

EDUCATION

Research Interests

- Cardiovascular health, aging, and habitual exercise in Postmenopausal Women.
- Effects of aging, cardiovascular and metabolic risk factors, and habitual physical activity on human endothelial function.

Education

- 1997-2000, M.S., [Kinesiology & Applied Physiology](#), University of Colorado, Boulder, CO
- 1985-1987, 1997, B.S. Exercise Science, [University of North Florida](#), Jacksonville, FL
- 1984-1985, A.A., Education, [Santa Fe Community College](#), Gainesville, FL

Professional Experience

- 2000-Present, Professional Research Assistant
 - Integrative Vascular Biology Laboratory, Department of Integrative Physiology, University of Colorado at Boulder
- 1997-2000, Research Assistant
 - Center for Physical Activity, Disease Prevention, and Aging, Department of Integrative Physiology, University of Colorado at Boulder
- 1996-2002, Consultant on Hispanic Cultures and Customs Tucker International, Inc. Boulder, CO
- 1983-Present, Coach and Fitness Consultant, Boulder, CO

Honors

- President's Honor Role, Metropolitan State College of Denver
 - Who's Who Among Students in American Universities and Colleges Award
- 1993-Present, Member, American College of Sports Medicine Services
- 1990-Present, Volunteer, NAMES Project, Local senior centers, local health fairs

Other

Bilingual in Spanish and English

Publications

Presentations

- Irmiger HM, GL Hoetzer, DT Smith, M Ng, Y Casas, JJ Greiner, BL Stauffer, CA DeSouza. Regular exercise improves endothelium-dependent vasodilation in obese adults. The FASEB Journal, 17:A1271,

- 813.12, 2003. Presented at the 2003 Experimental Biology annual meeting in San Diego, CA.
- Ng M, DT Smith, GL Hoetzer, HM Irmiger, JJ Greiner, Y Casas, BL Stauffer, CA DeSouza. Lack of an age-related increase in plasma C-reactive protein in endurance-trained men. *Medicine and Science in Sports and Exercise*, 35(5):S107, 2003. Presented at the 2003 American College of Sports Medicine annual meeting in San Francisco, CA.

Manuscripts

- Casas YG, BC Schiller, BL Tracy, CA DeSouza, and DR Seals. Age-related declines in leg strength and performance in sedentary Hispanic and Caucasian women. 2000
- Casas YG, BC Schiller, CA DeSouza, and DR Seals. Adiposity across age in healthy Hispanic and Caucasian women of similar socio-economic status. *The FASEB Journal* 13: A261, 1999.
- Schiller B, Y Casas, C DeSouza, and D Seals. Similar age-related declines in maximal aerobic capacity in sedentary Hispanic and Caucasian women.. 1999.
- Hoetzer GL, BL Stauffer, JJ Greiner, Y Casas, DT Smith, CA DeSouza. Influence of oral contraceptive use on endothelial t-PA release in healthy premenopausal women. *American Journal of Physiology Endocrinology and Metabolism*, 284(1):E90-E95, 2003.
- Hoetzer, GL, BL Stauffer, JJ Greiner, Y Casas, DT Smith, CA DeSouza. Oral Contraceptive use and endothelial release of tissue-type plasminogen activator in vivo. *American Journal of Obstetrics and Gynecology*