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Julia Kzhyshkowska was born in Moscow, Russian Federation. She graduated Moscow State Lomonosov University, Faculty of Biology, Department of Virology. She performed her PhD project from 1993 until 1997 at the Institute of Carcinogenesis, Cancer Research Centre of Russian Academy of Medical Sciences in Moscow. The key finding was that type D-retroviruses cause transient immunodeficiency in early childhood leading to the development of B-cell lymphoma. The postdoctoral training was performed from 1997 until 2001 in the Institute for Medical Microbiology and Hygiene, University of Regensburg. The postdoctoral research was focused on the virus-host cell interactions, in particular on targeting of cellular mechanisms of transcription, RNA transport and protein modifications by viral oncogenes.

Since 2001 Julia leads a research group at the Medical Faculty Mannheim, University of Heidelberg. She investigated diversity and plasticity of macrophages activation and differentiation and novel functions of alternatively activated macrophages. Julia has generated a new hypothesis that scavenger receptor combines the function of internalization of extracellular ligand together with the intracellular sorting of endogenously synthesized ligand, that her group confirmed experimentally. The ground-breaking findings of this junior group leader period include discovery of novel receptor-mediated intercellular sorting processes that control inflammation and discovery of novel chitinase-like protein SI-CLP. In 2007 Julia has completed her habilitation project, and obtained the title "Privat Dozent" in Cellular and Molecular Biology. In 2010 she has obtained professorship at the University of Heidelberg.

Julia is author and co-author on over 50 scientific publications. She is a Section Editor of Immunobiology, reviewer for other 20 recognized international journals, and expert evaluator of number of national and international research foundations, including FP6 and FP7 of European Commission.

Her current research program is focused on the identification of extracellular and intracellular factors that control inflammation and immunologic tolerance, identification of biomarkers for hidden inflammation, and development of macrophage-based models system for drug testing and design of individualized therapeutic approaches. The main protein family that is under intensive investigation includes emerging biomarkers and therapeutic targets - chitinase-like proteins (CLP) that implicated in cancer progression, cardiovascular disorders and neurodegeneration. The biomarker development is performed in close cooperation with Russian research and industrial partners.