



Kerstin Brismar is the Co-founder of KI-Lifestyle4Health, a network of scientists and PhD students at Karolinska Institutet, Co-founder of Rolf Luft Foundation for Diabetes Research and Co-founder of the Wound Healing Society in Sweden.

She has Published around 400 peer reviewed articles and five books. She has more than 50 years of clinical experiences, working as specialist in endocrinology at Karolinska University hospital, and of research in the IGF system and in diabetes, how to prevent the disease and its complications including studies on the importance of lifestyle including diet, physical activity, sleep and stress.

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