

## **ENDO 2025 Conference Report – NRS Travel Grant Recipient**

The NRS Young Investigator Travel Grant enabled me to attend ENDO 2025, the annual meeting of the Endocrine Society, held in San Francisco. This was my first international conference experience during my PhD, making it both professionally and personally inspiring. I presented two posters on interventions to attenuate glucocorticoid-induced muscle wasting during COPD exacerbations. These sessions provided valuable feedback, particularly on effectively explaining our preclinical model to a diverse audience, which is an important skill I continue to develop.

Several lectures explored hormonal regulation of muscle metabolism, including the use of myostatin pathway inhibitors, which we have used in our research as well. These talks offered novel insights into potential mechanisms of action as well as side effects of the compound we have used in our studies. In addition, sessions and discussions with fellow researchers gave more insight into methodological approaches that we could use in future studies.

ENDO 2025 contributed directly to my learning objectives: improving science communication, broadening my endocrinological perspective, and expanding my academic network beyond the respiratory field. This experience has provided fresh input and ideas for the final phase of my PhD and helped me position my work within a broader scientific context.