



Zentraleuropäische Diabetesgesellschaft  
*Central European Diabetes Association*  
 Fédération der Internationalen Donau-Symposia über Diabetes mellitus  
*Federation of International Danube-Symposia on Diabetes mellitus*

## Cooperation and Scientific Exchange between two FID Member States enabled by a FID Fellowship Grant



T. Stefanov

My name is Tsvetan Stefanov, a final-year PhD student in Assoc. prof. Theodora Temelkova-Kurktschiev's group in Sofia, Bulgaria. As an active FID member and a young researcher working in lifestyle-based metabolic disease prevention, I was recently awarded an FID fellowship grant enabling my two-month research period in Prof. Matthias Blüher's group at the Integrated Research and Treatment Centre (IFB) Adiposity Diseases in Leipzig, Germany.

I was involved in the implementation of several research projects during my fellowship visit in Leipzig from September to October 2011. This, I believe, was an outstanding opportunity to strengthen collaboration between the two research groups, and to improve my competencies and expertise while broadening my horizons.

This grant gave me the opportunity to continue working on the Combating the Metabolic Syndrome through Physical Activity (COMPACT) study with our Leipzig colleagues. The COMPACT study is a joint project between our group in Sofia and Prof. Blüher's group, and is aimed at investigating the feasibility of current physical activity recommendations and their effectiveness in metabolic syndrome prevention. Together with the technicians at IFB Adiposity Diseases, we analyzed eight additional parameters of critical interest during the two months I spent in Leipzig, achieving significant progress in

COMPACT study sample analyses while further strengthening our collaboration. In addition, I took part in an ongoing project aimed at comparing the effect of strength and endurance training on basal metabolic rate, abdominal fat distribution, and skeletal muscle morphology; this improved my expertise in energy expenditure assessment, body composition analysis, and determination of aerobic capacity throughout the study participants' initial examinations and screening visits. During this time, I also assisted in exercise instruction sessions, enhancing my experience in the implementation of exercise intervention studies that I had already gained in Assoc. prof. Theodora Temelkova-Kurktschiev's group.

In addition, I participated in the scientific exchanges at the IFB Adiposity Diseases group meetings, which gave me a thorough insight into the research projects that Prof. Blüher's group is currently involved in, as well as the opportunity to present my most recent research results for valuable feedback. This fellowship period would not have been possible without financial support from the Central European Diabetes Association. Therefore, I would like to express my highest appreciation and gratitude to the FID Board Members for awarding me the FID fellowship grant.

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- als Ordentliches Mitglied: 10 Euro/Jahr
- als Assoziiertes Mitglied (Assistenzpersonal): 5 Euro/Jahr
- als Förderndes Mitglied

**Die Mitgliedschaft beinhaltet auch die Zusendung des Offiziellen Organs der FID, der Zeitschrift „Diabetes, Stoffwechsel und Herz“ (6 Hefte/Jahr).**

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