



Professor Mai-Lis Hellénus, Professor of Preventive Cardiology and Senior Physician, Department of Medicine, Karolinska University Hospital, Sweden

Mai-Lis Hellénus, MD, Ph.D., professor in cardiovascular prevention at the Karolinska Institutet, Stockholm, Sweden. Senior consultant at the Lifestyle Clinic at the Department of Cardiology, Karolinska University Hospital, Stockholm, Sweden.

Mai-Lis Hellénus was born 1953. MD at Karolinska Institutet 1978. Certified specialist in Family Medicine 1985. In 1995 Mai-Lis Hellénus defended her thesis "Prevention of cardiovascular disease - Studies on the role of diet and exercise in the prevention of cardiovascular disease among middle aged men." The thesis was based on a controlled randomized trial and thereby she was among the first in the world to scientifically evaluate advice on lifestyle. Associate professor in 1999. Professor in cardiovascular prevention focusing lifestyle in 2006.

She has for more than 30 years been working both as a clinician, a researcher and a teacher in the area of lifestyle medicine. She was among the first physicians in the world initiating physical activity on prescription in 1987. Mai-Lis Hellénus has 230 publications and 150 of them are publications in peer review journals. Mai-Lis Hellénus has been the tutor of 14 Ph.D. students who have defended their thesis. All Ph.D. projects have focused lifestyle and prevention. She is currently the supervisor of 2 Ph.D. students and one post-doc researcher.

She has been engaged in the writing of national and Nordic guidelines for diet and physical activity as well as prevention of cardiovascular disease. She is a member of many expert committees both nationally and internationally and she has been invited speaker at international meetings more than 100 times. She has been awarded in Sweden and from several international universities. Year 2017 she was invited to give the Morris-Paffenbarger Honorary lecture at the opening session of American College of Sports Medicine meeting in Denver, USA.

She has written several text books in the area of lifestyle medicine and cardiovascular prevention for a Swedish professional audience. She has also developed a web-based educational program for health care professionals as well as the public, which was launched in 2009 from the Karolinska Institutet (www.sundkurs.se). She is a requested lecturer for professional as well as for the public.

Mai-Lis Hellénus has also written several popular science books on nutrition and a healthy lifestyle. Several of them have been awarded in Sweden and internationally. Mai-Lis Hellénus received the Dun Gifford's Award for one of the books. The book "Vitaly important" about lifestyle and health, won the Gourmand Cookbook International Award in 2017, as the world's best book about lifestyle and health.