

CURRICULUM VITA

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Education and Degrees

August 2000 – July 2004. Postdoctoral Research Fellowship in Cardiology, Department of Molecular Genetics, University of Texas Southwestern Medical Center, Dallas, TX.

June 2000 – Doctor of Philosophy in Kinesiology, University of Maryland, College Park, MD.

May 1993 - Masters in Public Management, University of Maryland, College Park, MD.

May 1990 - Bachelor of Science in Nutritional Sciences, University of Maryland, College Park, MD.

Personal Statement

My current research is focused on developing novel strategies to improve the health and quality of life of patients with kidney failure undergoing maintenance hemodialysis (HD) therapy. HD patients suffer from a myriad of co-morbidities that adversely impact their health and quality of life. While pharmacological therapies are often prioritized in their care, exercise and nutrition-related strategies receive less emphasis, despite tremendous potential benefits. I have developed two parallel lines of research that aim to: A) develop strategies for getting patients with chronic kidney disease more physically active; and B) reducing chronic volume overload in HD patients. These are two of the most challenging and clinically significant problems in Nephrology. I recently founded two research-related entities to help facilitate this work: 1) The Global Renal Exercise (GREX) Network; and 2) The Kidney Wellness Institute of Illinois (KIWI). The purpose of both of these groups are to improve the research base and implementation of lifestyle-related therapies across the spectrum of chronic kidney disease.

Professional Experience:

1993-96 Legislative Analyst, Argonne National Laboratory, Washington, DC
1996-2000 Graduate Teaching and Research Asst, Department of Kinesiology, University of Maryland College Park, MD
2000-2004 Post-Doctoral Fellow in Molecular Genetics, U of Texas Southwestern Medical Center, Dallas, TX
2004-2010 *Assistant Professor*, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign
2005 - Awarded joint faculty appointment in Division of Nutritional Sciences at University of Illinois
2010 - Promoted to *Associate Professor*, University of Illinois at Urbana-Champaign
2017 - Affiliate, Carle-Illinois College of Medicine, Urbana, IL
2017 - Affiliate, Department of Kinesiology and Nutrition, University of Illinois at Chicago
2018 - Promoted to *Professor*, University of Illinois at Urbana-Champaign
2020 - Associate Head, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.

Awards/Honors

- 1998-2000 Phi Alpha Epsilon member – honor society for the College of Health and Human Performance, University of Maryland – College Park, MD
- 1999-2000 Awarded NIH/NIA predoctoral fellowship, Department of Kinesiology, University of Maryland - College Park, MD
- 2000-2004 Awarded NIH post-doctoral fellowship in Cardiology, Department of Molecular Genetics, University of Texas Southwestern Medical Center, Dallas, TX
- 2005 Selection for the National Institute on Aging's Summer Institute on Aging Research program.
- 2011 Appointed Research Fellow in the Center for Advanced Studies, University of Illinois
- 2014 College of Applied Health Sciences, UIUC, Undergraduate Research Mentoring Award

Professional Activities

- Society Member: American Society of Nephrology (2010 – present), International Society of Renal Nutrition and Metabolism (2010 – present). National Kidney Foundation (2015- present).
- Director of the Lifetime Fitness Program, University of Illinois at Urbana-Champaign (2011- present).
- Founder and Co-Chair of the Global Renal Exercise (GREX) working group (2015 – present).
- Chair, University of Illinois Institutional Review Board (IRB) Biomedical Research Board (2019– present).
- Associate Editor, Journal of Renal Nutrition (2019- present).
- Member of Kidney Health Initiatives (KHI) working groups on Volume Overload and Muscle Cramping
- Director, Kidney Wellness Institute of Illinois (KIWI)

Teaching Experience:

Undergraduate Courses Taught:

- Bioscience of Human Movement
- Physical Activity and Aging
- Advanced Exercise Physiology
- Exercise Instruction in the Elderly
- Master Athletes
- Exercise and Nutrition in Chronic Kidney Disease
- Physical Activity and Health

Graduate Courses Taught:

- Cardiovascular Exercise Physiology
- Nutrition, Exercise, and Cardiovascular Disease Prevention
- Nutritional Considerations for Hemodialysis Patients
- Exercise Metabolism and Biochemistry
- Pathophysiology of Renal Failure
- Pathophysiology of Cardiovascular Disease
- Cardiovascular Measurement Techniques
- Nutrition in Chronic Kidney Disease

Journal Publications

1. Global Policy Barriers and Enablers to Exercise and Physical Activity in Kidney Care. Bennett PN, Kohzuki M, Bohm C, Roshanravan B, Bakker SJL, Viana JL, MacRae JM, Wilkinson TJ, **Wilund KR**. for the Global Renal Exercise Network (GREX). J Ren Nutr.2021 Aug 12:S1051-2276(21)00165-5. (Online ahead of print).
2. Association between physical activity and mortality in end-stage kidney disease: a systematic review of observational studies. Martins P, Marques EA, Leal DV, Ferreira A, **Wilund KR**, Viana JL. BMC Nephrol. 2021 Jun 18;22(1):227

3. Effect of Dietary Inulin Supplementation on the Gut Microbiota Composition and Derived Metabolites of Individuals Undergoing Hemodialysis: A Pilot Study. Biruete A, Cross TL, Allen JM, Kistler BM, de Loor H, Evenepoel P, Fahey GC Jr, Bauer L, Swanson KS, **Wilund KR**. *J Ren Nutr*. 2021 Jun 11:S1051-2276(20)30286-7.
4. Anabolic Resistance of Muscle Protein Turnover Comes in Various Shapes and Sizes. Paulussen KJM, McKenna CF, Beals JW, **Wilund KR**, Salvador AF, Burd NA. *Front Nutr*. 2021 May 5;8:615849
5. A Comparison of Dietary Intake Between Individuals Undergoing Maintenance Hemodialysis in the United Kingdom and China. Song Y, March DS, Biruete A, Kistler BM, Nixon DDG, Highton PJ, Vogt BP, Ruddock N, **Wilund KR**, Smith AC, Burton JO. *J Ren Nutr*. 2021 Apr 19:S1051-2276(21)00085-6
6. COVID-19 quarantine in chronic kidney disease patients: A focus on sarcopenia traits. Ribeiro HS, **Wilund KR**, Lima RM. *J Bras Nefrol*. 2021 Mar 22:S0101-28002021005028301. (online ahead of print).
7. Mindfulness-based Virtual Reality Intervention in Hemodialysis Patients: A Pilot Study on End-user Perceptions and Safety. R Hernandez, B Burrows, M Browning, K Solai, D Fast, NO Litbarg, **KR Wilund** and JT Moskowitz. *Kidney360* March 2021, 2 (3) 435-444.
8. An International Delphi Survey on Exercise Priorities in CKD. Labib M, Bohm C, MacRae JM, Bennett PN, **Wilund KR**, McAdams-DeMarco M, Jhamb M, Mustata S, Thompson S; Global Renal EXercise Network. *Kidney Int Rep*. 2020 Dec 18;6(3):657-668.
9. Working on Wellness: Impact of a Pilot Workplace Wellness Program in a Hemodialysis Center. Harris AMY, Evan NM, Perez L, Burrows B, Derk GR, Chiu C, **Wilund KR**. *Nephrol Nurs J*. 2021 Jan-Feb;48(1):49-55.
10. Muscle-Bone Crosstalk in Chronic Kidney Disease: The Potential Modulatory Effects of Exercise. Leal DV, Ferreira A, Watson EL, **Wilund KR**, Viana JL. *Calcif Tissue Int*. 2021. 108(4), 461-475.
11. Cardiovascular Autonomic Dysfunction and Falls in People With Multiple Sclerosis: Is There a Link? An Opinion Article. Zanutto T, Hernandez ME, Medrano CN, **Wilund KR**, Sosnoff JJ. *Front Neurosci*. 2020 Dec 7;14:610917.
12. Depressive Disorders Are Associated With Risk of Falls in People With Chronic Kidney Disease. Kistler BM, Khubchandani J, Bennett P, **Wilund KR**, Sosnoff J. *J Am Psychiatr Nurses Assoc*. 2020 Nov 5:107839032097064. Online ahead of print.
13. Pilot study to reduce interdialytic weight gain by provision of low-sodium, home-delivered meals in hemodialysis patients. Perez LM, Fang HY, Ashrafi SA, Burrows BT, King AC, Larsen RJ, Sutton BP, **Wilund KR**. *Hemodial Int*. 2021 Apr;25(2):265-274
14. Integrin-associated ILK and PINCH1 protein content are reduced in skeletal muscle of maintenance hemodialysis patients. Draicchio F, van Vliet S, Ancu O, Paluska SA, **Wilund KR**, Mickute M, Sathyapalan T, Renshaw D, Watt P, Sylow L, Burd NA, Mackenzie R. *J Physiol*. 2020 Dec;598(24):5701-5716
15. The Necessity for Renal Rehabilitation. Whalen SK, King A, **Wilund K**, Germain MJ, Headley SAE. *Journal of Clinical Exercise Physiology*. 2020; 9(3): 118-130.
16. Advances in exercise therapy in predialysis chronic kidney disease, hemodialysis, peritoneal dialysis, and kidney transplantation. Wilkinson TJ, McAdams-DeMarco M, Bennett PN, **Wilund K**; Global Renal Exercise Network. *Curr Opin Nephrol Hypertens*. 2020 Sep;29(5):471-479.
17. Pilot feasibility study examining the effects of a comprehensive volume reduction protocol on hydration status and blood pressure in hemodialysis patients. Perez LM, Burrows BT, Chan L, Fang HY, Barnes JL, **Wilund KR**. *Hemodialysis International*. 2020 Jul; 24(3): 414-422.
18. A Comparison of Intradialytic versus Out-of-Clinic Exercise Training Programs for Hemodialysis Patients. Fang HY, Burrows BT, King AC, **Wilund KR**. *Blood Purif*. 2019 Dec 18:1-7.
19. Gut Microbiota and Cardiometabolic Risk Factors in Hemodialysis Patients: A Pilot Study. Biruete A, Allen JM, Kistler BM, Jeong JH, Fitschen PJ, Swanson KS, **Wilund KR**. *Top Clin Nutr*. 2019 Apr-Jun;34(2):153-160
20. Managing Hyperkalemia: Another Benefit of Exercise in People With Chronic Kidney Disease? St-Jules DE, Marinaro M, Goldfarb DS, Byham-Gray LD, **Wilund KR**. *J Ren Nutr*. 2020 Sep; 30(5):380-383.
21. Effect of Oral Nutritional Supplementation With and Without Exercise on Nutritional Status and Physical Function of Adult Hemodialysis Patients: A Parallel Controlled Clinical Trial (AVANTE-HEMO Study). Martin-Alemañy G, Espinosa-Cuevas MLÁ, Pérez-Navarro M, **Wilund KR**, Miranda-Alatríste P, Cortés-Pérez M, García-Villalobos G, Gómez-Guerrero I, Cantú-Quintanilla G, Ramírez-Mendoza M, Valdez-Ortiz R. *J Ren Nutr*. 2020 Mar;30(2):126-136

22. A Critical Review of Exercise Training in Hemodialysis Patients: Personalized Activity Prescriptions are Needed. **Wilund KR**, Viana JL, Perez LM. *Exerc Sport Sci Rev*. 2020 Jan;48(1):28-39.
23. A Global Approach to Increasing Physical Activity and Exercise in Kidney Care: The International Society of Renal Nutrition and Metabolism. **Wilund KR**; Thompson S; Bennett P. *J Ren Nutr*. 2019 Nov;29(6):467-470
24. "Results from the randomized controlled IHOPE trial suggest no effects of oral protein supplementation and exercise training on physical function in hemodialysis patients. Jeong JH, Biruete A; Tomayko EJ; Wu PT; Fitschen P; Chung HR; Ali M; McAuley EM; Fernhall B; Phillips SA; **Wilund KR**. *Kidney Int*. 2019 Sep;96(3):777-786
25. "The association of positive affect and cardiovascular health in Hispanics/Latinos with chronic kidney disease: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). Hernandez R, Lash JP, Burrows B, **Wilund KR**, Mattix-Kramer HJ, Peralta C, Durazo-Arvizu RA, Talavera GA, Penedo FJ, Khambaty T, Moncrieff AE, Chen J, Daviglius ML. *Prev Med Rep*. 2019 Jun 7;15:100916
26. "An introduction to Exercise and Physical Activity in Dialysis Patients: Preventing the unacceptable journey to physical dysfunction." Bennett PN, Thompson S, **Wilund KR**. *Semin Dial*. 2019 Jul;32(4):281-282.
27. "Epidemiology of falls and fall-related injuries among middle-aged adults with kidney disease" Kistler, BM; Khubchandani J; Wiblishauser MJ; Wilund KR; Sosnoff JJ. *International Urology and Nephrology*. 2019 Sep;51(9):1613-1621
28. "Sustained Exercise Programs for Hemodialysis Patients: The characteristics of successful approaches in Portugal, Canada, Mexico, and Germany". Viana JL; Martins P; Parker K; Madero M; Grovas HP; Anding K; Degenhardt S; Gabrys I; Raugust S; West C; Cowen T; **Wilund KR**. *Semin Dial*. 2019 Jul;32(4):320-330
29. "Addressing Myths about Exercise in Hemodialysis Patients. **Wilund KR**; Jeong JH; Greenwood S. *Semin Dial*. 2019 Jul;32(4):297-302
30. "Dysregulated handling of dietary protein and muscle protein synthesis after mixed meal ingestion in maintenance hemodialysis patients". Van Vliet S; Skinner S; Beals J; Fang H; Paluska S; Ulanov AV; Moore D; **Wilund KR**; Burd NA. *Kidney International Reports*. 2018 Aug 17;3(6):1403-1415
31. "Effects of acute intradialytic exercise on cardiovascular responses in hemodialysis patients." Jeong JH, Biruete A, Fernhall B, **Wilund KR**. *Hemodial Int*. 2018 Oct;22(4):524-533
32. "Effects of regular endurance exercise on GlycA: Combined analysis of 14 exercise interventions." Barber JL, Kraus WE, Church TS, Hagberg JM, Thompson PD, Bartlett DB, Beets MW, Earnest CP, Huffman KM, Landers-Ramos RQ, Leon AS, Rao DC, Seip RL, Skinner JS, Slentz CA, **Wilund KR**, Bouchard C, Sarzynski MA. *Atherosclerosis*. 2018 Jul 26;277:1-6
33. "Feasibility of an Internet-based Positive Psychological Intervention for Hemodialysis Patients with Symptoms of Depression." Hernandez R, Burrows B, **Wilund K**, Cohn M, Xu S, Moskowitz JT. *Social Work in Health Care*. 2018. Nov-Dec;57(10):864-879
34. "Rationale and design of a randomized controlled clinical trial of functional electrical stimulation cycling in persons with severe multiple sclerosis." Pilutti LA, Motl RW, Edwards TA, **Wilund KR**. *Contemp Clin Trials Commun*. 2016 May 15;3:147-152
35. "Falls and Fall Related Injuries Among US Adults Aged 65 or Older with Chronic Kidney Disease". Kistler BM, Kjubchandani J, Jakubowicz G, **Wilund KR**, Sosnoff J. *Preventing Chronic Disease*. 2018 Jun 21;15:E82
36. "Comparison of Methods Study between a Photonic Crystal Biosensor and Certified ELISA to Measure Biomarkers of Iron Deficiency in Chronic Kidney Disease Patients." Peterson RD, **Wilund KR**, Cunningham BT, Andrade JE. *Sensors (Basel)*. 2017 Sep 25;17(10). pii: E2203.
37. "The relationship between intradialytic nutrition and gastrointestinal symptoms using a modified version of the Gastrointestinal Symptom Rating Scale". Kistler B, Biruete A, Chapman KM, **Wilund KR**, *J Ren Nutr*. 2018 Mar;28(2):129-134
38. "Exercise and CKD: Skeletal Muscle Dysfunction and Practical Application of Exercise to Prevent and Treat Physical Impairments in CKD." Roshanravan B, Gamboa J, **Wilund K**. *Am J Kidney Dis*. 2017 June; 69(6):837-852.
39. "Effect of Acute Aerobic Exercise and Histamine Receptor Blockade on Arterial Stiffness in African-Americans and Caucasians." Yan H, Ranadive SM, Lane-Cordova AD, Kappus RM, Behun MA, Cook

- MD, Woods JA, **Wilund KR**, Baynard T, Halliwill JR, Fernhall B. *J Appl Physiol* 2017 Feb 1;122(2):386-395.
40. "The Impact of Exercise on Statin-Associated Skeletal Muscle Myopathy". Chung HR, Vakil M, Munroe M, Parikh A, Meador BM, Wu PT, Jeong JH, Woods JA, **Wilund KR**, Boppart MD. *PLoS One*. 2016 Dec 9;11(12):e0168065
 41. "Aging, not age-associated inflammation, determines blood pressure and endothelial responses to acute inflammation." Lane-Cordova AD, Ranadive SM, Kappus RM, Cook MD, Phillips SA, Woods JA, **Wilund KR**, Baynard T, Fernhall B. *J Hypertension*. 2016 Dec; 34(12): 2402-2409.
 42. "Modified Nutritional Recommendations to Improve Dietary Patterns and Outcomes in Hemodialysis Patients." Biruete a, Jeong JH, Barnes JL, **Wilund KR**. *J Ren Nutr* 2017 Jan; 27(1):62-70.
 43. "Efficacy of beta-hydroxy beta-methyl butyrate (HMB) supplementation in maintenance hemodialysis patients." Fitschen PJ, Biruete A, Jeong J, **Wilund KR**. *Hemodial Int*. 2017 Jan;21(1):107-116.
 44. "In-Center Nutrition Practices of Clinics within a Large Hemodialysis Provider in the United States." Benner D, Burgess M, Stasios M, Brosch B, **Wilund K**, Shen S, Kistler B. *Clin J Am Soc Nephrol*. 2016 May 6; 11(5):770-5.
 45. "Differential Post-Exercise Blood Pressure Responses between Blacks and Caucasians." Yan H, Behun MA, Cook MD, Ranadive SM, Lane-Cordova AD, Kappus RM, Woods JA, **Wilund KR**, Baynard T, Halliwill JR, Fernhall B. *PLoS One*. 2016 Apr 13;11(4):e0153445
 46. "Eating during treatment can be a cost-effective way to improve outcomes: a letter to the editor." Kistler BM, **Wilund KR**. *Contemp Nurse*. 2016 Mar 16:1-3.
 47. "Formation of an Exercise in CKD Working Group." **Wilund KR**, Painter P. *Am J Kidney Dis*. 2016 May;67(5):812.
 48. "Sex differences in autonomic function following maximal exercise." Kappus RM, Ranadive SM, Yan H, Lane-Cordova AD, Cook MD, Sun P, Harvey IS, **Wilund KR**, Woods JA, Fernhall B. *Biol Sex Differ*. 2015 Dec 1; 6:28.
 49. "The effects of exercise on the lipoprotein subclass profile: A meta-analysis of 10 interventions." Sarzynski MA, Burton J, Rankinen T, Blair SN, Church TS, Després JP, Hagberg JM, Landers-Ramos R, Leon AS, Mikus CR, Rao DC, Seip RL, Skinner JS, Slentz CA, Thompson PD, **Wilund KR**, Kraus WE, Bouchard C. *Atherosclerosis*. 2015 Oct 17;243(2):364-372
 50. "Aerobic Exercise Training and Arterial Changes in African-Americans versus Caucasians. Ranadive SM, Yan H, Lane AD, Kappus RM, Cook MD, Sun P, Harvey I, Ploutz-Synder R, Woods JA, **Wilund KR**, Fernhall B. *Med Sci Sports Exerc*. 2016 Jan;48(1):90-7.
 51. "Effects of Tomato and Soy Germ on Lipid Bioaccumulation and Atherosclerosis in ApoE^{-/-} Mice. Smith BW, Miller RJ, **Wilund KR**, O'Brien WD Jr, Erdman JW Jr. *J Food Sci*. 2015 Aug;80(8):H1918-25.
 52. "Effects of Pomegranate Extract Supplementation on Cardiovascular Risk Factors and Physical Function in Hemodialysis Patients. Wu PT, Fitschen PJ, Kistler BM, Jeong JH, Chung HR, Aviram M, Phillips SA, Fernhall B, **Wilund KR**. *J Med Food*. 2015 Sep;18(9):941-9
 53. "The presence and impact of diastolic dysfunction on physical function and body composition in hemodialysis patients. Jeong JH, Wu PT, Kistler BM, Fitschen PJ, Biruete AG, Phillips SA, Ali MM, Fernhall B, **Wilund KR**. *J Nephrol*. 2015 Dec;28(6):739-47
 54. "Intradialytic protein supplementation reduces inflammation and improves physical function in maintenance hemodialysis patients." Tomayko, EJ, Kistler BM, Fitschen PJ, Wu PT, Chung HR, **Wilund KR**. *J Ren Nutr*. 2015 May;25(3):276-83.
 55. "It's a Non-Dialysis Day...Do You Know How Your Patient Is Doing? A Case for Research into Interdialytic Activity. Mendoza M, Han M, Meyring-Wösten A, **Wilund K**, Kotanko P. *Blood Purif*. 2015;39(1-3):74-83.
 56. "Rethinking the restriction on nutrition during hemodialysis treatment." Kistler BM, Fitschen PJ, Ikizler TA, **Wilund KR**. *J Ren Nutr*. 2014 Nov;24(6):349-352.
 57. "To Eat or Not To Eat - International Experiences with Eating During Hemodialysis Treatment". Kistler BM, Benner D, Burgess M, Stasios M, Kalantar-Zadeh K, **Wilund KR**. *J Ren Nutr*. 2014 Nov;24(6):349-352.
 58. "Sex differences in ventricular-vascular coupling following endurance training. Lane AD, Yan H, Ranadive SM, Kappus RM, Sun P, Cook MD, Harvey I, Woods J, **Wilund K**, Fernhall B. *Eur J Appl Physiol*. 2014 Dec;114(12):2597-606.

59. "Case Study: Natural Bodybuilding Contest Preparation." Kistler BM, Fitschen PJ, Ranadive SM, Fernhall B, **Wilund KR**. *Int J Sport Nutr Exerc Metab*. 2014 Dec;24(6):694-700
60. "Perceptual effects and efficacy of intermittent or continuous blood flow restriction resistance training." PJ Fitschen, BM Kistler, JH Jeong, HR Chung, P Wu, MJ Walsh, RW Motl, **KR Wilund**. *Clin Physiol Funct Imaging*. 2014 Sept; 34(5):356-63.
61. "Resveratrol Supplementation Reduces Aortic Atherosclerosis and Calcification and Attenuates Loss of Aerobic Capacity in a Mouse Model of Uremia. EJ Tomayko, A Cachia, HR Chung, **KR Wilund**. *Journal of Medicinal Foods*. 2014 Feb; 17(2):278-83.
62. Effect of Acute Moderate Exercise on Induced Inflammation and Arterial Function in Older Adults. Ranadive SM, Kappus RM, Cook MD, Yan H, Lane AD, Woods JA, **Wilund KR**, Iwamoto G, Vanar V, Tandon R, Fernhall B. *Exp Physiol*. 2014 Feb; 17(2):278-83.
63. "Postural Control in Hemodialysis Patients." Shin S, Chung HR, Fitschen PJ, Kistler BM, Park HW, **Wilund KR**, Sosnoff JJ. *Gait Posture*. 2014 Feb;39(2):723-7.
64. "Hemodynamic and arterial stiffness differences between African-Americans and Caucasians following maximal exercise. H Yan, SM Ranadive, AD Lane, RM Kappus, KS Heffernan, JA Woods, P Sun, P Wu, **KR Wilund**, I Harvey, B Fernhall. *American Journal of Physiology – Heart and Circulatory Physiology*. 2014 Jan; 306(1):H60-8.
65. "Elderly person with ICU-acquired weakness: The potential role for B-hydroxy-B-methylbutyrate (HMB) supplementation." Rahman A, **Wilund K**, Koo K, Martin C, Jeejeebhoy K, Agarwala R, Fitschen P, Mourtzakis M. *Journal of Parenteral and Enteral Nutrition*. *J Parenter Enteral Nutr*. 2013 Sept 26; 38(5):567-575.
66. "Effect of Acute Aerobic Exercise on Vaccine Efficacy in Older Adults". SM Ranadive, RM Kappus, M Cook, H Yan, AD Lane, JA Woods, **K Wilund**, G Iwamoto, V Vanar, R Tandon, B Fernhall. *Medicine and Science in Sports and Exercise*. *Med Sci Sports Exerc*. 2014 Mar; 46(3): 455-61.
67. "Effect of Muscle Strength on Gait in Hemodialysis Patients with and without Diabetes." Shin S, Chung HR, Kistler BM, Fitschen PJ, **Wilund KR**, Sosnoff JJ. *Int J Rehabilitation Research*. 2014 March;37(1):29-33.
68. "Arterial Stiffness and Walk Time in Patients with End-Stage Renal Disease." Lane AD, Wu PT, Kistler B, Fitschen P, Tomayko E, Jeong JH, Chung HR, Yan H, Ranadive SM, Phillips S, Fernhall B, **Wilund K**. *Kidney Blood Press Res*. 2013 April 30; 37(2-3):142-50.
69. "Effect of Sex on Wasted Left Ventricular Effort Following Maximal Exercise." Lane, AD, Ranadive SM, Yan H, Kappus RM, Cook MD, Sun P, Woods JA, **Wilund K**, Fernhall B. *Int J Sports Med*. 2013; 34(9):770-6.
70. "Resting and post exercise arterial-ventricular coupling in endurance-trained men and women." Fahs CA, Rossow LM, Yan H, Ranadive SM, Agiovlasis S, **Wilund KR**, Baynard T, Fernhall B. *J Hum Hypertens*. 2013 Sep;27(9):552-6.
71. "Efficacy of B-hydroxy-B-methylbutyrate supplementation in elderly and clinical populations." Fitschen PJ, Wilson GJ, Wilson JM, **Wilund KR**. *Nutrition*. 2013 Jan;29(1):29-36
72. "Walking and Talking in Maintenance Hemodialysis Patients." Shin S, Chung HR, Kistler BM, Fitschen PJ, **Wilund KR**, Sosnoff JJ. *Arch Phys Med Rehabil*. 2013 Jan;94(1):127-31
73. "Aortic Reservoir function, estimated myocardial demand and coronary perfusion pressure following steady state and interval exercise." Lane AD, Heffernan KS, Rossow LM, Fahs CA, Ranadive SM, Yan H, Baynard T, **Wilund K**, Fernhall B. *Clin Physiol Funct Imaging*. 2012 Sep; 32(5): 353-60.
74. "Validity of predicting left ventricular end systolic pressure changes following an acute bout of exercise." Kappus RM, Ranadive SM, Yan H, Lane AD, Cook MD, Hall G, Harvey IS, **Wilund KR**, Woods JA, Fernhall B. *J Sci Med Sport*. 2013 Jan;16(1):71-5.
75. "Exercise, inflammation and aging." Woods JA, **Wilund KR**, Martin SA, Kistler BM. *Aging Dis*. 2012 Feb; 3(1):130-40.
76. "Soy protein diet and exercise training increase relative bone volume and enhance bone microarchitecture in a mouse model of uremia." Tomayko EJ, Chung HR, **Wilund KR**. *J Bone Miner Metab*. 2011 Nov; 29(6): 682-90.
77. "The effect of acute fish-oil supplementation on endothelial function and arterial stiffness following a high-fat meal." Fahs CA, Yan H, Ranadive S, Rossow LM, Agiovlasis S, **Wilund KR**, Fernhall B. *Appl Physiol Nutr Metab*. 2010 Jun; 35(3):294-302.

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85. "C-reactive protein and cardiac vagal activity following resistance training in young African American and white men." Heffernan, KS, Woods JA, Vieira VJ, Jae SY, **Wilund KR**, Iwamoto GA, Fernhall B. *Am J Physiol Regul Integr Comp Physiol*. 2009 Apr;296(4):R1098-105.
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88. "Physical activity, coronary artery calcium, and bone mineral density in elderly men and women: a preliminary investigation." **KR Wilund**, EJ Tomayko, EM Evans, K Kim, MR Ishaque, B Fernhall. *Metabolism*. 2008 Apr;57(4):584-91.
89. "Endurance Exercise Training Reduces Gallstone Development in Mice." **KR Wilund**, LA Feeney, EJ Tomayko, HR Chung, K Kim. *Journal of Applied Physiology*. 2008 Mar;104(3):761-5.
90. "The association between regional body composition and metabolic outcomes in athletes with spinal cord injury." Mojtahedi MC, Valentine RJ, Arngrimsson SA, **Wilund KR**, Evans EM. *Spinal Cord*. 2008;46:192-197.
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108. "Autosomal Recessive Hypercholesterolemia Caused by Mutations in a Putative LDL Receptor Adaptor Protein." CK Garcia, **K Wilund**, M Arca, G Zuliani, R Fellin, M Maioli, S Calandra, S Bertolini, F Cossu, N Grishin, R Barnes, JC Cohen, and HH Hobbs. *Science*. 2001 May 18; 292: 1394-1398.
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Book Chapters

1. *Physical Activity and Exercise in Chronic Kidney Disease*. Meade A, **Wilund KR**. In: *Nutrition in Kidney Disease*. Ed. Burrows JD, Kovesdy C, Byham-Gray L. Springer Publishing. 2020. pp. 553-562
2. *Chronic Kidney Disease*. S Headley, **K Wilund**, and M Germain. In *Clinical Exercise Physiology*, 5th Edition. Ed. PM Gordon, PS Visich and JK Ehrman; SJ Keteyian. Human Kinetics, Inc. In press.
3. *Physical Activity and Health in Chronic Kidney Disease*. **Wilund KR**, Thompson S, Viana JL, Wang AY.

In: Nephrology and Public Health Worldwide. Contrib Nephrol. Silva Junior GB, Ferreiro Fuentes A, Nangaku M, Remuzzi G, Ronco C (eds). Basel, Karger, 2021, vol 199: 1-13

Research Grants:

1. Canadian Institute of Health Research. "Trial of Intradialytic Cycling as Kidney Exercise Rehabilitation for Cardiac Stunning in Hemodialysis (TICKERS-HD)". Role: Co-I. (PI: Clara Bohm, U of Winnipeg). Direct Costs: \$450,000. Performance Period: 1/1/22 – 12/31/25
2. Discovery Partners Institute of Illinois Seed Funding. "Development of the Kidney Wellness Institute of Illinois (KIWII)". Role: Principle Investigator. Direct Costs: \$125,000. Performance Period: 11/01/2020 – 10/31/2021.
3. National Kidney Foundation of Illinois Innovations Grant. "Development and Testing of an Innovative Patient-Centered Physical Activity Program for Hemodialysis Patients". Role: Principle Investigator. Direct Costs: \$50,000. Performance Period: 5/1/2020 – 4/30/2021.
4. Research Institute. "Impact of a novel low-sodium diet intervention on blood pressure and fluid retention in CKD patients with metabolic acidosis treated with Na-Bicarb". Role: Principle Investigator. Direct Costs: \$118,000. Performance period: 4/1/2020 – 3/31/2021.
5. Renal Research Institute. "Impact of a Low-Sodium Meal Feeding Protocol on Interdialytic Weight Gain and Markers of Cardiovascular Health in Hemodialysis Patients". Role: Principle Investigator. Direct Costs: \$102,000. Performance period: 4/1/19 – 3/31/20.
6. University of Illinois Center for Health, Aging and Disability. "Implementation of an Anti-Hypertensive Medication Deprescribing Protocol in Hemodialysis Clinics." Direct Costs: \$30,000. Performance period: October 1, 2018 – September 30, 2019.
7. Renal Research Institute. "Dietary Intervention to reduce tissue Sodium Accumulation in hemodialysis patients". Role: Principle Investigator. Direct Costs: \$95,047. Performance period: 1/1/17 – 12/31/17.
8. UIUC College of ACES Vision 20/20 Grant Program. "Gut Microbiota Mediated Effects of Inulin Supplementation on Mineral Metabolism in Maintenance Hemodialysis Patients. Role: Principal Investigator. Direct Costs = \$20,000. Performance period: January 2016 – December 2017.
9. UIUC College of ACES Vision 20/20 Grant Program. "Hepatic Steatosis as a Novel Target for a Dietary Fiber Intervention in Overweight and Obese Adults. Role: Co-Investigator (PI: Hannah Holscher). Direct Costs = \$20,000. Performance Period: January 2017 – December 2017.
10. CAST Grant Program, Ball State University. "The acute effects of intradialytic nutrition supplementation on markers of intestinal damage during hemodialysis treatment". Role: Co-I (Brandon Kistler – PI). Direct costs = \$2000. Performance period: February 2016 – January 2017.
11. Renal Research Institute. "Gut Microbiota Mediated Effects of Inulin Supplementation on Mineral Metabolism in Maintenance Hemodialysis Patients." Role: Principle Investigator. Direct Costs = \$18,968. Performance period: June 2015 – December 2015.
12. National Multiple Sclerosis Society. Functional Electrical Stimulation Cycling in Severe Multiple Sclerosis. Role: Co-I. (Lara Pilluti- PI). Direct Costs: \$43,230.00. Performance period: October 1, 2015 - September 30, 2016.
13. Renal Research Institute. "The Hemodialysis Lifestyle Interventionist Trial." Role: Principle Investigator. Direct Costs = \$82,000. Performance period: May 2015 – April 2016.
14. University of Illinois Campus Research Board. "Heat and Aerobic Training (HEAT) with Pre-hypertensive Middle-Aged Adults." Role: Co-I (PI: Sean Mullen). Direct Costs = \$26,000. Performance period: January 2015 – December 2015.
15. University of Illinois College of ACES. "A model system for the disruption of one carbon metabolism and the subsequent effects of creatine deficiency on skeletal muscle strength and cognitive function". Role: Co-I (PI: Tim Garrow). Direct Costs = \$50,000. Performance period: May 2013 – April 2015.

16. National Multiple Sclerosis Society. "Kaatsu Training in Multiple Sclerosis." Role: Principle Investigator. Direct Costs = \$100,000. Performance period: August 2014 – July 2015.
17. Renal Research Institute. "Effects of Beta-Hydroxy-Beta-MethylButyrate Supplementation on Physical Function in Hemodialysis Patients". Role: Principle Investigator. Direct Costs = \$47,500. Performance period: January 2013 – December 2013.
18. UIUC College of ACES Vision 20/20 Grant Program. "Acute Effects of Intradialytic Feeding and Exercise on Hemodialysis Efficiency and Hemodynamic Response". Role: Principal Investigator. Direct Costs = \$20,000. Performance period: January 2012 – December 2012.
19. UIUC Center on Health, Aging and Disability. "Efficacy of Functional Electrical Stimulation-Enhanced Ergometry in Disabled Populations." Role: Principal Investigator. Direct costs = \$25,000. Performance period: January 2011 – December 2011.
20. PomWonderful, Inc. "Effects of Pomegranate Extract Supplementation on Arterial Structure and Function in Hemodialysis Patients." Role – Principal Investigator. Direct costs = \$85,000. Performance period: March 2011 – February 2012.
21. NIH/NIDDK. "Efficacy of Intradialytic Protein Supplementation and Exercise Training in Hemodialysis Patients. 1-R01-DK084016. Role: Principal-Investigator. Total Direct costs = \$2,094,442. Performance period: September 1, 2010 – August 31, 2015.
22. NIH/NHLBI. "Vascular and Neuroinflammatory Effects of Endurance Training in African-Americans." 1-RO1-HL93249-01. Role: Co-Investigator (Bo Fernhall, PI). Total direct costs = \$756,183. Performance period: September 1, 2009 – August 31, 2011.
23. University of Illinois Research Board. "Atherosclerosis and the Cholinergic Anti-Inflammatory Reflex." Role: Principle Investigator. Direct Costs: \$17,600. Performance Period: January – December 2008.
24. Illinois Soybean Association, Principle Investigator, "Effects of Soy Protein on Vascular Calcification and Bone Mineral Density in a Model of Uremia." Role: Principle Investigator. Direct Costs: \$13,000. Performance Period: May 2008 – April 2009.
25. Illinois Soybean Association. Role: Principle Investigator. "Effects of Soy Protein on Vascular Calcification and Bone Mineral Density in a Model of Uremia." Direct costs: \$18,500. Performance Period: May 2007 – April 2008.
26. Purdue- UAB Botanicals Research Center. "Effect of Grape Seed Extract on Vascular Calcification in Uremic Mice." Role: Principle Investigator. Direct Costs: \$42,343. Performance Period: August 2007 – July 2008.
27. Mary Jane Neer Research Foundation. "Effects of a Polyphenol-Enriched Diet on Aortic Calcification in Uremic Mice." Role: Principle Investigator. Direct Costs: \$10,640. Performance period: November 2006 – October 2017.
28. University of Illinois Research Board. "Effect of Physical Activity on Coronary Artery Calcification in Older Adults." Role: Principle Investigator. Direct Costs: \$15,268. Performance period: September 2006 – August 2007.
29. University of Illinois Initiative on Aging. "Effect of Dietary Macronutrient Content on Markers of Cholesterol Absorption and Synthesis." Role: Principle Investigator. Direct costs: \$10,000. Performance period: October 2005 – September 2006.
30. University of Illinois Research Board. "Effect of Endurance Exercise Training on Gallstone Development and Biliary Lipid Metabolism in Mice". Role: Principle Investigator. Direct Costs: \$25,000. Performance period: December 2004 – November 2005.

Grants Pending:

1. NIH/NIDDK. "Home-delivered meals for Volume Control in Hemodialysis." Role: Principal-Investigator. Total Direct costs = \$2,454,442. Performance period: January 1, 2022 – December 31, 2026. *Under Review*

Academic Presentations/Invited Lectures

1. "Exercise in Hemodialysis Patients: Challenging the Status Quo". Experimental Biology Annual Meeting. May 2021. (Virtual Conference).
2. "Development and Testing of an Innovative Patient-Centered Physical Activity Program for Hemodialysis Patients." National Kidney Foundation of Illinois Grantee Symposium and Kidney Knowledge Competition. November 11, 2020 (Virtual Conference).
3. "Exercise for Hemodialysis Patients: Its NOT about the Bike". National Kidney Foundation of Wisconsin, Mayo Health Care Symposium. November 10, 2020 (Virtual Conference).
4. "Exercise &CKD: Interventions that Work". 2020 National Kidney Foundation Interdisciplinary Nephrology Conference. October 19, 2020 (Virtual Conference).
5. "Impact of a Low-Sodium Meal Feeding Protocol on IDWG and Cardiovascular Health in Hemodialysis Patients." Renal Research Institute, Inc., Annual Meeting. June, 2020 (Virtual Conference).
6. "Effects of low-sodium meal provision on muscle sodium in hemodialysis patients". Renal Research Institute's International Conference on Dialysis. Los Angeles, CA, January, 2020
7. "Exercise for Dialysis Patients: Should we focus on activity inside or outside the clinic?" Renal Research Institute's International Conference on Dialysis. Los Angeles, CA, January, 2020.
8. "Exercise in Hemodialysis patients: Challenging the status quo". Renal Research Institute's International Conference on Dialysis. Los Angeles, CA, January, 2020.
9. "Chronic Volume Overload in CKD: Consequences, and Strategies for Prevention. National Kidney Foundation of Illinois, Living With CKD Symposium. December, 2019. Champaign, IL
10. "Changing the Focus of the Renal Diet: The Case for Inundating Clinics in a Culture of Sodium Restriction." The Heart of Dialysis Renal Care Symposium. Greenfield Health Systems, Detroit, MI. November 2019
11. "Reducing Muscle Wasting and Cardiovascular Disease in Hemodialysis Patients through Exercise. What will it take?" Invited Lecture, World Congress of Nephrology, Melbourne, Australia, April 2019.
12. "A liberalized approach to the renal diet: changing the focus and strategies for implementation." Kentucky Renal Dietitians Annual Meeting. Lexington, Ky, March 2019.
13. Muscle Sodium Accumulation in Hemodialysis Patients. Why its there and what to do about it.". Department of Nephrology, Northwestern University. Chicago, IL, March 2019.
14. "Managing Hypertension in Hemodialysis Patients through Intensive Volume Control" Grand Rounds. University of Calgary, Department of Nephrology. Calgary, Alberta, Canada, February 2019.
15. "Exercise in Hemodialysis Patients: Its Not About the Bike." National Kidney Foundation Interdisciplinary Nephrology Conference. Oak Brook, IL. October 29, 2018.
16. "Strategies for Reducing Tissue Sodium in Hemodialysis Patients." Grand Rounds. Emory University, Department of Nephrology. Atlanta, GA. July, 2018.
17. "Is Salt Poison for both the Heart and Muscle In Hemodialysis Patients?" Grand Rounds. University of Calgary. Edmonton. June 1, 2018.
18. "Reducing Sodium Intake in Hemodialysis Patients through Controlled Feeding." Renal Research Institute Board Meeting. Las Vegas, NV. January 30, 2017.
19. "Strategies for Improving the Efficacy of Exercise in Patients With Renal Failure" UCD Nephrology and Transplantation Conference, April 6, 2018 , Sacramento, CA
20. "Eating During Dialysis – Should Patients Be Discouraged?" National Kidney Foundation Spring Clinical Meetings. April 12, 2018, Austin Texas
21. "Comprehensive Lifestyle Change in Hemodialysis Patients: Moving Beyond the Bike." Invited Lecture at the International Symposium: Exercise in Chronic Kidney Disease, Research and Clinical Implementation. Porto, Portugal. June 1, 2017.
22. "Improving Cardiovascular and Physical Function in Hemodialysis Patients through Volume Control and Exercise." Renal Research Institute Board Meeting. Las Vegas, NV. January 30, 2017.
23. "Exercise in Hemodialysis Patients: where do we go from here? Pre-conference symposium at American Society of Nephrology Annual Meeting, Chicago, IL. November 16, 2016

24. "The Intra-Hemodialytic Oral Protein and Exercise (IHOPE) Trial". Oral Presentation at the European Renal Association – European Dialysis and Transplant Association Annual Meeting, Vienna, Austria. May 23, 2016.
25. "Kidney Disease: How do We Implement Exercise in the Dialysis Clinic"? Invited Symposium. American College of Sports Medicine Annual Meeting, Boston. June 4, 2016
26. "Evaluating the Efficacy of a Multifactorial Lifestyle Intervention in Hemodialysis Patients." Invited Lecture at Fresenius Medical Corporation, Waltham, MA. June 3, 2016.
27. "Strategies for Improving the Efficacy of Exercise Interventions in Hemodialysis Patients". Keynote lecture for: Symposium on Exercise in Hemodialysis. Ignacio Chavez National Institute of Cardiology, Mexico City, Mexico. July 6, 2015.
28. "Optimizing cardiovascular health and physical function in hemodialysis patients through intensive volume control and exercise". Keynote Lecture for: Symposium on Sports Therapy During Hemodialysis. Bischofswerda, Germany. September 24th, 2015.
29. "Formation of an Exercise in CKD Working Group." American Society of Nephrology annual meeting. San Diego, CA. November 7, 2015.
30. "Effects of Pomegranate Extract Supplementation on CVD Risk and Physical Function in Hemodialysis Patients." International Congress on Nutrition and metabolism in Renal Disease. May 2014.
31. "Intradialytic Oral Protein Supplementation (OPS) Reduces Inflammation and Improves Physical Function in Hemodialysis Patients" International Congress on Nutrition and Metabolism in Renal Disease. Honolulu, HI. May 2014.
32. "Why exercise interventions in hemodialysis patients have failed, and what we can do about it?" Invited Lecture, Leicester University, UK. May 2014.
33. "Challenges with Improving Vascular Health in Hemodialysis Patients through Exercise". Invited Lecture, ACSM Conference on Integrative Physiology of Exercise. Miami, FL, September 18, 2014
34. "Strategies for Improving the Efficacy of Physical Activity Interventions in Hemodialysis Patients". Invited Lecture, Mid-Atlantic ACSM meeting, Harrisburg, PA, October 31, 2014.
35. "The Hemodialysis Lifestyle Interventionist Trial". Invited Lecture, Renal Research Institute, New York. November 3, 2014.
36. "Strategies for Improving the Efficacy of Physical Activity Interventions in Hemodialysis Patients". Invited Lecture, University of Illinois-Chicago College of Applied Health Sciences. February 2015.
37. "Intradialytic protein supplementation reduces inflammation and improves physical function in maintenance hemodialysis patients." International Society of Renal Nutrition and Metabolism Annual Meeting. Wurzburg, Germany, June 2014.
38. "Vascular Calcification in Renal Failure: Can Exercise Inhibit It's Effects?" American College of Sports Medicine's Integrative Physiology of Exercise Conference. Miami, FL September 2014.
39. "Objective Quantification of Fall Risk in Hemodialysis Patients." American Society of Nephrology Annual Meeting, Philadelphia, PA, November 2014
40. "Strategies for Improving the Efficacy of Exercise Training in Hemodialysis Patients." Research Symposium for Restorative Therapies, Inc., Baltimore, MD. April 2014.
41. "Contribution of cognitive interference to decrements in walking performance in hemodialysis patients." International Society of Renal Nutrition and Metabolism Annual Meeting. Honolulu, HI, June 2012.
42. "Muscle Wasting in End Stage Renal Disease." University of Dublin Muscle Physiology Research Symposium. October, 2012. Dublin, Ireland.
43. "Tips for Managing the Tenure Process". American College of Sports Medicine Annual Meeting. San Fran., CA, June 2012.
44. "Pathophysiology of Vascular Calcification in Renal Failure: *Can Exercise Inhibit Its Progression?*" American College of Sports Medicine Annual Meeting. Indianapolis, IN, June 2013.
45. "Life on the Tenure Track – How to juggle research, teaching, and service to ensure that you go up not out." American College of Sports Medicine Annual Meeting. Indianapolis, IN, June 2013.
46. "Effects of Pomegranate Extract Supplementation on Cardiovascular Disease Risk and Physical Function in Hemodialysis Patients." American Society of Nephrology Annual Meetings, Atlanta, November 2012.
47. "Efficacy of Exercise Training in CKD Patients: Does The Stage of Disease Matter?" American College of Sports Medicine Annual Meeting, June 2010, Baltimore, MD.

48. "Potential Role of Pomegranate Supplementation in Hemodialysis Patients." PomWonderful International Research Summit, Beverly Hills, CA. February 2011.
49. "Intradialytic Protein Supplementation Attenuates Dialysis-Associated Inflammation and Reduces Co-Morbid Disease Risk." American Society of Nephrology Annual Meetings, Philadelphia, November 8-13, 2011.
50. "Physical Activity and Markers of Sterol Metabolism." KR Wilund, LA Feeney, EJ Tomayko. Oral Presentation at the Midwest American College of Sports Medicine Annual Meeting. Columbus, OH. October 2007.
51. "Inflammation and Atherosclerosis." Oral Presentation. Annual Meeting of the American College of Sports Medicine, Denver, CO. May 30, 2006.
52. "Efficacy of Grape Seed Extract for Preventing Vascular Calcification in a Mouse Model of Uremia." Purdue University Botanicals Center; Botanicals Seminar, October 31, 2006.
53. "Physical Activity and Bone Mineral Density." American College of Sports Medicine's Integrative Physiology Meeting. Indianapolis, IN, September, 2006.
54. "Plant Sterol Levels are Not Associated with Atherosclerosis in Mice and Men." Experimental Biology National Conference, San Diego, CA. April 4, 2005.

Ken Wilund

Date: 8/18/2021