

CURRICULUM VITAE

Sep 2018

Jun Sugawara, Ph.D.

Human Informatics Research Institute
The National Institute of Advanced Industrial Science and Technology (AIST)
Higashi 1-1-1, Tsukuba, 305-8566 JAPAN
Tel: +81-29-861-7138, Fax: +81-29-861-6774
Email: jun.sugawara@aist.go.jp

EDUCATIONAL BACKGROUND:

Postdoctoral fellow, Center for Tsukuba Advanced Research Alliance, University of Tsukuba, Ibaraki, Japan, from April 2000 to March 2002.

Ph.D., School of Health and Sport Science, University of Tsukuba, Ibaraki, Japan, from April 1998 to March 2000.

M.S., School of Health and Sport Science, University of Tsukuba, Ibaraki, Japan, from April 1996 to March 1998.

B.S., School of Health and Physical Education, University of Tsukuba, Ibaraki, Japan, from April 1992 to March 1996.

ACADEMIC AND RELATED EXPERIENCE:

Senior Research Scientist. Human Informatics Research Institute, National Institute of Advanced Industrial Science and Technology, Tsukuba: from 2015 to the present.

Senior Research Scientist. Human Technology Research Institute, National Institute of Advanced Industrial Science and Technology, Tsukuba: from 2009 to 2014.

Senior Research Associate. Cardiovascular Aging Research Laboratory, Department of Kinesiology and Health Education, University of Texas at Austin, TX: from 2006 to 2009.

Research Scientist. Institute for Human Science and Biomedical Engineering, National Institute of Advanced Industrial Science and Technology, Tsukuba: from 2002 to 2009.

Lecturer. Junior college Division, Otsuma Women's University, Tokyo: from 2002 to 2006, from 2009 to 2010, and from 2013 to the present.

Visiting Scholar. Department of Integrative Physiology, University of Colorado, Boulder, CO. 2001.

Post-Doctoral Researcher. Center for Tsukuba Advanced Research Alliance, University of Tsukuba, Tsukuba: from 2000 to 2001.

Lecturer. College of Liberal Arts and Sciences, Tokyo Medical and Dental University, Tokyo: from 1999 to 2000.

Teaching Assistant. School of Health and Sport Science. University of Tsukuba, Ibaraki, Japan. “Sports Medicine” (undergrad course) from 1996 to 2000.

Teaching Assistant. School of Health and Sport Science. University of Tsukuba, Ibaraki, Japan. “Sports Medicine” (graduated course) from 1998 to 2000.

Rugby Football Coach (Fitness/conditioning). University of Tsukuba, Ibaraki, Japan: from 1996 to 1998.

Rugby Football Coach (Fitness/conditioning). NTT-Tohoku Rugby Football Team, Miyagi, Japan: from 1998 to 2000.

PROFESSIONAL SOCIETIES:

Fellow, Japanese Society of Physical Fitness and Sports Medicine: from 2010 to the present

Member, Japanese Society of Physical Fitness and Sports Medicine: from 1996 to the present

Member, Japan Society of Physical Education, Health and Sports Sciences: from 1998 to 2004, and from 2013 to the present)

Member, American College of Sports Medicine: from 1999 to the present

Member, American Heart Association: from 2004 to the present

Member, The Japanese Circulation Society: from 2005 to 2006

Member, American Society of Physiology: from 2007 to the present

EDITORIAL TASKS:

Journal editor

SM Journal of Cardiology and Cardiovascular Diseases (from 2015)

Journal Referee

Journal of Physiology (from 2004), American Journal of Physiology Heart and Circulation (from 2005), Journal of Applied Physiology (from 2005), European Journal of Applied Physiology (from 2005), Biomedical Engineering (from 2005), International Journal of Sport Health Science (from 2006), Atherosclerosis Thrombosis Vascular Biology (from 2007), Journal of Vascular Research (from 2007), Heart and Vessels (from 2007), Hypertension Research (from 2007), Clinical Science (from 2007), Medicine & Science in Sports & Exercise (from 2007), Acta Cardiologica (from 2011), Scandinavian Journal of Sports Medicine (from 2011), Journal of Cardiology (from 2015), The Journal of Nutrition, Health and Aging (from 2015), Menopause (from 2015), International Journal of Sports Medicine (from 2015), etc.

GRANTS AND FELLOWSHIPS:

Currency: 1 dollar equals to ¥100

“Impact of Age-Related Change in Aortic Structure on Pulse Wave Velocity Measurement”. Grants-in-Aid for Scientific Research for Young Scientists (B) 16700499, the Ministry of Education, Culture, Sports, Science and Technology (P.I.), ¥3,200,000 (\$32,000), from 2004 to 2006.

"Association between Carotid and Radial Augmentation Index". Omron Healthcare Corporation (P.I.) ¥1,000,000 (\$10,000), from 2004 to 2008.

“Effects of Physical activity on Age-Related Central Arterial Stiffening”. The Descente and Ishimoto Memorial Foundation for the Promotion of Sports Science (P.I.), ¥400,000 (\$4,000), 2005.

“Age-Related Effects of Regular Physical Activity on Coagulation Factors in Men”. Japan Society for the Promotion of Science (Travel-Grant), ¥200,000 (\$2,000), 2005.

“Adaptation of Peripheral Vascular Function and Structure with Resistance Training Combined Blood Flow Restriction: An Insight into Possible Mechanisms”. Oversea Research Fellowship, Japan Society for the Promotion of Science, \$127,907, from 2007 to 2009.

"Association between Carotid and Radial Augmentation Index". Omron Healthcare Corporation (Co-I.), ¥1,000,000 (\$10,000), from 2007 to 2008.

“Evaluation of Endothelial Function with Exercise-related Change in Pulse Wave Velocity”. The Descente and Ishimoto Memorial Foundation for the Promotion of Sports Science (P.I.), ¥500,000 (\$5,000), 2008.

"Development of New Arterial Stiffness Measurement". Omron Healthcare Corporation (P.I.), ¥400,000 (\$4,000), from 2009 to 2012.

“Mechanisms of Individual Difference in Post-Exercise Hypotension Response”. The Nakatomi Foundation (P.I.), ¥1,000,000 (\$10,000), from 2010 to 2011.

“Aortic Baroreflex Sensitivity and Regular Physical Activity”. The Uehara Memorial Foundation (P.I.), ¥2,000,000 (\$20,000), from 2011 to 2012.

“Effect of Aerobic Exercise Training on Central Arterial Function in Postmenopausal Women”. Meiji Yasuda Life Foundation of Health and Welfare (P.I.), ¥1,000,000 (\$10,000), from 2011 to 2012.

“Influence of Regular Physical Activity on cerebrovascular hemodynamics and regulation” Grants-in-Aid for Scientific Research 24300237, Japan Society for the Promotion of Science (Co-I), ¥18,070,000 (\$180,700), from 2012 to 2015.

“Habitual Physical Activity and Impact of Acute Aerobic Exercise on Blood Pressure Regulation” Mizuno Sports Foundation (P.I.), ¥1,000,000 (\$10,000), from 2011 to 2012.

“Impact of leg blood flow restriction during dynamic exercise on central circulation”, Kozuki Foundation (P.I.), ¥800,000 (\$8,000), from 2013 to 2014.

“An Insight into Mechanisms of Individual Difference in Age-related Arterial stiffening: 10 years Follow-up Study”, Grants-in-Aid for Scientific Research for Young Scientists (A) 25702045, Japan Society for the Promotion of Science (P.I.), ¥25,610,000 (\$256,100), from 2013 to 2017.

“Profiling of Central Arterial Circulation for Detection of Cerebral Disease Event”, Grants-in-Aid for Scientific Research Challenging Research (Pioneering) 26670116, Japan Society for the Promotion of Science (P.I.), ¥3,770,000 (\$37,700), from 2014 to 2016.

“Cardiac Locomotor Synchronization and Cerebral Hemodynamics”. Meiji Yasuda Life Foundation of Health and Welfare (Co-I), ¥1,000,000 (\$10,000), from 2016 to 2017.

“The underlying mechanisms of post-bathing syncope: Contribution of arterial stiffness and baroreflex sensitivity”. The Japan Health & Research Institute (P.I.), ¥500,000 (\$5,000), 2016.

“An Insight into Mechanisms of Individual Difference in Age-related Arterial stiffening: 10 years Follow-up Study”, Grants-in-Aid for Scientific Research: the Promotion of Joint International Research (Fostering Joint International Research), Japan Society for the Promotion of Science (P.I.), ¥14,040,000 (\$140,400), from 2017 to 2019.

“Interaction between Windkessel Function of the Proximal Aorta and Cerebrovascular hemodynamics”, Grants-in-Aid for Scientific Research (B), Japan Society for the Promotion of Science (P.I.), ¥17,030,000 (\$170,300), from 2017 to 2021.

HONORS AND AWARDS:

“The effects of daily physical activity on the age-related carotid arterial stiffening in middle-aged and elderly people”. **Scientific Research Award**, The 8th Asian Federation of Sports Medicine Congress, Tokyo. May, 2005.

“Effects of mild to moderate intensity physical activity on carotid arterial stiffness in normotensive postmenopausal female”. **Travel-award**, Japanese Society of Physical Fitness and Sports Medicine. The 10th annual congress of the European College of Sport Science, Belgrade. July 2005.

“Age-Related Effects of Regular Physical Activity on Coagulation Factors in Men”. **Travel-award**, Japan Society for the Promotion of Science. The International Society of Thorombosis and Haemostasis XX the Congress and 51th Annual SSC Meeting. Sydney. August, 6-12, 2005

“Reduction in α -Adrenergic Receptor-Mediated Vascular Tone Contributes to Improved Arterial Compliance with Endurance Training”. **Manuscript Presentation Award**. Texas ACSM Annual Meeting, Odessa, U.S.A. Feb. 2008.

“Age-associated elongation of the ascending aorta in adults”. **High Impact Research Award**, the 8th Society for Clinical Blood Pressure and Arterial Waveform, Tokyo. May, 2008.

“Distal Shift of Arterial Pressure Wave Reflection Sites with Aging”. **High Impact Research Award**, the 10th Society for Clinical Blood Pressure and Arterial Waveform, Tokyo. June, 2010.

“Impact of arterial path length estimation on brachial-ankle pulse wave velocity measurement”. **High Impact Research Award**, the 13th Society for Clinical Blood Pressure and Arterial Waveform, Tokyo. June, 2012.

“Arterial path length estimation on brachial-ankle pulse wave velocity: validity of height-based formulas”.
Poster Presentation Award, Pulse of Asia 2014, Athens, Greece. June, 2014.

CERTIFICATIONS:

Teaching Certificate in Physical Education for high school in Japan
Teaching Certificate in Physical Education for junior high school in Japan

TEACHING/LECTURE EXPERIENCE:

Teaching: “*Health Science and Physical Education*”, College of Biomedical Engineering (undergraduate course), Toyo University, Kawagoe. 2012

Lecture: “*Nutrition and Exercise Physiology*”, Domestic Science Department (Nutrition), Junior college Division, Otsuma Women's University, Tokyo. 2002 to 2006, 2009 to 2010, 2013-2014.

Lecture: “*Nutrition and Exercise Physiology*”, Domestic Science Department (Nutrition), Junior college Division, Otsuma Women's University, Tokyo. 2002 to 2006, 2009 to 2010.

Laboratory: “*Human Anatomy and Exercise Physiology Laboratory*”, Domestic Science Department (Nutrition), Junior college Division, Otsuma Women's University, Tokyo. 2010, 2013-2014.

Laboratory: “*Nutrition and Exercise Physiology Laboratory*”, Domestic Science Department (Nutrition), Junior college Division, Otsuma Women's University, Tokyo. 2002 to 2006 and 2009

Teaching: “*Health Science and Physical Education*”, College of Liberal Arts and Sciences (undergraduate course), Tokyo Medical and Dental University, Tokyo. 1999 to 2000

Teaching Assistant: “*Sports Medicine Laboratory*”, School of Health and Physical Education (undergraduate course), University of Tsukuba, Ibaraki, Japan. 1996 to 1998.

Teaching Assistant: “*Sports Medicine Laboratory*”, School of Health and Physical Education (graduate course), University of Tsukuba, Ibaraki, Japan. 1998 to 2000.

INVITED SEMINARS/LECTURES:

INTERNATIONAL:

“Effects of mild to moderate intensity physical activity on carotid arterial stiffness in normotensive postmenopausal

females” Presented at the 10th annual congress of the European College of Sport Science. JJPFSM Exchange Symposium. Belgrade. July 13-16, 2005

“Impact of Aging and Physical Activity on Arterial Compliance”, International Conference of Taiwan Society of Exercise Physiology and Fitness 2013, June 15-16, 2013. Taipei, Taiwan.

DOMESTIC:

“Cardiac Autonomic Nervous Activity and Exercise” Presented at The 11th Research Forum at the Research Institute of Physical Fitness, Japan Women’s College of Physical Education. November 25, 2000.

“Exercise and Autonomic Nervous Activity” Presented at Exercise and Circulation Conference, July 25, 2002.

“Adaptation of Cardiovascular System by Exercise Training”. Presented at Gerontechnology Research Forum 2003, December 9, 2003.

“Aging, Physical Activity, Coagulation and Arterial Stiffness” Presented at Aging Research Symposium in the National Institute of Advanced Industrial Science and Technology. January 15, 2004.

“Prevention of Arterial Stiffening with Exercise: An Insight into Possible Mechanisms” Presented at the Research Seminar, Institute of Physical Fitness, Japan Women’s College of Physical Education. June 9, 2008.

“Unfavorable Effects of Leg Blood Flow Restriction during Low Intensity Aerobic Exercise on Cardiovascular Function” Presented at the International Symposium, Annual Conference of Japanese Society of Physical Fitness and Sports Medicine. September 19, 2009.

“Potential of Arterial Waveform Analysis” Presented at the Exercise and Circulation Conference, September 15, 2010.

PUBLICATIONS:

1. **Sugawara J**, Hamada Y, Nabekura Y, Nishijima T, Matsuda M. The simplified evaluation of post-exercise vagal reactivation and application in athletic conditioning. *Jpn J Phys Fitness Sports Med* 1999;48:467-476. [Japanese]
2. **Sugawara J**, Murakami H, Kuno S, Maeda S, Kakiyama T, Matsuda M. Effects of endurance training and detraining on cardiac autonomic nervous system activity in young males. *Jpn J Phys Fitness Sports Med* 2000;49:121-128. [Japanese]
3. **Sugawara J**, Yukawa H, Shirai K, Saito M, Nabekura Y, Matsuda M. Usefulness of post-exercise vagal reactivation for evaluating the condition of athletes. *Japan J Phys Educ* 2000;45:611-618. [Japanese]
4. **Sugawara J**, Soma R, Kuno S, Maeda S, Sakato H, Ishizu M, Ajisaka R, Matsuda M. Effects of exercise training on post-exercise vagal reactivation in middle-aged and elderly females. *J Jpn Soc Clin Sports Medicine* 2000;8:71-75. [Japanese]
5. **Sugawara J**, Hamada Y, Nishijima T, Matsuda M. Diurnal variations of post-exercise parasympathetic nervous reactivation in different chronotypes. *Jpn Heart J* 2001;42:163-171.
6. Maeda S, Miyauchi T, Kakiyama T, **Sugawara J**, Iemitsu M, Irukayama-Tomobe Y, Murakami H, Kumagai Y,

- Kuno S, Matsuda M. Effects of exercise training of 8 weeks and detraining on plasma levels of endothelium-derived factors, endothelin-1 and nitric oxide, in healthy young humans. *Life Sci* 2001;69:1005-1016.
7. **Sugawara J**, Murakami H., Maeda S., Kuno S., Matsuda M. Change in post-exercise vagal reactivation with exercise training and detraining in young men. *Eur J Appl Physiol* 2001;85:259-263.
 8. **Sugawara J**, Tanabe T, Otsuki T, Maeda S, Ajisaka R, Matsuda M. Non-invasive assessment of cardiac output during exercise: comparison between Modelflow method and electrical impedance cardiography method. *J Jpn Soc Clin Sports Medicine* 2001;9:360-367. [Japanese]
 9. **Sugawara J**, Miyachi M, Moreau KL, Dinunno FA, DeSouza CA, Tanaka H. Age-related reductions in appendicular skeletal muscle mass: association with habitual aerobic exercise status. *Clin Physiol & Func Im* 2002;22:169-172.
 10. Saito M, Shirai K, **Sugawara J**, Nabekura Y, Inayama T, Takaishi M, Matsuda M. The change of plasma protein-bound sulfhydryl groups in a athletic training camp –A study related to the conditions of training-. *J Jpn Soc Clin Sports Medicine* 2002;10:38-44. [Japanese]
 11. Tanabe K, Masuda K, **Sugawara J**, Ajisaka R, Matsuda M, Kono I, Kuno S. Effects of daily physical activity on oxidative stress in middle-aged and elderly people. *Jpn J Phys Fitness Sports Med* 2002;51:325-336. [Japanese]
 12. **Sugawara J**, Otsuki T, Tanabe T, Maeda S, Masuda K, Kuno S, Ajisaka R, Matsuda M. Statistical evaluation of endurance-training effects on systolic blood pressure in elderly people using a single-case design. *Int J Sport Health Sci* 2003;1:148-153.
 13. **Sugawara J**, Otsuki T, Tanabe T, Maeda S, Kuno S, Ajisaka R, Matsuda M. The effects of low-intensity single-leg exercise on regional arterial stiffness. *Jpn J Physiol* 2003;53:239-241.
 14. **Sugawara J**, Tanabe T, Miyachi M, Yamamoto K, Takahashi K, Iemitsu M, Homma S, Maeda S, Ajisaka R, Matsuda M. Non-invasive assessment of cardiac output during exercise in healthy young humans: comparison between Modelflow method and Doppler echocardiography method. *Acta Physiol Scand* 2003;179:361-366.
 15. Maeda S, Tanabe T, Miyauchi T, Otsuki T, **Sugawara J**, Iemitsu M, Kuno S, Ajisaka R, Yamaguchi I, Matsuda M. Aerobic exercise training reduces plasma endothelin-1 concentration in older women. *J Appl Physiol* 2003;285:336-342.
 16. Otsuki T, **Sugawara J**, Tanabe T, Maeda S, Ajisaka R, Matsuda M. Simple and noninvasive estimate of systemic arterial compliance by using peripheral arterial blood pressure waveform in elderly people. *Int J Sport Health Sci* 2003;1:136-141.
 17. Otsuki T, **Sugawara J**, Tanabe T, Maeda S, Ajisaka R, Matsuda M. Noninvasive estimate of systemic arterial compliance by using peripheral arterial blood pressure waveform during light exercise in elderly people. *Int J Sport Health Sci* 2003;1:142-147.
 18. Maeda S, Kurauchi M, Otsuki T, Tanabe T, **Sugawara J**, Ajisaka R, Matsuda M. Leg cycle training decreases upper limb arterial stiffness in elderly women. *Int J Sport Health Sci* 2003, 2: 202-206.
 19. Otsuki T, **Sugawara J**, Tanabe T, Maeda S, Kuno S, Ajisaka R, Matsuda M. Effects of systemic arterial compliance on cardiorespiratory fitness in elderly women -cross-sectional and longitudinal study-. *J Jpn Soc Clin Sports Medicine* 2003;11:543-551. [Japanese]
 20. Tanabe K, Masuda K, Kinugasa R, **Sugawara J**, Ajisaka R, Matsuda M, Kono I, Kuno S. Effects of different type of training on blood antioxidant capacity and redox balance in middle-aged and elderly women. *Nihon Undo Seirigaku Zasshi* 2003;10:65-76. [Japanese]
 21. **Sugawara J**, Hayashi K, Kaneko F, Yamada H, Kizuka T, Tanaka H. Reductions in Basal Limb Blood Flow and Lumen Diameter after Short-Term Leg Casting. *Med Sci Sports Excer* 2004;36:1689-1694.
 22. **Sugawara J**, Maeda S, Otsuki T, Tanabe T, Ajisaka R, Matsuda M. Effects of nitric oxide synthase inhibitor on decrease in peripheral arterial stiffness with acute low intensity aerobic exercise. *Am J Physiol Heart and Circ* 2004;287:H2666-2669.
 23. **Sugawara J**, Inoue H, Hayashi K, Yokoi T, Kono I. Effect of low-intensity aerobic exercise training on arterial

- compliance in postmenopausal women. *Hypertens Res* 2004;27:897-901.
24. Miyachi M, Kawano H, Sugawara J, Takahashi K, Hayashi K, Yamazaki K, Tanaka H. Unfavorable Effects of Resistance Training on Central Arterial Compliance: A Randomized Controlled Intervention Study. *Circulation* 2004;110:2858-2863.
 25. Maeda S, Tanabe T, Otsuki T, Sugawara J, Iemitsu M, Miyauchi T, Kuno S, Ajisaka R, Matsuda M. Moderate regular exercise increases basal production of nitric oxide in elderly women. *Hypertens Res* 2004;27:947-953.
 26. Maeda S, Miyauchi T, Iemitsu M, Sugawara J, Nagata Y, Goto K. Resistance exercise training reduces plasma endothelin-1 concentration in healthy young humans. *J Cardiovasc Pharmacol* 2004;44:S443-446.
 27. Sugawara J, Otsuki T, Iemitsu M, Tanabe T, Homma S, Maeda S, Ajisaka R, Matsuda M. Reliability of the Modelflow method for cardiac output measurement during exercise in elderly people. *J Jpn Soc Clin Sports Medicine* 2004;12:516-520. [Japanese]
 28. Otsuki T, Sugawara J, Tanabe T, Maeda S, Kuno S, Ajisaka R, Matsuda M. Simple and noninvasive recording method of arterial blood pressure waveform for estimate of systemic arterial compliance: Validation of using peripheral arterial blood pressure waveform in young adults. *J Jpn Soc Clin Sports Medicine* 2004;12:41-48. [Japanese]
 29. Sugawara J, Hayashi K, Yokoi T, Cortez-Cooper M, DeVan A, Anton M, Tanaka T. Brachial-Ankle Pulse Wave Velocity: An Index of Central Arterial Stiffness? *J Hum Hypertens* 2005, 19: 401-406.
 30. Sugawara J, Otsuki T, Tanabe T, Maeda S, Kuno S, Ajisaka R, Matsuda M. The effect of arterial lumen enlargement on carotid arterial compliance in normotensive postmenopausal women. *Hypertens Res* 2005;28:323-329.
 31. Kakiyama T, Sugawara J, Murakami H, Maeda S, Kuno S, Matsuda M. Effects of short-term endurance training on aortic distensibility in young males. *Med Sci Sports Excer* 2005;37:267-271.
 32. Hayashi K, Sugawara J, Komine H, Maeda S, Yokoi T. Effects of Aerobic Exercise Training on Stiffness of Central and Peripheral Arteries in Middle-Aged Sedentary Men. *Jpn J Physiol* 2005;55:235-139.
 33. Sugawara J, Otsuki T, Tanabe T, Hayashi K, Maeda S, Matsuda M. Physical activity duration, intensity, and arterial stiffening in postmenopausal women. *Am J Hypertens* 2006, 19: 1032-1036.
 34. Sugawara J, Otsuki T, Tanabe T, Takahashi K, Yamazaki K, Hayashi K, Yoshino K, Matsuoka K, Arai K, Maeda S, Kuno S, Ajisaka R, Matsuda M. Association between the ventilatory threshold and the break-point in the heart rate/work rate relationship: comparison with the break-point in the double product/work rate. *Int J Sport Health Sci* 2006;4:499-507.
 35. Sugawara J, Otsuki T, Tanabe T, Hayashi K, Maeda S, Kuno S, Ajisaka R, Matsuda M. The effects of daily physical activity on the age-related carotid arterial stiffening in middle-aged and elderly people. *Jpn J Phys Fitness Sports Med* 2006;55 Suppl:S11-14.
 36. Hayashi K, Miyachi M, Seno N, Takahashi K, Yamazaki K, Sugawara J, Yokoi T, Onodera S, Mesaki N. Fluctuations in carotid arterial compliance during the menstrual cycle in young women. *Exp Physiol* 2006;91:465-472.
 37. Iemitsu M, Maeda S, Otsuki T, Sugawara J, Tanabe T, Jesmin S, Kuno S, Ajisaka R, Miyauchi T, Matsuda M. Polymorphism in endothelin-related genes limits exercise-induced decreases in arterial stiffness in the older subjects. *Hypertension* 2006;47:928-936.
 38. Otsuki T, Maeda S, Kesen Y, Yokoyama N, Tanabe T, Sugawara J, Miyauchi T, Kuno S, Ajisaka R, Matsuda M. Age-Related Reduction of Systemic Arterial Compliance Induces Excessive Myocardial Oxygen Consumption during Sub-Maximal Exercise. *Hypertens Res* 2006;29:65-73.
 39. Otsuki T, Maeda S, Sugawara J, Kesen Y, Murakami H, Tanabe T, Miyauchi T, Kuno S, Ajisaka R, Matsuda M. Age-related reduction of systemic arterial compliance relates to decreased aerobic capacity during sub-maximal exercise. *Hypertens Res* 2006;29:759-765.
 40. Maeda S, Otsuki T, Iemitsu M, Kamioka M, Sugawara J, Kuno S, Ajisaka R, Tanaka H. Effects of leg resistance training on arterial function in older men. *Br J Sports Med* 2006;40:867-869.
 41. Tanabe T, Maeda S, Sugawara J, Otsuki T, Kuno S, Ajisaka R, Matsuda M. Effect of Daily Physical Activity

- on Systemic Arterial Compliance in Middle-aged and Elderly Humans: Special References in Amount and Intensity of Physical Activity. *Int J Sport Health Sci* 2006;4:489-498.
42. Yamashita S, Iwai K, Akimoto T, **Sugawara J**, Kono I. Effects of music during exercise on RPE, heart rate and the autonomic nervous system. *J Sports Med Phys Fitness* 2006;46:425-430.
 43. Otsuki T, Maeda S, Iemitsu M, Saito Y, Tanimura Y, **Sugawara J**, Ajisaka R, Miyauchi T. Postexercise Heart Rate Recovery Accelerates in Strength-Trained Athletes. *Med Sci Sports Exerc* 2007;39:365-370.
 44. **Sugawara J**, Komine H, Hayashi K, Maeda S, Matsuda M. Relationship between augmentation index obtained from carotid and radial artery pressure waveforms. *J Hypertens* 2007;25:375-381.
 45. **Sugawara J**, Komine H, Hayashi K, Yoshizawa M, Otsuki T, Shimojo N, Miyauchi T, Yokoi T, Maeda S, Tanaka H. Systemic alpha-adrenergic and nitric oxide inhibition on basal limb blood flow: effects of endurance training in middle-aged and older adults. *Am J Physiol Heart Circ Physiol* 2007;293:H1466-1472.
 46. **Sugawara J**, Komine H, Hayashi K, Yoshizawa M, Yokoi T, Otsuki T, Shimojo N, Miyauchi T, Maeda S, Tanaka H. Effect of Systemic Nitric Oxide Synthase Inhibition on Arterial Stiffness in Humans. *Hypertens Res* 2007;30:411-415.
 47. **Sugawara J**, Hayashi K, Kurachi S, Tanaka T, Yokoi T, Kurachi K. Age-related effects of regular physical activity on hemostatic factors in men. *J Thromb Thrombolysis* 2007;26:203-210.
 48. Hayashi K, Maeda S, Iemitsu M, Otsuki T, **Sugawara J**, Tanabe T, Miyauchi T, Kuno S, Ajisaka R, Matsuda M. Sex differences in the relationship between estrogen receptor alpha gene polymorphisms and arterial stiffness in older humans. *Am J Hypertens* 2007;20:650-656.
 49. Hayashi K, Maeda S, Iemitsu M, Otsuki T, **Sugawara J**, Tanabe T, Miyauchi T, Kuno S, Ajisaka R, Matsuda M. Estrogen receptor- α genotype affects exercise-related reduction of arterial stiffness. *Med Sci Sports Exerc* 2007;40:252-257.
 50. **Sugawara J**, Komine H, Hayashi K, Yoshizawa M, Yokoi T, Maeda S, Tanaka H. Agreement between carotid and radial augmentation index: Does medication status affect the relation? *Artery Res* 2008;2:74-76.
 51. **Sugawara J**, Hayashi K, Yokoi T, Tanaka H. Age-associated elongation of the ascending aorta in adults. *JACC Cardiovasc Imaging* 2008;1:739-48
 52. Maeda S, Tanabe T, Otsuki T, **Sugawara J**, Ajisaka R, Matsuda M. Acute exercise increases systemic arterial compliance after 6-month exercise training in older women. *Hypertens Res* 2008;31:377-381.
 53. Iemitsu M, Maeda S, Otsuki T, **Sugawara J**, Kuno S, Ajisaka R, Matsuda M. Arterial stiffness, physical activity, and atrial natriuretic Peptide gene polymorphism in older subjects. *Hypertens Res* 2008;31:767-774.
 54. Dhindsa M, Sommerlad SM, Devan AE, Barnes JN, **Sugawara J**, Ley O, Tanaka H. Inter-relationships Among Noninvasive Measures of Postischemic Macro- and Micro-Vascular Reactivity. *J Appl Physiol* 2008;105:427-432.
 55. Hayashi K, **Sugawara J**, Aizawa K, Komine H, Yoshizawa M, Nakamura M, Yokoi T. Arterial elastic property in young aerobic and resistance trained women. *Eur J Appl Physiol* 2008;104:763-768.
 56. Maeda S, **Sugawara J**, Yoshizawa M, Otsuki T, Shimojo N, Jesmin S, Ajisaka R, Miyauchi T, Tanaka H. Involvement of endothelin-1 in habitual exercise-induced increase in arterial compliance. *Acta Physiol* 2008;196:223-229.
 57. **Sugawara J**, Komine H, Hayashi K, Yoshizawa M, Yokoi T, Otsuki T, Shimojo N, Miyauchi T, Maeda S, Tanaka H. Reduction in α -adrenergic receptor-mediated vascular tone contributes to improved arterial compliance with endurance training. *Int J Cardiol* 2009;135:346-52.
 58. Komine H, **Sugawara J**, Hayashi K, Yoshizawa M, Yokoi T. Regular endurance exercise in young men increases arterial baroreflex sensitivity through neural alteration of baroreflex arc. *J Appl Physiol* 2009;106:1499-1505.
 59. Misono M, Maeda S, Iemitsu M, Nakata Y, Otsuki T, **Sugawara J**, Zempo H, Yoshizawa M, Miyaki A, Kuno S, Matsuda M, Ajisaka R. Combination of polymorphisms in the β 2-adrenergic receptor and nitric oxide synthase 3 genes increases the risk for hypertension. *J Hypertens* 2009;27:1377-1383.
 60. Tanaka H, Munakata M, Kawano Y, Ohishi M, Shoji T, **Sugawara J**, Tomiyama H, Yamashina A, Yasuda H,

- Sawayama T, Ozawa T. Comparison between carotid-femoral and brachial-ankle pulse wave velocity as measures of arterial stiffness. *J Hypertens* 2009;27:2022-2027.
61. **Sugawara J**, Tanaka H. Central Artery Stiffness and Physical Activity. *Jpn J Phys Fitness Sports Med* 2010;59:87-96. [Japanese] Review
 62. **Sugawara J**, Hayashi K, Yokoi T, Tanaka H. Carotid-femoral pulse wave velocity: impact of different arterial path length measurements. *Artery Res* 2010;4:27-31.
 63. **Sugawara J**, Komine H, Yoshizawa M, Tarumi T, Maeda S, Tanaka H. Racial differences in relation between carotid and radial augmentation index. *Artery Res* 2010;4:15-18.
 64. **Sugawara J**, Tarumi T, Tanaka H. Effect of mirthful laughter on vascular function. *Am J Cardiol* 2010;106:856-859.
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ABSTRACTS AND CONFERENCE PRESENTATIONS:

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