



## Summary of American Society for Biochemistry and Molecular Biology (ASBMB)

April 12-15, 2025

My experience at the ASBMB national conference will be memorable for many reasons. First and foremost, this was my first time traveling alone and I was proud of myself for handling it well. While this conference did not have topics that directly pertained to my research topic, I was able to broaden my knowledge and engage with other scientists in a way that allowed me to view my work from a different perspective. A “trendy” topic at this conference was cell metabolism and perfecting the ways we culture cells in order to do our experiments. This, of course, is relevant to anyone who works with cells, and it helped me think about all the conditions and materials I use to culture my own cells. Another common topic I witnessed was the idea of trying to better understand chromatin remodeling proteins and the type of protein interactions needed for DNA accessibility and for transcription. My own project starts with the transcription of Wnt target genes, so it was very interesting to learn about the biology/biochemistry that happens in the cell before transcription even begins. I now realize how many steps are required for chromatin

remodeling and how complicated it can actually get. During the poster session I learned about how our diet can actually influence chromatin remodeling. When we eat fiber, the bacteria in our microbiome break down fiber and the downstream metabolite is butyrate, which acts as a deacetylase and can influence gene expression. Personally, I find that fascinating and I think that will be one of my fun facts that I share with people from now on.

The conference had designated times to meet with a PI mentor if you wanted some guidance. I signed up and spoke to a woman who was a PI at MIT she was able to tell me about her experience with being a post doc, hiring post docs, and her life as being a PI now. It was helpful to hear her perspective as I am figuring out my post-grad plans.

Many people visited my poster during my presentation time, and it was engaging and informative. Some people came up to me trying to do similar experiments and we would share our trouble shooting attempts. Others came up to me out of curiosity and they said they left feeling more informed. One man came up to me and was very engaged with my research project that involved creating new colon cancer therapeutics. I asked him what his background was with colon cancer or Wnt signaling, and he shared with me that he was actually a survivor of colon cancer. It caught me off-guard. He said he was very proud and happy with the work that I was doing because he knew how important it is and how much it is needed. Despite any bad days I have in the lab, that moment reminded me why I chose this path. This interaction reminded me that I am doing this work not for myself but for others. I am so beyond grateful and honored to be a scientist and to be able to work on cancer research. I would also like to thank GIDPAC who allowed me to have this opportunity by awarding me the Herbert E. Carter travel award.