



### **A short biography of Cecilia Fridén**

Cecilia Fridén, RPT, Professor Mälardalen University, Associate Prof Karolinska Institutet

Hormonal influences on physical exercise

The menstrual cycle implies a basic difference in the biology of women and men but the effect of the hormonal variation during the menstrual cycle on physical performance is still only partly understood. Our research group has performed menstrual cycle related studies during the last 20 years. We have performed studies on physical performance and premenstrual symptoms during the menstrual cycle and during use of oral contraceptives. Furthermore, we were the first group to characterize the variation in gene and protein expression levels of sex steroid hormone receptors in skeletal muscle during the menstrual cycle. [Hormonal influences on physical exercise | Karolinska Institutet](#)