

## Review of the

*Local Chapter Graz main Event, February 16<sup>th</sup> 2018, with focus on*

### **“How to communicate (Neuro-)Science”**

To communicate science is crucial for all researchers, especially for those working in a field like neuroscience, which receives increasing attention by the general public and media. In order to learn and discuss how to accurately and engagingly convey scientific research, the Local Chapter Graz main event of 2018 focused on “How to communicate (Neuro-) Science”. Thus, the Organization Committee was very happy to welcome Birgit Dalheimer, Science Editor for the Austrian Broadcast Ö1, on this occasion. It also was more than a pleasure to have one of the leading Austrian Neuroscientists, Rupert Lanzenberger from the Medical University of Vienna, giving a talk about his research.

Photo Credit: Christine Rechling



**Sigismund Huck, ANA President**



**Christian Enzinger, INGE St. President**

**Sigismund Huck (ANA President) and Christian Enzinger (INGE St. President)** opened the event and gave an overview of their organizations and introduced both speakers of the evening. Furthermore, they emphasized the importance of good communication both between scientists as well as between scientists and the general public.

**Rupert Lanzenberger, Team Leader of NEUROIMAGING LABS (NIL) - PET, MRI, EEG & Chemical Lab (Department of Psychiatry and Psychotherapy)**, started the evening with an engaging talk about “Neuroimaging and Precision Medicine – Research from Brain Scanner to Beside” and introduced the Styrian Neuroscience Community to his research. It was fascinating to learn about how Serotonin Receptor (SR) levels change due to several factors such as stress (cortisol) or by applying Selective Serotonin Reuptake Inhibitors (SSRIs) to, for

example, treat depressive disorders. Rupert Lanzenberger emphasized that SR expression



**Rupert Lanzenberger, Department of Psychiatry and Psychotherapy, Medical University of Vienna**

fluctuates ‘naturally’ during a lifetime and by choosing an active, healthy lifestyle one can positively influence their distribution. Furthermore, he focused on how female-to-male transgender people treated with androgens show increased Serotonin Transporter (SERT) binding (which hints at increased SERT expression on cell surfaces) in some brain regions including the amygdala. Conversely, treating male-to-female transsexuals with anti-androgens and estrogen leads to decreases in SERT binding in some tested brain areas, leading to the conclusion that hormones do not only have remarkable impact on our brains but could also influence the development of affective disorders.

After a short break and some time for refreshment, **Birgit Dalheimer, Science Editor and**



**Birgit Dalheimer, Science Editor and Science Journalist for Ö1, (ORF - Austrian Broadcasting Corporation), Vienna**

**Journalist for Ö1**, continued the event by giving a talk about what is needed to best communicate Neuroscience to the general public and the media. She introduced the Styrian Neuroscience Community to how Science Journalism works and what Journalists need from us Scientists to do their work. Birgit Dalheimer explained how Journalists screen the horizon for their next stories and highlighted the “dos and don’ts” when working on a story with a Journalist. Furthermore, it was discussed how to best distribute scientific research and Birgit Dalheimer mentioned that it is worthwhile to be in touch with the office for public relations of your University, since they know how to most easily contact the

media. Birgit Dalheimer also recommended to directly approach a journalist and shortly explain to them what your research is about and why it might be interesting to the general public.

Time flew by very quickly during the Local Chapter Graz main event and participants gladly took the opportunity to meet up after the event at the buffet to further discuss the evening and plan future projects.



**Organizers and presenters, from left to right: Franz Hallwirth, Geraldine Zenz, Rupert Lanzenberger, Christian Enzinger, Birgit Dalheimer, Magdalena Temmel, Sigismund Huck**

Finally, we would like to take the opportunity here to thank our two sponsors, the ANA and INGE St., and especially their presidents Sigismund Huck and Christian Enzinger, respectively, for supporting us in every possible manner! Furthermore we send out our warmest “Thank you” to Birgit Dalheimer and Rupert Lanzenberger for enriching our main event with their knowledge and enthusiasm. We also want to express our gratitude to Christine Rechling, who captured all the big moments of our main event and supplied us with great pictures, making it easy to pleasantly think back to our evening together. Last but definitely not least we want to **thank you all** for attending our event and discussing how to best communicate Neuroscience!

We hope to see you soon at our regular meetings and our next main event,  
**Geraldine Zenz, Franz Hallwirth, Magdalena Temmel (LC Graz Organization Committee)**



**Thank you, Rupert Lanzenberger and Birgit Dalheimer!**