

# APEX Seminar Series

## Judit Konya, Academic Clinical Fellow, UEMS

**Exploring the role of peer-led group-based interventions in the care of adult sexual abuse survivors**

What are the health and well-being outcomes of peer-led group-based interventions in the care of adults (survivors) who have experienced sexual assault, and what are the experiences of participants using these groups? A systematic review.

## Sinead McDonagh, Research Fellow, UEMS

**To beet or not to beet? That is the question – a brief review of dietary nitrate as a potential ergogenic and therapeutic aid**

A nitrate-rich diet, which can be achieved through the consumption of green leafy vegetables and beetroot, has often been shown to elevate the notorious vasodilator, nitric oxide, and improve parameters of cardiovascular health and exercise capacity in healthy and diseased populations. She will summarise the factors affecting the efficacy of dietary nitrate as a potential therapeutic and ergogenic aid.

**Date: Wed 28 November 2018**

**Time: 13.00-14.00**

Venue: Room JS07, Smeall Building, St Luke's Campus

Join us afterwards for our informal monthly APEX meeting: updates on progress in APEX and networking

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For further information visit: [www.exeter.ac.uk/medicine/apex/seminars](http://www.exeter.ac.uk/medicine/apex/seminars)