

# 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** - 11:00am - 4:00pm: 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 Presidents – Chad Kerkick PhD FISSN (2020-2023) and Erik Bustillo MS RD FISSN (2020-2023)

Day 1: June 15 Thursday	Room: Las Olas Ballroom
12:15 pm - 12:25 pm	Welcome and Introduction <b>Moderators:</b> Chad Kerkick PhD FISSN and Erik Bustillo MS RD FISSN
12:30 pm - 1:00 pm	<b>Guillermo Escalante DSc FISSN</b> Beyond aesthetics and performance: The potential risks of anabolic steroid abuse and strategies to mitigate them
1:05 pm - 1:35 pm	<b>Edwin Davila DO MS CISSN</b> The Glucagon Like Peptide-1 (GLP-1) Agonists: their Role in Weight Reduction
1:40 pm - 2:10 pm	<b>Bridget Melton EdD CSCS CPT</b> Improving First Responder Resilience with Lifestyle Strategies
2:15 pm - 2:45 pm	<b>Melanie Sulaver (Boehmer) MS, RD, CDN, CISSN</b> Fueling for the Sport of Motherhood: The Postpartum Athlete
15-min Break	
3:00 pm - 3:30 pm	<b>Yuri Feito PhD &amp; Erik Bustillo MS RD FISSN CF-OL1</b> Acute Responses to CrossFit™ Training and Nutritional Strategies for it
3:35 pm - 3:45 pm	<b>Katie Emerson MS RD LDN</b> Nitrosigine, a Multipurpose Ingredient for the Modern Athlete: Amplifying Your Pre-Workout <b>Sponsored by N21</b>
3:50 pm - 4:00 pm	<b>Karen Hecht PhD</b> What's Astaxanthin doing in the mitochondria anyway? <b>Sponsored by AstaReal</b>
4:05 pm - 4:35 pm	<b>Susan Kleiner PhD RD FISSN FACN CNS-E</b> High Performance Nutrition for Health and Strength
4:40 pm - 5:10 pm	<b>Tim Ziegenfuss PhD FISSN</b> In Memoriam: The contributions of Dr. Hector Lopez <b>Sponsored by the ISSN</b>

Day 2: June 16 Friday	Room: Las Olas Ballroom - General Tutorials
	<b>Moderator: Jonathan Mike PhD</b>
8:15 am - 8:45 am	<b>Emily Werner PhD RD</b> Nutrition Strategies to Maximize Mitochondrial Function and Athletic Performance
8:50 am - 9:20 am	<b>Scott Forbes PhD</b> Frequently Asked Questions About Creatine Supplementation Answered with Science
9:25 am - 9:55 am	<b>Wendi Irlbeck MS RDN LD CISSN</b> Body Recomposition. Practical strategies to help your clients and athletes lose fat and gain muscle!
<b>5-min Break</b>	
	<b>Original Investigations</b>
	<b>Moderator: Chad Kerkick PhD FISSN</b>
10:00 am - 10:30 am	<b>Francesco Campa PhD</b> Athletic Bioimpedance-based equations underestimate fat free mass components in elite soccer players: development and validation of new soccer-specific predictive models
10:35 am - 11:05 am	<b>Chad Kerkick PhD FISSN</b> Examining the Impact of a Leucine Dipeptide on Stimulating Muscle Protein Synthesis and Promoting Resistance Training Adaptations
11:10 am - 11:40 am	<b>Dan Moore PhD</b> Protein for active populations: What does science say you should eat?
<b>Lunch Break</b> 11:40 pm - 1:00 pm	<b>Check out the hotel restaurants:</b> <b>Lona Cocina &amp; Tequileria or Waves Bar &amp; Grill</b>
11:45 am – 12:30 pm	<b>Post Doc/Graduate Student Round Table: Should you consider a post-doc?</b> Arny Ferrando PhD FISSN, Mike Roberts PhD, David Church PhD
	<b>General Tutorials</b>
	<b>Moderator: Arny Ferrando PhD FISSN</b>
1:00 pm - 1:30 pm	<b>Arny Ferrando PhD FISSN</b> Hormonal Dysregulation and Muscle <b>Sponsored by the ISSN</b>
1:35 pm - 2:05 pm	<b>Matthew Stratton PhD CISSN CSCS EP</b> Time for Gainz: Does Training Time Matter?
2:10 pm - 2:40 pm	<b>Kurt Escobar PhD CISSN</b> Autophagy, exercise, and nutrition: Why focusing on mechanisms in training is a mistake
<b>20-min Break</b>	
3:00 pm - 3:50 pm	<b>ISSN's Data Blitz</b> 60 seconds to present Original Unpublished Data <b>Moderator: Chad Kerkick PhD FISSN</b> Judges: Erica Goldstein PhD, Lia Jiannine PhD, Jonathan Mike PhD, Douglas Kalman PhD, Susan Kleiner PhD, Darryn Willoughby PhD Winners will be announced on Saturday.

4:00 pm - 4:50 pm	<p><b>The Hultman-Harris Keynote Address</b>  <b>Daniel Fabricant PhD</b>  Swamp Always Wins: What You Really Need to Know about Advocacy and Policy  <b>Sponsored by the ISSN</b>  <b>Moderator: Trisha VanDusseldorp PhD FISSN</b></p>
5:00 pm – 9:00 pm	 <p><b>What's Up With Supps Social, Happy Hour and Poster Presentations</b>  <b>Location: Atlantic Ballroom</b></p> <p><b>Student authors please be present at your poster until 7pm. Prizes awarded to best Poster (UG, MS, and PhD student)</b></p> <p><b>Poster Judges:</b> David Church PhD, Guillermo Escalante DSc, Kurt Escobar PhD, Scott Forbes PhD, Kelly Johnson PhD, Douglas Kalman PhD, Susan Kleiner PhD, Shiloah Kviatkovsky PhD, Jonathan Mike PhD, Tobin Silver PhD, Jeff Stout PhD FISSN, Matthew Stratton PhD, Trisha VanDusseldorp PhD, Tim Ziegenfuss PhD FISSN</p>

<b>Day 3: June 17 Saturday</b>	<b>Las Olas Ballroom</b>
	<b>Moderator: Trisha VanDusseldorp PhD FISSN</b>
8:20 am – 8:50 am	<p>Melvin Williams PhD Memorial Address on Ergogenic Aids  <b>Jeremy Townsend PhD</b>  On the Rhodiola to Improved Performance – An Adaptogen to Keep an Eye On</p>
9:00 am - 9:25 am	<p><b>President's Address</b>  <b>Jose Antonio PhD</b>  The ISSN - A 20 Year Reflection  How Dogma Caused a Seismic Shift in the Nutrition Landscape</p>
<b>10-min Break</b>	
	<b>Original Investigations</b>
	<b>Moderator: Matthew Stratton PhD CISSN</b>
9:35 am - 10:05 am	<p><b>David Church PhD</b>  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>  Bone Health: A Focus on Jump Landings and Nutrition for Women and Athletes</p>
10:45 am - 11:15 am	<p><b>Andrew Jagim PhD</b>  Bringing Sport Science to the Firefighting Profession: Where Research Meets Application</p>
	<b>General Tutorials</b>
11:20 am - 11:50 am	<p><b>Stacy Sims PhD</b>  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>  WGSD</p>
12:30 pm - 1:30 pm	<b>Lunch Break on your own</b>

1:30 pm – 2:00 pm	<b>ISSN Updates and Awards</b> - You must be present to win your prize. Trisha VanDusseldorp PhD FISSN, Rick Kreider PhD FISSN (JISSN update), Douglas Kalman PhD RD FISSN, Bill Campbell PhD FISSN (Position Stand update)
	<b>Moderator: Guillermo Escalante DSc FISSN</b>
2:00 pm - 2:30 pm	<b>David Sandler MS</b> Bridging the Gap: An Insider's Look at the Supplement Industry
2:30 pm – 3:00 pm	<b>Mike T. Nelson PhD</b> Primer on Psychedelics as a "New" Therapy- Are Psychedelic Supplements Next?
3:00 pm - 3:30 pm	<b>Dawn Anderson PhD</b> Control Issues with Coffee Research
Brief Communications	<b>Mike Greenwood PhD Memorial Sessions</b> <b>Moderator: Rick Kreider PhD FISSN</b> <b>(Original unpublished investigations only) – 10 min talks</b>
3:35 pm - 3:45 pm	Hit Me with Your Best Shot: An Ergogenic Aid for E-gamers <b>Cassandra Evans MS RD CISSN</b>
3:50 pm - 4:00 pm	Motor Unit Adaptations to Resistance Training to Failure vs. Non-Failure in Previously Trained Adults <b>Jonathan Beausejour MS CSCS</b>
4:05 pm - 4:15 pm	The Effects of Caffeinated vs. Non-Caffeinated Thermogenic Supplement on Resting Energy Expenditure <b>Kworweinski Lafontant MS</b>
4:20 pm - 4:30 pm	Astaxanthin Supplementation Among Firefighters <b>Drew Gonzalez MS CISSN</b>
4:35 pm - 4:45 pm	Probiotics Supplementation on Gut Amino Acid Absorption <b>Christine Florez MS CISSN</b>
4:50 pm - 5:00 pm	Where's the Energy from this Energy Drink? <b>Jose Rojas MS CISSN</b>
Closing Remarks	Trisha VanDusseldorp PhD FISSN, Erik Bustillo MS RD FISSN, and Chad Kerkick 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)**

See you next year at the 21<sup>st</sup> Annual ISSN Conference

Where: Hyatt Regency Coconut Point Resort and Spa, 5001 Coconut Road, Bonita Springs FL 34134

When: June 17-19, 2024 (note: Mon-Wed schedule).

