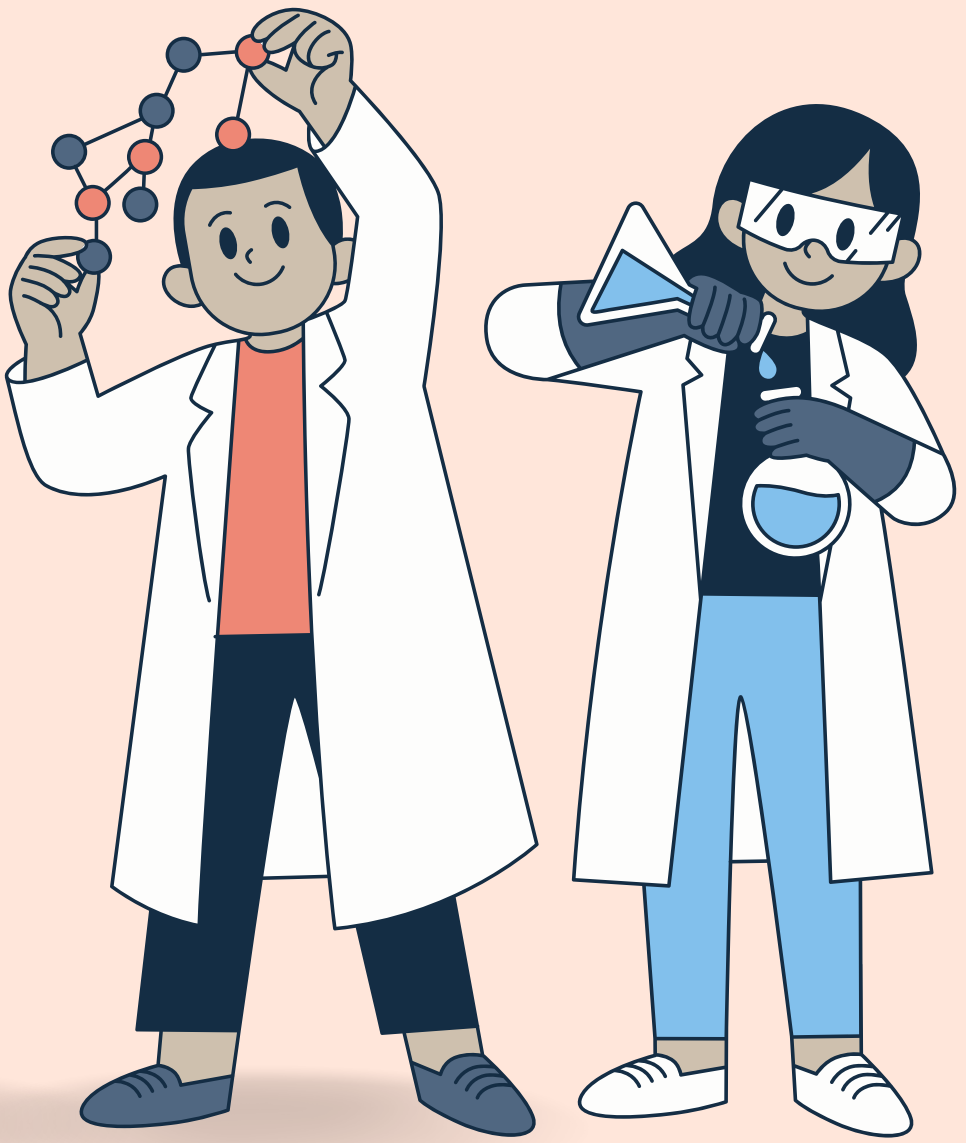
SCIENTIST

OF

THE MONTH

Jennifer Doudna



Jennifer Doudna

Biochemist

- She co-invented CRISPR-Cas9, a revolutionary gene-editing system
- CRISPR-Cas9 has transformative potential in medicine and biotechnology.
- Doudna shared the 2020 Nobel Prize in Chemistry for her work on CRISPR.
- Additionally, she is a co-founder of biotech companies Mammoth Biosciences and Intellia Therapeutics

One of the first women to share a Nobel in the sciences, Jennifer Anne Doudna is an American biochemist known for her groundbreaking work on CRISPR gene editing technology, which has revolutionized the field of molecular biology.

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HOW DOES ADDICTION WORK?

ADDICTION OCCURS WHEN A PERSON'S BRAIN BECOMES DEPENDENT ON A SUBSTANCE OR BEHAVIOR THAT TRIGGERS THE RELEASE OF FEEL-GOOD CHEMICALS. OVER TIME, THE BRAIN NEEDS MORE OF THE SUBSTANCE OR BEHAVIOR TO ACHIEVE THE SAME EFFECT, LEADING TO COMPULSIVE USE DESPITE NEGATIVE CONSEQUENCES. EVENTUALLY, ADDICTION HIJACKS THE BRAIN'S REWARD SYSTEM, MAKING IT DIFFICULT TO QUIT WITHOUT PROFESSIONAL HELP.

CRISPR: AN OVERVIEW

CRISPR is an amazing tool that scientists use to edit genes, which are like the blueprints for our bodies. It was invented in 2012 by some brilliant researchers. Think of genes as a big book with lots of pages, each page having important instructions for our body to function properly. CRISPR is like a pair of molecular scissors that can precisely cut out a page or even just a sentence from the book, and sometimes it can even add a new page with new instructions. This can help scientists fix genetic mistakes that cause diseases, and even make new treatments for things that we currently can't cure. It's like having a magic wand for our genes!

The best ways to

RELIEVE STRESS

Set realistic goals and expectations

Examine your values and live by them

Practice relaxation techniques

Focus on Breathing

Exercise regularly

Did you know

There are more possible ways to shuffle a deck of cards than there are stars in the Milky Way galaxy.

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