



Dr David Cameron-Smith

Centre for Physical Activity and Nutrition Research

Introduction

Dr Cameron-Smith is an active teacher and researcher covering many aspects of the interaction between diet and disease. He has expertise in nutrition, metabolism, obesity, diabetes and muscle function. He is also actively involved in training Doctors, Nurses and Pharmacists on the key issues for more effective management of obesity. He is Vice-President of the Australasian Society for the Study of Obesity.

Selected current research projects

David's research covers 2 areas;

1. What are the genetic and biochemical differences that increases a persons risk of gaining excess weight?

This work focuses on studies using human muscle. Muscle is the body's most metabolically active tissue, using most of the fat and carbohydrate eaten. Muscle from very obese people is compared with the general population to try and determine why some people burn fat, while others are more likely to store fat. This work also extends to examining what supplements or drugs work to promote fat metabolism and how diets influence fat metabolism.

2. How does muscle grow with strength exercise?

Unfortunately as we age muscle waste away. Excessive muscle loss or sarcopenia, increases the need for supportive care, the chances of falling, bone fractures and death. This is a major problem as the Australian population ages. Muscle is able to grow, even in very old people, through strength exercise. Exactly how this occurs and whether diet can influence the rate of muscle growth is unclear. Many adolescent males take large quantities of protein powders, but do these products work? This research also examines how protein powders interact with muscle growth and the best formulation to build bigger stronger muscles.

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