Braxton Harrup

Campus Wide Research Day

26 November, 2019

I went to the poster presentation held in Upchurch. The poster I choose to write about was “Prevention and Treatment of Lung Cancer and Heart Disease” by Jenna Cedor and Taylor Woodring, who are nursing majors. Their reasoning for this topic is to help inform more people about potential health problems, specifically lung cancer, and how people can change a few things and have a better quality of life. The audience of this paper is the general public, so high school students, adults, and older age adults. Their poster presents ways to better your quality of life by avoiding smoking, exercise, and frequent doctor visits.

What I learned at this event is that it is important to have a treatment plan regardless if your family has a history of diseases or not. You can never be to safe. I will most likely have a treatment plan when I get older and try to do the things that they mentioned like stay away from smoking, exercise regularly, and go to the doctor more as I age.

