

My PhD Story :

From Lab Restrictions to Publication Victory

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The human brain is incredibly complex, and understanding diseases like Alzheimer's disease (AD) is one of the greatest challenges scientists are facing today. That's what led me to pursue my PhD, diving into the fascinating world of neuroscience to explore a potential treatment: astaxanthin nanoemulsion. Imagine tiny, super-absorbable particles delivering a protective shield to the brain! My research looks at how this special compound could potentially protect the brain from the damage associated with AD by studying its effects on brain function and health in a model system.

Challenges

It's been a challenging but incredibly rewarding journey, fuelled by the hope of making a real difference in the lives of those affected by this disease. One of the most challenging moments came during the COVID-19 pandemic when I had to stop my laboratory work for almost a year due to restrictions. The stop was an emotionally difficult decision, as it disrupted months of scheduled work. It required me to redesign my study timeline and adapt to the situation.

Achievement

Despite these challenges, there were moments of immense satisfaction. One of the most exciting breakthroughs was when I finally obtained conclusive data on my experimental results and completed my thesis. Seeing years of hard work pay off in this achievement was incredibly fulfilling. The true highlight came when my research manuscript was accepted for publication in a Q2 journal after 16 rejections – all thanks to my dedicated supervisor, Dr. Gurmeet Kaur. This experience exemplified the value of perseverance and emphasised the importance of not giving up on one's work. The satisfaction of being able to share my research with others was immense, as it allowed me to contribute to the scientific community and potentially impact future studies on AD.



Throughout my PhD journey, I also had the opportunity to connect with fellow postgraduate students from diverse backgrounds, all striving towards the same goal. Networking and exchanging ideas with them enriched my experience, providing valuable insights and perspectives. Achieving my dream of pursuing my studies to the highest level and graduating last year was a surreal experience, supporting the belief that dedication and hard work can lead to realising one's goals.

In conclusion, my PhD journey was not just about scientific discovery but also personal growth. It underscored the importance of perseverance in research and left me hopeful about contributing to solutions for age-related neurodegenerative diseases like Alzheimer's.