Miguel was born in New Haven, CT, in 1972 and went back to Portugal with his family when he was four months old. He grew up in Coimbra, Portugal [1], and attended the University of Coimbra [2] for an undergraduate degree in Biology and a Masters' degree in Cell Biology, under the supervision of Carlos Faro. He moved to the US in 1997 for his PhD at the Department of Molecular and Cellular Biology of Harvard University [3], where he was co-advised by Doug Melton and Andy McMahon. He received his PhD in 2002, and moved to San Francisco in 2003 to become a UCSF Fellow [4], an independent research position. In December 2007, he became an Assistant Professor at UCSF [5], and at the end of 2010 his lab moved to the new Regeneration Medicine Building [6] at the UCSF Parnassus Campus. In July 2013, he was promoted to Associate Professor.

In his spare time Miguel was a member of two theater companies in Coimbra, Portugal: the University's students' theater group, TEUC [7], and the professional company A Escola da Noite [8]. He was also a drummer and composer of the rock bands Los o Mito [9], in Coimbra, U Dig?em Trilobites, in Cambridge, MA, and Long Dark Hallway [10], in San Francisco. He published two books of creative writing in Portuguese, ?Cabo Norte? and ?Auto? [11]. In the little time outside of his scientific and teaching activities he enjoys bike riding, reading, writing, playing drums, following European soccer, traveling, scuba diving and cooking. He lives with his family in San Francisco.