



NRS 15th Young Investigator Symposium

24 November, 2023

“Mind, Body, Lungs”



*Hotel Casa 400, Eerste Ringdijkstraat 4
1097 BC Amsterdam, Amsterdam (near train station Amsterdam, Amstel).*





Programme

09:15-09:45 Arrival and registration

09:45-10:00 Welcome

Room: UVA 1-2

10:00-10:45 Lecture I (moderators: Abilash & Maaïke)

Dr. Saskia Braber

University Utrecht

“Non-Digestible Oligosaccharides: A Novel Treatment for Respiratory Infections?”

10:45-11:00 Break

11:00-11:45 Lecture II (moderators: Fenneke & Mieke)

Dr. Simon Jochems

LUMC

“The Nose: where Mind, Body and Lungs meet”

11:45-12:45 Network activity

12:45-13:45 Lunch

13:45-15:45 Masterclasses by:

Dr. Simon Jochems & Dr. Abilash Ravi

Prof. Huib Kerstjens & Dr. Maaïke Scheenstra

Prof. Hermelijn Smits & Dr. Jules Derks

Room: Oxford

Room: Sorbonne

Room: Stellenbosch

13:45-15:45 Workshop- “Zen and Mindfulness”

Ramon Roelofs

Room: UVA 1-2

15:45-17:00 Group photo, Award and Borrel, Closing

NRS Young Investigator Board,

Dr. Maaïke Scheenstra, LUMC (chair), Dr. Gimano Amatngalim, UMC Utrecht, Dr. Jules Derks, MD, Maastricht University, Dr. Abilash Ravi, LUMC, Fenneke Zwierenga, UMCG, Stefania Principe, Amsterdam UMC, Dr. Mieke Metzemaekers, Erasmus MC, Dr. Susanne Vijverberg, Amsterdam UMC





Our speakers



Dr. Saskia Braber: Respiratory diseases have been a focus throughout my career, especially during my PhD at the Pharmacology group of the Utrecht University, where I tried to unravel the mechanisms underlying cigarette smoke-induced lung emphysema and find solutions to tackle the sustained airway inflammation. My interest in the immunomodulatory capacity of nutritional components started during my post doc period where I focused on the immunomodulatory properties of oligosaccharides in the gastrointestinal and respiratory tract (Faculty of Veterinary Medicine, Utrecht University). It fascinated me that specific nutritional components, are by no means inferior to medical treatment. After NWO-CCC awarded our grant proposal, entitled “Improving lung health by carbohydrate-directed

changes in intestinal microbiota in calves” (in collaboration with Wageningen University & Research), I returned to the Pharmacology group of the Utrecht University where I started to develop my own research group. My current research line is aimed at investigating how beneficial nutrition and/or pharmacological active compounds can strengthen the essential mucosal barrier and immune function using different in vitro, ex vivo and in vivo models. Multifactorial diseases, may require a multi-target approach related to their complexity and involvement of multiple signaling pathways. Therefore, I think that successful concepts to treat, prevent, or delay these diseases could result in finding optimal combinations of medicines and nutritional components (pharma-nutrition) to increase efficacy and reduce adverse effects.

Dr. Simon Jochems: Simon Jochems studied biomedical sciences at Utrecht University, followed by a PhD in virology at the Institut Pasteur in Paris. During his postdoc in the Liverpool School of Tropical Medicine, he developed assays to study nasal immune responses in the setting of controlled human bacterial and viral infections. In 2019, he moved to LUMC where the research of his team focuses on studying immune responses to infection and vaccination in tissues, collected using minimally-invasive sampling methods.



Ramon Roelofs: I'm Ramon Roelofs, also known as DJ Charly Lownoise. In the '90s, DJ Mental Theo and I achieved success with multiple top 40 hits as a dance duo, including a memorable performance at the Love Parade in Berlin for 180,000 people. However, the pressures of fame took a toll, leading to a collapse during a show and the loss of my stepfather. These events spurred a journey of self-discovery and a commitment to living from the heart.

Guided by mentors, I explored the power of meditation, yoga, symbolism, and self-inquiry. In 2009, I pursued Zen teaching to integrate these lessons into my life. This path revealed my gift for inspiring and helping others, leading me to offer one-on-one coaching and inspiration sessions. I help people recognize their true passions and break free from limiting patterns. My style is heart-centered, drawn from personal experience, and delivered with humor and simplicity.

