

WAYNE STATE UNIVERSITY

Professional Record
Faculty

NAME: Tamara Hew-Butler DPM, PhD, FACSM

DATE PREPARED: January 2019

DATE REVISED: Feb 4, 2024

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DEPARTMENT/COLLEGE: Kinesiology, Health and Sport Studies, College of Education

PRESENT RANK & DATE OF RANK: Associate Professor, Exercise and Sport Science, January 2019
Adjunct Associate Professor, Physiology, Wayne State School of Medicine, February 2023

WSU APPOINTMENT HISTORY:

Year Appointed/Rank: 2019/Associate Professor

Year Awarded Tenure: 2019

Year Promoted to Associate Professor: 2019

Year Promoted to Full Professor: N/A

CITIZEN OF: United States of America

EDUCATION:

Baccalaureate: University of California at Los Angeles (UCLA), Los Angeles CA, 1987

Graduate: Doctor of Podiatric Medicine (**DPM**), Temple University, Philadelphia PA, 1991

Philosophy Doctor (**PhD**), University of Cape Town, Western Cape South Africa, 2007

Postgraduate (postdoctoral): Harris County Podiatric Surgical Residency, Houston TX, 1994 (**DPM**)
St Joseph's Hospital, Phoenix AZ, 2008 (**PhD**)

Licensure: Michigan Department of Licensing and Regulatory Affairs, Board of Podiatric Medicine and Surgery, Podiatric Physician and Surgeon License NO48478 (expires 10/23/2024) and Board of Pharmacy Controlled Substance License # 5315089439 (expires 10/23/2024).

signature: _____

03/06/24

FACULTY APPOINTMENTS AT OTHER INSTITUTIONS (Years and Rank):

2018 (Aug-Dec), Adjunct (Lecturer), Wayne State University, Detroit, MI

2010-2018 (Aug-Dec), Associate Professor, Oakland University, Rochester, MI

2008-2010, Research Assistant & Lecturer, Arizona State University, Tempe, AZ

PROFESSIONAL SOCIETY MEMBERSHIP(S):

American College of Sports Medicine, Member and Fellow, 2000-present

Endocrine Society, Member, 2008-2023

American Physiological Society, Member, 2008-present

Wilderness Medical Society, Member, 2012-present

National Strength and Conditioning Association 2021-present

American Medical Athletic Association, Member, 2012-2018

Council Undergraduate Research, Member, 2016-2018

American Podiatric Medical Association, Member, 1991-2007

Texas Podiatric Medical Association, Member, 1991-2003

American Academy of Podiatric Sports Medicine, Member, 1994-2003

American College of Foot and Ankle Surgeons. Member, 1994-2003

HONORS/AWARDS:

Faculty Scholarship Award, College of Education, Wayne State University 2021-22

Favorite Professor, 22nd Annual WSU Annual Recognition Luncheon, April 2022

Research Award, Wilderness Medical Society, presented at the virtual Summer Conference 2021

Cover story: A Runner's Quest, The Physiologist Magazine, July 2021

<https://www.physiology.org/publications/news/the-physiologist-magazine/2021/july/a-runner-s-quest?SSO=Y>

Keynote Speaker and Visiting Scholar Recognition, Oakland University Physical Therapy Research Day, (WSU) 2019

Oakland University Athletics Professor Recognition Program Presented by Farm Bureau Insurance, 2017

Keynote Speaker: Clinical Lecture, Midwest Chapter ASCM, 2017

Clinical Laboratory Science Journal, Distinguished Author Award (ASCLS), 2017

Nominated Outstanding Graduate Mentor Award, 2017

The Honors College Inspiration Award, Oakland University, 2017

OU Athletics Faculty Recognition Night Invite, 2017

Most Outstanding Thesis Committee Chair 2015 (MS Student, Margo Stanfa,
Awarded Most Outstanding Thesis Award), 2016

Nominated Outstanding Graduate Mentor Award, 2016

OU Founders Day Faculty Recognition Lunch: Research, 2013

The Honors College Inspiration Award, Oakland University, 2012

Promotion and Tenure Travel Award from the Endocrine Society, 2012

Inclusion into "Who's Who in Medicine and Science", 2004-2010

Business and Professional Women's Association, 1998

Outstanding Young Women of America, 1991

BIOGRAPHICAL CITATIONS (National/Regional or Professional Directories):

I. TEACHING

A. Years at Wayne State: 5

B. Years at Other Colleges/Universities (please list):

Oakland University (OU) (August 2010-December 2018)

Arizona State University (ASU) (2008-2010)

C. Courses Taught at Wayne State in Last Five Years

1. Undergraduate: KIN 6300 (Exercise Physiology I), KIN 6310 (Exercise Physiology II)

2. Graduate: KIN 6300 (Exercise Physiology I), KIN 6310 (Exercise Physiology II)

3. Graduate Professional School: KHS 9601 (Professional Seminar)

D. Essays/Theses/Dissertations Directed (last five years)

In Progress, Main Advisor:

Matthew VanSumeren MS, current doctoral student, began Fall 2019 (paused 2023)

Gloria Martinez-Perez MS, current doctoral student, began Fall 2021

Edward Kerr MS, current doctoral student, began Fall 2023

In Progress, Committee Member (PhD candidates)

Franzi Loetzner (Dissertation stage)

Adam Martin (Dissertation stage)

Rachael German (Dissertation stage)

Robert Neda (Dissertation stage)

C Michael Malesky (Dissertation stage)

Completed, Main Advisor:

Jordan Sabourin PhD, Doctoral Dissertation, Does Blood Flow Restriction Training Cause Significant Acute Performance Changes? Spring/Summer 2023 (WSU).

Valerie Smith-Hale PhD, Doctoral Dissertation, Monitoring Training Load and Recovery of NCAA College Football Athletes, Winter 2022 (WSU).

Christine Miller, Honors Thesis, Effects of a facemask on heart rate and blood oxygen levels while treadmill walking. Winter 2022 (WSU).

Lydia Lee, Honors Thesis, Depression and Body Composition in Collegiate Swimmers, Spring/Summer 2021 (WSU).

Nathan Hughes, Departmental Honors Thesis, S.O.S. for COVID-19 (Subjective and Objective Screening): Are asymptomatic cases truly without warning signs? Winter 2021 (WSU).

Matthew Gruse, Masters Essay, Equitable Air Force Physical Fitness Assessment: Statistical Analysis of the Air Force Physical Fitness Assessment 1.5 mile run component and Race/Ethnicity. 2020 (WSU)

Amber Sufi, Honors Thesis, Contact Versus Fitness Boxing: Which is a Better Choice? 2020 (WSU)

Amber Stephens, Honors Thesis, Calculating the Internal Load for College Basketball Players using sRPE and Duration of Workout Session 2020 (WSU)

Syed Rizvi, Honors Thesis, The Implementation of Exercise for Chronic Kidney Disease and Dialysis Patients 2020 (WSU).

Haley Jurczynszyn, Honors Thesis, Basketball players without feet? Body composition analyses of the feet using dual-energy x-ray absorptiometry (DXA) scans 2019 (WSU)

Mario Rusnak, MS Thesis, Muscle Damage, Soreness, and Stress over 6-weeks of Pre-season Training in NCAA D1 Male Swimmers 2017 (OU)

Melissa VanderMeulen, Honors Thesis, Muscle Damage, Soreness, and Stress over 6-weeks of Pre-season Training in NCAA D1 Male Swimmers 2017 (OU)

Navjeet Silles, MS Thesis, Student Athlete Performance Fueling Program and Male Collegiate Swimmers: An Observational Study 2016 (OU)

Margo Stanfa, MS Thesis, Risk Factors and Baseline Characteristics of Collegiate Swimmers With and Without Symptomatic Rhabdomyolysis 2015 (OU)

Kailey Angelakos, Honors Thesis, The Effects of Acute Hypernatremia, via Increased Sodium Intake, on Sodium Distribution in the Human Body (OU)

Erik Wetton, MS Thesis, Off-Ice Plyometric Testing as Parameters for Predicting On_Ice Skating Speed in Elite Level Hockey Players 2015 (OU)

Katherine King, MS Thesis, Effects of Dance Related Aerobic Exercise Music Volume on Heart Rate, Perceived Exertion, Mood, and Energy Expenditure in Healthy Women 2015 (OU)

E. Course or Curriculum Development: N/A outside of courses taught

II. RESEARCH

A. Research in Progress, Not Funded:

Body composition and effects of game time in male professional basketball players. Submitted to NBA Research Committee November 2022. Proposal was not approved on 1/25/2024 and currently working on resubmission.

VR Stimulation of Exercise Response in Sedentary Humans (*PI: RJ Wessels*. WSU IRB-23-06-5927-MP2). NIH scored: 15 percentile (funding limited to 8 percentile) 2R01AG059683-06A1, Skeletal Muscle and Exercise Physiology Study Section

The Warrior TOUC²H (Translational Opportunities Unifying Cooperative Community Health) Preventative Health Network (Submitted to WSU's BOLD MOVES INITIATIVE 2020-21 – not selected for funding).

10,000 Warriors Project (WSU IRB#073919M1E, expires June 30, 2025)

Evaluation of Pilocarpine vs. Exercise Induced Sodium Sweat Levels at Different Exercise Intensities (WSU IRB#-22-09-4994, expires September 25, 2025)

B. Funded Research in Last Five Years:

Rhabdomyolysis & Renal Injury Surveillance Consortium (R2.I.S.C.) Trial. Western States Endurance Run Research Grant Award (2024). \$24,943.0

Proof-of-Concept: Does Esports Training Effect Metabolic, Body Composition, and/or Cardiovascular Health? COE Seed fund award (2023-24). \$9,905.22

Dehydration and Population Health (WSU), \$8,000, University Chicago Booth, 2019-2021
(WSU IRB#090719M1E, expires November 06, 2022) *study extension obtained, halted by COVID*

Vitamin D supplementation on body composition, physical function and injury rates in NCAA D1 collegiate basketball players: a randomized control trial, \$5,000, Prevention Research Center, 2016 (OU)

C. Fellowships/Grants/Special Awards in Last Five Years:

WSU Competitive Graduate Research Assistant Award to fund Valerie Smith PhD(c). \$20,686 + tuition and benefits, WSU Graduate School 2020-2021

Vitamin D supplementation and bone turnover in NCAA D1 collegiate basketball players: a pilot study, \$10,000, 2016-17, URC Summer Fellowship Award (OU)

III. PUBLICATION

A. Scholarly Books Published: N/A

B. Chapters Published

1. Authored

Hew-Butler T. *Recommendations Sur L'Hydratation: Qui A Besoin De Conseils Lorsque Nos Reins S'assurent De L'Equilibre Hydrique?* La Clinique Du Coureur. Blaise Dubois. Editions Mons, Angoulieme, 2019.

Hew-Butler T. *Exercise-Associated Hyponatremia.* Frontiers of Hormone Research Disorders of Fluid and Electrolyte Metabolism: Focus on Hyponatremia. Editors Peri A, Thompson CJ, Verbalis JG. Karger 2019.

Hew-Butler T. *Exercise-Associated Hyponatremia.* The Long Distance Runner's Guide to Injury Prevention and Treatment. Editors Krabak BJ, Lipman GS, Waite BL. Skyhorse Publishing. 2018

Hew-Butler T. *Electrolytes.* Frank C. Mooren & James S. Skinner (eds), Encyclopedia of Exercise Medicine in Health and Disease, DOI 10.1007/978-3-29807-6, Springer-Verlag Berlin Heidelberg 2011.

Hew-Butler T. *Exercise-associated hyponatremia* in the Encyclopedia of Sports Medicine. Editor, Lyle Micheli, SAGE Publications, Thousand Oaks, CA 2009

2. Co-Authored

O'Neal EK and **Hew-Butler T.** *Hydration Recommendations While Training and Competing.* The Long Distance Runner's Guide to Injury Prevention and Treatment. Editors Krabak BJ, Lipman GS, Waite BL.

Skyhorse Publishing. 2018

Rosner MH, Bennett B, **Hew-Butler T**, Hoffman MD. *Exercise-Associated Hyponatremia*. Hyponatremia: Evaluation and Treatment. Editor, Dr Eric Simon, Springer 2012

C. Editorships of Books/Proceedings: N/A

D. Journal Articles **Published**

1. Refereed Journals

Rosner MH, Myers T, Bennett B, Lipman G, **Hew-Butler T**. Exercise-Associated Hyponatremia in the Grand Canyon: Preventing Fatalities through Early Recognition, Timely Therapy, and Education. *Clin J Am Soc Nephrol*. 2023 Dec 18. doi: 10.2215/CJN.0000000000000402. *Online ahead of print*.

Pasternak A, Newkirk-Thompson C, Howard J, Onate J, **Hew-Butler T**. Four Cases of Acute Kidney Injury Requiring Dialysis in Ultramarathoners. *Wilderness Environ Med* 2023 Jun;34(2):218-221. doi: 10.1016/j.wem.2022.12.004.

VanSumeren M, Weber S, Civelek J, Sabourin J, Smith-Hale V, **Hew-Butler T**. Longitudinal Changes in Fat and Lean Mass: Comparisons between 3D-Infrared and Dual-Energy X-ray Absorptiometry Scans in Athletes. *Int J Exerc Sci*. 2022, 15(4): 1587-1599.

Hew-Butler T, Aprik C, Byrd B, Sabourin J, VanSumeren M, Smith-Hale V, Blow A. Vitamin D Supplementation and Body Composition Changes in Collegiate Basketball Players: A 12-Week Randomized Control Trial. *Journal of the International Society of Sports Nutrition (JISSN)* 2022; 19(1): 34-48. <https://doi.org/10.1080/15502783.2022.2046444>

Perez GM, VanSumeren M, Brown M, **Hew-Butler T**. Pandemic-Induced Reductions on Swim Training Volume and Performance in Collegiate Swimmers. *Int. J. Environ. Res. Public Health* 2022, 19(1), 164; <https://doi.org/10.3390/ijerph19010164>

Hew-Butler T, Jurczynszyn H, Sabourin J, VanSumeren M, Smith-Hale V. Too Tall for the DXA Scan? Contributions of the Feet to Overall Body Composition. *J Clin Densitom* 2022, Jul-Sep;25(3):384-391. <https://doi.org/10.1016/j.jocd.2021.11.008>

Garcia-Pelagio KP, **Hew-Butler T**, Fahlman MM, Roche JA. Women's Lives Matter—The Critical Need for Women to Prioritize Optimal Physical Activity to Reduce COVID-19 Illness Risk and Severity. *International Journal of Environmental Research and Public Health*. 2021; 18(19):10271. <https://doi.org/10.3390/ijerph181910271>

Martin J, Byrd B, **Hew-Butler T**, Moore EW. A Longitudinal Study on the Psychological and Physiological Predictors of Burnout in NCAA Collegiate Swimmers. *JASP* published online Sept 24, 2021 <https://doi.org/10.1080/10413200.2021.1974603>

Khodae M, Saeedi A, Harris-Spinks C, **Hew-Butler T**. Incidence of exercise-associated hyponatremia during a 161-km ultramarathon at high altitude. *Physical Activity and Nutrition* 2021; 25(3):016-022. <https://doi.org/10.20463/pan.2021.0016>

Hew-Butler T, Aprik C, Byrd B, Landis-Piwowar K, Smith-Hale V, VanSumeren M, Sabourin J, Byrd G, Martin J. Paradoxical Relationships between Serum 25(OH)D and Ferritin with Body Composition and Burnout: Variation by Sex and Sports Team. *Endocrines* 2021, 2, 320–333. <https://doi.org/10.3390/endocrines2030030>

Tomlinson D, Eschker E, Callan J, **Hew-Butler T**. Depression in Collegiate Runners and Soccer Players: Relationships with Serum 25-Hydroxyvitamin D, Ferritin and Fractures. *Int J Exerc Sci.* 2021: 14(5);1099-1111. <https://digitalcommons.wku.edu/ijes/vol14/iss5/3>

Stojanović E, Radovanović D, **Hew-Butler T**, Hamar D, Jakovljević V. Vitamin D in basketball players: current evidence and future directions. *Sports Health.* 2022 May-Jun;14(3):377-388. doi: 10.1177/19417381211019343.

Rengers, TA, Orr S, Marks C, **Hew-Butler T**, Choi M, Butcher S, Drignei D, Brown E. Effects of High-Intensity Interval Training Protocols on Liver Enzymes and Wellness in Women. *Journal of Sports Medicine.* vol. 2021. <https://doi.org/10.1155/2021/5554597>

Lipman GS, **Hew-Butler T**, Phillips C, Krabak B, Burns P. Prospective Observational Study of Weight-based Assessment of Sodium Supplements on Ultramarathon Performance (WASSUP). *Sports Med Open* 2021 Feb 17;7(1):13. doi: 10.1186/s40798-021-00302-0

Arena SK, Jones S, Munoz AM, Murley M, Strudwick Melton C, Sakyi K, **Hew-Butler T**. Resting Blood Pressure in Collegiate Swimmers During a Competitive Season: A Prospective Observational Study. *Cureus.* 2020 Dec 28;12(12):e12340. doi: 10.7759/cureus.12340.

Hew-Butler T, Smith-Hale V, VanSumeren M, Sabourin J, Levy P. Is Exercise the Best Medicine during a COVID-19 Pandemic? Comment on Constandt, B.; Thibaut, E.; De Bosscher, V.; Scheerder, J.; Ricour, M.; Willem, A. Exercising in Times of Lockdown: An Analysis of the Impact of COVID-19 on Levels and Patterns of Exercise among Adults in Belgium. *Int. J. Environ. Res. Public Health* 2020, 17, 4144. *Int J Environ Res Public Health* 2020 17(16):5730. DOI: 10.3390/ijerph17165730.

Hew-Butler T. Chasing Hyponatremia: A Field Study on Runners Participating in a 161-km Footrace. *SAGE Research Methods Cases: Medicine and Health.* SAGE Publications Ltd. June 2020. <https://dx.doi.org/10.4135/9781529741070>

Arena SK, Ellis E, Maas C, Pieters A, Quinnan A, Schlagel R, **Hew-Butler T**. Orthostatic Hypotension and Urine Specific Gravity Among Collegiate Athletes. *Cureus* 2020 June 12(6): e8792. DOI 10.7759/cureus.8792

Bennett BL, **Hew-Butler T**, Rosner MH, Myers T, Lipman GS. Wilderness Medical Society Practice Guidelines for the Management of Exercise-Associated Hyponatremia: 2019 Update. *Wilderness Environ Med* 2020 Mar 31(1): 50-62. <https://doi.org/10.1016/j.wem.2019.11.003>

Bridges E, Altherwi T, Correa J, **Hew-Butler T**. Oral Hypertonic Saline Is Effective in Reversing Acute Mild-to-Moderate Symptomatic Exercise -Associated Hyponatremia. *Clin J Sport Med.* 2020 Jan;30(1):8-13. doi: 10.1097/JSM.0000000000000573.

Hew-Butler T, Smith-Hale V, Pollard-McGrandy A, VanSumeren M. Of Mice and Men – The Physiology, Psychology, and Pathology of Overhydration. *Nutrients* 2019 Jul 7;11(7). pii: E1539. doi: 10.3390/nu11071539.

- Rider BC, Coughlin AM, Carlson C, **Hew-Butler T**. Exertional (Exercise-Induced) Rhabdomyolysis. *ACSM's Health and Fitness Journal* 2019 May/June 23(3): 16-20.
- Rusnak M, VanderMeulen M, Byrd B, Byrd G, Rusnak R, Martin J, **Hew-Butler T**. Muscle Damage, Soreness, and Stress during Pre-season Training in Collegiate Swimmers. *Clin J Sport Med* 2019 Mar 1. doi: 10.1097/JSM.0000000000000736. [Epub ahead of print]
- Hew-Butler T**, Angelakos K, Szczepanski J. Sodium Loading, Treadmill Walking and the Acute Redistribution of Bone Mineral Content on Dual X-ray Absorptiometry Scans. *Am J Physiol Regul Integr Comp Physiol*. 2019 Jan 1;316(1):R59-R67. doi: 10.1152/ajpregu.00227.2018.
- Nolte H, Nolte K, **Hew-Butler T**. Ad Libitum Water Consumption Prevents Exercise-Associated Hyponatremia and Protects Against Dehydration in Soldiers Performing a 40-km Route-March. *Military Medical Research*. 2019 Jan 6:1. Doi.org/10.1186/s40779-019-0192-y.
- Brown E, **Hew-Butler T**, Butcher S, Marks C, Choi M. The Impact of Different High-Intensity Interval Training Protocols on Body Composition and Physical Fitness in Healthy Young Adult Females. *Biores Open Access*. 2018 Dec 28;7(1):177-185. doi: 10.1089/biores.2018.0032.
- Hew-Butler T**, Eskin C, Bickham J, Rusnak M, VanderMeulen M. Dehydration is how you define it: Comparison of 318 blood and urine athlete spot checks. *BMJ Open Sport Exerc Med*. 2018 Feb 1;4(1):e000297. doi: 10.1136/bmjsem-2017-000297.
- Lewis DL, Blow A, Tye J, **Hew-Butler T**. Considering Exercise Associated Hyponatremia as a Continuum. *BMJ Case Rep*. 2018 Mar 9;2018. pii: bcr-2017-222916. doi: 10.1136/bcr-2017-222916.
- Arena S, LaBelle L, Larsen J, Palomino L, **Hew-Butler T**, Peterson E. Description and Comparison of Pre and Post Season Blood Pressure Measures among Collegiate Athletes: A Prospective Observational Study. *Cardiopulmonary Physical Therapy Journal*. June 13, 2018. [Epub ahead of print] doi: 10.1097/CPT.0000000000000085
- Hew-Butler T**. Response to Letter-to-the-Editor “The Presented Evidence to Support Symptomatic Hypovolemic-Associated EAH Is Not Convincing”. *Curr Sports Med Rep*. 2017 Nov/Dec;16(6):467-468.
- Delang M, Kondratek M, DiPace L, **Hew-Butler T**. Collegiate male soccer players exhibit between-limb symmetry in body composition, muscle strength, and range of motion. *Int J Sports Phys Ther*. 2017 Dec;12(7):1087-1094.
- Hew-Butler T**, Hamilton R, Hamilton B, Colesa Z. Special Communication of a case of hypovolemic-driven EAH: Lessons learned during recovery. *Curr Sports Med Rep*. 2017 July/Aug;16(4):289-293.
- Hew-Butler T**, Loi V, Pani A, Rosner MH. Exercise-Associated Hyponatremia: 2017 Update. *Front Med (Lausanne)*. 2017 Mar 3;4:21. doi: 10.3389/fmed.2017.00021. eCollection 2017.
- Magrini D, Khodae M, San-Millán I, **Hew-Butler T**, Provance AJ. Serum creatine kinase elevations in ultramarathon runners at high altitude. *Phys Sportsmed*. 2017 May;45(2):129-133.

- Tan DW, Yap SH, Wang MC, Fan WPP, Teo YS, Krishnasamy P, Krishna L, **Hew-Butler T**, Lee KWJ. Body Mass Changes Across a Variety of Running Race Distances in the Tropics. *Sports Med Open* 2016 Jul 19;2(1):26.
- Bailowitz, Z, Grams R, Teeple D, **Hew-Butler, T**. Exercise Associated Hyponatremia in a Lactating Female. *Clin J Sport Med* 2017 Jul;27:e55–e57
- Stanfa MR, Silles NN, Cooper A, Arena S, Landis-Piwowar K, Banner-Aprik C, **Hew-Butler T**. Risk factors for collegiate swimmers hospitalized with exertional rhabdomyolysis. *Clin J Sport Med*. 2017 Jan;27(1):37-45.
- Cairns RS and **Hew-Butler T**. Proof of concept: hypovolemic hyponatremia may precede and augment creatine kinase elevations during an ultramarathon. *Eur J Appl Physiol*. 2016 Mar;116(3):647-55. doi: 10.1007/s00421-015-3324-4.
- Hoffman MD, **Hew-Butler T**, Roberts WO, Rogers IR, Rosner MH. Is Postevent Intravenous Hydration an Appropriate Service at Endurance Competitions? *Wilderness Environ Med*. 2016 Mar;27(1):7-9.
- Stuempfle KS, Valentino T, **Hew-Butler T**, Hecht FM, Hoffman MD. Nausea is Associated with Endotoxemia during an ultramarathon. *J Sports Sci*. 2016 Sep;34(17):1662-8.
- Hew-Butler T**, EAH Consensus Group. Inadequate hydration or normal fluid homeostasis? *Am J Public Health*, 2015 Oct;105(10):e5-6.
- Hew-Butler T**, Rosner MH, Fowkes-Godek S, Dugas JP, Hoffman MD, Lewis DP, Maughan RJ, Miller KC, Montain SJ, Rehrer NJ, Roberts WO, Rogers IR, Siegel AJ, Stuempfle KJ, Winger JM, Verbalis JG. Statement of the Third International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, CA, 2015. *Clin J Sports Med* 2015; 25(4):303-320 **and** *Br J Sport Med* 2015;0:1–15. doi:10.1136/bjsports-2015-095004
- Byrd B, **Hew-Butler T**, Martin JJ. The Effects of a Running Intervention on the Physical Self-Concept of Novice Female Runners. *Women in Sport and Physical Activity Journal* 2016; 24:54-59.
- Hew-Butler T**, Landis-Piwowar K, Byrd G, Seimer M, Seigneurie N, Byrd B, Muzik O. Plasma irisin in runners and nonrunners: no favorable metabolic associations in humans. *Physiol Rep*. 2015 Jan 19;3(1). pii: e12262. doi: 10.14814/phy2.12262. Print 2015 Jan 1.
- Nolte HW, **Hew-Butler T**, Noakes TD, Duvénhage C. Fatal exertional heatstroke with hyponatremic encephalopathy. *Phys Sportsmed*. 2015 Feb;43(1):93-8. doi: 10.1080/00913847.2015.1001714.
- Hew-Butler T**, Hoxea BT, Fogard K, Stuempfle KJ, Hoffman MD. Comparison of body composition before and after a 160km race using dual energy x-ray absorptiometry, bioimpedance spectroscopy and bioelectrical impedance analyses. *Int J Sports Med*. 2015 Feb;36(2):169-74. doi: 10.1055/s-0034-1387777.
- Cairns RS and **Hew-Butler T**. Incidence of Exercise-Associated Hyponatremia and its Association with Non-Osmotic Stimuli of Arginine Vasopressin in the GNW100s ultraendurance marathon. *Clin J Sport Med*. 2015 Jul;25(4):347-54. doi: 10.1097/JSM.000000000000144.

Bennett BL, **Hew-Butler T**, Hoffman MD, Rogers IR, Rosner MH; Wilderness Medical Society practice guidelines for treatment of exercise-associated hyponatremia: 2014 update. *Wilderness Environ Med.* 2014 Dec;25(4 Suppl):S30-42. doi: 10.1016/j.wem.2014.08.009.

Hew-Butler T, Hummel J, Rider BC, Verbalis JG. Characterization of the Vasopressin 2 receptor on fluid balance and performance. *Am J Physiol Regul Integr Comp Physiol.* 2014 Aug 15;307(4):R366-75. doi: 10.1152/ajpregu.00120.2014. Epub 2014 Jun 18.

Rider BC, Coughlin A, **Hew-Butler T**, Darr K, Goslin BR. Effect of Compression Stockings on Physiological Responses and Running Performance in Division III Collegiate Cross Country Runners during a Maximal Treadmill Test. *J Strength Cond Res* 2014; Jun;28(6):1732-8. doi: 10.1519/JSC.0000000000000287.

Owen BE, Rogers IR, Hoffman MD, Stuempfle KJ, Lewis DL, Fogard K, Verbalis JG, **Hew-Butler T**. Efficacy of oral versus intravenous hypertonic saline in runners with hyponatremia. *J Sci Med Sport.* 2014 Sep;17(5):457-62. doi: 10.1016/j.jsams.2013.09.001. Epub 2013 Sep 18.

Lewis DL, Owen BE, Rogers IR, Hoffman MD, Stuempfle KJ, Fogard K, Verbalis JG, **Hew-Butler T**. The Need for Salt: Does a Relationship Exist between Cystic Fibrosis and Exercise-Associated Hyponatremia? *J Strength Cond Res.* 2014; Mar;28(3):807-13. doi: 10.1519/JSC.0b013e3182a35dbd.

Hew-Butler T, Stuempfle KJ, Hoffman MD. Reply to letter to the editor by Hind et al. *Horm Metab Res.* 2014 Oct;46(11):821-2. doi: 10.1055/s-0034-1374632.

Hew-Butler T, Stuempfle KJ and Hoffman MD. Bone: an acute buffer of plasma sodium concentration during exhaustive exercise? *Horm Metab Res.* 2013; Sep;45(10):697-700. doi: 10.1055/s-0033-1347263. Epub 2013 Jun 21.

Winger J, Hoffman MD, **Hew-Butler T**, Stuempfle KJ, Dugas J, Fogard K, Dugas L. Physiology and hydration beliefs change race behavior but not post-race sodium in 161km ultramarathon runners. *Int J Sports Physiol Perform.* 2013; Sep;8(5):536-41.

Bennett B, **Hew-Butler T**, Hoffman MD, Rogers IR, Rosner MR. Wilderness Medicine Society Practice Guidelines for Treatment of Exercise-Associated Hyponatremia. *Wilderness Environ Med.* 2013. Sep;24(3):228-40. doi: 10.1016/j.wem.2013.01.011. Epub 2013 Apr 13.

Khodae M, Luyten D, **Hew-Butler T**. Exercise-Associated Hyponatremia in an Ultra-endurance Mountain Biker. *Sports Health.* 2013 Jul;5(4):334-6. doi: 10.1177/1941738113480928.

Hoffman MD, **Hew-Butler T**, Stuempfle KJ. Exercise-associated hyponatremia and hydration status in 161-km ultramarathoners. *Med Sci Sports Exerc* 2013; Apr; 45(4):784-91. doi: 10.1249/MSS.0b013e31827985a8.

Stuempfle KJ, Hoffman MD, **Hew-Butler T**. Gastrointestinal Distress in Ultramarathoners is Associated with Race Diet. *Int J Sport Nutr Exerc Metab.* 2013; Apr; 23(2):103-9. Epub 2012 Sep 19.

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2. Invited Review Articles

Rosner MH and **Hew-Butler T**. Exercise-Associated Hyponatremia. In: UpToDate, Rose BD (Ed), UpToDate, Waltham, MA, 2022 (updated annually).

Hew-Butler T, Smith-Hale VG, Sabou J. Exercise-associated electrolyte disorders. *Current Opinion in Endocrine and Metabolic Research* 2019, 9:51-55.

Hew-Butler T, Weisz K. The Secret Stories of Sodium: How infants, athletes, psychotics, and otherwise healthy people die from sodium imbalance. *Clin Lab Sci* 2016;29(3):163-167.

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Hew-Butler T, Weisz K. The Hydration Sweet Spot: Importance of Aquaporins. *Clin Lab Sci* 2016;29(3):186-193.

3. Nonrefereed Journals

Hew-Butler T. What's New in Running Research 2015: Exercise Associated Hyponatremia. *Marathon and Beyond* November/December 2015.

Hew-Butler T. Hyponatremia, rhabdomyolysis and renal failure: is there a link? *Marathon and Beyond* September/October 2013.

Hew-Butler T and Hoffman MD. Exercise-Associated Collapse: Spanning the fuzzy boundary between benign and life-threatening. *UltraRunning Magazine* July 2011.

Hew-Butler T and Hoffman MD. Arginine vasopressin and water conservation during exercise: Why outsmart physiology? *Ultrarunning Magazine* March 2011.

E. Papers Published in Conference Proceedings: N/A

F. Translations of Other Authors Published: N/A

G. Abstracts Published in Academic Journals (**as first author**)

Body Composition Changes in Collegiate Football Players Across Four Seasons (co-authors G Martinez-Perez, S Rogers). ACSM Annual Conference, Denver, CO (Poster). June 2023.

Pandemic-induced Reductions in Training Volume and Performance in Collegiate Swimmers (co-authors G Martinez-Perez, M VanSumeren, M Brown). ACSM Annual Conference, San Diego, CA (poster). June 2022

Salty Relationships with Bone – not calcium nor Vitamin D (co-authors C Aprik, A Blow). ENDO 2019, New Orleans, LA (poster). March 2019

Dehydration is How You Define it: Comparison of 318 Blood and Urine Spot Checks (co-authors C Eskin, M Rusnak, M VanderMeulen, J Bickman). American College of Sports Medicine's Annual Meeting, Minneapolis, MN (poster). June 2018

No Ergogenic Benefit with Vitamin D Supplementation in Collegiate Basketball Players: A 12-week Randomized-Control Trial (co-authors C Aprik, B Byrd, T Sauerbry, B Ledin, L DeCeuninck, A Lynch). ENDO 2018 (interactive poster) Chicago, IL. April 2018

Paradoxical Relationships between Vitamin D and Body Composition in Collegiate Athletes Training in the Midwest (co-authors K Landis-Piwowar, C Aprik, and B Byrd). Experimental Biology Meeting, Chicago, IL (oral). April 2017

Bone mineral density in collegiate athletes and non-athletes: Is inactivity promoting osteopenia? (co-authors M Ruedisueli, Kozak A, Pickett S). American College of Sports Medicine's Annual Meeting, Boston, MA (poster). June 2016

Plasma irisin and brown fat in runners and non-runners: No favorable metabolic associations in humans (co-authors: Landis-Piwowar K, Byrd G, Seimer M, Seigneurie N, Byrd B, Muzik O). ACSM Conference on Integrative Physiology of Exercise (poster and oral presentation). September 2014

Baseline characteristics of collegiate female swimmers with and without symptomatic exertional rhabdomyolysis after a post-season upper body workout: a search for internal and external risk factors (co-authors: Cooper A, Bhullar N, Dean C, Kaufmann K, Markho S, Landis-Piwowar K, Banner-Aprik C). International Sports Science Symposium: Performance Enhancement and Technology, Eugene, OR (oral). July 2014.

Bone: an acute buffer of plasma sodium concentration during exhaustive exercise? (co-authors: Stuempfle KJ and Hoffman MD). Midwest American College of Sports Medicine Meeting, Oregon, OH (poster). November 2012

Exercise-associated changes in vasopressin and oxytocin in humans: physiology or pathophysiology? (co-author Verbalis JG). World Congress of Neurohypophysial Hormones, Boston, MA (poster). July 2011

Sodium balance in runners participating in a mountain footrace (co-authors: Rogers IR, Stuempfle KJ, Weschler LW, Verbalis JG and Hoffman MD). American College of Sports Medicine's Annual Meeting, Baltimore, MD (poster). June 2010

Hypogonadal male runners do not display endocrine or performance decrements during prolonged endurance running (co-authors: Jordaan E, Noakes TD, Soldin SJ and Verbalis JG). Experimental Biology Meeting, New Orleans, LA (poster). April 2009

Neuroendocrine regulation of fluid balance during prolonged endurance running (co-authors: Jordaan E, Stuempfle KJ, Speedy DB, Siegel AJ, Noakes TD, Soldin SJ, and Verbalis JG). World Congress: Science of the Marathon Meeting, Chicago, IL (poster). October 2006

Ad libitum sodium ingestion does not influence serum sodium concentrations in an Ironman triathlon (co-authors: Sharwood K, Collins M, Speedy D, Noakes T). American College of Sports Medicine's Annual Meeting, Nashville, TN (presentation). June 2005

The incidence, risk factors and clinical manifestations of hyponatremia in marathon runners (Chorley J, Cianca J and Divine J). American College of Sports Medicine's Annual Meeting, St Louis, MI (presentation). June 2002

H. Book Reviews Published: N/A

I. Creative Shows/Exhibits: N/A

J. Creative Performances: N/A

K. Instructional Materials Formally Published: N/A

L. Papers Presented (see abstracts published in journals as first author)

M. Invited Seminars or Lectures Presented

Exercise-Associated Hyponatremia (EAH): Sodium Balance during an Ultramarathon . Western States Health and Athletic Medicine (WHAM) Conference, Olympic Valley, CA. June 2023

Responsible Drinking: The Truth about Water Intake. Notre Dame Continuing Education Lecture. South Bend, IN. April 2023

Load Management: Why do we care? Clinical implications and measurement techniques. ACSM Midwest Meeting. Indianapolis, IN. November 2022

Exercise-Associated Hyponatremia (EAH): Maintaining Water and Salt Balance during an Ultramarathon. Western States Health and Athletic Medicine (WHAM) Conference, Olympic Valley, CA. June 2022

Chasing Peak Performance: *the (pathophysiological) underbelly of exercise training*. WSU Physiology Department Seminar, September 2021.

Exercise-Associated Hyponatremia. Wilderness Medical Society, Winter Conference, Sun Valley, ID. March 2020

Nutrition for the Endurance Athlete. Wilderness Medical Society, Winter Conference, Sun Valley, ID. March 2020

Responsible Drinking: the truth about water intake. American College of Sports Medicine's Midwest Chapter Meeting, Chicago, IL. November 2019

Vitamin D: Why we all need a little bit of sunshine. American College of Sports Medicine's Midwest Chapter Meeting, Chicago, IL. November 2019

The Secret Stories of Sodium: How Healthy People Die from Sodium Imbalance. American Society for Clinical Laboratory Science Annual Meeting, Charlotte, NC. June 2019

Vitamin D: Why we all need a little bit of sunshine. American Society for Clinical Laboratory Science Annual Meeting, Charlotte, NC. June 2019

Exertional Rhabdomyolysis – Do we need to rethink “no pain no gain?” American College of Sports Medicine's Midwest Chapter Meeting, Grand Rapids, MI. November 2018

The Secret Stories of Sodium: How Healthy People Die from Sodium Imbalance. American Society for Clinical Laboratory Science, Michigan Chapter meeting, Plymouth, MI. April 2018

Vitamin D: Why we all need a little bit of sunshine. American Society for Clinical Laboratory Science, Michigan Chapter meeting, Plymouth, MI. April 2018

Keynote Lecture: What Do We Really Know About Hydration? American College of Sports Medicine's Midwest Chapter Meeting, Grand Rapids, MI. November 2017.

Hydration, Sodium, and Sweat: The Real Story. Via Christi Noon Conference Series, Wichita, KS. July 2017
Fluid Management for Avoiding EAH. American College of Sports Medicine's Annual Meeting, Denver, CO. June 2017

What is (de)hydration and how can we best monitor it? International Olympic Committee (IOC) World Conference Prevention of Injury & Illness in Sport, Monte Carlo, Monaco. March 2017

The Grandeur and Illusions of Exercise and Science. OU Winter College, Bonita Springs, FL. February 2016

Exercise-Associated Hyponatremia. Ironman U – Certified Ironman Training Coaching Course. October 2015

Urine and exercise: markers of health, homeostasis and impending disease in collegiate athletes. 2nd International Conference on Urinomics and Translational Nephrology, Capricia, Portugal. September 2015

Exercise-Associated Hyponatremia as a precursor to rhabdomyolysis, heat stroke and bone loss. 2015 CrossFit Conference on Exercise-Associated Hyponatremia, Carlsbad, CA. February 2015

Built for Scarcity, but Living in Excess: Exercise-Associated Hyponatremia and Vasopressin Regulation during Exercise. Hydration Lecture Series, University of Arkansas Department of Education and Health Professions, Fayetteville, AR. January 2015

N. Other Scholarly Work

First-authored work in lay publications:

Hew-Butler T. [“Exercise and Water: Responsible Drinking in the Summer Heat - I Spy Physiology Blog”](#) August 23, 2023.

Hew-Butler T. [“Depression and Sports: A Double-edged Sword - I Spy Physiology Blog”](#) March 1, 2023. (9th most-read I Spy Physiology posts for 2023).

Hew-Butler T. [“Why taking fever-reducing meds and drinking fluids may not be the best way to treat flu and fever”](#). The Conversation, February 1, 2022. <https://theconversation.com/why-taking-fever-reducing-meds-and-drinking-fluids-may-not-be-the-best-way-to-treat-flu-and-fever-173134>

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Hew-Butler T. How to exercise safely – so you're not overworked and underprepared. The Hill March 12, 2020 <https://thehill.com/changing-america/opinion/487248-can-too-much-exercise-actually-hurt-you>

Hew-Butler T. The serious consequence of exercising too much too fast. The Conversation January 24, 2020. <http://theconversation.com/the-serious-consequence-of-exercising-too-much-too-fast-129501>

Hew-Butler T. Overhydrating presents health hazards for young football players. The Conversation, August 1, 2018. Featured on CNN <https://www.cnn.com/2018/08/07/health/young-athletes-football-overhydration-partner/index.html>

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Hew-Butler T. What's New in Running Research 2015: Exercise Associated Hyponatremia. Marathon and Beyond November/December 2015.

Hew-Butler T: CJSM Podcast 10: Exercise-associated Hyponatremia, the 2015 Consensus Statement.

<http://cjsmblog.com/category/cj-sm-podcasts/> June 29, 2015.

Hew-Butler T. 050: An Interview With Dr. Tamara Hew-Butler, D.P.M., Ph.D. [Podcast] July 2014
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Helm, Janet. U.S. News and World Report. [How much water should I drink in a day? How Much Water Should I Drink in a Day? | U.S. News Health \(usnews.com\)](https://www.usnews.com/story/health/2023/06/26/how-much-water-should-i-drink-in-a-day/) . June 26, 2023.

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Gold, Betty and DeMelo, Juno. [8 Resolutions You Can Actually Stick to for a Happier, Healthier New Year. https://www.realsimple.com/health/preventative-health/healthy-new-years-resolutions](https://www.realsimple.com/health/preventative-health/healthy-new-years-resolutions) December 20, 2022.

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NPR Life Kit version: <https://www.npr.org/transcripts/1124371309>

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- Ashwanden, Christie. New York Times. How Much Water Do You Actually Need?
<https://www.nytimes.com/2021/09/17/well/live/how-much-water-should-I-drink.html> September 17, 2021.
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- Tait, Amelia. NewScientist. 5 fruit and veg, 8 hours' sleep. Should we trust daily health targets?. September 8, 2021. <https://www.newscientist.com/article/mg25133512-200-5-fruit-and-veg-8-hours-sleep-should-we-trust-daily-health-targets/>
- Graham, Mary in Actively Learn (Converted to learning module), Why student athletes need a new playbook to stay safe in the COVID-19 era <https://reader.activelylearn.com/authoring/preview/3573659/notes> August 13, 2021
- Melendez, Pilar. The Daily Beast. Wacky Texas COVID Rules Push Mom to Home-School for Second Year in a Row. <https://www.thedailybeast.com/wacky-texas-covid-rules-push-mom-to-home-school-for-second-year-in-a-row?ref=author> August 9, 2021
- Science&Chill Podcasts by Brady Holmer, Episode 35: Hydration Facts and Myths and Exercise-associated Hyponatremia with Dr. Tamara Hew-Butler released July 26, 2021
<https://podcasts.apple.com/us/podcast/episode-35-hydration-facts-myths-exercise-associated/id1494739189?i=1000530031399>
- Answers in Progress, with Melissa Fernandez, “What is the best water to drink?”
<https://www.youtube.com/watch?v=sj0LQXrvU-w> YouTube video released July 23, 2021.
- SiriusXM Radio’s weekly Nutrition and Health show, “Doctor Radio” channel, hosted by NYU Langone’s Samantha Heller broadcast live July 2, 2021 1:00-1:30pm.
- SiriusXM Radio’s weekly Sports Medicine show, “Doctor Radio” channel, hosted by NYU Langone orthopedic surgeons Dr. Cordelia Carter and Dr. Guillem Lomas broadcast live May 6, 2021 7:30-8:00am.
- The Ideas Network of Wisconsin Public Radio. Youth Sports and COVID. Live broadcast April 23, 2021 4:30-4:45pm CST.
- NPR Source of the Week (COVID-19) <https://airtable.com/shrHzKsbzpL6nVjtU/tblCkKUyTtxqhVYZW>
- Ruble, Kayla. The Daily Beast. A QAnon-Curious Mom Helped Lead Michigan Back to COVID Hell
<https://www.thedailybeast.com/a-qanon-curious-mom-helped-lead-michigan-back-to-covid-hell?ref=author> April 2, 2021
- Kinesiology Today Summer 2020 Volume 13, No. 3 (pages 4-5). What Will Happen to High School Sports? By Penny McCullagh, Ph.D., *KT Editor*.

Colin McEnroe Show on Connecticut Public Radio WNPR. Monday, 3/23/20, 1:25 pm-1:45 pm Eastern, to offer guidance on how to exercise during the Coronavirus pandemic.

All Sides with Ann Fisher, WOSU Public Media, 89.7 NPR News, March 25, 2020 (11:06-11:20am, Wellness Wednesday, Exercise during a pandemic.

Stack Sports. The Hydration Rule That's Worked for 400 Million Years (<https://www.stack.com/a/the-hydration-rule-thats-worked-for-400-million-years>) December 9, 2019.

Clark-Florey, T. Jezebel Magazine. It's Definitely Pee: The Ecstatic Pedialyte-fueled Art of Squirting in Porn. February 14, 2019. <https://jezebel.com/it-is-definitely-pee-the-ecstatic-pedialyte-fueled-ar-1832543103>

Aschwanden C. Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery. W.W. and Norton & Company Independent Publishers. 2019.

All Sides with Ann Fisher, WOSU Public Media, 89.7 NPR News, August 15, 2018 (11:40-12pm Wellness Wednesday, Overhydration in Football <http://radio.wosu.org/programs/all-sides-ann-fisher#stream/0>)

Brad Davis Radio Show on WDRC-AM 1360, The Talk of Connecticut Radio in Bloomfield Connecticut, August 13, 2018 (7:50-8am on overhydration in athletes).

Weather Channel, August 11 2018 (8:40am and 10:40am interviews on overhydration in athletes).

Adams Ruins Everything, Time Warner Cable truTV, first air date: August 30, 2016 (<https://www.youtube.com/watch?v=FwdqFHBaPwY>)

Bottom Line with Cindy Kainz, Bloomfield Cable TV, September 2, 2015. (<https://vimeo.com/138092236>)

TV4 story on Hydration Research with Tamara Hew-Butler of Health Science, WDIV-TV4, April 30, 2015 (<http://mediacenter.tveyes.com/downloadgateway.aspx?UserID=275641&MDID=4799599&MDSeed=1386&Type=Media>)

Science Friday, National Public Radio (NPR) show. How Ultramarathons Affect the Heart, Blood, and Brain (I) (<http://sciencefriday.com/segment/08/01/2014/how-ultramarathons-affect-the-heart-blood-and-brain.html>) August 2014.

Scientific manuscripts submitted or currently in review

Gomez-Ezeiza J, Périard J, Lara B, Racinais S, **Hew-Butler T**. Changes in Sweat and Serum Electrolytes in Elite Race Walkers after Short Heat Acclimation and Re-acclimation Blocks (EJAP submission)

Sebastian T, VanSumeren M, Aprik C, Landis-Piwowar K, Olawoyin R, **Hew-Butler T**. Is it in you? Assessment of heavy metal concentrations in sports beverages (PLOS One rejected)

Mentored Student Abstract Conference Presentations (whilst at WSU)

- National Conference for Undergraduate Research (NCUR), Long Beach, CA

Grove M, Smith M, Raezler M, Abdelnour D, Kerr E, Hew-Butler T. *Strong Hand, Strong Body? Associations between Handgrip Strength and Body Composition in College Students*

****Fully funded by WSU's UROP Program****

****UROP Winter 2024 Fellowship awarded to Mark Grove to support this research project****

- Midwest ACSM Meeting, Indianapolis, IN, November 2023

Adams N, Baker C, Hew-Butler T. *How Bigs Get Bigger - Body Composition Changes in Collegiate Football Players Across a Season* ****first place master's student oral presentation award****

Kerr E, Hew-Butler T. *Assessing VO2 Max - Beyond the Metabolic Cart.*

Baker C, Adams N, Hew-Butler T. *Depression in Athletes and Non-athletes: A post-pandemic snapshot.*

- American College of Sports Medicine (ACSM) Annual Meeting, June 2023 (Denver, CO):

Rogers S, Martinez-Perez G, Hew-Butler T. *Fit or Fat? Sex Differences in BMI and Body Composition in Collegiate Athletes and Non-athletes.*

- Michigan ACSM (MIACSM) Conference, March 2023 (Gaylord, MI):

Rogers S. *Fit or Fat? Sex Differences in BMI and Body Composition in Collegiate Athletes and Non-athletes.*

Kerr, E. *Assessing VO2 Max - Beyond the Metabolic Cart.*

Adams N & Baker C. *Depression in Athletes and Non-athletes: A post-pandemic snapshot.*

- OSIG Clinical Research Showcase, December 2022.

Schultz, R (W.S.U. M.D. candidate 2024) and Hew-Butler T. *Building Bone: Exploratory Relationships Between Olympic Weightlifting and Bone Mineral Density in Females.*

- Midwest ACSM Meeting, Indianapolis, IN, November 2022

Werth T, Rogers S, Perez GM, Mitchell L, Dodge E, Smith-Hale V, Vargo C, Mendoza R, Hew-Butler T. *Body Composition Changes in Collegiate Football Players Across Four Seasons (Poster).*

Rogers S, Smith-Hale V, VanSumeren M, Perez GM, Werth T, Mitchell L, Dodge E, Kelly J, McClounie H, Vargo C, Mendoza R, Hew-Butler T. *Body Composition, Strength Metrics, and Depression Scores in Collegiate Football Players Across a Pandemic (Poster).*

- American College of Sports Medicine (ACSM) Annual Meeting, June 2022 (San Diego):

VanSumeren M, Weber S, Civelek J, Sabourin J, Smith-Hale V, Hew-Butler T. *Longitudinal Changes in Fat and Lean Mass: Comparisons between 3D-Infrared and Dual Energy X-ray Absorptiometry Scans in Athletes (Poster)*

Sabourin J, Aprik C, Brown M, VanSumeren M, Hew-Butler T. *Comparison of Body Fat Percentage in Elite Male Basketball Players using Multiple Assessment Tools (Poster)*.

Brown M, Perez GM, VanSumeren M, Civelek J, Hew-Butler T. *Pre-season Interrelationships between Depression, Physical, and Metabolic Health in Collegiate Swimmers following a COVID-19 Lockdown (Poster)*

- Lee L. *Depression and Body Composition in Collegiate Swimmers*. National Council Undergraduate Education (NCUR) Conference, April 4, 2022 (Virtual).
- Wayne State University Graduate Research Symposium, March 2022 (Virtual):

VanSumeren M, Weber S, Civelek J, Sabourin J, Smith-Hale V, Hew-Butler T. *Longitudinal Changes in Fat and Lean Mass: Comparisons between 3D-Infrared and Dual Energy X-ray Absorptiometry Scans in Athletes (Poster)*

Sabourin J, Aprik C, Brown M, VanSumeren M, Hew-Butler T. *Comparison of Body Fat Percentage in Elite Male Basketball Players using Multiple Assessment Tools (Poster)*.

Brown M, Perez GM, VanSumeren M, Civelek J, Hew-Butler T. *Pre-season Interrelationships between Depression, Physical, and Metabolic Health in Collegiate Swimmers following a COVID-19 Lockdown (Poster)*
Second place poster award

- National Strength and Conditioning Association (NSCA) Annual Meeting, July 2021 (Orlando, FL):

Smith-Hale V, Mendoza R, Vargo C, VanSumeren M, Sabourin J, Moore EW, **Hew-Butler T**. *Moving less but working more: a prospective evaluation of load and recovery in American collegiate football players, across a competitive season (Oral)*

Sabourin J, VanSumeren S, Smith-Hale V, **Hew-Butler T**. *Muscle matters: body composition analyses in collegiate versus professional male basketball players (Poster)*.

VanSumeren M, Smith-Hale V, Sabourin J, Mendoza R, Vargo C, Jimenez L, Scott L, **Hew-Butler T**. *Mental and Physical Health Risks in White and Non-white Collegiate Athletes and Non-Athletes (Poster)*.

- Wayne State University Graduate Research Symposium, March 2021 (Virtual):

Smith-Hale V, Mendoza R, Vargo C, VanSumeren M, Sabourin J, Moore EW, **Hew-Butler T**. *Moving less but working more: a prospective evaluation of load and recovery in American collegiate football players, across a competitive season (Poster)* – ***Second place poster award***

Sabourin J, VanSumeren S, Smith-Hale V, **Hew-Butler T**. *Muscle matters: body composition analyses in collegiate versus professional male basketball players (Poster)* – ***First place poster award***

VanSumeren M, Smith-Hale V, Sabourin J, Mendoza R, Vargo C, Jimenez L, Scott L, **Hew-Butler T.** *Mental and Physical Health Assessments in Collegiate Athletes and Non-Athletes: Beyond Black & White (Oral) – *Second place oral presentation award**

- Midwest ACSM Meeting, Chicago, IL, November 2019

Smith-Hale V, Sabou J, Mendoza R, Pollard-McGrandy A, VanSumeren M, Jimenez L, **Hew-Butler T.** Wayne State University. Internal Load in Football Players: Can the Mind See what the Heart Says?

VanSumeren M, Smith-Hale V, Pollard-McGrandy A, Jimenez L, **Hew-Butler T.** Wayne State University. *Bone Mineral Density Amongst Collegiate Male Athletes across Endurance and Strength-based Sports.*

Pollard-McGrandy A, Weisz K, Rider B, Coughlin A, **Hew-Butler T.** *Acute Changes in Sweat NaCl and Bone Mineral Density Following 45-Minutes of Treadmill Running. *Winner of President's Cup Award**

- Midwest ACSM Meeting, Grand Rapids, MI, November 2018:

Hagerman D, Akinfewa E, Tasco T, **Hew-Butler T.** *The Effects of Hamstring and Quadriceps Strength and Flexibility on Pelvic Tilt on Dancers. *Winner of best MS student oral presentation**

I. SERVICE

A. Administrative Appointments at Wayne State in Last Five Years: N/A

B. Administrative Appointments at Other College/University in Last Five Years: N/A

C. Committee Assignments in Last Five Years

1. University Committee Chaired: N/A

2. University Committee Membership

Provost's Special Committee on Ph.D. Education 2023 – 24

Steering Committee INSPIRE Neuroscience Program 2023 - current

University Research Grant Review Sub-Committee (Biological Science) 2023-24

Graduate Council, 2022 – 2024

Executive Committee, Graduate Council 2022 - 2024

Faculty Panelist, Writing for the Conversation. Dec 1, 2021, November 1, 2022 and Sept 21, 2023.

Symposium Judge, WSU Graduate School's annual Graduate Research Symposium 2021-23 term

Interdisciplinary Search Committee, Social Justice and Social Inequalities/Health Disparities 2019-20

3. College/Department Committee Chaired: N/A

4. College/Department Committee Membership

Exercise and Sport Science Search Committee, Tenure-track position, 2023

Exercise and Sport Science Search Committee, Lecturer Position, 2020

College of Education Personnel Committee, 2019-21

D. Positions Held in Professional Associations in Last Five Years:

Research Committee, Wilderness Medical Society, 2021 - present

Board Member, MomsTeam Institute of Youth Sports Safety, Inc; SmartTeams Initiative 2017-present.

E. Membership/Offices Held in Public or Private Agencies Related to Discipline in Last 5 Years: N/A

E. Professional Consultation:

Advisory Committee, Special Olympics Covid Working Group (Michigan) 2022

Endocrine Society ENDO Abstract Reviewer 2021 and 2022

G. Journal/Editorial Activity

Editorial Board, Review Editor for Pituitary Endocrinology, Sub-section of Frontiers in Endocrinology 2021-present.

Guest Editor IJERPH Special Issue: Is Exercise Medicine during a COVID-19 Pandemic? Jan-Nov 2021

Editorial Board Member, ACSM's Health and Fitness Journal, 2013-2014

H. Other Professionally Related Service

WSU UPG COVID-19 Mobile Testing May-Sept 2020

WSU STEM Day Instructor: Human Performance Assessments: Am I Warrior Strong? March 2020

Peer Reviewer for > 35 scientific and Medical Journals 2005-present

- *Adapted Physical Activity Quarterly*
- *American Council on Exercise (ACE) Exercise Physiology textbook*
- *ACSM's Journal of Health and Fitness*
- *American Journal of Physiology – Regulatory, Integrative and Comparative Physiology*
- *Applied Physiology, Nutrition and Metabolism*
- *Athletic Training and Sports Health Care*
- *Baylor University Medical Center Proceedings*
- *BMC Research Notes*
- *British Journal of Sports Medicine*

- *British Medical Journal*
- *Cardiovascular Toxicity*
- *Clinical Chemistry and Laboratory Medicine*
- *Clinical Journal of Sport Medicine*
- *Current Medical Research and Opinion*
- *Current Sports Medicine Reports*
- *Epilepsy and Behavior*
- *European Journal of Applied Physiology*
- *Experimental Dermatology*
- *Expert Reviews in Endocrinology and Metabolism*
- *Hospital Practice*
- *International Journal of Sports Nutrition and Exercise Metabolism*
- *International Journal Environmental Research in Public Health*
- *Journal of Clinical Endocrinology and Metabolism*
- *Journal of Investigative Medicine*
- *Journal of Pediatric Endocrinology and Metabolism*
- *Journal of Nutrition, Health and Aging*
- *Journal of Sport and Health Science*
- *Journal of Sports Science*
- *Journal of Strength and Conditioning Research*
- *Medicina Sportiva*
- *Medicine & Science Sports and Exercise*
- *Nutrients*
- *Physician and Sportsmedicine*
- *Physiology and Behavior*
- *PLOS ONE*
- *Postgraduate Medicine*
- *Research in Sports Medicine*
- *Wilderness and Environmental Medicine*
- *World Journal of Gastroenterology*

LONGITUDINAL SET SCORES: