

# Stanford

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## Dessi Zaharieva

Postdoctoral Research Fellow, Endocrinology and Metabolism

### Bio

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#### BIO

Dessi completed her PhD at York University in Toronto, Canada under the supervision of Dr. Michael Riddell in 2018. Her PhD research focused on strategies to reduce dysglycemia around exercise in adults with type 1 diabetes. Dessi is currently a postdoctoral scholar at Stanford University working under the supervision of Dr. David Maahs. Her research focuses on exercise physiology and blood glucose management in type 1 diabetes.

#### HONORS AND AWARDS

- Vanier Canada Graduate Scholarship, CIHR (2015-2018)

#### PROFESSIONAL EDUCATION

- Doctor of Philosophy, York University (2019)
- Master of Science, York University (2013)
- Bachelor of Arts, Brock University (2011)
- Doctor of Philosophy, York University (2018)
- Master of Science, York University (2014)
- Bachelor of Kinesiology, Brock University (2011)

#### STANFORD ADVISORS

- David Maahs, Postdoctoral Faculty Sponsor

### Research & Scholarship

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#### LAB AFFILIATIONS

- David Maahs (11/4/2019)

### Publications

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#### PUBLICATIONS

- **Advances in Exercise, Physical Activity, and Diabetes.** *Diabetes technology & therapeutics*  
Zaharieva, D. P., McGaugh, S., Davis, E. A., Riddell, M. C.  
2020; 22 (S1): S109–S118
- **TITLE: CONTINUOUS GLUCOSE MONITORING VERSUS SELF-MONITORING OF BLOOD GLUCOSE TO ASSESS GLYCEMIA IN GESTATIONAL DIABETES.** *Diabetes technology & therapeutics*  
Zaharieva, D., Teng, J. H., Ong, M. L., Lee, M. H., Paldus, B., Jackson, L., Holihan, C. A., Shub, A., Tipnis, S., Cohen, O., O'Neal, D. N., Krishnamurthy, B.

2020

- **No Disadvantage to Insulin Pump Off vs Pump On During Intermittent High-Intensity Exercise in Adults With Type 1 Diabetes.** *Canadian journal of diabetes*  
Zaharieva, D. P., Cinar, A., Yavelberg, L., Jamnik, V., Riddell, M. C.  
2020; 44 (2): 162–68
- **Advances in Exercise, Physical Activity, and Diabetes Mellitus.** *Diabetes technology & therapeutics*  
Teich, T., Zaharieva, D. P., Riddell, M. C.  
2019; 21 (S1): S112–S122
- **Lag Time Remains with Newer Real-Time Continuous Glucose Monitoring Technology During Aerobic Exercise in Adults Living with Type 1 Diabetes.** *Diabetes technology & therapeutics*  
Zaharieva, D. P., Turksoy, K., McGaugh, S. M., Pooni, R., Vienneau, T., Ly, T., Riddell, M. C.  
2019; 21 (6): 313–21
- **Improved Open-Loop Glucose Control With Basal Insulin Reduction 90 Minutes Before Aerobic Exercise in Patients With Type 1 Diabetes on Continuous Subcutaneous Insulin Infusion.** *Diabetes care*  
Zaharieva, D. P., McGaugh, S., Pooni, R., Vienneau, T., Ly, T., Riddell, M. C.  
2019; 42 (5): 824–31
- **Individual glucose responses to prolonged moderate intensity aerobic exercise in adolescents with type 1 diabetes: The higher they start, the harder they fall.** *Pediatric diabetes*  
Riddell, M. C., Zaharieva, D. P., Tansey, M., Tsalikian, E., Admon, G., Li, Z., Kollman, C., Beck, R. W.  
2019; 20 (1): 99–106
- **The Accuracy of Continuous Glucose Monitoring and Flash Glucose Monitoring During Aerobic Exercise in Type 1 Diabetes.** *Journal of diabetes science and technology*  
Zaharieva, D. P., Riddell, M. C., Henske, J.  
2019; 13 (1): 140–41
- **A Pilot Study Validating Select Research-Grade and Consumer-Based Wearables Throughout a Range of Dynamic Exercise Intensities in Persons With and Without Type 1 Diabetes: A Novel Approach.** *Journal of diabetes science and technology*  
Yavelberg, L., Zaharieva, D., Cinar, A., Riddell, M. C., Jamnik, V.  
2018; 12 (3): 569–76
- **Accuracy of Wrist-Worn Activity Monitors During Common Daily Physical Activities and Types of Structured Exercise: Evaluation Study.** *JMIR mHealth and uHealth*  
Reddy, R. K., Pooni, R., Zaharieva, D. P., Senf, B., El Youssef, J., Dassau, E., Doyle Iii, F. J., Clements, M. A., Rickels, M. R., Patton, S. R., Castle, J. R., Riddell, M. C., Jacobs, et al  
2018; 6 (12): e10338
- **The Effects of Basal Insulin Suspension at the Start of Exercise on Blood Glucose Levels During Continuous Versus Circuit-Based Exercise in Individuals with Type 1 Diabetes on Continuous Subcutaneous Insulin Infusion.** *Diabetes technology & therapeutics*  
Zaharieva, D., Yavelberg, L., Jamnik, V., Cinar, A., Turksoy, K., Riddell, M. C.  
2017; 19 (6): 370–78
- **Insulin Management Strategies for Exercise in Diabetes.** *Canadian journal of diabetes*  
Zaharieva, D. P., Riddell, M. C.  
2017; 41 (5): 507–16
- **Effects of acute caffeine supplementation on reducing exercise-associated hypoglycaemia in individuals with Type 1 diabetes mellitus.** *Diabetic medicine : a journal of the British Diabetic Association*  
Zaharieva, D. P., Miadovnik, L. A., Rowan, C. P., Gumieniak, R. J., Jamnik, V. K., Riddell, M. C.  
2016; 33 (4): 488–96
- **The "ups" and "downs" of a bike race in people with type 1 diabetes: dramatic differences in strategies and blood glucose responses in the Paris-to-Ancaster Spring Classic.** *Canadian journal of diabetes*  
Yardley, J. E., Zaharieva, D. P., Jarvis, C., Riddell, M. C.  
2015; 39 (2): 105–10

- **Classification of Physical Activity: Information to Artificial Pancreas Control Systems in Real Time.** *Journal of diabetes science and technology*  
Turksoy, K., Paulino, T. M., Zaharieva, D. P., Yavelberg, L., Jamnik, V., Riddell, M. C., Cinar, A.  
2015; 9 (6): 1200–1207
- **Exercise and the Development of the Artificial Pancreas: One of the More Difficult Series of Hurdles.** *Journal of diabetes science and technology*  
Riddell, M. C., Zaharieva, D. P., Yavelberg, L., Cinar, A., Jamnik, V. K.  
2015; 9 (6): 1217–26
- **Prevention of exercise-associated dysglycemia: a case study-based approach.** *Diabetes spectrum : a publication of the American Diabetes Association*  
Zaharieva, D. P., Riddell, M. C.  
2015; 28 (1): 55–62
- **Effects of selective and non-selective glucocorticoid receptor II antagonists on rapid-onset diabetes in young rats.** *PloS one*  
Beaudry, J. L., Dunford, E. C., Teich, T., Zaharieva, D., Hunt, H., Belanoff, J. K., Riddell, M. C.  
2014; 9 (3): e91248
- **Caffeine and glucose homeostasis during rest and exercise in diabetes mellitus.** *Applied physiology, nutrition, and metabolism = Physiologie appliquee, nutrition et metabolisme*  
Zaharieva, D. P., Riddell, M. C.  
2013; 38 (8): 813–22