

**Lara Dugas, PhD**  
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**PROFILE**

Dr. Lara Dugas is an exercise physiologist with training in energy metabolism and energy expenditure measurement. Her research focuses on the effects physical activity, fitness, and obesity have on morbidity and mortality in populations of African origin.

**EDUCATION**

<b>Bachelor of Science (HONS)</b> <i>University of Cape Town, South Africa</i> Nursing	1995
<b>Doctorate of Philosophy</b> <i>University of Cape Town, South Africa</i> Physiology	2004

**HONORS AND AWARDS**

Smith Kline Beecham Postgraduate Scholarship Award	1996- 1997
UCT Postgraduate Scholarship Award	1998-2000
Local MRC PHD Postgraduate Scholarship	2001-2003
Technology and Human Resources for Industry Program (THRIP) Excellence award finalists (Top 10 finalist)	2002
First African In Space Research scientist Star City, Moscow, Russia	2002
South African Sailing colours for representing South Africa 2002 World Sailing Games, Marseille, France, 29 <sup>th</sup> June – 10 July 02	2002
Technology and Human Resources for Industry Program (THRIP) Excellence award finalists (Top 10 finalist)	2003
Claude Leon Foundation Post Doctoral Research Award recipient.	2005-2006
Expedition physiologist for British Antarctic Swimming Expedition (BASE) performed in December 2005, Antarctica	2005
North American Association for the Study of Obesity Annual meeting Young Investigator (Top 6 finalist)	2007

**RECENT PUBLICATIONS**

1. Lambert MI, **Keytel LR**, Training habits of top Runners in different age groups in a 56km race. *South African Medical Journal*, August 2000, 27 – 32.
2. **Keytel LR**, Lambert MI, Johnson J, Noakes TD, Lambert EV. Free living energy expenditure in postmenopausal women before and after exercise training. *Int. J. Sport Nutrition and Exercise Metabolism*, 2001, 11, 226-237
3. **Keytel LR**, Noakes TD. Effects of a novel bicycle saddle on symptoms and comfort in cyclists. *S Afr Med J*. 2002 Apr; 92(4):295-8.

4. **Keytel LR**, Lambert MI, Johnson J, Noakes TD, Lambert EV. 24 Hour free living energy expenditure in post menopausal women after training. *International Journal of Obesity and related metabolic disorders* 22:S282.1998
5. **Keytel LR**, Goedecke JH, Noakes TD, Hiiloskorpi H, Laukkanen R, Lambert EV. Prediction of Energy Expenditure From Heart Rate Monitoring During Submaximal Exercise. *Journal of Sports Sciences*, Volume 23, Number 2, March 2005, pages: 289 - 297
6. **Keytel LR**, Mukwevho E, Will MA, Lambert MI. Prediction of maximum heart rate: comparison using a novel and conventional equation. *African Journal for physical, health education, recreation and dance. African Journal for Physical, Health Education, Recreation and Dance*, Vol. 11, No 3 (September) 2005, pp269-277.
7. **Dugas LR**, Van Der Merwe L., Odendaal H., Noakes T.D., Lambert E.V. A novel energy expenditure prediction equation for intermittent physical activity. *Medicine and Science in Sports and Exercise. Med Sci Sports. Exerc.* Vol. 37(12) 2005, pp2154-2161
8. **Dugas LR**, Noakes TD. Fit and fat? Impact of exercise/fitness on weight control and associated morbidity sequelae. *South African journal for continuing medical education*. In press.
9. **Dugas LR**, Cohen R, Carstens MT, Schoffelen PM, Goedecke JH, Lambert EV. Total daily energy expenditure in lean and obese South African women: no effect of ethnicity. *Obesity Research*, Vol 13, September 2005: A109.
10. Rush EC, Goedecke JH, Jennings C, Micklesfield L, **Dugas L**, Lambert EV, Plank LD. BMI, fat and muscle differences in urban women of five ethnicities from two countries. *Int J Obes (Lond)*. 2007 Mar 6;
11. Lambert EV, Goedecke JH, Bluett K, Heggie K, Claassen A, Rae DE, West S, Dugas J, **Dugas L**, Meltzer S, Charlton K, Mohede I. Conjugated linoleic acid versus high-oleic acid sunflower oil: effects on energy metabolism, glucose tolerance, blood lipids, appetite and body composition in regularly exercising individuals. *Br J Nutr*. 2007 Mar 8;:1-11
12. Luke, A, **Dugas, L**, Kramer, H. Ethnicity, energy expenditure and obesity: are the observed black/white differences meaningful? *Curr Opin Endocrinol Diabetes Obes* 14:1-4, In press.

#### RECENT EXPERIENCE

Exercise Science Internest <i>Sports Science Institute of South Africa, South Africa</i>	1996-1997
Research Assistant <i>UCT/MRC Research Unit for Exercise Science and Sports Medicine University of Cape Town, South Africa</i>	1998-2004
Post Doctoral Research Fellow <i>UCT/MRC Research Unit for Exercise Science and Sports Medicine University of Cape Town, South Africa</i>	2004-2006
Assistant Research Professor <i>Department of Preventive Medicine and Epidemiology Loyola University of Chicago</i>	2007-