

**SEPT. 24**

**4:00 PM**

“  
Exercise timing,  
metabolic rhythmicity  
and histone  
deacetylase inhibitors  
”

Our research revealed how circadian clocks regulate metabolism, exercise performance, and insulin sensitivity, with implications for exercise timing and type 2 diabetes (Nat Med 2017; Nature 2021; Nat Commun 2025). We also showed that the anticancer effects of histone deacetylase inhibitors extend beyond HDAC inhibition, reshaping their pharmacological mechanism (Signal Transduct Target Ther 2026).

**Publication(s):**

- Nat Commun. 2025 Jul 1;16(1):5708. PMC12216418
- Nature. 2021 Apr;592(7856):763-767. PMC8085086
- Signal Transduct Target Ther. 2026 Jun 5;11(1) PMC13241515



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