

## **Biographical sketch**

I am a small-town girl who grew up on the beach in Jefferey's bay. I have always been interested in nature and the molecular world around us. It was this background that inspired me to move away to the big city to study biotechnology at Stellenbosch university. I developed a particular research interest in human health issues which took me to the University of Cape Town where I perused my doctoral research in non-communicable diseases focussing of obesity and the development of insulin resistance. In 2018 I joined the Division of Medical Physiology at Tygerberg campus where I am currently investigating the metabolic effects of obesogenic diets and the nutraceuticals that may improve health outcomes under these conditions. I am married to Carl, a plant scientist and fellow nerd who works in the fruit industry. We have a young daughter who also loves the beach and her two Scottish terriers, Mila and Gimli.

## **Research Outputs**

Kotzé-Hörstmann L M, Keswell D, Adams.K, Dlamini T, and Goedecke J H (2016) Hypoxia and extra-cellular matrix gene expression in adipose tissue associates with reduced insulin sensitivity in black South African women. *Endocrine* 55 (1), 144-152

Goedecke J H, Levitt N S, Evans J, Ellman N, Hume D J, Kotzé L M, Tootla M, Victor H, and Keswell D (2013) The role of adipose tissue in insulin resistance in women of African ancestry. *Journal of Obesity*, Volume 2013, Article ID 952916

Sadie-Van Gijsen H, Kotzé-Hörstmann L M, Huisamen B (2020) An In Vivo/Ex Vivo Study Design to Investigate Effects of Chronic Conditions and Therapeutic Compounds on Adipose Stem Cells in Animal Models. *Methods in Molecular Biology*

Kotzé-Hörstmann L M, Sadie-Van Gijsen H (2020) The modulation of glucose metabolism by leaf tea constituents – a systematic review of recent clinical and pre-clinical findings. *Journal of agricultural and food chemistry*. <http://dx.doi.org/10.1021/acs.jafc.9b07852>