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Dr Jeremy Tomlinson BMBCh MRCP PhD

MRC Senior Clinical Fellow and Reader in Endocrinology

Endocrinology, Diabetes and Metabolism

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About

Dr Jeremy Tomlinson is an MRC senior clinical fellow and Reader in Endocrinology. His research interests are in understanding the role of steroid hormones in the development of obesity, type 2 diabetes and insulin resistance. Alongside his translational research program he works as a consultant endocrinologist at the Queen Elizabeth Hospital Birmingham.

Qualifications

- PhD 2003 (University of Birmingham)
- Membership of Royal College of Physicians 1998
- BM BCh 1995 (University of Oxford)
- BA1992 (University of Cambridge)

Biography

Dr Jeremy Tomlinson graduated for the University of Oxford Medical School in 1995, having previously completed his undergraduate degree at the University of Cambridge. Having embarked upon a career in Endocrinology and Diabetes, he has secured personal research fellowships through the MRC and Wellcome Trust and is currently an MRC Senior Clinical Research Fellow at the University of Birmingham. His research interests combine the action of steroid hormones alongside understanding the mechanism that contribute to obesity, insulin resistance and type 2 diabetes running a truly translational research program. He is a consultant in Endocrinology and Diabetes at University Hospital Birmingham with special interests in reproductive endocrinology, obesity and non-alcoholic fatty liver disease.

Teaching

- Lectures and small group tutorials to 1st and 2nd year MBChB students as well as 2nd and 3rd year BMedSc students.
- 1st year MBChB SSA
- BMedSc project supervision
- MBChB personal mentor

Postgraduate supervision

PhD student supervision – 3 students currently enrolled in PhD program

Research

A combined laboratory-based and clinical research program in which we are aiming to understand the mechanisms that contribute to both global, and tissue-specific (adipose tissue, liver and muscle) insulin resistance. In particular, we are exploring the role of glucocorticoids and their metabolism and how this translates to the pathogenesis of conditions including obesity, type 2 diabetes, insulin resistance, impaired glucose tolerance and non-alcoholic fatty liver disease. More specifically there is a focus on the role of 11b-hydroxysteroid dehydrogenase and the A-ring reductases (5a- and 5b-reductases) in the aetiology of these conditions and the role that they may have as potential therapeutic targets.

Other activities

- Consultant in Endocrinology & Diabetes , University Hospitals Birmingham NHS Foundation Trust
- Chair of strategy board for Centre for Obesity Research, University of Birmingham
- Clinical post-graduate co-ordinator for School of Clinical and Experimental Medicine

Publications

Morgan SA, Sherlock M, Gathercole LL, Lavery GG, Lenaghan C, Bujalska IJ, Laber D, Yu A, Convey G, Hegyi K, Sethi JK, Stewart PM, Smith DM, Tomlinson JW. (2009) 11b-hydroxysteroid dehydrogenase type 1 regulates glucocorticoid-induced insulin resistance in skeletal muscle. **Diabetes** (in press)

Tomlinson JW, Finney J, Gay C, Hughes BA, Hughes SV, Stewart PM. (2008) Impaired glucose tolerance and insulin resistance are associated with increased adipose 11β-hydroxysteroid dehydrogenase type 1 expression and elevated hepatic 5α-reductase activity. **Diabetes** 57(10):2652-60

Holme J, Tomlinson JW, Stockley RA, Stewart PM, Barlow N, Sullivan AL. (2008) Adrenal suppression in bronchiectasis and the impact of inhaled corticosteroids. **European Respiratory Journal**. 32(4):1047-52

Tomlinson JW, Finney J, Hughes BA, Hughes SV, Stewart PM. (2008) Reduced glucocorticoid production rate, decreased 5α-reductase activity and adipose tissue insulin sensitization following weight loss. **Diabetes** 57(6):1536-43

Gathercole LL, Bujalska IJ, Stewart PM, Tomlinson JW. (2007) Glucocorticoid modulation of insulin signaling in human subcutaneous adipose tissue. **J Clin Endocrinol Metab.** 92(11): 4332-4339

Tomlinson JW, Sherlock M, Hughes B, Hughes SV, Kilvington F, Bartlett W, Courtney R, Rejto P, Carley W, Stewart PM. (2007) Inhibition of 11β-HSD1 activity in vivo limits glucocorticoid exposure to human adipose tissue and decreases lipolysis. **J Clin Endocrinol Metab.** 92(3):857-64

Tomlinson JW and Stewart PM. (2007) Modulation of glucocorticoid action and the treatment of type 2 diabetes. **Best Practice & Research Clinical Endocrinology & Metabolism**. 21(4): 607-619

Tomlinson JW, Walker EA, Bujalska IJ, Draper N, Lavery GG, Cooper MS, Hewison, M, Stewart PM. (2004) 11b-hydroxysteroid dehydrogenase type 1: A tissue-specific regulator of glucocorticoid response. **Endocrine Reviews** 25(5): 831-6

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