

## dear reader,

It is often said that complex theories and principles often stem from simple sparks of creativity. However, it is the development and growth of these ideas which bear the fruit of science, as illustrated by the branching of the neuronal trees on the cover of this issue. This process of generating, refining, and applying ideas is paramount to scientific progress. As such, Issue 25 of *The Meducator* showcases many contemporary ideas in the field of health sciences, which can eventually be applied to research and practice.

One of the most unique aspects of this issue is its abundance of thought-provoking *Opinion* columns which use evidence, logic, and critical thinking to widen our perspectives about current topics in the health sciences. Featured topics include child non-voluntary euthanasia, ideas to improve Canada's organ donation system, the legalization of medical marijuana, and connections between gendercide and abortion. These pieces highlight how it can be helpful to step back and re-evaluate the fundamental principles behind surfacing issues in our society before hastily addressing them.

Complementing the development of opinions, the other pieces featured in this issue show how previous knowledge can be leveraged to build research questions and drive applications. For instance, through exploring common pathways explored in previous literature, Ishan Aditya and Jason Fan introduce the potential relationship between obesity and Alzheimer's Disease. Furthermore, Spencer Jones' *Critical Review* on cystic fibrosis looks at the various pharmacological approaches to modifying the mutated proteins responsible for this incurable condition. Next, Aaron Kwong et al.'s *Critical Review* on L-Carnitine supplementation explores the use of a common dietary supplements in treating metabolic disorders such as cancer cachexia. On a larger scale, the *ForumSpace* describes how to improve current methods of disease prevention through effective disease screening of large populations. Finally, Arun Partridge and Louise Chong share their first-hand *Global Perspective* in order to bring attention to the underaddressed epidemic of chronic kidney disease of unknown etiology in Nicaragua.

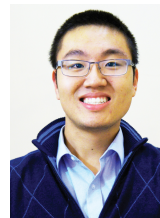
Our *Interview Spotlight* features Dr. Eric Seidlitz, who is a researcher in the Singh Lab at the Hamilton Cancer Center and a professor of the first year B.H.Sc. Cellular and Molecular Biology course at McMaster University. Through sharing a multitude of other notable lessons and experiences, Dr. Seidlitz highlights the importance of diversifying one's experiences in order to foster creativity, which is a valuable yet often overlooked asset in the field of research.

*The Meducator* has seen exceptional growth this past year, as we have watched our journal substantially increase its impact on the McMaster community. The enthusiasm, energy, and dedication of our staff has been essential to our success, and we are confident that this energy will extend into future years. We would like to offer a special thank you to Iliia Ostrovski, Ellen Liang, and Sebastian Swic, for all of their dedication and commitment as team managers. As well, it has been an immensely valuable experience for us to facilitate such a talented team of students, whether through our creative brainstorm sessions with the Graphics and Design team, arduous but fruitful on-copy edits with the Editorial Board, or energetic discussions with the Video team. We are proud to say that every member of this year's *Meducator* team has truly embodied the collaborative and inquisitive nature of the health sciences that our journal continually strives to represent.

Sincerely,



**YASMEEN MANSOOR**  
Bachelor of Health Sciences (Hons.)  
Class of 2015



**JOHNNY-WEI BAI**  
Bachelor of Health Sciences (Hons.)  
Class of 2015