



## Jan Spaas

Postdoctoral Scholar, Pathology

### Bio

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#### STANFORD ADVISORS

- Jonathan Long, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **Python metabolomics uncovers a conserved postprandial metabolite and gut-brain feeding pathway.** *Nature metabolism*  
Xiao, S., Wang, M., Martin, T. G., Scott, B., Fang, X., Liu, X., Yang, Y., Fu, S., Truong, S. D., Gugel, J. F., Maas, G. L., Mullen, M. P., Hill, et al  
2026
- **A small molecule PTER-selective inhibitor reduces food intake and body weight.** *Cell chemical biology*  
Fu, S., Wang, L., Li, V. L., Lyu, X., Wei, W., Shi, X., Deng, S., Barber, J. L., Tahir, U. A., Adams, C., Carson, A., Hidalgo, B., Raffield, et al  
2026
- **A small molecule PTER-selective inhibitor reduces food intake and body weight.** *bioRxiv : the preprint server for biology*  
Fu, S., Wang, L., Li, V. L., Lyu, X., Wei, W., Shi, X., Deng, S., Barber, J. L., Tahir, U. A., Adams, C., Carson, A., Hidalgo, B., Raffield, et al  
2026
- **N-acetylcarnosine attenuates age-associated declines in multi-organ systems to improve survival**  
Miranda, E. R., Shahtout, J. L., Watanabe, S. R., Spaas, J., Milam, N. Y., Neiswanger, G., Werbner, B., Stuart, D., Mookherjee, S., Wilson, J., Judge, M., Goh, I. Y., Slater, et al  
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- **N-acetylcarnosine attenuates age-associated declines in multi-organ systems to improve survival.** *bioRxiv : the preprint server for biology*  
Miranda, E. R., Shahtout, J. L., Watanabe, S., Spaas, J., Milam, N. Y., Neiswanger, G., Werbner, B., Stuart, D., Mookherjee, S., Wilson, J., Judge, M., Goh, I. Y., Slater, et al  
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- **A  $\beta$ -hydroxybutyrate shunt pathway generates anti-obesity ketone metabolites.** *Cell*  
Moya-Garzon, M. D., Wang, M., Li, V. L., Lyu, X., Wei, W., Tung, A. S., Raun, S. H., Zhao, M., Coassolo, L., Islam, H., Oliveira, B., Dai, Y., Spaas, et al  
2024
- **A secondary  $\beta$ -hydroxybutyrate metabolic pathway linked to energy balance.** *bioRxiv : the preprint server for biology*  
Moya-Garzon, M. D., Wang, M., Li, V. L., Lyu, X., Wei, W., Tung, A. S., Raun, S. H., Zhao, M., Coassolo, L., Islam, H., Oliveira, B., Dai, Y., Spaas, et al  
2024
- **SLC17A1/3 transporters mediate renal excretion of Lac-Phe in mice and humans.** *Nature communications*  
Li, V. L., Xiao, S., Schlosser, P., Scherer, N., Wiggernhorn, A. L., Spaas, J., Tung, A. S., Karoly, E. D., Köttgen, A., Long, J. Z.  
2024; 15 (1): 6895

- **Replacing sitting with light-intensity physical activity throughout the day versus 1 bout of vigorous-intensity exercise: similar cardiometabolic health effects in multiple sclerosis. A randomised cross-over study.** *Disability and rehabilitation*  
Nieste, I., Franssen, W. M., Duvivier, B. M., Spaas, J., Savelberg, H. H., Eijnde, B. O.  
2023; 45 (20): 3293-3302
- **Carnosine synthase deficiency aggravates neuroinflammation in multiple sclerosis.** *Progress in neurobiology*  
Spaas, J., Van der Stede, T., de Jager, S., van de Waterweg Berends, A., Tiane, A., Baelde, H., Baba, S. P., Eckhardt, M., Wolfs, E., Vanmierlo, T., Hellings, N., Eijnde, B. O., Derave, et al  
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- **Extensive profiling of histidine-containing dipeptides reveals species- and tissue-specific distribution and metabolism in mice, rats, and humans** *ACTA PHYSIOLOGICA*  
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- **Altered muscle oxidative phenotype impairs exercise tolerance but does not improve after exercise training in multiple sclerosis.** *Journal of cachexia, sarcopenia and muscle*  
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- **Carnosine quenches the reactive carbonyl acrolein in the central nervous system and attenuates autoimmune neuroinflammation.** *Journal of neuroinflammation*  
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- **Carnosine and skeletal muscle dysfunction in a rodent multiple sclerosis model.** *Amino acids*  
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- **Lifestyle interventions to reduce sedentary behaviour in clinical populations: A systematic review and meta-analysis of different strategies and effects on cardiometabolic health.** *Preventive medicine*  
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- **Can consumer wearable activity tracker-based interventions improve physical activity and cardiometabolic health in patients with chronic diseases? A systematic review and meta-analysis of randomised controlled trials.** *The international journal of behavioral nutrition and physical activity*  
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- **Intensity-dependent clinical effects of an individualized technology-supported task-oriented upper limb training program in Multiple Sclerosis: A pilot randomized controlled trial.** *Multiple sclerosis and related disorders*  
Lamers, I., Raats, J., Spaas, J., Meuleman, M., Kerkhofs, L., Schouteden, S., Feys, P.  
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- **Periodized home-based training: A new strategy to improve high intensity exercise therapy adherence in mildly affected patients with Multiple Sclerosis.** *Multiple sclerosis and related disorders*  
Keytsman, C., Van Noten, P., Spaas, J., Nieste, I., Van Asch, P., Eijnde, B. O.  
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