

Curriculum Vitae

NAME IN FULL Lisa Chu

CONTACT INFORMATION LMC Healthcare
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EDUCATION

2012 – 2017 **Ph.D.**
Medical Sciences, McMaster University, Hamilton, Ontario, Canada

2009 – 2011 **M.Sc.**
Kinesiology and Health Science, York University, Toronto, Ontario, Canada

2005 – 2009 **B.Sc. in Kinesiology (Honours), Minor in Biochemistry**
Faculty of Science, McMaster University, Hamilton, Ontario, Canada

RESEARCH

2022 – present **Manager, Data Science**
LMC Healthcare, Toronto, Ontario, Canada

2019 – 2022 **Epidemiologist, Data Science**
LMC Healthcare, Toronto, Ontario, Canada

2017 – 2019 **Postdoctoral Fellowship**
The Hospital for Sick Children, Toronto, Ontario, Canada
Supervisor: Jill Hamilton, MD, MSc, FRCPC
Primary Study: Mechanisms of inflammation, immunity, islet cell and intestinal hormone changes in youth at risk for diabetes (MI4D)

2012 – 2017 **Ph.D. Thesis**
Medical Sciences, McMaster University, Hamilton, Ontario, Canada
Supervisor: Brian Timmons, PhD
Study: Metabolic flexibility in children with obesity: Exercise as a dynamic stimulus to assess metabolic health

2015 **Intensive Teaching and Networking, Obesity Summer Boot Camp**
Obesity Canada, Kananaskis County, Alberta, Canada

2014 **Visiting Researcher**
Loughborough University, Loughborough, United Kingdom
Supervisor: Keith Tolfrey, PhD

2009 – 2011 **M.Sc. Thesis**
Kinesiology and Health Science, York University; The Hospital for Sick Children, Toronto, Ontario, Canada
Co-supervisors: Michael Riddell, PhD and Jill Hamilton, MD, MSc, FRCPC

ACADEMIC AWARDS & DISTINCTIONS*

2018 **Banting & Best Diabetes Centre Fellowship in Diabetes Care**
University of Toronto

2018 **Restracomp Fellowship**
The Hospital for Sick Children

2016 **Oral Presentation Award**
DREAM Diabetes Symposium

2015 **Outstanding Oral Presentation Award**
European Group of Pediatric Work Physiology

2015	Canadian Obesity Network 10th Annual Boot Camp Travel Award
2014	Institute of Nutrition, Metabolism and Diabetes Travel Award Canadian Institutes of Health Research
2014	Marco Cabrera Student Research Award North American Society for Pediatric Exercise Medicine
2014	Michael Smith Foreign Study Supplement Canadian Institutes of Health Research
2013 – 2016	Frederick Banting and Charles Best Canada Graduate Scholarships (Doctoral Award) Canadian Institutes of Health Research
2010 – 2011	Frederick Banting and Charles Best Canada Graduate Scholarship (Master's Award) Canadian Institutes of Health Research

PUBLICATIONS

Journal Articles

1. **Chu L**, Bhogal SK, Lin P, Steele A, Fuller M, Ciaccia A, et al. AWAREness of diagnosis and treatment of Chronic Kidney Disease in adults with Type 2 Diabetes (AWARE-CKD in T2D). *Can J Diabetes*. 2022 Feb 3 [online ahead of print]
2. Bajaj HS, **Chu L**, Bansal N, Brown RE, Dhillon G, Gupta R, et al. Randomized comparison of initiating the fixed-ratio combination of iGlarLixi or biosimilar insulin glargine together with gliclazide in South Asian origin participants with Type 2 Diabetes: VARIATION 2 SA trial. *Can J Diabetes*. 2022 Feb 11 [online ahead of print]
3. **Chu L**, Fuller M, Jervis K, Ciaccia A, Abitbol A. Prevalence of Chronic Kidney Disease in Type 2 Diabetes: The Canadian REgistry of Chronic Kidney Disease in Diabetes Outcomes (CREDO) Study. *Clin Ther* Sep;43(9):1558–73, 2021.
4. Aronson R, **Chu L**, Joseph N, Brown R. Prevalence and risk Evaluation of Diabetic complications of the foot among Adults with type 1 and type 2 diabetes in a Large Canadian population (PEDAL study). *Can J Diabetes* Oct 1;45(7):588–93, 2021.
5. **Chu L**, Morrison KM, Riddell MC, Raha S, Timmons BW. Metabolic flexibility during exercise with Obesity and matched controls. *Med Sci Sports Exerc* 53(1):159-164, 2021.
6. Klupt KA, Oreskovich SM, Bernard-Genest J, Patel BP, **Chu L**, Dettmer E, Walsh CM, Strom M, McPherson AC, Strub J, Steinberg A, Steinegger C, Hamilton JK. Careful conversations: an educational video to support parents in communicating about weight with their children. *BMC Pediatr* 20(1):397, 2020
7. Bernard-Genest J, **Chu L**, Dettmer E, Walsh CM, McPherson AC, Strub J, Steinberg A, Steinegger C, Hamilton JK. Talking about weight with families – Helping health care professionals start the conversations: A nonrandomized controlled trial. *Clin Pediatr* Sep;59(9-10):910-917, 2020.
8. **Chu L**, Howell B, Steinberg A, Bar-Dayyan A, Toulany A, Langer JC, Hamilton JK. Early weight loss in adolescents following bariatric surgery predicts weight loss at 12 and 24 months. *Pediatric Obes* 14(8): e12519, 2019.
9. **Chu L**, Steinberg A, Mehta M, O’Kane C, Toulany A, Langer JC, Hamilton JK. Resting energy expenditure and metabolic adaptation in adolescents at 12 months following bariatric surgery. *J Clin Endocrinol Metab* 104(7): 2648-2656, 2019.

10. **Chu L**, Morrison KM, Riddell MC, Raha S, Timmons BW. Effect of 7 days of exercise on metabolic flexibility and insulin resistance in children with obesity. *Appl Physiol Nutr Metab* 43(7): 677-683, 2018.
11. **Chu L**, Timmons BW. Nutritional considerations for sport participation in children and adolescents with obesity. *Am J Lifestyle Med* 13(2): 129-137, 2018.
12. **Chu L**, Morrison KM, Riddell MC, Raha S, Timmons BW. Validity and reliability of a novel metabolic flexibility test in childhood obesity. *J Appl Physiol* 124(4): 1062-1070, 2018.
13. Leites GT, Cunha GS, **Chu L**, Meyer F, Timmons BW. Energy substrate utilization with and without exogenous carbohydrate intake in boys and men exercising in the heat. *J Appl Physiol* 121(5):1127-1134, 2016.
14. **Chu L**, Morrison KM, Riddell MC, Raha S, Timmons BW. No difference in exogenous carbohydrate oxidation during exercise in children with and without impaired glucose tolerance. *J Appl Physiol* 121(3):724-9, 2016.
15. **Chu L**, Timmons BW. Nutritional considerations for the overweight young athlete. *Ped Exer Sci* 27(4): 463-76, 2015.
16. **Chu L**, Riddell MC, Schneiderman JE, McCrindle BW, Hamilton JK. The effect of puberty on fat oxidation rates in overweight and normal weight girls. *J Appl Physiol* 116(1):76-82, 2014.
17. **Chu L**, Retnakaren R, Zinman B, Hanley A, Hamilton JK. Impact of maternal physical activity and infant feeding practices on infant weight gain and adiposity. *Int J Endocrinol* 2012, 2012.
18. **Chu L**, Hamilton JK, Riddell MC. Clinical management of the physically active patient with type 1 diabetes. *Phys Sportsmed* 39(2):64-77, 2011.
19. **Chu L**, Riddell MC, Takken T, Timmons BW. Carbohydrate reduces fat oxidation during exercise in obese boys. *Eur J of Appl Physiol* 111(12):3132-41, 2011.

Journal Abstracts

20. **Chu L**, Fuller M, Jervis K, Bhogal SK, Abitbol A. Therapeutic profile from the Canadian REgistry of chronic kidney disease in Diabetes Outcomes (CREDO) Study. *Diabetes* 70:S1, 2021.
21. Bajaj H, **Chu L**, Bansal N, Brown R, Dhillon G, Gupta R, et al. Randomized Comparison of Initiating Insulin Glargine or Iglarixi in South Asian Canadians With Type 2 Diabetes: VARIATION 2 SA Trial. *Can J Diabetes* 44(7):S28, 2020.
22. **Chu L**, Morrison KM, Riddell MC, Raha S, Timmons BW. Exercise training in children with obesity. *Ped Exer Sci*, 28(4):S1, 2016
23. **Chu L**, Morrison KM, Riddell MC, Timmons BW. Exogenous carbohydrate oxidation during exercise in overweight children with and without impaired glucose tolerance. *Ped Exer Sci*, 27(S3), 2015.
24. **Chu L**, Morrison KM, Riddell MC, Timmons BW. Metabolic flexibility in obese youth: Investigating the relationship between peak height velocity and carbohydrate oxidation. *Ped Exer Sci*, 27(S1):S9, 2015.

PRESENTATIONS***Conference Presentations**

1. **Chu L.** The Paediatric Gut microbiome and Obesity. *Banting and Best Diabetes Centre 30th Annual Scientific Day*, Toronto, Ontario, Canada. May 10, 2019. Invited Oral Presentation.
2. **Chu L,** Howell B, Steinberg A, Bar-Dayana A, Toulany A, Langer JC, Hamilton JK. Early weight loss in adolescents following bariatric surgery predicts weight loss at 12 and 24 months. *6th Canadian Obesity Summit*, Ottawa, Ontario, Canada. April 23-26, 2019. Poster.
3. **Chu L,** Steinberg A, Mehta M, O'Kane C, Toulany A, Langer JC, Hamilton JK. Resting energy expenditure and metabolic adaptation in adolescents at 12 months following bariatric surgery. *ObesityWeek 2018*, Nashville, Tennessee, USA. November 12-15, 2018. Poster.
4. **Chu L,** Morrison KM, Riddell MC, Raha S, Timmons BW. Effect of 7 days of exercise on metabolic flexibility in children with obesity. *DREAM Diabetes Symposium*, Winnipeg, Manitoba, Canada. November 10, 2016. Oral Presentation.
5. **Chu L,** Morrison KM, Riddell MC, Raha S, Timmons BW. The responsiveness of metabolic flexibility to 7-days of exercise training in children with obesity. *North American Society of Pediatric Exercise Medicine Biennial Conference*, Knoxville, Tennessee, USA. August 10-13, 2016. Oral Presentation.
6. **Chu L,** Morrison KM, Riddell MC, Raha S, Timmons BW. Metabolic flexibility in children with obesity: Exercise as a screening test and a treatment. *Golden Horseshoe Pediatric Exercise Physiology meeting*, the Hospital for Sick Children, Toronto, Ontario, Canada. April 6, 2016. Oral Presentation.
7. **Chu L,** Morrison KM, Riddell MC, Timmons BW. Exogenous carbohydrate oxidation during exercise in overweight children with and without impaired glucose tolerance. *European Group of Pediatric Work Physiology meeting*, Utrecht, The Netherlands. September 9-13, 2015. Oral Presentation.
8. **Chu L,** Morrison KM, Riddell MC, Timmons BW. Metabolic flexibility in obese youth: Investigating the relationship between peak height velocity and carbohydrate oxidation. *North American Society for Pediatric Exercise Medicine Biennial Conference*, Minneapolis, Minnesota, USA. August 20-23, 2014. Oral Presentation.
9. **Chu L,** Hamilton JK, Schneiderman JE, McCrindle BW, Riddell MC. The effect of puberty on fat oxidation rates during exercise in overweight and normal-weight girls. *European Group of Pediatric Work Physiology meeting*, Anadia, Portugal. October 1-5, 2013. Oral Presentation.
10. **Chu L,** Hamilton JK, Schneiderman JE, McCrindle BW, Riddell MC. Fat oxidation rates during exercise in obese early- and late-pubertal boys and girls. *Joint Meeting of the North American Society for Pediatric Exercise Medicine and the European Group for Pediatric Work Physiology*, Niagra-on-the-Lake, Ontario, Canada. Sept. 22-26, 2010. Oral Presentation.

Contributed

Bajaj HS, **Chu L,** Brown R, Dhillon G, Gupta R, Bhela JS, Bansal N, Khan S, Padda J, Khandwala H, Venn K, Aronson R. Randomized comparison of initiating insulin glargine or iGlarLixi in South Asian participants with Type 2 Diabetes: VARIATION 2 SA trial. *Diabetes Canada*, Virtual Meeting. October 27-30th, 2020. Poster.

Bajaj HS, **Chu L,** Brown R, Dhillon G, Gupta R, Bhela JS, Bansal N, Khan S, Padda J, Khandwala H, Venn K, Aronson R. Randomized comparison of initiating insulin glargine or iGlarLixi in South Asian participants with Type 2 Diabetes: VARIATION 2 SA trial. *International Diabetes Federation Congress*, Busan, Korea. December 2nd-6th, 2019. Poster.

Bernard-Genest J, Dettmer E, Walsh CM, Strub J, McPherson A, **Chu L**, Steinberg A, Steinegger C, Hamilton JK. Talking about Weight with Families: Helping Health Care Professionals Start the conversation. Pediatric Academic Societies 2018 Meeting, Toronto, Ontario, Canada. May 5-8th, 2018. Poster.

Tolfrey K, Smallcombe J, **Chu L**, Barrett LA. Effect of moderate-intensity exercise on postprandial lipaemia in adolescents: From laboratory to classroom. *European group of Pediatric Work Physiology meeting*, University Medical Center, Utrecht, the Netherlands. September 9-13th, 2015. Oral Presentation.

Syme CA, Hamilton JK, **Chu L**, Noseworthy MD, Riddell MC, Schneiderman JE, Wilkes DL, McCrindle BW, Wells GD. Is muscle mitochondrial function associated with physical activity or obesity status in youth? *Muscle Health Awareness Day*, York University, Toronto, Ontario, Canada. May 2010. Poster.

TEACHING

2018 – 2019	Guest Lecturer Department of Endocrinology, The Hospital for Sick Children Title: Introduction to SPSS; Introduction to SPSS: Part 2
2018	Guest Lecturer Health and Disease (Undergraduate Course), University of Toronto Title: Obesity in Children and Adolescents
2015	Guest Lecturer Pediatric Exercise Physiology (Undergraduate Course), McMaster University Title: Childhood Obesity

* >10 Awards & Distinctions/Presentations

Current CV, March 2022