

Dr. David Hessinger, PhD

Dr. David Hessinger earned a B.A. in Zoology from Kenyon College (Gambier, Ohio) and a Ph.D. in Cell and Molecular Biology from the University of Miami (Coral Gables, Florida). After completing two postdoctoral research fellowships at the University of Miami and the University of California, Irvine, he accepted a faculty position at the University of South Florida in Tampa, Florida and then later came to Loma Linda University as a tenured member of the Department of Physiology and Pharmacology. At LLU he pioneered research on the control of feeding behavior in clonal sea anemones, which included a cover story in Science magazine. As a self-described, life-long, avocational runner and member of the Loma Linda Lopers running club, Dr. Hessinger, along with colleague runner, Dr. Penny Duerksen-Hughes, and endocrinologist Dr. Tony Firek, compared the effects of a 6-month regimen of progressive marathon training on blood adiponectin levels in conditioned and non-conditioned male and female runners. Adiponectin is a hormone produced by belly fat that protects against insulin resistance and promotes blood vessel health. Their findings showed that female runners increase adiponectin levels in proportion to how long they have trained train, where as males show only a modest increase with training that does not increase with further training.

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