

**Curriculum Vitae**  
**Hanno Pijl, MD, PhD**  
**Professor, Department of Internal Medicine**  
**Leiden University Medical Center**

**Date** January 31, 23

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**1 Personal information**

Titles, first names, surname	Prof Hanno Pijl, MD, PhD
Birth Date	March 4, 1959
Nationality	Dutch
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**2 Education and Training**

**(Under-) graduate Education**

1971-1977: Secondary school “Stedelijk Gymnasium”, Arnhem

1977-1984: Medical studies, Erasmus University Rotterdam

**Post Graduate Education and Training**

1984-1985: Internship Internal Medicine, Dept. of Internal Medicine (Dr. H Beker), Hospital St Antoniusshove, Leidschendam

1985-1988: Residency Internal Medicine, Dept. of Internal Medicine (Dr. KH Brandt), Hospital Rijnstate, Arnhem

1988-1990: Residency Internal Medicine, Dept. of General Internal Medicine (Prof. dr. AE Meinders), Leiden University Medical Center

1990-1991: Fellowship Clinical Epidemiology, Dept. of Clinical Epidemiology, Leiden University Medical Center (Prof. dr. JP Vandenbroucke)

- 1990-1994: Research fellow. Dept. of General Internal Medicine, Leiden University Medical Center (Prof. dr. AE Meinders).
- 1994: PhD degree (thesis: Serotonin and food selection: studies in obese and bulimic humans), Leiden University, Supervisor Prof. dr. AE Meinders
- 1996-1997: Postdoctoral research fellow, University of Texas Health Science Center at San Antonio, Dept. of Medicine, Division of Diabetes (Prof. RA DeFronzo).
- 2003-2004: Residency/clinical fellowship endocrinology, Dept. of Endocrinology, Leiden University Medical Center (Prof. dr. JA Romijn)

### **Certifications**

- 1990: Board certified internist
- 2004: Board certified internist-endocrinologist

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## **3 Employment History**

### **Academic Appointments**

- 1993-2003: Member of Staff, Dept. of General Internal Medicine, Leiden University Medical Center
- 2003-: Member of Staff, Dept. of Endocrinology and Metabolic Disease, Leiden University Medical Center
- 2007-: Professor of Diabetology, in particular the neuroendocrine regulation of diabetes and obesity.  
(<https://www.universiteitleiden.nl/en/staffmembers/hanno-pijl#tab-1>)

### **Other Employment**

None

### **Professional Society Memberships (years are sometimes approximations)**

- 1991-: Dutch Society of Internal Medicine
- 1993-: Dutch Association for the Study of Obesity
- 2004-: Dutch Association for the Study of Diabetes
- 2004-: Dutch Society of Endocrinology
- 2004-2009: Endocrine Society
- 2004-2009: American Diabetes Association
- 2009-: European Association for the Study of Diabetes
- 2009-: Dutch Academy of Nutritional Science
- 2014-: Dutch Society of Aging Research

### **Honours and Awards**

- 2005: Top publication Dutch Internal Medicine 2004; awarded by the Dutch Society of Internal Medicine

2008: Top publication Dutch Internal Medicine 2007; awarded by the Dutch Society of Internal Medicine  
2017: elected gamechanger with special mention by Food100  
2018: elected gamechanger by Food100

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#### **4 Clinical Activities and Experience (If applicable)**

##### **Clinical Activities and Experience**

1991-2003: General Internal Medicine, outpatient and in hospital clinical activities, special interest in obesity and associated disease  
2003-: Endocrinology, outpatient and in hospital clinical work (LUMC)  
2003-2010: Head of outpatient clinic for diabetes (LUMC)  
2010-2014: Head of outpatient clinic for endocrinology (LUMC)

Current clinical work entails:

- 2-3 outpatient clinics per week (25-35 patients)
- 50% general endocrinology, 50% diabetes mellitus
- national referrals of patients with morbid obesity and/or complex diabetes (5-10/yr)
- once every 2 years supervision of in hospital care for endocrinology and general internal medicine patients (4 months)
- (multidisciplinary) meetings (4-5/wk)
- total time spent on clinical duties 25h/wk (exclusive supervision of fellows)

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#### **5 Administrative Activities and Responsibilities**

##### **Institutional Activities and Responsibilities**

2007-2017: Committee Quality of Patient Care (member)  
2008-2017: Committee Good Research Practice (member)  
2009-2011: Department committee “EZIS implementation” (Chair)  
2018-: Task Force “Healthy University” (member)

##### **Local, National and International Activities and Responsibilities**

###### *National Committees*

1999-2003: Dutch Association for Gastroenterology, Section Nutrition and Metabolism (secretary)  
2000-2003: Dutch Federation for Clinical Nutrition (board member)  
2000-2001: Dutch EndoNeuroPsycho Meeting (secretary Overall Organizing Committee)  
2002-2003: Dutch EndoNeuroPsycho Meeting (chairman Endocrinology Program)  
2004: Dutch EndoNeuroPsycho Meeting (chairman Overall Organizing Committee)

2006-2008: CBO Guideline committee “Diagnosis and Treatment of Obesity in adults and children” (member)  
 2008-2016: Dutch Health Council, standing committee on Nutrition (member)  
 2008-2016: Scientific Advisory Board Dutch Diabetes Foundation (vice chair)  
 2010-2011: Guideline committee “Morbid Obesity” (Dutch Society of Surgeons, member)  
 2011-2014: Medical Innovation Board TNO (member)  
 2011-2016: Review Board ZonMw TOP funding (member)  
 2014-2017: Partnership Obesity Netherlands (chair)  
 2017-: Scientific advisory board Public Health Collaboration (UK)  
 2018-2019: Review Board ZonMw Vidi grants.  
 2018-: Dutch Innovation Center for Lifestyle Medicine (co-founder and member of management team)

*Grant review*

- Dutch Diabetes Foundation
- Dutch Heart Foundation
- Netherlands Organization for Scientific Research
- Georgian National Science Foundation
- German National Science Foundation (Deutsche Forschungsgemeinschaft)
- National Institutes of Health
- UK Medical Research Council

*Editorships*

1999-2003: Archives of Physiology and Biochemistry (Associate Editor)  
 2013-2019: Nutrition & Diabetes (Board Member)

*Manuscript review (most important journals)*

- Science Translational Medicine
- Diabetes
- Diabetes Care
- Diabetologia
- American Journal of Physiology
- Journal of Clinical Endocrinology and Metabolism
- Journal of the American Medical Association

## **6 Teaching Activities and Responsibilities**

### **Teaching Activities and Responsibilities**

*(Under)graduate*

#### Co-coordinatorships

2001-2003: Co-coordinator bachelor course Molecular Medicine, Faculty of Medicine

- 2001-: Co-coordinator bachelor course Integrative Physiology, Faculty of Medicine
- 2001-2003: Co-coordinator bachelor course Metabolism, Faculty of Biomedical Sciences
- 2011-2016: Co-coordinator bachelor course Health promotion and Global Health

Regular contributions (in the form of lectures/work groups/discussion papers) to the following undergraduate courses:

- 2002-: Endocrinology third year medical school (6hr)
- 2002-: Brain & Hormones second year Biomedical Sciences (2hr)
- 2003-: Teacher of clinical skills first, second and third year medical students
- 2007-: Geriatrics third year medical school (1hr)
- 2008-: Elective course "Nutrition and Health" (1hr)
- 2008-: Frontiers of Science Course on Metabolic syndrome (1hr)
- 2009-: Elective course "The Aging Process" (2hr)
- 2010-: Leyden Academy of Vitality and Aging (2hr)
- 2012-: "From start to physician" (2hr)
- 2014-: Minor "Evolutionary Medicine" (coordinator/lecturer)
- 2014-: Minor "From DNA to personalized medicine" (1hr)
- 2014-: Minor "Heart and Blood Vessels" (1hr)

Incidental contributions of note

- 2013-2015: Honours class "Metabolic syndrome" (3hr)

Scientific traineeships

- AWP Hazewinkel. Slaapdeprivatie bij type 2 diabetes mellitus. Sept 2007-Jan 2008
- M Paulides. Calorie restriction and hypothalamic neuronal activity in type 2 diabetes. Sept 2007-Jan 2008
- F Schaper. Central oxyntomodulin and glucose metabolism in mice. Jan-July 2009
- L Hesse. Prebiotica en Obesitas. 2007-2008
- M Gucyetmez. Overfeeding and hypothalamic neuronal activity in men. Apr-Sept 2009
- Y Mol. Effects of gastric bypass and banding glucose metabolism in diabetes. Nov 2010-Mrt 2011
- G Gravesteyn. Fasting and chemotherapy induced DNA damage in lymphocytes. Nov 2012-April 2013
- L Janssen. Circulating IGF-1 and breast cancer prognosis. Apr-Sept 2013
- E Brekelmans. Protein consumption and cancer. Feb-Jun 2016.
- I Kaal. Glucose, sucrose and fructose elicit a fast BOLD response in the VTA. Feb-Aug 2016

External courses

- 2008-2010: Endocrinology course AMC 2008-2010 (1hr)
- 2009-2012: Neuro-immuno-endocrinology course EMC 2009-2012 (1hr)

### *Postgraduate*

- Regular supervision of trainees in Endocrinology and Internal Medicine  
- one at a time, 2-3 hours/wk
- Regular “updates” in Endocrinology and Metabolism for trainees in Endocrinology, Internal Medicine, Psychiatry  
- 4-8 talks/yr
- Regional Education Internal Medicine (ROIG) contributions in 2008, 2009, 2012 (2 days)
- Boerhaave Course “Vorderingen en Praktijk” 1999 (lecture)
- Boerhaave Course “Medicamenteuze Therapie” 1999 (lecture)
- Boerhaave Course “Vorderingen en Praktijk” 2000 (lecture)
- Boerhaave Course “Vorderingen en Praktijk” 2002 (lecture)
- DiHAG Nascholing Huisartsen 2004 (lecture)
- Diabetes Education Study Group, nascholing internisten 2005 (lecture)
- Boerhaave Course “Diabeteszorg in het ziekenhuis” 2005 (Chairman)
- Boerhaave Course “Endocrinologie voor de huisarts” 2005 (lecture)
- Boerhaave Course “Farmacotherapie” 2005 (lecture)
- Diabetes Education Study Group, nascholing voor internisten 2006 (lecture)
- Diabetes Update (course for internists) 2007 (lecture)
- Boerhaave Course “Medicamenteuze Therapie” 2009 (lecture)
- Stichting Postacademische Medische cursussen in Indonesie; Obesity workshop Nov 2010 (2 wk, 8 lectures)
- Boerhaave course “Vorderingen en Praktijk” 2012 (lecture)
- Boerhaave course “Vorderingen en Praktijk” 2015 (lecture)
- Boerhaave course “Vorderingen en Praktijk” 2017 (lecture)
- Boerhaave course “Vorderingen en Praktijk” 2019 (lecture)
- Regular contributions to education of regional general practitioners in the field of diabetes

### *Public lectures*

- HOVO Course 2004
- HOVO Course 2005
- Dutch Diabetes Day 2005
- HOVO Course 2011
- Keynote Lecture “Dutch IgNobel Night” 2014
- HOVO Course ‘Evolutie van veroudering en ziekte’ 2015
- Numerous lectures for various organisations (30-50/yr)

### *Teaching Qualifications*

- Teach the Teacher 2013
- Teach the Teacher plus 2014
- BKO certificate 2015
- Teach the Teacher plus 2016

- Teach the Teacher plus 2019

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## 7 Research

### Main Research Themes

The focus of my research in the past has been the neuroendocrine control of glucose and lipid metabolism in rodents and humans. I currently focus on the neuroendocrine effects of nutrition in the prevention and treatment of chronic, aging-associated disease (type 2 diabetes, cancer, cardiovascular disease).

### Theses (promoties)

#### *Completed*

- 1998 Feb: AC Toornvliet. Clinical determinants of weight loss in obese humans. Pharmacological and nutritional methods. Co-promotor
- 2000 May: JG Langendonk. The influence of body fat distribution upon hormone kinetics and cardiovascular risk factors. Co-promotor.
- 2003 Feb: SW Kok. Impact of hypocretin deficiency on neuroendocrine systems and body weight regulation in human narcolepsy. Co-promotor.
- 2003 Oct: MM Buijs. Metabolic implications of reduced growth hormone availability in abdominal obesity. Co-promotor.
- 2005 May: EWCM van Dam. Polycystic Ovary Syndrome: pathophysiological aspects. Co-promotor
- 2006 Apr: AM van den Hoek. Central Nervous System control of glucose and lipid metabolism. Co-promotor
- 2006 Apr: P Kok. Neuroendocrine features of obesity in humans. Co-promotor
- 2006 Apr: AC Heijboer. Gut-brain axis control of insulin action. Co-promotor
- 2010 Jan: S Vidarsdottir. Endocrine and metabolic effects of antipsychotic drugs. Promotor
- 2010 March: NA Aziz. Huntington's disease. Hypothalamic, endocrine and metabolic aspects. Promotor
- 2010 Oct: ET Parlevliet. Gut hormones. Novel tools in the treatment of insulin resistance. Promotor
- 2011 Apr: RC Vos. A multidisciplinary lifestyle intervention for childhood obesity: effects on body composition, exercise tolerance, quality of life and gut hormones. Promotor
- 2011 Sept: M Snel. The effects of a very low calorie diet and exercise in obese type 2 diabetes mellitus patients. Promotor.
- 2011 Oct: J Carlier-de Leeuw van Weenen. Dopamine D2 receptors in the pathophysiology of insulin resistance. Promotor.
- 2014 Jan: MA Sleddering. Insulin Resistance. Pathophysiology in South Asians & therapeutic strategies. Promotor.
- 2014 Oct: MA Lips. Roux-en-Y Gastric Bypass and Calorie Restriction: Differences and Similarities of Endocrine and Metabolic Effects in Obesity and Type 2 Diabetes Mellitus. Promotor

- 2014 Dec: CEHM Donjacour. Narcolepsy beyond sleepiness: endocrine, metabolic and other aspects. Promotor
- 2015 Feb: LEH Bakker. Pathogenesis of type 2 diabetes and cardiovascular disease in South Asians. Promotor
- 2015 Mar: MA Wijngaarden. Metabolic and endocrine adaptations to fasting in lean and obese individuals. Promotor.
- 2016 Feb: WM Jansen. Pituitary hormone secretion in familial longevity; the Switchbox study. Promotor
- 2019 Jan: D Pardi. Exploring the relationships of gamma-hydroxybutyrate and sleep on metabolism, physiology and behavior in humans. Promotor
- 2019 Okt: E van der Spoel. The endocrinology of familial longevity. Time series analyses of different hormonal axes and their interrelationships. Promotor
- 2021 Sept: S de Groot. Short-term fasting, IGF/insulin axis and therapy outcome in patients with cancer. Promotor

*Expected*

- S de Groot. Dietary restriction as an adjunct to chemotherapy in breast cancer (2021)
- Elske van der Burg. Clinical feasibility and efficacy of intermittent use of a fasting mimicking diet in the treatment of type 2 diabetes (2023)
- Marjolein Schoonakker. Clinical feasibility and efficacy of intermittent use of a fasting mimicking diet in the treatment of type 2 diabetes (2023)
- Tim Snel. GlucoInsight; integrating contextual data and glucose control in people with type 2 diabetes (2024)
- Iris de Hoogh. Personalized lifestyle advice; from proof of principle towards systems interventions (2024)

**Local, National and International Research Collaborations**

*Local*

- Prof. Mark van Buchem, prof. Serge Rombouts, dr. Jeroen van der Grond. LUMC, Dept. of Radiology. Collaboration in the area of neuroimaging in metabolic disease.
- Dr. Judith Kroep, Prof. Koos van der Hoeven, Prof. Hans Nortier. LUMC, Dept. of Oncology. Collaboration in the area of dietary restriction and cancer.
- Dr. GJ Lammers, Prof. G van Dijk, Prof. Raymund Roos. LUMC, Dept. of Neurology. Collaboration in the area of neuroendocrine and metabolic features of neurological disease (narcolepsy, Huntington, Parkinson).
- Dr. Diana van Heemst, Prof. Rudi Westendorp. LUMC, Dept. of Geriatrics. Collaboration in the area of the endocrinology of aging.
- Prof. Ko Willems van Dijk. LUMC, Dept of Human Genetics. Collaboration in the area of genetics and metabolomics of aging-associated disease.
- Dr. Bruno Guigas. LUMC, Dept of Parasitology. Collaboration in the area of nutrient sensing, metabolism and aging-associated disease.
- Dr. Maaïke Vreeswijk. LUMC, Dept. of Human Genetics. Collaboration in the area of DNA damage and chronic disease.



- Prof. Eline Slagboom, Dept of Medical Statistics and Bioinformatics. Collaboration in the area of (epi)genetics of aging-associated disease
- Prof Jessica Kiefte-de Jong. Dept of Public Health and Primary Care
- Prof Mattijs Numans. Dept of Public Health and Primary Care

#### *National*

- Prof. Jaqueline Dekker. VU Medical Center, EMGO Institute for Health en Care Research, Dept. of Epidemiology and Biostatistics. Collaboration in the area of the epidemiology of the complications of type 2 diabetes (Dutch Pearl Initiative).
- Dr Ben van Ommen. TNO (Dutch Organisation for Applied Scientific Research). Collaboration in the field of lifestyle interventions for the treatment of type 2 diabetes.

#### *International*

- Prof Valter Longo, biologist, University of Southern California, Longevity Institute, Dept. of Biological Sciences and School of Gerontology, Los Angeles, USA. Collaboration in the area of dietary restriction and the prevention and treatment of aging associated disease. Currently conducting a clinical trial evaluating the effect of low calorie, low protein diet on efficacy and tolerability of chemotherapy in women with breast cancer (DIRECT). Developing (international) trials in the area of dietary restriction and chronic disease prevention and treatment (diabetes and cancer).
- Prof Alessio Nencioni, oncologist, University of Genoa, Dept. of Internal Medicine, Genoa, Italy. Currently conducting a clinical trial evaluating the effect of low calorie, low protein diet on efficacy and tolerability of chemotherapy in women with breast cancer (DIRECT). Developing international trials in the area of dietary restriction and cancer treatment.

### **Grant Support**

#### *Grants*

1990-1994:	De invloed van het centrale serotonerge systeem op hypothalamus-hypofysefunctie en voedselinname (Clinical Research Fellowship, NWO 90-502). Principal Investigator
1996-1997:	Effect of Bromocriptine treatment on glucose tolerance, insulin secretion, insulin sensitivity and fat topography in obese type 2 diabetic patients (F 60.000,-, Dutch Diabetes Foundation). Principal Investigator
1999-2003:	Effect of NPY <sup>leu/pro</sup> polymorphism on neuroendocrine and metabolic response to nutritional status in obese subjects (ZonMW/Dutch Heart Foundation 980-10-17). Principal Investigator
2002-2007:	Role of dopamine D2 receptor in the pathogenesis of type 2 diabetes mellitus (€ 330.000,- career development grant, Dutch Diabetes Foundation 2002.01.005). Principal Investigator
2006-2011	Investigation of drug induced weight alterations to identify novel therapeutic strategies for the treatment of obesity, dyslipidemia and

- diabetes (€ 600.000,- TI Pharma grant T2-105-1). Principal Investigator
- 2008-2010 Importance of central GLP-1 signaling in mediating glucose and VLDL metabolism in high-fat-fed mice (€ 100.000,- European Foundation for the Study of Diabetes-Amylin Paul Langerhans grant). Principal Investigator
- 2011-2015: Switchbox: maintaining health in old age through homeostasis (€ 6.000.000,- European Union, FP7 program Health 2010.2.2.2-2, in collaboration with dept. of geriatrics and gerontology and dept. of radiology). Co-applicant. Principal Investigator: Prof Barbara Demeneix, CNRS, Paris.
- 2013-2017: Effects of a fasting mimicking diet on tolerance and efficacy of chemotherapy in HER2 negative breast cancer patients (€ 640.000,- Pink Ribbon). Co-applicant. Principal Investigator: dr. Judith Kroep, dept of Oncology, LUMC
- 2015-2020: European Union (Horizon2020) € 6.000.000,- POWER2DM Predictive Model Based decision support for diabetes patient empowerment. Co-applicant.
- 2015-2020: European Union (Horizon2020) € 6.000.000,- THYRAGE Resetting the thyroid axis for the prevention of age related diseases and comorbidities. Co-applicant.
- 2017-2021: ZonMw/Health Holland (PTO call / TKI) € 501.823,- Clinical feasibility and efficacy of intermittent use of a fasting mimicking diet in the treatment of type 2 diabetes. Principal Investigator.

#### *Contracts*

- 2005: Eli Lilly € 150.000,- Research support (side effects of antipsychotics) Principal Investigator
- 2005-2009: Jazz pharmaceuticals € 485.000,- Research support (novel metabolic drugs for narcolepsy) Co-applicant. Principal Investigator: dr. GJ Lammers, LUMC, dept. of Neurology
- 2004-2006: NovoNordisk 120.000,- Support for Diabetes training Endocrine fellow. Principal Investigator
- 2005-2006: Centocor € 250.000,- Development of novel drugs for type 2 diabetes. Principal Investigator
- 2005-2008: MSD € 120.000,- Clinical research center support. Principal Investigator
- 2006-2008: Eli Lilly € 80.000,- Diabetic Research Nurse (clinical study support)
- 2005-2008: Eli Lilly € 105.000,- Cardiovascular Risk Clinic
- 2006-2007: Centocor € 70.000,- Development of novel drugs for type 2 diabetes. Principal Investigator
- 2008-2009: 7TM € 130.000,- Development of novel drugs for type 2 diabetes. Principal Investigator.

#### **Managerial Qualifications**

- 2012 Good Clinical Practice certificate (LUMC)

2016 Good Clinical Practice update (LUMC)  
2018 BROK certificate (National)

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## 8 Major Invited Lectures

### *National*

- 1998 May: Peripheral tissues and the brain: interactions regulating energy balance. NASO. Plenary lecture, Bilthoven
- 1998 June: Peripheral tissues and the brain: interactions regulating energy balance. Second Dutch Endo-Neuro Meeting (NWO). Plenary lecture, Doorwerth.
- 1998 Nov: Workshop: Medische aspecten van adipositas. Congres: Nieuwe ontwikkelingen in de behandeling en het onderzoek van eetstoornissen. The Hague.
- 1998 Nov: A novel approach to the treatment of type 2 diabetes: modulation of CNS neurotransmitter activity by bromocriptine. Dutch Association for the Study of Diabetes (NVDO). Doorwerth.
- 2000 March: Adipositas: consequenties voor de gezondheid. SVEM symposium "Adipositas". Voorjaarsvergadering NVGE. Plenary lecture, Veldhoven.
- 2000 Apr: Medicamenteuze therapie van adipositas: panacee of illusie? Internistendagen. Veldhoven.
- 2004 Jan: Medicamenteuze behandeling van obesitas. KNMG symposium. Obesitas: nieuwe ontwikkelingen. Plenary lecture, Nijmegen.
- 2005 Apr: Type 2 diabetes: zit het tussen de oren? Nederlandse Internisten Dagen 2005. Maastricht.
- 2005 May: Neuroendocrine features of obesity in humans. EndoNeuroPsycho meeting Dutch Endocrine Society. Plenary lecture, Doorwerth.
- 2007 June: Medicamenteuze Therapie van Adipositas. Jaarvergadering Nederlandse Vereniging voor GastroIntestinale Chirurgie. Zeist.
- 2009 Apr: Obesitas: evolutie van een welvaartsfenomeen. Nederlandse Internistendagen. Plenary lecture. Maastricht.
- 2010 Jan: On the role of dopamine in the pathogenesis of type 2 diabetes. Dutch Endocrinology Meeting. Plenary lecture, Noordwijkerhout.
- 2012 Nov: Neuroendocrine control of glucose and lipid metabolism. Jaarvergadering Rembrandt Instituut. Plenary lecture, Noordwijkerhout.
- 2013 Mei: Type 2 diabetes mellitus: evolutionaire aspecten. Symposium Arts & Voeding, Plenary lecture, Haarlem.
- 2014 Mei: Voeding en insuline resistentie: nieuwe inzichten. Symposium Arts & Voeding, Plenary lecture, Leiden.
- 2015 Jan: Obesitas: nieuwe ontwikkelingen; Jaarsymposium Endocrinologie, Plenary lecture, Utrecht.
- 2015 Mei: Too fat or not too fat: controversen in beeld gebracht. Symposium Arts & Voeding, workshop, Leiden.

- 2015 Juni: De nieuwe NDF voedingsrichtlijn. Langerhangs symposium. Plenary lecture (2x), Utrecht en Zwolle.
- 2017 Mei: Voeding bij type 2 diabetes. European Wound Management Association (Dutch track). Workshop. Amsterdam.
- 2017-: Many times a year for various organisations

*International*

- 2000 Apr: Regulation of substrate metabolism in critical illness. ESPEN Advanced European Course of Clinical Nutrition. Maastricht.
- 2001 Apr: Peripheral tissues and the brain: interactions regulating energy balance. ESPEN Advanced European Course in Clinical Nutrition. Maastricht.
- 2004 Apr: Diet and Insulin Resistance. Introduction to a workshop. European Society of Clinical Investigation. Utrecht.
- 2005 June: Central dopaminergic antagonists potentiate obesity, glucose intolerance and type II diabetes in humans. American Diabetes Association Scientific Meeting 2005. San Diego.
- 2006 Feb: Dopaminergic circuits in the control of energy balance and fuel metabolism in man. Selfish Brain Conference. University of Lubeck, Germany.
- 2008 July: Imaging of hypothalamic neuronal activity in response to glucose ingestion. Studies in healthy individuals and in patients with type 2 diabetes mellitus. Meeting of the International Society for PsychoNeuroEndocrinology. Dresden, Germany.
- 2008 Sept: Hypothalamic control of insulin action. Seminar in Endocrinology. University of Lubeck, Germany
- 2009 Sept: Obesity: evolution of a symptom of affluence. Gulbenkian Foundation. Opening of the Academic Year, Lisbon, Portugal.
- 2009 Oct: Hypothalamic control of glucose and lipid metabolism. Annual meeting of the German Endocrinology society. Hamburg, Germany.
- 2010 March: Obesity: metabolic features and their clinical implications. EMCOP International Master Class Obesity, Rotterdam.
- 2010 May: Calorie restriction, the central nervous system and longevity. Second Selfish Brain Conference. University of Lubeck, Germany
- 2014 Jan: Novel nutritional therapy for type 2 diabetes mellitus: view from an evolutionary perspective. Bahrein Specialist Hospital. Manama, Bahrein
- 2018 June: Lifestyle Medicine: why do we need it? IAMSE international conference of medical educators. Las Vegas.
- 2018 Nov: Fasting and cancer: clinical aspects. First International conference on Fasting, Dietary Restriction, Longevity and Disease. University of Southern California at Los Angeles.
- 2018 Nov: Lifestyle Medicine for Diabetes. Ministerial Conference on Diabetes in Asia. Singapore.
- 2019 March: Fasting and health in evolutionary perspective. Live it to lead it conference. Nashville, TN.

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## 9 List of Publications (Web of Science)

### Citation report

H-index	48
Number of publications	287

### Peer-reviewed journal articles

1. van Opstal AM, Wijngaarden MA, van der Grond J, Pijl H. Changes in brain activity after weight loss. *Obesity science & practice*. 2019;5(5):459-67.
2. van Opstal AM, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts S, et al. Effect of flavor on neuronal responses of the hypothalamus and ventral tegmental area. *Scientific reports*. 2019;9(1):11250.
3. van Opstal AM, Kaal I, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, et al. Dietary sugars and non-caloric sweeteners elicit different homeostatic and hedonic responses in the brain. *Nutrition (Burbank, Los Angeles County, Calif)*. 2019;60:80-6.
4. Van Opstal AM, Hafkemeijer A, van den Berg-Huysmans AA, Hoeksma M, Mulder TPJ, Pijl H, et al. Brain activity and connectivity changes in response to nutritive natural sugars, non-nutritive natural sugar replacements and artificial sweeteners. *Nutritional neuroscience*. 2019:1-11.
5. van der Spoel E, Roelfsema F, Akintola AA, Jansen SW, Slagboom PE, Westendorp RGJ, et al. Interrelationships between pituitary hormones as assessed from 24-h serum concentrations in healthy older subjects. *The Journal of clinical endocrinology and metabolism*. 2019.
6. van der Spoel E, Oei N, Cachucho R, Roelfsema F, Berbee JFP, Blauw GJ, et al. The 24-hour serum profiles of bone markers in healthy older men and women. *Bone*. 2019;120:61-9.
7. Guo J, Givens DI, Astrup A, Bakker SJL, Goossens GH, Kratz M, et al. The Impact of Dairy Products in the Development of Type 2 Diabetes: Where Does the Evidence Stand in 2019? *Advances in nutrition (Bethesda, Md)*. 2019;10(6):1066-75.
8. Gardiner SL, de Mutsert R, Trompet S, Boogaard MW, van Dijk KW, Jukema PJW, et al. Repeat length variations in polyglutamine disease-associated genes affect body mass index. *International journal of obesity (2005)*. 2019;43(3):440-9.
9. de Groot S, Pijl H, van der Hoeven JJM, Kroep JR. Effects of short-term fasting on cancer treatment. *Journal of experimental & clinical cancer research : CR*. 2019;38(1):209.
10. De Groot S, Pijl H, Charehbili A, Van De Ven S, Smit VTHBM, Meershoek-Klein Kranenbarg E, et al. Addition of zoledronic acid to neoadjuvant chemotherapy is not beneficial in patients with HER2-negative stage II/III breast cancer: 5-year survival analysis of the NEOZOTAC trial (BOOG 2010-01). *Breast Cancer Research*. 2019;21(1) (no pagination):97.
11. de Groot S, Pijl H, Charehbili A, van de Ven S, Smit V, Meershoek-Klein Kranenbarg E, et al. Addition of zoledronic acid to neoadjuvant chemotherapy is not beneficial in patients with HER2-negative stage II/III breast cancer: 5-year survival analysis of the NEOZOTAC trial (BOOG 2010-01). *Breast cancer research : BCR*. 2019;21(1):97.
12. van Zuuren EJ, Fedorowicz Z, Kuijpers T, Pijl H. Effects of low-carbohydrate- compared with low-fat-diet interventions on metabolic control in people with type 2 diabetes: a systematic review including GRADE assessments. *The American journal of clinical nutrition*. 2018;108(2):300-31.
13. van Opstal AM, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts S, et al. The effect of consumption temperature on the homeostatic and hedonic responses to glucose ingestion in the hypothalamus and the reward system. *The American journal of clinical nutrition*. 2018;107(1):20-5.
14. van Opstal AM, Hafkemeijer A, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, et al. Brain activity and connectivity changes in response to glucose ingestion. *Nutritional neuroscience*. 2018:1-8.
15. Pijl H. Lifestyle Medicine: Why Do We Need It? *Medical science educator*. 2018;28(Suppl 1):5-7.
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