

## Book of Abstracts

### Free Radicals in Biology, Medicine, Sport and Nutrition Conference

In memory of prof. Jerzy Popinigis

20–21st October 2023,  
Gdańsk, Poland



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**Free Radicals in Biology, Medicine,  
Sport and Nutrition Conference**  
**20–21st October 2023,**  
**Gdańsk, Poland**

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### Introduction

The 'FREE RADICALS IN BIOLOGY, MEDICINE, SPORT AND NUTRITION' conference, dedicated to the memory of Professor Jerzy Popinigis, is more than just a platform for scientific exchange. It is a profound homage to a man who was much more than a scientist and mentor; he was a cornerstone of our academic community and a cherished friend to many.

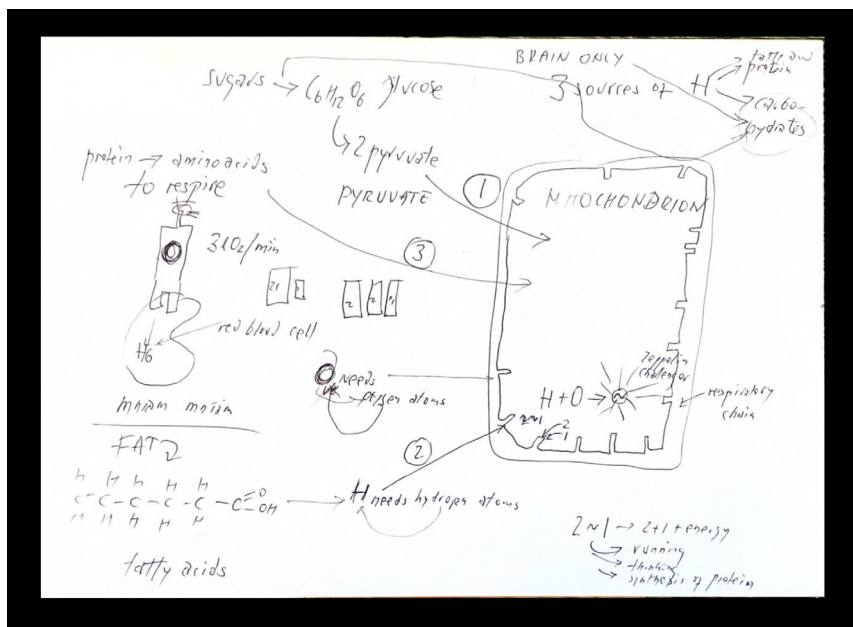
Professor Popinigis's profound knowledge and unwavering passion for science kindled a flame of curiosity and inspired groundbreaking discoveries. His long, thoughtful conversations were intellectually stimulating, often leading to significant advancements in our field.

Characterised by warmth and wisdom, Professor Popinigis had the remarkable ability to make complex concepts accessible and inspiring. His approach to teaching and mentorship transcended the confines of the laboratory or lecture hall, fostering a love for learning that impacted both professional pursuits and personal journeys.

Reflecting on his life and work throughout the conference reminded us of his immense contributions. His spirit of inquiry and dedication to understanding the world will continue to inspire future generations.

We are deeply honoured to carry forward the torch of knowledge and curiosity that Professor Popinigis lit in the hearts and minds of many in our community. Each moment spent reflecting on his life and work reminded us of his significant impact on our professional and personal lives.

Prof. Jędrzej Antosiewicz



Brain Fuel Mysteries – sketch by prof. Jerzy Popinigis

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