

THE BIOMEDER

THE OFFICIAL NEWLETTER FOR THE DEPARTMENT OF
BIOMEDICAL SCIENCES



Department updates

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And much more...

See ya 2018!

Fall18' semester has sped by and we are getting ready for Winter19'.

We have some upcoming events planned for the department in December. We will be holding our annual holiday celebration at **Creelman Hall** on **Dec 19th from noon-2pm**. **Please keep the wrapped presents coming!** Last year, with your generosity, we raised an astonishing \$800 in donations to the United Way and exceeded our departmental target!

I wish you all a safe and joyous holiday season!

Trip to Ottawa

On November 2nd, a bus carrying 15 graduate students from Biomedical Sciences, joined 120 undergraduate and graduate students from across campus on a tour of the federal government science divisions in Ottawa. This tour was hosted by Health Canada and included talks from representatives from the National Research Council, Agriculture AgriFood Canada, Canadian Food Inspection Agency, Public Health Agency of Canada, and Environment and Climate Change Canada. Not only were our students able to network with Director Generals from these divisions, but were also able to interact face-to-face with recruiters from Human Resource who provided students with tips and insight into being a federal civil servant.



Award-winning graduate students!

Dr. Britta Knight is a DVSc student in Pathobiology co-supervised by Dr. Brenda Coomber. Her poster won 2nd prize in the American College of Veterinary Pathologists Young Investigator competition in the Naturally Occurring Disease category at their recent annual conference in Washington, DC. Her poster was titled: "*Investigating Molecular Markers Using Tissue Microarrays for the Prognosis of Canine Mast Cell Tumors*". B. Knight, G. Wood, R. Foster, B. Coomber.



Congrats Brita and Brenda!

Outstanding presentations by grad students from the Vickaryous lab, **Rebecca McDonald** (former MSc student/current DVM student) and **Kathy Jacyniak** (current PhD student) at the recent regional meeting of the American Association of Anatomists, held at McMaster University. Kathy received the graduate student/postdoc poster presentation award! **Congrats Kathy!**



Women in STEM

Dr. Tami Martino was honoured to be a featured invited speaker at the inaugural Women in STEM conference at the University of Guelph on Saturday Nov. 24th.

A great honour indeed Tami!

Dr. Tami Martino

Associate Professor as well as Director of the Centre for Cardiovascular Interventions at the University of Guelph.

Dr. Martino obtained her Bachelor's degree from McMaster University before working towards an MSc and PhD from the University of Toronto in Medical Sciences. Her research in circadian rhythms and how dysregulation of this system can contribute to many disease processes. She has received multiple awards from the Heart and Stroke Foundation of Ontario and has conducted research in major facilities such as Hospital for Sick Children, Toronto General Hospital as well as MaRS Discovery.



Interested in pursuing a career in STEM but not sure how?

WOMEN IN STEM

November 24th 10am - 3pm
Peter Clark Hall



CEPSSC

Speakers:

Dr. Imogen Coe
Dr. Mary Wells
Dr. Lilita Caballero
Dr. Cara Wehkamp
Dr. Tammy Martino
Dr. Lorraine Jadeski

Graduate Student Panel:

Alison Dewancker, Meghan Wing,
Emily Nunez, Tammy Zidar



Hundreds of undergraduate students from Biomedical Sciences, CBS, CEPS, were in attendance.

Jibran in the Ontarion

Dr. Jibran Khokhar was featured in an article in the Ontarion. Jibran told The Ontarion that some of the key results his lab has discovered show that “adolescent exposure to drugs can result in long-term changes in both brain circuitry as well as reward related behaviours.” Other results have shown that “animal models of schizophrenia show a dysfunction in their brain reward circuit that make them more likely to use substances.”. Read the FULL story [here](#).



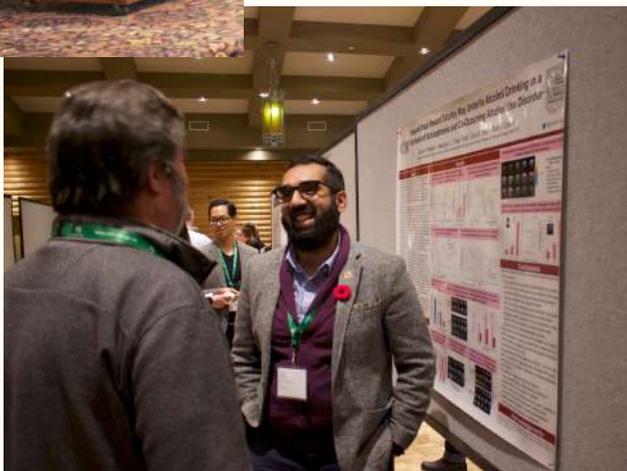
Good job Jibran!

Jibran at New PI meeting



Dr. Jibran Khokhar presented a poster and gave a talk at the CIHR New PI Meeting for the Institute of Cancer and Institute of Genetics. It was a great learning and networking opportunity including new faculty from across Canada, CIHR staff and the directors of the two host institutes.

Way to go Jibran!



Charly and Tony in the news!



*MSc student **Charly McKenna** (left) and **Dr. Tony Mutsaers** (right) are photographed with prostate cancer patient Alfred.*

Canine prostate cancer research at the University of Guelph could help transform future cancer treatments – for pets and humans – making therapy less invasive and more effective.

Researchers are working to determine the efficacy of a new gold nanoparticle cancer therapy technique for dogs with prostate tumours. University of Guelph professor Dr. Tony Mutsaers, Department of Clinical Studies and Department of Biomedical Sciences is involved in this study with a team of researchers, including MSc student Charly McKenna, Department of Biomedical Sciences.

The team is utilizing a minimally invasive technique to deliver coated gold-nanoparticles directly to the tumour. Once inside the prostate, this treatment makes the tumour cells more sensitive to radiation. Read the full story [here](#).

Graduate Student Corner!



Ashutosh Patel, PhD student with Dr. Craig Bailey, recently attended the United Way fundraiser in HHNS. For a \$5 ticket, Ashutosh won over \$300 in alcoholic beverages (beer, wine, liqueurs, etc).

Way to go Ashutosh!

Ashutosh with his "mother load of alcohol" gift baskets. P.S This was the *BEFORE* picture!



A collage of pictures from our grad student coffee house hangout! We had another great turnout at the event, along with this exciting and nerve-racking game of Jenga that kept the players (and the bystanders watching) on their toes!

Thanks to Kathy and Anita for organizing this event!

Recap from the webinar on Nov. 23rd on Imposter Syndrome and Mental Health

Imposter syndrome occurs when an individual believes they are a fraud. As such, they attribute their success to luck, and not necessarily their own ability. This phenomenon can manifest as feelings every once in a while, “imposter feelings” or be persistent, “imposter syndrome”. Here are some tips that help to combat these feelings!

1. **Know that it is completely normal** to feel this way, others around you experience it too!
2. **Remember that feelings ≠ facts.** Just because you feel like a fraud, it doesn't actually mean you are one. Look at the facts- you are in graduate school, that is an accomplishment in itself.
3. **Be mindful about your language.** If someone compliments you or congratulates on a success, just simply say thank-you. Don't downplay them, you deserve it!
4. **Make a fact/brag log.** Keep a log of all your achievements and/or positive feedback. That way when these feelings creep up, you can reflect on what you have done.
5. **Know your imposter moments.** Are you likely to feel this way when you are public speaking or writing? It is OK to be nervous, but remember that you know more than you think you do!
6. **Be brave!** Do the things that scare you, you might be pleasantly surprised with how you perform.

Guilt is a common feeling amongst graduate students. This could lead to overworking and lead to burnout. Here are some tips to avoid this from happening to you:

1. Focus on one task at a time. Multitasking can be good but can also be unproductive. Pick a task to complete and finish it!
2. If you feel guilty that you are not working (i.e.: on a weekend), set a time limit for yourself. Say you will only work a certain number of hours. This can help with productivity and relieve symptoms of guilt.
3. Take breaks. No matter how busy you are, your body still needs to fuel and rest.
4. Find your people. Surround yourself with people that lift you up. This will help get rid of feelings of loneliness.
5. Attend seminars or events that discuss topics such as these to understand why it happens and what strategies could be used to help.
6. Have interests outside of academia. This can help when things are not going well in research."

Writing for Mental Wellness

Writing can be a great way to reflect and express your feelings. Here are some writing prompts that you can use:

1. Think about a stressful event that happened previously or that is currently bothering you. Set a timer and write about it for 3 minutes straight, don't stop or worry about grammar, punctuation or spelling. Write about how the situation or event makes you feel. After you are done writing, take time to go back and write causal words like: because, due to, reason, since, or insight words like: realize, understand, notice. This can help put some meaning to the event.
2. Write about your ideal day, from the time you wake up until the time you go to bed. Try to incorporate one of these things until your daily routine.
3. Write down 3 things you're grateful for, 3 goals of the day, 3 positive affirmations about yourself. Before you go to bed, write 3 good things that happened today and 3 things that could make it better.

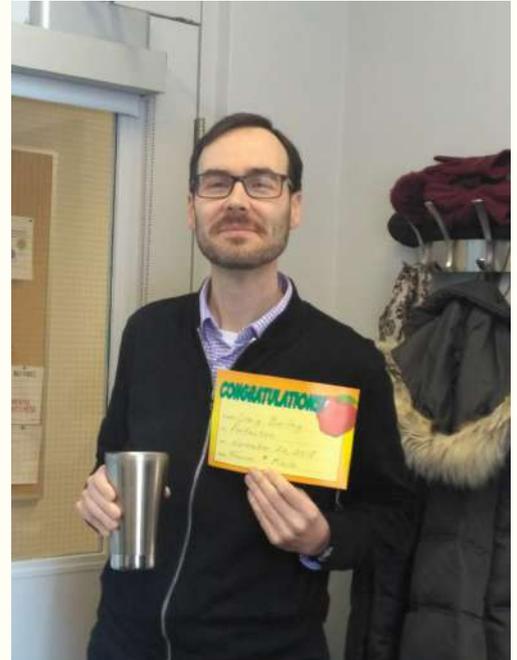
We hope that these tips will help you! If you have any questions feel free to contact us. We also just wanted to send everyone a quick reminder that we are here for you as your peer helpers. **If you ever need anyone to talk to, please reach out to us!** All conversations are confidential but we just want to emphasize that if you are going through something, or if you just want a friendly face to talk to, we are here!

"Anita & Kathy"

Health, Safety & Wellness in Biomed

Random Acts of Kindness.

Christine Reitz and Priya Mistry were surprised by an award given to them by *Frances and Karla* for being "Stars", and to **Craig Bailey** for being "awesome at everything!", but mostly for knowing how to order stuff without **ANY** mistakes!



Wellness campaign in full swing!!

Please mark your calendars for some upcoming EXCITING **Wellness events**:

1. Pedometer contest: Pedometers have been purchased from Wellness funding. Each individual can pick up or use their own pedometer to compete. Every week Kim will ask for your **INDIVIDUAL** totals, and then we can combine data if you want to compete as a lab. The highest daily average wins a **gift basket from Costco!** TWO prizes will be awarded at our annual holiday party for highest individual and BEST lab averages.

2. First Aid/CPR: **Dr. Jim Petrik** has graciously agreed to train anyone interested in First Aid/CPR. We have booked 1642 on **Dec 11 from 8-12, and 12th from 12-4** (MUST attend both sessions). Please sign up and pay your \$25 fee to Kim by **Dec 3rd**.

As usual, my door is always open...



so pop in for a chat anytime!!

Tarek Saleh
Dept. Chair