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Dr. Siddhartha (Sid) Angadi is a tenured Associate Professor at the University of Virginia specializing in cardiovascular and exercise physiology. His research focuses on the intersection of exercise, pharmacotherapy, and diet in chronic cardiometabolic disease, with current work examining how incretin-based therapies impact cardiac and skeletal muscle structure and function. Dr. Angadi has authored extensive peer-reviewed research and book chapters on clinical exercise physiology and cardiovascular health. His findings on physical function and metabolic interventions have been featured in major outlets such as The New York Times and The Washington Post.