

A COLLECTION OF POEMS

CONNECTIONS



WRITTEN BY

NEUROSCIENCE FOUNDATION

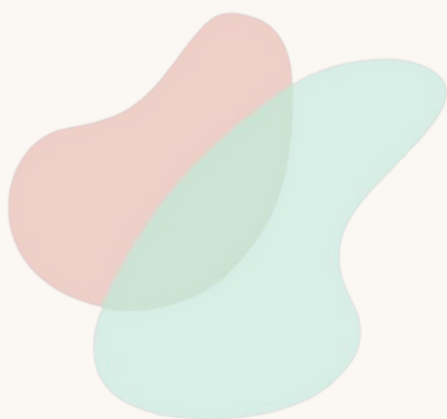
ACKNOWLEDGEMENT

TO ALL THOSE WHO ARE ENDURING THE STRUGGLES OF NEUROLOGICAL DEFECTS, DISEASES, AND ABUSE, AS WELL AS PSYCHOLOGICAL AND MENTAL PAIN, PLEASE KNOW THAT YOU ARE SEEN AND HEARD. YOUR PAIN IS VALID, AND IT IS NOT A REFLECTION OF YOUR STRENGTH OR WORTH AS A HUMAN BEING.

IT TAKES IMMENSE COURAGE AND RESILIENCE TO NAVIGATE THE CHALLENGES THAT COME WITH THESE CONDITIONS, AND I WANT TO ACKNOWLEDGE THE EFFORT AND DETERMINATION THAT YOU DEMONSTRATE EVERY DAY. YOUR JOURNEY MAY NOT BE EASY, BUT I BELIEVE IN YOUR ABILITY TO OVERCOME THE OBSTACLES YOU FACE.

I ALSO WANT TO RECOGNIZE THE IMPACT THAT THESE EXPERIENCES CAN HAVE ON YOUR LOVED ONES, WHO MAY BE WATCHING FROM THE SIDELINES AND FEELING HELPLESS. YOUR SUPPORT SYSTEMS MATTER, AND I ENCOURAGE YOU TO SEEK OUT THE HELP AND RESOURCES THAT YOU NEED TO NAVIGATE THIS DIFFICULT PATH.

ABOVE ALL, PLEASE KNOW THAT YOU ARE NOT ALONE. THERE ARE COUNTLESS INDIVIDUALS AROUND THE WORLD WHO ARE FIGHTING SIMILAR BATTLES, AND WE STAND WITH YOU IN SOLIDARITY. MAY YOU FIND STRENGTH AND HEALING IN THE FACE OF ADVERSITY, AND MAY YOUR JOURNEY BE MET WITH COMPASSION, UNDERSTANDING, AND RESPECT.



The Neuroscience Foundation is a student-run organization that aims to engage students interested in neuroscience from across the world. We bring students resources, connections and opportunities to explore and dive deeper into the vast fields of neuroscience and psychology. Getting involved with our organization will allow students to grow intellectually and personally through our various educational and humanitarian approaches.

The Restless Mind: A Tribute to Siblings with ADHD

In fairest Verona, where love doth bloom,
Lived a family with a child of doom,
Not by ill fate or some wicked spell,
But a sibling with a restless mind to tell.

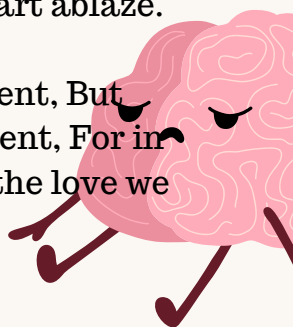
His name was not Romeo nor Juliet,
But his spirit danced as though it were set,
With the wind in his hair and a light in his eyes,
He saw the world through a different guise.

Yet his kin knew not what to make of him,
For his thoughts ran fast and his hands did trim,
The world around him, a canvas to paint,
With his own bright colors, without restraint.

Sometimes he'd shout, sometimes he'd cry,
Sometimes he'd laugh, without knowing why,
His siblings often thought him strange,
And to others, he seemed a bit deranged.

But through it all, his heart did shine,
With a love that was pure, like a rose divine,
For those who saw past his quirks and ways,
Found a soul that was sweet, with a heart ablaze.

So let us not judge those who are different, But
embrace them all, with a love magnificent, For in
the end, it matters not who we be, But the love we
share, for all to see.



Fading Memories: A Daughter's Love in the Face of Alzheimer's

In a quiet town, where the sun shines bright,
Lived a daughter, with a heart of light,
She cared for her mother, with love so true,
Through the fog and haze of a mind askew.

For her mother's memory, like a bird took flight,
And the past and present merged in a fright,
Each day a struggle, for both mother and child,
As the memories faded, and moments ran wild.

The daughter longed for the days of yore,
When her mother's mind, was clear and more,
And the two could laugh and share a joke,
Without a veil of confusion or smoke.

But now each day, was a brand new start,
As they pieced together, the broken parts,
Of a life once lived, now shattered and torn,
By a disease that left them both forlorn.

Yet in the midst of this endless pain,
The daughter found moments, to cherish again,
In a smile, a touch, or a fleeting thought,
Of a love that cannot be sold or bought.

For though her mother's memory may fade,
Her love for her child, will never be swayed,
And the daughter will continue to stand,
By her mother's side, holding her hand.

For love endures, through the darkest of days,
And memories may falter, but never the ways,
Of a mother's love, that is pure and true,
And a daughter's devotion, that will see them both through.



The Enigma of the Healing Words: Deciphering the Truth Behind Mental Health Care

In a hospital ward, cold and white,
A student sat, in the dead of night,
She came to seek, a refuge and care,
But found instead, a world of despair.

For the doctor who saw her, was cold as stone,
And spoke in a voice, that chilled to the bone,
He questioned her pain, her fear and her strife,
As if it were some game, to play with her life.

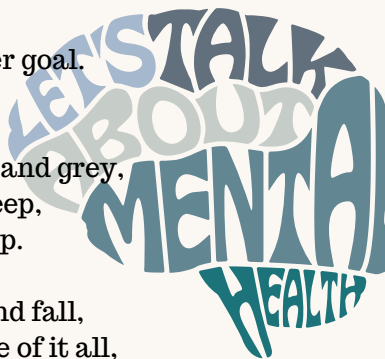
He asked if she tried, to take her own life,
As if it were a sin, to struggle and strive,
And when she spoke, of her pain and her dread,
He scoffed and sneered, and filled her with dread.

She felt alone, in a world so grim,
As if her thoughts, were a sin and a whim,
And the doctor's words, like a poison dart,
Left her wounded and scarred, in her heart.

But in her eyes, burned a fierce flame,
A spirit unbroken, though life seemed tame,
For she knew, deep down in her soul,
That her strength would carry her, to her goal.

She rose from the bed, where she lay,
And walked with pride, through the cold and grey,
For though the doctor's words, cut her deep,
She knew that her spirit, was hers to keep.

So let us not judge, those who struggle and fall,
For their strength is immense, in the face of it all,
And though the world may be cruel and cold,
Their spirit will endure, and their story be told.



Cold Truths and Burdened Souls: A Doctor's Dark Diagnosis

In a chamber, dark and still,
The doctor sat, with fear and chill,
As they conducted, an exam of dread,
On a patient, whose limbs, failed instead.

With each touch, the doctor's heart,
Grew heavy, with a weight, of art,
For the patient's limbs, did not obey,
The doctor's hand, that sought to sway.

And as the test, continued on,
The doctor's spirit, was slowly gone,
For the truth, became quite clear,
The patient's limbs, had no more cheer.

The diagnosis, was harsh and bleak,
And the family's sorrow, made the doctor weak,
For to face the truth, and watch a fall,
Is a burden, that few can stall.

The doctor's soul, became quite numb,
As they struggled, to overcome,
The pain and fear, that came with the call,
To tell the family, their loved one would fall.

And as the patient, faced the bitter truth,
The doctor's heart, became quite uncouth,
For though they tried, to hide the pain,
The sorrow, was clear, like the fall of rain.

For healing, is a noble quest,
But to face the truth, and watch the rest,
Is a burden, that few can bear,
As they navigate, the depths of despair.

And yet, the doctor knew, that in their care,
The patient had found, a friend to share,
Their pain and fear, and the hope for more,
And that in their heart, would forever soar.

For though the body, may falter and fail, The spirit endures, through the
darkest of veil, And the healing touch, of a doctor's hand, Can soothe the soul,
and help it stand.



Science's Lament in the Age of Undeath

When first the dead began to rise,
And terror filled the darkened skies,
I knew that something was amiss,
For science did not speak of this.

In all my studies, far and wide,
No text or tome did e'er abide,
That spoke of corpses, walking free,
And stalking those who once were free.

And so I looked with skeptic's eye,
At those who thought that they could die,
And then, with magic, come alive,
To hunt and kill, with savage drive.

For though the body might arise,
The brain was gone, and with it, lies,
The secret to what makes us whole,
To what makes up a living soul.

And so I watched, with mounting dread,
As legions of the undead,
Marched forth, to claim their grim prize,
And leave the living, to agonize.

For though they moved, with deadly force,
I knew that they were just a corpse,
And in their eyes, I saw no trace,
Of what makes up a living face.

And so I cried, with bitter tears,
For all the loss, for all the fears,
That come with death, and what it brings,
To those who once were living things.



Science's Lament in the Age of Undeath

But still I hold, with hope and grace,
That science will one day embrace,
The secrets of what makes us tick,
And how to avoid that deadly trick.

For though the dead may rise again,
And fill the world with grief and pain,
The human mind, with all its might,
Will find a way to set things right.

And so I study, day and night,
To learn the truth, to find the light,
And to someday, with knowledge true,
Prevent what once seemed so askew.



Sleep! Oh Sleep!

The night owl or the early bird,
A choice I must make every day.
To stay up late and cram my brain,
Or rise at dawn and seize the day.

But what of sleep, that blessed state,
Where memories are made and stored?
Where dopamine and serotonin flow,
And neurons fire in one accord.

The hippocampus does its work,
Laying down new memories deep.
And as we slumber through the night,
Our brains replay what we did and speak.

And yet, the struggle to decide,
Between work and rest, is real.
To sacrifice some hours of sleep,
Or risk falling behind the wheel.

But science shows that without rest,
Our productivity will wane.
For sleep deprivation slows us down,
And hinders what we can attain.

So I must choose with care each night,
And balance work and rest in turn.
For only then can I excel,
And see my dreams and hopes return.



Sleep! Oh Sleep!

And as I drift off to my bed,
I'll remember all that I've learned.
That sleep is vital to success,
And I'll wake up feeling affirmed.

So let me slumber and let me dream,
And let my brain recharge and mend.
For sleep is not a waste of time,
But a gift to me in the end.



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Gut Microbiome and Anxiety

Your gut microbiome - located largely in the colon - is a collection of trillions of microorganisms (mostly fine bacterial cells) that play an integral in your health and are involved in many important functions, including mental health and immunity.

The Gut-Brain Highway

- In 2003, a study by Sudo et al proposed the existence of the gut-brain axis through the discovery of impaired stress response in germ-free mice.
- Other similar studies support both the existence of GBA and how it may control beyond these 2 systems are the endocrine, neural, and immune pathways.
- That gut health is closely related to your nervous system functions, hormones, neurotransmitters, and immunological factors from the gut can all send messages to the brain.
- It is thought that there is a bi-directional communication between the central nervous system and the gut microbiome, where the gut microbiome regulates brain function through the GBA (hypothalamic-pituitary-adrenal (HPA) axis), and vice versa.
- Specifically, the vagus nerve (highway in the GBA) allows communication between the brain and the gut, where the nerve fibers are connected to cells in the gut lining.



How does the GBA relate to anxiety?

- The diverse gut microbiome produces an array of compounds that can affect your mind and envelope health both positively and negatively.
- Bacteria in the gut produce neurotransmitters and reduce the body's production of dopamine and serotonin.
- Bacteria (Lactobacillus) reduce production of serotonin - an anti-inflammatory substance that allows brain from getting into the brain.
- Others produce tryptophan - a precursor to serotonin.
- Quarantine in itself of diverse species or an imbalance where microbes in the gut.
- Can be caused by targeting foods containing antibiotics, artificial sweeteners, probiotics & LAMOs.
- Can exert a powerful influence on the brain and affect the body's biological signals received on the gut-brain axis in ways that may cause anxiety.
- Difficulties in neuroplasticity by decreasing neuroplasticity might cause symptoms of anxiety.
- New stress on the gut.
- The vagus nerve can be activated by stress and used to control the permeability of the gut lining. The gut lining also serves and can allow some metabolism, toxins, and bacteria to pass through the blood-brain barrier (which is supposed to protect the brain from infection).
- Through the vagus nerve, the metabolic by-products may reach the brain where they can modify mood and anxiety levels.

The Future of Mental Health Treatment & Probiotics



- Research points to evidence that may help regulate gut microbiome, such as gut-friendly diets (fiber, probiotics, and prebiotics), stress management, and lifestyle changes.
- Research on neuroplasticity: New probiotics are products that may provide mental health benefits to the human brain when ingested in a particular quantity through interaction with the gut microbiome.
- Current research doesn't completely elucidate the gut-brain connection in neuroplasticity in psychiatric studies.
- Larger and clinical trials studies are needed to confirm these early findings.

RESEARCH SUMMARY BY LISA WANG
INFOGRAPHIC DESIGN AND FORMAT BY LISA WANG IN CANVA



THE VAGUS PROJECT
A VAGUS NERVE FOUNDATION PROJECT

CAPGRAS SYNDROME

A psychological condition where individuals may have someone they know but have recognized by an impostor, which is sometimes known as "Impostor Syndrome". In some cases, they may also believe that their own memories are distorted. It is named after Joseph Capgras, a French psychiatrist who, with a colleague, first described the disorder in 1923. It is classified as delusional misidentification syndrome (DMS).

SYMPTOMS

- Delirium after recent health conditions, a person with CS often remains around the person as they feel they believe is an impostor.
- Delirium - may acknowledge that the "impostor" looks exactly like the "original" but they believe that they are not the "original".
- Issues to establish stress, anger, and separation between the person affected and those around them.
- May become obsessed with the "impostor" with feeling the "real" person.
- May believe that the impostor is a threat to their life, but not always the case.
- May change in behavior.

CAUSES

- Broken connection between central nervous system that scans the features of a face and the peripheral nervous system that relays identification information related to that face, prevents normal face recognition - misidentification.
- There are no more known (damage in the brain) or the brain involved by injury, trauma or disease.
- Increased isolation - hospitalization, or an unfortunate physical injury.
- Neurological conditions - hypoparathyroidism or an undiagnosed thyroid gland.
- Neurological conditions - loss of vision B12.
- Schizophrenia and epilepsy.
- Brain chemicals or Pesticides?

EPIDEMIOLOGY & ETIOLOGY

- Case reports up to 10% from those with long-term delirium or Alzheimer's.
- People with schizophrenia and dementia make up 5% of all cases.
- Many people with Capgras syndrome also had other types of delirium.
- People with the condition also tended to be middle-aged, had other mental health issues in the past, and were more likely to be women.
- One study about Capgras syndrome said a health database of 250,000 people in the U.S. it found just 4 cases in that large pool.

TREATMENTS

- Antipsychotics & Memory and recognition medications.
- Surgery.



DIAGNOSIS

- Mental health checks for delirium or other conditions.
- Brain imaging tests like MRI or EEG that look for lesions or other brain changes.
- Talking to family members or caregivers to learn when the delirium started.

Primary Causes

- Stress-related to big life events, like a job loss or change.
- The death of a loved one divorce or moving.
- Surrounding noise, light, or temperature.
- Changes to your sleep schedule.
- A new shift at work or bad habits you picked up when you had other sleep problems.
- Your Genes Research has found that a tendency for this the condition may run in families.

Secondary Causes

- Mental health issues like depression and anxiety.
- Medications for colds, allergies, depression, high blood pressure, and asthma.
- Pain or discomfort at night.
- Caffeine, tobacco, or alcohol use, as well as the use of illicit drugs.
- Hyperthyroidism and other endocrine problem.

Other Conditions

- Sleep apnea or restless legs syndrome.
- Pregnancy.
- Alzheimer's disease and other types of dementia.
- ADHD.
- PMS and menopause.

CAUSES



Your doctor will do a physical exam and ask about your medical history and sleep history. They might tell you to keep a sleep diary for a week or two, keeping track of your sleep patterns and how you feel during the day. They may talk to your bed partner about how much and how well you're sleeping. You might also have special tests at a sleep center.

TREATMENT

For chronic insomnia, you'll need treatment for the conditions or health problems that are keeping you awake. Your doctor might also suggest behavioral therapy. Acute insomnia may not need treatment.

If it's hard for you to do everyday activities because you're tired, your doctor may prescribe sleeping pills for a short time. Medicines that work quickly but briefly can help you avoid problems like drowsiness the next day.



RESEARCH SUMMARY BY KEELINA PATTANAYAK
INFOGRAPHIC DESIGN AND FORMAT BY LISA WANG IN CANVA

Reference:



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