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KATIE LIN ³

³Bachelor of Health Sciences (Honours), Class of 2026, McMaster University

COVER ARTIST:
NATALIE CHU ¹ & ARIM YOO ²

¹Bachelor of Health Sciences (Honours), Class of 2024, McMaster University

²Bachelor of Arts and Science (Honours), Class of 2025, McMaster University

MODELS: ALINA PACE & NATALIE CHU

PHOTOGRAPHER: JAMES WANG



DEAR READER,

As we celebrate the completion of another cycle on *The Meducator*, we also celebrate the passage of time. We celebrate the completion of a semester, the relationships we have made, and the experiences in which we have steeped ourselves to enrich our character. Simultaneously, time is a daunting concept that forces us to grow and change against our will. In many ways, *The Meducator* is a reflection of us students. As we enter our twenties, *The Meducator* does as well. While time drags us along the path to maturity, we find ourselves holding on to the traces of our past. Likewise, *The Meducator* has also wavered when ebbing away from the content we traditionally produce.

Despite being a health sciences journal, *The Meducator* has mainly produced content in the biomedical sciences. In reality, the concept of “health” also includes the lived experiences of people, their histories, and their social positions. This year, we have been making significant strides towards diversifying our content and represented values. Jasmine Uppal examines a Sikh-specific cardiac rehabilitation program local to her home, while Corinne Moss underscores McMaster’s allyship towards Indigenous youth resilience. Aisling Zeng and Olivia Kim have helped us make advances into political territory, as we critique the overturning of *Roe v. Wade* in the United States.

That being said, our goal is to not advocate a political agenda but provide you —our reader— with a holistic understanding of the voices that need to be heard. Two figures on our cover look in opposite directions as they perceive the night in different ways. Metaphorically, they reserve different views, but one cannot exist without the other. Cutting into the cover, we see that they are made of the same flesh and bone, and the fact that they lie against each other reveals how they are different sides to the same coin. In an increasingly divisive society, it is important for us to find solace in our shared humanity. We must embrace our differences and forge a future together.

As much as we have been advocating for change, we still hope to preserve scientific foundations rooted in evidence. Topics emerge as Sepehr Baharestan Khoshhal and Alex Wang discuss DNA Origami, while Jacqueline Chen and Dalraj Dhillon examine mental health through bipolar disorders. Blood meets water as Anna McCracken, Audrey Dong, and Florence Deng review transmissible diseases through the social lens of stigma.

We would also like to express gratitude towards the McMaster Undergraduate Journal of Public Health (MUJPH) for our first cross-journal collaboration. Thank you to the Editors-in-Chief —Adil Haider and Vaibhav Arora— for working with our Managing Editors on our review of heatwaves.

Issue 42 would not have succeeded without our executive team. To Aisling, Arim, Carolyn, David, Diane, Eric, Gurleen, James, Ken, Leena, Natalie, Olivia, Shanzey, Suraj, and Yiming, thank you for being our strength and placing unwavering faith into us. Time passes but you will forever be imbued in the memories of our youth.

All the best,

■ **JEFFREY SUN**
Bachelor of Health Sciences
(Honours) Class of 2024

■ **MADELINE CHAN**
Bachelor of Science
(Honours Life Sciences)
Class of 2024