

The winter is over and the spring is knocking on the door. After a short break, we are back with some important announcements and news.

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](mailto:ecsa@iarc.fr)

## Welcome to IARC

### New arrivals from March to April 2016

Agneta Kiss



NME/BMA

Arthur Perret



DIR/COM/LIB

Coralie Morel



NME/NEP

Mariam Safi



SSR/BFO/IGO

Diana Maria  
Narvaez Nogura

MCA/EGE

Michele Matta



NME/NEP

Pauline Francois



GEN/GCS

Rosario Brancaccio



INF/ICB

Silvia Pisanu



NME/DEX

Theodore Cholin



SSR/ITS/ITT

## ECSA International dinner – Cantabria



On Thursday 7<sup>th</sup> April, Robert, Aida and Claudia, our lovely Spanish colleagues, took us to an authentic Spanish restaurant in Lyon called Cantabria. Spanish tapas – “Iberian dried meats”, seafood paella and a delicious dessert were accompanied by sangria and red wine. The restaurant provided so much food that some of us even took takeaway boxes of paella home. Spanish dinner was fun and a great success. Thank you for organizing such a wonderful evening Aida, Claudia and Robert!

## Roundtable with Dr. Gapstur



On Monday 4<sup>th</sup> April 2016, Dr. Susan Gapstur from the American Cancer Society (ACS) was our guest for the roundtable. She is currently Vice President of epidemiology at ACS. Dr. Gapstur is a very passionate researcher with a special focus on breast cancer research. She reminded us that the higher we climb the career ladder, the more managerial tasks are awaiting us with less time for hands on research. She advised us to think about what kind of person we are and go after what we want.

She also emphasized the importance of being honest to others and ourselves as well as doing the best for our careers and our lives. We thank Dr. Gapstur for sharing her experience with us and for her time.

## 5 minutes with ... *Silvia Bel-Serrat*

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 our always positive and smiling Spanish colleague *Silvia Bel-Serrat*. Silvia has found a research job in Dublin and she has moved to Ireland recently. We wish her all the best in the future.



### About science ...

#### What is your current area of research?

Nutritional epidemiology; specifically, dietary assessment methodology

#### What section/group are you working with?

I am a postdoc in the Dietary Assessment Group (DEX) of the Section of Nutrition and Metabolism (NME).

#### What project are you working on at IARC?

I am working on a project called GloboDiet where I contribute to the development of dietary assessment methodology for Latin America, particularly for Mexico and Brazil. In addition, I conducted an inventory of existing health and nutrition surveillance systems in Europe, as part of the group's involvement in a European project.

#### Why did you decide to come to IARC?

At the end of my PhD, I started thinking about going abroad for the new stage of my career as I was interested working in an international environment. Although it was difficult to find a research position in Spain at that time, I was lucky to be offered one. However, after having spent about six years at the same university, I wanted to grow and gain more experiences. Therefore, just before the completion of my PhD I declined the job offer in Spain and moved to Lyon instead. I have worked at IARC for more than 2.5 years. Recently, I was successful in my application for a 3-year postdoctoral position at the University College Dublin (UCD), Ireland. I am very happy to have the opportunity of experiencing postdoctoral research from both international research institute (IARC) and academic (UCD) environments and decide which environment suits me better.

#### Can you describe your career history so far?

2002–2005: BSc, Human Nutrition and Dietetics, University of Zaragoza, Spain

2005–2007: BSc, Food Science and Technology, University of Zaragoza, Spain

2008–2014: PhD, Nutritional Epidemiology (master level included in the PhD studies), University of Zaragoza, Spain

2014–2016: Postdoc, International Agency for Research on Cancer, Lyon, France

2016–present: Postdoc, National Nutrition Surveillance Centre, School of Public Health, Physiotherapy and Sports Sciences, University College Dublin, Ireland

### About life ...

#### What are your hobbies?

I am a very active person. I like sport, especially swimming and cycling, going to cinema and theatre, going out and reading. My favourite books are crime novels. In the future, I would like to take dancing classes and learn how to sew.

#### 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?

I always try to take life from the positive point of view. Don't be afraid of a new experience. Better try new things now rather than regret later in your life if you haven't tried them.

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

Be open to new challenges! Take the best out of this experience. Benefit from the international environment where you can meet people all over the world. Keep balance between work and private life: focus on your job but don't forget to have fun as well.

## Key to success

Conventional wisdom holds that if we work hard we will be more successful, and if we are more successful, then we'll be happy. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: **Happiness fuels success!** When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work.

(Achor, S. (2010). *The happiness advantage. The seven principles of positive psychology that fuel success and performance at work.* New York, NY: Random House. )

