

Summer Research Institute

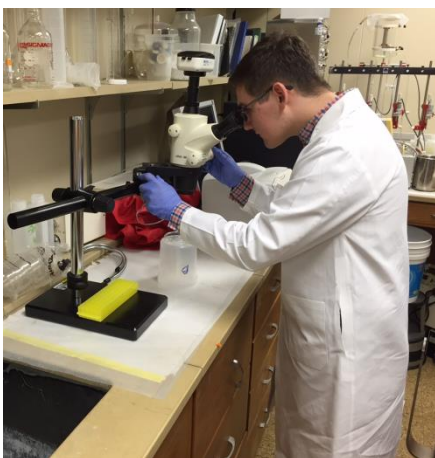
July 20, 2015

Creighton
UNIVERSITY

Undergraduate Student of the Week
ANTHONY RANGEL
Mentor: **Dr. Catherine Opere**

What are your strengths?

My strengths consist of patience, dedication and compassion. In my life, these have helped me towards becoming the person that I wish to be. As products of my strengths, I have a good work ethic, I am passionate and I want to gain more knowledge through my educational and professional careers. This has made me successful thus far in my life.



Anthony Rangel is a sophomore student at Creighton University. He is doing research with **Dr. Catherine Opere**.

What do you do to relax?

To relax I like to be outdoors either playing tennis, golf, cycling, camping or hiking. I also enjoy playing video games and watching movies and television. Being with friends and family is another great way to relax.

What is your favorite book and why?

My favorite book is 1984 by George Orwell. I like dystopian novels and this was the first book that got me hooked into that genre.



CENTER FOR PROMOTING HEALTH AND HEALTH EQUALITY

What is your favorite school subject and why?

Organic chemistry is my favorite subject at the moment because it is fascinating to be able to "see" and know what exactly happens in a chemical reaction.

What are the four most important things in life that you cannot live without?

Family, friends, the Internet, and sunshine

Ten years from now you will be...

Ten years from now, I will (hopefully) just be wrapping up my third year of medical school in a MD/PhD program.

What motto/advice do you live by?

Our life is the creation of our mind.

What is something that amazes you?

I am amazed by how much we don't know.

What is your favorite place to dine-out?

My favorite is a traditional French restaurant in Omaha called Le Voltaire.

How and where do you prefer to study?

I prefer to study in my room at the desk in very quiet and secluded conditions.

What is your all-time favorite town or city? Why?

My favorite city is a tie between Los Angeles and San Francisco. I like the culture of these places, the climate, and the fact that they are on the Pacific Ocean.

What motivated you to participate in the program?

I am passionate about research and I want to pursue a career as a physician researcher.

TIMELINE ACTIVITIES FOR SRI

Monday July 6

Abstracts and research project proposal Session

Friday, July 24

Draft of Final Poster

Friday, July 31

Final Posters for presentation

Thursday, August 6

Mock Presentations

Friday August 7

SRI Colloquium Harper Center, Rm 3023

TIMELINE ACTIVITIES FOR SRI

Monday June 1 to Friday July 24

Post-Bac Summer Diagnostic

Tuesday May 26 to Friday July 17

Pre-Matric Summer Session

Director SRI Program: Dr. Sade Kosoko-Lasaki, MD, MSPH, MBA

Coordinator SRI Program: Juan J. Montoya, MBA

Supervisor SRI Program: Errik Ejike, MPH

HS-MACA

<https://healthsciences.creighton.edu/hsmaca>

402.280.2124

Center for Promoting Health and Health Equality

<https://www.creighton.edu/health/cphhe/us/>

402.280.2389 / 402.280.2907

WHAT IS CANCER? ⁽¹⁾

Cancer is a term used for diseases in which abnormal cells divide without control and can invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease, but many diseases. There are more than 100 kinds of cancer.

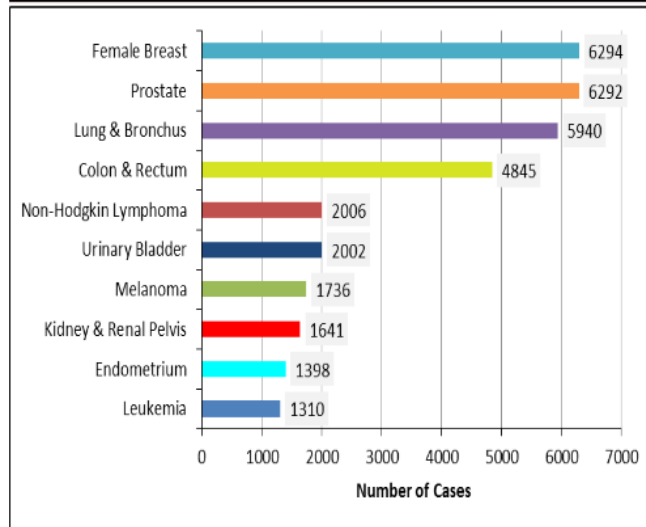
HOW CAN CANCER BE PREVENTED?

The number of new cancer cases can be reduced and many cancer deaths can be prevented. Research shows that screening for cervical and colorectal cancers as recommended helps prevent these diseases by finding precancerous lesions, so they can be treated before they become cancerous. Screening for cervical, colorectal, and breast cancers also helps find these diseases at an early stage, when treatment works best.

Vaccines (shots) also help lower cancer risk. The human papillomavirus (HPV) vaccine helps prevent most cervical cancers and several other kinds of cancer, and the hepatitis B vaccine can help lower liver cancer risk.

A person's cancer risk can be reduced with healthy lifestyle choices like avoiding tobacco, limiting alcohol use, protecting your skin from the sun

Figure 4. Number of Cancers Diagnosed, by Primary Site, Nebraska (2007-2011)



- Between 2007 and 2011, cancers of the prostate, breast, lung, and colon and rectum accounted for 23,371 diagnoses among Nebraska residents, which is over half of all invasive cancers diagnosed in Nebraska during these years. (Figure 4).
- Among men, prostate cancer is the #1 most common cancer diagnosis in Nebraska, followed by cancers of the lung, colon and rectum, and bladder.
- Among women, breast cancer is the #1 most common cancer diagnosis in Nebraska, followed by cancers of the lung, colon and rectum, and endometrium.

and avoiding indoor tanning, eating a diet rich in fruits and vegetables, keeping a healthy weight, and being physically active.

References:

1. Center for Disease Control and prevention (July 13, 2015). Cancer Prevention and Control. Retrieved from <http://www.cdc.gov/cancer/dcpc/prevention/index.htm>
2. Nebraska Department of Health & Human Services. (July 13, 2015). All Cancer in Nebraska Fact Sheet. Retrieved from http://dhhs.ne.gov/publichealth/Pages/ced_cancer_data.aspx

HIGH SCHOOL STUDENT OF THE WEEK

Tatiana Bullion

Mentor: Dr. Jeffrey Smith

What are your strengths? And how have they helped you in your life?

My strengths are determination, cooperation, and hard work. They have helped me in my life because I have used those strengths to continue my education and get to where I am.

What do you do to relax?

What I do to relax is to lay on my bed and watch TV or spend time with my family.

What is your favorite book and why?

My favorite book is To Kill A Mockingbird because the events that take place in the story are interesting and leave you in suspense.

What is your favorite school subject and why?

My favorite school subject is science because I like to conduct experiments as well as learn about the human body through my anatomy class.

What are the four most important things in life that you cannot live without?

Four major important things that I cannot

live without are my family, my education, everyone that has helped me get to where I am, and technology.

Ten years from now you will be...

Finishing medical school or my residency. I will probably be married as well.



Tatiana Bullion is a Junior High School student at Omaha South High school. She is doing research with Dr. Jeffrey Smith.

What motto/advice do you live by?

The motto that I live by is "Success is given because failure is not an option."

What is something that amazes you?

Something that amazes me is how I have had the opportunity to partake in many endeavors that are helping get to where I want to be.

What is your favorite place to dine-out?

My favorite place to dine-out is Applebee's.

How and where do you prefer to study?

I study by myself in a room that has a little noise.

What is your all-time favorite town or city?

Why?

My all-time favorite city is Orlando because I love the weather and I like the attractions.

What motivated you to participate in the program?

What motivated me to participate in this program is that it is different from the programs that I have participated in. I also wanted to see type of research this program offers.