

What are subtopics within biology?

There are several different areas within this broad topic such as marine biology, molecular biology, cell biology, microbiology, bacteria biology, and neurobiology.

How would you define health?

Health is the functional or metabolic efficiency of a living organism. Being healthy means that one's mind and body are equally active through eating, sleeping, and exercise.

What are ways in which you would assess health?

There are multiple things that go into assessing one's health; eating habits, exercise habits, social habits, and one's mental health as a whole. Thinking about what goes on in one's family, interactions they have. What food is kept around and activities they involve themselves in.

With comparing family life through history points of interest would be sleeping patterns, assessing injury, diet restrictions. As well as exercise; meaning strength, cardiovascular health, living conditions, and skin health.

Why study genetics?

- So that we can better understand human life and what makes us, us.
- To understand where certain traits come from.
- Discover more about histories of people and families.
- In order to understand mutations and diseases.

What interests you about lakes, rivers, the ocean, and marine biology? Why do we keep organisms in aquariums?

What interests me is the bacteria and disease found in marine ecosystems. I did a project and wrote a paper on ocean pollution and disease and I found it really interesting. Along with studying the plant life and creatures. I have always enjoyed the ocean and all it entails.

We keep organisms in aquariums for educational purposes, to study, to breed, to heal those organisms, and for entertainment.

Why do you think there is a movement in science and healthcare to map the brain?

The brain is the control center for the body. In regards to disease and illness it can have a profound effect. Being able to understand the brain more deeply we can better treat patients with diseases in the brain as well as being able to better take care of ourselves. Finding the balance with mental and physical health.

What is the most important piece of information you just learned while researching your disease you would like to share?

Something that was incredibly interesting was cell adhesions and how it affects cancerous cells. Because molecules in cells lose their adhesion properties they allow cancerous cells to move through the body to create a new tumor somewhere else. This process is called metastasis. This is incredibly important. Many cancer patients do not die from the initial tumor, but from metastasis.

How did your first day go with the health plan?

It went very well. It was good to have a practice day so I could finalize everything to make sure the next month goes smoothly. It is not a drastic change, but it is still meaningful. In regards to the mental health plan I have excellent muscle memory and continuing to work on that can help in many aspects. I am honestly unsure about the health plan and how it will work, however I am interested to see how it goes.