Dr. Joseph Takahashi Elected to National Academies’ Institute of Medicine

October 20, 2014

To the UT Southwestern Community:

Please join me in congratulating our colleague Joseph Takahashi, Ph.D., Chairman of Neuroscience and a Howard Hughes Medical Institute Investigator, on his election, which was announced this morning, to the Institute of Medicine (IOM), a component of the prestigious National Academies of Sciences.

Dr. Takahashi is internationally known for landmark discoveries in the field of circadian (daily) rhythms. These cycles, guided by the body’s clocks, affect our ability to get a good night’s sleep, how fast we recover from jet lag, and even the best time to give medical treatments. His research has implications for the treatment of insomnia, diabetes, and cancer, and he also is a pioneer in the use of forward genetics and positional cloning in the mouse as a tool for discovery of genes underlying neurobiology and behavior.

Nearly two decades ago, Dr. Takahashi identified the world’s first gene in a mammal involved in the circadian rhythms that govern virtually every aspect of life, such as sleeping, waking, and eating. Last year, his laboratory’s ongoing investigations of addiction and behavior patterns successfully identified a gene in mice that controls the body’s response to drugs.

As an IOM member, Dr. Takahashi will help shape policies affecting public health and advise the federal government on issues involving medical care, research, and education.

Dr. Takahashi, who was elected to the NAS in 2003, holds the Loyd B. Sands Distinguished Chair in Neuroscience at UT Southwestern.

With Dr. Takahashi’s election, UT Southwestern Medical Center now has 19 members of the prestigious IOM on its faculty, placing its membership among the top group of leading academic medical centers.

Daniel K. Podolsky, M.D.
President, UT Southwestern Medical Center