

Dear Reader,

"The workings of the human heart are the profoundest mystery of the universe" (Charles W. Chestnutt). Scientists, poets, musicians and artists...each have their own unique way of expressing their thoughts about the human heart. Read about McMaster researchers' efforts to help keep hearts healthy in Sammy Ali's article detailing the HOPE study. A healthy diet is another part of maintaining a strong heart. Brent Mollon's article on Atkins' Diet is a must-read for those trying to keep a New Year's diet resolution. Wondering whether diets work at all? Consider the opinion of Dr. Stuart Phillips (McMaster's Department of Kinesiology) in his commentary. Join Jeannette So as she explores the persistence of the AIDS stigma. Finally, Ron Zahoruk navigates the origins of epilepsy in the "kindling" phenomenon. Test your understanding of the articles through the new Med Quiz concept developed by Jonathan Liu. Visit our online forum through our website (www.meducator.org) to share ideas with other readers, and continue the McMaster Meducator experience.

Our sincere thanks go to the post-graduate editors; they made time to provide our student writers with feedback in spite of their busy research schedules. Special recognition is extended to the writers for their high quality of work. To Dr. Del Harnish and the Bachelor of Health Sciences Program: thank you for nurturing student learning outside the classroom by making this publication possible through your financial support. This year I have been blessed with an exceptionally talented staff. I remember at our first meeting, everyone was asked to name a comic superhero they aspired to be. Over this term, you have all proven yourselves to be superheroes through your

individual gifts that shine through in this publication. My heart-felt gratitude goes to Jaron Chong, Vice-President, for his resourcefulness and attention to detail, Sammy Ali and Jeannette So, VP's Medical Research and Health Ethics, for skillfully edited articles of high quality, Brent Mollon and Jonathan Liu, Jr. Editors, for creatively composed weekly MedBulletins, Anthony Collini, VP Layout and Distribution, for being the architect of a truly inspired layout, Katherine Saccucci, Director of Graphics and Imaging, for her eye-catching cover and aesthetically pleasing graphics, Shama Sud, VP Administration, for her well-

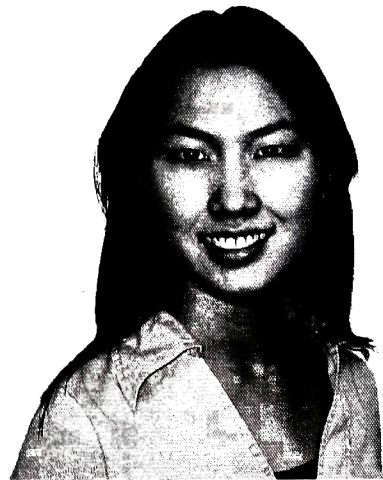
organized minutes, Amandeep Rai, VP of Public Relations, for his innovative advertising strategies, and Edwin Ho, VP of Web Design, for an up-to-date web page. Finally, to the founder of the McMaster Meducator, Jonathan M. Ng, thank you for your vision and innovation which has provided so many of your fellow students with an opportunity to explore their interests in medical research and health ethics.

On behalf of all the staff and writers, I would like to extend our warmest wishes to you, our readers. We hope that the McMaster Meducator will serve as a catalyst for your personal journey in learning.

Sincerely Yours,



Jennifer C. Tang



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