

Report, Research stay at Medical University of Graz, Austria from October 20th to November 3rd, 2019.

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I had the honor to visit Professor Mireille van Poppel and the research project “Inflammatory Disorders in Pregnancy (IDP)” at Institute of Sport science, University of Graz. The IDP is a research faculty with 12 interdisciplinary highly competent researchers and it is associated with the Department of Obstetrics and Gynecology, University Hospital of Graz. I had the opportunity to gain insight to the ongoing projects at the IDP, and to participate in meetings and lectures at the faculty. Moreover, I had the opportunity to present and discuss my own work with several experts on diabetes, exercise physiology and pregnancy. I had the opportunity to visit laboratories of the institute and the department including a visit and observation of experiments at the placenta perfusion laboratory, which was very interesting and instructive. In addition, I had the opportunity to visit the Cardiovascular diabetology research group and the Exercise physiology, training and training therapy research group and to discuss and get feedback on my own work as well as to learn about their ongoing research and projects.

Moving forward, I hope to start a collaboration with Professor Mireille van Poppel and her group as we are trying to set up a study aiming to explore the effect of timing and intensity of exercise on glucose metabolism in pregnant women.

I am very grateful to NFOG for supporting my visit to Graz, which was very rewarding to me, and I am therefor planning a new visit to Graz during my PhD.