

# Meet Ruben Nogueiras Pozo 2022 Jens Sandahl Christiansen Awardee



*Professor Ruben Nogueiras Pozo from the University of Santiago de Compostela is one of our 2022 Jens Sandahl Christiansen Awardees and will be delivering his lecture, Deciphering the role of p53 family members in glucose metabolism at ECE 2022. Read on to learn more about his research, career and what he thinks will be the next “pharmaceutical revolution”.*

## **Tell us a little about your current position and research**

I'm Associate Professor at the University of Santiago de Compostela and researcher at the Oportunius Program of the Regional Government of Galicia. Our research aims to understand the molecular mechanisms associated with obesity, with a particular focus on the interaction between the central nervous system and peripheral organs and alterations related to non-alcoholic fatty liver disease.

## **Tell us about your career path so far, and what you're most proud of**

My career has always been related to obesity research. I did my PhD in Santiago de Compostela under the supervision of Professor Carlos Dieguez (including a one-year stay in Aberdeen supervised by Lynda Williams) and my postdoc in Germany and the USA under the supervision of Professor Matthias Tschöp (including several months in Geneva supervised by Françoise Jeanrenaud). In 2009, I got a Ramon y Cajal contract to start my own team in Spain.

I'm proud to have worked with Carlos and Matthias, two mentors from whom I have learned everything and they are two good examples to follow from a personal and professional point of view.

**What are you presenting at ECE 2022?**

I will be presenting how p53 family members, which are transcription factors classically known for their implications in cancer, are also implicated in the regulation of glucose and fatty acid metabolism. They have also helped us to unmask new targets implicated in the development of NAFLD and NASH.

**What are you looking forward to at ECE 2022?**

I think this will be a very special year as it will be an in person meeting after 2 years of virtual. I'm certainly looking forward to attending live lectures on the latest discoveries and also to having a beer with friends and colleagues.

It is a great congress and whatever you do in endocrinology, there is sure to be some interesting sessions. Besides that, Milan is a fantastic city!

**What do you think are the biggest challenges in your field right now?**

Working in obesity, the biggest challenge is to find an efficient treatment with only minor side effects. Also, in terms of NAFLD/NASH, the disease prevalence is constantly increasing and there is no approved treatment yet.

**What do you think will be the next major breakthrough in your field?**

I think that if the glucagon-like peptide 1 based multi-agonists show positive results in ongoing clinical trials to treat obesity, they will be the next "pharmaceutical revolution".

**What do you enjoy most about your work?**

Getting up every morning without knowing what will happen in the lab throughout the day.

**Any words of wisdom for aspiring endocrinologists?**

If that is what you want, go for it. Do not let others divert you from your path. Give the best of yourself and fight for it!