highlights: Strategic goal 4

Empowering the talent and potential of our staff

In line with the strategic priorities of ECU's goal to increase support for staff to maximise their talent and potential as individuals, members of teams and through their professional network, EMRI identified the need to develop professional courses for exercise physiologists who work with cancer patients and survivors.

The courses are designed to provide critical information required for allied health professionals to further enhance their own careers and to provide effective advice about the role of exercise in the management of cancer.

'Exercise Oncology at ECU' is a professional development course designed to provide the knowledge and skills required to design and implement safe and effective exercise programs for people with cancer. The course also provides critical information required for allied health professionals to provide effective advice about the role of exercise in the management of cancer. In 2022, 18 exercise physiologists and allied health professionals attended the course.

The Institute also recognises staff in their professional development through awards programs. In 2022, the annual EMRI career development awards supported **Dr Carolyn McIntyre and Dr Jodie Cochrane Wilkie** each with an **EMRI Mid-career Research Award** (\$10,000). **Dr Caitlin Fox-Harding** received a **training award to attend the World Health Organization's 'International Agency for Research on Cancer (IARC)' Research Leadership Training Programme**.

Highlights: Strategic goal 5

Securing our future

EMRI's advanced, world-class facilities enable the transformation of teaching, learning and research into real-world practice. For 20 years, we have secured funding for research equipment and clinical and research personnel from the NHMRC, PCFA, Commonwealth and state Departments of Health, and from philanthropic support – testimony to our reputation.

Together with ECU, the Institute established an exercise clinic facility within the West Coast Eagles premises at Mineral Resources Park, in Lathlain. The facility will be used as a site for clinical trials and for Vario Clinic services.

Highlights: Strategic goal 5 Securing our future (cont'd)

The Vario Health Clinic provides research-informed, best-practice allied health services and programs to the public. In 2022, the Clinic saw an increase in patient visits to 29,082, up from 28,786 in 2021.

NeuroMoves is a specialised exercise rehabilitation program for people with spinal cord injury and acquired brain injury.

In 2022, EMRI again secured funding for infrastructure to ensure that our state-of-the-art facilities and equipment at our vital facilities remain at the forefront of advances in technology.

Vario Health Clinic

The Vario Health Clinic delivers best-practice wellness programs and consulting and assessment services to the community.

Current Programs

- Exercise Medicine for Life
- Exercise Medicine for Life Wellness
- Medicare Exercise Physiology, Physiotherapy and Dietetics
- Medicare Exercise Physiology, Physiotherapy and Dietetics (Telehealth)
- Medicare Group Allied Health Type 2 Diabetes Exercise Program
- Department of Veterans' Affairs Exercise Physiology, Physiotherapy and Dietetics
- Cancer Council Life Now Exercise Program
- National Disability Insurance Scheme Exercise Physiology, Physiotherapy and Dietetics
- WorkCover WA Exercise and Physiotherapy Rehabilitation Program
- Private Exercise Physiology, Physiotherapy and Dietetics

Services

- Exercise physiology
- Dietetics
- Physiotherapy
- NeuroMoves SCIA

Number of patients

- 29,082 client visits

Report on operations

Governance

EMRI is governed by an external Advisory Board, which oversees compliance of the Institute's governance responsibilities and provides strategic advice. An internal Management Committee manages and steers the Institute's operations and affairs.

Meetings in 2022

Number of External Advisory Board meetings held in 2022 (for Institutes)	1 Board meeting with members 4 ad hoc meetings with individual members
Number of Steering Management Committee meetings held in 2022	21

Advisory Board members

- Professor Daniel Galvão, Director, Exercise Medicine Research Institute
- Professor Rob Newton, Deputy Director, Exercise Medicine Research Institute
- Professor Suzanne Chambers, Executive Dean, Faculty of Health Sciences, Australian Catholic University
- Professor Paul Lavery, School of Science, Edith Cowan University
- Dr Tom Shannon, Urologist, Hollywood Private Hospital
- Ms Francesca Rogers, Urology Clinical Nurse Consultant, Thyer Urology, Hollywood Medical Centre
- Ms Anne Elam, Consumer Representative, Vario Health Clinic

Management Committee

- Professor Daniel Galvão, Director, Exercise Medicine Research Institute
- Professor Robert Newton, Deputy Director, Exercise Medicine Research Institute
- Ms Catherine Bell, Business Manager, Exercise Medicine Research Institute
- Professor Dennis Taaffe, Professor, Exercise Medicine Research Institute
- Mr Kyle Smith, Coordinator, Clinical Exercise Physiology

External Committee appointments

- NHMRC Grant Review Panel Member Clinical Trials and Cohort Studies, Canberra, Daniel Galvão
- Research Grants Committee of the Medical and Scientific Advisory Panel, Cancer Council WA, Daniel Galvão
- National Research Advisory Committee, Prostate Cancer Foundation of Australia, Daniel Galvão
- The Healthy Male – Member, Board of Directors, Rob Newton
- Australian Research Council – Medical Research Advisory Group, Rob Newton
- National Breast Cancer Foundation, Peer Review Committee, Rob Newton
- Western Australian Health Translation Network, Management Committee, Rob Newton
- Cancer Council WA Pre-doctoral Research Grants Advisory Subcommittee, Favil Singh
- West Australian Bone Research Collaboration Committee, Jodie Cochrane Wilkie
- Raine Musculoskeletal Special Interest Group, Jodie Cochrane Wilkie
- Editorial Board for *BMC Sports Science, Medicine and Rehabilitation*, Jodie Cochrane Wilkie
- Editorial Board for *Journal of Gerontology Medical Sciences, Journal of Science and Medicine in Sport, Journal of Gerontology and Geriatrics*, Dennis Taaffe

Staff profile

Academic staff

- Professor Daniel Galvão, Director
- Professor Rob Newton, Deputy Director
- Professor Joanne Dickson
- Professor Dylan Edwards
- Dr Caitlin Fox-Harding
- Dr Kristina Kendall
- Associate Professor Philippa Lyons-Wall
- Dr Georgios Mavropalias
- Dr Carolyn McIntyre
- Professor Ken Nosaka
- Dr Favil Singh
- Professor Dennis Taaffe
- Dr Onno Van Der Groen
- Dr Jodie Cochrane Wilkie

Adjunct Academic Staff

Associate Professor Lauren Buffart

Radbound University Medical Centre, The Netherlands

Associate Professor Vinicius Cavalheri

South Metropolitan Health Service, Curtin University

Professor Suzanne Chambers

Australian Catholic University

Clinical Associate Professor Raphael Chee

GenesisCare and Perth Radiation Oncology

Professor Kerry Courneya

University of Alberta, Canada

Clinical Associate Professor Kynan Feeney

St John of God Hospital (Murdoch)

Professor Frank Gardiner

Royal Brisbane and Women's Hospital

Dr Nicolas Hart

Caring Futures Institute Cancer Survivorship Program, Flinders University

Dr Emily Jeffery

Curtin University

Clinical Professor David Joseph

Sir Charles Gairdner Hospital & GenesisCare

Professor William Kraemer

The Ohio State University, USA.

Professor Gary Lee

University of Western Australia Medical School

Professor Fred Saad

Chum Research Centre, Université de Montréal

Professor Christobel Saunders

The University of Western Australia Medical School

Clinical Associate Professor Tom Shannon

The Prostate Clinic

Clinical Professor Aris Siafarikas

Princess Margaret Hospital

Clinical Professor Nigel Spry

Exercise Medicine Research Institute

Clinical Associate Professor Colin Tang

Sir Charles Gairdner Hospital and 5D Clinics

Clinical Associate Professor Daphne Tsoi

St John of God Hospital (Subiaco and Murdoch)

Dr Yvonne Zissiadis

GenesisCare and Fiona Stanley Hospital

Staff profile (cont'd)

Business Manager

- Ms Catherine Bell

Research Coordinators

- Ms Christine Kudiarasu
- Mr Kyle Smith
- Mrs Cailyn Walker

Administrative Officers

- Ms Audrey Cox
- Ms Jenni Evans
- Ms Jackie Gilbert

Allied Health Practitioners

Vario Health Clinic

- Mr Sam Adams – Accredited Exercise Physiologist
- Mr Dayn Hedley – Accredited Exercise Physiologist
- Ms Christine Kudiarasu – Accredited Exercise Physiologist
- Mrs Nathalie Long – Accredited Exercise Physiologist
- Mrs Claire Mason – Accredited Exercise Physiologist
- Ms Analise Nicholl – Dietitian
- Mr Jake Nimmo – Accredited Exercise Physiologist
- Mr Simon Pratt – Physiotherapist
- Mr Kyle Smith – Accredited Exercise Physiologist
- Ms Lydia Yap – Accredited Exercise Physiologist

NeuroMoves Clinic

- Ms Jessica Barclay – Accredited Exercise Physiologist
- Mr Vishaan Devchand – Physiotherapist
- Mr Marco Kapp – Accredited Exercise Physiologist
- Mr Joel Latham – Accredited Exercise Physiologist
- Ms Hayley Paterson – Accredited Exercise Physiologist
- Mr Daley Peters – Accredited Exercise Physiologist
- Mr Nate Worthy – Accredited Exercise Physiologist

Publications

Research Articles (PubMed Indexed Papers [search: EMRI affiliation and year: 2022])

1. Wilson RL, Taaffe DR, Newton RU, Hart NH, Lyons-Wall P, Galvão DA. Obesity and prostate cancer: A narrative review. *Critical Reviews in Oncology/Hematology*. 2022 Jan;169:103543. doi: 10.1016/j.critrevonc.2021.103543. Epub 2021 Nov 20.
PMID: 34808374 Review.
2. Cecins E, Cavalheri V, Taaffe DR, Hill AM, Hug S, Hill K. Prevalence of suspected poor bone health in people with chronic obstructive pulmonary disease – A cross-sectional exploratory study. *Chronic Respiratory Disease*. 2022 Jan-Dec;19:14799731221120429. doi: 10.1177/14799731221120429.
PMID: 36069319
3. Fox-Harding C, Carew M, Harrington K. Reflections from the peer-supported writing and wellbeing program, Write Smarter Feel Better. *Journal of American College Health*. 2022 Jan 13:1-3. doi: 10.1080/07448481.2022.2026362. Online ahead of print.
PMID: 35025721
4. Seib C, Lazenby M, Dunn J, Chambers S. Considerations about risk of ongoing distress: What can we learn from repeat screening? *Supportive Care in Cancer*. 2022 Feb;30(2):1011-1014. doi: 10.1007/s00520-021-06621-y. Epub 2021 Oct 25.
PMID: 34697675
5. Wang T, Zhang Y, Taaffe DR, Kim JS, Luo H, Yang L, Fairman CM, Qiao Y, Newton RU, Galvão DA. Protective effects of physical activity in colon cancer and underlying mechanisms: A review of epidemiological and biological evidence. *Critical Reviews in Oncology/Hematology*. 2022 Feb;170:103578. doi: 10.1016/j.critrevonc.2022.103578. Epub 2022 Jan 7.
PMID: 35007701
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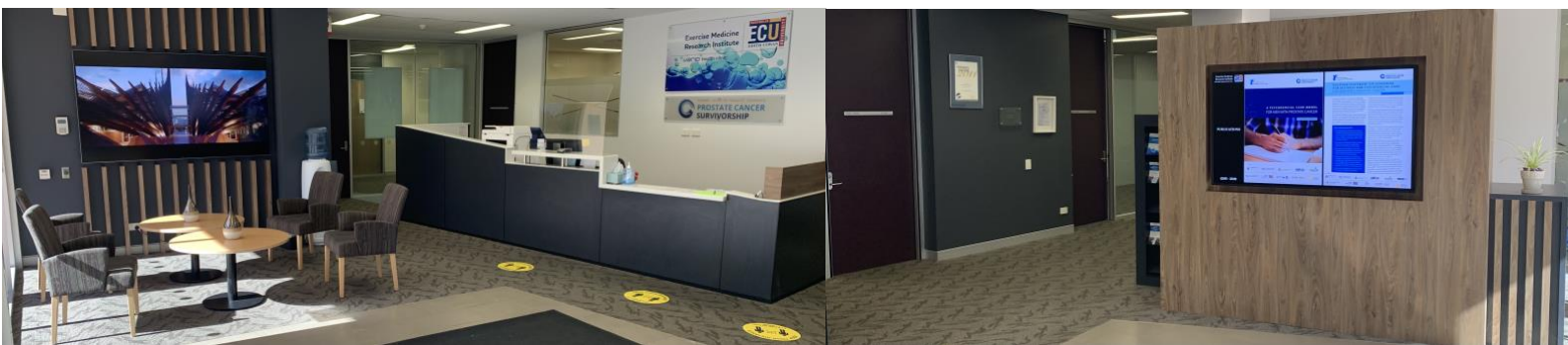
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CONTACT

Edith Cowan University
270 Joondalup Drive
Joondalup WA 6027

Exercise Medicine Research Institute
Joondalup Campus Building 21, Level 2

Phone us on (61 8) 6304 3444

Email us at emri@ecu.edu.au

Follow us at @EMRI_ECU

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