Universität Zürich[UZH]

ZIHPNews

Zurich Center for Integrative Human Physiology

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The ZIHP in motion

Dear reader

The ZIHP keeps moving. Over a decade, the ZIHP has been promoting integrative, translational and interfaculty biomedical research within the UZH and the USZ, Childrens' Hospital and Balgrist, resulting in countless top publications by scientific teams that previously had no contact to each other: from bench to bed site at its best! Or: a success story that opened a lot of new connections and network opportunities for countless participants.

After 12 years of generous financial support by the UZH using URPP money (thank you so much!), that comes to an end as new URPPs have to be established, the time has come to say good-bye. We are very proud to see that the ZIHP created many institutions that have been settled in the UZH's landscape. Most prominent is the student's degree course «Human Biology» that has been recently renamed to «Biomedicine», and still ranks among the top selected topics of the MNF students. I remember very well how the original ZIHP steering committee created the foundations of this course within 2-3 weeks! We also established the ZIRP, the experimental animal facility that by now represents a fixed technology platform at the UZH. It was a sunny spring day when the idea arose to call that facility «ZIRP», a name sounding close to «ZIHP». In addition, we created the PhD program imMed that in 2019 was renamed «BioMed» after joining forces with the MTB program from the ETH. Notably, the four assistant professors appointed by the ZIHP have all reached full professor positions in Switzerland and abroad. Last but not least, we established the

Prof. Max Gassmann, Chairman of the sterring committee of the ZIHP

public lecture series «Wissen-schafft Wissen» that is still very popular, after all these years. Thanks to two private sponsors that came from the audience, we are able to continue these series.

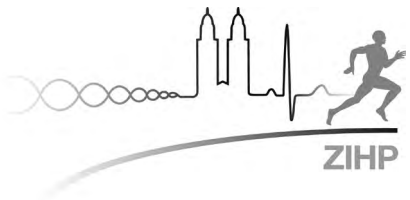
Innovation has been an important issue since humankind exists and will never stop. Thus, the new and (mostly) young steering committee of the ZIHP decided not to let the ZIHP retire after the successful story, but to suggest a new direction of supporting activities: promoting researchers with unconventional careers that are at risk of falling through the cracks of the current rigid academic system. With ZIHPunconventional we aim to support our most brilliant scientists that due to any reason have not followed the classical career path. I would like to thank the MeF steering committee as well as the vice president research for their interest and financial support. Accordingly, we were very pleased to see that this transition of the ZIHP was well accepted by the general assembly last year. You will hear more about ZIHPunconventional soon.

This is my opportunity to thank many friends and colleagues for their tremendous efforts in creating the ZIHP (Profs. Borbély and Murer), in steering its destiny (so many past and present members of the steering committee, with whom we went through intense but mostly good times), in keeping the ZIHP going and organized (the past and current scientific coordinators who all did fantastic and very independent jobs), and in organizing the now independent institutions mentioned above (ZIRP, Human Biology/BioMedicine, imMed/BioMed, Wissen-schafft Wissen and more). A big thank you to all of you, ZIHP would be nowhere without you!

The logo of the ZIHP in which I tried to include the most important aspects of the past (and now actual) ZIHP

task still fulfills its purpose: from the DNA to the ECG and the Zurich Grossmünster showing a running man. Today, I would have chosen a man and a woman. I apologize for this…

Yours sincerely
Max Gassmann



ZIHPunconventional

Acquiring competitive funding from SNF or equivalent competitive sources is a prerequisite for obtaining independent research positions in Switzerland. In order to obtain such competitive grants, applicants must be independent researchers with own funding. However, this is especially hard to fulfil for junior researchers with unconventional careers, as they often do not qualify for established advancement programs due to age restrictions or career breaks. ZIHPunconventional aims to provide a framework to facilitate the injection of excellent talent from this stream back into the academic pipeline. Examples of unconventional career paths are:

- Reentry into academia after a career in private enterprise
- Start of academic career after a second master's degree
- Entry into academia via non-standard educational paths (e.g., zweiter Bildungsweg)
- Start or resumption of academic career after a break (e.g., due to family duties, or migration into Switzerland (DPs))
- Repositioning of academic career after multiple years of part-time employment.

ZIHPunconventional is overseen by the ZIHP steering committee and a panel of experts and administered by the ZIHP coordinating office. They will help acquire individual sponsors for the selected applicants. The details about the exact procedure will follow soon...

Career after PhD

An imMed Alumni Survey

Stay at university and pursue an academic career, switch to the private industrial sector, or better stay at home as a full-time parent? This is a question every PhD graduate (or survivor) eventually has to ask themselves. Do women and men answer this question differently? What has to be done to give everyone, regardless of age, gender and origin, the same opportunities? Since the ZIHP will launch a pilot project on supporting academics with ‹unconventional careers› in 2022, we are particularly interested in what our imMed alumni had to say about this topic.

At the 17th ZIHP Symposium this year the question arose as to why so many female students after finishing their PhD change into the private industry sector instead of pursuing their academic career. Driven by the following lively discussion we decided to perform a survey amongst all imMed Alumni to get an insight into their different career paths after their PhD.

Where are our imMed Alumni now?

A total of 70 alumni completed the questionnaire. Of the 70 participants, 64.3% identified as women and 35.7% as men. Most of them were between 30 and 40 years old. The participants were from 22 different countries, with most of them being Swiss (41.2%), German (14.7%) and Italian (7.4%). Around half have turned their backs on their original field of study. 50% are currently working in research in a pharmaceutical industry, 24% are still working in the academic environment of a university, 11% work in the private sector in a non-medical field and 3 participants are now a home-staying parent. If you look at the distribution within the genders, a similar picture emerges: 59% of women work in the industry and 27% at a university, and for men it is 68% compared to 16%.

Satisfied alumni?

When asked whether one could imagine switching back from the private sector to a university, more than half (57.6%) said that they couldn't imagine doing so. Only 13.6% would be willing to return to the academic environment. Vice versa, the results were slightly different. 36.7% of the people who are currently employed at a university have a positive attitude towards switching to the private sector, 10.5% could not imagine this, and more than half (52.7%) are unsure.

With regard to equality, 21.4% of all alumni felt disadvantaged because of their gender (32.5% of women and 2.3%

of men). The disadvantages cited most frequently included points relating to the compatibility of family and work. There is little support and understanding during and after pregnancy, and working part-time is often not possible, especially in higher positions. In addition, female participants complain that it is difficult for them to get into higher job positions and that they have to work harder to get a reputation. 30.4% of the participants stated that their gender had influenced them in their career decision.

Is it a gender problem?

«I don't think it is solely a gender issue, it is academia itself that is currently difficult for many,» stated one participant. Although more women than men feel disadvantaged because of their gender, many male participants also expressed that it was difficult for them to combine work and children. The reasons being that there are not enough part-time positions, and that men are more often expected to continue to work 100% after they have become a parent.

When asked what would have to be changed in order for more women to pursue an academic career, there were a

PhD in the bag - but what next?

number of answers - most of them can also be transferred to men. On the one hand, better compatibility with the family should be promoted. We need more part-time jobs, a better care system for children, and the stigma surrounding simultaneous parenting and work needs to be changed. Working conditions should also be improved, as was proposed by many participants. Overtime can rarely be compensated, and short term contracts and the associated financial uncertainty in particular lead to dissatisfaction among both women and men. One participan's answer sums up the problem well:

«The academic structure was built and maintained by people with few 'obligations' toward family and society. Mostly rich and noble could do science earlier. Later these were replaced by regular citizens, which could cut their costs of living – no family, no further hobbies, no further 'obligations'. Even today a good young scientist must be underpaid (no 100% positions), work on the weekend and evenings. … The first victims of this 'nerd' cult are women, because of their physiological maternity obligations, which cannot be sacrificed. However, it is incorrect to underestimate the high number of 'nerd' cult victims among men – this is less visible, less dramatic, but it is as well present. Both men and women have no problems to combine their professional aims and private obligations outside of the academy.»

In conclusion we can say that although women have to overcome more hurdles to stay in academic science than men, there are some issues the university could work on to make its working environment more attractive to everyone so that valuable staff does not get lost into other sectors.

Congratulations

ZIHP-Mitglied Prof. Elena Osto wurde auf den 1.2.2021 zur SNF Förderungsprofessorin ernannt.

ZIHP-Mitglied Prof. **Thorsten Hornemann,** wurde auf den 1.5.2021 zum Ausserordentlichen Professor ad personam für Klinische Chemie, speziell Lipidologie, ernannt.

ZIHP-Mitglied Prof. **Michael Scharl,** wurde auf den 1.8.2021 zum Ausserordentlichen Professor ad personam für Gasstroenterologie und Hepatologie, speziell Translationale Mikrobiomforschung, ernannt.

ZIHP-Mitglied Prof. **Thomas Lutz**, hat den diesjährigen Society for the Study of Ingestive Behavior (SSIB) Hoebel Prize for Creativity erhalten.

ZIHP-Mitglied Prof. **Oskar Jenni** und Prof. Dr. Beatrix Latal, wurden mit dem Guido Fanconi Gedenkpreis 2021 ausgezeichnet.

ZIHP-Mitglied Prof. **Christoph Schneider** hat dieses Jahr den Eccelenza Fördergrant des Schweizerischen nationalfonds erhalten.

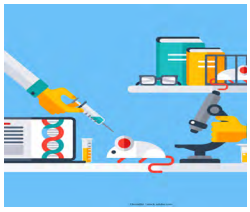
Vorsitzender des ZIHP, Prof. Prof. h.c. **Max Gassmann**, wurde 2022 vom Slowakischen Gesundheitsminister zum Mitglied des Scientific Advisory Boards der Slowakei ernannt.

WISSEN-SCHAFFT WISSEN

Neuerungen

Dieses Jahr fanden die Anlässe als Hybrid- und gar zum Teil nur als Online-Verantaltungen statt. Dies bedauern wir sehr, hoffen aber, dass wir aus der Situation das Beste rausholen konnten. Wir freuen uns, dass Sie trotzdem dabei waren! Mehr Informationen finden Sie auf unserer → Homepage.

Rückblick Frühlingsausgabe 2021: «Wie funktioniert Forschung?»



12. April 2021
Was bedeuten Tierversuche?

Prof. Dr. Dr. **Michael Hottiger**, Professor am Institut für Molekulare Mechanismen bei Krankheiten der UZH erklärte, wann Versuche mit Tieren zum Einsatz kommen, wie Projekte mit Tierforschung beantragt und beurteilt werden und welchen Gesetzen diese Versuche unterligen.

→ Link zum UZH News Artikel

3. Mai 2021
Wie entsteht ein Impfstoff?

Prof. Dr. **Emma Slack,** Immunologin und Assistenzprofessorin am Department für Gesundheitswissenschaften und Technologie der ETH, erläuterte, wie man einen guten Impfstoff entwirft und was dies während einer Pandemie bedeutet.

17. Mai 2021
Mit gebündelten Kräften die Grundlagen unserer Lernfähigkeit verstehen

Prof. **Esther Stöckli** und Prof. **Fritjof Helmchen,** Co-Leitende des neuen Universitären Forschungsssschwerpunktes «Plastische Hirnnetzwerke für Entwicklung und Lernen», erklären, wie sie dank neuer Technologien und interdisziplinärer Zusammenarbeit diese Fragen beantworten wollen. Dies soll helfen, in Zukunft die Diagnose und Therapie von Lernstörungen zu verbessern.

→ Link zum UZH News Artikel

21. Juni 2021
Wie können wir gesund älter werden?

Prof. Dr. med. **Heike A. Bischoff-Ferrari**, Professorin für Geriatrie und Altersforschung an der UZH und Leiter der DO-HEALT-Studie, zeigte, wie die grösste Altersstudie Europas diese Frage erforscht, und die Lebensqualität älterer Menschen fördern will.

→ Link zum UZH News Artikel

WISSEN-SCHAFFT WISSEN

Rückblick Frühlingsausgabe 2021: «Eine Zukunft nach der Pandemie»

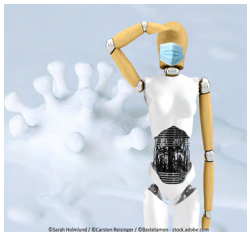
4. Oktober 2021
Eine Zukunft nach der Pandemie

Was sind die Auswirkungen der SARS-CoV-2-Pandemie auf unsere Gesellschaft? Was können wir aus der Pandemie für die Zukunft lernen? Diese Fragen behandelte Prof. Dr. **Lothar H. Wieler** in seinem Vortrag zum Anlass seiner Ehrenpromotion an der UZH.

→ Link zuzm UZH News Artikel

25. Oktober 2021
«Corona» - Eine Suche nach Antworten in der Literatur

Bücher können uns einfach unterhalten, oder aber auch Wissen liefern. Dr. **Martin Meyer**, Journalist, Buchautor und ehemaliger Leiter des NZZ Feuilletons, vereint in seinem neusten Roman «Corona» beide Punkte.



1. November 2021
Wie wird die Welt nach der Pandemie aussehen?

Dr. **Chris Luebkeman**, Zukunftsforscher und Leiter des Strategic Foresight Hub der ETH Zürich, zeigte auf, was für einen Einfluss die Pandemie auf die Entwicklungen der Wissenschaft, Technik und Gesellschaft der Zukunft haben könnte.

22. November 2021
Die ganze welt im Ausnahmezustand - was kann ich dagegen tun?

Prof. Dr. rer. nat. **Ulrike Ehlert**, Leiterin der Klinischen Psychologie und Psychotherapie am Psychologischen Institut der UZH, erläuterte die psychologischen Folgen der Pandemie und wie wir dem Stress die Stirn bieten können.

→ Zum UZH News Artikel

29. November 2021
Was wir aus vergangenen Pandemien lernen können

Prof. Dr. Dr. med. **Frank Rühli**, Direktor des Instituts für Evolutionäre Medizin der UZH, zeigte was wir aus vergangenen Pandemien lernen können und wie die Evolutionsmedizin Erklärungsansätze für das Verhalten der Menschen in diesen Zeiten erläutern kann.

→ Link zum UZH News Artikel

6. Dezember 2021
Zuerst COVID, dann Long-COVID?

Wie kann die Erkrankung verhindert werden? Wie verläuft die Krankheit und wie sieht eine mögliche Behandlung aus? Welche Spätfolgen können wie lange auftreten? Prof. Dr. med. **Annelies Zinkernagel,** Klinik für Infektionskrankheiten und Spitalhygiene am USZ, brachte Licht ins Dunkle.

→ Link zum UZH News Artikel

ZIHP-Mitglieder in der Presse

→ «Mir gefällt der Begriff ‹Erziehung› nicht»
Interview mit Prof. Oskar Jenni
Blick, 21. November 2020

→ Sich selbst und andere schützen
Artikel mit Prof. Onur Boyman
UZH News, 25. November 2020

→ Stemm cell research finds a unique lab
Zeitungsartikel mit Prof. Oliver Ullrich
The Washington Post, 5. Dezember 2020

→ Frauen empfinden mehr Schmerz
Artikel mit Prof. Catherine Gebhard
Schweizer Familie, 10. Dezember 2020

→ Kinder kriegen
Neuer Podcast mit Prof. Brigitte Leeners
UZH News, 17. Dezember 2020

→ «Ängste können Kinder stark machen»
Zeitungsartikel Mit Prof. Susanne Walitza
Der Landbote, 28. Dezember 2020

→ Kinder machen - Existenzielle Träume
Artikel mit Prof. Brigitte Leeners
UZH News, 5. Januar 2021

→ Die zweite Welle endete 1918 fatal
Artikel mit PD Dr. Kaspar Staub
Medienmitteilung UZH, 8. Februar 2021

→ Mythos: Der Fluch des Pharaos
Video mit Prof. Frank Rühli
ZDF Info, 9. Februar 2021

→ Wie persistente Bakterien Antibiotika abwehren
Artikel mit Prof. Annelies Zinkernagel
UZH News, 11. Februar 2021

→ Hunde helfen gegen Stress
Zeitungsartikel mit Prof. Martin Meyer
Luzerner Zeitung, 16. Februar 2021

→ Wohin mit der freien Zeit?
Zeitungsartikel mit Prof. Oskar Jenni
Tages Anzeiger, 4. März 2021

→ Gender-Medizin in der Herzforschung
Video mit Prof. Catherine Gebhard
ZDF, 11. März 2021

→ «Cannabis ist viel gefährlicher, als man glaubt»
Zeitungsartikel mit Prof. Boris Quednow
Tages Anzeiger, 20. März 2021

→ «Man darf Kindern nicht den Glauben geben, das Leben sei nur einfach»
Artikel mit Prof. Susanne Walitza
Beobachter, 9. April 2021

→ Freudeschreie werden stärker wahrgenommen als Angst- oder Wutgebrüll
Artikel mit Prof. Sascha Frühholz
UZH Medienmitteilung, 13. April 2021

→ Gefährliches Cannabis
Podcast mit Prof. Boris Quednow
SRF 2, 17. April 2021

→ Stress und psychische Probleme während des ersten COVID-19-Lockdowns
Artikel mit Prof. Susanne Walitza
UZH News, 3. Mai 2021

→ Künstliche Neuronen erkennen Biosignale in Echtzeit
Artikel mit Prof. Johannes Sarnthein
UZH Medienmitteilung, 27. Mai 2021

→ Wenn Antibiotika nicht mehr wirken - Viren als Lebensretter
Zeitungsartikel mit Prof. Onur Boyman
Sonntags Blick, 6. Juni 2021

→ Schweizer Mini-Organe aus dem Weltall
Zeitungsartikel mit Prof. Oliver Ullrich
Tages Anzeiger, 26. August, 2021

→ UZH und Airbus züchten menschliches Mini-Gewebe auf der Internationalen Rausmtation ISS
Artikel mit Prof. Oliver Ullrich
Medienmitteilung UZH, 26. August 2021

→ «Wir sind ja schon glücklich, wenn Leistungssportlerinnen überhaupt einen Zyklus haben.»
Fernsehsendung mit Prof. Brigitte Leeners
SRF Puls, 19. September 2021

→ Mumien im Museum: Zwischen Effekt und Würde
Podcast mit Prof. Frank Rühli
SRF Audio, 21. September 2021

→ Die Genschere und die Zukunft der Menschheit
Kick-off Event mit Prof. Brigitte Leeners
UZH News, 6. Oktober 2021

→ Grosser Schritt in Richtugn Präzisionsmedizin für Dialysepatienten
Artikel mit Prof. Oliver Devuyst
Medienmitteilungen UZH, 20. Oktober 2021

→ Tropenfrösche ermöglichen neue Erkenntnisse zu Nierenkrankheit
Artikel mit Prof. Soeren Lienkamp
Medienmitteilung UZH, 5. November 2021

→ Viele Kinder und Jugendliche leiden in der Pandemie
Sendung mit Prof. Susanne Walitza
SRF Echo der Zeit, 5. Dezember 2021

→ Lehrstücke zur Pandemie
Buchvorstellung mit Prof. Frank Rühli
UZH News, 21. Dezember 2021

PhD Program Biomedicine (→ BioMed)

New students

Since January 2021 32 new students who were accepted to the PhD Program in Biomedicine (BioMed) started their work here in Zurich. Welcome!

Solani Andani, Biomedical Informatics, ETHZ
Valentin Baumgartner, Division of Urology, USZ
Pascal Breitenstein, Institute of Regenerative Medicine, USZ
Fabienne Caldana, Institute of Anatomy, UZH
Elisa Dietrich, Institute for Clinical Chemistry, USZ
Aurelia Gondrand, Institute of Physiology, UZH
Yiqi Gong, Center for Molecular Cardiology, UZH
Miriam Güra, Division of Metabolism, University Children›s Hospital Zurich
Nadescha Hänggi, Institute of Forensic Medicine, UZH
Ivna Ivanković, Department of Quantitative Biomedicine, UZH
Sofia Kakava, Institute of Clinical Chemistry, USZ
Svenja Keller, Institute of Physiology, UZH
Ievgeniia Kocherova, Department of Rheumatology, USZ
Adam Korczak, Division of Obstetrics, USZ
Pratintip Lee, Center for Molecular Cardiology, UZH
Ekaterina Maevskaia, Craniofacial and Oral Biotechnology, Center for Dental Medicine, UZH
Tamara Mengis, Department of Rheumatology, USZ
Luca Merolla, Lab for Retinal Cell Biology, Department of Ophthalmology, USZ
Gian Rosalen, Laboratory of Regenerative and Movement Biology, ETHZ
Irene Sala, Tissue Biology Research Unit, University Children's Hospital Zurich
Chiara Scaffidi, Division of Endocrinology and Diabetology, Kispi
Anna-Lea Stalder, Department of Internal Medicine, USZ
Klassa Sven, Division of Metabolism, University Children›s Hospital Zurich
Yu-Jen (Daniel) Wang, Center for Molecular Cardiology, UZH
Florian Wenzl, Center for Molecular Cardiology, UZH
Yuansheng Zhang, Institute of Physiology, UZH
Lucas Zimmer, Department of Quantitative Biomedicine, UZH
Veerle de Goederen, Laboratory of Regenerative and Movement Biology, ETHZ
Alicia Pliego, Department of Quantitative Biomedicine, UZH
Akash Chakravarty, Division of Clinical Chemistry and Biochemistry, Kispi
Mira Anna Jacobs, Division of Obstetrics, USZ
Gilles Sartre, Institute for Regenerative Medicine, UZH
Luca Truscello, Division of Gastroenterology and Hepatology, USZ

Postgraduate courses

All courses offered by the PhD program in Biomedicine are going to be published on the → BioMed Website

Introduction to human physiology:

Respiration and blood
February 22/24, 2022

Mouse physiology and pathophysiology
June, 9/10, 2022

Molecular Biology Methods
September 5/6, 2022

New PI´s

In the las year the PhD program in BioMed could welcome 8 new PI's.

→ Pierre-Alain Clavien
Department of Visceral Surgery and Transplantation, USZ

→ Jakob Nilsson
Department of Immunology, USZ

→ Björn Menze
Biomedicine/Machine learning, USZ

→ Jae Hoon Sim
Department of Otorhinolaryngology, Head and Neck Surgery

→ Florence Vallelian
Department of Internal Medicine, USZ

→ Thomas Kündig
Department of Dermatology, USZ

→ Chantal Pauli
Institute of Pathology and molecular Pathology, USZ

→ Andreas Kremer
Department of GAstroenterology and Hepatology, USZ

A complete list of all Research groups and principal investigators of the BioMed PhD Program can be found on our → Website.

BioMed retreat 2022 - save the date

→ Sunday and Monday 18/19 Sept 2022, Kartause Ittingen

Don`t miss this great opportunity to meet your fellow PhD students and to discuss your projects with your peers.

Imprint
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