

## Health Innovation Ecosystem Seminar

Date: **Wednesday 8 May 2019, 12.30-1.30pm**

Place: **Room 1.110, Clipstone Building, 115 New Cavendish Street, W1W 6UW**

Title: **Multivariate health index: a new way of measuring health**

Speaker: **Meliz Sahuri Arisoylu**, PhD, Research Fellow, Health Innovation Ecosystem, University of Westminister

### Abstract:

Health is defined by WHO as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This is a dated definition (defined in 1948) and has limitations. Finding an objective way of quantifying and tracking health, an innovative health index, will have advantages to the people, the healthcare system and the economy. Currently, we are focusing on different aspects of defining health, anatomical as well as functional, including body composition, genetic, cellular and molecular markers. The main aim of my research is to develop a blood based multiparametric index based on the latest advances in mitochondrial function and molecular markers. This talk will focus on our protocol and preliminary findings.

### Bio:

Meliz obtained her degree in Electrical and Electronics Engineering from Eastern Mediterranean University, Cyprus with high honours in 2006. She completed her MSc degree in Engineering and Physical Sciences in Medicine at Bioengineering Department, Imperial College London and continued to do a PhD (2008-2012) at Hammersmith Hospital, Imperial College London investigating the effects of dietary fibres and natural compounds on body fat distribution and metabolism using techniques such as preclinical MR imaging and spectroscopy. During her PhD, she has also developed a novel bio-delivery system of natural compounds to liver and tumours. Following her PhD, she worked as a Research Associate at Hammersmith Hospital furthering her research on natural compounds and their effects on fat metabolism. In 2014, she joined then newly established Research Centre for Optimal Health at University of Westminister as a Research Fellow. Her research since then has been focused on adipocyte differentiation and cancer metabolism. She has been optimising the metabolism of adipocytes to reduce lipid deposition and cancer cells to reduce proliferation, by natural compounds. She has a special interest in mitochondrial function and its effects on health.