

Senior Editors, Winter 2024/2025

Hajer Al-Shakarchi

Year 4, Dentistry, Cardiff University

Hello, I am Hajer going into fourth year of dentistry at Cardiff University! Within dentistry, my interests comprise maxillofacial surgery and cosmetic dentistry. As an inquisitive student with a passion for lifelong learning, I saw INSPIRE as a great opportunity to gain some insight into research and editing. I am eager to learn from other people and to contribute my expertise in editing when reading other students' papers. Outside of dental school, I enjoy going on walks and I also run a social media page to document my journey as a dental student and the progress I make.



Umaima Arif

Year 5, Medicine, Cardiff University

Hi! I am a final year medical student with a heavy passion for research, writing and travel. My current clinical interests include internal medicine and oncology as well as global health and humanitarian medicine. Most recently, I have been interested in the role of immunotherapy and biologic therapy for gynecological cancers, which has been the focus of my recent SSCs and my current elective in Canada. Because research publication and writing has always been a particular passion of mine, I deeply appreciate being part of the editor team for the INSPIRE Student Journal, as it enables me to encourage other students' research interests as well as spread the word regarding new prospects and versatile developments in different fields - something I believe to be the core of one's medical career. Outside of the journal, I try to further my experience through peer-reviewing, leading research in the Refugee Health Society, and teaching for Cardiff Muslim Medics. I hope that further experience will enable me to grow into a well-rounded, conscientious practitioner who is open to learning more about the world and my colleagues' impressive works.



Victoria Bak

Year 2, Medicine, University of Exeter

I am currently a second-year medical student and my interest in research began in my previous degree where I studied Medical Sciences at the University of Exeter. I enjoy learning about a various number of topics including neuroscience, women's health, dermatology and preventative medicine. Being an editor for the INSPIRE journal has reinforced my desire to pursue a medical career in both a clinical and academic setting. Learning how the journal is assembled from behind the scenes as well as reading the written pieces has been interesting. Outside of my studies, I enjoy going to the gym, reading, playing the piano and travelling.

This edition of the journal, shows a broad range of scientific highlights. I hope you find these contributions both insightful, like we have, and appreciate that such research will ultimately underlie how clinical practice will exist in the near and far future. Enjoy the read!



Dilshan Jayakody

Year 5, Medicine, University of Plymouth (On to Intercalation - Master's in Cardiovascular Research, King's College London)

My journey in medicine is driven by my passion for addressing health disparities and inequalities, and I'm deeply involved in several research projects aimed at improving healthcare outcomes for our vulnerable



populations. I am also passionate about quality improvement projects in planetary health and sustainability. My research interests led me to discover INSPIRE, and I feel honoured to be part of a likeminded editorial team.

In the future I aspire to become a surgeon, with interests in trauma surgery and cardiothoracic surgery. In my free time, I love cycling and mountain biking, enjoying the thrill of navigating challenging terrains. I also really enjoy watching sports, whether it is live or down at the pub with friends!

My experience working with INSPIRE has been incredibly enriching. I've gained valuable skills in copy-editing, social media management, and interview/podcast. I've thoroughly enjoyed every aspect of handling submissions from our talented peers across the GW4 and around the world.

I hope readers find as much joy in reading this issue of INSPIRE as we did in creating it!

Tayha Jupe

Year 4, Medicine, University of Bristol

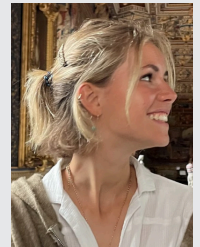
Hello, I am Tayha, a fourth-year medical student at the University of Bristol. During my intercalation, my interest in research grew, leading me to join INSPIRE as an editor. I've thoroughly enjoyed gaining insights into the publication process and understanding the journey a paper undergoes from submission to acceptance. My interests include dermatology, plastic surgery, women's health, microbiology, and pharmacology, making this role a perfect opportunity to explore these fields further. Outside of my studies, I enjoy reading and playing badminton. INSPIRE is an excellent platform for students to engage with research, and I encourage everyone to explore its content. Research is vital to advancing all areas of medicine, especially as we move towards a more sustainable and evidence-based healthcare system.



Sophie Lawrence

Year 3, Medicine, University of Plymouth

Hello, I am Sophie, a third-year medical student at Peninsula. I initially got involved with INSPIRE through the research program, which eventually led me to do a summer project with the same lab. My current research interests include cancer endocrinology and the role of APP in the pathogenesis of Alzheimer's, breast and prostate cancer. I have enjoyed my time as the editor for the INSPIRE journal and have found it fascinating to read the research papers from various universities and explore new and innovative research. Outside of medical school, I love running and anything else outdoors, including walking my three cockapoos.



Alvin Leung

Year 4, Medicine, University of Bristol

Hi! I am a fourth-year medic from the University of Bristol. My main clinical and research interests are dermatology and venereology, and I am also passionate about tackling inequalities in healthcare. It has been a pleasure working as an editor for the INSPIRE Student Journal, perusing through the innovative literature that we have received, as well as delving into topics that are less familiar to me previously. In my spare time I enjoy travelling, strolling in art galleries and a nice cup of coffee.



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Mafa Mohlala

Year 2, Dentistry, University of Plymouth

I am a second-year dental student at the University of Plymouth. I became engaged with academic research during my previous degree, Medical Pharmacology, in which I was able to contribute to research as part of my dissertation. This curiosity and intrigue did not leave me and when the opportunity arose, I decided to take on the role of editor as part of the INSPIRE student journal. I have thoroughly enjoyed the process of learning about the behind-the-scenes processes of academic writing from submission to acceptance. My current academic interests include oral medicine and maxillofacial surgery. In my spare time I enjoy Muay Thai (Thai kickboxing) and playing football.



Eunice Pak

Year 5, Medicine, Cardiff University

Hello! I am Eunice, a final year medical student at Cardiff University aspiring to be a clinical academic. Within medicine, I like the fields of internal medicine and children's health. I have previously undertaken research work in clinical pharmacology and paediatrics, having presented in several international conferences. Being an editor for the INSPIRE journal has enabled me to understand the process behind publications, working with an excellent team of editors and reviewers to produce the manuscript in your hands. I also enjoy teaching, opening my eyes to new medical innovations and reading about, or even producing, works on medical humanities- including art, music, literature and history. In my spare time I enjoy hiking, watching tennis, listening to music, singing, playing board games and maintaining my blogs.



Sasha Scott

Year 3, Medicine, University of Exeter

Hi, I am a third-year medical student at the University of Exeter. I am currently interested in psychiatry and anaesthetics, but hope that my upcoming placement years will provide me with a bit more clarity about which area I would like to specialise in! Outside of medicine, I love to read, dance, draw and get outdoors. I've really enjoyed being an editor for the INSPIRE student journal, as it has been fascinating to see the behind-the-scenes of the publishing process in research. I have loved reading all the work that has been sent in, and hope you enjoy our new issue as much as we have creating it!



Eva Ruiz-Daum

Year 5, BMBS, University of Exeter

My name is Eva and I am a fifth-year medical student at the University of Exeter. I have loved spending my time as a student journalist meeting with scientists and consultants with incredible insights into the world of health, both from their research and career paths. I was lucky to also begin to develop skills in copy-editing and appraising incoming submissions. Although I am open minded to all specialities I am especially passionate about internal medicine. My hobbies outside of medicine include drawing, classical guitar, learning languages and swimming, and I am hoping to take up surfing during my placement in Cornwall this year.



Deepa Sharda

Year 5, Dentistry, University of Bristol

Hello! My name is Deepa and I am a 5th year dental student at the University of Bristol. Unlike most dental students, I studied A-Level English Literature and have always had a love for writing and the world of academia. Teaching and education is definitely my passion, for 2 years I voluntarily worked with students with English as a second language; I now work with the University of Bristol as a Widening Participation tutor, encouraging students from less advantaged backgrounds to study health sciences/ dentistry. I resonate with these students and hence feel joy in giving back. I love to share my enthusiasm and passion for dentistry with the younger generation and hope to do this through the INSPIRE journal too. I am so grateful to be a part of the INSPIRE scheme, helping to spread fantastic research, educate others and learn many things myself!

