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## What Effect does Helminth Infection have on an Adult's Immune System?

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Hello, I am Shanzida Toha, and this presentation reflects my experience in research methods for the course HAS4702: Health Science Research Methods, Fall 0W61.

Today, I'm discussing the potential of using helminth parasites for human health advancement. The concept of forming a symbiotic relationship with helminths—typically seen as harmful organisms—presents intriguing possibilities. In areas where modern treatments are scarce, a helminth-based approach could not only improve individual health but also support community well-being and economic growth. One promising avenue is the potential of helminths to prevent or treat metabolic conditions that often lead to cardiovascular diseases. This approach could be transformative, especially for those without access to costly medications like insulin or antihypertensive drugs.

Helminths might help regulate inflammatory markers, aid tissue repair, and strengthen immune responses, opening up new prospects for medical science and public health initiatives. Reflecting on the heavy health burden that helminth infections impose, it's crucial to develop treatments that not only address the infection itself but also offer enduring benefits for the immune system.

Through this research journey, I've grown both technically and analytically, particularly in creating structured frameworks for medical studies. My skills in interpreting complex health data have improved significantly, enabling me to present findings clearly and impactfully. Along the way, I've honed critical thinking and problem-solving skills, helping me integrate various research techniques into cohesive work. This process has sharpened my attention to detail and adaptability, as I apply different frameworks and methodologies in scientific writing.

Applying these research skills has been rewarding and challenging. Structuring my work with clear, methodical frameworks has become second nature, and my experience with complex medical data has enhanced my ability to delve deeply into journal articles and extract key insights, even when presented in technical language. I've also learned to simplify complex ideas into accessible terms, which is essential when sharing findings with others.

Beyond research, I apply problem-solving and critical-thinking skills to everyday decisions, like evaluating sources and identifying relevant data. My growing confidence in health science language has improved my ability to collaborate and contribute effectively in both academic and professional settings. These experiences are making me a more independent, resourceful researcher and a better communicator in my field.