

Oklahoma Center for Neuroscience

June 18, 2019 Neuro Night Summary

“The Brain and Bad Habits”



The event panel (from left to right): Shivani Mann and Dr. Dolores Vazquez-Sanroman

Dear OCNS Participants,

We know it is habit-forming to attend Neuro Night monthly...last evening THE BRAIN and BAD HABITS panelists, Dr. Dolores Vazquez-Sanroman, PhD, and Shivani Mann, provided explanations of the neural basis for formation of habits. Dr. Vazquez is Assistant Professor in the Department of Anatomy and Cell Biology at Oklahoma State University Center for Health Sciences in Tulsa and a new member of the Oklahoma Center for Neuroscience (OCNS) at the University of Oklahoma College of Medicine. Her work on addiction informed the audience about neurons that tend to work together in making habits. Shivani Mann, our OCNS graduate student, provided a comprehensive review of habit forming conditions and gave the participants a short list of apps available to track habits and help remind and shape good habits.

Join us for the July 16, 2019, Neuro Night THE TOXIC BRAIN when we will learn more about effects of chemicals and poisons on the brain at the Fountains of Canterbury!

Sincerely, John