

Health science

Short-term effect of sauna on gene expression

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Other information

Dear committee.

I know this is after deadline, and importantly I don't want to take the place of another presenter. But I am during reanalysis of an interesting study, where 15 persons had measured gene expression before, immediately after, and one hour after sauna. In a way it is the perfect study, because their original aim was to find the harmful effects of heat (the study was conducted in Saudi Arabia) - hence the participants and scientists are under no impression that they are doing something good to the body. Their study, and my preliminary results, however, has deeper implications other than "physiological stress", which I find very interesting, and I think will have the interest of the conference. The study is good, data is unique and solid and I will complete a full reanalysis of the immediate effects of Sauna for the conference. The study from where I take the raw gene expression data is here:

<https://www.ncbi.nlm.nih.gov/pubmed/28842615>

I usually work as a bioinformatician at the University hospital in Denmark (Rigshospitalet).

Thank you for considering this proposal. I can send my presentation a week in advance of the conference. Please do get in touch for further questions. I will attend the conference regardless of the outcome of this proposal.