**CURRICULUM VITAE**

**Nina S. Stachenfeld, PhD**

**Version date:** 07/13/2023

**Education**:

09/1978-06/1981 BA, English, Antioch College, Yellow Springs, OH

09/1985-05/1987 MA, Exercise Physiology, New York University, New York, NY

08/1989-06/1993 PhD, Exercise Physiology, Columbia University, New York, NY

**Current:**

**Executive Training**

07/2023-8/2023 Women’s Leadership Program, Yale School of Management

**Career/Academic Appointments**:

07/1993-06/1997 Post-doctoral Associate, The John B. Pierce Laboratory, New Haven, CT.

07/1993-06/1997 Post-doctoral Associate of Epidemiology and Public Health, Yale School of Medicine, New Haven, CT.

06/1997-07/1999 Research Scientist, The John B. Pierce Laboratory.

06/1997-07/2000 Associate Research Scientist of Epidemiology and

Public Health, Yale School of Medicine *(Primary Appointment)*

06/1999-07/2005 Assistant Fellow, The John B. Pierce Laboratory

06/1999-07/2005 Assistant Professor of Epidemiology and Public Health, Yale School of Medicine *(Primary Appointment)*

06/1999-07/2005 Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences, Yale School of Medicine *(Secondary Appointment)*

06/2005-07/2009 Associate Fellow, The John B. Pierce Laboratory

06/2005-07/2009 Associate Professor of Epidemiology and Public Health, Yale School of Medicine *(Primary Appointment)*

06/2005-07/2009 Associate Professor of Obstetrics, Gynecology and Reproductive Sciences, Yale School of Medicine *(Secondary Appointment)*

06/2009-07/2014 Associate Fellow, The John B. Pierce Laboratory

*In 2009 I shifted my primary and secondary appointments at the Yale School of Medicine, making Obstetrics, Gynecology and Reproductive Sciences my primary and Yale School of Public Health my secondary appointment. This change was made as my interests became more focused specifically on reproductive hormone effects on physiological systems. I remained active in the School of Public Health until 2014.*

06/2009-07/2014 Associate Professor of Obstetrics, Gynecology and Reproductive Sciences, Yale School of Medicine *(Primary Appointment).*

06/2009-07/2014 Associate Professor, Yale School of Epidemiology and Public Health, Yale School of Medicine *(Secondary Appointment)*

06/2014-present Fellow, The John B. Pierce Laboratory ***(Tenure)***

07/2015-present Senior Research Scientist, Gynecology and Reproductive Sciences, Yale School of Medicine *(Primary Appointment).*

**Professional Honors or Recognitions**:

2011-2014 **Councilor, Thermal Physiology,**

(Elected Position) Steering Committee, Environmental & Exercise Section, American Physiological Society

2010 **Named Lecture**

*The Carl V. Gisolfi lecture in temperature regulation. Invited Lecture.*

“Sex differences in human thermoregulation:  implications for athletes, researchers and clinicians”

American College of Sports Medicine

2018 *Distinguished Woman, Yale School of Medicine.*

11/01/1996 – 06/30/1997

National Research Service Award **(NRSA) NIH/NIA/NHLBI**

I.D.# 1F32AG005760

Title: Body fluid regulation after menopause with exercise

P.I. Nina Stachenfeld

Percent effort: 75%

Project period: (Award Returned because DAMD17-96-C-6093 was funded)

**Professional** **Societies:** Fellow, American College of Sports Medicine

Fellow, American Physiological Society

Autonomic Society

Higher Education Recruitment Consortium

Association for Women in Science

**Grants/Clinical Trials History:**

***Current Grants:***

Agency: NIH/NHLBI

I.D.# R01 HL161000

01/09/21 – 12/31/25

Title: “Mechanisms and interventions addressing accelerated cardiovascular disease risk in women with endometriosis”

Co-PI Nina Stachenfeld/Lacy Alexander (Penn State)

Percent effort: 25 %

Total Award to date (subaward): $691,260

Projected Award for Years 3-4: $724,161

I.D.# R01 HL161000S1

09/01/22 – 11/30/23

Title: “Mechanisms and interventions addressing accelerated cardiovascular disease risk in women with endometriosis”

Diversity Supplement

This administrative supplement examines differences in heart rate variability between healthy control women and in women with endometriosis.

Agency: NIH/NICHD

I.D.# R21 HD 107601

08/01/2022– 07/30/24

Cardiometabolic effects of gender-affirming hormone therapy in transgender adolescents

Co-PI Nina Stachenfeld/Stuart Weinzimer (Yale School of Medicine)

Percent effort: 15 %

8/2/22 – 7/31/2024

Total Award to date (subaward): $84,796

Projected Award for Year 2: $127,751

YCCI Pilot Grant

Translational and interdisciplinary research pilot award

Early Cardiovascular and Metabolic Effects of Gender-Affirming Hormone Therapy in Adolescents

Co-PI Nina Stachenfeld/Stuart Weinzimer (Yale School of Medicine)

Percent effort: 0 %

2/1/22 – 11/30/2024

Total Award: $50,000

***Pending Grants:***

I.D. # R01 HL169978

PI: Nina Stachenfeld

Title: Mechanisms and interventions to address cardiovascular disease risk of gender-affirming hormone therapy in transgender men.

Percent effort 35%

Received 26%, resubmitted July 2023

***Past Grants:***

Agency: NIH/NHLBI

I.D.# R01 HL135089

01/01/18 – 11/30/22

Title: “Mechanisms of hypertension in women with polycystic ovary syndrome”

Co-PI Nina Stachenfeld/Jane Reckelhoff (U of Mississippi Medical Center)

Percent effort: 35 %

Total Award: $3,223,044

3R01 HL135089-02S1

09/15/19 – 11/30/21

Title: “Mechanisms of hypertension in women with polycystic ovary syndrome”

Administrative Supplement.

Agency: NIH/NIDDK

I.D.# R56 DK129344

09/12/21-09/31/22

Title: Sympathetic activation of obesity

Name of PD/PI: Belfort de Aguiar

Percent effort: 2 %

Agency: Pfizer, Inc.

Title: Effects of Duavee™ on reproductive hormones and ovarian and uterine morphology in premenopausal women.

Role: Co-PI Nina Stachenfeld (Hugh Taylor, Co-PI)

Percent effort: 15 %

Project period: 09/01/2015 – 12/31/2016

Agency: PepsiCo, Inc.

I.D. # N/A

Title: Effects of daily hydration status on mental state in young women

P.I. Nina Stachenfeld

Percent effort: 15 %

Project period: 09-01-2015 – 02/28/2017

Agency JB Pierce Laboratory, Modern Diet and Physiology Research Center

I.D. # N/A

11/01/16 – 12/30/17

P.I. Nina Stachenfeld

Percent effort: N/A

Title: An innovative approach to the treatment of obesity and insulin resistance.

The purpose of this project is to determine the impact of cold exposure on insulin resistance.

Agency Yale School of Medicine, Titus Fellowship

I.D. # N/A

Title: Acute CV Stressors to Determine Preeclampsia Risk”

P.I. Nina Stachenfeld

Percent effort: 15 %

Project period: 11/01/16 – 11/30/17

I.D. # N/A

Title: Effects of mild dehydration on mental state

P.I. Nina Stachenfeld

Percent effort: 15 %

Project period: 11/01/2013 – 12/30/2015

Agency: NIH/NHLBI

I.D.# R21 HL 109822

Title: Phytoestrogens, insulin resistance and endothelial function

P.I. Nina Stachenfeld

Percent effort: 25%

Project period: 07/01/2011 – 06/30/2014

Agency: PepsiCo, Inc.

I.D. # 2012-AGR-000467 10/1/2012 – 12/30/2013

Title: Fuel utilization and flavor preference formation

P.I. Dana Small

Role: Co-I

Percent effort: 7%

Agency: NIH/NHLBI

I.D.# R21 HL093450

Title: Compromised microcirculation in women with Polycystic Ovary Syndrome

P.I. Nina Stachenfeld

Percent effort: 25%

Project period: 11/01/2009 – 06/30/2013

Agency: PepsiCo, Inc.

I.D.# N/A

Title: Carbohydrate mouth sensing and exercise performance: Pilot studies

P.I. Nina Stachenfeld

Percent effort: 5%

Project period: 05/01/2011 – 04/30/2012

Agency: NIH/NHLB  
I.D.# R01 HL71159

Title: Estrogen and progesterone effects on orthostatic intolerance

P.I. Nina Stachenfeld

Percent effort: 55%  
(Renewed 2007)

Project period: 04/01/2003 – 03/31/2012

Agency: MeritCare

I.D.# N/A

Title: The effects of undergarment fabric on high-intensity intermittent exercise

P.I. Nina Stachenfeld

Percent effort: 0%

Project period: 02/01/2011 – 02/28/2012

Agency: NIH/NHLBI  
I.D.# R01 HL71159-07S1

Title: Estrogen and progesterone effects on orthostatic intolerance Supplement to Promote Diversity in Health-Related Research

P.I. Nina Stachenfeld

Project period: 11/01/2007 – 04/30/2011

Agency: NIH/NHLBI  
I.D.# R01 HL71159-06S1

Title: Estrogen and progesterone effects on orthostatic intolerance

Supplement to Promote Diversity in Health-Related Research

P.I. Nina Stachenfeld

Project period: 11/01/2007 – 06/30/2009

Agency: NIH/NHLBI

I.D.# R01 HL62240

Title: Sex hormones and body fluid regulation.

P.I. Nina Stachenfeld

Percent effort: 60%

Project period: 05/01/2000 – 04/30/2006

Agency: Women’s Health Research at Yale

I.D.# N/A

Title: Estrogen effects on capillary fluid dynamics

P.I. Nina Stachenfeld

Project period: 01/01/1998 – 01/01/1999

Agency: Gatorade Sports Science Institute

I.D.# N/A

Title: Effects of estrogens and progesterone on arginine vasopressin secretion, thirst and serum sodium concentration

P.I. Nina Stachenfeld

Percent effort: 15%  
Project period: 01/01/2006 – 01/01/2009

Agency: U.S. Army Medical Research and Materiel Command Defense Women’s Health Research Program

I.D.# DAMD17-96-C-6093

Title: Hormonal contraception, body water balance & thermoregulation

P.I. Nina Stachenfeld

Percent effort: 90%

Project period: 09/15/1996 – 09/14/2001

***NIH Work Shops:***

**Cardiovascular Risk Across the Lifespan for Polycystic Ovary Syndrome** National Institutes of Health. National Heart Lung and Blood Institute (NHLBI) and Office of Research in Women’s Health. 2021. *(Invited speaker).*

**PCOS and Hypertension Risk** National Institutes of Health (National Heart Lung and Blood Institute (NHLBI)], Workshop entitled: “*Cardiovascular Risk Across the Lifespan for Polycystic Ovary Syndrome”* October 2021 *(Invited speaker)*

**Influence of sex, sex steroids, and aging on cardiovascular and thermoregulatory function.**

North American Menopause Society, Sponsored by NIH (R13 mechanism). “*The Science of Thermoregulation and Vasomotor Symptoms: Possible New Targets for Treatment*” October 2014 *(Invited speaker).*

**Sex-differences in blood pressure regulation** National Institutes of Health [National Institute of Neurological Disorders and Stroke (NINDS) and the National Heart Lung and Blood Institute (NHLBI)], Workshop entitled: “*Small Blood Vessels: Big Health Problems*?” September 2014 *(Invited speaker)*

***Invited Lectures (Selected)****:*

**Impact of testosterone on cardiovascular risk in women with PCOS.** University of Texas at Arlington, November 2022. *Invited Speaker.*

**Cardiovascular risk of gender affirming hormone therapy in transgender men.** American Physiological Society, *New Trends in Sex and Gender Medicine*, October 2021. *Invited Speaker.*

**Considering Sex in Research: There’s No Turning Back American College of Sports Medicine,** *Invited Speaker,* 2021

**Androgen effects on blood pressure regulation and endothelial function in women and trans men** *Invited Speaker,* University of Stirling May 2021

**Testosterone effects on the female cardiovascular system** *Invited Speaker,* University of Mississippi Medical Center, February 2020.

**Fluid regulation in women** *Invited Speaker,* PepsiCo Hydration Summit, June 2019.

**Autonomic Function in Normal and Preeclamptic Pregnancies** *Invited Speaker, Experimental Biology,* April 2019.

**The Impact of Sex Hormones on Vascular Function.** *Invited Speaker, American College of Sports Medicine Conference on Integrative Physiology of Exercise,* September, 2018.

**Endothelial Function in Women with Androgen Excess Polycystic Ovary Syndrome**

University of Massachusetts, March 2017.

**Endothelial Function in Women with Androgen Excess Polycystic Ovary Syndrome**

Tulane, January 2017.

**Sex hormone effects on cardiovascular function in women.**

Matsumoto, Japan November 2017.

**Endothelial Function in Women with Androgen Excess Polycystic Ovary Syndrome.** University of Oregon, May 2015.

**Cardiovascular disease in women with PCOS.** *Invited Speaker, 2015 APS Conference: Cardiovascular, Renal and Metabolic Diseases—Physiology and Gender*, November, 2015.

**Endothelial function in women with Polycystic Ovary Syndrome**. University of Mississippi Medical Center, October 2015.

**Environmental Physiology and Fluid Regulation.**NEACSM,October, 2015.

**Integrative Environmental Physiology and Fluid Regulation.** Hydration Lecture Series, University of Arkansas. December, 2014.

**Reproductive hormone influences on the regulation of body fluids.**  Society for the Study of Ingestive Behavior (SSIB). July, 2014

**Body water regulation**, Institute of Human Nutrition, Columbia University, New York, New York, February 2014

**Endothelial function in women with Polycystic Ovary Syndrome**, Pennsylvania State Hershey Medical Center, Hershey Pennsylvania, PA. October 2013.

**Integrative environmental physiology and fluid regulation.** SPIE Defense Security and Sensing. Baltimore, MD, May, 2013.

**Endothelial function in women with Polycystic Ovary Syndrome,** Oklahoma State University, Tulsa, Oklahoma, February 2013

**How to assess hydration in the laboratory and in the field.**  GSSI XP, Sarasota FL, April, 2012.

**Fluid regulation and cardiovascular function in women with Polycystic Ovary Syndrome.** Mayo Clinic, Rochester, MN, November 2010.

*The Carl V. Gisolfi lecture in temperature regulation*, **Sex differences in human thermoregulation:  implications for athletes, researchers and clinicians.** American College of Sports Medicine, Baltimore, MD, June 2010.

**Sex differences in fluid regulation during exercise with interval walking training.** Department of Sports Medicine Shinshu University of Medicine, Matsumoto, Japan, March 2008.

**The impact of sex hormones on acute responses to changes in sodium and water status.** Department of Pharmacology and Physiology, Drexel University College of Medicine, Philadelphia, PA, September 2007.

**Acute effects of sodium ingestion on thirst and cardiovascular function**. Department of Exercise Science, University of Delaware, Newark, DE, September 2007

**Acute effects of sodium ingestion on thirst and cardiovascular function.** Sodium balance and exercise, Annual Gatorade Sports Science Institute Scientific Conference, Vail, CO, July 2007.

**Hydrating safely for the marathon.** Boston Marathon Medical Conference, Boston, MA April 2007.

**Sex hormone effects on body fluid regulation in women.** Mayo Clinic, Rochester, MN, September 2006.

**Body Fluid Regulation in Women.** Gatorade Sports Science Institute, Chicago IL, March 2006.

**Female sex hormone effects on body fluid regulation.** Department of Sports Medicine Shinshu University of Medicine, Matsumoto, Japan, December, 2004.

**Sex hormone effects on body fluid distribution**. Department of Environmental Health, Nara Women's University, Kitauoya-Nishimachi, Nara, Japan, December, 2004.

Estradiol and progesterone effects on body fluid regulation. University of Colorado Health Sciences Center, Department of Exercise Science, Denver, CO, May 2003.

Estrogen and progesterone effects on body fluid regulation. Noll Physiological Research Center. College of Health and Human Development, Pennsylvania State University, State College, PA, April 2003.

**Altered body fluid regulation in aging.**  Nicholas Institute for Sports Medicine and Athletic Trauma. New York, New York. May 2003.

Hydration: age-related confounders, consequences and strategies. Dietary Challenges and Strategies for the 70+ population. Annual conference of the American College of Nutrition. October, 2001.

**Thirst and body fluid regulation in aging.** Annual conference of the American Physiological Society. April 2000.

**Sex hormone effects on body fluid regulation.**  U.S. Army Research Institute of Environmental Medicine. 1999.

**Body fluid regulation in aging.** Noll Physiological Research Center, College of Health and Human Development, Pennsylvania State University. 1998.

**Body fluid regulation in aging.** Lovelace Institutes, October 1996.

**Estrogen influences osmotic secretion of arginine vasopressin and body water balance in postmenopausal women.** Invited Project Presenter, Annual Pepper Center Meeting, January 1996.

**Peer-Reviewed Presentations & Symposia:**

**Cardiovascular changes with gender affirming hormone treatment.** American Physiological Society Summit, April 2023. Speaker and Symposium Organizer.

**Animal and human health effects of environmental endocrine disruptors.** Annual conference of the American Physiological Society. April 2012. Symposium Organizer.

**Estrogen, progesterone and body fluid regulation.** Speaker and Symposium Organizer.Reproductive hormones: body fluids, autonomic function, thermoregulation, metabolism and infertility. Annual conference of the American College of Sports Medicine, May, 2001.

Implications and demographics of the female athlete triad. Annual conference of the American College of Sports Medicine. June, 2003.

***Professional Service:***

***Grant Review***

2007 National Aeronautics and Space Administration (NASA) Physiology Panel Member

2008 NIH Study Section Temporary Member (Hypertension and Microcirculation Section, HM)

2009-2010Member, Physiology Panel, (NASA) Human Research Program and the National Space Biomedical Research Institute (NSBRI).

2009 NIH Member, Core Temperature in Obesity, *Special Emphasis Panel* (NIDDK)

2010 NIH Study Section Member (Special Emphasis Panel) ZRG1 CVRS-B

2010-2014 NIH Study Section Standing Member (HM)

2014 NIH Study Section Member (Special Emphasis Panel) RG1 CVRS-K (80) R15 AREA

2015 NIH Study Section *Ad Hoc* Member (HM)

2017-present NIH COBRE External Advisory Committee *Center of Excellence in Perinatal Research,* University of Mississippi Medical Center

2020 NIH Study Section *Ad Hoc* Member (CICS)

2022 NIH Study Section *Ad Hoc* Member (CCHD)

2023 NIH Study Section Special Emphasis Panel ZRGI BP-52

***Journal Service:***

*Editorial*

2006 – present Editorial Board, **The Federation of American Societies for Experimental Biology (FASEB) Journal**.

2009-2022Editorial Board, **ACSM Journal of Health and Fitness**

2016-2022 Editorial Board, **Experimental Physiology**

2012-2020 Editorial Board, **Endocrinology**

2013*-*2017 Editorial Board, **Medicine Science in Sports and Exercise**

2005*-*2013 Associate Editor, **Medicine Science in Sports and Exercise**

2022 Guest Associate Editor*,* Circulation

*Ad hoc reviewer* Journal of Physiology (London)

*(partial list)* Journal of Endocrinology and Metabolism

Endocrinology

Circulation

Journal of Microcirculation

FASEB Journal

American Journal of Physiology, Regulatory, Integrative

Comparative Physiology

American Journal of Physiology, Endocrinology, Metabolism

American Journal of Physiology, Heart, Circulatory Physiology

Journal of Applied Physiology

Medicine and Science in Sports and Exercise

Journal of Neurobiology

European Journal of Endocrinology

Life Sciences

Journal of Physical Sciences

Reproductive Sciences

American Journal of Obstetrics and Gynecology

Clinical Autonomic Research

Microvascular Research

PLoS One

  Comprehensive Physiology

## Yale Journal of Biology and Medicine

***Professional Organizations:***

American College of Sports Medicine.

1988-presentMember, Fellow

1998-2008Pronouncements Committee

American Physiological Society

1993-present Member, Fellow

2011-2013 Steering Committee, Thermoregulation Counselor,

Exercise and Environmental Section,

2019-present: Sex-Gender Interest Group

2020-present Women in Physiology Committee

National Aeronautics and Space Administration (NASA)

2013-2015 Working group: **Cardiovascular Alterations working group, the Decadal Review of “The Role of Sex/Gender in Adaptation to Spaceflight”**; includes 10-min overview of our findings as part of a 75-min international webinar, publication in *J Women’s Health* and White House/Office of Science and Technology Policy briefing

***Yale University/Hospital System:***

Yale School of Medicine:

2010 – present Executive Board Member, Committee for the Status of Women in Medicine (SWIM)

2017 – 2022 SWIM Co-Chair

2022 LCME Faculty Subcommittee, YSM Self Study Task Force

2018 – 2019 Climate Survey Working Group

University Committees

2018 – presentWomen Faculty Forum Steering Committee (Provost Committee)

2020 – present Yale Childcare Consortium Committee (Provost Committee)

2023 – present Chair, Women Faculty Forum (Provost Committee)

Departmental Committees:

2013- 2014 Search Committee for Chair of Urogynecology

# 2017 - 2019 Search Committee for Division Chair of Reproductive Endocrinology

2021 - present DEI Task Force

Departmental Committees:

***School of Public Health***

2002 - 2009 Admissions Committee (Scholarship Subcommittee)

2004 - 2015 Diversity Committee, 2007- 2009 (Chair)

The John B. Pierce Laboratory

***Committee Work***:

2004-present Safety Committee

2004-present Research Assistant Promotion Committee

2005-2008 Computer Committee

2004-2005 Web Site Committee

2008-2009 Long Range Planning Committee

2013-2014 Long Range Planning Committee

2015-present Climate Committee **(**Chair)

2015-present Diversity Committee (Chair)

2021-present               COVID-19 Ad Hoc Committee

**Public Service:**

BioSTEP, Yale School of Medicine (Undergraduate Student), Summer 2000

Diversity Mentorship Program, American Physiological Society, 2009-2011, 2013-2019.

Southern Connecticut Invitational Science and Engineering Fair (Judge), 2013,2014

Discovery to Cure Internship (High School Student), Summer 2013

Discovery to Cure Internship (High School Student), Summer 2014

Discovery to Cure Internship (High School Student), Summer 2015

Discovery to Cure Internship (High School Student), Summer 2016

Discovery to Cure Internship (High School Student), Summer 2017

Discovery to Cure Internship (High School Student), Summer 2018

Discovery to Cure Internship (High School Student), Summer 2019

Diversity, Inclusion, Community, Engagement, and Equity (DICE) Summer Research Scholars Program at Yale School of Medicine (Medical Student), Summer 2022

STARS Summer Research Program, Yale University (Undergraduate Student) Summer 2022

Senior Experience Internship, Bergen County Academies, (High School Student), 2022-2023

Diversity, Inclusion, Community, Engagement, and Equity (DICE) Summer Research Scholars Program at Yale School of Medicine (Medical Student), Summer 2023

**Bibliography:**

***Peer-Reviewed Original Research***

1. Gleim, GW, **Stachenfeld, NS**, Nicholas JA. The influence of flexibility on the economy of walking and jogging. *J. Orthoped. Res*. 8: 814-823. 1990. <http://www.ncbi.nlm.nih.gov/pubmed/2213338>

2. Gleim, GW, **Stachenfeld, NS**, Nicholas, JA. Gender differences in the blood pressure response to dynamic exercise. *Am. Heart. J.* 121: 524-530,1991. <http://www.ncbi.nlm.nih.gov/pubmed/1990758>

3. Coplan NL, Gleim, GW, **Stachenfeld, NS**, Eskanazi, M, Morales, M, Nicholas, JA. Evaluation of 85% predicted maximal heart rate as an end point for diagnostic exercise testing. *Am. Heart J.* 121: 1790-1794, 1991. <http://www.ncbi.nlm.nih.gov/pubmed/1957782>

4. **Stachenfeld NS**, Eskanazi, M, Gleim, GW, Nicholas, JA. Predictive accuracy of criteria for assessing maximum oxygen consumption. *Am. Heart. J.* 123:922-926, 1992. <http://www.ncbi.nlm.nih.gov/pubmed/1550001>

5. Sacknoff DM, Gleim GW, **Stachenfeld NS**, Coplan NL. [Effect of athletic training on heart rate variability.](http://www.ncbi.nlm.nih.gov/pubmed/8172056) *Am Heart J.* 127:1275-1278,1994 <http://www.ncbi.nlm.nih.gov/pubmed/8172056>

# 6. Coplan NL, Sacknoff DM, Stachenfeld NS, Gleim GW. Comparison of submaximal treadmill and supine bicycle exercise *Am Heart J.* 128:416-8, 1994. <http://www.ncbi.nlm.nih.gov/pubmed/8037113>

7. **Stachenfeld, NS**, Gleim, GW, Coplan, NL, Nicholas, JA. Hormonal responses to exercise at the anaerobic and respiratory compensation thresholds.  *Med. Exer. Nutri. Health* 4: 349-354, 1995.

8. Takamata, A, Mack, GW, **Stachenfeld, NS.**, Nadel, ER. Body temperature modification of osmotically induced vasopressin secretion and thirst in humans. *Am. J. Physiol. 269: (Regulatory, Integrative, Comp. Physiol. 38)*: R874-R880, 1995. <http://www.ncbi.nlm.nih.gov/pubmed/7485606>

9. Panebianco, RA, **Stachenfeld, NS**, Coplan, NL, Gleim, GW. Effects of blood donation on exercise performance in competitive cyclists.  *Am. Heart J.* 130: 838-840, 1995.

<http://www.ncbi.nlm.nih.gov/pubmed/7572594>

10. **Stachenfeld, NS**, Gleim, GW, Zabetakis, PM, Michelis, MF, Nicholas, JA. Fluid balance and renal response following dehydrating exercise in well-trained men and women. *Euro. J. Appl. Physiol.* 72: 468-477, 1996. <http://www.ncbi.nlm.nih.gov/pubmed/8925818>

11. **Stachenfeld, NS**, Mack, GW, Takamata, A, DiPietro, L, Nadel, ER. Thirst and fluid regulatory responses to hypertonicity in older adults. *Am. J. Physiol. 271 (Regulatory, Integrative, Comp. Physiol. 40)*: R757-R765, 1996. <http://www.ncbi.nlm.nih.gov/pubmed/8853401>

12. **Stachenfeld, NS**, Mack, GW, DiPietro, L, Nadel, ER. Mechanism for thirst attenuation in older adults: influence of central volume receptors. *Am. J. Physiol. 272 (Regulatory, Integrative, Comp. Physiol.* 41): R148-R147, 1997. <http://www.ncbi.nlm.nih.gov/pubmed/9039003>

13. Haskel, A, Nadel, ER, **Stachenfeld, NS**, Nagashima, K, Mack, GW. Transcapillary escape rate of albumin in humans during exercise-induced hypervolemia. *J. Appl. Physiol.* 83: 407-413, 1997. <http://www.ncbi.nlm.nih.gov/pubmed/9262434>

14. **Stachenfeld, NS**, Mack, GW, DiPietro, L, Jozsi, AC, Morocco, TS, Nadel, ER. Regulation of blood volume during training in post-menopausal women. *Med. Sci. Sports Exer.,* 30:92-98, 1998. <http://www.ncbi.nlm.nih.gov/pubmed/9475649>

15. **Stachenfeld, NS**, DiPietro, L, Palter, SF, Nadel, ER. Estrogen influences osmotic regulation of AVP and body water balance in postmenopausal women. *Am. J. Physiol. 274 (Regulatory, Integrative, Comp. Physiol. 43)*: R187-R195, 1998. <http://www.ncbi.nlm.nih.gov/pubmed/9458917>

16. DiPietro, L, Seeman, TE, **Stachenfeld, NS**, Katz, LD, Nadel, ER. Moderate-intensity aerobic training improves glucose tolerance in aging independent of abdominal adiposity. *J. Am. Geriatr. Soc.* 46: 875-879, 1998. <http://www.ncbi.nlm.nih.gov/pubmed/9670875>

17. **Stachenfeld, NS**, DiPietro, L, Kokoszka, CA, Silva, C, Keefe, DL, Nadel, ER. Physiological reliability of fluid regulation hormones in young women. *J. Appl. Physiol.* 86: 1092-1096, 1999. <http://www.ncbi.nlm.nih.gov/pubmed/10066728>

18. **Stachenfeld, NS**, Silva, C, Keefe, DL, Nadel, ER. Effects of oral contraceptives on body fluid regulation. *J. Appl. Physiol.* 87: 1016-1025, 1999. <http://www.ncbi.nlm.nih.gov/pubmed/10484572>

19. **Stachenfeld, NS**, Silva, C, Keefe, DL. Estrogen modifies the temperature effects of progesterone. *J. Appl. Physiol.* 88: 1643-1649, 2000. <http://www.ncbi.nlm.nih.gov/pubmed/10797125>

20. **Stachenfeld, NS**, Keefe, DL, Palter, SF. Estrogen and progesterone effects on transcapillary fluid dynamics. *Am. J. Physiol. 281 (Regulatory, Integrative, Comp. Physiol)*: R1319-R1329, 2001. PMID: 11557642. <http://www.ncbi.nlm.nih.gov/pubmed/11557642>

21. **Stachenfeld, NS**, Splenser, AE, Calzone, WL., Silva, C, Taylor, MP, Keefe, DL. Sex differences in osmotic regulation of AVP. *J. Appl. Physiol.* 91: 1893-1901, 2001. <http://www.ncbi.nlm.nih.gov/pubmed/11568177>

## 22. Calzone, WL, Silva, C. Keefe, DL, **Stachenfeld, NS.** Progesterone does not alter osmotic regulation of AVP. *Am. J. Physiol. 281 (Regulatory, Integrative, Comp. Physiol)*: R2011-R2020, 2001. <http://www.ncbi.nlm.nih.gov/pubmed/11705788>

23. **Stachenfeld, NS**,Keefe, DL. Estrogen effects on osmotic regulation of AVP and fluid balance. *Am. J. Physiol. 283 (Endocrinol. Metab.)* E711-E721, 2002. <http://www.ncbi.nlm.nih.gov/pubmed/12217888>

24. **Stachenfeld, NS.**, Taylor, HS., Leone, CA, Keefe, DL. Oestrogen effects on urine concentrating response in young women. *J. Physiol.* 552.3:869-880, 2003. <http://www.ncbi.nlm.nih.gov/pubmed/12923212>

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