

CURRICULUM VITAE PAULETTE YAMADA

EDUCATION

- POSTDOCTORAL FELLOWSHIP** 2007- 2009
UNIVERSITY OF CALIFORNIA, Los Angeles
Pediatric Endocrinology
Studied the effect of Insulin Growth Factor Binding Protein-3 on Metabolism, under the direction of Kuk-Wha Lee., M.D., Ph.D., and Pinchas Cohen, M.D.
- DOCTOR OF PHILOSOPHY** 2004-2007
UNIVERSITY OF NEW MEXICO, Albuquerque
Exercise Physiology
Studied the effect of heat acclimation on heat shock protein 72 and interleukin-10 in humans, under the direction of Suzanne Schneider Ph.D., Robert Robergs Ph.D., and Pope Moseley M.D., Ph.D.
- MASTER OF SCIENCE** 2000-2003
UNIVERSITY OF NEVADA, Las Vegas
Exercise Physiology
Studied the physiological and thermoregulatory responses of female fire fighters to repeated work bouts, under the direction of Lawrence Golding, Ph.D.
- BACHELOR OF SCIENCE** 1997-2000
UNIVERSITY OF NORTHERN COLORADO, Greeley, Colorado
Major: Kinesiology emphasis in Biomechanics
Minor: Coaching

EMPLOYMENT HISTORY

- CANCER RESEARCH CENTER OF HAWAII**, Prevention & Control, Honolulu, Hawaii 2009-present
Researcher
- Provide physical activity counseling for N Mikimiki, a project designed to identify barriers to physical activity and provide resources for new moms.
 - Collect data, maintain databases, conduct literature searches, develop protocols.
- JAMPOST**, Biomedical Communications 2009-present
Editor
- Edit medical and scientific manuscripts written by Japanese physicians and researchers.
- UNIVERSITY OF NEW MEXICO**, Exercise Physiology Laboratory, Albuquerque 2005-2006
Project Assistant
“The effect of palm cooling with negative pressure on heat balance during exercise in a hot, dry environment.”
- Submitted experimental protocol to IRB.
 - Obtained funding from Defense Advanced Research Projects Agency (DARPA).
 - Performed literature searches, developed research protocol, conducted pilot testing.
 - Data collection and analyses.

EMPLOYMENT HISTORY CONTINUED

- Teacher's Assistant* for course entitled, “Designs for Fitness” 2005
- Presented weekly laboratory material to undergraduate students and provided hands-on learning techniques for measuring body composition and fitness.
- Physical Fitness Evaluator* 2004

- Measured cardiorespiratory fitness, body composition, flexibility, muscular strength and endurance, height, weight and blood pressure, and interpreted fitness test results.

COMMUNITY COLLEGE OF SOUTHERN NEVADA, Las Vegas 2003

Adjunct Anatomy & Physiology Lab Instructor

- Taught undergraduate students.
- Led laboratory sessions, assisted students with assignments, and evaluated students through quizzes and practical examinations.

SOUTHERN NEVADA WOMEN'S CORRECTIONAL FACILITY, North Las Vegas 2002-2004

Fitness Specialist

- Provided exercise assessments and exercise prescriptions, ongoing fitness and health programs.
- Provided exercise demonstrations, individualized exercise counseling and led group exercise classes.

UNIVERSITY OF NEVADA, Las Vegas 2002-2003

Primary Instructor for course entitled, "Physical Activity and Health"

- Prepared and presented lecture material on physical activity and health.
- Provided learning tools and evaluated students through examinations.

Graduate Assistant 2001-2002

- Organized laboratory material for undergraduate classes
- Served as a teaching and research assistant.

LAS VEGAS FIRE AND RESCUE DEPARTMENT 2001

Intern under the direction of Steven Karsch, M.D., Medical Director

- Administrated 12-lead EKGs, measured blood pressure.
- Calibrated and operated metabolic cart, and data entry.

ROCKY MOUNTAIN CANCER REHABILITATION INSTITUTE, Greeley, CO 2000

Cancer Exercise Specialist

- Exercise programming, fitness instruction, and data collection for an study evaluating the effect of exercise on the quality of life of cancer survivors.

PUBLICATIONS

1. **Yamada PM**, Mehta HH, Hwang D, Hevener AL, Cohen P, Lee KW. (2010). Evidence of a role for Insulin-like Growth Factor Binding Protein (IGFBP)-3 in metabolic regulation. *Endocrinology*, in press.
2. Amorim FT, **Yamada PM**, Robergs RA, Schneider SM. (2010). Palm cooling does not reduce heat strain during exercise in a hot, dry environment. *Appl Physiol Nutr Metab.* 35(4): 480-489.
3. **Yamada PM**, Lee KW. (2009). Perspectives in Mammalian IGFBP-3 Biology: Local vs. Systemic Action, a review. *Am J Physiol Cell Physiol.* 296(5):C954-76.
4. Vella, CA, Robergs RA, **Yamada PM**. (2008). Fitness, Body Size, Ventilation and the Oxygen Cost of Breathing in Adults. *JEPonline* 11(6), 67-76.
5. Amorim FT, **Yamada PM**, Moseley P, Schneider S. (2008). The effect of the rate of heat storage on serum heat shock protein in humans. *European J Appl Physiol.* 104(6):965-72.

PUBLICATIONS CONTINUED

6. **Yamada P**, Amorim F, Moseley P, Schneider S. (Aug 2008). A Review: Hsp 72 response to exercise in humans. *Sports Medicine* 38(9).
7. **Yamada PM**, Amorim FT, Moseley PL, Robergs RA, Schneider SM. (2007). Effect of Heat Acclimation on Heat Shock Protein 72 and Interleukin-10 in Humans. *J Appl Physiol*, 103(4), 1196-1204.
8. **Yamada, PM**, Golding, LA. (2004). Physiological responses of female fire fighters to repeated work bouts. *American Medical and Athletic Association*, 17(1), p. 5-7.

PROFESSIONAL PRESENTATIONS

- 2008 **GRS AND IGF INTERNATIONAL CONGRESS**, Genova, Italy
Oral Presentation: New Insights into Metabolism from IGF1R-3 knockout mice.
- 2008 **ENDOCRINE SOCIETY'S ANNUAL MEETING**, San Francisco
Poster: Genetic Deletion of Insulin Growth Factor Binding Protein-3 Alters Inflammatory and Metabolic Parameters *in vivo*.
- 2006 **AMERICAN COLLEGE OF SPORTS MEDICINE**, Denver
Poster: WISE-2005: LBNP/Treadmill and Resistive Exercise Countermeasures Maintain Upright Exercise Responses During 60-Days of Bed Rest.
- 2006 **EXPERIMENTAL BIOLOGY**, San Francisco
Poster: Maximal ventilation and body size determine the oxygen cost of ventilation.
- 2003 **AMERICAN COLLEGE OF SPORTS MEDICINE**, San Francisco
Thematic Poster: Determination of the physiological responses of female fire fighters while working in the heat

GRANTS AND FUNDING

- 2008 **GERALD J. AND DOROTHY R. FRIEDMAN FOUNDATION FELLOWSHIP**
Funded postdoctoral fellowship.
- 2006 **UNIVERSITY OF NEW MEXICO**, *Department of Physical Performance & Development*
New Mexico Graduate Scholars Award
- 2006 **AMERICAN PHYSIOLOGICAL SOCIETY**
Institute of Diabetes and Digestive and Kidney Diseases
Recognition Award for Minority Travel Fellowship Program
Caroline tum Suden/Frances A. Hellebrandt
Professional Opportunity Award for Meritorious Research
- 2005 **DEFENSE ADVANCED RESEARCH PROJECTS AGENCY (DARPA)**
Funded study entitled, "Effect of palm cooling with negative pressure on heat balance during exercise in a hot, dry environment."
- 2005 **UNIVERSITY OF NEW MEXICO**, *Graduate Professional & Student Association*
Funded dissertation research.
- 2005 **UNIVERSITY OF NEW MEXICO**
Presentation and travel grant awarded.
- 2002 **BIOMEDICAL SCIENCES GRANT**, *University of Las Vegas*
Funded travel to the Annual ACSM Meeting.
- 2002 **LAS VEGAS FIRE UNION**
Funded thermoregulation research in female fire fighters and loaned fire protective gear, self-contained breathing apparatus and facemasks.
- 2002 **GRADUATE STUDENT ASSOCIATION**, *University of Nevada at Las Vegas*
Funded thermoregulation research.

AWARDS & HONORS

- 2006 *Distinction* on Doctoral Comprehensive Exams and Dissertation
- 2000-2001 *National Dean's List*
- 2000 *Golden Key National Honor Society*
- 1997 *Valedictorian*, St. Andrew's Priory High School, Honolulu, Hawaii

CERTIFICATIONS

- 2010 American Heart Association for the BLS for Healthcare Providers Program (CPR/AED).
- 2004 Phlebotomy and Intravenous Skills, University of New Mexico Hospital, Albuquerque.
- 2004 NAFTA Primary Group Instructor Power Cycle certification, Kirtland Air force Base, Albuquerque.
- 2002 YMCA Group Exercise Instructor certification, Northwest Leisure Services Center, Las Vegas, NV.

GROUP EXERCISE INSTRUCTION

- 2009-present *24 Hour Fitness, Honolulu, Hawaii*
24 Lift
- 2009-present *Oahu Club, Honolulu, HI*
Cycle
- 2007-2009 *Bally Total Fitness, Hollywood, Los Angeles*
Cycle, step aerobics, abdominal and gluteal strengthening classes.
- 2004-2007 *Aerobics Instructor, Kirtland Air Force Base*
Cardio kick, step aerobics, circuit training, stretching, and abdominal/back/resistant training.
- 2006 *Group Exercise Instructor, University of New Mexico*
Group aerobic exercise and strength training classes.

ACADEMIC & PROFESSIONAL AFFILIATIONS

1. Endocrine Society, member since 2008
2. American Physiological Society, member since 2005.
3. American College of Sports Medicine, member since 2002.
4. Southwest Chapter of the American College of Sports Medicine, member since 2002.
5. Graduate & Professional Student Association Representative, University of Las Vegas, Nevada (2002-2003).

RELEVANT SKILLS

Human Techniques

1. **Body Composition:** Determination of body fat percentages using skinfold measurements and prediction equations, underwater weighing with actual lung residual volume, bioimpedance methods, knowledge of principles of Dual Energy X-ray Absorptiometry (DEXA).
2. **Cardiorespiratory Fitness Measurements:** Thorough knowledge of submaximal tests using treadmill, cycle ergometer or field tests for prediction of VO₂max; VO₂max test using breath-by-breath analysis of expired gases on treadmill and cycle ergometer; ventilatory threshold.
3. **Resting and Exercise 12-Lead EKG:** Placement of electrodes, determination of heart rate from EKG printout and heart rhythm recognition.
4. **Administration of the YMCA Fitness Test Battery:** Evaluation of cardiorespiratory fitness, muscular strength and endurance, flexibility and grip strength of exercise participants.
5. **Biochemical Measures:** Hemoglobin and hematocrit measurement, serum/urine osmolality, urine specific gravity, kinetic & end-point spectrophotometric assays.
6. **Anthropometric Measurements:** Somatotyping, identification of bony landmarks and the measurement of significant diameters and heights, BMI quantification.
7. **Blood Collection:** Venipuncture, catheter placement in the antecubital vein, separation of whole blood into different components (i.e., serum/plasma, monocytes, granulocytes).

8. **Miscellaneous:** Core body/skin temperature measurements, heart rate, skin blood flow using a laser Doppler technology, blood pressure.

Basic/Molecular Techniques

1. **Murine Models:** experience handling mice, glucose/insulin tolerance tests using glucometers and intraperitoneal injection, dissection/tissue storage.
2. **Genotyping:** RNA extraction, cDNA preparation and polymerase chain reaction (PCR).
3. **Cell Culture:** generation of mouse embryonic fibroblasts (MEFs); design/conduct experiments specifically with 3T3-L1 (adipocyte fibroblast), NIT-1 (β -cell), MEFS.
4. **Specific Assays:** Western blotting, triglyceride/HDL assays (Wako), Insulin ELISA, IL-10 ELISA.

Specific Programs

1. Statistics: Excel, GraphPad, SPSS, Statistica
2. Nutritional analysis from dietary logs using Food Processor (ESHA, Salem OR)
3. LabView programming (specifically I created a program for quantification of lactate threshold using expired breath-by-breath measures of VCO_2 and VO_2).