

Medical Writing Doesn't Have to Be Complicated.



Earlier this month, I attended the Mother Earth News Fair in Belton, Texas—a quiet, small town tucked away on the edge of the Hill Country. The festival drew thousands of attendees, speakers, and vendors from various parts of the Lone Star State as well as the rest of the country. Attendees enjoyed sessions and workshops offering tips on gardening, sustainable living, and economical, do-it-yourself solutions.

Keep reading for a few interesting takeaways from the event.

Scientists Offers Affordable Hacks for Sustainable Farming



Oyster mushrooms, photograph courtesy of FreeFoodPhotos.com:
http://freefoodphotos.com/imagegallery/vegetables/slides/raw_mushrooms.html

I especially enjoyed a talk given by Tradd Cotter, a microbiologist, mycologist, and author of *[Organic Mushroom Farming and Mycoremediation](#)*. He shared numerous hacks on how to grow edible mushrooms cheaper than you can buy them at your grocery store along with many cool factoids.

Perhaps three of the coolest things I learned were:

1) Mushrooms can grow on almost anything—and I do mean almost anything. This long list includes random items such as wood chips, the Japanese invasive plant kudzu, and even your trash. That’s right: Cotter says that 30-40% of home waste offers the perfect breeding ground for edible mushrooms. Who knew you could recycle without leaving your home—or that your compost pile could fertilize more than your garden?

2) Mushrooms and people who are mosquito magnets share a common chemical—an alcohol called octanol. We secrete octanol in our sweat, and the compound attracts worms in addition to mosquitoes. After doing a little independent research, I discovered that in addition to octanol, human sweat contains other chemicals that attract various critters—including [parasites](#).

[As a person who attracts bees](#) regardless of what personal care products or fragrances I use, I periodically search for answers to explain why bees like me so much. My previous research has offered a few plausible theories, but I still have no solid solutions to help solve my little “bee problem.”

3) White oyster mushrooms (one of my favorite edible mushrooms) **contain two times the protein of shitake mushrooms**. Pink oyster mushrooms contain three times the amount of shitake mushrooms. Because these worms and insects love these yummy fungi as much as humans do, Cotter recommends growing

If Not Used Carefully, Artificial Intelligence Could Worsen Health Disparities

In other news, the importance of acknowledging the power of diversity continues to be a topic that touches so many aspects of the human experience, and healthcare is no exception. In light of this issue, I touched on the dangers of bias in artificial intelligence (AI) leading to either missed or incorrect diagnoses in diverse populations including people of color in a recent piece for [Diagnostics World News](#). For example, omitting darker skin tones when "teaching" AI technology how to recognize cancer—a process called [machine learning](#)—makes skin cancer harder to catch in people with deeper skin tones.

On that same note, physician Dhruv Kullar, MD penned a thought-provoking opinion piece for [The New York Times](#) shedding even more light on how AI can widen health disparities in diverse populations if not used properly.

So... what's next?

Next month, I'll be heading to a conference or two. As always, I'll be sure to share some key takeaways. After all, just as a story lies in every experience, so does a gem. You just have to find the gems and polish them!

Stay tuned!

All content owned by Medvon Media and Consulting, LLC. Copyright 2019. All rights reserved.



Frieda Wiley, PharmD
Freelance Medical and
Science Writer

frieda@friedawiley.com

(832) 781-1662



[Get In Touch](#)

[Portfolio](#)

[Meet Frieda](#)

[Expertise](#)