Professor Min XIA 夏敏教授

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Biography 講者介紹

Prof. Min Xia, a PhD supervisor in human Nutrition, is currently the Dean of School of Public Health, Sun Yat-sen University, and the Director of Guangdong Provincial Key Laboratory of Food, Nutrition and Health. Prof. Xia's research is dedicated to early risk prediction and prevention of cardiovascular diseases. Though the integration of prospective cohorts, multi-omics studies and genetic models, Prof Xia's group has identified a series of novel biomarkers for cardiovascular disease, delineated the molecular basis that link nutrition metabolism with the progression of atherosclerosis, and developed targeted lifestyle interventions to delay the onset and progression of cardiometabolic diseases. Prof. Xia has leaded several key projects from National Key R&D Program, National Natural Science Foundation of China, and Guangdong Province. He has co-authored more than 50 papers in leading journals, such as *Circulation, Circulation Research, Diabetes Care*, and *Hepatology*, in the field of cardiometabolic disorder. Due to his outstanding findings, Prof. Xia has received several awards, such as the "The first prize of the Guangdong Natural Science Award", and "The Higher Education Outstanding Scientific Research Output Awards (Science and Technology)".

夏敏教授/博士生導師，現任中山大學公共衛生學院院長，廣東省營養膳食與健康重點實驗室主任。長期從事心血管疾病早期風險預測及營養防治研究。作為項目負責人主持科技部國家重點研發計劃、國家自然科學基金和省部級重點項目。在*Circulation*、*Circulation Research*、*Diabetes Care*、*Hepatology*等心血管和代謝領域權威期刊發表多篇學術論文。研究成果榮獲廣東省自然科學一等獎、教育部高等學校科學研究優秀成果獎。

Abstract 題目摘要

The association and research progress of nutrition diet-gut microbiota-cardiovascular disease
營養膳食—腸道菌群—心血管疾病之間的關聯與研究進展

Over the past decades, the prevalence and incidence of cardiovascular diseases have been on constant rise across China, resulting in a heavy burden for the residents, communities, and also healthcare providers. Therefore, there is an urgent need for the establishment of an effective prevention and treatment strategy for cardiovascular diseases. Recently, mounting evidence suggest that dysbiosis of gut microbiota plays a crucial role in the progression of cardiovascular disease. This study will focus on the complex link between dietary nutrition, microbial metabolism and the progression of cardiovascular diseases.

近年來，我國居民心血管疾病持續高發，給國民健康造成了極大威脅。如何有效防控心血管病已成為全國迫切需要解決的重大公共衛生問題。最新研究進展指出，腸道微生態組成及其功能改變在心血管疾病發生發展中發揮重要作用。