Dr. Benjamin Prosser, PhD is an Associate Professor of Physiology at the University of Pennsylvania Perelman School of Medicine. He earned his Ph.D. in Molecular Medicine from the University of Maryland School of Medicine in 2009 and started his own lab at Penn Medicine in 2014 with a focus on cardiac mechanics and mechanobiology. The lab has elucidated fundamental contributions of the cardiac cytoskeleton to cardiomyocyte mechanics (*Science* 2016), nuclear mechanobiology (*Circ Res* 2020), as well RNA biology and cardiac growth (*Nature Comm* 2021). Through these efforts we have identified novel targets for the treatment of heart failure (*Nature Medicine* 2018, *Sci Trans Med* 2024, *BioRxiv* 2024) under further pursuit with industry partners. In recognition of the lab's work, Dr. Prosser was named the Outstanding Early Career Investigator by the American Heart Association and Outstanding Investigator and fellow of the International Society of Heart Research (ISHR) in 2022.