

## CNIC PHDAY 2025 SCHEDULE

*Stronger Science, Healthier Lives (Friday 28<sup>th</sup> November, 2025)*

WELCOME	
9:00 - 9:05 h	<b>WELCOME SPEECH</b> <b>Anabel Díaz-Guerra Priego</b> ( <i>CNIC PhDay 2025 Coordinator</i> )
SESSION I	
9:05 - 9:20 h	<b>OPENING – Institutional Speech</b> <b>Marina Pollán</b> ( <i>ISCIII Director</i> )
9:20 - 10:45 h	<b>ROUND TABLE - From Science to Well-being: Metabolism, Heart and Sleep</b> <b>Ana Devesa Arbiol</b> ( <i>CNIC</i> ) <b>Borja Ibáñez</b> ( <i>CNIC</i> ) <b>Milagros Merino Andreu</b> ( <i>La Paz University Hospital</i> )
NETWORKING + LUNCH	
10:45 - 11:45 h	<b>Poster session</b>
11:45 - 12:45 h	<b>Lunch</b>
WORKSHOPS	
<b>1st slot</b> 13:00 – 13:40 h <b>2nd slot</b> 13:45 – 14:25 h <b>3rd slot</b> 14:30 – 15:10 h	<p>There will be parallel workshops within each slot to maximize the offer. The assignment of participants into slots will be done after speakers' participation confirmation.</p> <ol style="list-style-type: none"> <li><b>Explore the grants from the Spanish Association Against Cancer (ENG)</b>  <b>Marina Salmón Méndez</b> (<i>Spanish Association Against Cancer - AECC</i>)</li> <li><b>Tu doctorado, una puerta abierta al Departamento Médico en el Sector Biotecnológico y Sanitario (ESP)</b>  <b>Miguel Vela López</b> (<i>Talento EPHOS</i>)</li> </ol>

	<p><b>3. Manejo del Estrés y el Bienestar Emocional durante el Doctorado (ESP)</b> Iván Chamizo (<i>Autonomous University of Madrid - UAM</i>)</p> <p><b>4. Enhancing Scientific Training Through Visual Learning (ENG)</b> Marta Nácar (<i>Journal of Visualized Experiments - JoVE</i>)</p> <p><b>5. Ejercicio físico como necesidad biológica: dosis mínima eficaz y adherente para una longevidad saludable (ESP)</b> Felipe Isidro (<i>International Institute of Physical Exercise and Health Sciences - IICEFS</i>)</p> <p><b>6. Scientific Illustration: Communicating Science Through Visuals (ENG)</b> Julia Bauzá Martínez (<i>Skid Visual Science</i>)</p>
15:15 - 15:45 h	<b>COFFEE BREAK</b>
<b>SESSION II</b>	
15:45 – 16:15 h	<p><b>KEYNOTE LECTURE: Resilience and Performance: unlocking Human Potential</b> Hugh Montgomery (<i>University College London</i>)</p>
16:15 - 16:45 h	<b>Group Photo &amp; Awards Ceremony</b>
<b>CLOSING LECTURE</b>	
16:45 - 17:30 h	<p><b>CLOSING LECTURE: Exercise as a Therapeutic Tool in Oncology</b> Lucía Gil Herrero - (<i>Spanish Association Against Cancer - AECC</i>)</p>
17:30 – 17:40 h	<p><b>CONCLUDING REMARKS</b> Anabel Díaz-Guerra Priego (<i>CNIC PhDay 2025 Coordinator</i>)</p>
17:40 h	<b>COCKTAIL WITH PARTICIPANTS</b>

## **Information about the speakers**

### **Marina Pollán, MD, PhD**

*Instituto de Salud Carlos III – Director*

<https://www.isciii.es/en/direccion-general>

Dr. Marina Pollán graduated in Medicine from the University of Salamanca in 1984. From there she moved to Madrid to follow her formation as *Médico Interno Residente* (MIR) in Epidemiology and Public Health and to study a Master's Degree in this field. She started to work in the *Carlos III Health Institute* (ISCIII) in 1990, and she defended her doctoral thesis in breast cancer in 2000 with a PhD Extraordinary Award. Dr. Marina Pollán has been a Research Professor at the *National Center of Epidemiology* (CNE-ISCIII) since 2016 and has served as the Scientific Director of the *Biomedical Research Consortium in Epidemiology and Public Health* (CIBERESP) since 2017. She was the Director of the National CNE between 2019 and 2022, coordinating its efforts during the COVID-19 pandemic, and currently serves as the ISCIII. As a researcher, she has authored over 300 scientific articles (H-index=52) and has extensive teaching experience in topics related to cancer epidemiology and epidemiological methodology.

### **Ana Devesa Arbiol, MD, PhD**

*CNIC – Group leader*

<https://www.cnic.es/es/investigacion/1/217479/miembros>

Ana Devesa holds a degree in Medicine from the University of Valencia and a PhD in Medicine and Surgery from the Autonomous University of Madrid. She specialized in clinical cardiology at the Jiménez Díaz Foundation in Madrid, where she also began her clinical research career at the CNIC. After that, she completed a three-year fellowship at Mount Sinai Hospital in New York, where she trained in the use of advanced imaging techniques such as magnetic resonance imaging, computed tomography, and positron emission tomography, applied to the diagnosis of cardiovascular diseases. Upon returning to Spain, she joined CNIC as a group leader, focusing her research on cardiometabolic risk factors and their impact on key organs such as the myocardium and bone marrow. Her main goal is to identify early changes associated with these risk factors to develop personalized prevention strategies, contributing to a more precise and effective medicine.

### **Borja Ibáñez, MD, PhD**

*CNIC – Scientific Director*

<https://www.cnic.es/en/borja-ibanez-cabeza>

Borja Ibáñez holds a degree in medicine from the Universidad Complutense de Madrid and PhD from the Universidad Autónoma de Madrid. He completed his clinical fellowship in cardiology at the *Fundación Jimenez Diaz Hospital* in Madrid, during which he became interested in clinical research, working mainly with invasive imaging techniques for the study of the atherothrombotic disease. After completing his training in clinical cardiology, he made a training period of three years in basic research at *Mount Sinai* in New York. His doctoral thesis focused on the study of the ability of HDL-cholesterol to stabilize atheroma plaques and their assessment using non-invasive imaging tools. Since returning to Spain, he combines his

scientific activity in the CNIC with clinical activity in the *Fundación Jiménez Díaz University hospital*. His passion is the study of myocardial diseases, with a clear translational vocation. His research ranges from the study of the mechanisms responsible for the development of myocardial diseases, to clinical trials to test therapies identified by his group in preclinical studies. His clinical activity consists mainly in coronary interventions of patients suffering an acute myocardial infarction. To perform this translational research, he uses non-invasive imaging technology, mainly magnetic resonance, also including the development of new imaging algorithms to improve the use both on research and clinical levels.

## **Milagros Merino Andreu, MD, PhD**

*La Paz University Hospital – Coordinator of the Sleep Neurological Disorders Unit*

<https://neurologiaclinica.es/quienes-somos/equipo-medico/dra-milagros-merino/>

Dr. Milagros Merino Andreu is the Director of the Neurological Sleep Disorders Unit, Founder and Director of the Pediatric Sleep Unit (*Hospital Universitario La Paz*, Madrid) and Coordinator of the Sleep Medicine Program (*Hospital Rüber Internacional*, Madrid). She is accredited as an expert in Sleep Disorders by the Spanish Committee for Sleep Medicine – CEAMS and the European Sleep Research Society-ESRS. Currently, she develops a research activity regarding the clinical and genetic traits of sleep disorders in both teenagers and adult population. Dr. Andreu is member of several scientific societies including: *Spanish Sleep Society* (from which she is President since October 2021), European Sleep Research Society, International Pediatric Sleep Association or American Academy of Sleep Medicine.

## **Marina Salmón Méndez, PhD**

*Spanish Association Against Cancer (AECC) – Senior Project Manager and Head of Evaluation*

<https://www.linkedin.com/in/msalmon-mendez/?originalSubdomain=es>

Dr. Marina Salmón Méndez is a Senior Project Manager at the Scientific Foundation of the Spanish Association Against Cancer (AECC), where she has been working since December 2022. She holds a PhD in Molecular Biosciences with a specialization in Oncology from the Universidad Autónoma de Madrid. Her academic background also includes a Master's Degree in Pharmacological Research and a Bachelor's Degree in Biotechnology. Prior to her current role, Dr. Salmón conducted her doctoral research at the *Spanish National Cancer Research Centre* (CNIO), focusing on molecular oncology. She has also held research positions at institutions such as IDIVAL, Universidad Autónoma de Madrid, and Universidad de Oviedo. Her scientific contributions encompass several publications in high-impact journals, addressing topics like KRAS signaling pathways, targeted therapies and mechanisms of resistance in lung cancer. In her current position at AECC, Dr. Salmón is responsible for managing competitive research funding programs and coordinating the evaluation process.

## **Miguel Vela López**

*Talento EPHOS – Director of the Alumni Department*

<https://www.linkedin.com/in/miguelvela/>

Miguel Vela López is the Director of the Alumni Department at *Talento EPHOS*, a postgraduate school specializing in master's programs for the pharmaceutical, healthcare, and biotechnological industries. With

over 30 years of experience in Human Resources, he has held leadership roles in talent management, strategic consulting, and professional development at both national and international levels. At Talento EPHOS, he fosters networking among alumni, helping them build professional relationships and advance their careers. His participation in CNIC PhDay 2025 would provide valuable insights through a career development workshop, guiding early-career researchers in exploring opportunities beyond academia—a highly relevant topic for PhD students. To maintain transparency, the workshop will not serve as an advertising space, and materials will be reviewed beforehand. In addition to their academic contributions, Talento EPHOS has previously supported CNIC PhDay financially, and we believe they would be willing to do so again. Their **economic contribution** last year was essential in expanding the event's reach, and any level of support this year would help alleviate costs, ensuring the continued success of the event.

## Iván Chamizo

*Autonomous University of Madrid (UAM) – Director of the Clinic of the Applied Psychology Center*

<https://www.linkedin.com/in/iv%C3%A1n-chamizo/>

Iván Chamizo Sánchez is a General Health Psychologist and the Director of the *Clinic at the Center for Applied Psychology* of the Autonomous University of Madrid (CPA-UAM). He graduated in Psychology from the Universidad de Salamanca (USAL) and obtained his accreditation from the Universidad Autónoma de Madrid (UAM). Additionally, he engages in teaching and research focused on the field of mental health, including the implementation of an anxiety management workshop at our center. He is an expert in intervention with both adult and child-adolescent populations, aiming to support individuals in their therapeutic process with the highest level of commitment and effectiveness. His approach is based on cognitive-behavioral therapy and guided by the Functional Analysis of Behavior framework.

## Marta Nácar, PhD

*Journal of Visualized Experiments – Senior Customer Success Manager*

<https://www.linkedin.com/in/marta-nacar/>

Marta Nácar is Senior Customer Success Manager for Southern Europe and LATAM at JoVE, where she leads strategic collaborations with academic and research institutions to enhance science education through audiovisual content. With a PhD in Biomedicine and a solid background in neuroscience research—both in Spain and the US—Marta transitioned into science communication and project management, driven by a strong commitment to make science more accessible and engaging. She has worked on clinical research in rare diseases, designed outreach initiatives, and contributed as a writer and illustrator for science platforms. Her interdisciplinary profile bridges research, education, and communication, with a particular interest in visual storytelling, emotional engagement and inclusive narratives that bring science closer to diverse audiences.

## Felipe Isidro, PhD

*Physical Exercise & Health Consulting – CEO*

<https://www.felipeisidro.com>

Felipe Isidro is a professor and expert in physical exercise, health, and fitness. He holds a degree in Physical Activity and Sports Sciences from the University of Barcelona, along with a Master's in Educational Center

Management. He is the CEO of *Physical Exercise & Health Consulting* and a member of various scientific groups, including the *Spanish Society of Cardiology* and the *Spanish Society for the Study of Obesity* (SEEDO). With extensive experience in exercise physiology and rehabilitation, he has authored numerous books, including clinical guidelines for prescribing exercise in people with obesity. He has been a professor in multiple universities and institutions, leading courses on exercise science, rehabilitation, and sports performance. Additionally, he is a regular contributor to media outlets, spreading awareness about physical activity and health. His work bridges scientific research with practical applications to improve public health through exercise.

## **Julia Bauzá Martínez, PhD**

*Skid Visual Science*

<https://www.skidvisualscience.com/>

Julia Bauzá-Martínez recently finished her PhD in Drug Innovation at UMC Utrecht as part of the research group of Prof. A. Heck. Her research focused on high-sensitivity mass spectrometric approaches to characterise novel aspects of extracellular vesicle biology, composition, and structural features. Bauzá-Martínez grew up in an artistic household; her father has been a practicing artist and architect for the last 50 years and he is her greatest inspiration. As a creative outlet at the start of her PhD, Bauzá-Martínez ran a successful science communication *Instagram* account that had around 2000 followers and helped explain scientific images in plain language to a general audience. Since 2023 she works as a scientific illustrator and omics data analyst through Skid Visual Science.

## **Hugh Montgomery, MD, PhD**

*University College London – Cardiologist*

[https://en.wikipedia.org/wiki/Hugh\\_Montgomery\\_\(physician\)](https://en.wikipedia.org/wiki/Hugh_Montgomery_(physician))

Dr. Hugh Montgomery is a Professor of Intensive Care Medicine at University College London (UCL) and Director of the Centre for Human Health and Performance. A clinician, scientist, and prolific researcher, he continues to work in an ICU in North London and has published nearly 600 scientific papers. He discovered the first "gene for human fitness" and has led pioneering research on cardiac growth, muscle atrophy, and the physiological response to exercise and hypoxia. He was the research lead for the Caudwell Xtreme Everest 2007 Expedition, investigating human adaptation to extreme altitudes, and co-reported the first genes linked to evolutionary selection in high-altitude populations. His work has contributed to understanding how the heart, muscles, and metabolism adapt to stress—both in extreme environments and in intensive care. A passionate endurance athlete, he is also an ultramarathon runner, experienced mountaineer (Alps, Andes, Himalayas), and, in an unusual feat, holds the World Record for Underwater Piano Playing.

## **Lucía Gil Herrero, PhD**

*Spanish Association Against Cancer (AECC) – Coordinator of the Oncological Physical Exercise Unit*

<https://www.linkedin.com/in/lucia-gil-herrero-8762b273>

Dr. Lucía Gil Herrero is the Head of the Exercise Oncology Unit at the Spanish Association Against Cancer (AECC) in Madrid. She holds a Ph.D. in Exercise and Cancer from the Faculty of Medicine at the

Autonomous University of Madrid (UAM). With eight years of experience working with cancer patients, she specializes in the role of physical activity throughout different stages of the disease. Her research has taken her to leading institutions in Australia and Canada, where she completed research stays focused on exercise oncology. Lucía has published several scientific articles highlighting the importance of physical activity in cancer prevention, treatment, and recovery. Her work combines scientific evidence with practical implementation, helping to improve the quality of life of oncology patients through tailored exercise programs.