

Dr. Erin Mulvihill



COMPLICATIONS | BIOMEDICAL RESEARCH

Project: Heart Health and Endocrine Disruption during Aging: Risk from Type 2 Diabetes in Women Incurring Sleep Disruption

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Women living with type 2 diabetes are at a much higher risk of developing heart disease; however we don't know why. One reason is that women are often overlooked in medical research studies, and factors related to differences in gender-specific biology, sex, and hormones are not typically investigated.

Dr. Erin Mulvihill is working to correct this. Dr. Mulvihill is a Scientist and Director of the Energy Substrate Metabolism Research Laboratory at the University of Ottawa Heart Institute. She is also an Associate Professor, Department of Biochemistry, Microbiology and Immunology, in the Faculty of Medicine, at the University of Ottawa.

Her research aims to:

1. Build our understanding of how being a woman with type 2 diabetes may lead to different health outcomes than being a man with type 2 diabetes,
2. Assess these differences and address different risk factors that may specifically affect women, and
3. Test whether new treatments can protect more women with type 2 diabetes from developing cardiovascular disease.

Dr. Mulvihill and her team will evaluate whether perimenopause, menopause, and sleep disruption in women with type 2 diabetes impact their heart health, and determine whether there are earlier interventions that can be done to prevent heart disease. Ultimately, this interdisciplinary translational study will support the development of appropriate intervention and prevention guidelines tailored to perimenopausal and menopausal women, who have largely been excluded from this field of research.