

All About Alzheimer's Podcast Write Up

Created by Nora Bui, Jenna Mehls, and Michaela Strizencova

Our podcast topic is about Alzheimer's: introduction to the basics of the disease, Alzheimer's connection with the cardiovascular system, as well as drugs and neurotechnologies in development to manage/treat the condition. We approached this project by discussing our shared interests, deciding on a topic, splitting up the work into separate tasks and episodes, and finally meeting to record the episodes together! Overall, the group greatly enjoyed making this podcast together, learned how to organize and coordinate a group project, and gained knowledge about Alzheimer's, its relationship to the cardiovascular disease, and neurotechnology that is used to treat the disease!

Nora's takeaway: I've learned that there is a lot of ongoing research and development for Alzheimer's treatment. There are new drug trials and technologies coming out during the last few years. It was interesting to learn how researchers use animal trials to test novel neurostimulation techniques. I also enjoyed learning about the different drugs available to treat this disease, which furthered my interest in medicine and neuroscience. On the other hand, I learned about the technology to record a podcast, which includes finding suitable software/apps and troubleshooting audio problems. This helped improve my problem solving and teamwork skills. Executing the podcast also got me more interested in science communication, for instance, how to make technical information fun and digestible for all audiences. Overall, I greatly enjoyed working on this project!

Jenna's takeaway: Through this project, I learned about the very connected relationship between Alzheimer's and cardiovascular disease. This research opened my eyes to how many similarities there are between the diseases and how simple symptoms can lead to progression of both diseases. This research also provoked me to think more about how diseases can be interconnected and the need for researchers to understand the side effects of drugs on more than one disease before dispensing it to the public. Aside from the research side, I also gained various skills related to recording, editing, and fixing audio pieces together to form an episode. This project was a lot of fun for me in both the research and technical side of the podcast!

Michaela's takeaway: This project was not only enjoyable and exciting, but provided me with a multitude of new learning experiences. Through my research, I gained knowledge on Alzheimer's disease pathology and how specific molecular changes impact the body and translate into visible symptoms. Additionally, learning from my teammates' research allowed me to make broader connections and appreciate how multidisciplinary collaboration can deepen understanding. I acquired experience with the process and technology of recording a podcast, as well as learning to clearly communicate and discuss scientific research. This project was fun and enlightening, and I would love to continue exploring similar opportunities in the future!

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Available on Anchor.fm: <https://anchor.fm/allaboutalzheimers>