

## CURRICULUM VITAE – Bente Klarlund Pedersen

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### Academic and professional degrees

1983 Medical degree, University of Copenhagen  
1988 Doctor of Medical Science, University of Copenhagen  
1995 Specialist in infectious diseases  
1996 Specialist in internal medicine  
2001 - 2007 Research council professor of internal medicine  
2007 - Clinical professor of integrative medicine, Rigshospitalet and University of Copenhagen  
2019 - Adjunct professor of exercise as medicine, University of Southern Denmark

### Research group and Supervision

Bente Klarlund Pedersen is Professor of Integrative Medicine and a specialist in infectious diseases and internal medicine. She is the Director of Centre for Physical Activity Research (CFAS) funded by TrygFonden (previously The Danish National Research Foundation's Centre of Inflammation and Metabolism (CIM), funded 2005 to 2015). CFAS counts 27 senior researchers/postdocs, 14 PhD students, 16 other academic and technical personnel, 11 pre-graduate students and an administration of 4 persons. She has supervised 60 PhD projects and been a mentor of 6 doctoral theses.

### Publications

723 publications in peer-reviewed journals including 528 original and 195 review articles mainly published within physiology, metabolism, and immunology. ORCID ID: 0000-0001-6508-6288.

### Citations

"H"-index = 121, total citations > 58.000 (Web of Science, author = Pedersen BK)

"H"-index = 160, total citations > 100.000 (Google Scholar, author = Pedersen BK)

In a publication from 2020 by John PA Ioannidis, a citation matrix was developed, which includes total citations, h-index, co-authorship-adjusted h-index, citations to papers in different authorship positions, and a composite indicator. Bente Klarlund Pedersen is rated number 557 (without self-citations) of >6.000.000 researchers. This ranks her in the top 0.01% of all researchers across all 176 research-fields and currently she is the 5<sup>th</sup> highest ranked Danish researcher. Based on research published in 2019 (i.e. current research activities performed while heading CFAS) she ranks number 423 world-wide and number 9 in Denmark. All sub-components in the citation matrix contribute equally to her impact.

### Major research contribution

The research group has identified skeletal muscle as an endocrine organ that produces and releases signal peptides, which we have named "myokines". Given that skeletal muscle is the largest organ in the human body, our discovery of contracting muscle as a cytokine producing organ opens for a whole new paradigm: Skeletal muscle is an endocrine organ, which by contraction stimulates the production and release of cytokines, which can influence metabolism and modify cytokine production in tissues and organs. The identification of myokines provides a conceptual basis for understanding how muscles communicate with other organs such as fat, liver, pancreas and brain. A main research focus today is to develop exercise as medicine for patients with chronic diseases such as type 2 diabetes, chronic obstructive lung disease, cardiovascular disease and cancer. Training regimes that demonstrate promising results in a laboratory setting are further tested and developed in large patient groups in a model municipality before the optimal training mode is translated into relevant national health institutions. Through translational research and dissemination of knowledge, we aim at developing targeted exercise training regimes for specific disease groups by applying a translational strategy: "from bedside to bench and back".

**Positions of trust (selected)**

- 1995-1997 Chairperson of the International Society of Exercise and Immunology
- 1997-2001 Chairperson of the Danish Society of Infectious Medicine
- 1999-2003 Member of the Research Council at the Faculty of Health Science, UC
- 2001-2003 Board member of the Danish Society of Physical Exercise and Health
- 2002-2004 Vice president of the National Network of Health Promoting Hospitals in Denmark
- 2003- Board member of "Frøken Amalie Jørgensens Mindelegat"
- 2003-2007 Chairman of the Research Council at Rigshospitalet
- 2003-2008 Member of the Research Council of H:S – Copenhagen Hospital Corporation
- 2005-2010 Leader/coordinator of the Muscle Research Cluster, Faculty of Health Sciences, UC
- 2005-2015 Director of the Centre of Inflammation and Metabolism founded in 2005 and funded by the Danish National Research Foundation (Grundforskningsfonden) from 2005-2015
- 2005-2008 President of the Danish Board of Public Health ("Det Nationale Råd for Folkesundhed")
- 2005-2009 Vice-deputy for the EU-6 framework EXGENESIS consortium counting 26 partners
- 2005- Board member of Fhv. Dir. Leo Nielsen og Hustru Karen Margrethe Niensens Legat for Lægevidenskabelig Grundforskning
- 2006-2011 Member of the Medical and Scientific Research Committee of the Novo Nordisk Foundation
- 2006-2014 Board member of the Crown Prince Frederik and Crown Princess Mary Foundation
- 2006-2010 Board member of the Ludvig and Franciska Andersen Grant
- 2007-2008 Board member of the Danish Foundation of Prevention (Forebyggelsesfonden)
- 2007-2008 Ministry appointed chairperson of the expert committee FORSK2015 on strategic research
- 2008-2009 Board member of the Danish Commission of Prevention (Forebyggelseskommissionen)
- 2008-2013 Chairman of Trygfonden's Research Council
- 2010- Member of the board of Refugium San Cataldo
- 2010- Member of the board of Arne Meyer's Legat
- 2010- Member of "Det Kongelige Danske Videnskabernes Selskab" (Royal Danish Academy of Sciences and Letters)
- 2011-2013 Chairman of "the expert committee" in the Danish Committee for Health Education
- 2011-2015 Chairperson of the Council of Prevention within Kræftens Bekæmpelse
- 2011-2021 Vice chairperson for Council of Prevention (Vidensråd for Forebyggelse; Lægeforeningen og Trygfonden)
- 2011- Member of the Presidium for Experimentarium
- 2011- Member of the Danish Academy of Technical Sciences
- 2011- Board member of the Grosserer Johan Quentin og Hustrus Legat
- 2012- Member of the Danish Committee for the International Human Rights Network of Academies and Scholarly Societies
- 2013- Director of Trygfondens Centre for Physical Activity Research (CFAS)
- 2015-2021 Board member of the Brøchner-Mortensen Fonden
- 2015-2021 Member of the Executive Board of the European College of Sport Science (ECSS)
- 2015-2021 Member of Research Advisory Board of the Diabetes Wellness Network Sverige
- 2016-2021 Member of the Strategic Research Council for Rigshospitalet
- 2017- Board member of Svend Andersen Fonden
- 2022- Member of Council of Prevention (Vidensråd for Forebyggelse; Lægeforeningen og Trygfonden)

**Honours and awards, selected**

- 2001 Grosserer Johan Quentin og Hustrus Legat
- 2003 Den Danske Frimurerordens Pris (the Danish Masonic Order)
- 2004 Hagedorn Prisen
- 2005 Odd Fellow Ordenens Forskerpris
- 2005 Tagea Brandts rejselegat
- 2005 Videnskabsministeriets Forskningskommunikationspris
- 2006 President's Lectures and Prize (American College of Sports Medicine), at ACSM's 53<sup>rd</sup> Annual Meeting, Denver, USA
- 2006 Kulturministeriets Idrætspris
- 2007 The 2007 prize 'En god start i livet'
- 2009 Edward F. Adolph Distinguished Lectureship and Prize (American Physiological Society), New Orleans, USA
- 2010 Codan/SEB Pension Honour Award
- 2010 Bevægeapparatets Årtis Hæderspris
- 2010 DR Rosenkærprisen
- 2011 Harry Boströms Pris (Svensk Intern Medicinsk Forening)
- 2013 Nadine Watson Lecture
- 2017 Kirsten og Freddy Johansens Lægevidenskabelige Kliniske Forskerpris
- 2017 Alzheimer-Forskningsfondens Forskerpris
- 2019 Årets Fodgængerpris
- 2021 Generalkonsul Ernst Carlsens Fond Ærespris
- 2021 Søren Gyldendal-Prisen (nonfiktion)
- 2022 Honorary Doctorate at the Swedish School of Sport and Health Sciences (GIH)
- 2023 Årets Æreshåndværker (v. Håndværkerforeningen København)

**Talks as "invited speaker", "guest professor" or "key-note" speaker at international conferences or symposia**

Invited as a speaker or keynote speaker at more than 200 international conferences or symposia outside Denmark and as a guest professor 10 times. The talks have been on infectious medicine, medical immunology, exercise biochemistry, muscle physiology, exercise immunology, inflammation and metabolism.

**Other scientific activities**

1. Reviewer for most of the international top-class scientific journals in physiology and immunology
2. Reviewer for numerous granting agencies all over the world, in particular USA and Canada
3. Opponent at 43 PhD and 13 doctoral defences in Denmark, Norway, and Sweden
4. Reviewer of several professor applications in Scandinavia
5. Coorganizer of more than a dozen of international scientific meetings, e.g. on scientific committees for the 2004 and 2008 American Physiological Society APS Intersociety Meeting, The Integrative Biology of Exercise, held in Texas respectively South Carolina and the 2010 and 2020 Integrated Physiology of Exercise (IPE), USA.

**Public Outreach**

On an annual basis, Bente Klarlund Pedersen contributes to hundreds of articles in the Danish public press, including an ongoing letterbox and weekly columns in Politiken. Bente Klarlund Pedersen gives a large number of talks on annual basis that can be classified as research communication to the public (e.g. politicians, non-academic health personnel, union delegates, teachers, school children and their parents) and appear on numerous radio and television programs. In addition, her research has been featured internationally to a broad audience on several occasions, e.g. in a featured article in GEO in July 2009 (German science magazine; 3.82 mill readers in 14 countries), in a featured article in Current Science in 2010 (American magazine distributed to approx. 200.000 US students every fortnight), and in a 30 min documentary in 2011 produced by channel SAT3 for German television and a documentary on Myokines produced in 2013 for Al Jazeera. In 2018, Japanese television produced and sent a 45 min documentary on her myokine research.