

Dr. Timothy D. Heden
Assistant Professor
Pennington Biomedical Research Center

Education

Southern Illinois University, Edwardsville, IL	B.S.	07/2007	Kinesiology
Southern Illinois University, Edwardsville, IL	M.S.	08/2009	Exercise Physiology
University of Missouri, Columbia, MO	Ph.D.	07/2014	Exercise Physiology
East Carolina University, Greenville, NC	N / A	09/2017	Mitochondrial
University of Minnesota, Minneapolis, MN	N / A	08/2020	Bioenergetics Metabolism / Autophagy



Dr. Heden is an Assistant Professor at Pennington Biomedical Research Center. His research focuses on glycogen autophagy (i.e. glycopagy), which is a selective form of autophagy where glycogen is targeted to the lysosome for glycogenolysis via the enzyme alpha-acid glucosidase (GAA). His lab is studying what factors regulate glycopagy, what proteins are involved in glycogen delivery to the lysosome, what is the metabolic fate of glucose liberated via glycopagy, is glycopagy dysregulated in metabolic diseases such as liver cancer or obesity and is glycopagy a target to treat metabolic disease. Researchers in his lab use a spectrum of research models to address these questions ranging from genetically modified cells and mice.