

Good morning CMDO,

**12 messages:**

## **CMDO Network Citizen Community – Information for the general public**

1. The **Student initiatives committee's** public engagement this summer:
  - a. The student initiative committee participated in four public events: **ComSciCon** (June 2<sup>nd</sup>-4<sup>th</sup>), at two **Walk to cure diabetes for IRDF** ([June 4<sup>th</sup> in Montréal](#) and [June 11<sup>th</sup> in Québec](#)), as well as at **Lévisium** (June 16<sup>th</sup>-18<sup>th</sup>);
  - b. You can find a photo montage of the three activities [HERE](#);
  - c. An enormous thank you to our dynamic students: Anisia Silva, Eve-Julie Tremblay, Giada Ostinelli, Hayatte-Dounia Mir, Laura Tribouillard, Marianne Côté, Nolwenn Samson, Sabrina Bergeron, Anne Bonhoure, Meryem Talbo, Soren Harnois-Leblanc, Alan Ramalho, and Dominic Chartrand;
  - d. More than 60 new members of our citizen community were recruited through these events!
  - e. *Get involved and share our CMDO research with the public.*
  
2. **Summary of a project from a CMDO researcher** – Dr Iwona Rudkowska (CRCHU of Québec – ULaval):
  - a. **"What can I eat?"** is one of the most common questions asked by people with or at risk of diabetes – the purpose of our study is to help them to answer it. Our research shows that everyone's body reacts differently to different foods and eating habits, there's no magic food or diet. However, can certain foods help regulate blood sugar? Recent studies suggest that dairy products appear to have a protective effect against type 2 diabetes. How does this work? So far, it's still a mystery. In this project we're exploring if the fat found in dairy products is associated with metabolic changes and with intestinal bacteria which and modify blood sugar. With our project, we aspire to develop more accurate nutritional guidelines for people with or at risk for diabetes.
  - b. Web page for Dr Iwona Rudkowska's team - <https://www.crchudequebec.ulaval.ca/recherche/chercheurs/iwona-rudkowska/> ;
  
3. **Do you have questions for us on subjects related to diabetes, obesity, hypertension, liver diseases, and cardiometabolic health...?** Don't hesitate to reach out to us and we'll try our best to answer with expert advice!
  - a. A series of interview is in the works to answer questions asked by the general public and will be released this fall, *stay tuned!*

## **General CMDO News:**

4. **IMPORTANT** - The CMDO is creating a **catalog of ALL scientific publications** (*listed by bibliographic references*) that were published via projects funding completely or in part by the CMDO;
  - a. **Please, send us the full article (bibliographic reference) in which the CMDO Network was officially thanked/acknowledged;**
  - b. The catalogue of bibliographic references will be updated annually and made public.

5. Survey [MaRoute](#) on early career training and mentorship needs:
  - a. The new training and mentorship platform "Maximize your research on obesity and diabetes" (MaRoute), in collaboration with its principal partner networks CMDO, ADC, DREAM, IMPART, OC, R2FIC, and SCN hopes to create a large training platform in health research in Canada in the domain of obesity and diabetes, with the purpose of helping students and early career researchers to join competent interdisciplinary teams, capable to collectively tackle the complexities of obesity, diabetes, and cardiometabolic diseases;
  - b. We have the pleasure to invite students and early career researchers from our network partners and other MyRoute collaborators to participate in our [Survey on the training and mentorship needs of students and early career researchers](#). The survey takes about 30 minutes to answer. Participants have the chance to win one of two conference/travel bursaries of \$500;
  - c. **To participate in the survey** – [Click HERE](#) ;
  - d. For any survey-related questions, please contact Mélanie Nadeau at: [melanie.nadeau@criucpq.ulaval.ca](mailto:melanie.nadeau@criucpq.ulaval.ca).
6. CMDO management is in the process of completing the **2022-2023 annual report**. If you have any success stories to share that relate directly to the CMDO's existence, please let us know now.

## Contests

### **7. Deadlines for CMDO Network contests (through September):**

- **Always open**

Partnership program with Obesity Canada and Diabetes Action Canada:

**[Open contest to reimburse travel expenses from participating in training activities organized by Obesity Canada and Diabetes Action Canada](#)**

- **August 25<sup>th</sup>, 2023** – application deadlines

**[Funding support to recruit postdoctoral fellows from outside Québec](#)**

**[Grant program for attending conferences outside of Québec \(3 contests per year\) – for scientific events taking place between \*\*September to December\*\*](#)**

- **September 11<sup>th</sup>, 2023** - application deadlines

**[Jean-Davignon Award for Young Researchers](#)**;

**[Yves-Deshaies Award for Rising Stars](#)**;

**[Funding support for activities for the general public](#)** (2 contests per year), for scientific events taking place between **November to March**;

A single electronic form to fill out for the following 3 programs:

**[Awards program for scientific events](#)** (2 contests per year), for scientific events taking place between **November to March**;

[Invitation support program for inviting speakers from outside Québec](#) (2 contests per year), for scientific events taking place between **[November to March](#)**;

[Invitation support program for CMDO Network speakers](#) (2 contests per year), for scientific events taking place between **[November to March](#)**.

**Job offers and job postings** ([Click HERE](#) to consult job offers; [Click HERE](#) to post a job offers):

8. **Research technician:** Histology and immunohistochemistry – Team of Martin Sirois (ICM) – full details [HERE](#);
9. **PhD/Postdoctoral fellowship** – The interaction between lymphatic function, extracellular vesicles, and cardiometabolic diseases studied in vivo (mouse and human) and in vitro models – Team of Catherine Martel (ICM) – full details [HERE](#);
10. **Assistant or associate professorship with a research focus on nutrition and aging** – Department of nutrition, Faculty of medicine, University of Montréal – full details [HERE](#).

**[Conferences/Symposiums/Courses/Workshops:](#)**

11. Webinar “**An introduction to motivation communication for health professionals**” – September 6<sup>th</sup>, 2023, 12:00pm à 1:30:
  - a. Free one-hour webinar, open to all, presented by the [Montreal Centre for Behavioural Medicine](#);
  - b. **What is motivational communication?**
    1. An efficient and patient-centered style of communication;
    2. Promotes patient engagement and sustainable changes in health behaviours;
    3. Reduces frustration in patients and clinicians;
    4. This webinar is an introduction in connection with a workshop offered in mid-September;
  - c. For more information – [Click HERE](#); to register to the introductory webinar, contact Brigitte Voisard, doctoral student : [voisard.brigitte@courrier.uqam.ca](mailto:voisard.brigitte@courrier.uqam.ca) ;
  - d. To learn more about the MOTIVATOR program - Click [HERE](#);
12. **Second Annual Primary Care NAFLD and NASH Summit (Virtual format)**, December 7<sup>th</sup>, 2023, starting at 5:00pm EST:
  - a. **For full details** – [Click HERE](#)

*All previous CMDO newsletters are available [HERE](#).*

Have a great summer,

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