

# Senior Editors, Spring 2025

## Hajer Al-Shakarchi

*Year 4, Dentistry, Cardiff University*

Being an INSPIRE editor has been an excellent opportunity not only to deepen my understanding of academic writing, but also learn from the experiences of other students in the field. As an editor, I have developed an eye for detail and clarity, alongside an appreciation for the collaborative process that underpins publishing. Overall, publishing research as a student is an incredibly valuable experience that goes far beyond building a CV- it allows you to contribute to the advancement of your field and build a strong foundation for your post-grad career. I highly recommend getting involved with INSPIRE and I am grateful to have been part of the editorial team this year!



## Moyowa Arenyeka

*Year 5, Medicine, University of Plymouth*

The INSPIRE scheme has been instrumental in consolidating my interest in medical research by providing a plethora of opportunities for me to gain greater insight into the field. Through this scheme, I have served as a peer reviewer, editor and article author, attended taster days, participated in a residential summer school and more. Being welcomed back to the INSPIRE team as a member of the Advisory Board has been a great privilege, which has enabled me to contribute positively, whilst gaining further exposure, to the world of research. I am grateful to have been given the chance to work with INSPIRE as it has substantially expanded my perspective and skillset, bolstering my professional development.



## Umaina 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*

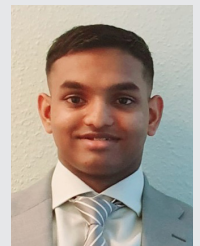
Hi! I am currently a second-year medical student at the University of Exeter. In the future, I hope to become an academic clinician. I have a range of interests including women's health, neuroscience, and endocrinology. I am particularly interested in translational medicine, which involves applying research findings directly into clinical practice. Additionally, in an age where social media is widely used, it is essential to consider effective strategies for communicating medical research and best clinical practices to the broader population, ultimately ensuring optimal health outcomes for everyone. The INSPIRE journal and initiative provide an excellent opportunity to have your work showcased. As an editor, I have learned how to manage papers behind the scenes, which has been both interesting and enjoyable. In my spare time, I enjoy playing the piano, going to the gym, and dancing. I hope you enjoy reading this journal.



## 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'm 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 like-minded 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's live or down at the pub with friends!



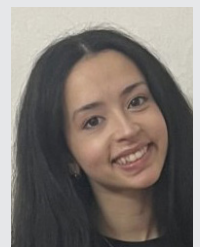
My experience working with INSPIRE has been incredibly enriching. I've gained valuable skills in copy-editing, social media management, and interview/podcast. I've thoroughly enjoyed every aspect of handling submissions from our talented peers across the Great West 4 and around the World.

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.



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## Gayathri Kannan

*Year 4, Medicine, University of Bristol*

Hi! My name is Gayathri and I am a fourth-year dental student at Cardiff University. I have a particular interest in the evolving world of clinical research and how this can be incorporated into patient-centred treatment to facilitate a higher standard of care being delivered. Being a part of INSPIRE for three years as an editor and as a part of the advisory board has allowed me to hone my critical appraisal skills and gain insight into the vast knowledge available out there through all the splendid papers being submitted to us. Aside from INSPIRE, I am currently the careers representative for my dental school which allows me to really encourage undergraduate students to look beyond the obvious choice for their future career!



## Sophie Lawrence

*Year 3, Medicine, University of Plymouth*

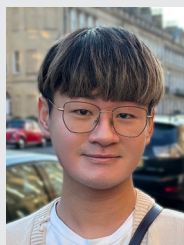
Hello, I am Sophie, a third-year medical student at Peninsula. I initially got involved with INSPIRE through the research program, which eventually led me to do a summer project with the same lab. My current research interests include cancer endocrinology and the role of APP in the pathogenesis of Alzheimer's, 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.



## Eunice Pak

*Year 5, Medicine, Cardiff University*

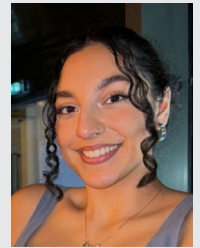
Hello! I am Eunice, a final-year medical student at Cardiff University aspiring to be a clinical academic. Within medicine, I like the fields of internal medicine and children's health. I have previously undertaken research work in clinical pharmacology and paediatrics, having presented in several international 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.



## Deepa Sharda

*Year 5, Dentistry, University of Bristol*

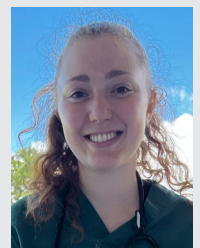
Hello! My name is Deepa and I am a fifth-year dental student at the University of Bristol. Unlike most dental students, I studied A-Level English literature and have always had a love for writing and the world of academia. Teaching and education is definitely my passion, for 2 years voluntarily worked 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 understand some of the barriers they face; hence feel joy in giving back. I love to share my enthusiasm and passion for dentistry with the upcoming generation and hope to do this through the Inspire journal too. I'm so grateful to be a part of the Inspire scheme, helping to spread fantastic research, educate others and learn a lot myself!



## Phoebe Sussman

*Year 5, Veterinary, University of Bristol*

Hi, I'm Phoebe, I'm a veterinary student from the University of Bristol, currently taking an intercalation year to study for a Masters in Global Wildlife Health and Conservation. I have a strong interest in the sustainable use of veterinary medicines, antimicrobial and anthelmintic resistance. This past summer, I carried out a research project working with World Horse Welfare to investigate anthelmintic resistance within working equid populations in Panama. This project really piqued my interest in rural agricultural communities and their access to veterinary care as well as the control of veterinary medicines in different countries. I am also very interested in zoonotic disease and One Health, and I hope to focus my masters project on the impacts of environmental health on the health of wildlife populations and hence the disease risk of communities living adjacent to wildlife. It will be crucial for veterinarians, medics and dentists to work together to begin to tackle some of the large problems affecting humans and animals. Journals such as INSPIRE provide such an incredible platform for vets, medics and dentists to come together, and I am very grateful to have been a part of this process and act as an editor.



**With thanks to all the previous editors and  
advisory board members 2024/2025**