

Cardiometabolic Research Group

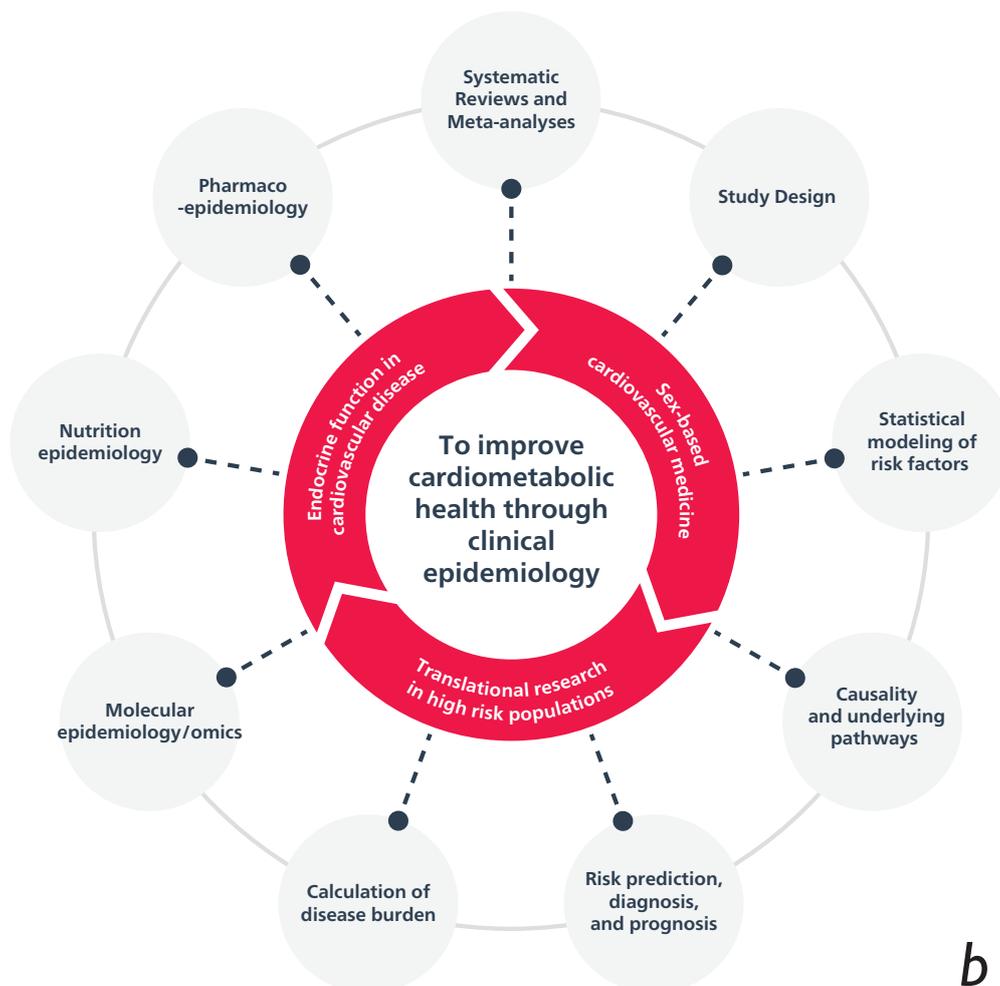
Institute of Social and Preventive Medicine (ISPM)

Our Areas of Expertise

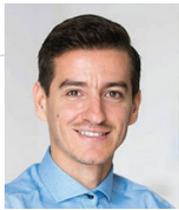
Our goal is to improve the prevention and treatment of cardiometabolic diseases. To that end, we use cutting-edge epidemiology principles and apply them to clinical practice. Our research focuses on diet and endocrine conditions predisposing to these diseases, including reproductive aging, thyroid dysfunction and diabetes. For our studies, we use a combination of diet and omic technologies, including, genomic, epigenomic, and metabolomics. Our ultimate goal is to discover new dietary factors, biomarkers and pathways for prevention, prediction, diagnosis, prognosis, and treatment of cardiometabolic diseases.

Key research projects:

- Diet, reproductive aging and cardiovascular risk in women
- Implications of diabetes and thyroid function on cardiovascular health
- Cardiometabolic diseases following spinal cord injury
- Genetic variants and unmask diseases pathways in peripheral artery disease
- Risk factors and care in heart failure of different etiologies



The Team and Collaborators



Taulant Muka

PD, MD, MPH, PhD, Research Group Leader

Dr Muka, after two research internships in the University of Harvard and Cambridge, received his PhD in Epidemiology from the Department of Epidemiology in Erasmus MC, the Netherlands. He has over 95 publications (H-index 28) and integrates knowledge from different disciplines and approaches that include clinical epidemiology, systematic reviews and meta-analyses, nutrition, epigenetics, sex-differences, reproductive health, cardiometabolic disease, and the pharmaceutical industry.



Marija Glisic

MD, PhD, Research Project Leader

Dr Glisic is a medical doctor and has a PhD degree in Epidemiology from Erasmus MC in Netherlands. Marija currently leads Clinical Epidemiology and Cardiovascular Disease theme at the Swiss Paraplegic Research Center in Nottwil and she works within Cardiometabolic Research Group at the ISPM. Her main research focus is cardiometabolic risk in high risk populations such as individuals with spinal cord injury and menopausal women.



Arjola Bano

MD, PhD, Postdoctoral Researcher

Dr Bano is a medical doctor specialized in general internal medicine. She holds a PhD degree in Clinical Epidemiology from Erasmus University Rotterdam. Arjola is currently working as a postdoctoral researcher at ISPM, University of Bern; and the Department of Cardiology, Bern University Hospital. In her research, by using epidemiological approaches, she aims to provide novel insights on the role of thyroid function and glucose homeostasis on cardiometabolic health.



Jessica Laine

PhD, Postdoctoral Researcher

Dr Laine received her PhD in Epidemiology from the Gillings School of Public Health at the University of North Carolina, Chapel Hill. Jessica is a senior postdoctoral fellow at ISPM and a research fellow at Imperial College London. Dr Laine's research is rooted in improving causal inference, particularly in exposome science, by better understanding mechanisms of disease through the application of advance molecular epidemiological methods.

Our PhD Students



Valentina González
Jaramillo, MD, MSc



Oche Adam
Itodo, MSc



Peter Francis
Raguindin, MD, MSc



Dante Jr.
Salvador, MD, MPH



Zayne Milena Roa Diaz,
MSc



Hamidreza Raeisi,
MSc



Fadi Alijla,
MSc

KEY Collaborators and Data Sources

Our research is mainly based on large population-based cohort studies and clinical populations, gathering data from prospective studies, health care registries, and synthesizing evidence from a variety of study designs.



CoLaus



SwiSCI



Insel



Rotterdam
Study



KORA



Uk Biobank



THIN
database



Prevend



Nurses' Health
Study



SHIP