

Research Conference Response

Attending the research conference, I was able to gather more information on topics that I have been previously aware of and truly understand how they work and progress. To start, three things I learned today about all of these presentations were how alcohol abuse is a real issue some people struggle with that can alter their daily living activities. I was able to see how that is considered to be a real health illness because although it has harm to the body, it also has harm to one's psychological approach. Those struggling with alcohol abuse, I was able to truly understand their struggles and they can't just simply stop at times because of their current situation the overall process of getting sober can be very difficult for them including their families, but that family support goes a long way when it comes to them becoming fully sober. Another thing that I learned about, was the presentation about cardiac diseases and how they can even affect early on even in an 18 year old. I was in shock because I would assume that cardiac diseases are professional and happen over the years but then realized that with the time now and how many individuals may be influenced and may not be able to afford healthy foods, unfortunately, go the route of fast food and consuming too much can lead to their cardiac disease and even other diseases. Lastly, another thing I was able to learn about a little bit more was diabetes and how it can affect overall body functions, not just the pancreas and blood sugar but can develop cardiac, renal, and neuro issues as well. Type 2 is an issue I think usually happens later on in life but learned that it can still happen to those younger individuals also due to family history, or their lifestyle backgrounds.