Dr. Christopher Solís is an Assistant Professor in the Department of Nutrition and Integrative Physiology at Florida State University. He holds a Ph.D. in Biochemistry from South Dakota State University and an M.B.A. with a concentration in Business Analytics from the University of Illinois at Chicago. Dr. Solís also holds a B.A. in Industrial Chemistry from the National University of Costa Rica.

Dr. Solís’ research focuses on the molecular mechanisms of cardiac adaptation and muscle function. He has made significant contributions to the understanding of the mechanisms at play in mechanical loading and unloading of cardiac muscle cells and the post-translational modification of sarcomeric proteins. His work has been funded by a K99/R00 Pathway to Independence Award from the National Heart, Lung, and Blood Institute (NHLBI).

In addition to his research and professional accomplishments, Dr. Solís is actively involved in the scientific community. He co-founded and chaired the First Costa Rican Biophysics Symposium, and he is a member of the Cardiac Muscle Society Early Career Committee and the Human Proteome Organization (HUPO) Early Career Researcher Committee. Dr. Solís is committed to mentoring and supporting young researchers, and he has served as a leader at the UIC Postdoctoral Association.