

HUMANS OF MEDICAL RESEARCH



Understanding DISEASE... Finding a CURE

NATASHA YUNG



Natasha Yung knows all about bugs... and not the creepy, crawly kind. Growing up, she thought she wanted to study medicine but realised her true passion was in microbiology - a field which she pursued at university and early career.

"I loved the hands-on aspect of it. Being able to work out how something would work and how you can actually make it better from a disinfection point of view."

Tash started working at Centenary in September 2016 as Risk and Compliance Officer. She ensures Centenary meets a whole list of standards, regulations and legislation at both a state and national level, which means she plays a crucial role in making sure Centenary operates on a day-to-day basis.

But there is also a more human aspect to Tash's role. While our scientists are constantly striving to better understand disease with the aim of finding cures, Tash is also saving lives! Centenary

is primarily a lab-based environment which inherently carries a range of potential risks. In her role, Tash identifies any potential hazards and introduces the appropriate safety measures before any dangerous scenarios develop!

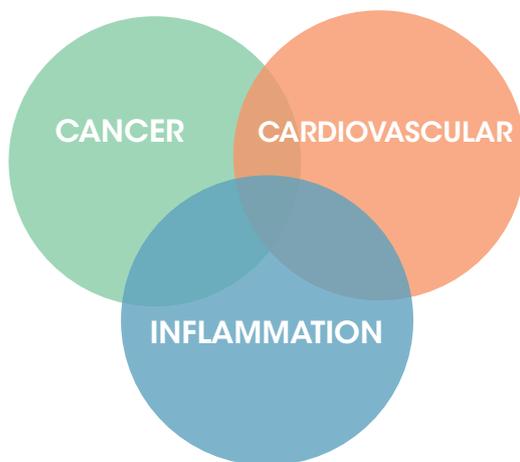
Tash says her favourite part of her job is interacting with everyone at Centenary, but by the same token, it can also be the most difficult aspect. "I like how I can make it easier for them to be able to do the research they do, while ensuring they're safe in what they're doing. But that in itself is also the challenge to."

Similar to our previous Human of Medical Research Dr Nick Pearce, Tash believes there are so many career opportunities in science that aren't based at the bench. Her key advice to young scientists deciding their next step is to "be selective with your first job if possible, but if you have a job that doesn't fit with you, stay for a bit for experience for a couple of years, and then find something closer to your interests."

Tash holds many important responsibilities at Centenary, but she's also in demand at home. Her young daughter has just started Kindergarten, and Tash says it can sometimes be tough juggling work life with motherhood. "You rely on day care a lot! But you also have to be smart about your time. I incorporate a lot of what I do at home with her and try to teach her many different things. For example, my love of animals, I extend onto her. Children develop empathy through animals which they wouldn't necessarily develop with humans. We currently have two cats and a rabbit!"

Tash is also a fan of having a side-hustle outside work. She enjoys being creative, which includes baking, painting miniatures, reading and Lego. "I collect Star Wars Lego, and there's a lot!"

WHAT DOES IT ALL MEAN?



CANCER

Cancer is a disease of the cells, which are the body's basic building blocks.

1 in 3 women and 1 in 2 men will be diagnosed with cancer by the age of 85.

INFLAMMATION

Inflammation is the body's natural response to protect itself against harm. There are two types: acute and chronic.

1 in 9 Australians have asthma, around 2.5 million people.

CARDIOVASCULAR

Cardiovascular Disease (CVD) is a collective term for diseases of the heart and blood vessels.

Almost 1 in 3 deaths in Australia in 2015 were due to cardiovascular disease.

Together we are the solution...together we can save lives.



Ask Nick a question here <https://www.centenary.org.au/meet-natasha-yung/>