

> IUBMB TI – Your Monthly Minutes

Your favorite monthly newsletter



Good to see you again!

Today, we will get to know Mihaela Jovanović. We will hear about her love of the sea and also how seeing the bigger picture will help you in many situations throughout your career. Without further ado:

> *Who Mihaela is*

Grew up in
Croatia

A country with more
than 1000 islands!

tutors' biology
and chemistry

Soon looking for
a PhD position



After school, I studied medical biochemistry in our capital Zagreb. Having graduated, I moved on to an one-year internship at the Clinical Department of Laboratory Diagnostics of Dubrava University Hospital. In my PhD, I would prefer a connection to personalized medicine, or diagnostic use cases.



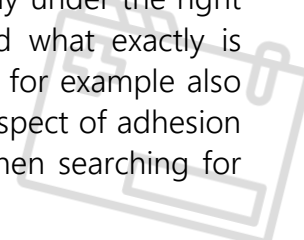
Lately, I have been working with thyroid hormones. More specifically, I focused on the quantification of T3 and T4 in desiccated thyroid powder using different types of HPLC based methods. That is important because these kinds of powder are becoming more popular for therapy.



Don't forget about the basics! At one point I thought, that I will never graduate because the HPLC approach we used was not working at all. It was until I remembered the very basics from one of my first university courses: hormones in the blood are bound to proteins... Doing some extra steps removing the proteins made my analysis go smoothly!

Mihaela, you mentioned that the contact to patients gave you quite some new angles on your research – tell me more

Patients are often scared and although hypothyroidism is not deadly under the right treatment, people are confused because they do not understand what exactly is going on. I realized that it is not only the science that matters but for example also whether people know why and when to take their medicine – the aspect of adhesion to a treatment was one thing I would not have thought about when searching for new drugs and therapies.



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Change perspectives

To me, almost every field can be enjoyable. I am quite able to adapt to the topic I work on. How? Find the diversity in your topic because it enables you to look at the bigger picture. From there you will see all the aspects your research might have a connection to. One of those will mean something to you. In other words, not the entire topic has to be interesting, but just some aspects you can focus on.



An idea for you

I really like a youtube channel called [Andrey K.](#) There, you can find nice explanations for topics ranging from medicine, molecular biology, biochemistry, physics to chemistry. Its great when you are starting to study something or want a quick recap. *(Indeed, with currently 2015 videos, you have quite something to watch! On point and well delivered vidoes, something to check out for sure.)*



Shake it off

When moving from one of the smaller cities to our capital you really feel how everything is more hectic and the workaholic mentality in people's attitudes. That can become quite stressful at times. In my free time, I join dance classes. A great way to escape everyday stress and blow off some steam. Also, I love to be around the sea. Hanging out there gives me something, the sea really became part of my identity.



Our Future

My vision for the IUBMB TI is to be as interdisciplinary as possible. Therefore, I love the idea of launching events about this topic. Connecting one discipline to another gives you the possibility to truly understand research. For example, involving Clinicians and people that work within diagnostic would enable us to connect research with diagnostic or therapeutic applications.

> Don't worry, reach out

I think, discoveries are not only made in the lab but in conferences and seminars, interacting with colleagues, sharing knowledge and ideas. Hence, it is essential to learn science communication early on in your career. Also, if you are afraid to talk to let's say a Professor, just remember that the things setting you apart are knowledge and a position. Get out of your head – when you go to a dance class, you wouldn't mind talking to someone who can tell you many interesting things either. And most of the time, they will feel good too, because it is an appreciation of their work when you ask them about it!

Again, very thought provoking –



Trainee Initiative

– Have a great time you all