

# TV CORE

April 2024

Monthly Newsletter



## MOMTA TAHMIDA

Momta has been a part of the CFAR family for 2 years, having begun as a tech under Sarah LaMere the Monday after graduating from UCSD. In school, Momta was pre-med and studied neurobiology with a minor in psychology. Since graduating, she has shifted gears to a public health approach and we are so proud of her for the new chapter she is about to begin as a graduate student at [Keck Graduate Institute](#) to study Genetic Counseling. At CFAR, Momta has been involved in many projects, starting with single-cell work studying single-cell dilution to optimize PCR procedures. Her current project is a multinomics project working to optimize single-cell nuclei isolation. Born in Bangladesh, Momta moved to the United States at 9 years old when she, her parents, and younger brother immigrated to Korea Town in Los Angeles, CA. In her professional career, Momta has worked in two other research labs, volunteered with Healing Hands UCSD, and was a peer mentor and counselor among a plethora of other academic and professional accomplishments and pursuits. Momta, thank you for your dedication to CFAR the past two years and we wish you the best in graduate school.

## PROJECT HIGHLIGHT

"Impact of influenza and pneumococcal vaccines on HIV persistence and immune dynamics during suppressive antiretroviral therapy" presents findings from a prospective, randomized, double-blinded, placebo-controlled crossover trial investigating the potential of standard influenza and pneumococcal vaccines to stimulate HIV reservoirs in individuals on antiretroviral therapy (ART). The study, involving 54 individuals with HIV on ART, analyzed blood samples collected before and after immunizations to assess cellular HIV RNA and DNA levels, as well as expression of immunological markers on T cell subsets. Despite observing no significant differences in cellular HIV RNA changes post-vaccination compared to placebo, secondary analyses revealed a transient increase in total HIV DNA levels after the influenza vaccine and increased T cell activation and exhaustion following the pneumococcal vaccine. The study concludes that while clinically recommended vaccines were safe, they did not induce substantial enough immune stimulation to significantly impact HIV RNA transcription during ART.

<https://pubmed.ncbi.nlm.nih.gov/38526550/>

## LOOKING FORWARD

On **May 1**, the UCSD Medical School will be hosting its annual Department of Medicine (DOM) Research Day. Lizzie will be presenting a poster!

On **May 18**, it is HIV Vaccine Awareness Day; a day to express gratitude to the people collaborating to develop a safe and efficacious preventive HIV vaccine.

On **May 19**, it is National Asian & Pacific Islander HIV/AIDS Awareness Day.

## TRY SOMETHING NEW!

As the weather begins to warm up for summer, there are many outdoor activities and festivals coming to San Diego!

**May 10** is the start of "Wonderfront Festival" with artists like T-Pain, Weezer, Dominic Fike, and Natasha Bedingfield performing over a 3 day period.

Like to kayak? Rent a Kayak on the San Diego Bay for as little as \$20/adult for one hour of kayaking. Lessons included if you're a beginner!

For Mother's Day, consider going to the Carlsbad flower fields. They have rows of giant Tecolote Ranunculus flowers covering a coastal hillside. They are open from **March 1- May 12** and tickets are on sale online (must be purchased online). Enjoy 55 acres of blooms and beautiful displays of color. You can pick your own blueberries, tour the flower fields in a tractor wagon, see the American flag of flowers, navigate the Sweet Pea Maze, kids can play at Santa's playground, attend a yoga class or a picnic among the flowers, and so much more. Day passes for children 3-10 are \$14, adults are \$23, and Seniors 60+ are \$21.

Below is a photo post-autopsy!



## STRESS AWARENESS

Every month has a theme and one of April's is stress awareness. This is a perfect reminder that we only have one body, so treat yours well! 32% of adults in the United States report having symptoms of anxiety or depression caused by stress (CDC). If you or someone you know is feeling stressed out, here are some quick reduction tactics recommended by the CDC:

1. Be active (take a dance break, lift weights, kick around a ball for a few minutes)
2. Close your eyes and take deep breaths. Try meditation or yoga
3. Write three things you are thankful for
4. Find an inspiring song or quote to listen to and write down
5. Think of someone or something who makes you laugh!

For more information visit the CDC website on emotional well being,

## SHOUTOUT!

We would like to wish a happy birthday to Karole (4/13) and Charlotte (4/23)!

We would like to recognize Rita and Magali for celebrating work anniversaries with CFAR this month! Rita has been with us for 24 years and Magali for 7!

April 22nd was Earth Day. Consider learning about new sustainability measures you could implement into your daily life!

Thank you to everyone who helped out with the TWO autopsies we had in one week! Tuesday 4/23 and Sunday 4/28.

This month, we would also like to recognize **Mattia Trunfio** for defending his thesis to obtain his PhD. As of Monday, April 29, Mattia is officially Dr. Trunfio. More details coming in next month's newsletter!