Meet Ido Goldstein, our 2026 Jens Sandahl Christiansen Awardee in Basic Science

Dr Ido Goldstein, from Jerusalem, Israel, is our 2026 Jens Sandahl Christiansen Awardee in Basic Science. He will deliver his Award Lecture in Prague at ECE 2026. Read on to learn more about his career in endocrinology, his advice for future endocrinologists, and what you can look forward to hearing him talk about at the Congress.

Please tell us about your current role

I am a Principal Investigator in the Hebrew University in Jerusalem, Israel. I lead a research group of MSc and PhD students, as well as post-doctoral scientists. We study how hormones affect the expression of genes in metabolic tissues, such as the liver. My research lab is part of the Institute of Biochemistry, Food Science and Nutrition, where various groups study different aspects of metabolism, endocrinology and nutrition.

How were you inspired to work in endocrinology?

I obtained my MSc and PhD from the Weizmann Institute of Science in Rehovot, Israel. I moved to the USA for my post-doctoral training at the National Institutes of Health, after which I established my own research lab in the Hebrew University. In the course of my career, I became especially interested in how the human body employs hormones to orchestrate the myriad of functions needed for life, as well as to respond and adapt to its changing environment.

What will you discuss in your Award Lecture at ECE 2026?

Intermittent fasting is a widely adopted nutritional regimen, yet the molecular basis underlying its metabolic benefits remains unclear. Our study investigated whether mammals can adapt their transcriptional responses to repeated environmental stimuli such as fasting.

Specifically, we examined whether prior fasting episodes alter the liver's response to a subsequent fast. The liver plays a central role during fasting by supplying energy to peripheral tissues, largely through the production of ketone bodies generated via co-ordinated activation of metabolic genes. We discovered that the liver retains a molecular 'memory' of previous fasting events.

Mice exposed to intermittent fasting displayed a more robust transcriptional and metabolic response during a later fasting bout, when compared with animals fasting for the first time. This enhanced response was driven by the transcription factor peroxisome proliferator-activated receptor-α, which activated genes required for ketone body production, leading to increased ketogenesis. These findings suggest that repeated fasting trains hepatic metabolism, providing a mechanistic explanation for some of the physiological advantages associated with intermittent fasting.

What are you most proud of in your career, and in life in general?

I am proud to be a small part of what I see as the greatest endeavour of humanity – the scientific project.

What is likely to be the next breakthrough in your area of interest?

Cells are constantly exposed to various hormone cues and need to integrate them in order to respond to a changing environment. While we know a great deal about hormones' downstream functions in cells, we know much less about how different hormonal signals are integrated within cells. I think that discovering mechanisms of signal integration will transform the field and improve our understanding of hormone actions.

What are the biggest challenges in your field right now?

Two types of communication are critical to the field: communication between clinical and basic science and communication between scientists across Europe. Although

everybody understands the importance of these interactions, I feel that fostering them is still a significant challenge.

What is the most enjoyable aspect of your work?

It must be the moment when you realise you have found something new, something unknown. I also enjoy marvelling at the beauty and complexity of life – the intricate mechanisms that allow us and all other organisms to survive and thrive.

What are you most looking forward to at ECE 2026?

I am looking forward to meeting new people, listen to new scientific discoveries and revisiting one of my favorite cities – beautiful Prague!

Why should people join ESE?

It is a great platform to foster collaborations, hear about advances in the field and strengthen contacts across Europe.

What words of wisdom do you have for aspiring endocrinologists?

Invest in asking the right questions. Good research questions lead to good science. Follow what *you* think is interesting, not what everybody says is a 'hot' topic right now.