

# CSONGOR GYÖRGY SZÁNTÓ



National Academy of Scientist Education, 2<sup>nd</sup> year

Semmelweis University  
Faculty of Medicine, 2<sup>nd</sup> year

## YEAR OF BIRTH

2004

## FORMER SZENT-GYÖRGYI PUPIL

no

## RESEARCH UNIT

Semmelweis University

## SZENT-GYÖRGYI MENTOR

Krisztina Káldi

## JUNIOR MENTOR

Krisztina Ella

## SPECIALIZATION

physiology,  
chronobiology

## SECONDARY SCHOOL

Reformed  
High School, Tata

## NAME OF TEACHER

Húvös-Récsi Annamária

## LANGUAGES

English/intermediate

## IMPORTANCE, AIMS AND POSSIBLE OUTCOME OF RESEARCH

The circadian clock is the internal time-measuring mechanism of the organisms, which adjusts their physiological processes to the daily changes of the environment. These endogenous clocks control the metabolism and the immune system, hence their function shows daily rhythm. Our research group's main goal is to investigate the effects of TRE (Time-Restricted Eating) on the metabolism and the immune system's efficiency. The TRE, which is the restriction of food intake in the active phase of the day, has proven to be an effective method for treating and preventing diseases such as obesity or type 2 diabetes. However, we do not know much about this beneficial effect's mechanism, and about the factors that determine the most effective, personalized application of the method. Primarily we are trying to answer these questions on animal models.

## AMBITIONS AND CAREER GOALS

Ever since I was a fifth grader, my goal was to become a medical doctor. I like helping others and the health of the people around me is very important to me. I have always been amazed by the workings of living systems and the study of nature. I couldn't mention any other profession that matches my personality and main interests more than this. After getting my medical degree I want to get a PhD, to have detailed knowledge on a field which I can use next to the hospital beds.

## HONORS AND PRIZES

2024 Semmelweis University Students' Scientific Conference, 3<sup>rd</sup> place

## PUBLICATIONS

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