



Now, after a big celebration, the new year also started in China. We hope that the Year of Monkey will be happy and successful for you all.

As always, we are happy to hear from you or see you at our meetings and social events. If you have any feedback, questions or ideas, feel free to contact us on: ecsa@iarc.fr

Welcome to IARC

Lea Lancelot



EDP/SCR

Erin Sullivan



NME/BMA

Rim Khlifi



GEN/GCS

THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY
RELAX
LOVE
LIVE

Roundtable with Dr. Castle

The roundtable with Dr. Castle from the Albert Einstein College of Medicine in the USA took place on 19th January. The career pathway of Dr. Castle was very interesting for our ECSA members to learn about as he did not spend his entire career in academia, but he also worked for a non-profit organisation before he re-entered academia. Based on his own experience, he recommended that we be mindful of the difficulties one can face moving in and out of academia.



Dr. Castle emphasized how important it is to build connections with colleagues, both professional and personal. We thank Dr. Castle for sharing his experiences and time with us!

ECSA International dinner – *Éléphant*



On Wednesday 27th January, ECSA organized a pre-celebration of Chinese New Year with amazing Chinese cuisine. Bochen and Chunqing hosted our latest international dinner at a Chinese restaurant in the heart of Lyon called *Éléphant*.

Bochen and Chunqing reached an amazing arrangement with the owners which meant we were treated as very special guests with amazing food and the entire restaurant was reserved only for us ☺

The Chinese cuisine seemed to be very popular as the high participation (the highest among all the international dinners so far) shows. We thank Bochen and Chunqing for organising such a wonderful event.

ECSA Tea Party

Thursday 11th February, Joe Rothwell hosted the ECSA Tea Party. Joe baked delicious coffee cream and walnut cupcakes for us. Thank Joe for a wonderful afternoon and the amazing cupcakes!



5 minutes with ... *Carolina Santamaría*

Have you ever wondered how people end up at IARC? In each newsletter, we introduce one of the early career scientists roaming our halls and ask them about their story. This time we interviewed *Carolina Santamaría*, a postdoc with one of the most diverse backgrounds you could imagine. Thanks to several happy coincidences, Carolina developed from an accountant, over a technical support officer working on development of health measures and implementation of new law regulations, to an independent researcher at the university. Carolina is a great example how to use all life opportunities to your advantage if you are open to new challenges.



About science ...

What is your current area of research?

Demography and epidemiology of chronic diseases

What section/group are you working with?

I am a postdoctoral fellow working in the Genetic Epidemiology Group (GEP) of the Genetics Section (GEN).

What project are you working at IARC on?

Based on a Russian cohort of adults followed since late 1990s, I am investigating an association between obesity and all-cause mortality. This dataset provides a unique opportunity for research among a population with high alcohol and tobacco consumption.

Why did you decide to come to IARC?

I did my PhD in the United States and I liked the international environment there. I wished to live abroad for a while and work for an international institution to gain more professional experience. My special interest was to come to Europe and I started looking for options. I saw a post at IARC offering a one-year postdoc position in cancer research and I got immediately interested.

Can you describe your career history so far?

1995–2000: Accountant, Ministry of Health, San José, Costa Rica
2000: BSc in Biology, University of Costa Rica, San José, Costa Rica
2000–2002: Technical Support Officer, Ministry of Health, San José, Costa Rica
2002: MSc in Statistics, Major in Population and Health, University of Costa Rica, San José, Costa Rica
2002–2011: Researcher, Health Surveillance Unit, Ministry of Health, San José, Costa Rica
2006: MSc in Sociology, University of Wisconsin, Madison, USA
2009–2013: Researcher, Institute for Health Research, University of Costa Rica, San José, Costa Rica
2012–2013: Professor, Human Nutrition Department, University of Costa Rica, San José, Costa Rica
2013: PhD in Sociology, Major in Demography and Minor in Population Health, University of Wisconsin, Madison, USA
2015–2016: Postdoctoral Fellow, International Agency for Research on Cancer, Lyon, France

About life ...

What are your hobbies?

I am a very active person. Due to my busy schedule as a researcher and a full-time mom, it was very difficult to dedicate enough time to sport in a foreign environment, but I still joined the gym sessions at the Auditorium twice a week ever since I came to IARC. Back home in Costa Rica, without having to step out of the university, I attend zumba classes every day and go swimming at least three times a week. I love dancing; sometimes I switch on the music and dance with my kids at home.

If you had to choose a quote, phrase or expression that described you or how you see yourself, or how you see the world around you, what would it be?

My favourite quote is from Mother Teresa: "Peace begins with a smile"

And at the end what would be your suggestion, recommendation, wise words to the starting postdocs here at IARC?

Look for all the different opportunities in Lyon! Have fun! Enjoy the social activities IARC offers you!