



Short Curriculum Vitae 2018

Professor Maria Antoinette Fiatarone Singh, MD, FRACP
John Sutton Chair of Exercise and Sport Science, Faculty of Health Sciences
Professor, Sydney Medical School
University of Sydney

Exercise, Health and Performance
 Faculty of Health Science (Cumberland Campus)
 Room 221, Building K
 The University of Sydney
 NSW 2141 Australia

T +61 2 9351 9755
F +61 2 9351 9204
E maria.fiataronesingh@sydney.edu.au
www.sydney.edu.au
 Provider #: 2880641Y

ABN 15 211 513 464
 CRICOS 00026A

Overview

Prof Maria Fiatarone Singh, M.D., FRACP, a geriatrician, has held the inaugural John Sutton Chair of Exercise and Sport Science, Faculty of Health Sciences, and Professorship, Sydney Medical School since 1999. Her research, teaching and clinical career has focused on the integration of geriatric medicine, exercise, and nutrition to improve quality of life in older adults, and she is recognised internationally for this work spanning over 3 decades. She has designed and carried out many clinical trials and longitudinal studies in Australia, the USA, Norway, and France, including large multi-centre trials of exercise and chronic disease prevention and treatment. She has published extensively, having authored/edited 3 books and 350 peer-reviewed journal articles, book chapters, position stands, and reviews, with an H-Index of 61. She has been awarded research funding exceeding AUD\$57 million to date.

From the beginning of her career, as a practicing geriatrician she has recognized the need for timely and evidence-based dissemination of her work, translating the results of our trials into clinical programs, health care professional courses and accreditation standards, position stands, education of lay consumers with multi-media materials, and policy recommendations regarding government funding for exercise as medicine. This includes dissemination of evidence-based findings into community and health care settings via her Fit For Your Life Foundation, contribution to international position stands on exercise for older adults and for chronic disease prevention and treatment, guideline development for government and consumer advocacy and educational groups, establishment of clinical services for the delivery of exercise and other geriatric medical care in Australia at Balmain Hospital and in the USA, and continuing education for physicians and allied health professionals internationally. Her transformative clinical research has created a paradigm shift in geriatrics, demonstrating that high intensity progressive resistance training can counteract the catabolism of aging, inactivity, and chronic disease.

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR(S)	FIELD OF STUDY
Stanford University, Palo Alto, CA, USA	B.A.	1972-76	French Literature and Biology
University of California, San Diego, CA	M.D.	1977-81	Medicine
Boston University, Boston, MA, USA	-	1981-84	Internal Medicine
University of California, Los Angeles, CA	-	1985-8	Geriatric Medicine

Academic Positions/Affiliations

- 1987-2002: Assistant, Assoc Prof of Medicine, Tufts Medical School, Boston, MA, USA 1987-1998: Instructor; Assistant Prof of Medicine, Division on Aging, Harvard Medical School, Boston
- 1987-current: Scientist III, II, I, Chief of Exercise Physiology and Body Composition Laboratory, on re-location to Australia -Visiting Scientist, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA, USA
- 1987-current: Senior Research Associate, Hebrew SeniorLife (formerly Hebrew Rehabilitation Center

for Aged, Boston, MA, USA

- 1999-current: Inaugural John Sutton Chair of Exercise and Sport Science in the Faculty of Health Sciences, and Professorship, Sydney Medical School, at the University of Sydney, Leader of Exercise Division, BODEN Institute, Charles Perkins Centre, USYD, Sydney, AU
- Founding Member Active Ageing Project Node, Charles Perkins Centre and Ageing & Wellness; Physical Activity and Lifestyle Research Group, Faculty of Health Sciences

Awards and Honors

1975-Phi Beta Kappa, Stanford University

1980-Edward Henderson Memorial Student Award of the American Geriatrics Society 1988-1991-Brookdale Foundation National Fellowship in Geriatrics,

1988- Pfizer/American Geriatric Society Postdoctoral Fellowship (Declined due to other funding)

1988-current: Fellow, Gerontological Society of America, Clinical Medicine Section 1990-American Geriatric Society New Investigator Award

1995-USDA Scientist of the Year

1996-Herbert A. deVries Research Award

2001- current: Fellowship, Royal Australasian College of Physicians (FRACP)

Research translation

Prof Fiatarone Singh founded and still advises the Circle of Fitness, an exercise program for residents of Hebrew SeniorLife and community-dwelling older adults, operating continuously since 1989 as an outgrowth of the original FICSIT nursing home trial in Boston. She is the founding director of the Fit for Your Life Foundation, an international non-profit organisation providing education on health and fitness to seniors and health care professionals since 1992. She co-founded the STRONG Clinic at Balmain Hospital in Sydney in 1999, which has served thousands of older adults, providing integration of their geriatric care and treatment of sarcopenia with exercise and nutritional support. She has twice co-authored the guidelines for Exercise and Older adults for the ACSM, as well as annual editions of the Resource Manual for Health Care Professionals and the current Osteoporosis Treatment Guidelines for the Royal Australasian College of GPs. She advised many community groups and foundations on exercise prescription and implementation for mental and physical health and ageing.

Supervision/mentoring

Prof Fiatarone Singh has supervised more than 30 Honours and Postgraduate students and Fellows in the USA, Australia, France, Norway and Malaysia since 1988, and is currently supervising 10 PhD/Masters students, 1 Honours student, and 1 Postdoctoral Fellow in studies of exercise physiology, chronic disease and ageing. She designed, coordinates and teaches 2 Units of Study at the Faculty of Health Sciences on Exercise Across the Lifespan for undergraduate and postgraduate students at USYD.

Community engagement and participation

Prof Fiatarone Singh is a member of the Medical Advisory Board of Doctors Against Forced Organ Harvesting and Osteoporosis Australia, member of the Refugee Action Coalition, leader of Doctors and Allied Health Professionals against the Border Force Act, member of the Australian Advisory Board for End Organ Pillaging (EOP), volunteer Eucharistic minister at Neringah Hospital and at The Dish homeless program, and frequent guest speaker at community and health care organizations serving the aged on topics related to lifestyle, aging and chronic disease.

Currently Active Research Grants

(from a career total of \$AUD 57 million in grant funding)

NHMRC Grant Funding	Yr Funded	\$AUD
Identifying optimal sustainable cooling strategies for the most vulnerable during heatwaves	2018	1,100,237.00
BRAIN Training Trial: Balance, Resistance, or INterval Training Trial: A Randomised Controlled Trial of Three Exercise Modalities in Mild Cognitive Impairment	2017	2,016,192.00
Maintain Your Brain	2015	6,467,015.00
Brief behavioural Intervention for Peripheral artery disease (BIP)	2014	662,913.00
THE LO Study: Train High Eat Low for OA	2011	572,734.00
SMART: Study of Mental Activity and Resistance Training	2008	937,502.00
Other Grant Funding		
University of Sydney Compact Funding Ageing	2017	19,500.00
PRTMEDIC, Diabetes Australia Research Trust	2017	59,837.00
HOMeCARE, Dementia Collaborative Research Centre	2016	99,856.00
Genetics and Sport, Department of Industry, Innovation, Science, Research and Tertiary Education Collaborative Research Network	2012	14,000,000.00

Recent representative Peer-reviewed Publications, last 5 years

(from a total of 245 primary research articles, 120 reviews, book chapters, position stands, Web of Science H-Index 61 in March 2018)

1. Chan, D., Green, S., Fiatarone Singh, M., Barnard, R., Bonder, C., Cheema, B. (2018). Effect of intradialytic resistance training on pulse wave velocity and associated cardiovascular disease biomarkers in end stage renal disease. *Nephrology*, article in press.
2. Radd-Vagenas, S., Duffy, S., Naismith, S., Brew, B., Flood, V., Fiatarone Singh, M. (2018). Effect of the Mediterranean diet on cognition and brain morphology and function: a systematic review of randomized controlled trials. *American Journal of Clinical Nutrition*, 107, 389-404. [\[More Information\]](#)
3. Zhao, R., O'Sullivan, A., Fiatarone Singh, M. (2018). Exercise or physical activity and cognitive function in adults with type 2 diabetes, insulin resistance or impaired glucose tolerance: a systematic review. *European Review of Aging and Physical Activity*, 15(1:1). [\[More Information\]](#)
4. Fiatarone Singh, M. (2018). Policy and Practice on Ageing: Informed by evidence Building Ageing Research Capacity Colloquium. *Ageing and Society*, in press.
5. Shalamzari, S., Daneshfar, A., Sablouei, M., Fiatarone Singh, M., Kazemi, A. (2018). The effect of aerobic training on tumor growth, adiponectin, leptin and ghrelin in mice with breast cancer. *Iranian Red Crescent Medical Journal*, article in press. [\[More Information\]](#)
6. Kovacevic, A., Mavros, Y., Heisz, J., Fiatarone Singh, M. (2018). The effect of resistance exercise on sleep: A systematic review of randomized controlled trials. *Sleep Medicine Reviews*, 39, 52-68. [\[More Information\]](#)
7. Hackett, D., Roberts-Clarke, D., Jain, N., Mavros, Y., Wilson, G., Halaki, M., Burns, J., Nicholson, G., Fiatarone Singh, M., Fornusek, C. (2017). Body composition and its association with physical performance, quality of life, and clinical indicators in Charcot-Marie-Tooth disease: a pilot study. *Disability and Rehabilitation*, Article in press. [\[More Information\]](#)
8. Freeston, J., Mavros, Y., Richards, J., Fiatarone Singh, M. (2017). Crisis accommodation is associated with increased physical activity and reduced sleep among those experiencing homelessness in an urban setting. *Journal of Science and Medicine in Sport*, 20S, e32-e66. [\[More Information\]](#)

9. Radd-Vagenas, S., Kouris-Blazos, A., Fiatarone Singh, M., Flood, V. (2017). Evolution of Mediterranean diets and cuisine: concepts and definitions. *Asia Pacific Journal of Clinical Nutrition*, 26(5), 749-763. [\[More Information\]](#)
10. Beck, B., Daly, R., Fiatarone Singh, M., Taaffe, D. (2017). Exercise and Sports Science Australia (ESSA) position statement on exercise prescription for the prevention and management of osteoporosis. *Journal of Science and Medicine in Sport*, 20(5), 438-445. [\[More Information\]](#)
11. Mosalman Haghighi, M., Mavros, Y., Fiatarone Singh, M. (2017). Interventions to change physical activity behavior in Type 2 diabetes: a systematic review and meta-analysis. *64th American College of Sports Medicine Annual Meeting ACSM 2017*, United States: Lippincott Williams & Wilkins. [\[More Information\]](#)
12. Mavros, Y., Gates, N., Wilson, G., Saigal (Jain), N., Meiklejohn, J., Brodaty, H., Wen, W., Singh, N., Baune, B., Suo, C., Baker, M., Foroughi, N., Wang, Y., Valenzuela, M., Fiatarone Singh, M., et al (2017). Mediation of Cognitive Function Improvements by Strength Gains After Resistance Training in Older Adults with Mild Cognitive Impairment: Outcomes of the Study of Mental and Resistance Training. *Journal of the American Geriatrics Society*, 65(3), 550-559. [\[More Information\]](#)
13. Suo, C., Gates, N., Fiatarone Singh, M., Saigal (Jain), N., Wilson, G., Meiklejohn, J., Sachdev, P., Brodaty, H., Wen, W., Singh, N., Baker, M., Foroughi, N., Valenzuela, M., et al (2017). Midlife managerial experience is linked to late life hippocampal morphology and function. *Brain Imaging and Behavior*, 11(2), 333-345. [\[More Information\]](#)
14. Ebeling, P., Center, J., Clifton-Bligh, R., Cooper, M., Ewald, D., Fiatarone Singh, M., Ganda, K., Grossmann, M., Inderjeeth, C., Jones, G., Rawlin, M., et al (2017). *Osteoporosis prevention, diagnosis and management in postmenopausal women and men over 50 years of age 2nd edition*.
15. Rogers, W., Fiatarone Singh, M., Lavee, J. (2017). Papers based on data concerning organs from executed prisoners should not be published. *Liver International*, 37(5), 769-769. [\[More Information\]](#)
16. Rogers, W., Fiatarone Singh, M., Lavee, J. (2017). Papers based on data concerning organs from executed prisoners should not be published: Response to Zheng and Yan. *Liver International*, 37(5), 771-772. [\[More Information\]](#)
17. Wilson, G., Mavros, Y., Kay, S., Simar, D., Anderberg (nee Simpson), K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., De Vos, N., Climstein, M., Singh, N., Fiatarone Singh, M., et al (2017). Power training in older adults with type 2 diabetes; Outcomes from the Great2do Study.: 587 Board #7 May 31 1. *Medicine and Science in Sports and Exercise*, 49(5S), 161-161. [\[More Information\]](#)
18. Taing, C., Gibson, A., Colagiuri, S., Vita, P., Cardona-Morrell, M., Bauman, A., Moore, M., Williams, M., Milat, A., Hony, J., Lin, S., Gwizd, M., Fiatarone Singh, M. (2017). Primary analysis of the Mandarin-speaking sub-study within the Sydney diabetes prevention program. *Diabetes Research and Clinical Practice*, 132, 118-216. [\[More Information\]](#)
19. Hollings, M., Mavros, Y., Freeston, J., Fiatarone Singh, M. (2017). The effect of progressive resistance training on aerobic fitness and strength in adults with coronary heart disease: A systematic review and meta-analysis of randomised controlled trials. *European Journal of Preventive Cardiology*, 24(12), 1242-1259. [\[More Information\]](#)
20. Chan, D., Green, S., Fiatarone Singh, M., Barnard, R., Cheema, B. (2016). Development, feasibility, and efficacy of a customized exercise device to deliver intradialytic resistance training in patients with end stage renal disease: Non-randomized controlled crossover trial. *Hemodialysis International*, 20(4), 650-660. [\[More Information\]](#)
21. Burton, N., Ademi, Z., Best, S., Fiatarone Singh, M., Jenkins, J., Lawson, K., Leicht, A., Mavros, Y., Dam, Y., Norman, P., et al (2016). Efficacy of brief behavioral counselling by allied health professionals to promote physical activity in people with peripheral arterial disease (BIPP): study protocol for a multi-center randomized controlled trial. *BMC Public Health*, 16(1), 1-14. [\[More Information\]](#)
22. Roberts-Clarke, D., Fornusek, C., Fiatarone Singh, M., Burns, J., Hackett, D. (2016). Examining hand dominance using dynamometric grip strength testing as evidence for overwork weakness in

- Charcot-Marie-Tooth disease: a systematic review and meta-analysis. *International Journal of Rehabilitation Research*, 39(3), 189-196. [\[More Information\]](#)
23. Inskip, M., Mavros, Y., Sachdev, P., Fiatarone Singh, M. (2016). Exercise for Individuals with Lewy Body Dementia: A Systematic Review. *PloS One*, 11(6), 1-18. [\[More Information\]](#)
 24. Clemson, L., Munro, J., Fiatarone Singh, M. (2016). *Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls: trainer's manual*. Sydney: Sydney University Press.
 25. Fiatarone Singh, M., et al (2016). Open letter from health professionals against immigration detention. *The Lancet*, 388(November 19, 2016), 2473-2474.
 26. Hoffmann, T., Maher, C., Briffa, T., Sherrington, C., Bennell, K., Alison, J., Fiatarone Singh, M., Glasziou, P. (2016). Prescribing exercise interventions for patients with chronic conditions. *CMAJ*, 188(7), 510-518. [\[More Information\]](#)
 27. Durso, S., Swagerty, D., Mosqueda, L., Fiatarone Singh, M., Reichel, W. (2016). *Reichel's Care of the Elderly*. Cambridge, England: Cambridge University Press.
 28. Roberts-Clarke, D., Fornusek, C., Saigal (Jain), N., Halaki, M., Burns, J., Nicholson, G., Fiatarone Singh, M., Hackett, D. (2016). Relationship between physical performance and quality of life in Charcot-Marie-Tooth disease: a pilot study. *Journal of the Peripheral Nervous System*, 21(4), 357-364. [\[More Information\]](#)
 29. Hagstrom, M., Marshall, P., Lonsdale, C., Cheema, B., Fiatarone Singh, M., Green, S. (2016). Resistance training improves fatigue and quality of life in previously sedentary breast cancer survivors: a randomised controlled trial. *European Journal of Cancer Care*, 25, 784-794. [\[More Information\]](#)
 30. Rogers, W., Trey, T., Fiatarone Singh, M., Bridgett, M., Bramstedt, K., Lavee, J. (2016). Smoke and mirrors: unanswered questions and misleading statements obscure the truth about organ sources in China. *Journal of Medical Ethics*, 42(8), 552-553. [\[More Information\]](#)
 31. Hagstrom, M., Marshall, P., Lonsdale, C., Papalia, S., Cheema, B., Toben, C., Baune, B., Fiatarone Singh, M., Green, S. (2016). The effect of resistance training on markers of immune function and inflammation in previously sedentary women recovering from breast cancer: A randomized controlled trial. *Breast Cancer Research and Treatment*, 155(3), 471-482. [\[More Information\]](#)
 32. Suo, C., Fiatarone Singh, M., Gates, N., Wen, W., Sachdev, P., Brodaty, H., Saigal (Jain), N., Wilson, G., Meiklejohn, J., Singh, N., Baker, M., Foroughi, N., Wang, Y., Mavros, Y., Lampit, A., Leung, I., Valenzuela, M., et al (2016). Therapeutically Relevant Structural and Functional Mechanisms Triggered by Physical and Cognitive Exercise. *Molecular Psychiatry*, 21(11), 1633-1642. [\[More Information\]](#)
 33. Trey, T., Sharif, A., Schwarz, A., Fiatarone Singh, M., Lavee, J. (2016). Transplant Medicine in China: Need for Transparency and International Scrutiny Remains. *American Journal Of Transplantation*, (20), 1-6. [\[More Information\]](#)
 34. Sharif, A., Trey, T., Schwarz, A., Fiatarone Singh, M., Lavee, J. (2016). Truth and Transparency. *American Journal Of Transplantation*, 2016 (11), 1-2. [\[More Information\]](#)
 35. Vita, P., Cardona-Morrell, M., Bauman, A., Fiatarone Singh, M., Moore, M., Pennock, R., Snow, J., Williams, M., Jackson, L., Milat, A., Colagiuri, S. (2016). Type 2 diabetes prevention in the community: 12-month outcomes from the Sydney Diabetes Prevention Program. *Diabetes Research and Clinical Practice*, 112, 13-19. [\[More Information\]](#)
 36. Bauman, A., Merom, D., Bull, F., Buchner, D., Fiatarone Singh, M. (2016). Updating the evidence for physical activity: Summative reviews of the epidemiological evidence, prevalence, and interventions to promote "Active Ageing". *The Gerontologist*, 56(S2), S268-S280. [\[More Information\]](#)
 37. Radd-Vagenas, S., Kouris-Blazos, A., Fiatarone Singh, M., Flood, V. (2016). What is the traditional Mediterranean diet? *Journal of Nutrition & Intermediary Metabolism*, 4, 45-45. [\[More Information\]](#)
 38. Merom, D., Bauman, A., Buchner, D., Fiatarone Singh, M. (2015). A daring proposition to change older adult's aerobic recommendations. *BMJ*, 350. [\[More Information\]](#)
 39. Stensvold, D., Viken, H., Rognmo, O., Skogvoll, E., Steinshamn, S., Vatten, L., Coombes, J., Anderssen, S., Magnussen, J., Ingebrigtsen, J., Fiatarone Singh, M., et al (2015). A randomised

- controlled study of the long-term effects of exercise training on mortality in elderly people: Study protocol for the generation 100 study. *BMJ Open*, 5(2), 1-9. [\[More Information\]](#)
40. Edwards, K., Pascoe, A., Fiatarone Singh, M., Singh, N., Kok, J., Booy, R. (2015). A randomised controlled trial of resistance exercise prior to administration of influenza vaccination in older adults. *Brain, Behavior, and Immunity*, 49, e24-e25. [\[More Information\]](#)
 41. Fiatarone Singh, M. (2015). Exercise and Bone Health. In Michael F. Holick, Jeri W. Nieves (Eds.), *Nutrition and Bone Health*, (pp. 505-542). New York: Humana Press. [\[More Information\]](#)
 42. Gates, N., Fiatarone Singh, M. (2015). Exercise and Cognitive Function in Older Adults. In Tahira Farooqui, Akhlaq A. Farooqui (Eds.), *Diet and Exercise in Cognitive Function and Neurological Diseases*, (pp. 279-294). New Jersey: Wiley-Blackwell Publishing. [\[More Information\]](#)
 43. Anderberg (nee Simpson), K., Mavros, Y., Kay, S., Meiklejohn, J., De Vos, N., Wang, Y., Guo, Q., Zhao, R., Climstein, M., Baune, B., Singh, N., Fiatarone Singh, M., et al (2015). Graded Resistance Exercise And Type 2 Diabetes in Older Adults (The GREAT2DO Study): Methods and Baseline Cohort Characteristics of a Randomized Controlled Trial. *Trials*, 16(1), 1-14. [\[More Information\]](#)
 44. Trey, T., Sharif, A., Fiatarone Singh, M., Khalpey, Z., Caplan, A. (2015). Organ transplantation in China: concerns remain. *The Lancet*, 385(9971), 854-854. [\[More Information\]](#)
 45. Mavros, Y., O'Neill, E., Connerty, M., Bean, J., Broe, K., Kiel, D., MacLean, D., Taylor, A., Fielding, R., Fiatarone Singh, M. (2015). Oxandrolone Augmentation of Resistance Training in Older Women: A Randomized Trial. *Medicine and Science in Sports and Exercise*, 47(11), 2257-2267. [\[More Information\]](#)
 46. Fiatarone Singh, M., Gates, N., Saigal (Jain), N., Wilson, G., Meiklejohn, J., Brodaty, H., Wen, W., Baker, M., Singh, N., Suo, C., et al (2015). Reply to the Letter to the Editor by O'Caoimh et al. *Journal of the American Medical Directors Association (JAMDA)*, 16(11), 999-1001. [\[More Information\]](#)
 47. Sman, A., Hackett, D., Fiatarone Singh, M., Fornusek, C., Menezes, M., Burns, J. (2015). Systematic review of exercise for Charcot-Marie-Tooth disease. *Journal of the Peripheral Nervous System*, 20(4), 347-362. [\[More Information\]](#)
 48. Guerrero Ayala, Y., Soomro, N., Wilson, G., Dam, Y., Meiklejohn, J., Anderberg (nee Simpson), K., Smith, R., Brand-Miller, J., Simic, M., O'Connor, H., Mavros, Y., Bradshaw, K., March, L., Vanwanseele, B., Fransen, M., Anandacoomarasamy, A., Fiatarone Singh, M., et al (2015). Train High Eat Low for Osteoarthritis study (THE LO study): protocol for a randomized controlled trial. *Journal of Physiotherapy*, 61(4), 217-217. [\[More Information\]](#)
 49. Fiatarone Singh, M., Coe, D. (2014). Exercise Prescription in Special Populations: Women, Pregnancy, Children, and Older Adults. In David Swain (Eds.), *ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription*, (pp. 565-595). Baltimore: Lippincott Williams and Wilkins, Inc (Wolters Kluwer Health).
 50. Fiatarone Singh, M. (2014). Exercise, nutrition and managing hip fracture in older persons. *Current Opinion In Clinical Nutrition And Metabolic Care*, 17(1), 12-24. [\[More Information\]](#)
 51. Sharif, A., Fiatarone Singh, M., Trey, T., Lavee, J. (2014). Organ procurement from executed prisoners in China. *American Journal Of Transplantation*, 14(10), 2246-2252. [\[More Information\]](#)
 52. Gates, N., Valenzuela, M., Sachdev, P., Fiatarone Singh, M. (2014). Psychological well-being in individuals with mild cognitive impairment. *Clinical Interventions in Aging*, 9, 779-792. [\[More Information\]](#)
 53. Mavros, Y., Kay, S., Simpson, K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., Climstein, M., O'Sullivan, A., De Vos, N., Rooney, K., Singh, N., Fiatarone Singh, M., et al (2014). Reductions in C-reactive protein in older adults with type 2 diabetes are related to improvements in body composition following a randomized controlled trial of resistance training. *Journal of Cachexia, Sarcopenia and Muscle*, 5(2), 111-120. [\[More Information\]](#)
 54. Parmenter, B., Raymond, J., Dinnen, P., Lusby, R., Fiatarone Singh, M. (2014). Response to Raphael Mendes Ritti Dias. *Journal of the American Geriatrics Society*, 62(5), 996-997. [\[More Information\]](#)

55. Pascoe, A., Fiatarone Singh, M., Edwards, K. (2014). The effects of exercise on vaccination responses: A review of chronic and acute exercise interventions in humans. *Brain, Behavior, and Immunity*, 39, 33-41. [\[More Information\]](#)
56. D'Adamo, C., Fiatarone Singh, M. (2014). The Geriatric Exercise Prescription: Nutritional Implications. In Ronni Chernoff (Eds.), *Geriatric Nutrition: The Health Professional's Handbook*, (pp. 417-433). Burlington, MA, USA: Jones & Bartlett Publishers Inc.
57. Fiatarone Singh, M., Gates, N., Saigal (Jain), N., Wilson, G., Meiklejohn, J., Brodaty, H., Wen, W., Singh, N., Baune, B., Suo, C., Baker, M., Foroughi, N., Valenzuela, M., et al (2014). The Study of Mental and Resistance Training (SMART) Study-Resistance Training and/or Cognitive Training in Mild Cognitive Impairment: A Randomized, Double-Blind, Double-Sham Controlled Trial. *Journal of the American Medical Directors Association (JAMDA)*, 15(12), 873-880. [\[More Information\]](#)
58. Lavee, J., Fiatarone Singh, M., Trey, T., Sharif, A. (2014). The uninvestigated factor behind the negative attitudes toward cadaveric organ donation in China. *T59. ransplantation*, 98(8), e78-e79. [\[More Information\]](#)

59. Mavros, Y., Kay, S., Anderberg (nee Simpson), K., Baker, M., Wang, Y., Zhao, R., Meiklejohn, J., Climstein, M., O'Sullivan, A., De Vos, N., Rooney, K., Singh, N., Fiatarone Singh, M., et al (2013). Changes in insulin resistance and HbA1c are related to exercise-mediated changes in body composition in older adults with type 2 diabetes: Interim outcomes from the GREAT2DO trial. *Diabetes Care*, 36(8), 2372-2379. [\[More Information\]](#)
60. Parmenter, B., Raymond, J., Dinnen, P., Lusby, R., Fiatarone Singh, M. (2013). High-intensity progressive resistance training improves flat-ground walking in older adults with symptomatic peripheral arterial disease. *Journal of the American Geriatrics Society*, 61(11), 1964-1970. [\[More Information\]](#)
61. Manfredi, T., Monteiro, M., Lamont, L., Fiatarone Singh, M., Foldvari, M., White, S., Cosmas, A., Urso, M. (2013). Postmenopausal Effects of Resistance Training on Muscle Damage and Mitochondria. *Journal of Strength and Conditioning Research*, 27(2), 556-561. [\[More Information\]](#)
62. Parmenter, B., Raymond, J., Dinnen, P., Lusby, R., Fiatarone Singh, M. (2013). Preliminary evidence that low ankle-brachial index is associated with reduced bilateral hip extensor strength and functional mobility in peripheral arterial disease. *Journal Of Vascular Surgery*, 57(4), 963-973. [\[More Information\]](#)
63. Tsang, T., Kohn, M., Chow, C., Fiatarone Singh, M. (2013). Self-Perception and Attitude Toward Physical Activity in Overweight/Obese Adolescents: The "Martial Fitness" Study. *Research in Sports Medicine*, 21(1), 37-51. [\[More Information\]](#)
64. Parmenter, B., Raymond, J., Fiatarone Singh, M. (2013). The effect of exercise on fitness and performance-based tests of function in intermittent claudication: a systematic review. *Sports Medicine*, 43(6), 513-524. [\[More Information\]](#)
65. Gates, N., Fiatarone Singh, M., Sachdev, P., Valenzuela, M. (2013). The Effect of Exercise Training on Cognitive Function in Older Adults with Mild Cognitive Impairment: A Meta-analysis of Randomized Controlled Trials. *American Journal of Geriatric Psychiatry*, 21(11), 1086-1097. [\[More Information\]](#)
66. O'Keefe, K., Orr, R., Huang, P., Selvadurai, H., Cooper, P., Munns, C., Fiatarone Singh, M. (2013). The effect of whole body vibration exposure on muscle function in children with cystic fibrosis: a pilot efficacy trial. *Journal of Clinical Medicine Research*, 5(3), 205-216. [\[More Information\]](#)
67. Singh, N., Quine, S., Clemson, L., Williams, E., Williamson, D., Stavrinou, T., Grady, J., Perry, T., Lloyd, B., Smith, E., Fiatarone Singh, M. (2012). Effects of High-Intensity Progressive Resistance Training and Targeted Multidisciplinary Treatment of Frailty on Mortality and Nursing Home Admissions after Hip Fracture: A Randomized Controlled Trial. *Journal of the American Medical Directors Association (JAMDA)*, 13(1), 24-30. [\[More Information\]](#)
68. Mitchell, S., Hilmer, S., Kirkpatrick, C., Hansen, R., Williamson, D., Singh, N., Finnegan, T., Allen, B., Diamond, T., Diwan, A., Lloyd, B., Smith, E., Fiatarone Singh, M. (2012). Estimation of lean

- body weight in older women with hip fracture. *Journal of Nutrition, Health and Aging*, 16(2), 188-192. [\[More Information\]](#)
69. Hordern, M., Dunstan, D., Prins, J., Baker, M., Fiatarone Singh, M., Coombes, J. (2012). Exercise prescription for patients with type 2 diabetes and pre-diabetes: A position statement from Exercise and Sport Science Australia. *Journal of Science and Medicine in Sport*, 15(1), 25-31. [\[More Information\]](#)
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