

## **CURRICULUM VITAE**

**Cemal Ozemek, PhD, FACSM, ACSM–CEP, RCEP**  
**Clinical Associate Professor**  
**Director, Cardiac Rehabilitation**  
**College of Applied Health Sciences**  
**Department of Physical Therapy**

### **OFFICE ADDRESS:**

Department of Physical Therapy  
University of Illinois at Chicago  
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Chicago, IL 60608  
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### **EDUCATION**

08/2004 – 06/2008      B.S., University of California-Davis, Davis, CA  
Major: Exercise Biology

08/2008 – 05/2010      M.S., Wake Forest University, Winston-Salem, NC  
Health and Exercise Science

06/2010 – 05/2014      Ph.D., Ball State University, Muncie, IN  
Clinical Exercise Physiology

### **POSTGRADUATE TRAINING**

06/2014 – 05/2016      Postdoctoral Fellow, Geriatric Medicine, University of Colorado  
Anschutz Medical Campus, Denver, CO (Mentor: Kerrie L. Moreau,  
PhD)

### **CERTIFICATIONS**

2009 – Present      American College of Sports Medicine Certified Clinical Exercise Physiologist

2008 – Present      Adult CPR/AED

### **EMPLOYMENT AND POSITIONS HELD**

06/2016 – Present      Director, Cardiac Rehabilitation  
Department of Physical Therapy, University of Illinois at Chicago  
Chicago, IL

06/2016 – Present      Clinical Assistant Professor  
Department of Physical Therapy, University of Illinois at Chicago  
Chicago, IL

09/2012 – 12/2013      Instructor  
School of Kinesiology, Ball State University, Muncie, IN

1/2011 – 6/2014      Clinical Exercise Physiologist  
Cardiopulmonary Rehabilitation, Indiana University Health Ball  
Memorial Hospital, Muncie, IN

07/2010 – 06/2014	Exercise Supervisor – Adult Physical Fitness Program Clinical Exercise Physiology Program, Ball State University, Muncie, IN
05/2009 – 05/2010	Bariatric Exercise Specialist Action Health: Physical Activity, Lifestyle and Nutrition Program Wake Forest University Baptist Medical Center, Winston-Salem, NC
08/2008 – 05/2010	Instructor Department of Health and Exercise Science, Wake Forest University, Winston-Salem, NC
08/2008 – 05/2010	Graded Exercise Testing and Assessments Coordinator Healthy Exercise and Lifestyle Program, Wake Forest University Winston-Salem, NC
01/2007 – 06/2008	Research Assistant Department of Exercise Biology, University of California, Davis
06/2006 – 06/2007	Research Assistant Department of Neurobiology, Physiology, and Behavior, University of California, Davis

### **EDITORIAL BOARD/INVITED REVIEWER**

#### Editorial Board Member

2018 – Present	Sri Lankan Journal of Sports and Exercise Medicine
2020 – Present	Journal of Cardiopulmonary Rehabilitation and Prevention

#### Invited Reviewer

2013 – Present	ACSM's Health and Wellness Journal American Heart Journal American Journal of Hypertension American Journal of Obstetrics & Gynecology Annals of Behavioral Medicine Annals of Human Biology BioMed Central Geriatrics Brazilian Journal of Physical Therapy Circulation: Heart Failure Clinical Medicine Insights: Cardiology Cochrane Heart Diabetes Metabolism Research and Reviews Gait and Posture International Journal of Sports Medicine Journal of the American College of Cardiology: Heart Failure Journal of the American Geriatric Society Journal of Applied Physiology Journal of Cardiopulmonary Rehabilitation and Prevention Journal of Clinical Exercise Physiology Journal of Medical Engineering and Technology Journal of Sports Medicine and Physical Fitness
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Journal of Sports Sciences  
JRSM Cardiovascular Disease  
Mayo Clinic Proceedings  
Medicine and Science in Sports and Exercise  
PLOS ONE  
Wilderness and Environmental Medicine

### **SERVICES TO THE UNIVERSITY/COLLEGE/SCHOOL**

2019	Member, Search Committee for Research Associate, Department of Physical Therapy, University of Illinois at Chicago
2019	Member, Search Committee for Clinical Open Rank Professor, Department of Kinesiology and Nutrition, University of Illinois at Chicago
2018 – Present	Honors College Fellow
2017 – Present	Chair, Healthy Lifestyle Practitioner Committee
2017 – Present	Service Provider, UIC Police Department Wellness Program
2017 – Present	Member, Healthspan Advisory Board
2017 – Present	Member, UI Heart Post – Acute Care Working Subgroup
2016 – 2017	Member, Search Committee for Clinical Assistant Professor, Department of Physical Therapy, University of Illinois at Chicago
2013 – 2014	Member, Publications and Intellectual Properties Committee, Ball State University, Muncie, IN

### **TEACHING ACTIVITIES AND PROGRAMMATIC DEVELOPMENT**

#### **Graduate Student Education**

2016 – Present	PT 605 – Systems Physiology and Plasticity (6, 3 hour Guest Lectures)
2018 – Present	HLP 525 – Exercise and Physical Activity for Healthy Living

#### **Program Development**

2016 – Present	University of Illinois at Chicago Phase II Cardiac Rehabilitation Program Role: Director
2017 – Present	University of Illinois at Chicago Police Department Health and Wellness Program Role: Co-manager and service provider
2019 – Present	University of Illinois at Chicago Phase III Cardiac Rehabilitation Program Role: Director

#### **Program Reviewer/Consultant**

2018 – Present	Department of Allied Health Sciences, University of Colombo, Sri Lanka
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### **MEMBERSHIP AND LEADERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS**

2009 – Present	<u>American College of Sports Medicine</u>
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2017 – 2020	<i>Exercise is Medicine Older Adult Advisory Group Co-Chair</i>
2016 – Present	<i>Exercise is Medicine Older Adult Advisory Group Member</i>
2013	<i>Angoff scoring panel member: ACSM Certified Exercise Specialist Exam</i>
2010 – Present	<u>Clinical Exercise Physiology Association</u>
2020 – Present	<i>Member at Large</i>
2018 – Present	<i>Legislative Committee Co-Chair</i>
2011 – Present	<i>Strategic Planning Committee Member</i>
2015 – 2018	<i>Legislative Research Subcommittee Chair</i>
2011 – 2013	<i>Student Representative</i>
2011 – 2013	<i>Student Advisory Committee Chair</i>
2013 – 2016	American Physiological Society
2014 – 2016	Endocrine Society
2014 – Present	American Heart Association
2015 – 2017	North American Artery
2016 – Present	<u>American Association of Cardiovascular and Pulmonary Rehabilitation</u>
2018 – Present	<i>Research Committee Member</i>
2016 – Present	<u>Illinois Society for Cardiopulmonary Health and Rehabilitation</u>
2016 – Present	<i>Education and Professional Development Committee Member</i>
2018 – 2018	<i>Annual Meeting Planning Committee</i>

## **JOURNAL PUBLICATIONS**

1. **Ozemek C**, Arena R. Evidence Supporting Moving More and Sitting Less. *Prog Cardiovasc Dis.* 2020
2. **Ozemek C**, Arena R. Professional Doctor of Clinical Exercise Physiology Program – An argument in favor of this model. *J Clin Ex Phys.* 2020;9(3):1-4
3. **Ozemek C**, Arena R, Rouleau CR, Campbell TS, Hauer T, Wilton SB, Stone J, Laddu D, Williamson TM, Liu H, Austford LD, Roman MA, Aggarwal S. Identification of patients with COPD in a cardiac rehabilitation setting – The CONCuR Study. *J Cardiopulm Rehabil Prev.* In Press.
4. Hwang CL, Elokda A, **Ozemek C**, Arena R, Phillips SA. More than a matter of the heart: the concept of intravascular multimorbidity in cardiac rehabilitation. *Expert Rev Cardiovasc Ther.* 2020. DOI:10.1080/14779072.2020.1798761
5. Ranasinghe C, **Ozemek C**, Arena R. Exercise and well-being during COVID 19 – time to boost your immunity. *Expert Rev Anti Infect Ther.* 2020. DOI:10.1080/14787210.2020.1794818
6. Lavie CJ, **Ozemek C**, Grace SL. More evidence of comprehensive cardiac rehabilitation benefits, even for all-cause mortality: Need to increase use worldwide. *Can J Cardiol.* 2020. DOI:10.1016/j.cjca.2020.02.087.
7. Babu AS, Arena R, **Ozemek C**, Lavie CJ. COVID-19: A Time for Alternate Models in Cardiac Rehabilitation to Take Center Stage. *Can J Cardiol.* 2020. DOI:10.1016/j.cjca.2020.04.023

8. Park Y, Jankowski CM, **Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. Appendicular Lean Mass is Lower in Late- Compared to Early- Perimenopausal Women: Potential Role of FSH. *J Appl Physiol.* 2020;128(5):1373-1380
9. **Ozemek C**, Hildreth KL, Blatchford PJ, Hurt KJ, Bok R, Seals DR, Kohrt WM, Moreau KL. Effects of Resveratrol or Estradiol on Post-exercise Endothelial Function in Estrogen-deficient Postmenopausal Women. *J Appl Physiol.* 2020;128(4):739-747
10. **Ozemek C**, Erlandson KM, Jankowski CM. Physical Activity and Exercise to Improve Cardiovascular Health for Adults Living With HIV. *Prog Cardiovasc Dis.* 2020;14(3):317-327
11. Sabbahi A, Severin R, **Ozemek C**, Phillips SA, Arena R. The Role of Cardiopulmonary Exercise Testing and Training in Patients with Pulmonary Hypertension: Making the Case for this Assessment and Intervention to be Considered a Standard of Care. *Expert Rev Respir Med.* 2020;14(3):317-327
12. **Ozemek C**, Arena A, Fernhall B. Leveraging Cardiopulmonary Exercise Testing to Identify and Treat Pulmonary Hypertension in Heart Failure. *Exerc Sport Sci Rev.* 2020;48(1):2-3
13. Maldonado-Martin S, Brubaker PH, **Ozemek C**, Jayo-Montoya J, Becton JT, Kitzman DW. Impact of Beta-Blockers on Heart Rate and Oxygen Uptake During Exercise and Recovery in Older Patients with Heart Failure with Preserved Ejection Fraction. *J Cardiopulm Rehabil Prev.* 2020;40(3):174-177
14. **Ozemek C**, Thomas RJ, Lavie CJ. Cost-sharing Deters Cardiac Rehabilitation Adherence. *Mayo Clin Proc.* 2019;94(12):2372-2374
15. Laddu DR, **Ozemek C**, Hauer TL, Rouleau CR, Campbell TS, Wilton SB, Aggarwal S, Austford L, Arena R. Cardiometabolic Responses to cardiac rehabilitation in people with and without diabetes. *Int J Cardiol.* 2019;301:156-162
16. **Ozemek C**, Tiwari SC, Sabbahi A, Carbone S, Lavie CJ. Impact of Therapeutic Lifestyle Changes in Resistant Hypertension. *Prog Cardiovasc Dis.* 2020;63(1):4-9
17. Lavie C, Elagizi A, **Ozemek C**, Fitness is More Important than Adiposity in Women. *J Womens Health.* 2020; 29(3):279-280
18. Lavie CJ, **Ozemek C**, Kachur S. Promoting Physical Activity in Primary and Secondary Prevention. *Eur Heart J.* 2019;40(43):3556-3558.
19. **Ozemek C**, Strath SJ, Riggan K, Harber MP, Imboden MT, Kaminsky LA. Pedometer feedback interventions increase daily physical activity in phase III cardiac rehabilitation participants. *J Cardiopulm Rehabil Prev.* 2020;40(3):183-188
20. Bond S, Laddu DR, **Ozemek C**, Lavie CJ, Arena R. Exergaming and Virtual Reality for Health: Implications for Cardiac Rehabilitation. *Curr Probl Cardiol.* 2019 (Epub ahead of print)
21. Laukkanen JA, Kunutsor SK, **Ozemek C**, Mäkikallio T, Lee D, Lavie CJ, Wisloff U. Cross-Country Skiing and Running's Association with Cardiovascular Events and All-Cause Mortality: A Review of the Evidence. *Prog Cardiovasc Dis.* 2019;62(6):505-514
22. Lavie CJ, Stewart M, **Ozemek C**. Benefits of exercise training on blood pressure and beyond in cardiovascular diseases. *Eur J Prev Cardiol.* 2020; 27(3):244-246

23. Arena R, Rouleau CR, Campbell TS, Aggarwal S, Hauer T, Wilton SB, Stone J, Laddu D, **Ozemek C**, Williamson TM, Liu H, Austford LD. Integrating science, practice and mentorship in cardiac rehabilitation: The inaugural TotalCardiology Research Network Retreat. *J Cardiopulm Rehabil Prev*. 2019;39(5):290-292
24. Severin R, Sabbahi A, **Ozemek C**, Phillips SA, Arena R. Approaches to Improving Exercise Capacity in Patients with Left Ventricular Assist Devices: An Area Requiring Further Investigation. *Expert Rev Respir Med*. 2019;16(9):787-798.
25. Kachur S, Lavie CJ, Morera R, **Ozemek C**, Milani R. Exercise Training and Cardiac Rehabilitation in Cardiovascular Disease. *Expert Rev Cardiovasc Ther*. 2019;17(8):585-596
26. Carbone S, Del Buono MG, **Ozemek C**, Lavie CJ. Obesity, risk of diabetes and role of physical activity, exercise training and cardiorespiratory fitness. *Prog Cardiovasc Dis*. 2019; 62(4):327-333
27. Lavie CJ, **Ozemek C**, Carbone S, Kachur S. Sustaining improvements in cardiorespiratory fitness and muscular strength in cardiac rehabilitation. *Can J Cardiol* 2019;35(10):1275-1277
28. **Ozemek C**, Barry MJ, Arena R. A review of exercise interventions in pulmonary arterial hypertension and recommendations for pulmonary rehabilitation programming. *J Cardiopulm Rehabil Prev*. 2019;39(3):138-145
29. **Ozemek C**, Kaminsky LA, Brubaker PH, Lavie CJ, Arena R. Time to elevate the education of clinical exercise physiologist: A professional Doctorate Model. *Transl J Am Coll Sports Med*. 2019;4(18):185-191
30. Ory MG, **Ozemek C**, Marquez D. Creating Activity-Friendly Communities for All. *Journal on Active Aging* 2019;8(3):60-63
31. Lavie CJ, **Ozemek C**, Arena R. Bringing cardiac rehabilitation and exercise training to a higher level in heart failure. *J Am Coll Cardiol*. 2019;73(12):1444-1446
32. Lavie CJ, **Ozemek C**, Carbone S, Katzmarzyk PT, Blair SN. Sedentary behavior, exercise and cardiovascular health. *Circ Res*. 2019;124(5):799-815
33. **Ozemek C**, Lavie CJ, Rognmo O. Global physical activity levels – Need for intervention. *Prog Cardiovasc Dis*. 2019;62(2):102-107
34. Arena R, **Ozemek C**. Intracardiac multimorbidity: assessing right ventricular function in left-sided heart failure through cardiopulmonary exercise testing. *Expert Rev Cardiovasc Ther*. 2019;21:1-3
35. Arena A, **Ozemek C**. Getting patients with cardiovascular disease to move more: Cardiac rehabilitation and beyond. *Expert Rev Cardiovasc Ther*. 2019;17(2):79-81
36. Kaminsky LA, Arena, Ellingsen O, Harber MP, Myers J, **Ozemek C** and Ross R. Cardiorespiratory fitness and cardiovascular disease – The past, present, and future. *Prog Cardiovasc Dis*. 2019;62(2):86-93
37. **Ozemek C** and Arena R. Precision in promoting physical activity and exercise with the overarching goal of moving more. *Prog Cardiovasc Dis*. 2018;62(1):3-8

38. **Ozemek C**, Laddu DR, Lavie CJ, Claeys H, Kaminsky LA, Ross R, Wisloff U, Arena R and Blair SN. An update on the role of cardiorespiratory fitness, structured exercise and lifestyle physical activity in preventing cardiovascular disease and health risk. *Prog Cardiovasc Dis.* 2018;61(5-6):484-490
39. Fletcher G, Landolfo C, Niebauer J, **Ozemek C**, Arena R, Lavie C. Promoting physical activity and exercise: JACC Health Promotion Series. *J Am Coll Cardiol* 2018;72(14):1622-1639
40. Arena R, **Ozemek C**, Laddu DR, Campbell T, Standley R, Bond S, Papacharissi Z, Hills A, Lavie C. Applying precision medicine to healthy living for the prevention and treatment of cardiovascular disease. *Prog Cardiovasc Dis.* 2018;43(12):448-483
41. Laddu DR, **Ozemek C**, Lamb B, Hauer T, Aggarwal S, Stone J, Arena R, Martin BJ. Factors associated with cardiorespiratory fitness at completion of cardiac rehabilitation: Identification of specific patient features requiring attention. *Can J Cardiol.* 2018;34(7):925-932
42. **Ozemek C**, Laddu DR, Arena R and Lavie CJ. The role of diet for prevention and management of hypertension. *Curr Opin Cardiol.* 2018;43(4):138-153
43. Arena R, **Ozemek C**, Laddu DR, Myers J. Refining the risk prediction of cardiorespiratory fitness with machine learning: A welcome and needed line of inquire. *Circ Res.* 2018 16:122(6):804-806.
44. Hildreth KL, **Ozemek C**, Kohrt WM, Blatchford PJ, Moreau KL. Vascular dysfunction across the stages of the menopausal transition is associated with menopausal symptoms and quality of life. *Menopause.* 2018;25(9):1011-1019
45. **Ozemek C**, Phillips SA, Fernhall B, Williams MA, Stamos TD, Bond S, Claeys H, Laddu DR, Arena R. Enhancing participation in cardiac rehabilitation: A question of proximity and integration of outpatient services. *Curr Probl Cardiol.* 2018;43(11):424-435
46. Arena R, McNeil A, Lavie CJ, **Ozemek C**, Forman D, Myers J, Laddu DR, Popovic D, Rouleau CR, Campbell TS, Hills AP. Assessing the safety of moving more – The integral role of qualified health professionals. *Curr Probl Cardiol.* 2018;43(4):138-153
47. Scalzo RL, Bauer TA, Harrall K, Moreau KL, **Ozemek C**, Herlache L, McMillin S, Huebschmann AG, Dorosz J, Reusch JEB, Regensteiner JG. Acute vitamin C improves cardiac function, not exercise capacity, in adults with type 2 diabetes. *Diabetol Metab Syndr* 2018;10:7
48. Guazzi M, Bandera F, **Ozemek C**, Systrom D, Arena R. Cardiopulmonary exercise testing: What is its value? *J Am Coll Cardiol.* 2017;70(13):1618-1636
49. **Ozemek C**, Arena R. Cardiopulmonary Exercise Testing in Patients with Heart Failure and a Preserved Ejection Fraction: Filling the Prognostic Knowledge Gap. *Rev Esp Cardiol.* 2018;71(4):237-239.
50. **Ozemek C**, Phillips S, Popovic D, Laudu-Patel D, Fancher I, Lavie CJ and Arena R. Non-pharmacologic management of hypertension: a multidisciplinary approach. *Curr Opin Cardiol.* 2017;32(4):381-388
51. Moreau KL, **Ozemek C**. Vascular Adaptations to Habitual Exercise: Time for the Sex Talk. *Exerc Sport Sci Rev.* 2017;45(2):116-123.

52. **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. Maximal heart rate declines linearly with age independent of cardiorespiratory fitness levels. *Eur J Sport Sci.* 2017;17(5):563-570.
53. Scalzo RL, Moreau KL, **Ozemek C**, Herlache L, McMillin S, Gilligan S, Huebschmann AG, Bauer TA, Dorosz J, Reusch JEB and Regensteiner JG. Exenatide improves diastolic and endothelial function but not exercise capacity in individuals with type 2 diabetes. *J Diabetes Complications.* 2017;31(2):449-455
54. **Ozemek C**, Hildreth KL, Groves DW, Moreau KL. Ascorbic acid infusion increases left ventricular diastolic function in postmenopausal women. *Maturitas.* 2016;92:154-61
55. **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. Cardiorespiratory fitness slows the decline of peak heart rate with age. *Med Sci Sports Exerc.* 2016;48(1):73-81
56. Fitzgerald L, **Ozemek C**, Jarrett H, Kaminsky LA. Accelerometer validation of questionnaires used in clinical settings to assess MVPA. *Med Sci Sports Exerc.* 2015;47(7):1538-42
57. Byun W, **Ozemek C**, Riggan K, Strath SJ, Kaminsky LA. Correlations of objectively measured physical activity in cardiac patients. *Cardiovasc Diagn Ther.* 2014;4(5):406-10
58. Kaminsky LA, **Ozemek C**, Williams KL, Byun W. Precision of total and regional body fat estimates from dual-energy X-ray absorptiometer measurements. *J Nutr Health Aging.* 2014;18(6):591-4
59. **Ozemek C**, Kirschner MM, Wilkerson BS, Byun W, Kaminsky LA. Reliability of the GT3X+ accelerometer at hip, wrist, and ankle sites during activities of daily living. *Physiol Meas.* 2014;35(2):129-39
60. **Ozemek C**, Cochran HL, Strath SJ, Byun W, Kaminsky LA. Estimating relative intensity using individualized accelerometer cutpoints: the importance of fitness level. *BMC Med Res Methodol.* 2013;13:53
61. Kaminsky LA, **Ozemek C**. A comparison of the actigraph GT1M and GT3X accelerometers in standardized and free-living conditions. *Physiol Meas.* 2012;33(11):1869-76
62. Kaminsky LA, **Ozemek C**. Diurnal variation in lipoprotein-associated phospholipase A(2) (Lp-PLA(2)). *Clin Biochem.* 2012;45(9):700-2
63. Brubaker PH, **Ozemek C**, Gonzales A, Wiley S, Collins G. Underwater and traditional treadmill exercise may produce similar cardiorespiratory responses in collegiate athletes. *J Sport Rehabil.* 2011;20(3):345-54
64. Brubaker PH, **Ozemek C**. Exercise therapy for the failing heart: Harmful or helpful? *ACSM's Health and Fitness Journal.* 2010;14(2):9-15

#### **BOOK CHAPTER**

Author: **Ozemek C**  
 Book Title: ACSM's Resources for the Personal Trainer, 6<sup>th</sup> edition  
 Chapter: Metabolic Disease and Cardiovascular Risk Factors

Author: **Ozemek C**, Arena R, Popovic D, Guazzi M, McNeil M, Sagner M  
 Book Title: European Society of Cardiology CardioMed



Chapter: Cardiovascular response to exercise  
Author: **Ozemek C**, Arena R, Bond S, Daniels K.  
Book Title: Color Atlas and Synopsis of Heart Failure  
Chapter: Exercise and Rehabilitation

### **BOOK CHAPTER REVIEWER**

Book: ACSM's Guidelines for Exercise Testing and Prescription, 11<sup>th</sup> edition  
Chapter: Health-related Physical Fitness Testing and Interpretation

### **PROFESSIONAL AND INVITED PRESENTATIONS**

1. **Ozemek C**. "Customizing Exercise Training in Patients with Pulmonary Hypertension". Indiana Society of Cardiovascular and Pulmonary Rehabilitation Webinar, October 2020.
2. **Ozemek C**. "The Professional Doctorate in CEP – Preparing Students to Meet the Professional Demands of an Evolving Patient Population". Mid-Atlantic Region American College of Sports Medicine Annual Meeting, October 2020.
3. **Ozemek C**. "Strategies to Improve Physical Activity Levels in Cardiac Rehabilitation Patients". Clinical Exercise Physiology Association Webinar, October 2020.
4. **Ozemek C**, Kaminsky LA, Brubaker PH. "Customizing High Intensity Interval Training and Resistance Training to Fit Your Patients' Comfort and Boost their Health Outcomes". American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, October 2020.
5. **Ozemek C**. "A Path to Elevating CEP Training – The Professional Doctorate Model". American College of Sports Medicine Annual Meeting, June 2020
6. **Ozemek C**. "Application and implementation of cardiopulmonary exercise testing in heart failure patients". University of Illinois at Chicago Cardiology Fellow Conference, June 2019
7. **Ozemek C**. "The menopause transition and cardiovascular disease." at the Illinois Society for Cardiopulmonary Health and Rehabilitation Annual Meeting, March 2019
8. **Ozemek C**. "Innovative strategies to pair clinical and academic initiatives to foster excellence." Mid-Atlantic Region American College of Sports Medicine Annual Meeting, Hershey, PA, November 2018
9. **Ozemek C**. "Fall risk and functional training tools." at the Illinois Society for Cardiopulmonary Health and Rehabilitation Annual Meeting, Champaign, IL, March 2018
10. **Ozemek C**. "Cardiopulmonary Exercise Testing in Patients with Heart Failure – Looking Beyond Peak VO<sub>2</sub>." at the Midwest American College of Sports Medicine's Annual Meeting, Grand Rapids, MI, November 2017
11. **Ozemek C**. "Overview and Scope of Practice of the CEP." at the Midwest American College of Sports Medicine's Annual Meeting, Grand Rapids, MI, November 2017
12. **Ozemek C**. "Practicing in the Field of Cardiac Rehabilitation." at the American College of Sports Medicine's Annual Meeting. Session PC-05, Denver, CO, May 2017

13. **Ozemek C.** “Cardiovascular Changes in Aging Women and the Path to HFpEF: Is there a point of no return? at the Cardiac Exercise Research Group – Norwegian University of Science and Technology, Trondheim, Norway, June 2016
14. **Ozemek C.** “Vascular-ventricular coupling and LV diastolic function across the menopause transition and the impact of NOS uncoupling.” at the University of Colorado Anschutz Medical Campus, Translational Cardiovascular Biology Conference, Denver, CO, April 2016
15. **Ozemek C.** “LV diastolic function during aging: The effects of sex and drugs on the ability to unwind.” for the University of Colorado Anschutz Medical Campus, Exercise and Metabolism Research Group, Denver, CO, May 2015
16. **Ozemek C.** “Mechanisms Underlying Cardiac Aging in Women.” University of Colorado Anschutz Medical Campus, Geriatric Medicine Grand Rounds. Denver, CO, October 2015
17. Maldonado-Martin S, Brubaker PH, **Ozemek C**, Jayo-Montoya JA. “Impact of Beta-Blockers in Heart Rate and Oxygen Uptake Response to Exercise and Recovery in Older Patients with Heart Failure with Preserved Ejection Fraction.” At the European Society of Cardiology Congress. Barcelona, Spain, May 2014
18. **Ozemek C** and Leonard A. Kaminsky. “Exercise Prescription in Heart Failure, Chronic Obstructive Pulmonary Disease, and Peripheral Artery Disease.” at the Indiana Society of Cardiovascular & Pulmonary Rehabilitation Annual Meeting, April 19, 2013
19. Kaminsky LA, **Ozemek C**, Riggin K, Strath SJ. “Characterization of Physical Inactivity in Patients Enrolling in an Early-outpatient Cardiac Rehabilitation Program.” At the American College of Sports Medicine Annual Meeting, San Francisco, CA, May 30, 2012
20. **Ozemek C**, Brubaker PH, Kitzman DW. “Evaluating the Prevalence of Chronotropic Incompetence using Different Criteria in Heart Failure with Preserved Ejection Fraction.” at the Annual Meeting of the American College of Sports Medicine, Denver, CO, June 2011
21. **Ozemek C.** “Chronotropic Incompetence in Heart Failure Patients with a Preserved Ejection Fraction”. Taylor University, Upland, IN, February 2010

### **CONFERENCE CHAIR**

June 2019	American College of Sports Medicine Annual Meeting, Orlando, FL Session: Physical Activity/Exercise in Clinical Populations
September 2020	American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Portland, OR Moderator of Abstract Presentations
June 2018	American College of Sports Medicine Annual Meeting, Minneapolis, MN Session: Exercise Training – Clinical Application
December 2017	Seminar on Exercise in Medicine, Trondheim, Norway Session: How to Make the World Active Enough?

June 2016 American College of Sports Medicine Annual Meeting, Boston, MA  
Session: Exercise Training in Chronic Disease

### **CONFERENCE ABSTRACT REVIEWER**

June 2020 American College of Sports Medicine Annual Meeting, San Francisco, CA  
Section: Clinical Exercise Physiology

September 2019 American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Portland, OR

### **ABSTRACT PRESENTATIONS**

1. Williamson TM, Moran C, Chirico D, Arena R, **Ozemek C**, Aggarwal, Campbell T, Laddu D. Benefits of Exercise-Based Cardiac Rehabilitation on Exercise Capacity and Survival Among Patients with Cancer and Cardiovascular Disease. Canadian Cardiovascular Congress. 2020.
2. **Ozemek C**, Laddu D, Hauer T, Rouleau C, Campbell T, Wilton S, Aggarwal S, Austford L, Williamson TM, Liu H, Chirico D, Arena R. Serial Assessment of the Cardiorespiratory Fitness Vital Sign: Prognostic Significance One Year Post Cardiac. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2020. Session B-15
3. Williamson TM, Arena R, Hauer T, Rouleau C, Campbell TS, Laddu D, **Ozemek C**, Aggarwal S, Austford L, Chirico D. Cardiac Rehabilitation Significantly Improves Survival and Cardiorespiratory Fitness in Elderly Patients with Multimorbidity. International Behavioral Trials Conference. Montreal, Canada, 2020
4. **Ozemek C**, Laddu D, Hauer T, Rouleau C, Campbell T, Wilton S, Aggarwal S, Austford L, Arena R. The Influence of Multimorbidity On Cardiorespiratory Fitness And Mortality In Patients Completing Cardiac Rehabilitation. American Heart Association Scientific Sessions. Philadelphia, PA, 2019. Session # LF.APS.11
5. Laddu DR, **Ozemek C**, Hauer T, Rouleau CR, Wilton S, Aggarwal S, Austford L, Arena R. Characteristics and Relative Improvements In Clinical Cardio Metabolic Profiles Among Adults With And Without Type 2 Diabetes Participating In A Cardiac Rehabilitation Program. American Heart Association Scientific Sessions. Philadelphia, PA, 2019. Session # LF.APS.11
6. Runchey S, **Ozemek C**, Hildreth KL, Moreau KL. Left ventricular diastolic function is reduced across stages of the menopausal transition. Endocrine Annual Meeting. Chicago, IL, 2018
7. Keller AC, Hildreth KL, **Ozemek C**, Witten TL, Gavin K, Moreau KL. Extracellular matrix remodeling preteases as a function of menopause stage: Impact on vascular aging. American Physiological Society Cardiovascular Aging Conference. Westminster, CO, 2017. Session 5.6
8. Crow E, Hildreth KL, **Ozemek C**, Witten TL, Moreau KL. Prehypertension accelerates vascular aging across the menopausal transition in healthy women. American Physiological Society Cardiovascular Aging Conference. Westminster, CO, 2017. Session 5.12
9. **Ozemek C**, Popovic D, Arena R, Guazzi M. A Flattening Oxygen Consumption Trajectory Reflects Higher Disease Severity and Poor Prognosis in Patients with Heart Failure. American Heart Association Scientific Sessions. Anaheim, CA, 2017. Session PR.APS.04

10. Laddu D, **Ozemek C**, Lamb B, Hauer T, Aggarwal S, Stone J, Arena R, Martin B. Predicting Cardiorespiratory Fitness at Cardiac Rehabilitation Completion: Patient Factors That Deserve Special Attention. American Heart Association Scientific Sessions. Anaheim, CA, 2017. Session PR.APS.04
11. Keller AC, Kerry HL, **Ozemek C**, Witten TL, Gavin K, Moreau KL. Extracellular matrix remodeling proteases as a function of menopause stage: Impact on vascular aging. American Physiology Society Aging and Cardiovascular Meeting. Denver, CO, 2017
12. **Ozemek C**, Hurt KJ, Bok R, Bitten T, Hildreth KL, Moreau KL. Microvascular and nitric oxide responses to acute exercise with resveratrol or estradiol in postmenopausal women. American College of Sports Medicine's Annual Meeting. Denver, CO, 2017. Session F-54
13. **Ozemek C**, Hildreth KL, Van Pelt RE, Schwartz RS, Moreau KL. Pioglitazone or Exercise Effects on LV Diastolic Function in Adults with MCI and Insulin Resistance. American College of Sports Medicine's Annual Meeting. Boston, MA, 2016. Session B-28
14. **Ozemek C**, Hildreth KL, Groves DW, Moreau KL. Oxidative Stress Contributes to Impaired Left Ventricular Diastolic Function in Postmenopausal Women. University of Colorado Anschutz Medical Campus Department of Medicine Research Day. Aurora, CO, 2015
15. **Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. Conduit Artery Endothelial Dysfunction Precedes Microvascular Dysfunction Across the Menopause Transition. Endocrine Annual Meeting. San Diego, CA, 2015
16. **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. Cardiorespiratory Fitness Affects the Rate of Decline of Maximal Heart Rate with Age. American Heart Association's Scientific Sessions. Chicago, IL, 2014
17. Tuttle M, **Ozemek C**, Whaley MH, Finch HW, Kaminsky LA. Quadratic Regression Reveals an Accelerated Age-related Decline of Maximal Heart Rate in those with Low and Moderate Cardiorespiratory Fitness. American Heart Association's Scientific Sessions. Chicago, IL, 2014
18. **Ozemek C**, Hildreth KL, Kohrt WM, Moreau KL. Conduit Artery Endothelial Dysfunction Precedes Microvascular Dysfunction Across the Menopause Transition. University of Colorado Anschutz Medical Campus Women's Health Research Day. Aurora, CO, 2014
19. **Ozemek C**, Fitzgerald L, Jarrett H, Kaminsky LA. Comparison of Moderate to Vigorous Physical Activity Assessed by Accelerometry and the EVS. American College of Sports Medicine Annual Meeting. Orlando, FL, 2014
20. Jarrett H, **Ozemek C**, Fitzgerald L, Kaminsky LA. Comparison of Moderate to Vigorous Physical Activity Assessed by Accelerometry and the GPPAQ. American College of Sports Medicine Annual Meeting. Orlando, FL, 2014
21. Weaver A, Fitzgerald L, Jarrett H, **Ozemek C**, Kaminsky LA. Different Accelerometry Interpretation Methods After Physical Activity Classifications. American College of Sports Medicine Annual Meeting. Orlando, FL, 2014
22. Conway KC, Fitzgerald L, Jarrett H, **Ozemek C**, Kaminsky LA. Meeting Physical Activity Guidelines Does Not Result in Less Sedentary Time. American College of Sports Medicine Annual Meeting. Orlando, FL, 2014

23. **Ozemek C**, Byun W, Riggin K, Strath S, Kaminsky LA. Pedometer Feedback Interventions Increase Total Physical Activity on Days Patients do not Attend Cardiac Rehabilitation. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2013
24. Davis E, Byun W, **Ozemek C**, Kaminsky LA. Inter-instrument Reliability of GT3X Accelerometers in a Free-living Condition. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2013
25. Griffith G, **Ozemek C**, Dressler K, Johnson M, Byun W, Kaminsky LA. Physical Activity Levels of Pre-bariatric Surgery Patients: Differences with Accelerometer Activity Count Thresholds. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2013
26. Williams K, Byun W, **Ozemek C**, Kaminsky LA. Reliability of Dual-energy X-ray Absorptiometer Measures of Regional Body Composition. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2013
27. Kirschner M, Wilkerson B, **Ozemek C**, Kaminsky LA. Reliability of GT3X+ Accelerometer Measures From Ankle, Hip, and Wrist Locations. American College of Sports Medicine Annual Meeting. Indianapolis, IN, 2013
28. **Ozemek C**, Byun W, Riggin K, Strath S, Kaminsky LA. Pedometer feedback Intervention Increases Time Spent in Moderate-to-Vigorous Physical Activity in Cardiac Rehabilitation Patients. American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism Scientific Sessions. New Orleans, LA, 2013
29. Kaminsky LA, **Ozemek C**, Riggin K, Byun W, Strath S. Pedometer Feedback – Superior for Increasing Daily Physical Activity in Cardiac Rehabilitation Patients. American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism Scientific Sessions. New Orleans, LA, 2013
30. Byun W, **Ozemek C**, Riggin K, Strath S, Kaminsky LA. Determinants of Objectively Measured Physical Activity in Patients Entering a Phase III Cardiac Rehabilitation Program. American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism Scientific Sessions. New Orleans, LA, 2013
31. **Ozemek C**, Harber MP, Kaminsky LA. The precision of thigh fat and lean mass measures from dual-energy X-ray absorptiometry. American College of Sports Medicine Annual Meeting. San Francisco, CA, 2012
32. Griffith G, **Ozemek C**, Campbell K, Johnson M, Byun W, Kaminsky LA. Physical Activity Characteristics of Pre-Bariatric Surgery Patients Assessed by two Different Sets of Accelerometer Cutpoints. Midwest American College of Sports Medicine Meeting. Oregon, OH, 2012
33. Williams K, Byun W, **Ozemek C**, Kaminsky LA. Reliability of Body Composition Assessments from Dual-Energy X-Ray Absorptiometry Measurements. Midwest American College of Sports Medicine Meeting. Oregon, OH, 2012
34. Davis E, Byun W, **Ozemek C**, Kaminsky LA. Reliability of GT3X Accelerometer in Measuring Sedentary Behavior, Physical Activity, and Step Counts. Midwest American College of Sports Medicine Meeting. Oregon, OH, 2012

35. Kaminsky LA, Riggin K, **Ozemek C**, Koontz N, Strath S. Factors Associated with Six-Minute-Walk Test Distance in Patients Entering Cardiac Rehabilitation. American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. Orlando, FL, 2012
36. Kirschner MM, **Ozemek C**; Kaminsky LA. Comparison of Body Composition Measures Between the Lunar Prodigy and iDXA. American College of Sports Medicine Annual Meeting. Denver, CO, 2011
37. Kaminsky LA, **Ozemek C**, Hargens T. Comparison of Actigraph GT1M GT3X in Standardized and Free Living Conditions. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Glasgow, UK, 2011
38. Hargens T, **Ozemek C**, Riggin K, Strath S, Kaminsky LA. Accelerometer Intensity Thresholds May Underestimate Moderate Physical Activity in Cardiac Patients. Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention Scientific Sessions. Atlanta, GA, 2011
39. **Ozemek C**, Brubaker PH, Kitzman DW. Impact of Beta Blockers on Chronotropic Incompetence in Heart Failure with Preserved Ejection Fraction. American College of Sports Medicine Meeting Annual Meeting. Baltimore, MD, 2010
40. **Ozemek C**, Brubaker PH, Kitzman DW. Evaluating the Prevalence of Chronotropic Incompetence using Different Criteria in Heart Failure with Preserved Ejection Fraction. Midwest American College of Sports Medicine Meeting. Indianapolis, IN, 2010
41. **Ozemek C**, Brubaker PH, Gonzales A, Wiley S, Collins G. Cardiorespiratory responses to aquatic vs. traditional treadmill exercise: Implications for exercise prescription. American College of Sports Medicine Meeting Annual Meeting. Seattle, WA, 2009

#### **GRANT ACTIVITY AND AWARDS:**

##### **Funded**

Title: Usability and Efficacy of the Mio Slice in Cardiac Rehabilitation Patients  
 Agency: Mio Global Inc.  
 Award Date: 11/1/2017  
 Amount: \$5,000.00  
 Role: Principle Investigator – UIC Study Site

Title: Left Ventricular Diastolic Dysfunction with Aging and Estrogen Deficiency: The Role of NOS Uncoupling  
 Agency: National Institute of Aging  
 Mechanism: T32  
 Award Date: 7/1/2015 – 5/31/2016  
 Role: Principle Investigator

Title: The Effects of Single Leg Training on Cardiac Structure Adaptations in Heart Failure Patients  
 Agency: ASPiRE Internal Grant Program  
 Amount: \$500.00  
 Award Date: 11/15/2012  
 Role: Principle Investigator

**Not funded**

Title: Efficacy of a multidisciplinary pathway for the promotion of physical activity in women with the metabolic syndrome  
Agency: Center for Clinical and Translational Sciences, University of Illinois at Chicago  
Requested: \$30,000  
Date applied: June 2018  
Role: Principle Investigator

Title: Efficacy of a novel, culturally tailored, physical activity intervention in underserved Latino cardiac patients  
Agency: Applied Health Sciences Interdisciplinary Pilot Grant, University of Illinois at Chicago  
Requested: \$19,929  
Date applied: March 2018  
Role: Principle Investigator

Title: Physiological mechanisms of cardiovascular, skeletal muscle, and mitochondrial dysfunction in heart failure patients  
Agency: Center for Clinical and Translational Sciences, University of Illinois at Chicago  
Requested: \$30,000  
Date applied: June 2017  
Role: Principle Investigator

Title: Physical activity-barriers and enablers among older adults  
Agency: Norwegian University of Science and Technology  
Requested: \$394,417  
Date applied: April 2017  
Role: Collaborator

Title: The effects of MitoQ and Cardiac Rehabilitation on Diastolic Function in Women with Coronary Artery Disease  
Agency: Applied Health Sciences Interdisciplinary Pilot Grant University of Illinois at Chicago  
Requested: \$19,594  
Date applied: November 2016  
Role: Principle Investigator

**Research Awards**

March 2019 Total Cardiology Research Network Rising Star Award

October 2014 Best Poster Presentation Award: University of Colorado Anschutz Medical Campus Women's Health Research Day

**PRESS AND MEDIA OUTLET**

December 2015 Ed. Quoted in Men's Health Magazine: "What's the best cardio workout I do during the winter?"