



National Institutes of Health
Office of Research on Women's Health

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Xenia T. Tigno, Ph.D. (she/her), is the Associate Director for Careers at ORWH. Prior to her current position, she was a Program Officer at the National Heart, Lung, and Blood Institute and at the National Institute of Nursing Research. Dr. Tigno has published in the areas of the biophysics of microcirculation, obesity, diabetes, aging, community-based epidemiology, chaos analysis, herbal medicine, and women's health. She taught medical physiology for nearly 30 years, including serving as Professor and Chair of the Department of Physiology at the University of the Philippines College of Medicine and as coordinator of the medical physiology course at the University of South Florida.



A native of Manila, Philippines, she obtained her bachelor's degree in physics and master's degrees in both physiology and epidemiology from the University of the Philippines and her doctorate in natural science (with high honors) from the University of Würzburg in Germany.

As a bench scientist, she has worked in various laboratories, including at CERN (the European Organization for Nuclear Research) in Geneva; at the physiological institutes in Würzburg, Munich, and Berlin; and at the National Cardiovascular Research Center in Osaka. She has edited a book for the American Physiological Society, titled *Sex-Based Differences in Lung Physiology* (2021), and a textbook on integrative physiology. Dr. Tigno's current efforts are directed toward supporting the advancement of women in biomedical careers and promoting diversity and inclusion in academia.