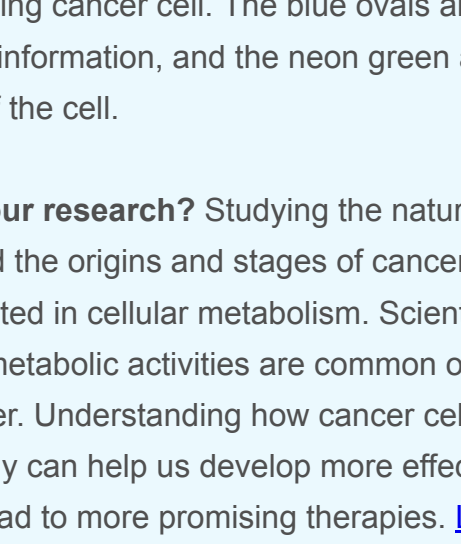


#OpenMicMonday

Open Mic Monday: Putting science in the spotlight

Some of entertainment's biggest stars honed their skills at open mic nights, and things are not much different in the science world. A researcher toils away in a lab, staring into a microscope, in search of something special – maybe even a breakthrough.

The *Insider* wants to magnify our scientists' commitment to discovery with a new feature called #OpenMic. So, we're asking you to send your images of spectacular cells, proteins that pop, and any other mesmerizing microscopy to utswinsider@utsouthwestern.edu. Please include your name and lab, a brief explanation of the slide(s), why you like it, and how it relates to your research.

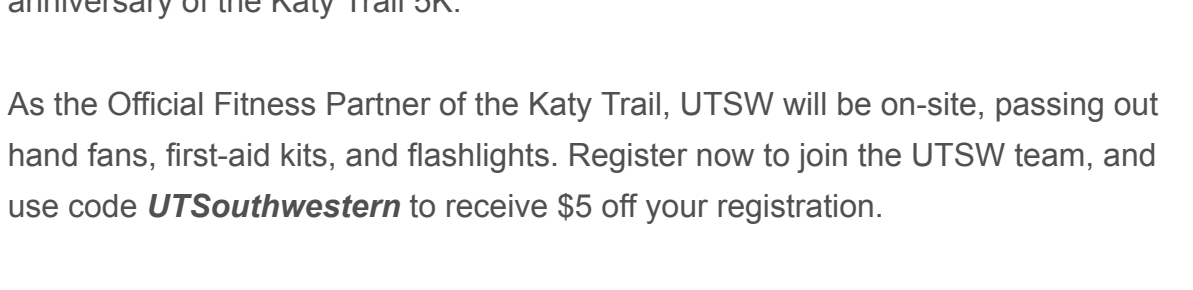


First up on #OpenMic, please welcome **Rushendhiran Kesavan, Ph.D.**, postdoctoral fellow in the Hoxhaj lab, directed by **Gerta Hoxhaj, Ph.D.**, Assistant Professor at [Children's Medical Center Research Institute at UT Southwestern](https://www.utsouthwestern.edu/childrens).

What does the image above look like? A pair of funky sunglasses or superhero mask.

What is it really? A dividing cancer cell. The blue ovals are the nuclei of the cells, which carry their genetic information, and the neon green areas are the cells' cytoplasm, or the body of the cell.

How does it relate to your research? Studying the nature of cancer cells could help us better understand the origins and stages of cancer. Working in the Hoxhaj lab, I'm especially interested in cellular metabolism. Scientists have found that abnormalities in a cell's metabolic activities are common occurrences in many diseases, including cancer. Understanding how cancer cells fuel themselves to survive, grow, and multiply can help us develop more effective strategies to combat cancer metastasis and lead to more promising therapies. [Learn more.](#)

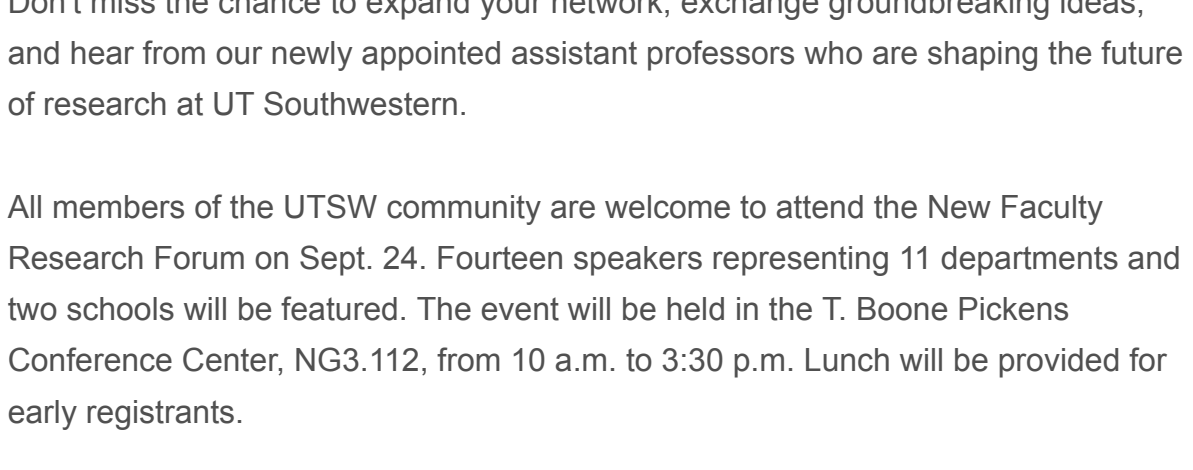
[Visit Instagram for more photos](#)


Katy Trail 5K and picnic

Celebrate 26 years of Dallas spirit with the Katy 5K! Join the UT Southwestern team as we run/walk through Uptown and Turtle Creek on the Katy Trail, culminating in a high-energy finish line. Enjoy food from more than 30 local restaurants, live music, and an epic picnic party starting at 7:30 p.m. on Sept. 5 to commemorate the 26th anniversary of the Katy Trail 5K.

As the Official Fitness Partner of the Katy Trail, UTSW will be on-site, passing out hand fans, first-aid kits, and flashlights. Register now to join the UTSW team, and use code **UTSouthwestern** to receive \$5 off your registration.

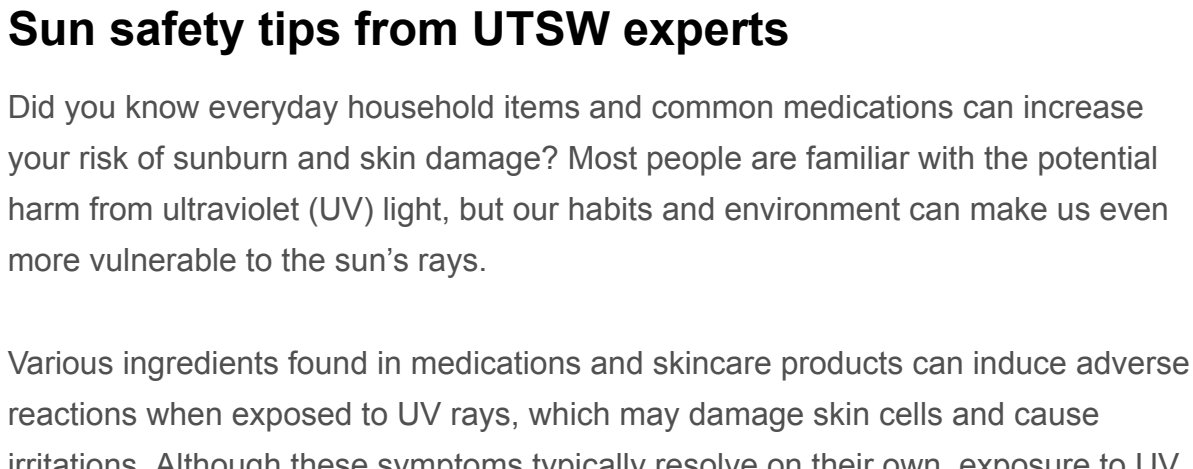
Be sure to join the Southwestern Running Club at the UTSW booth at 8:45 p.m. for a group photo!

[Info and registration](#)


Connect with UT Southwestern's newest faculty

Don't miss the chance to expand your network, exchange groundbreaking ideas, and hear from our newly appointed assistant professors who are shaping the future of research at UT Southwestern.

All members of the UTSW community are welcome to attend the New Faculty Research Forum on Sept. 24. Fourteen speakers representing 11 departments and two schools will be featured. The event will be held in the T. Boone Pickens Conference Center, NG3.112, from 10 a.m. to 3:30 p.m. Lunch will be provided for early registrants.

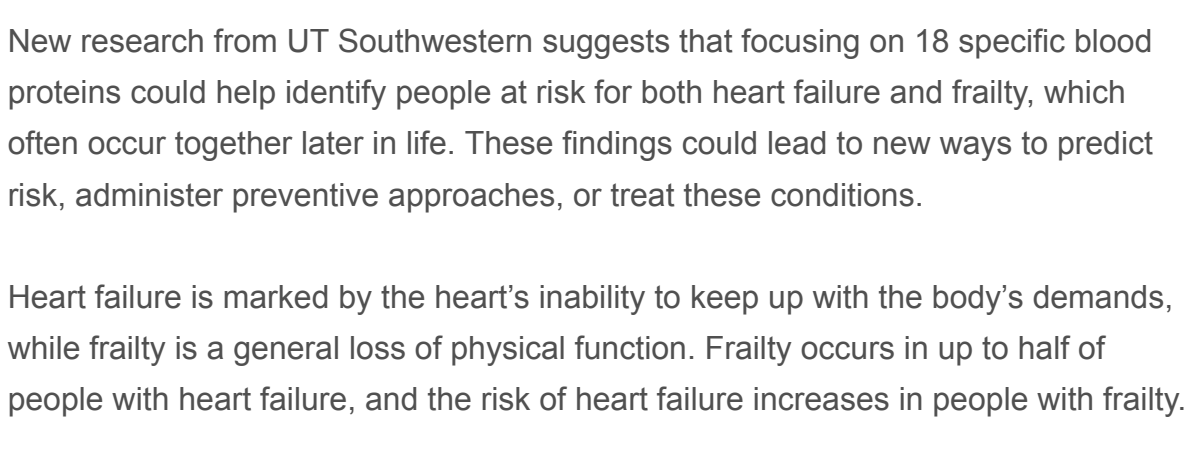
[Details](#)


Sun safety tips from UTSW experts

Did you know everyday household items and common medications can increase your risk of sunburn and skin damage? Most people are familiar with the potential harm from ultraviolet (UV) light, but our habits and environment can make us even more vulnerable to the sun's rays.

Various ingredients found in medications and skincare products can induce adverse reactions when exposed to UV rays, which may damage skin cells and cause irritations. Although these symptoms typically resolve on their own, exposure to UV light could heighten the risk of lasting damage or cancer.

To offset the effects of the blazing summer rays, **Kaveh Nezafati, M.D.**, Assistant Professor of Dermatology, offers advice on effective sun protection, including the six things to look for when choosing sunscreen.

[Read the news release](#)


Research finds 18 proteins linked to heart failure, frailty

New research from UT Southwestern suggests that focusing on 18 specific blood proteins could help identify people at risk for both heart failure and frailty, which often occur together later in life. These findings could lead to new ways to predict risk, administer preventive approaches, or treat these conditions.

Heart failure is marked by the heart's inability to keep up with the body's demands, while frailty is a general loss of physical function. Frailty occurs in up to half of people with heart failure, and the risk of heart failure increases in people with frailty.

The research team compared almost 5,000 proteins present in the blood of participants and narrowed the list to 18 that seemed to be associated with both heart failure and frailty. Several of these proteins play known roles in inflammation.

"Our findings support shared biological pathways underlying both heart failure and frailty, suggesting interventions to prevent or treat one outcome may help decrease the burden of the other," said lead author **Amil Shah, M.D., M.P.H.**, Professor of Internal Medicine in the Division of Cardiology and in the Peter O'Donnell Jr. School of Public Health.

[Read the full news release](#)

Insider Guide



Friday Mindfulness

12:15-12:45 p.m. Aug. 9 | Virtual

Join **Bryan Elwood** for a free virtual mindful meditation practice. These sessions are open to the entire UT Southwestern community and take place every Friday. For questions, please email [Mr. Elwood](mailto:Mr.Elwood).

[Details](#)


UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

Share your 'Insider' suggestions

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