CURRICULUM VITAE

윤종찬

가톨릭의대 서울성모병원 순환기내과

[학력 및 경력]

연세대학교 의과대학 의학과 학사, 석사, 박사
연세대학교 세브란스병원 인턴, 내과 레지던트 수료
연세대학교 세브란스병원 심장내과 강사
KAIST 의과대학원, 면역 및 감염 질환 연구실, Post-Doc Research Fellow
연세대학교 세브란스병원 심장내과 임상조교수
한림대학교 동탄성심병원 순환기내과 부교수
미국 LA Cedars-Sinai Medical Center, Advanced Heart Disease 연수
現 가톨릭대학교 서울성모병원 순환기내과 교수

[가입 학회 및 활동]

대한심장학회 학술간사, 편집위원, 간행위원, 심장종양학연구회 총무위원장, KCJ Assistant Editor,
대한심부전학회 연구이사, 디지털헬스연구회 총무위원장, IJHF Associate Editor, 대한내과학회 순환기분과 간사,
한국지질·동맥경화학회 학술 간사, 대한심뇌혈관질환예방학회 정책기획이사, 학술위원, 심장대사증후군학회 윤리이사,
연구위원, 대한혈관학회 국내교류이사, 대한이식학회 의료심사위원, 세계심폐이식학회, 대한고혈압학회

[수상경력]

2007	연세의대 내과학교실 우수 연구전공의상 수상
2013	대한고혈압학회 최우수 젊은 연구자상 수상
2013	The Taiwan Society of Cardiology, International Young Investigator Award
2015	ISHLT, Transplant Registry Early Career Award
2016	대한심장학회 KCJ 우수심사위원상
2016	Asian Pacific Society of Hypertension Young Investigator Award
2017	대한이식학회 한국아스텔라스 젊은연구자연구비
2017	대한심장학회 심부전연구회 The Best Research Achievement Award
2018	ISHLT, International Travelling Scholarship Award

Semaglutide: beyond STEP trials, toward obesity & diabetocardiology

Jong-Chan Youn

Division of Cardiology, Department of Internal Medicine, Seoul St. Mary's Hospital, College of Medicine, The Catholic University of Korea

Obesity is a chronic, relapsing disease associated with multiple complications and a substantial morbidity, mortality and health care burden. There is a clear need to redouble efforts to target obesity-related cardiometabolic risk as a strategy for combating cardiovascular disease. However, until recently, few pharmacologic tools were available to safely and effectively lower body weight. Medications that include glucagon-like peptide-1 (GLP-1) receptor agonist components have now been shown to produce substantial weight loss - similar to that associated with bariatric surgery - and to lower the risk of cardiovascular disease, specifically in persons with diabetes. Semaglutide was first approved to treat diabetes mellitus and obesity. GLP-1 agonism seems to be particularly beneficial when patients with insulin resistance have low endogenous levels of GLP-1. However, GLP-1 agonism has broad effects - it redistributes fat, decreases inflammation, inhibits glucagon production, and delays gastric emptying. Recently the SELECT trial provides evidence of improved cardiovascular disease outcomes with GLP-1 receptor agonists in the absence of diabetes. For patients with atherosclerotic cardiovascular disease and overweight or obesity, GLP-1 receptor agonist therapy with semaglutide joins the list of established therapies that form the basis of our pharmacologic strategies for reducing the risk of cardiovascular disease. Improvements in cardiometabolic risk factors, including high blood pressure, atherogenic lipids and benefits on physical function and quality of life were seen with semaglutide. The safety profile of semaglutide was consistent across trials, primarily gastrointestinal adverse events. The magnitude of weight loss reported in the STEP trials offers the potential for clinically relevant improvement for individuals with obesity-related diseases.