



Dr. Stacey Reading

Recognizing a Health Researcher who is Changing the Face of New Brunswick

Dr. Stacey Reading

Dr. Reading is an Associate Professor in the Faculty of Kinesiology at the University of New Brunswick and he is also a Canadian Society for Exercise Physiology Master Examiner and Certified Exercise Physiologist. He graduated from the University of Guelph with B.Sc., M.Sc. and Ph.D. degrees before moving on to the University of Vermont, USA, to do post-doctoral research in cardiovascular physiology and regulation of blood flow. He joined UNB in 2007.

In 2011, on behalf of federal Health Minister Leona Aglukag, Dr. Reading and Dr. Bo Medema, Family Medicine Teaching Unit in Fredericton jointly received over \$350,000 from Minister Keith Ashfield and the Canadian Institutes of Health Research (CIHR) Partnerships for Health System Improvement (PHSI) program, which supports teams of researchers and decision makers interested in conducting applied and policy relevant health systems and services research that responds to the needs of health care decision makers and strengthens our health system.



Dr. Reading's current research is focused on blood vessel function in diabetes, examining muscular activity and modulating oxygen as a therapy to rehabilitate vascular function diminished by diabetes (type 2 diabetic foot ulcers). In co-operation with InVivoMetric Technologies (www.invivometric.com) of Fredericton NB, Dr. Reading is also testing a hypothesis that topical hyperbaric oxygen therapy may improve foot ulcer healing rates.



Dr. Stacey Reading has:

- Attracted nearly \$1M in research funding in his six years at UNB;
- Trained and mentored eight graduate students and supervised a diverse staff of 18 in his lab at UNB;
- Contributed over two dozen articles, reports and presentations at national and international conferences, co-authored one book (TRP ion channel function in sensory transduction and cellular signaling cascades) and developed one U.S. patent (Modulation of TRPC3 Channel Activity as a Method of Treating Hypertension).

Dr. Reading also oversees the **"Take HEART"** program that offers an introductory level of physical activity as well as nutritional counseling to persons at risk of developing chronic medical conditions. "Often, simple lifestyle changes such as eating a variety of healthy foods each day and building physical activity into your daily routine is all that is required to decrease dramatically people's chances of becoming chronically ill later in life," he said. The 12-week program, running one-hour group fitness sessions, 3 nights per week, plus 1 nutrition seminar, accommodates 60 participants (English and French) in Fredericton. Progress is monitored throughout the program. One-on-one counseling and support are provided as required.

Since 2008, **"Take HEART"** has been a partnership between the Department of Healthy and Inclusive Communities, the Faculty of Kinesiology at UNB, the Horizon Health Network, the Chalmers Regional Hospital Foundation and the City of Fredericton.



By recruiting talented researchers like Dr. Reading to New Brunswick, we are contributing to the global effort to promote a healthy lifestyle and provide effective preventative health care services. We are also creating a robust research environment that will train our students to become the talented health researchers of tomorrow. Please join us in saluting Dr. Stacey Reading, whose work seeks to improve the health of New Brunswickers.

www.nbhrf.com/nb-health-researcher-month

Presented by:



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