

# The 20<sup>th</sup> Annual ISSN Conference

## June 15-17, 2023

Westin Fort Lauderdale Beach Resort  
321 North Fort Lauderdale Beach Blvd.  
Fort Lauderdale, FL USA 33304

EARN your CEUs: NASM 14 CEUs, CDR 14, NSCA 1.4, ISSN 14, ACSM 14 CECs



**Thursday, June 15** - 11:00 - 4:45pm: Registration is open

**Friday, June 16** - 7:00am - 3:00pm: Registration is open; 5:00pm – 7:00pm: Drinks and Poster Presentations

**Saturday, June 17** - 8:00am – 12noon: Registration is open

### ISSN STAFF ONSITE – please direct any questions to these individuals

President of the ISSN – Trisha VanDusseldorp PhD FISSN (2020-2023)

Co-Vice President – Chad Kerkick PhD FISSN (2020-2023) and Erik Bustillo MS RD FISSN (2020-2023)

| Day 1: June 15<br>Thursday | Room: Las Olas Ballroom   |
|----------------------------|---|
| 12:15 pm - 12:25 pm        | Welcome and Introduction<br><b>Moderators: Chad Kerkick PhD FISSN and Erik Bustillo MS RD FISSN</b>   |
| 12:30 pm - 1:00 pm         | Guillermo Escalante DSc FISSN<br>Beyond aesthetics and performance: The potential risks of anabolic steroid abuse and strategies to mitigate them |
| 1:05 pm - 1:35 pm          | Edwin Davila DO MS CISSN<br>The Glucagon Like Peptide-1 (GLP-1) Agonists: their Role in Weight Reduction  |
| 1:40 pm - 2:10 pm          | Bridget Melton EdD CSCS CPT<br>Improving First Responder Resilience with Lifestyle Strategies   |
| 2:15 pm - 2:45 pm          | Melanie Sulaver (Boehmer) MS, RD, CDN, CISSN<br>Fueling for the Sport of Motherhood: The Postpartum Athlete                                       |
| <b>15-min Break</b>        |   |
| 3:00 pm - 3:30 pm          | Yuri Feito PhD & Erik Bustillo MS RD FISSN CF-OL1<br>Acute Responses to CrossFit™ Training and Nutritional Strategies for it                      |
| 3:35 pm - 3:45 pm          | Katie Emerson MS RD LDN<br>Formulating for Today's Active Nutrition User With a Science-backed Approach<br><b>Sponsored by N21</b>                |

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| 3:50 pm - 4:00 pm | <b>Karen Hecht PhD</b><br>What's Astaxanthin doing in the mitochondria anyway?<br><b>Sponsored by AstaReal</b> |
| 4:05 pm - 4:35 pm | <b>Juan Carlos Santana MS CSCS</b><br>Re-setting the Human Will with Strength and Conditioning                 |
| 4:40 pm - 5:10 pm | <b>Tim Ziegenfuss PhD FISSN</b><br>In Memoriam: The contributions of Dr. Hector Lopez                          |

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| <b>Day 2: June 16 Friday</b>             | <b>Room: Las Olas Ballroom</b><br><b>General Tutorials</b>   |
|  | <b>Moderator: Jonathan Mike PhD</b>  |
| 8:00 am - 8:30 am                        | <b>Emily Werner PhD RD</b><br>Nutrition Strategies to Maximize<br>Mitochondrial Function and Athletic Performance  |
| 8:40 am - 9:10 am                        | <b>Scott Forbes PhD</b><br>Frequently Asked Questions About Creatine Supplementation Answered with<br>Science  |
| 9:15 am - 9:45 am                        | <b>Wendi Irlbeck MS RDN LD CISSN</b><br>Body Recomposition. Practical strategies to help your clients and athletes lose<br>fat and gain muscle!  |
| <b>10-min Break</b>                      |  |
|  | <b>Original Investigations</b>   |
|  | <b>Moderator: Chad Kerkick PhD FISSN</b>   |
| 9:55 am - 10:25 am                       | <b>Francesco Campa PhD</b><br>Athletic Bioimpedance-based equations underestimate fat free mass<br>components in elite soccer players: development and validation of new soccer-<br>specific predictive models |
| 10:30 am - 11:00 am                      | <b>Chad Kerkick PhD FISSN</b><br>Examining the Impact of a Leucine Dipeptide on Stimulating Muscle Protein<br>Synthesis and Promoting Resistance Training Adaptations  |
| 11:05 am - 11:35 am                      | <b>Dan Moore PhD</b><br>Protein for active populations: What does science say you should eat?  |
| 11:40 am - 12:10 pm                      | <b>Samantha Brooks PhD</b><br>Implications of Creatine Monohydrate Supplementation on Physical and<br>Physiological Health of Untrained Premenopausal Females  |
| <b>Lunch Break</b><br>12:10 pm - 1:10 pm | <b>Check out the hotel restaurants:</b><br><b>Lona Cocina &amp; Tequileria or Waves Bar &amp; Grill</b>  |
| 12:15pm – 1:00pm                         | <b>Post Doc/Graduate Student Round Table: Should you consider a post-doc?</b><br>Arny Ferrando PhD FISSN, Mike Roberts PhD, David Church PhD   |
|  | <b>General Tutorials</b>   |
|  | <b>Moderator: Arny Ferrando PhD FISSN</b>  |
| 1:15 pm - 1:45pm                         | <b>Arny Ferrando PhD FISSN</b><br>Hormonal Dysregulation and Muscle<br><b>Sponsored by the ISSN</b>  |
| 1:50 pm - 2:20 pm                        | <b>Matthew Stratton PhD CISSN CSCS EP</b><br>Time for Gainz: Does Training Time Matter?  |
| 2:25 pm - 2:55 pm                        | <b>Kurt Escobar PhD</b><br>Autophagy, exercise, and nutrition: why focusing on mechanisms in training is a<br>mistake  |

| 20-min Break      |   |
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| 3:15 pm - 3:50 pm | <p><b>ISSN's Data Blitz</b><br/>60 seconds to present original unpublished data!<br/><b>Moderator: Chad Kerksick PhD FISSN</b><br/>Judges: Victoria Burgess PhD, Erica Goldstein PhD, Lia Jiannine PhD, Jonathan Mike PhD<br/>Winners will be announced on Saturday.</p>  |
| 4:00 pm - 4:50 pm | <p><b>The Hultman-Harris Keynote Address</b><br/><b>Daniel Fabricant PhD</b><br/>Swamp Always Wins: What You Really Need to Know about Advocacy and Policy<br/><b>Sponsored by the ISSN</b><br/><b>Moderator: Trisha VanDusseldorp PhD FISSN</b></p>  |
| 5:00 pm - 7:00 pm | <p><b>Location: Atlantic Ballroom</b><br/><b>Happy Hour and Poster Presentations</b><br/><b>Lead authors please be present at your poster</b><br/>Judges: David Church PhD, Jonathan Mike PhD, Tobin Silver PhD, Scott Forbes PhD, Jeff Stout PhD FISSN, Matthew Stratton PhD, Kurt Escobar PhD, Tim Ziegenfuss PhD FISSN</p> |

| Day 3: June 17<br>Saturday | Las Olas Ballroom  |
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|                            | <b>Moderator: Trisha VanDusseldorp PhD FISSN</b>   |
| 8:15 am - 8:45 am          | <p><b>Melvin Williams PhD Memorial Address on Ergogenic Aids</b><br/>Seminar will highlight the latest original research on a nutritional ergogenic aid.<br/><b>Jeremy Townsend PhD</b><br/>On the Rhodiola to Improved Performance – An Adaptogen to Keep an Eye On</p> |
| 8:50 am - 9:30 am          | <p><b>President's Address</b><br/><b>Jose Antonio PhD</b><br/>The ISSN - A 20 Year Reflection<br/>How Dogma Caused a Seismic Change in the Nutrition Landscape</p>   |
| 5-min Break                |  |
| Original Investigation     |  |
|                            | <b>Moderator: Matthew Stratton PhD CISSN</b>   |
| 9:35 am - 10:05 am         | <p><b>David Church PhD</b><br/>Is it possible to get the same response as beef from an impossible burger?</p>  |
| 10:10 am - 10:40 am        | <p><b>Tracey Clissold PhD</b><br/>Bone Health: A Focus on Jump Landings and Nutrition for Women and Athletes</p>   |
| 10:45 am - 11:15 am        | <p><b>Annette Zapp MA CISSN and Andrew Jagim PhD</b><br/>Bringing Sport Science to the Firefighting Profession: Where Research Meets Application</p>   |
| General Tutorial           |  |
| 11:20 am - 11:50 am        | <p><b>Stacy Sims PhD</b><br/>Nutrition Considerations for Female Athletes Across the Lifespan</p>  |
| 11:55 am - 12:25 pm        | <p><b>Women's Panel: Salma Fathalla ASQ CQA &amp; Katie Emerson RD LDN &amp; Susan Hewling PhD RD</b><br/>WGSD</p>   |
| 12:30 pm - 1:30 pm         | <b>Lunch Break on your own</b>   |

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| 1:30 pm - 1:50 pm           | <b>ISSN Updates and Awards</b> - You must be present to win your prize.<br>Trisha VanDusseldorp PhD FISSN, Rick Kreider PhD FISSN (JISSN update),<br>Douglas Kalman PhD RD FISSN |
|                             | <b>Moderator: Guillermo Escalante DSc FISSN</b>  |
| 1:50 pm - 2:20 pm           | <b>David Sandler MS</b><br>Bridging the Gap: An Insider's Look at the Supplement Industry  |
| 2:25 pm - 2:55 pm           | <b>Mike T. Nelson PhD</b><br>Primer on Psychedelics as a "New" Therapy- Are Psychedelic Supplements Next?  |
| 3:00 pm - 3:30 pm           | <b>Dawn Anderson PhD</b><br>Control Issues with Coffee Research  |
| <b>10-min Break</b>         |  |
| <b>Brief Communications</b> | <b>Mike Greenwood PhD Memorial Sessions</b><br><b>Moderator: Rick Kreider PhD FISSN</b><br><b>(Original unpublished investigations only) – 10 min talks</b>                      |
| 3:40 pm - 3:50 pm           | Protein Overfeeding and The Fat Mass and Obesity-Associated Gene<br><b>Cassandra Evans MS RD CISSN</b>   |
| 3:55 pm - 4:05 pm           | Motor Unit Adaptations to Resistance Training to Failure vs. Non-Failure in<br>Previously Trained Adults<br><b>Jonathan Beausejour MS CSCS</b>                                   |
| 4:10 pm - 4:20 pm           | The Effects of Caffeinated vs. Non-Caffeinated Thermogenic Supplement on<br>Resting Energy Expenditure<br><b>Kworweinski Lafontant MS</b>  |
| 4:25 pm - 4:35 pm           | Astaxanthin Supplementation Among Firefighters<br><b>Drew Gonzalez MS CISSN</b>  |
| 4:40 pm - 4:50 pm           | Probiotics Supplementation on Gut Amino Acid Absorption<br><b>Christine Florez MS CISSN</b>  |
| 4:55 pm - 5:05 pm           | Do You Get the Jitters From Energy Drinks?<br><b>Jose Rojas MS CISSN</b>   |
| <b>Closing Remarks</b>      | Trisha VanDusseldorp PhD FISSN, Erik Bustillo MS RD FISSN, and Chad Kerkick<br>PhD FISSN   |

Note: **if you need a certificate of attendance for CEU purposes, please email Anya Ellerbroek MPH CISSN at [anyaeller@gmail.com](mailto:anyaeller@gmail.com)**

