

## Prof. Joachim Spranger, MD

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### 1 | General information

Contact details: Department of Endocrinology and Metabolism, Charité –  
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Current position: Professor of Internal Medicine and Endocrinology / Diabetes (W3), Director  
Department of Endocrinology and Metabolism, Charité – Universitätsmedizin Berlin

Researcher unique identifier: ORCID-ID: 0000-0002-8900-4467

### 2 | Academic education

1990 – 1996 Medical School, University of Bochum (clinical electives: University of Newcastle, UK)

### 3 | Advanced academic qualifications:

2003 Habilitation and *venia legendi*, Internal Medicine, “*Cytokines as pleiotropic modulators in the pathogenesis of type 2 diabetes mellitus and specific vascular complications*”  
Charité -Universitätsmedizin Berlin (Mentor: Andreas Pfeiffer)

1996 MD thesis “*Growth Factors in the pathogenesis of proliferative diabetic retinopathy and ischemic eye disease*”, Charité -Universitätsmedizin Berlin (Supervisor: Andreas Pfeiffer)

### 4 | Postgraduate professional career:

Since 2011 Chair of the Department of Endocrinology and Metabolism, Charité –  
Universitätsmedizin Berlin

2011 W3 Professor Internal Medicine Endocrinology / Diabetes, Charité -  
Universitätsmedizin Berlin

2008 W2 Heisenberg Professor for Diabetes and Prevention, Charité -  
Universitätsmedizin Berlin

2006 German Board Certification *Endocrinology and Diabetes*

2003 German Board Certification *Internal Medicine*

2000 – 2007 Fellow at the German Institute of Human Nutrition Potsdam and Resident at the  
Department of Endocrinology, Diabetes and Nutrition at the Charité–  
Universitätsmedizin Berlin

1997 – 2000 Resident Internal Medicine, University of Bochum

1996 – 1997 Resident and Fellow Institute of Pathology, University of Bochum

### 5 | Other:

#### **Awards/Honors**

- Max-Rubner-Award of the German Association of Nutrition and the German Medical Society (2003)
- Ferdinand-Bertram-Award of the German Diabetes Association (2009)

#### **Selected other professional activities:**

- Chairman of the Annual Meeting of the German Endocrine Society (2021)
- Member of the Executive Board of the German Diabetes Association (since 2019)
- Local chairman of the 54th EASD Annual Meeting 2018 in Berlin (2018)
- Member of the Executive Board of the German Society of Endocrinology (2018 – 2021)
- Vice-Dean for Teaching and Education at the Charité-Universitätsmedizin Berlin (since 2017)

- Speaker of the Clinical Research Unit at the Berlin Institute of Health (BIH) (2013 – 2018)
- Speaker of the faculty board, Charité-Universitätsmedizin Berlin (2014 – 2017)
- Board Member of the Drug Commission of the German Medical Association (since 2009)
- Speaker Diabetes Group (since 2011)

## 6 | Selected publications:

1. Jumpertz von Schwartzberg R, Bisanz J, Lyalina S, Spanogiannopoulos P, Yan Ang Q, Cai J, Dickmann S, Friedrich M, Liu S, Collins S, Ingebrigtsen D, Miller S, Turnbaugh J, Patterson A, Pollard P, Mai K, **Spranger J\***, Turnbaugh P\*. Caloric restriction disrupts the microbiota and colonization resistance. **Nature** 2021; 595(7866):272-277
2. Sbierski-Kind J, Mai K, Kath J, Jurisch A, Streitz M, Kuchenbecker L, Babel N, Nienen M, Jürchott K, Spranger L, Jumpertz von Schwartzberg R, Decker AM, Krüger U, Volk HD, **Spranger J**. Association between Subcutaneous Adipose Tissue Inflammation, Insulin Resistance, and Calorie Restriction in Obese Females. **J Immunol** 2020; 205(1):45
3. Brachs S, Polack J, Brachs M, Jahn-Hofmann K, Elvert R, Pfenninger A, Bärenz F, Margerie D, Mai K, **Spranger J\***, Kannt A\*. Genetic Nicotinamide N-Methyltransferase (Nnmt) Deficiency in Male Mice Improves Insulin Sensitivity in Diet-Induced Obesity but Does Not Affect Glucose Tolerance. **Diabetes** 2019; 68:527-542
4. Mai K, Li L, Wiegand S, Brachs M, Leupelt V, Ernert A, Kühnen P, Hübner N, Robinson P, Chen W, Krude H, **Spranger J**. Molecular Mechanisms of How Adipose Tissue Metabolism Affects Long-term Body Weight Maintenance. **Diabetes** 2019; 68:57-65
5. Clément K, Biebermann H, Farooqi IS, Van der Ploeg L, Wolters B, Poitou C, Puder L, Fiedorek F, Gottesdiener K, Kleinau G, Heyder N, Scheerer P, Blume-Peytavi U, Jahnke I, Sharma S, Mokrosinski J, Wiegand S, Müller A, Weiß K, Mai K, **Spranger J**, Grüters A, Blankenstein O, Krude H, Kühnen P. MC4R agonism promotes durable weight loss in patients with leptin receptor deficiency. **Nat Med** 2018; 24:551-555
6. Mai K, Brachs M, Leupelt V, Jumpertz-von Schwartzberg R, Maurer L, Grüters-Kieslich A, Ernert A, Bobbert T, Krude H, **Spranger J**. Effects of a combined dietary, exercise and behavioral intervention and sympathetic system on body weight maintenance after intended weight loss: Results of a randomized controlled trial. **Metabolism** 2018;8 3:60-67
7. Brachs S, Winkel AF, Tang H, Birkenfeld AL, Brunner B, Jahn-Hofmann K, Margerie D, Ruetten H, Schmoll D, **Spranger J**. Inhibition of citrate cotransporter Slc13a5/mINDY by RNAi improves hepatic insulin sensitivity and prevents diet-induced non-alcoholic fatty liver disease in mice. **Mol Metab** 2016; 13:1072-1082
8. Bobbert T, Schwarz F, Fischer-Rosinsky A, Pfeiffer AF, Möhlig M, Mai K, **Spranger J**. Fibroblast growth factor 21 predicts the metabolic syndrome and type 2 diabetes in Caucasians. **Diabetes Care** 2013; 36:145-149
9. Weber-Carstens S, Schneider J, Wollersheim T, Assmann A, Bierbrauer J, Marg A, Al Hasani H, Chadt A, Wenzel K, Koch S, Fielitz J, Kleber C, Faust K, Mai K, Spies CD, Luft FC, Boschmann M, **Spranger J\***, Spuler S\*. Critical illness myopathy and GLUT4: significance of insulin and muscle contraction. **Am J Respir Crit Care Med** 2013; 187:387-396
10. Gögebakan Ö, Andres J, Biedasek K, Mai K, Kühnen P, Krude H, Isken F, Rudovich N, Osterhoff MA, Kintscher U, Nauck M, Pfeiffer AF, **Spranger J**. Glucose-dependent insulinotropic polypeptide reduces fat-specific expression and activity of 11 $\beta$ -hydroxysteroid dehydrogenase type 1 and inhibits release of free fatty acids. **Diabetes** 2012; 61:292-300

\*contributed equally