



Self Discovery Through Opportunity

UC Davis GGIP Symposium
 Cella Hayes, PhD
 Stanford University



Student Shoutout

Cella Hayes
 Ph.D. Candidate
 National Research Service
 Award Recipient
 from the National Institute of
 Neurological Disorders and Stroke
 for his work on
 "Cellular Mechanisms of
 IGF-1 Neuroprotection
 with Ischemic Stroke"

My Start in Research

Why do we forget in old age?



Hello Cellas,

I hope the first few classes are going well. When you get a chance, please stop by the Financial Aid office to get a sheet that needs to be filled out and signed by both you and I for the work-study position. I should be in the office this afternoon (except from 2-3), and most of the day tomorrow (except from 10:30-11:30).

Thanks

Laboratory Assistant Inbox



Cellas Hayes <cahayes3@go.olemiss.edu>
to nmashpol

Fri, Aug 12, 2016, 7:43 AM

Good morning my name is Cellas Hayes. I am eligible for work-study, and I was interested in the position as a Laboratory Assistant. I am interested in this job because it would give me hands on research and an opportunity in a lab. I am currently a Sophomore Classics major with an emphasis in Latin along with being a Psychology(Pre-Med) major. I have attached a copy of my transcript and resume. I would be very grateful if we could have an interview. I am currently scheduled move back in on campus on the 17th.

2 Attachments • Scanned by Gmail



Nicole Ashpole <nmashpol@olemiss.edu>
to me

Sun, Aug 14, 2016, 6:14 PM

Hello,

We will be holding interviews for the laboratory assistant position on Thursday, August 18th. If you are available to interview that day, please let me know what time is best.

Thanks

Tue, Aug 23, 2016, 9:41AM

N. Ashpole



Detrimental Aspects of Aging

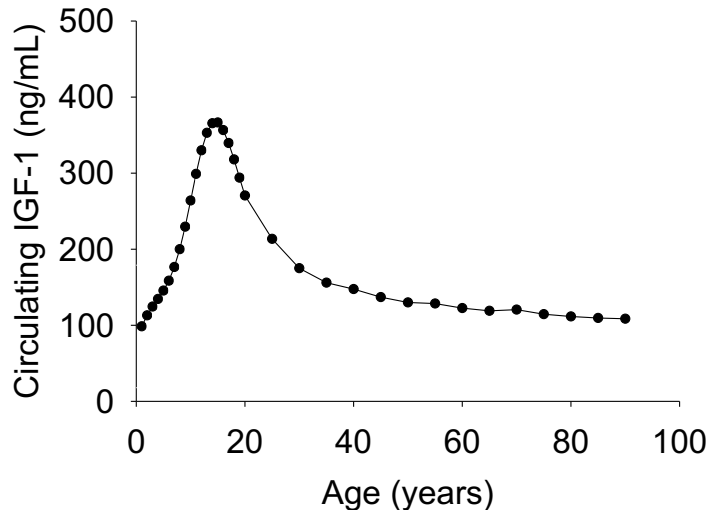
- Age-related cognitive decline is one of the fastest-growing health concerns
- Aging is associated with reductions in:
 - Processing speed
 - Inductive reasoning
 - Learning and memory
- Decreased synaptic structure; reduced neurotransmitter synthesis
- Altered receptor signaling; dysregulated neuronal gene and protein expression
- Comorbidities
 - Diabetes Mellitus, Hypertension, Cardiovascular Disease (i.e. Stroke), Dementia



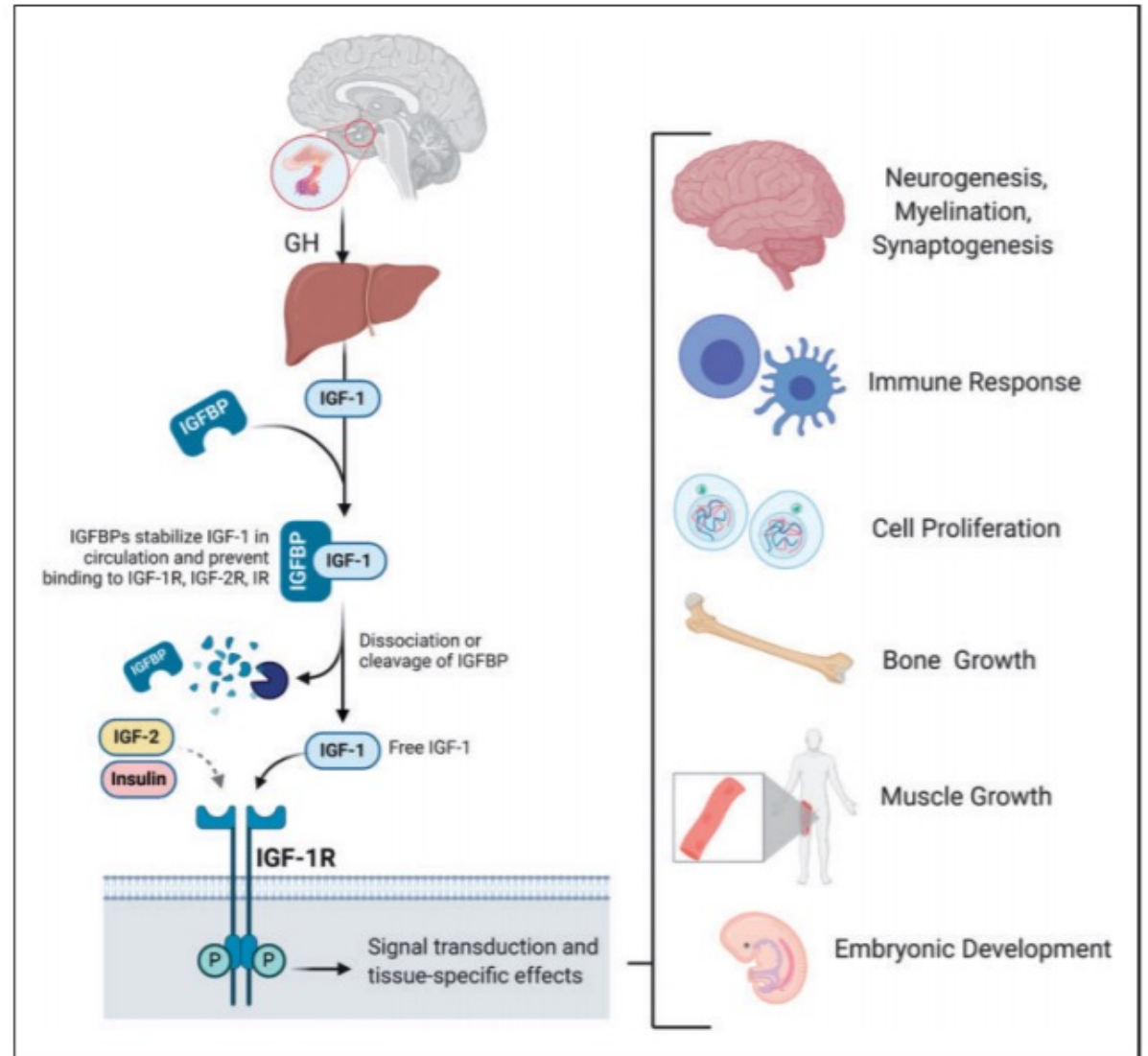
Insulin-like Growth Factor-1 (IGF-1)

- Pleiotropic hormone
- Regulated by pituitary and produced in liver
- Crosses the blood brain barrier
- Growth factor

Mayo Clinic Reference Guide

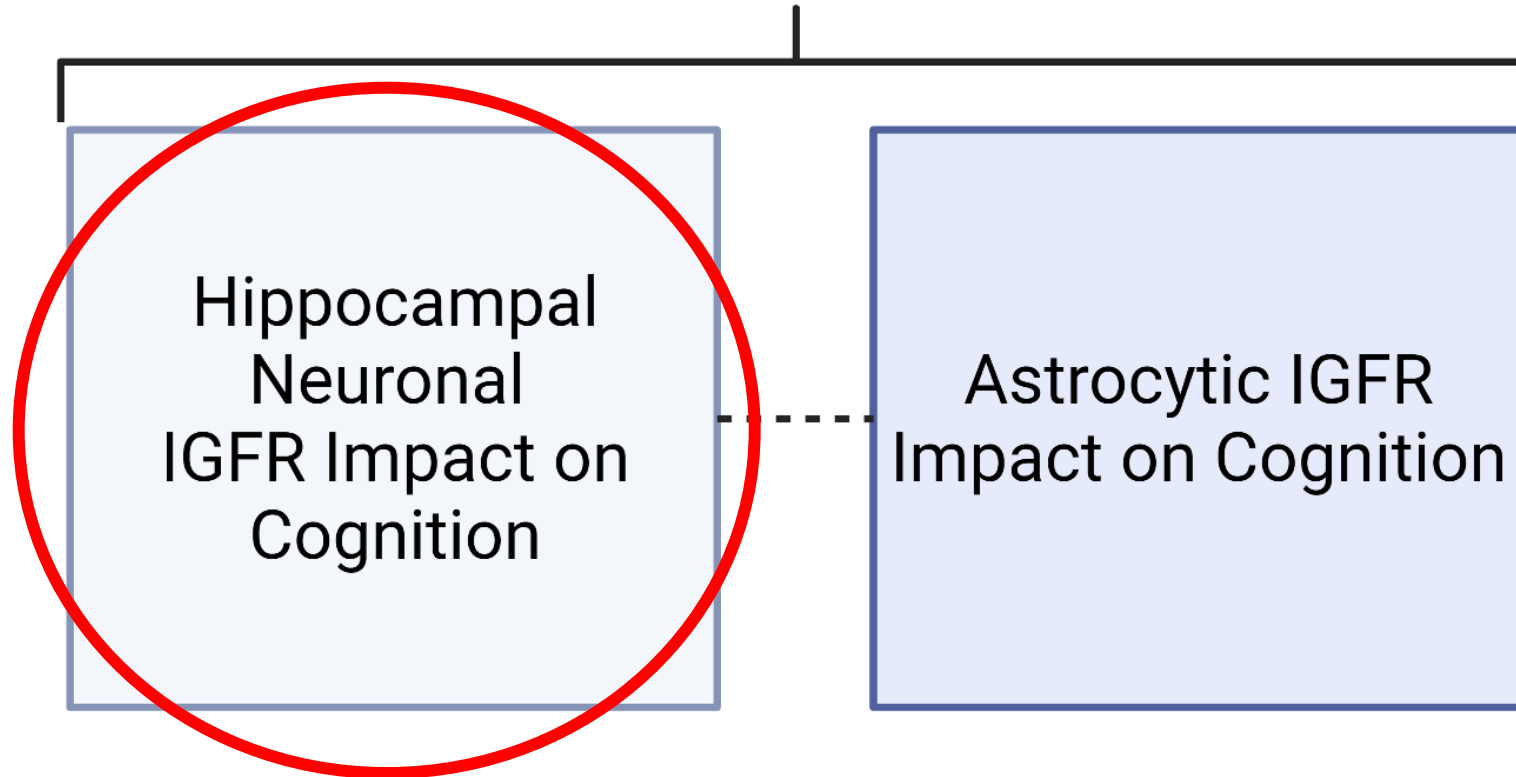


Adapted from www.mayomedicallaboratories.com



Hayes CA. et al (2021) *Journal of Cerebral Blood Flow and Metabolism* pp. 2475-2491

Does IGF1 signaling impact learning and memory in a cell-specific manner?



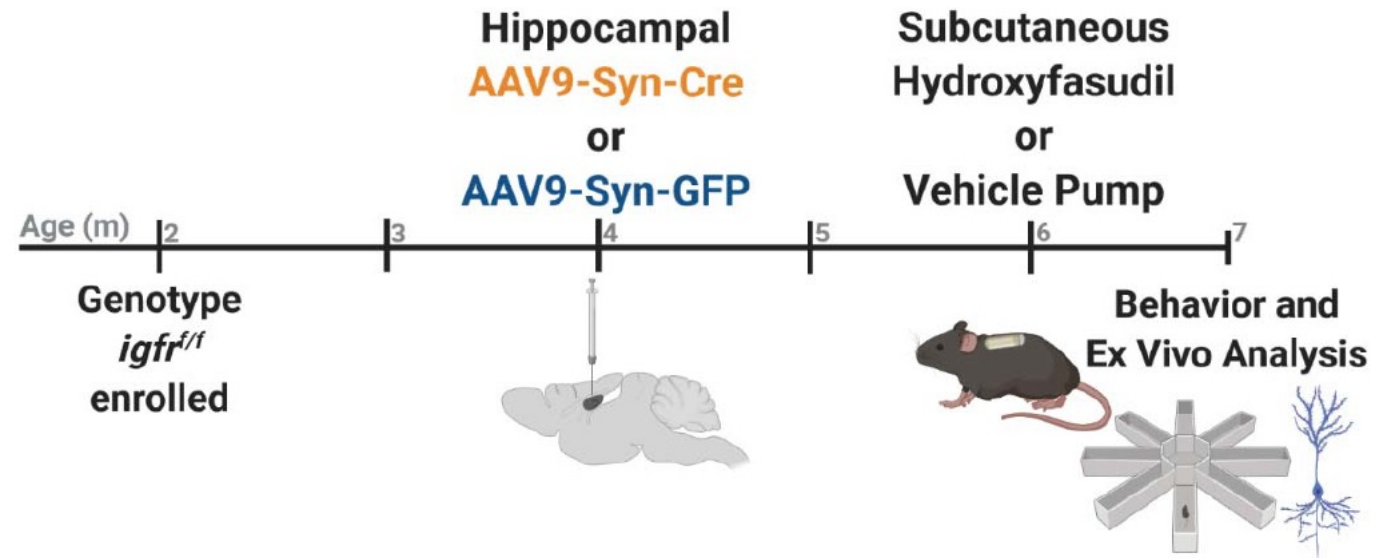
N. Ashpole



Hypothesis: Reductions in hippocampal neuronal IGFR in adulthood increases cognitive deficits.

Methods:

- Male and female transgenic mice
 - *igfr^{f/f}*
- Stereotaxic injections of AAV9-Syn-Cre or control AAV9-Syn-GFP (control) in the dentate gyrus and CA1 subregions of the hippocampus
- Behavioral assessments
 - RAWM
 - NOR
 - Golgi-Cox Stain
- Osmotic pump implantation (14 days)
- Primary neuronal cultures



Behavioral Changes with Neuronal IGF-1 Reductions

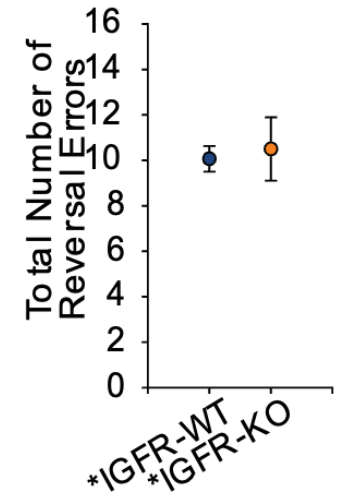
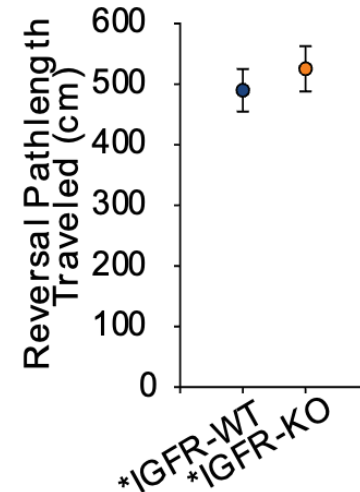
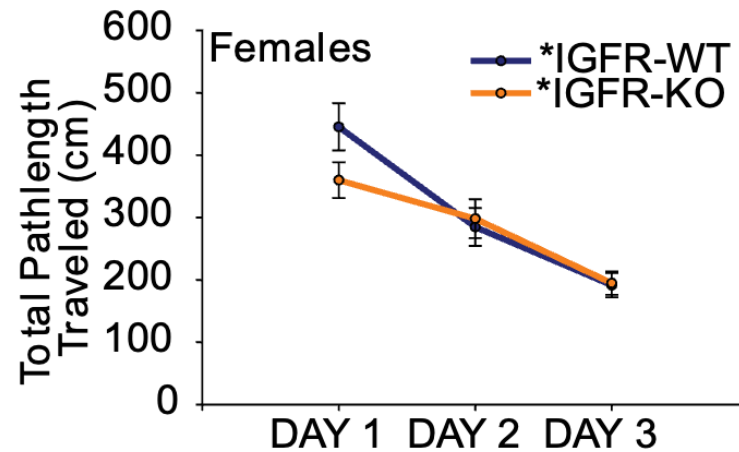
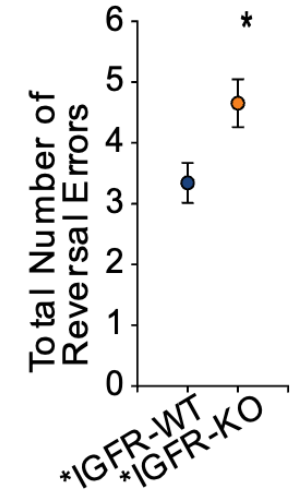
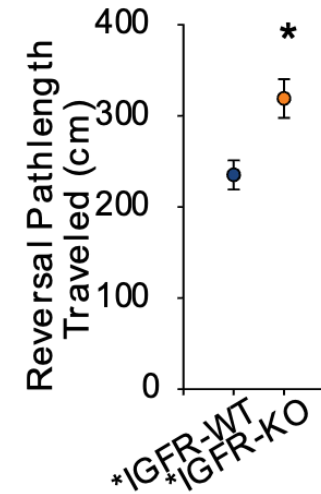
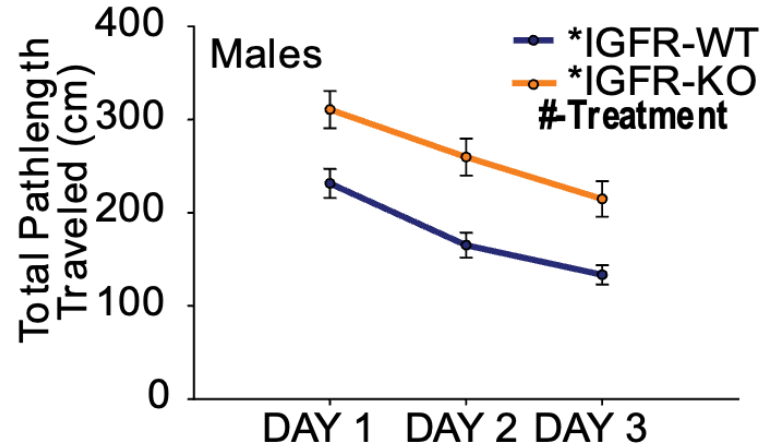
24 training sessions to swim to platform



Remove platform to test memory



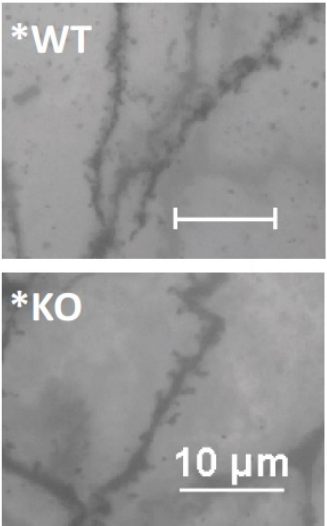
Move platform to new location to test extinction



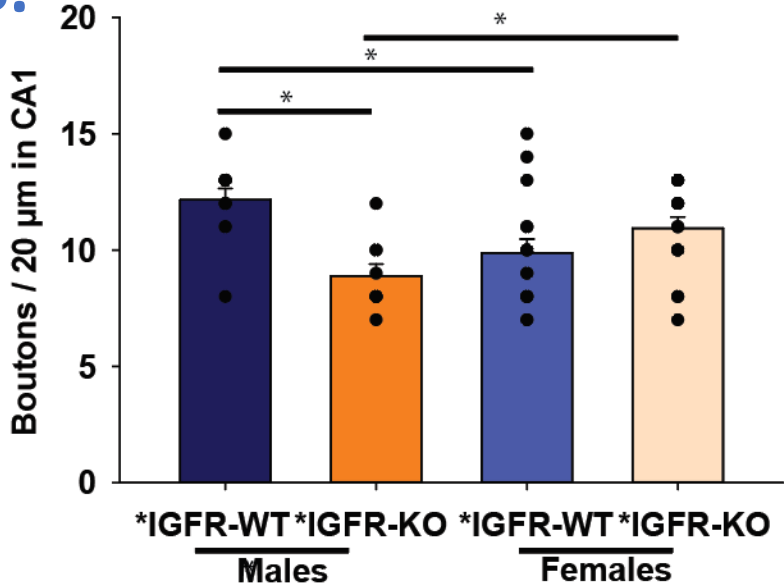
Reduced Synaptic Boutons

Method: 45µm brain slices were stained using Golgi's method and boutons were quantified in CA1 region of hippocampus.

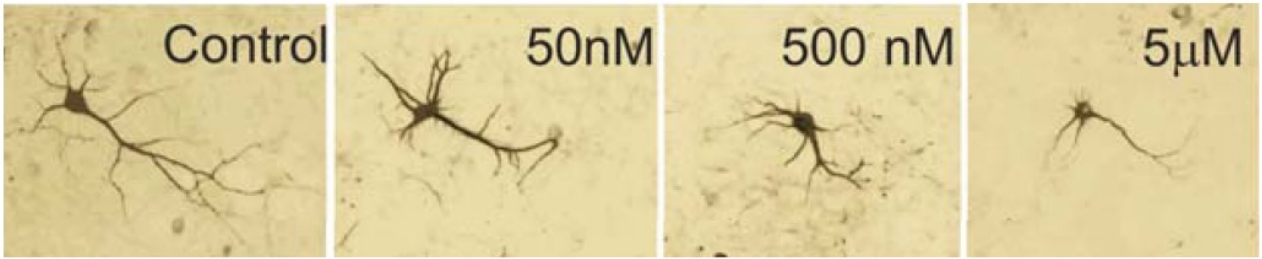
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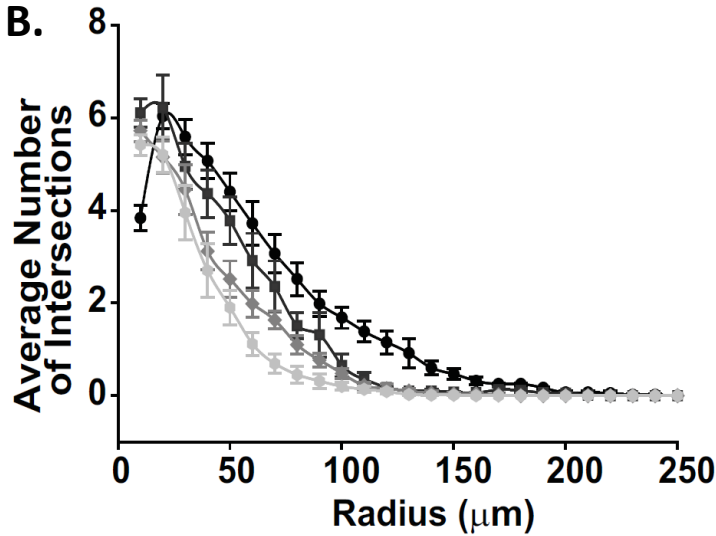
B.



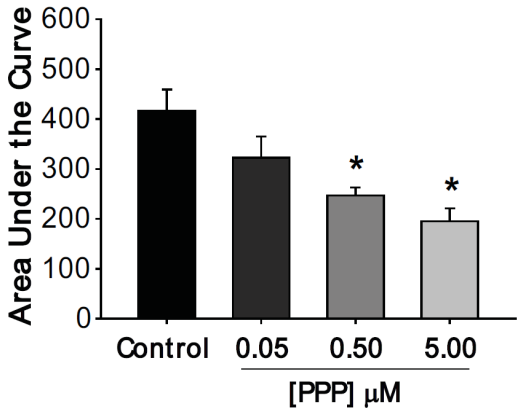
A.



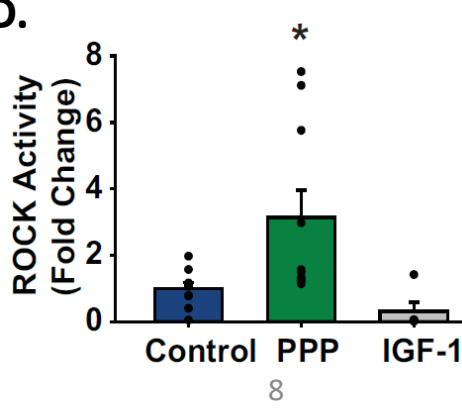
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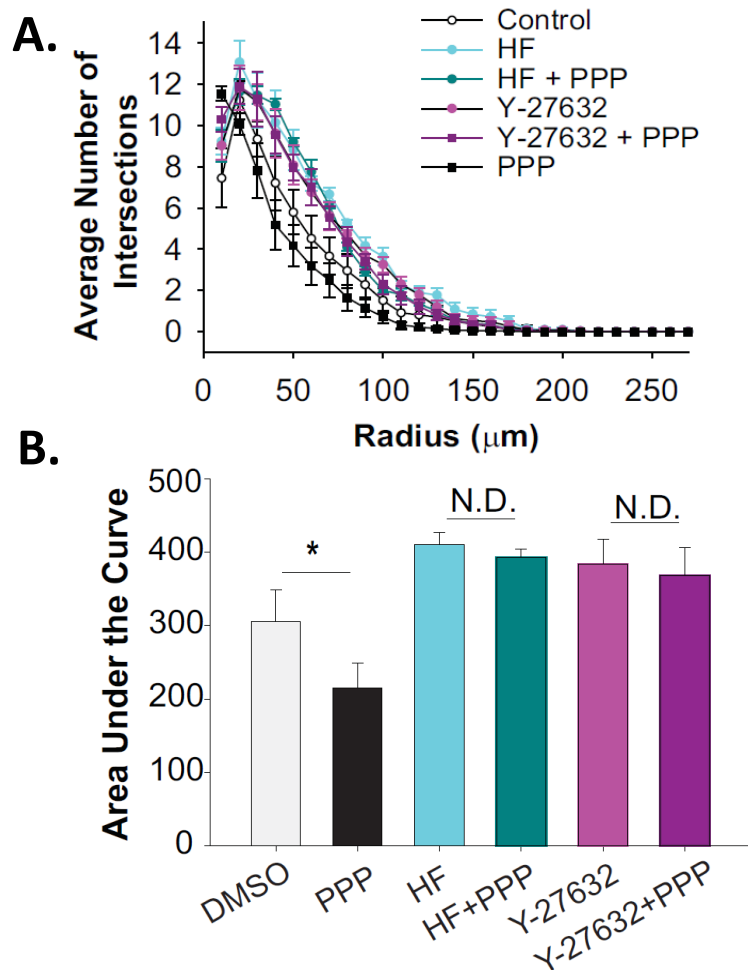
C.



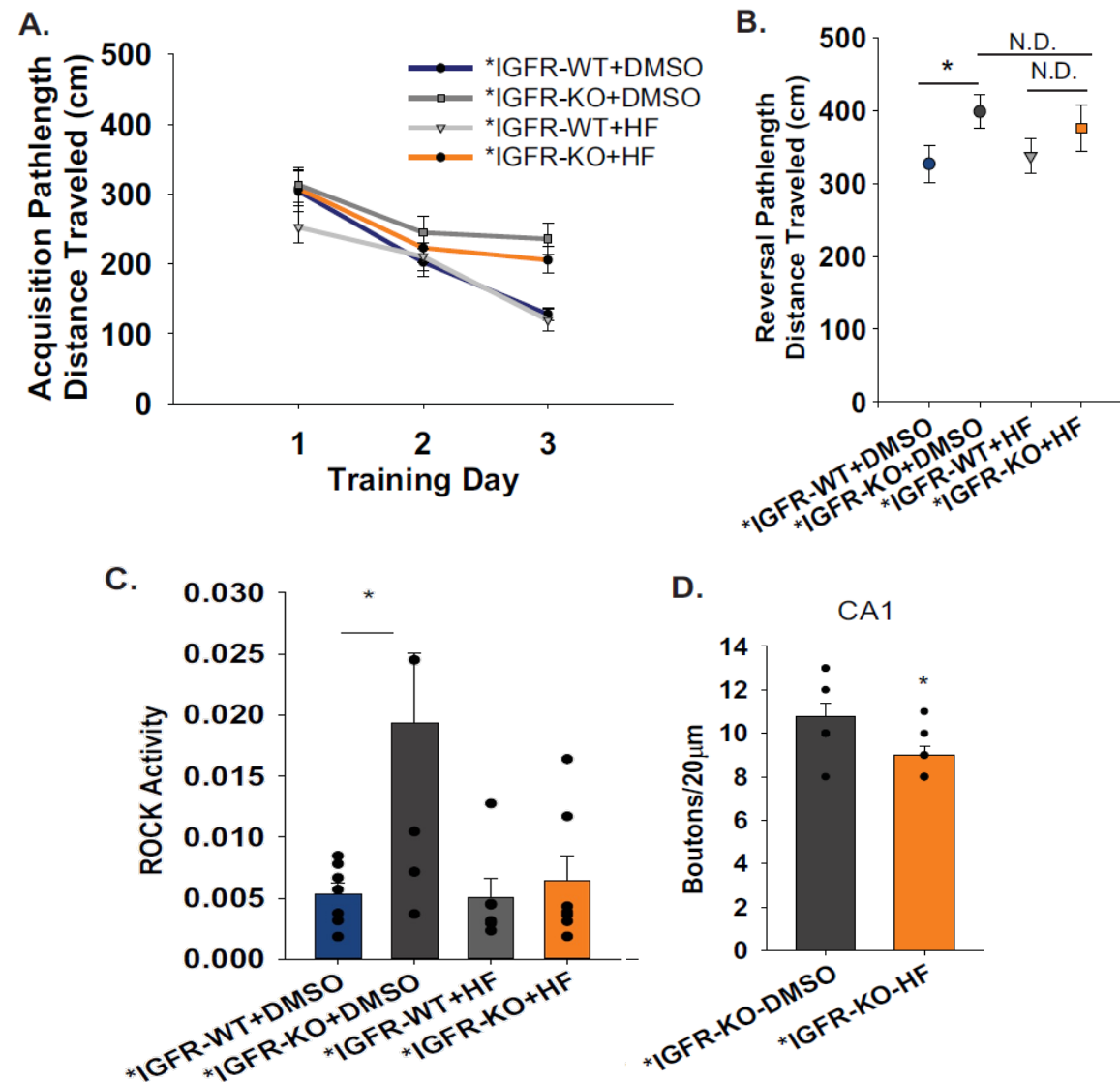
D.



Neuronal Growth is Restored with ROCK Inhibition



Method: Primary cortical neurons treated with picropodophyllin toxin (IGFR Inhibitor) & ROCK activity assay.



Method: Male mice received a ROCK inhibitor (HydroxyFasudil) through implanted osmotic pumps and tested in RAWM. ROCK activity within the brain was quantified and boutons using Golgi's method.

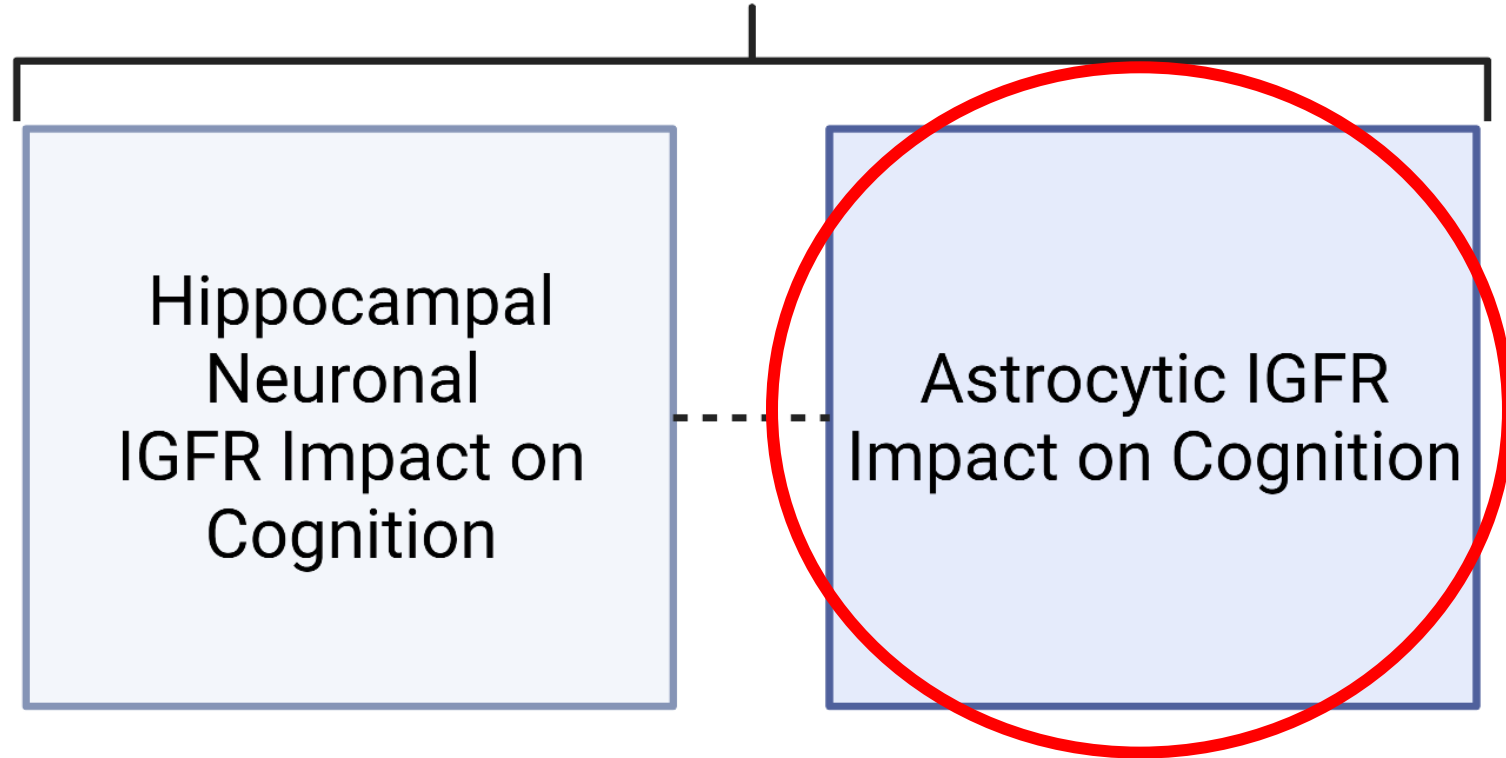


Conclusions of Neuronal IGFR Study

- Male IGFR-KOs exhibit spatial learning and memory impairments in RAWM
- IGFR reductions results in upregulated ROCK activity both in vitro and in vivo
- ROCK inhibitor in vitro restores neurite outgrowth but does NOT restore observed spatial learning and memory impairments in RAWM



Does IGFR signaling impact learning and memory in a cell-specific manner?



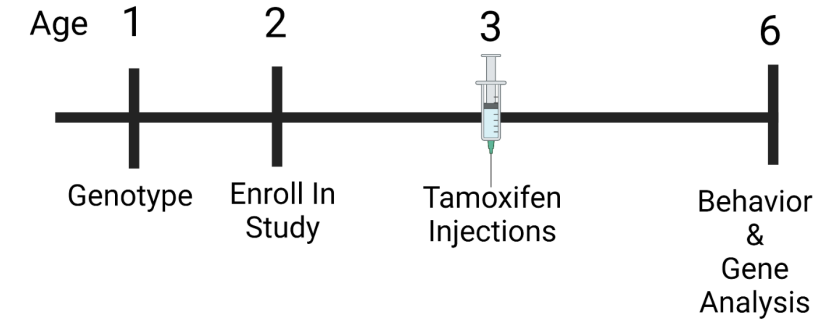
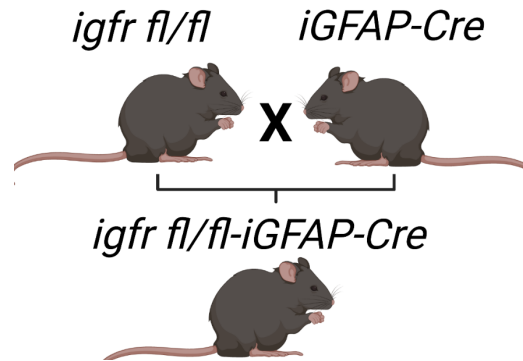
N. Ashpole



Hypothesis: Astrocytic IGF-1 is an essential component in maintaining proper cognition throughout adulthood.

Methods:

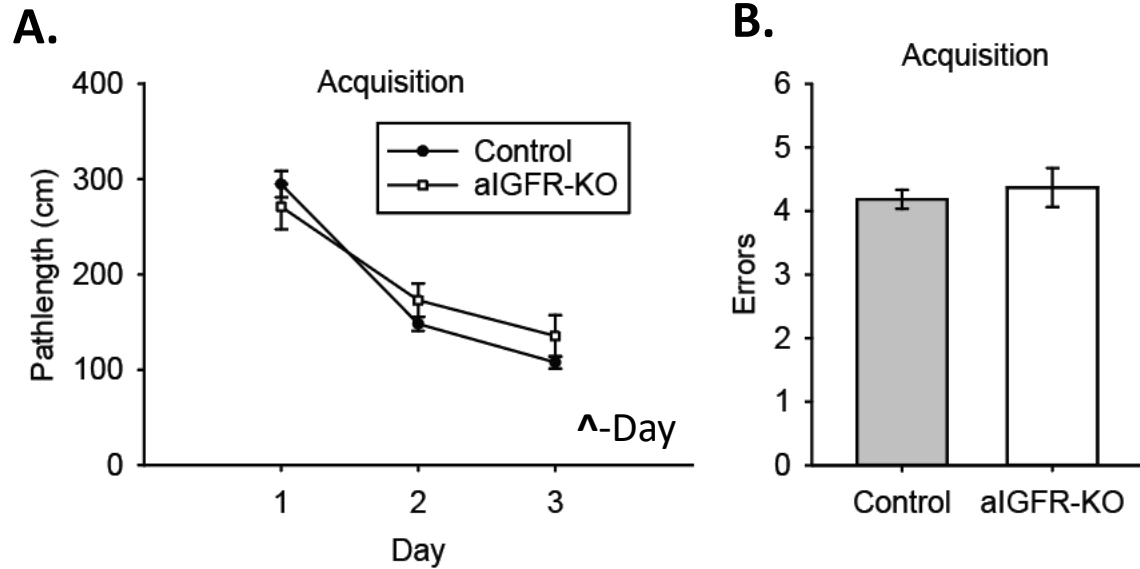
- Male and female transgenic mice
 - GFAP-Cre/ERT+ *igfr^{fl/f}* and *igfr^{fl/f}* (Control)
- Tamoxifen injections to induce KO
- Behavioral assessments:
 - RAWM
 - Barnes Maze



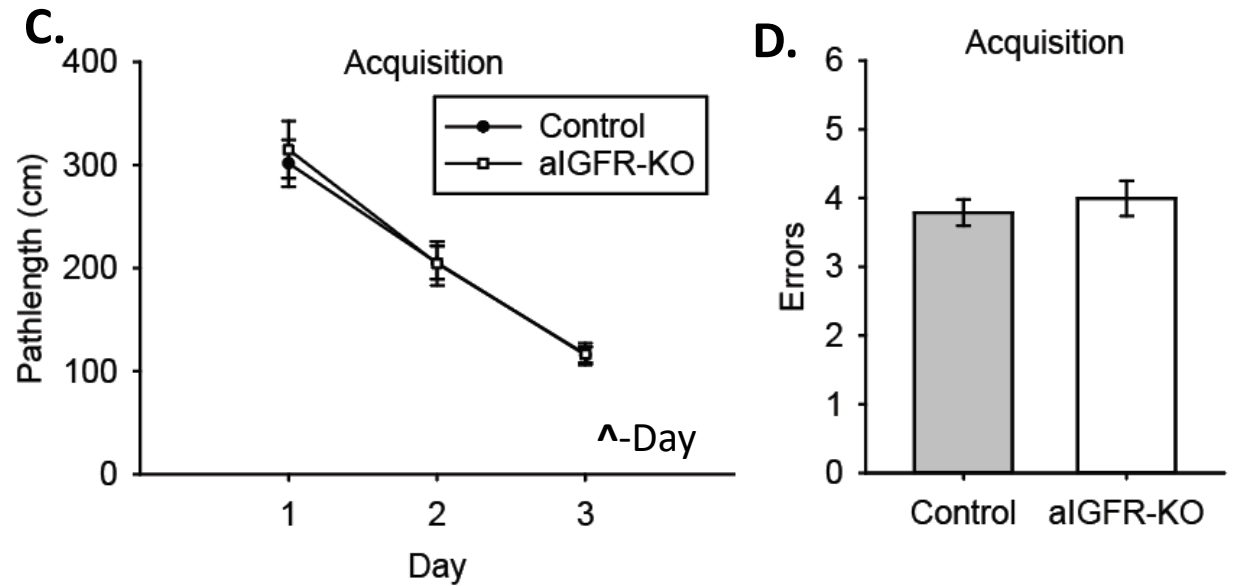
Astro-KO does not alter cognition

Method: Two months post-knockdown, male and female 6-month-old mice were tested in RAWM.

Male



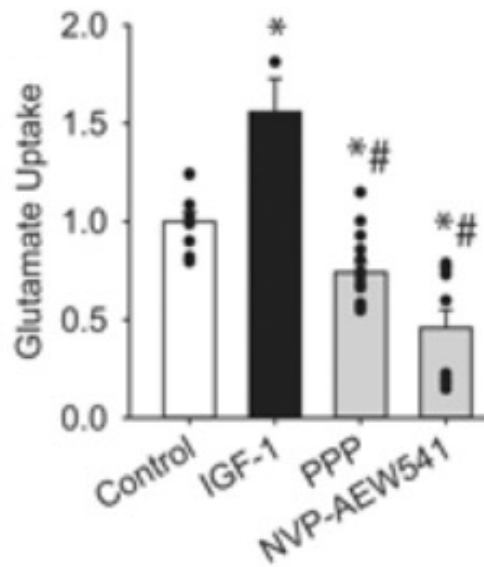
Female



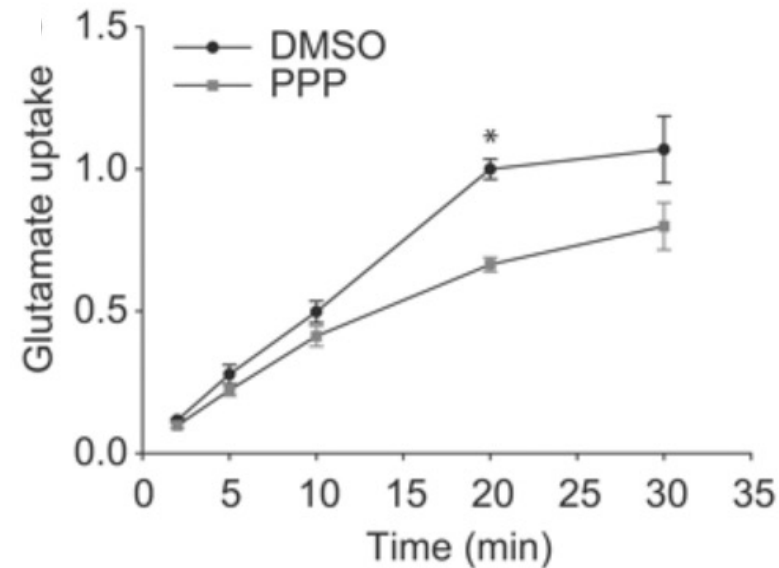
Findings: IGF-1R Inhibition disrupts glutamate uptake in vitro and in vivo

In Vitro

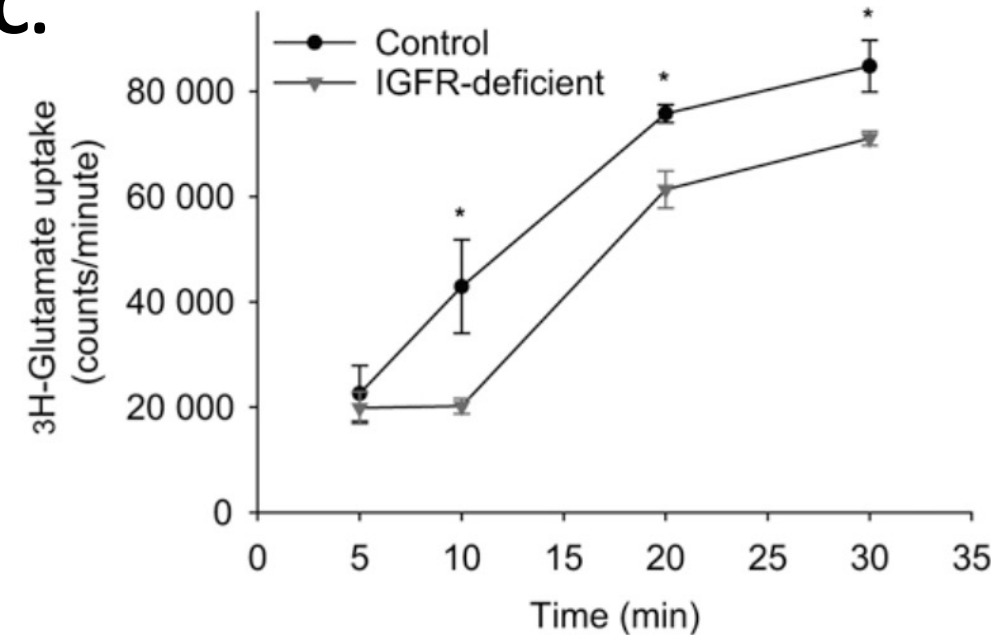
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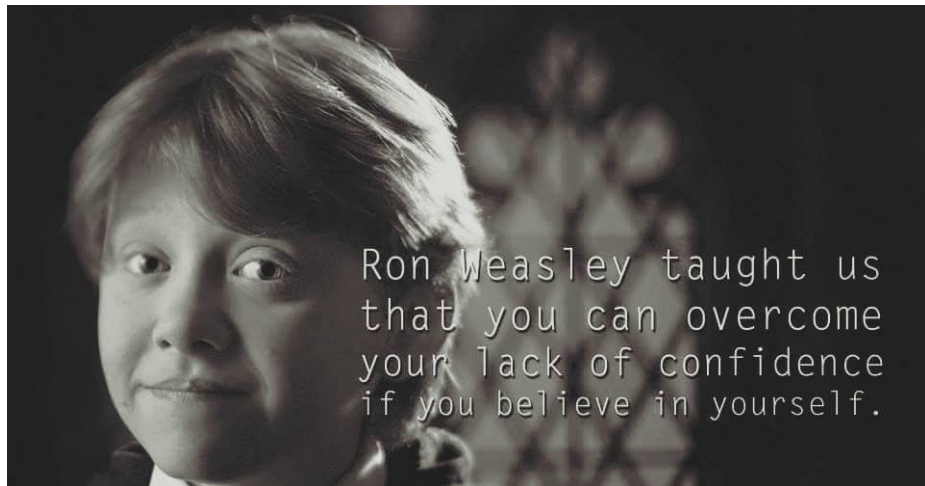
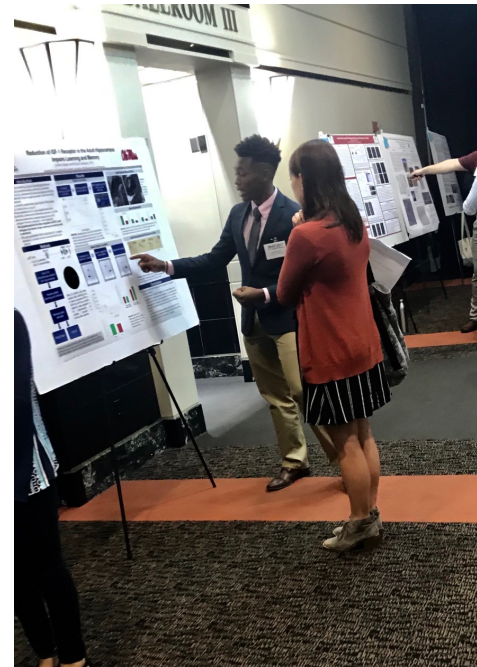
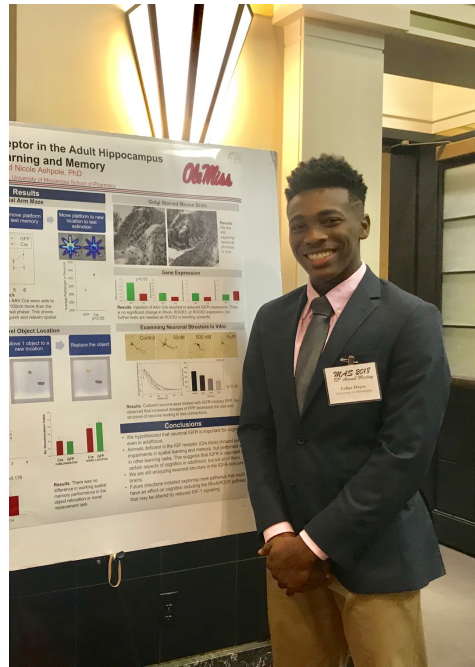
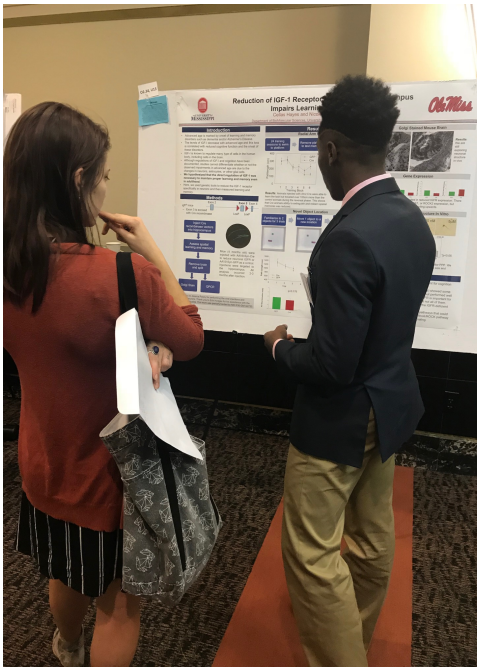
C.



Prabhu, D et al (2019). *Journal of neurochemistry*, 151(6), 689-702.

Astro-IGFR Consensus

- Neither males or females KO have cognitive impairments in either RAWM or Barnes Maze
- Reduced glutamate uptake when IGFR is inhibited in vitro and in vivo
- Glutamate machinery is altered in male and female KOs




Sci-Comm



Sci-Comm



Cellas Hayes
University of Mississippi



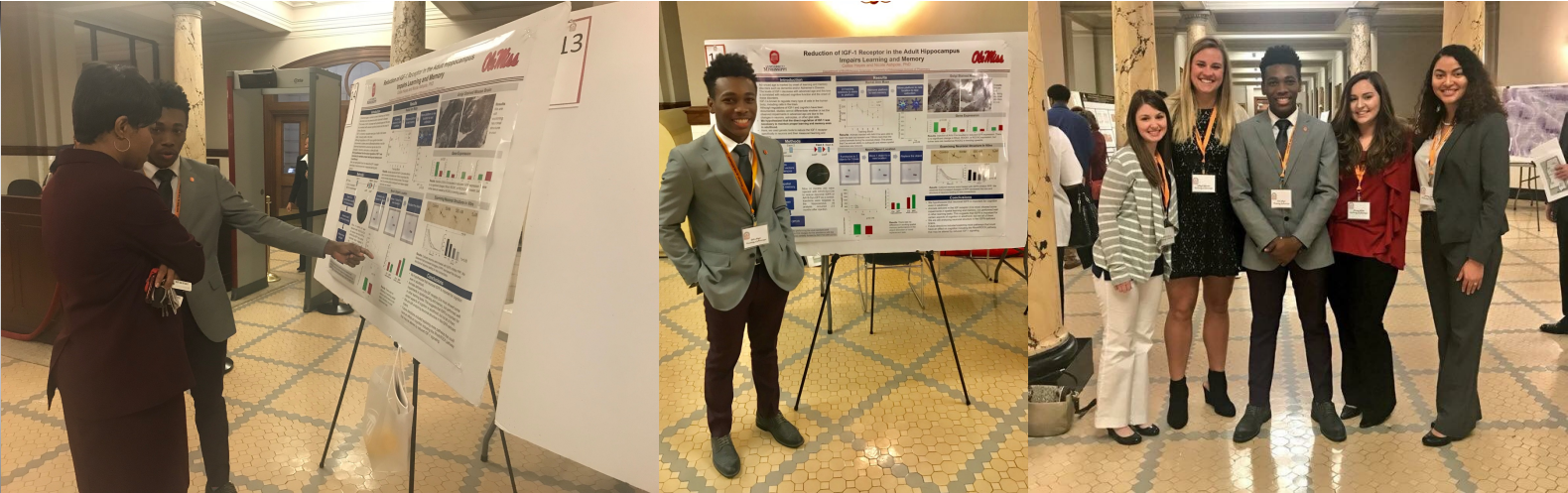
Leno, MS
Senate District 18
House District 27

Therapeutic Treatments for Cognitive Disorders Associated with Age-related Loss of Insulin Growth Factor-1

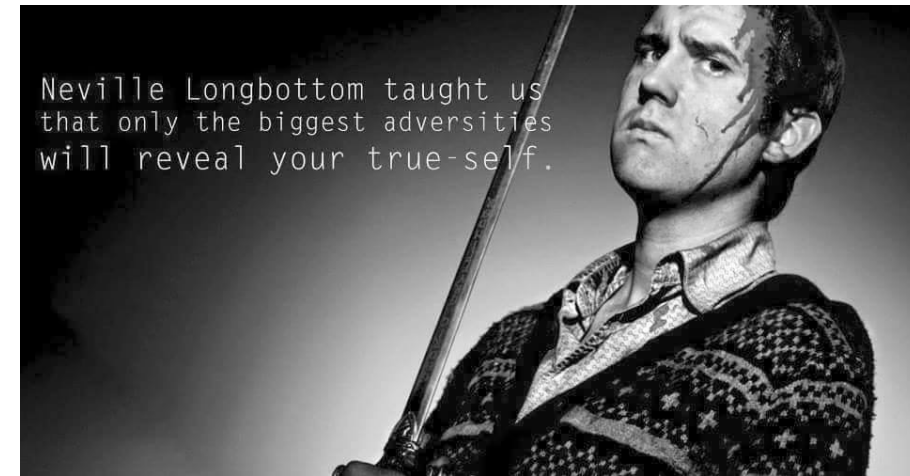
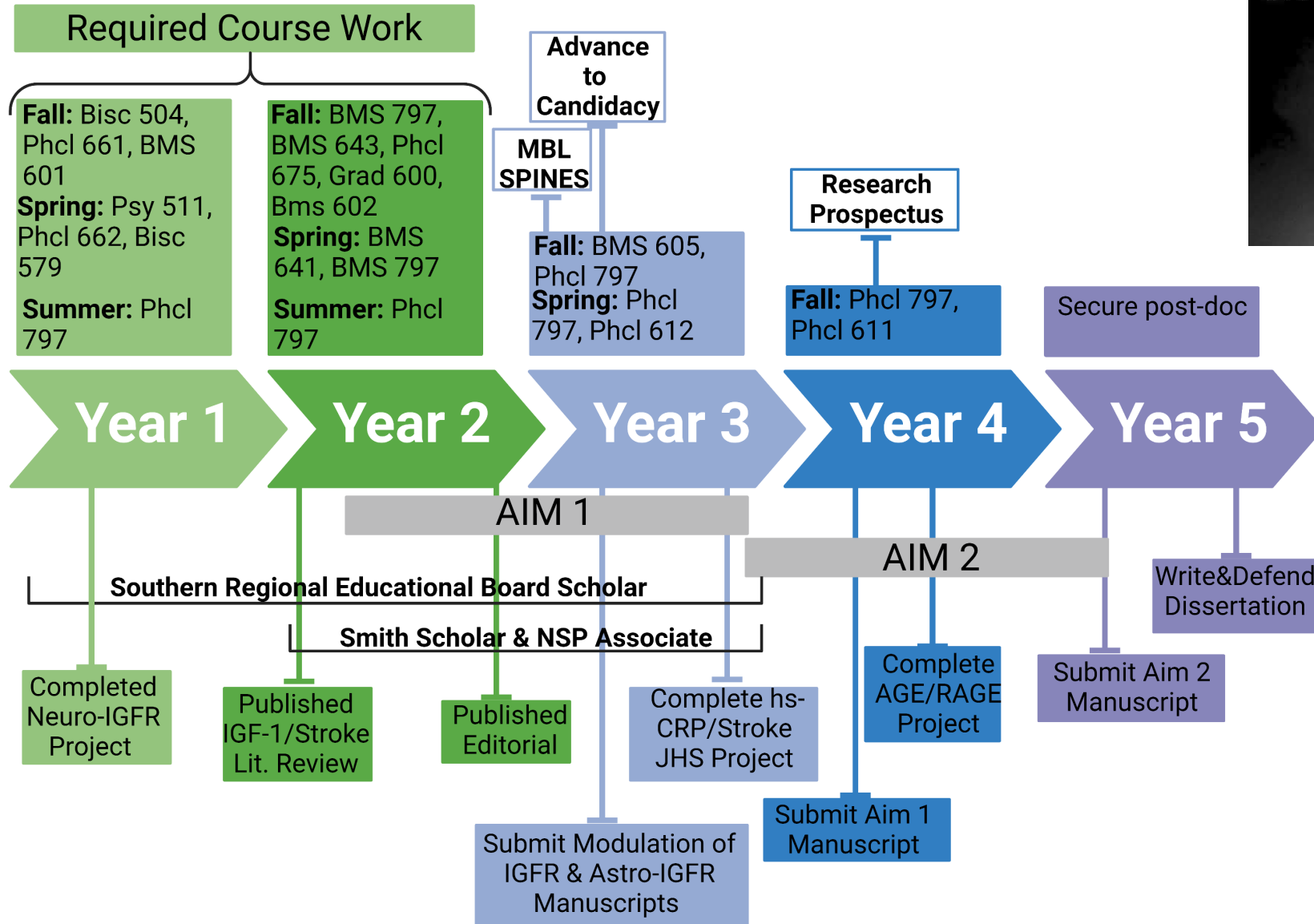
Increased life expectancy has been coupled with problems like Alzheimer's Disease and other dementias, at levels society has never faced before. Unfortunately, these diseases are no strangers to residents of Mississippi. The goal of our studies is to identify therapeutic treatments for these diseases. In order to do this, we must understand how they come about. Age-related loss of hormones, such as Insulin Growth Factor-1, is known to lead to cognitive impairment in advanced aged. Little is known about what exact cells become altered in the aging brain when IGF-1 is reduced. During development, IGF-1 regulates the maturation of many cell types in brains thus, studies in IGF-1 knock-out mice cannot differentiate whether the observed cognitive impairments are due to developmental changes in neurons, astrocytes, other glial cells, or the vasculature. We hypothesized that the direct regulation of neurons by IGF-1 was necessary to maintain learning and memory in adulthood. To address this, we utilized IGF-1 Receptor floxed mice and controlled the knock-down of the receptor in neurons at three months of age (post-puberty). Two months following knock-down, learning and memory was tested in multiple mazes: radial arm water maze, and the novel object/novel location task. We observed that neuronal IGF1R knock-down led to reduced learning and memory. Further studies are now aimed at identifying how neuronal structure is affected and which signaling cascades are disrupted when neuronal IGF-1 signaling is reduced. Together, these studies will highlight potential areas for therapeutic treatment of age-related cognitive decline.

Student's Major: Classics
Faculty Mentor: Dr. Nicole Ashpole
Mentor's Department: Biomolecular Sciences
External Funding: National Institutes of Health

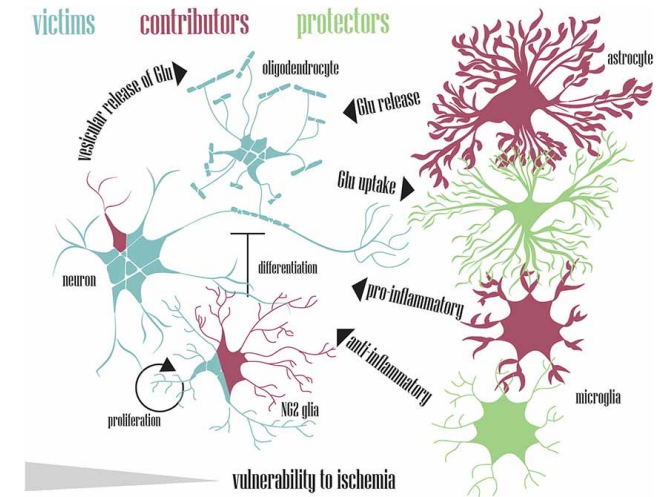
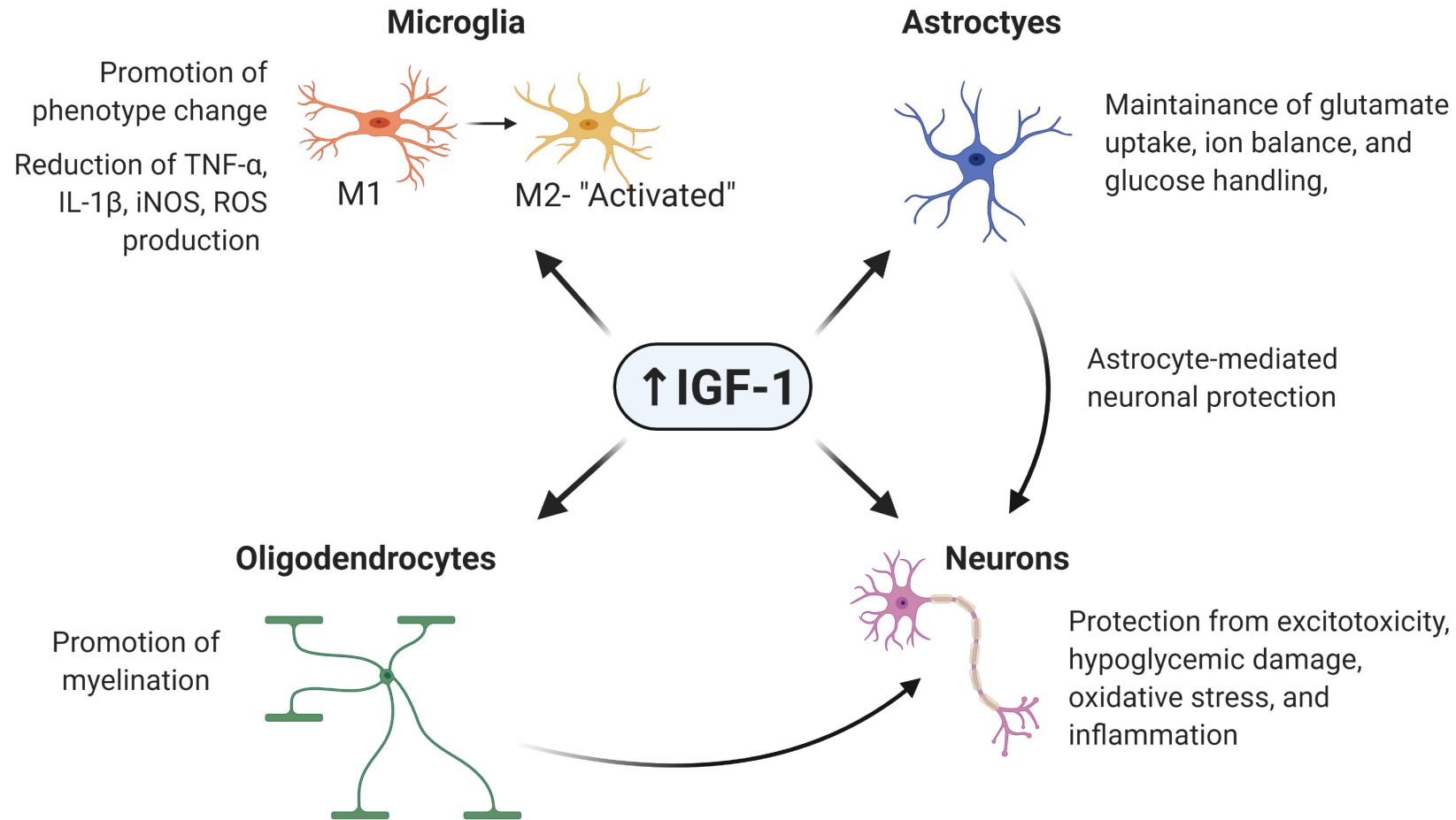
"Within the last fifty years, life expectancy in Mississippi has increased to almost 80 years of age. This increased life expectancy has come with more age-related problems such as increased rates of dementia. Our goal is to understand how cognitive disorders come about in order to find potential therapeutic treatments."
- Celas Hayes



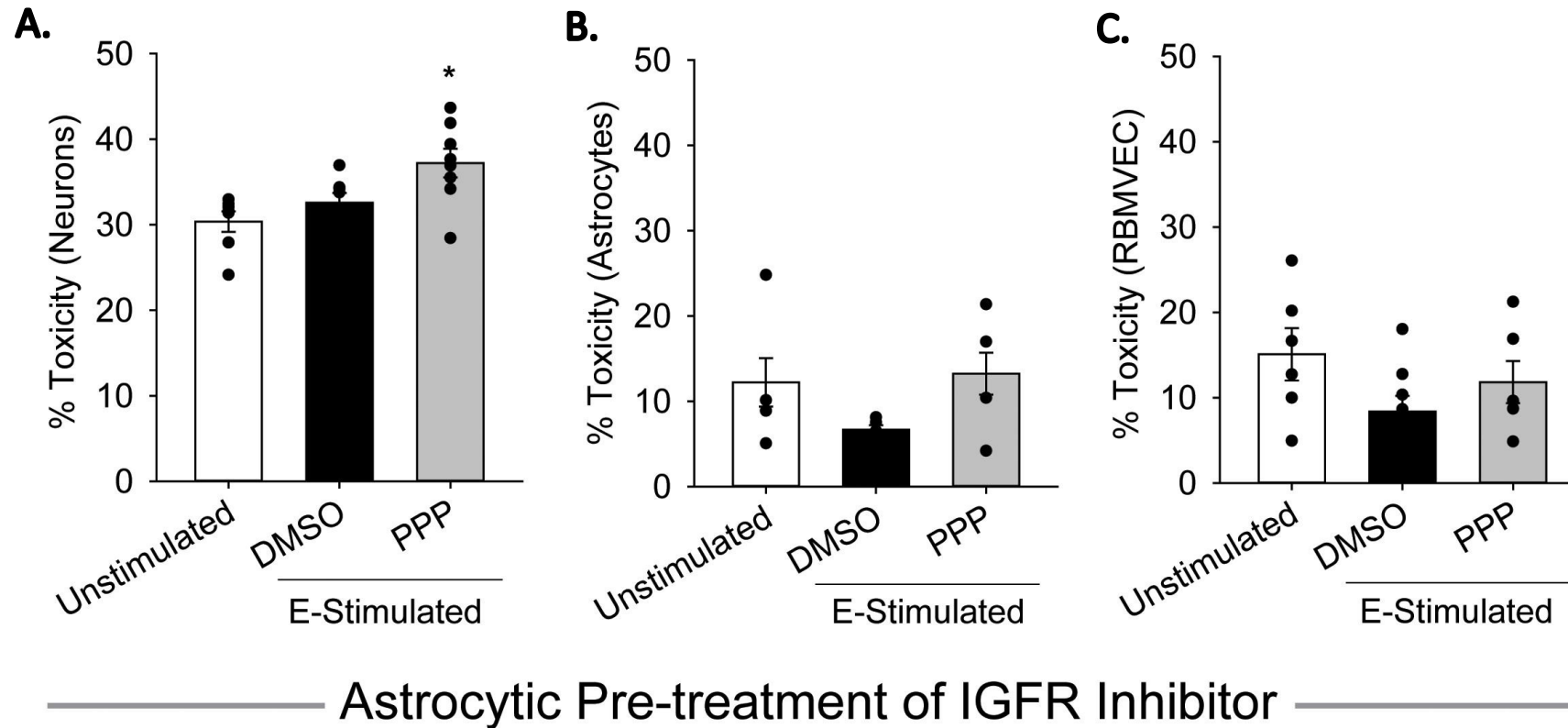
The Graduate School Snap Shot



IGF-1 Signaling Within the Brain



Results: Astrocytes fail to protect against excitotoxicity when IGFR is inhibited.



Method: Triple cell culture; Live-dead assay using fluorescence microscopy

Statistics: $p < 0.05$ via one-way ANOVA

Equation: % Toxicity = (dead/total cells)*100

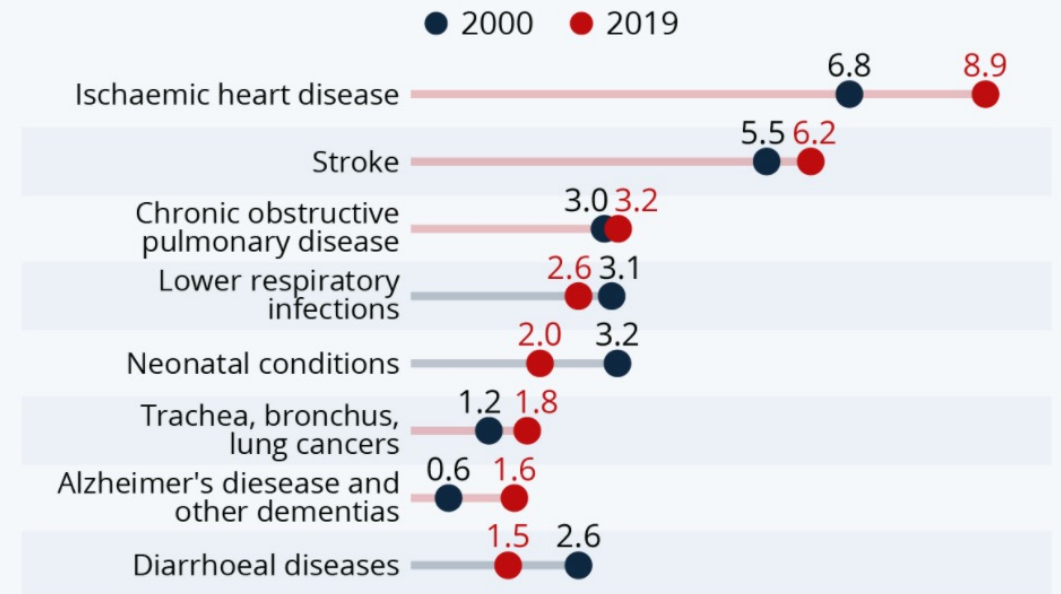
Abbreviations: PPP-picropodophyllin toxin; E-stim-100 μ M Glutamate

Stroke-A World Leading Cause of Death

- 2020-1 in 6 deaths
- Every **40 seconds** someone in the United States has a stroke
- Every **3.5 minutes**, someone dies of stroke
- 2017-2018-**\$53 billion** dollars in care

The World's Leading Causes Of Death

Total number of people who died from the following conditions (in millions)



Source: World Health Organization

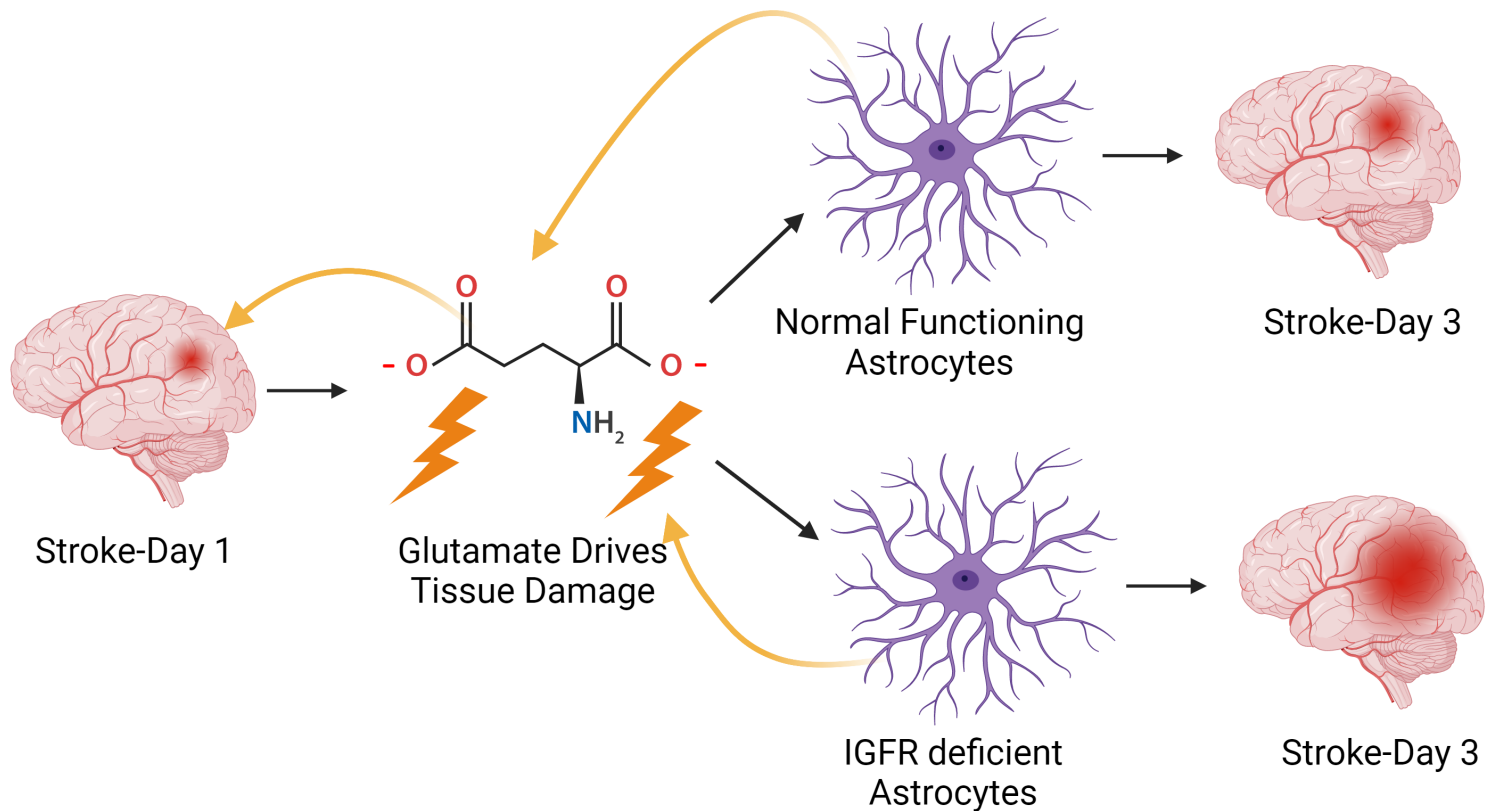
N. Ashpole



Centers for Disease Control and Prevention. [Underlying Cause of Death, 1999–2018](#). CW, Aday AW et al. [Heart Disease and Stroke Statistics—2022 Update: A Report From the American Heart Association external icon](#). *Circulation*. 2022;145(8):e153–e639.

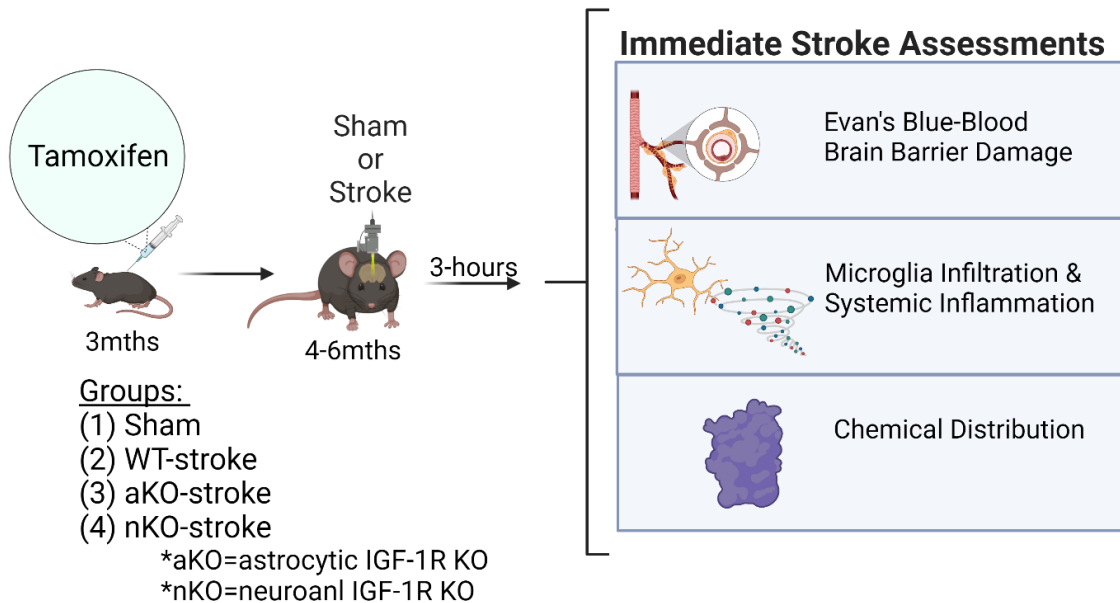


Hypothesis: Reductions in IGF-1R in astrocytes attenuate neuroprotective functions of IGF-1 in stroke.

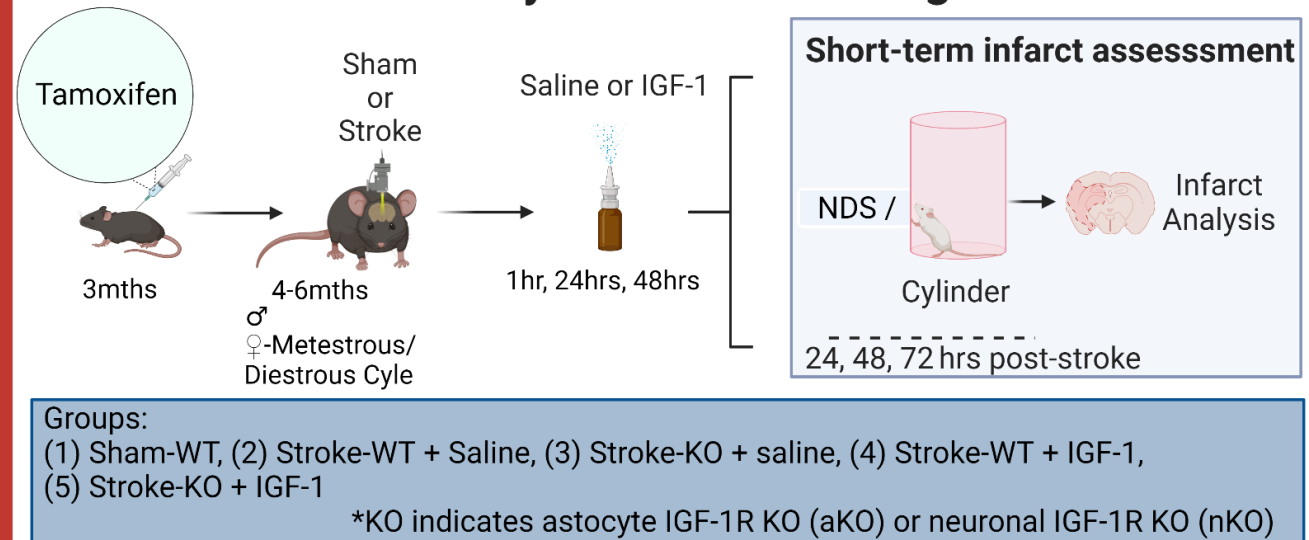


Dissertation Research Design

3 hour Post-Stroke Design



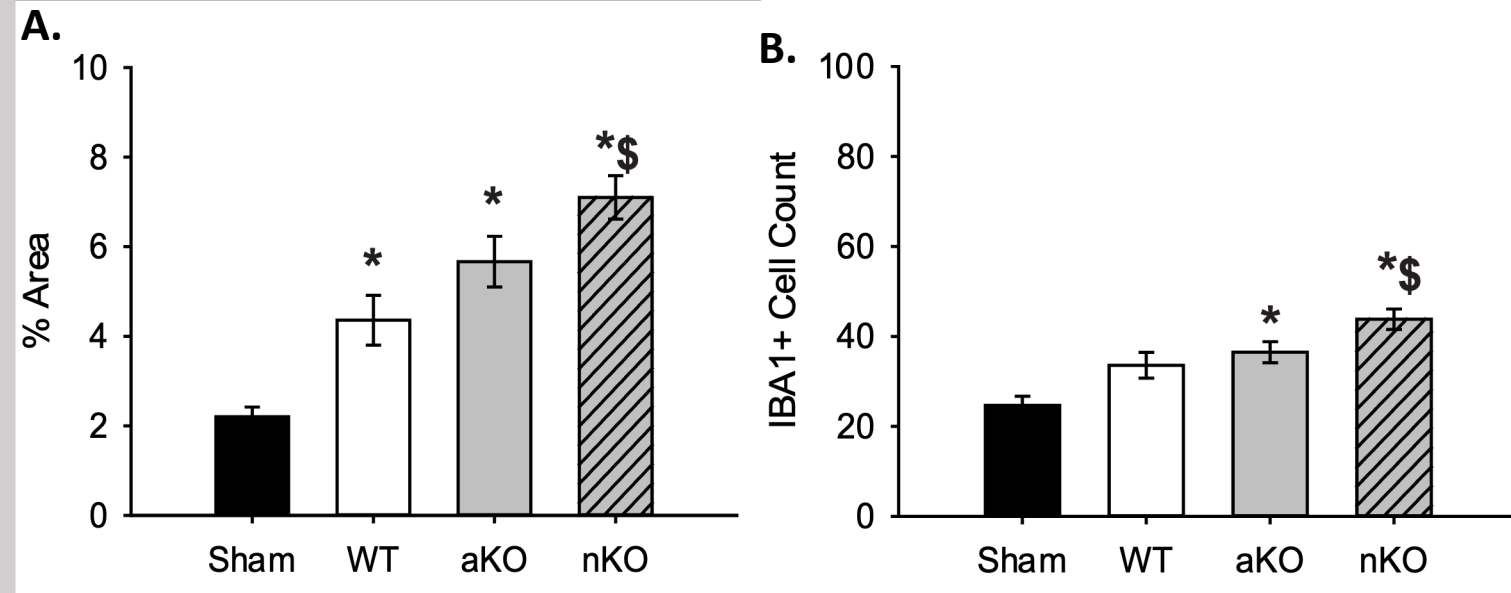
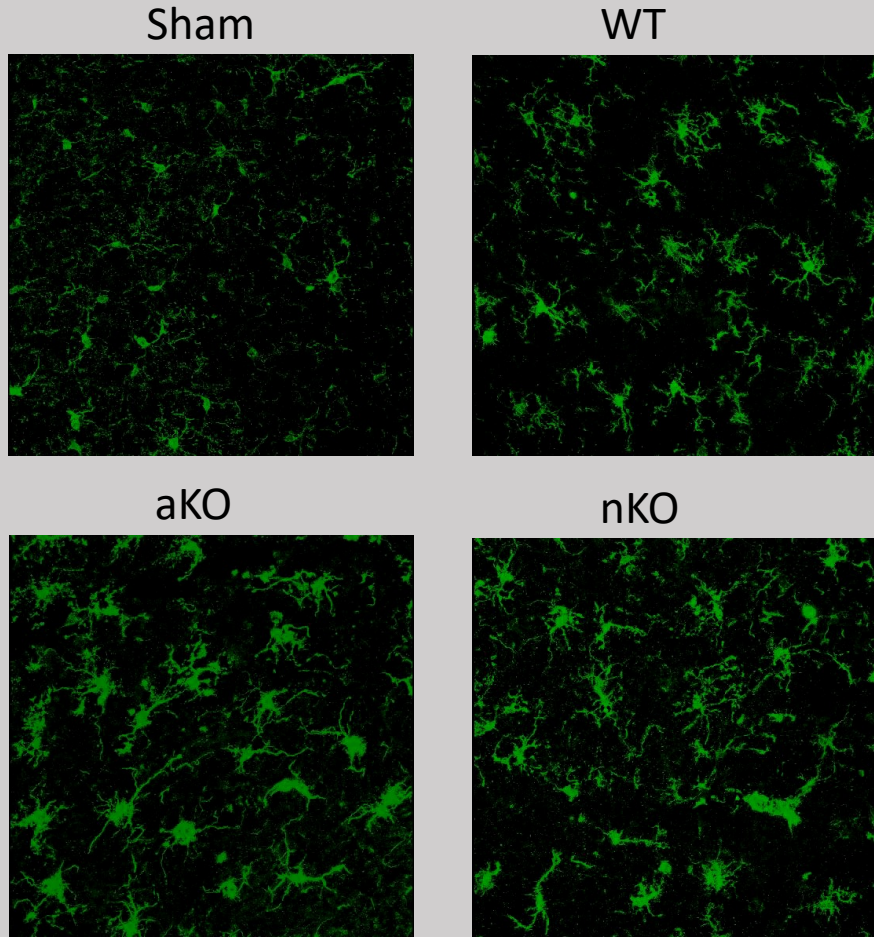
3 Day Post-Stroke Design



Methods:

- Transgenic Models; Photothrombosis
- Behavior: Neurological Deficit Score and Cylinder
- Ex Vivo: Blood Brain Barrier Damage (Evan's Blue/ Fluorescence Microscopy); Microglia Infiltration (IHC IBA1+/Confocal Microscopy); Inflammation (Cytokine/Chemokine Multiplex/FM3D); Chemical Shifts (Fourier Transform Infrared Spectroscopy (FTIR))

Results: Microglia Infiltration Into the Infarct Core

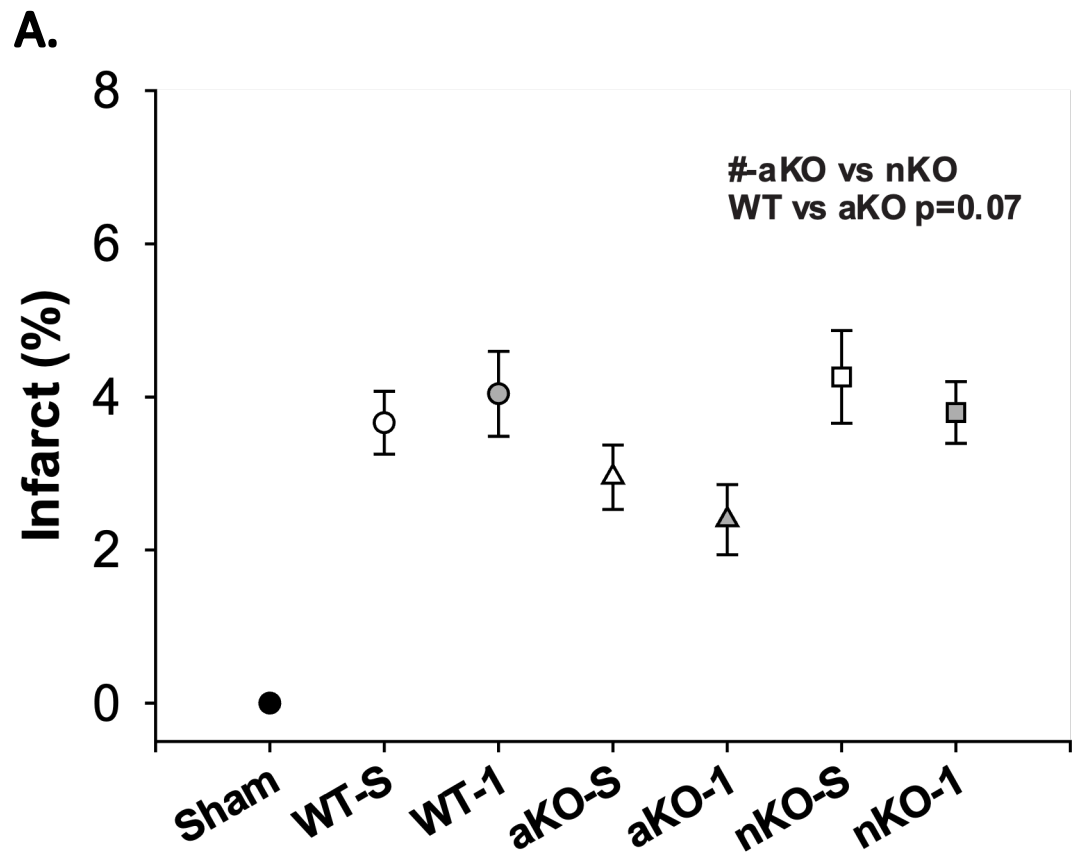


Method: IHC IBA1+; confocal microscopy; Image J/Fiji

Statistics: * $p < 0.05$ compared to surgical sham; \$ $p < 0.05$ compared to WT ischemic stroke via one-way ANOVA

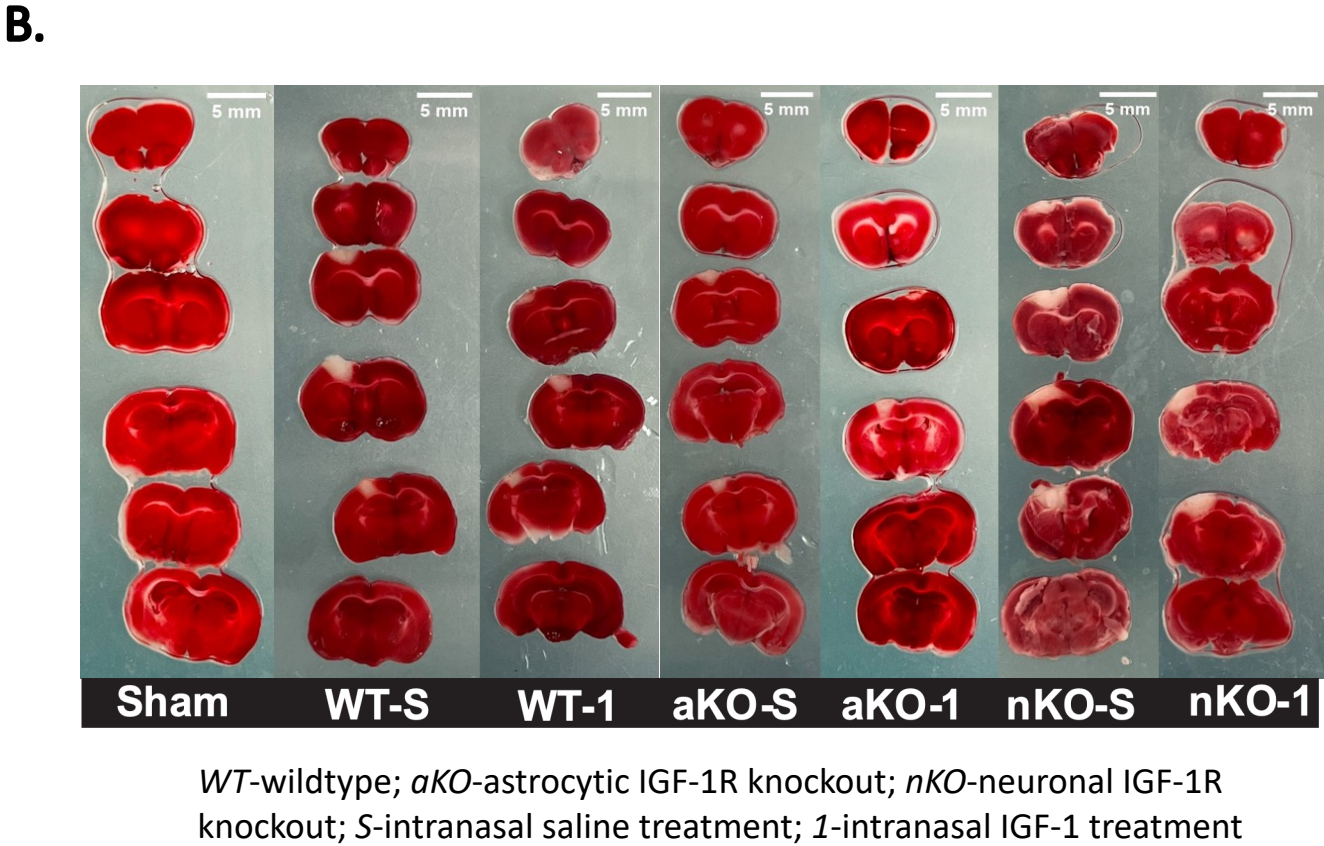
Abbreviations: WT-wildtype; aKO-astrocytic IGF-1R knockout; nKO-neuronal IGF-1R knockout

Results: Astrocytic IGF-1R Reduction Exerts Neuroprotection



Method: TTC & Image J

Statistics: #-p<0.05 group differences via two-way ANOVA



Overall Findings

- aKO and nKO have neuroprotective phenotypes at 3 hours post-stroke
 - BBB
 - Lipid/Protein distribution
 - Microglia
 - Systemic Inflammation
- aKO and nKO have neuroprotective phenotypes at 3 days post-stroke
 - Infarct size

SREB AND SMITH SCHOLARS

SREB-State Doctoral Scholars Program

Increasing Faculty Diversity

More than one-third of America's college students are people of color. But racial and ethnic minorities make up only small fractions of college faculty. Nationwide, 6 percent of faculty are African-American or Black, just over 5 percent are Hispanic and about 1 percent are Native American. *The SREB-State Doctoral Scholars Program is working to change that.*

The goal: more minority Ph.D. students who seek careers as faculty on college campuses

CREATING A HEALTHIER MISSISSIPPI THROUGH RESEARCH

Welcome

2020 Robert Smith, M.D. Graduate Scholars



Alexcia Shanise Carr
Pharmacy
University of Mississippi



Torrye R. Evans II
Medicine
University of Mississippi
Medical Center



Cellas Ari'ka Hayes
Pharmaceutical Sciences/
Pharmacology
University of Mississippi



Maria A. Jones-Muhammad
Neuroscience
University of Mississippi
Medical Center



Rashun Jamal Miles
Social Welfare
University of Mississippi



Nicole Kaitlyn Reeder
Food Science, Nutrition, and
Health Promotion
Mississippi State University



Jamarius Paul Waller
Pharmacology
University of Mississippi
Medical Center



Roxanne Alecia Watts
Counseling Psychology
University of Southern
Mississippi

2020 Robert Smith, MD, Graduate Scholars

The Jackson Heart Study Graduate Training and Education Center at UMMC is a two-year research mentoring and training program funded by the National Heart, Lung and Blood Institute. Designed for doctoral and health professional students who are considering careers in cardiovascular health sciences, the program allows students to observe and participate in the research process alongside mentors from leading research institutions. Download a composite photo of the 2020 scholars [here](#).

The Jackson Heart Study

- “The **JHS** is the largest single-site, community-based epidemiologic investigation of environmental and genetic factors associated with cardiovascular disease among African Americans ever”

-The JHS



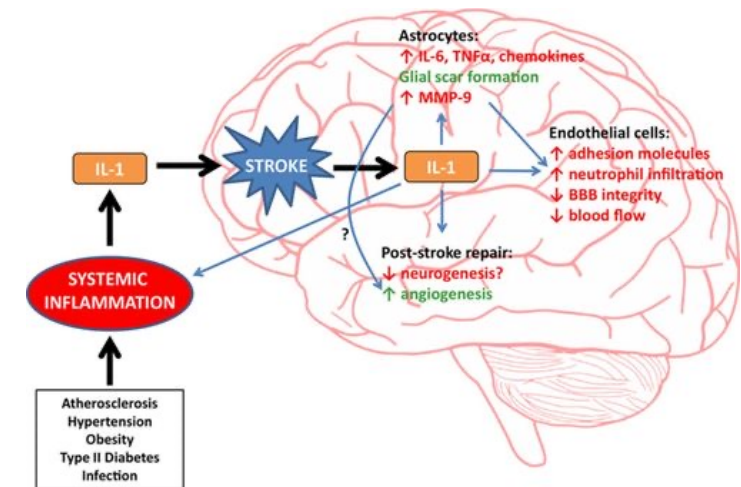
In addition, the JHS conducts community education and outreach activities to promote healthy lifestyles and reduce disease risk burden, undergraduate- and graduate-level research training programs, and high school science and math enrichment programs to prepare and encourage underrepresented minority students to pursue biomedical careers.

Measuring Inflammation in the Clinic

High Sensitivity C-Reactive Protein

- Inflammation (hs-CRP) is arguably the major contributor to ongoing stroke damage.
- Elevated hs-CRP levels correlate with the risk of ischemic stroke and stroke incidence (Rost et al 2001),(Dawood et al 2016), (Ford et al 2000).
- African Americans have a higher hs-CRP levels compared to Caucasians, Hispanic and Japanese individuals (Kelley-Hedgpeth et al 2008), (Veeranna et al 2013), (Cushman et al 2009).

Hypothesis: Increased levels of inflammation as measured by high sensitivity-C reactive protein are positively associated with stroke incidence among African Americans.



J. Renneker R. Thorpe Jr.



Sobowale, O.A., et al., *Interleukin-1 in Stroke: From Bench to Bedside*.
Stroke, 2016. **47**(8): p. 2160-7

Results: hs-CRP and Stroke Incidence Association

Methodology

- Analytical sample included:
 - All 3 visits (2000-2013)
 - Hs-CRP level (independent variable) divided into quintiles
 - Stroke incidence (dependent variable)
 - Covariates
 - Demographics (age and sex)
 - Anthropometrics (body mass index (BMI) and obesity status)
 - Health conditions (high cholesterol, hypertension, and diabetes statuses)
 - Behavioral risk factors (smoking status and alcohol intake status)
 - Cardiovascular History
- Exclusion criteria:
 - Missing hs-CRP or stroke at visit 1
 - Missing stroke data at visits 1-3
 - Medical record refusals at visits 1-3

Table. Hazard ratios and 95% confidence intervals of stroke incidence among hs-CRP quintiles in the unadjusted and fully adjusted model controlling for known stroke risk factors

	Sequential Models	
hs-CRP quintile (mg/L)	Unadjusted Model	Adjusted Model
Quintile 1 < 0.084 mg/L n=923	1.0 (ref)	1.0 (ref)
Quintile 2 0.085-0.189 mg/L n=919	1.48 (0.96-2.29)	1.27 (0.79-2.03)
Quintile 3 0.19-0.36 mg/L n=922	1.44 (0.93-2.24)	1.18 (0.73-1.91)
Quintile 4 0.361-0.675 mg/L n=918	1.09 (0.68-1.74)	0.91 (0.55-1.52)
Quintile 5 > 0.676 mg/L n=919	1.78 (1.17-2.72)	1.87 (1.17-2.98)

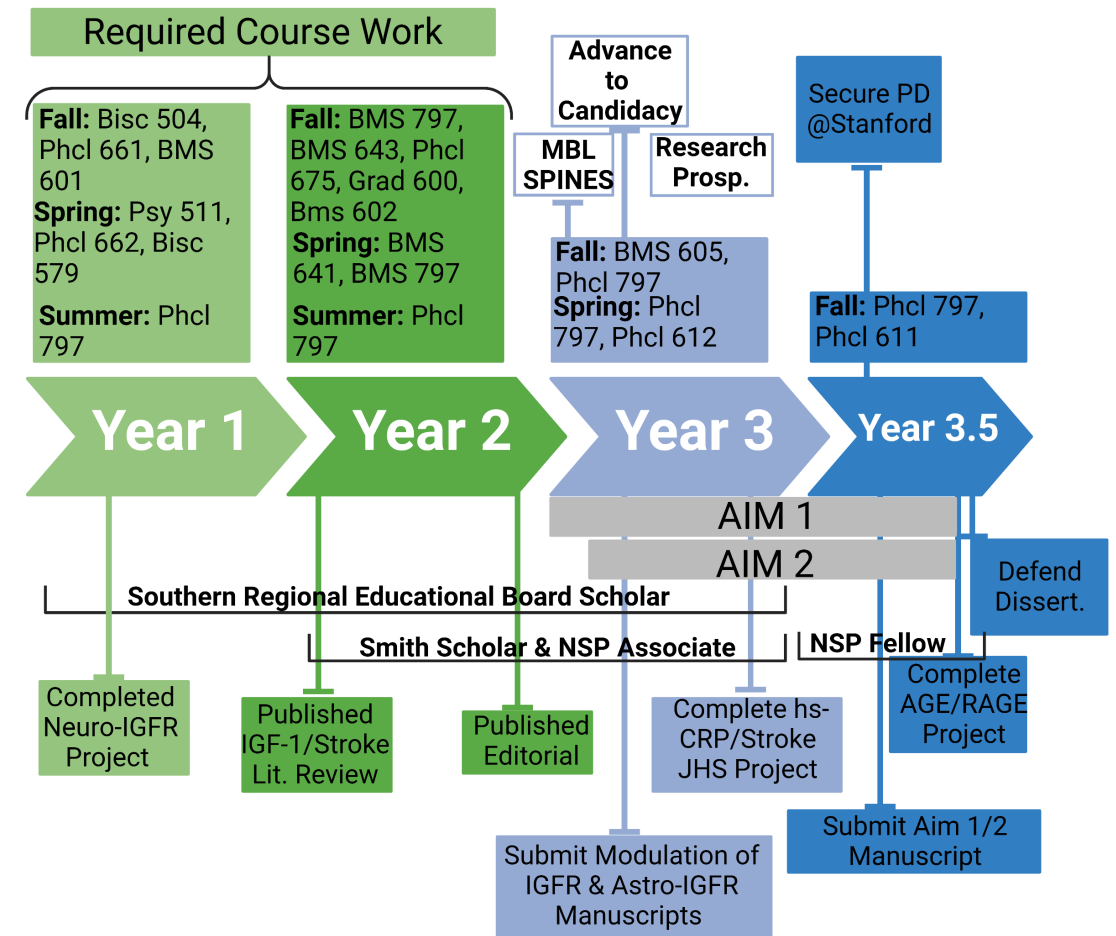
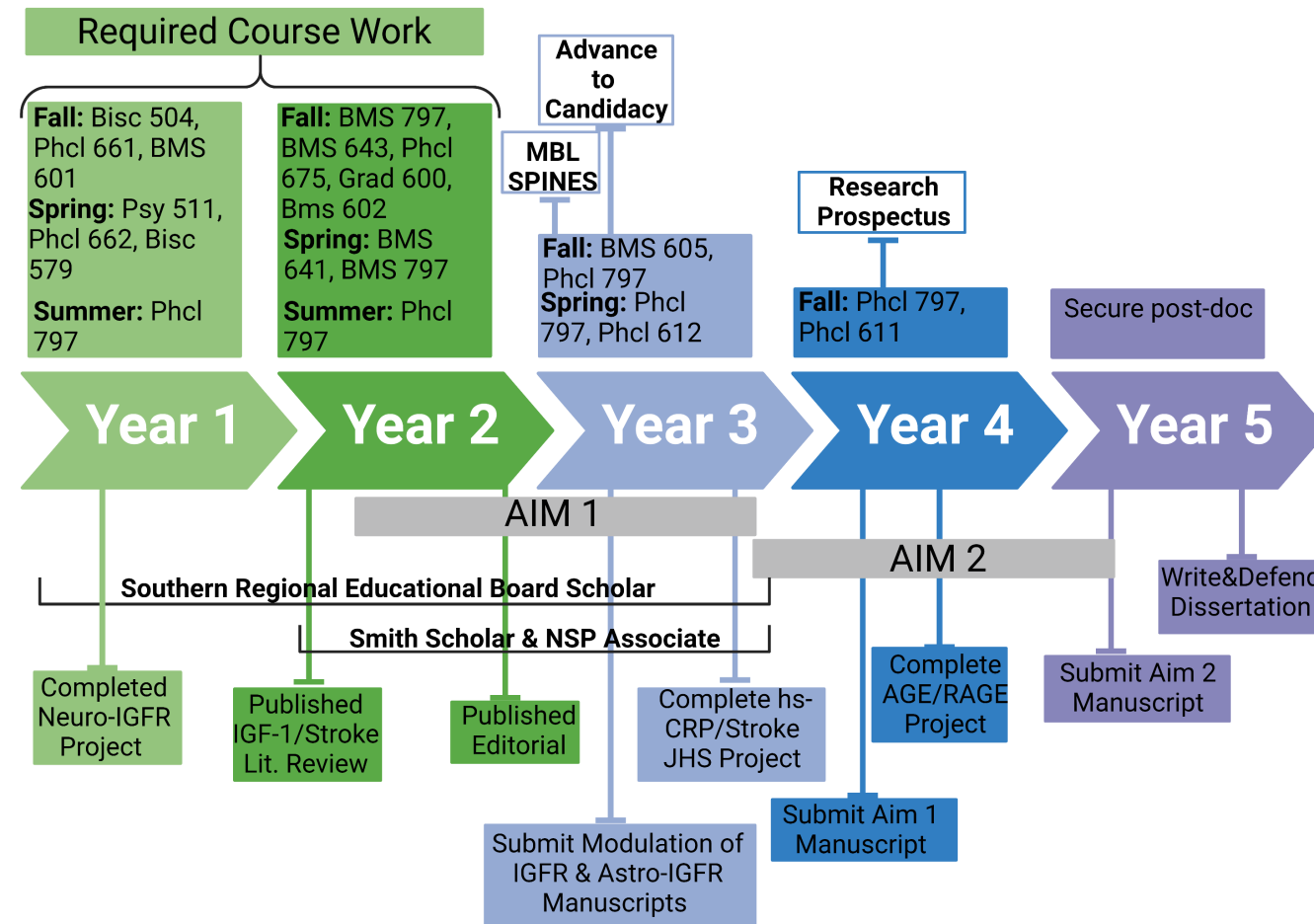
Abbreviations: Highly sensitive C reactive protein - hs-CRP

Unadjusted model only included hs-CRP.

Adjusted Model hs-CRP + age, sex, obesity category, total cholesterol, hypertension status, diabetes status, alcohol status, current smoking status, ever smoking status, cardiovascular history



So... what did it actually look like for me ?



KEY ISSUES OF GRADUATE SCHOOL



Greatest lesson was time management and self-preservation through self-investment



- Pre-pandemic work hours
- Pandemic work hours
- Post-pandemic work hours
- Graduate school hours
- Postdoc hours

Theoretical Expectations? Realistic Expectations? Self Expectations



You Learn More In Failure Than You Ever Do In Success – Jay Z

Successful Grants

- UM Grant
- NIH NRSA F31
- Propel Stanford

Failed Grants

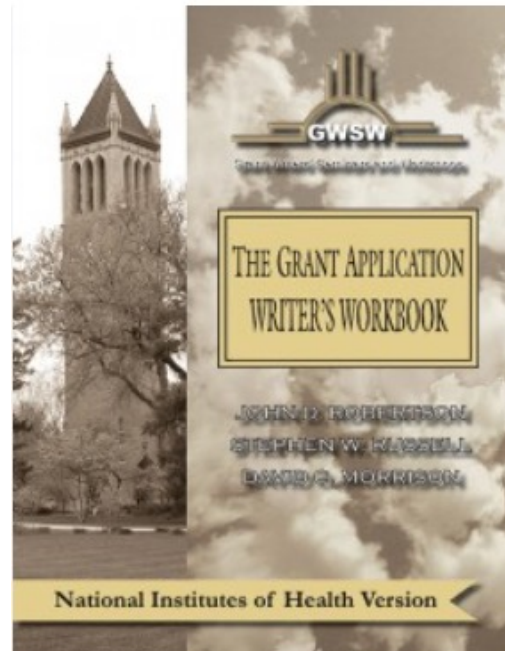
- NSF GRFP
- NSF GRFP
- Ford Predoctoral Fellowship
- American Heart Association Predoctoral Fellowship
- NIH NRSA F31



2019 Strength: Science Communication

2019 Weakness: Scientific Writing

- Scientific reading takes more strategy than it does skill.
- To develop a strategy, you need practice and time.



DISCUSSION

big summary/ importance statement for the science { These results show that the capacity to induce T_{reg} and modify their phenotype is a characteristic of more effector strains than was appreciated previously. Our findings concerning the role of human gut bacteria in shaping features of the gut mucosal immune system complement and extend the elegant work by Atarashi *et al.* (16). They used a single selective condition (chloroform treatment) to recover a group of 17 strains (all of which were described as members of the class Clostridia) from the human fecal microbiota of a single donor and showed that the consortium was capable of expanding the colonic regulatory T cell compartment in gnotobiotic mice. The fact that we found this effector activity among gut species belonging to other bacterial phyla suggests that distribution of this functional capacity may be beneficial in ensuring that this tolerogenic cell type is consistently and persistently maintained in different microbial community and host contexts. The approach we describe allows systematic follow-up analyses of the extent to which the T_{reg} response is affected by factors such as age at colonization or by different diets that produce abrupt and substantial alterations in microbiota configurations (45–47). Despite identifying members of different human gut bacterial phyla that shape the T_{reg} response, our study and that of Atarashi *et al.* revealed that intestinal short-chain fatty acid concentrations increased upon colonization. Given the substantial amount of data supporting a role for short-chain fatty acids in the induction of T_{reg} (42–44), this suggests a common pathway by which different microbes converge to modulate this facet of the host immune system. The genetic manipulability of some of the bacterial strains identified here, notably the *Bacteroides*, affords an opportunity to test this and other hypotheses, and advance our knowledge about the molecular underpinnings of microbiota- T_{reg} crosstalk.

scientific findings as extension of previous work {

findings' scientific implications {

how this engineering will facilitate future research { As the field of human microbial ecology research moves from observational studies to hypothesis-driven experiments designed to directly test the contributions of the microbiota and its components to health, there is a growing need to develop and transition to a modernized set of Koch's postulates (48) where the groups of microbes that modulate host phenotypic responses are identified along with the environmental factors (for example, dietary) necessary for the response to be fully manifest. We have developed a platform for systematically identifying microbe-host phenotype interactions in different (human) donor microbiota using gnotobiotic mice that can represent different host genetic features and different environmental conditions of interest. With the 17 strains in our culture collection, there were more than 100,000 possible combinations to search for effector strains. Using the mathematical and experimental strategies described, we only needed 100 combinations to identify multiple effector microbes for

forward-looking statements about the field as a whole {

a summary/ importance of the engineering aspect of the work {

three very diverse biological responses (metabolic, adiposity, and T_{reg}). This represents a 1000-fold reduction in the search space compared to what would be required theoretically. By testing these 100 combinations of microbes in an out-of-the-isolator gnotobiotic caging system rather than in traditional flexible film isolators, we overcame what would have been an insurmountable practical barrier to performing these studies for most groups. Our entire study could have been completed with a single flexible film isolator to generate the required germ-free mice. This feature suggests that our overall approach should be accessible to many investigators because animal facilities with small numbers of gnotobiotic isolators already exist in numerous universities.

Although identifying effector strains represents a critical first step in mechanistic analyses of how the gut microbiota affects various facets of host biology, once such strains are identified, much additional work needs to be done. For example, numerous other important components of the intestinal immune system may also be affected by colonization with the strains we identified, including B cell class switching to IgA, macrophage/dendritic cell effector or migratory properties, and $\gamma\delta$ T cell function. Another important goal is to identify the effector molecules produced by the identified effector strains and the host signaling pathways through which these molecules act. Using gnotobiotic mice genetically deficient in various components of the immune system (such as Toll-like receptors or inflammasomes) and effector strains that are genetically manipulated (for example, through whole-genome transposon mutagenesis) represent ways for pursuing this goal. Although additional elements of these mechanistic analyses will be dependent on the biological processes being interrogated, in principle this platform can be applied to any microbiota-associated phenotype. Finally, our approach has therapeutic implications because it represents an enabling system for identifying and characterizing next-generation probiotics or combinations of pre- and probiotics (synbiotics).

how it facilitates scientific research

limitations of the platform show which questions would be unanswered

how it will facilitate medical research

Faith *et al.*, *Science Translational Medicine* (2014)
doi:10.1126/scitranslmed.3008051

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Dr. Cedar A. Hayes

Then & Now

• Paper Tracking

Time Started Reading: _____ Time Finished Reading: _____

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Hypothesis of article: _____

Figures analysis: _____

Summary of Article and Analysis of Results: _____

Thomas 2021

Title: Thomas 2021

Date: 2022-12-28

Time: 18:13

NEUROPATH

Association of TDP-43 proteinopathy, cerebral amyloid angiopathy, and Lewy bodies with cognitive impairment in individuals with or without Alzheimer's disease neuropathology

Authors:

David X. Thomas^{1,3*}, Sumali Bajaj^{2,3}, Kevin McRae-McKee², Christoforos Hadjichrysanthou¹, M.Anderson² & John Collinge¹

Year: 2021

tags/ key terms

#tdp43 #caa #lbd #AD

Introduction

Objective: Compare the association of common neuropathologies with pre-mortem cognitive decline in the presence vs absence of concomitant Alzheimer's disease.

Methods

- NACC 2005-2018 #NACC #np
- CDR-SOB & MMSE
- Bayesian Hierarchical regression models to estimate the association of Alzheimer's disease neuropathology, TDP-43 proteinopathy, cerebral amyloid angiopathy (CAA), and Lewy bodies with cognitive trajectories after accounting for the covariates consisting of demographic features, and other neuropathologies
- *SIMILIAR VARIABLES AS CELLS MANUSCRIPT PLAN AND DATA PROCESSING*
- Binary categories were created for Alzheimer's disease neuropathological change, Lewy bodies, CAA, and TDP-43 proteinopathy using cut-of values which led to reasonably balanced groups.

Statistics

#bayesianhierarchicalregression

linear mixed effect models in a Bayesian framework

#linearmixedeffectregression

#chisquare

Results

In ADNC+individuals, we assessed if the rate of cognitive decline was the same in the presence/absence of a co-pathology, using one model each for TDP-43, CAA and Lewy Bodies. We estimated the two way interactions of TDP-43 proteinopathy and time (β MSE=-0.34, 95% BCI (-0.64, -0.04); β CDR-SB =0.33, 95% BCI (0.13, 1.47)), CAA and time (β MSE=-0.04, 95% BCI (-0.42, 0.35); β CDR-SB =0.09, 95% BCI (-0.11, 0.29)) and Lewy bodies and time (β MSE=-0.29, 95% BCI (-0.57, -0.01); β CDR-SB =0.19, 95% BCI (-0.01, 0.39)) (Fig. 2). These results suggest that ADNC+individuals with these pathologies have a steeper rate of cognitive decline compared to those without co-morbid pathologies.

However, our data showed no association of Lewy bodies with cognitive impairment over time in ADNC- individuals.

Main Findings

ADNC+individuals with these TDP-43, CAA, and lewy bodies individually have a steeper rate of cognitive decline compared to those without co-morbid pathologies. No association of Lewy bodies with cognitive impairment over time in ADNC- individuals.

IDEAS

non-binary dichotomizing variables to capture complexity of neuropathologies.

PDF



A Black Academic Journey

RETURN TO ISSUE < PREV EDITORIAL NEXT >

Black Scientists Are Not the Door to Diversity

Cellas A. Hayes

Cite this: *ACS Chem. Neurosci.* 2021, 12, 13, 2256–2260

Publication Date: June 11, 2021

<https://doi.org/10.1021/acscchemneuro.1c00375>

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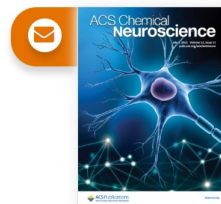
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ACS Chemical Neuroscience



PDF (5 MB)

SUBJECTS: COVID-19, Graduate education, Isolation, Students

■ THE UPROAR OF 2020, AN INTRODUCTION

■ A GRADUATE STUDENT PERSPECTIVE

■ THE ADDITIONS OF BEING A MINORITY GRADUATE STUDENT

■ ARE BLACK STUDENTS THE BENEFICIARIES TO DEI WORK?

■ THE FEELING OF OBLIGATION AND PROVING SELF-WORTH

■ BEING A SCIENTIST AND BEING A "BLACK SCIENTIST"

■ BLACKNESS AS A STEPPING STONE AND THE REAL-WORLD PERSPECTIVE

■ BLACK STORIES AS TOKENS AND SPOTLIGHTS

■ MAKING THE SYSTEM BETTER: A CONCLUSION AND GUIDE FOR THE FUTURE



Hayes CA; *ACS Chemical Neuroscience* 2021



Dr. Celas A. Hayes



Postdoctoral Appointment ~ Stanford University (2022-)

Interest



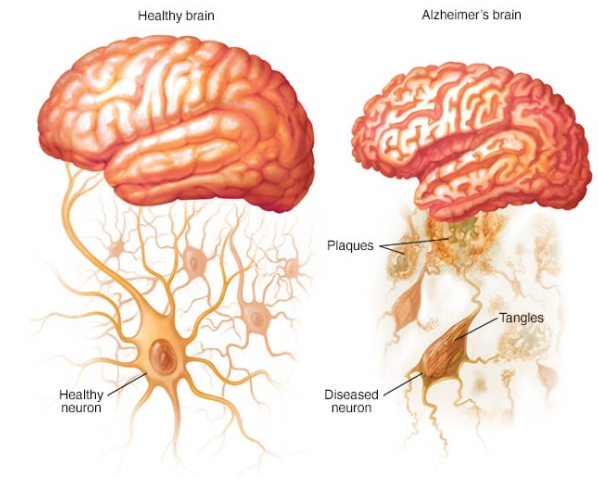
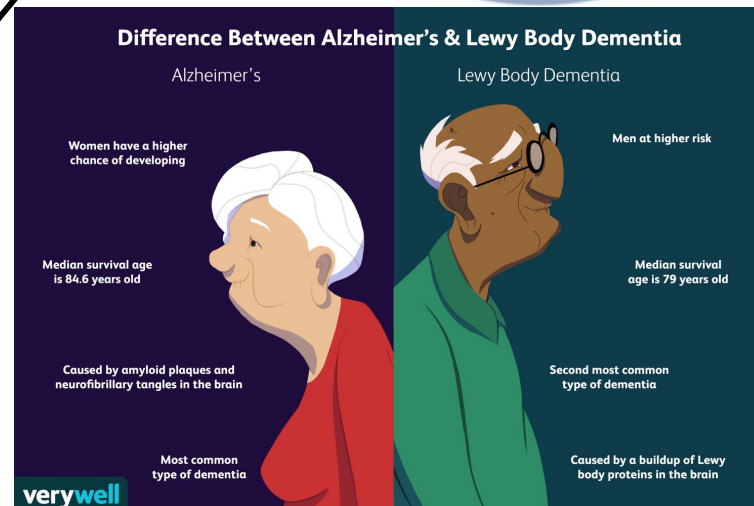
The Realization

Postdoctoral Recruitment Initiative in Science and Medicine
Stanford PRISM 

Propel.
Postdoctoral Scholars Program
<https://propel.stanford.edu/>



Research

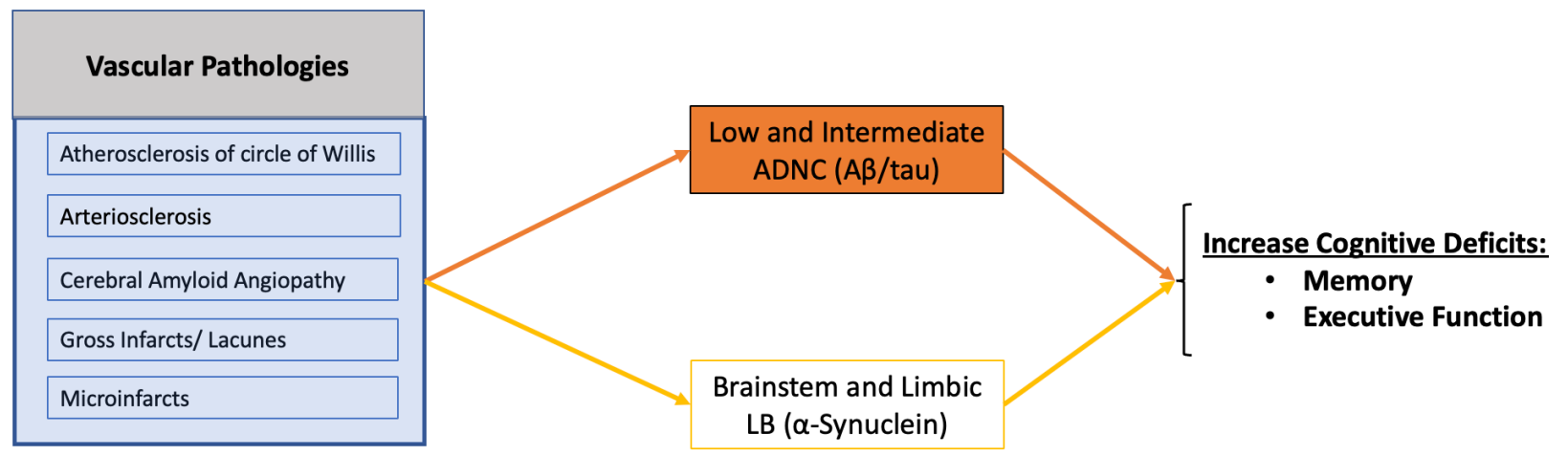


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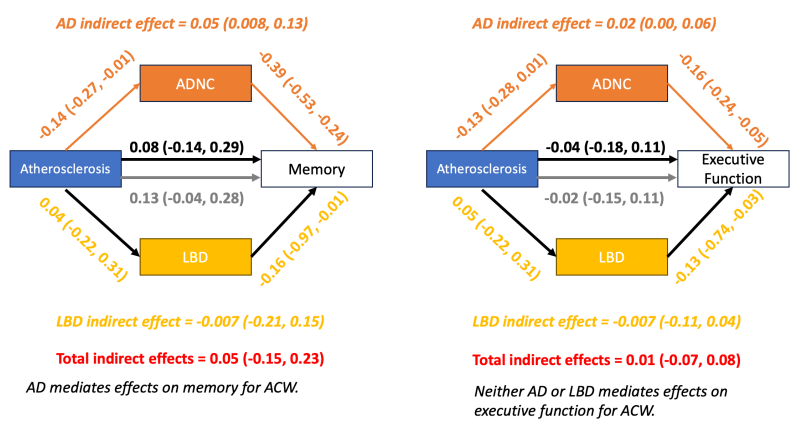
 **A·D·R·C**
for healthy brain aging



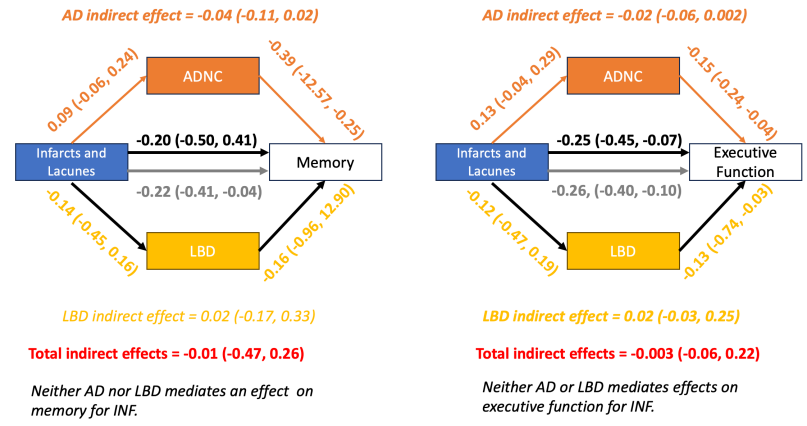
National Alzheimer's Disease Coordinating Center Dataset



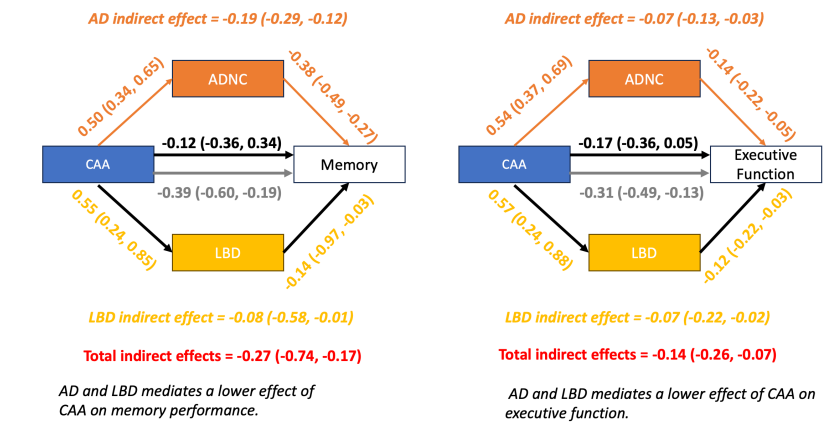
Atherosclerosis



Infarcts/Lacunes



Cerebral Amyloid Angiopathy

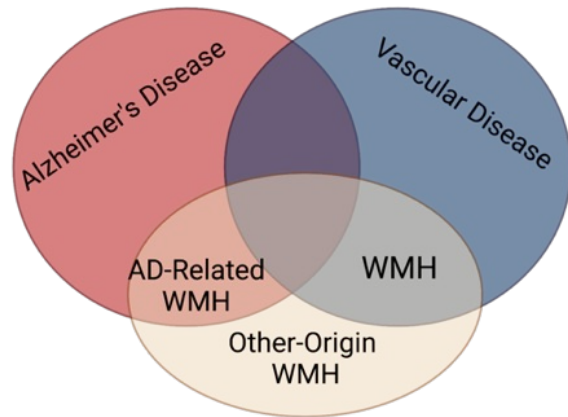


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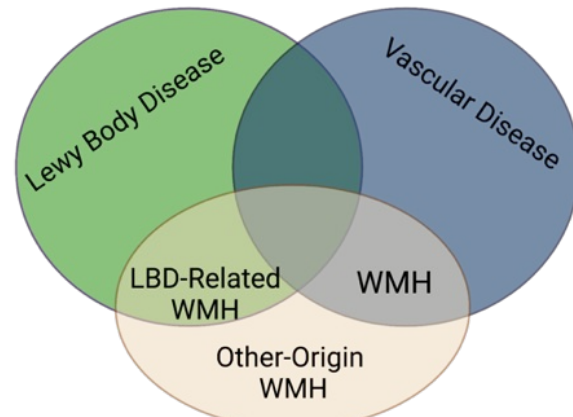


POSTDOC RESEARCH TRAJECTORY

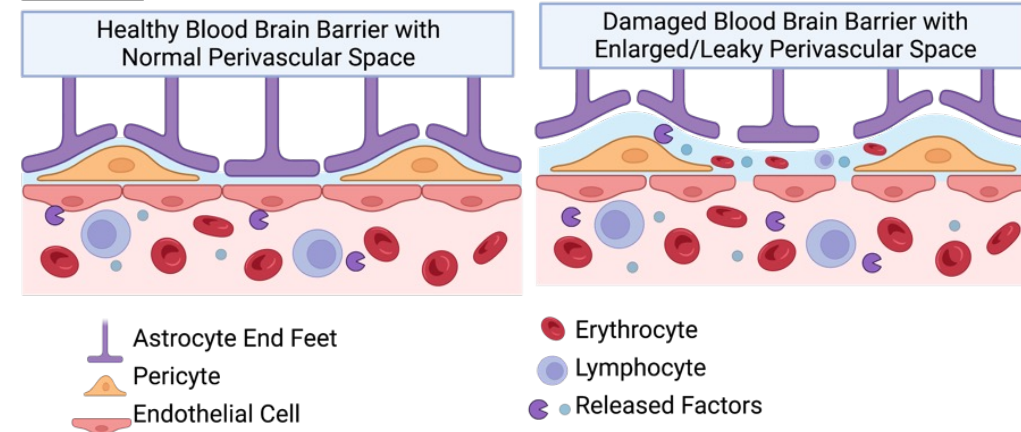
Aim 1a



Aim 1b



Aim 2

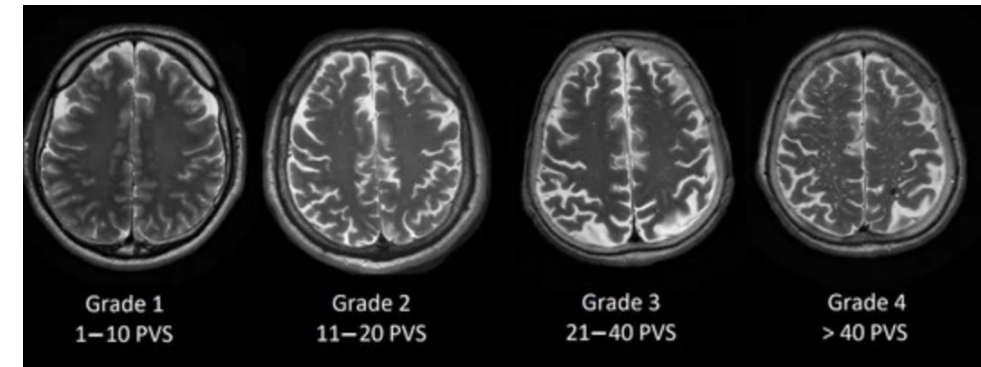
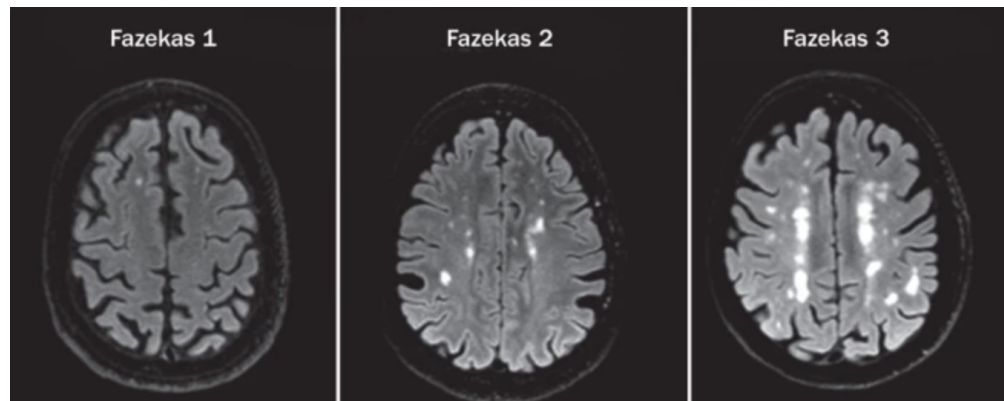


TRADITIONAL HYPOTHESIS: WMH originate and potentiate through vascular origins/ cerebral small vessel disease.

AD ALTERNATIVE HYPOTHESIS: Some WMH is moderated by AD pathology and progression.

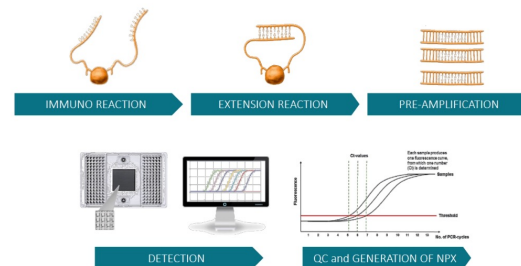
LBD ALTERNATIVE HYPOTHESIS: Some WMH is moderated by LBD pathology and progression.

Question: Are there proteomic signatures that can be used to identify significant changes in WMH that are of vascular origin, AD-related, or LBD-related?



Zdanovskis, N. et al *Medicina* **2022**, 58, 887.

Prins, N. et al, *Nat Rev Neurol* **11**, 157–165 (2015).



POSTDOC TRAINING PLAN

> 2 Research/Professional Conferences Per Year & 2 Outreach Opportunities & 2 DEI Related Endeavors

Stanford Grant Writing Coach

Stanford Propel Postdoctoral Fellowship

Audit Necessary Courses

Stanford ADRC Rec Fellowship

NSP Fellow

AIM 1

AIM 2

K99 Phase

K99 Phase

Year 1

Year 2

Year 3

Year 4

Year 5

Propel

Propel/F32

F32

K99

K99

Psychometrics
Conference

Publish NACC
Manuscript

Aim 1
Manuscript

Submit
K99

PD Symposiums
(N=5)

Enter Faculty
Job Search

Submitted
NIH NIA LRP

Publish SDOH/
CVD Paper

Aim 2
Manuscript

Resubmit K99

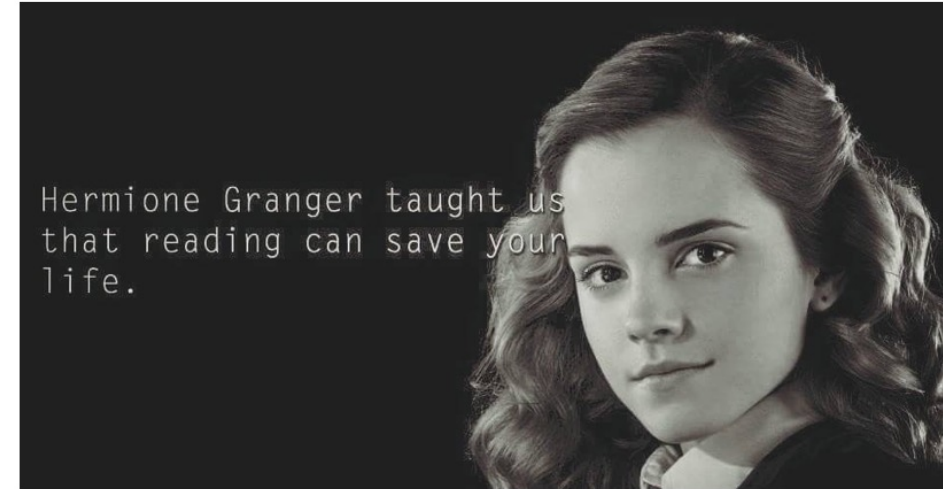
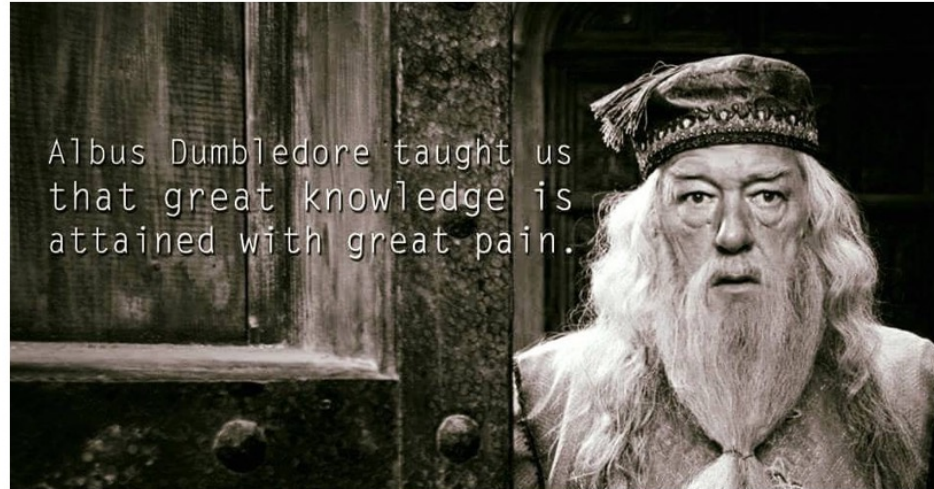
Secure Faculty
Position

Publishing PhD Works:
*5 1st author; 1 co-1st author; 1 coauthor

Publish NBPA ESP
Commentary and
Propel Editorial



“Obstacles” = “Opportunities”



Reading, Consolidating, Asking Questions, Opportunities

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ENDURE
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You are who you hang around -Whoever

Identifying good mentors?



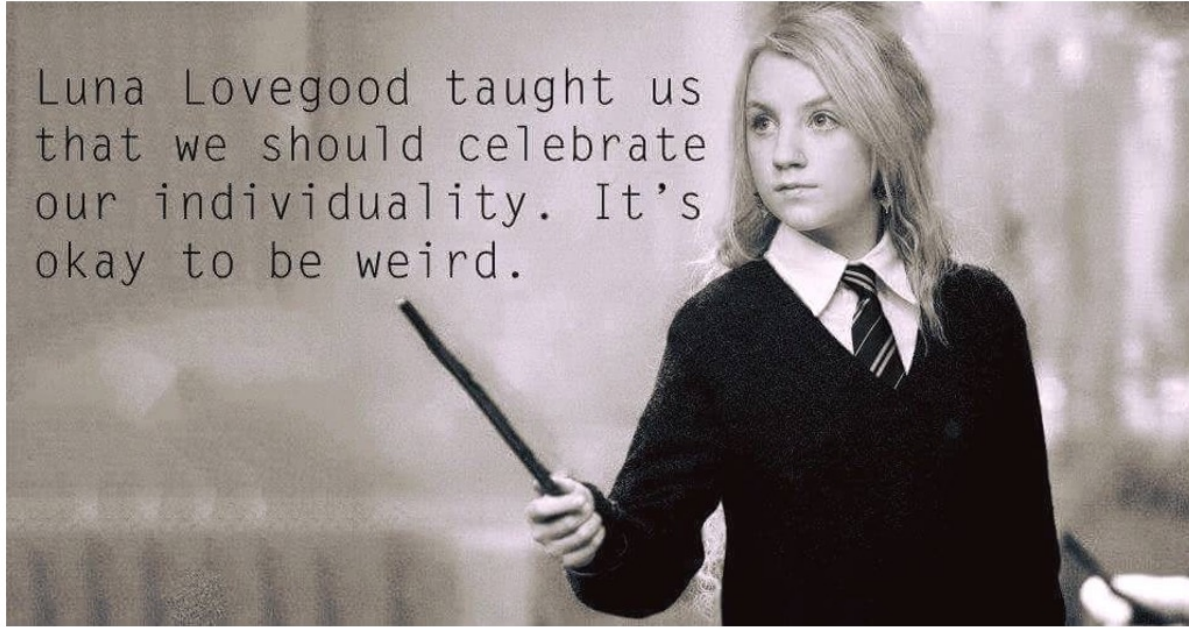
Kreacher taught us that "if you want to know what a man's like, take a good look at how he treats his inferiors, not his equals."
Sirius Black



Blinq Me



Luna Lovegood taught us
that we should celebrate
our individuality. It's
okay to be weird.



Blinq Me



**Be Genuine
Be Relatable
Build Your Life on Being Different**

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