

# Survival of the Sickest



## INTRODUCTION

### BRIEF BIOGRAPHY OF SHARON MOALEM

Moalem was born in Israel before his family immigrated to Toronto, Canada, when he was 18 months old. Moalem then studied biology at the University of Guelph in Ontario, Canada before receiving a PhD in human physiology, specializing in neurogenetics, from the University of Toronto. He went on to earn his Doctor of Medicine from Mount Sinai School of Medicine in New York City. After his junior year in college, he and four other students worked with the King of Thailand to run a campaign for infants and young children who come from HIV-positive mothers. Moalem's subsequent research also led to developments in genetic understanding of Alzheimer's disease and several rare inherited syndromes. Moalem has also founded two biotech/venturi companies and been awarded 23 patents for inventions related to biotechnology and human health. He has also written several bestselling books interested to make science accessible to the general public, including *Survival of the Sickest* (2007). Moalem currently lives in New York City.

### HISTORICAL CONTEXT

Moalem's theories build upon the theory of evolution by natural selection, which received a breakthrough with Charles Darwin's publication of *The Origin of Species* in 1859. This book drew on findings by Darwin while traveling aboard the HMS *Beagle* for geological research. The ship sailed to various places in Africa, South America (including the Galapagos islands), and Australia. In observing both the diversity of life and some similarities among disparate species, Darwin proposed the theory of natural selection: that individuals in a species have genetic variation due to reproduction, and that those with genetic variations that provide them with advantageous traits are more likely to survive and reproduce, thereby allowing those advantageous traits to be passed on. This principle is referred to as "survival of the fittest," and it is from this phrase that Moalem adapts his title. More recent research has also been vital in understanding genes' role in evolution. The Human Genome project was a global research effort launched in 1990, its goal being to map all of the genes of the human genome from a physical and a functional standpoint. The project was completed in April 2003, and it's useful in a variety of ways: identification of mutations linked to different forms of cancer, the design of more effective medication, and the pinpointing of viruses to direct treatment. Additionally, the development of epigenetics has also been an important breakthrough in understanding how the expression of genes

can vary based on one's environment, even when one's genes have not changed. The term epigenetics was coined in the 1980s, but its biggest breakthroughs have come since the 1990s and 2000s. Moalem notes that there is a lot we still don't understand about how epigenetics works, and the field continues to develop—but findings have shown that the epigenome of one's traits can be altered both in the womb and even after birth.

### RELATED LITERARY WORKS

Moalem's other popular science books on biology and genetics include *How Gen Works*, *Intelligence*, *The DNA Robot*, and *The Better Half*. Other books that explore how genes is related to evolution and genetics include *Randolph M. Nesse and George C. Williams's Why We Get Sick* and *Nesse's Good Reasons for Bad Feelings*, the latter of which looks at evolutionary factors that may have caused certain mental illnesses. Richard Dawkins's *The Selfish Gene* is another book that explores evolution from a genetic perspective. For anyone in search of epigenetics, a relatively new field that Moalem touches on, Nessa Carey's *The Epigenetics Revolution* and Richard C. Francis's *Epigenetics: How Environment Shapes Our Genes* are two good starting points. Daniel J. Lattmann's *The Story of the Human Body* also provides more detail on how humans have evolved over millions of years. Additionally, Moalem's work (and the work of all evolutionary biologists) would be non-existent without the first book that proposed the theory of natural selection in evolution: Charles Darwin's *On the Origin of Species*.

### KEY FACTS

- **Full Title:** *Survival of the Sickest: The Surprising Connections Between Disease and Longevity*
- **When Written:** 2004–2007
- **Where Written:** Toronto, Canada
- **When Published:** February 6, 2007
- **Literary Period:** Contemporary
- **Genre:** Nonfiction, Popular Science
- **Point of View:** First Person

### EXTRA CREDIT

**Textbook:** *Survival of the Sickest* was written with the help of Jonathan Pincus, a senior advisor and speechwriter for the Clinton administration.

# Survival Of The Sickest Guide

**Xiaolong Qi**



## **Survival Of The Sickest Guide:**

**The 101 Most Unusual Diseases and Disorders** Evelyn B. Kelly, 2015-11-23 This book explores serious diseases and disorders that most readers have never heard of ranging from genetic infectious and environmental diseases to autoimmune idiopathic and mental disorders Despite centuries of scientific study and medical research there are still many human diseases and disorders that remain difficult to manage or are incurable Some of these maladies are extremely rare yet together they affect a substantial number of people The 101 Most Unusual Diseases and Disorders examines seldom seen illnesses providing high school and college students with an excellent resource for research as well as supplying fascinating reading for general readers interested in diseases and medical science This book provides clear easy to understand and scientifically grounded information on the vast number of unusual medical conditions that have been recorded covering five kinds of diseases and disorders genetic infectious environmental mental and other which constitutes diseases of autoimmune and unknown origin Examples of the medical conditions addressed include autoimmune encephalitis Ebola kleptomania Morgellons syndrome orthorexia pneumoconiosis and Prader Willi syndrome Selected case studies enable readers to better empathize with the experiences of those who have these disorders and how these afflictions have affected their lives

*Ethical and Legal Issues in Canadian Nursing - E-Book* Margaret Keatings, Pamela Adams, 2023-08-25 UPDATED Thoroughly revised and expanded coverage of top of mind ethical and legal topics concerning vulnerable populations Indigenous Joyce Echaquan Inquiry refugees and LGBTQ2 persons advancing technologies and telemedicine evolving scopes of practice of various categories of nurses Medical Assistance in Dying MAiD and much more NEW Coverage of Indigenous legal and ethical perspectives and ways of knowing and understanding related to health health care and decision making NEW Up to date information on legal and ethical challenges in the time of SARS CoV 2 NEW Case studies for the Next Generation NCLEX on the companion Evolve website

**The Better Half** Sharon Moalem, 2020-04-07 A Guardian Book of the Week Longlisted for the PEN E O Wilson Literary Science Writing Award An award winning physician and scientist makes the game changing case that genetic females are stronger than males at every stage of life Here are some facts Women live longer than men They have stronger immune systems They re better at fighting cancer and surviving famine and even see the world in a wider variety of colors They are simply stronger than men at every stage of life Why is this And why are we taught the opposite To find out Dr Sharon Moalem drew on his own medical experiences treating premature babies in the neonatal intensive care unit recruiting the elderly for neurogenetic studies tending to HIV positive orphans in Thailand and tried to understand why in every instance men were consistently less likely to thrive The answer he discovered lies in our genetics two X chromosomes offer a powerful survival advantage With clear captivating prose that weaves together eye opening research case studies diverse examples ranging from the behavior of honeybees to American pioneers as well as experiences from his personal life and his own patients Moalem explains why genetic females triumph over males when it comes to

resiliency intellect stamina immunity and much more He also calls for a reconsideration of our male centric one size fits all view of medical studies and even how we prescribe medications a view that still sees women through the lens of men Revolutionary and yet utterly convincing The Better Half will make you see humanity and the survival of our species anew

**Wrath** Sharon Moalem, Daniel Kraus, 2022-10-11 New York Times bestselling coauthors Sh ron Moalem and Daniel Kraus s terrifying sci fi horror thriller takes place in a future that is much nearer than you think It is a world where scientific experimentation is exploited for commercial profit and under supervised cutting edge technology creates a menace that threatens the very fabric of our existence Wrath is the story of Sammy a lab rat instilled with human genes whose supersized intelligence helps him to engineer his escape into the world outside the lab a world vastly ill equipped to deal with the menace he represents Modified through advances that have boosted his awareness of humankind s cruelty in the name of science Sammy has the potential to sire a rodent army capable of viciously overwhelming the human race The key to Sammy s capture and humanity s salvation may be ten year old Dallas Underhill whom Sammy adopts But while Dallas and Sammy bond time is running out for humankind once Sammy sires his progeny the exponential proliferation of his kind could spell the end of the world For fans of dystopian works such as Jeff VanderMeer s Southern Reach Trilogy and Emily St John Mandel s Station Eleven and readers of Neal Stephenson Michael Crichton and Blake Crouch This heart pounding science based thriller takes place in a possibly all too soon reality where the hazards and consequences of genetic manipulation will no longer be the stuff of mere fiction Hardcover with dust jacket 320 pages 9 in H by 6 in W **Extracorporeal Life**

**Support for Adults** Gregory A Schmidt, 2015-11-24 This book presents a concise evidence based review of extracorporeal life support ECLS for adult diseases It describes the use of ECLS with patients who are experiencing severe hypoxemic respiratory failure ARDS and pneumonia ventilatory failure status asthmaticus and COPD cardiogenic shock and circulatory or gas exchange failure following complications in cardiothoracic surgery as well as its use as a bridge to lung transplant Historically clinicians have used ECLS as a last resort however this text details the technological improvements evidence of improved outcomes and adverse consequences of alternative treatments that are causing this modality to be more commonly adopted Topics include a description of the complex physiology and technology underlying ECLS the evidence base for its use in specific clinical conditions vascular access techniques daily management of the circuit and patient guidance regarding the weaning and decannulation process and recommendations for crisis management and rehabilitation related to ECLS

Extracorporeal Life Support for Adults is ideal reading for practicing physicians nurses perfusion specialists therapists and critical care trainees who are considering whether to refer their patients for ECLS or are already providing ECLS and are seeking a practical reference to best practices and updated information [Educating Doctors' Senses Through The Medical Humanities](#) Alan Bleakley, 2020-01-29 How Do I Look Educating Doctors Senses Through the Medical Humanities uses the medical diagnostic method to identify a chronic symptom in medical culture the unintentional production of insensibility

through compulsory mis education This book identifies the symptom and its origins and offers an intervention deliberate and planned education of sensibility through the introduction of medical humanities to the core undergraduate medicine and surgery curriculum To change medical culture is an enormous challenge and this book sets out how to do this by answering the following questions How has a compulsory mis education for insensibility developed in medical culture and medical education How is sensibility capital generated who owns it and how is it distributed mal distributed and re distributed What is the place of resistance or dissensus in this process How can the symptom of a developed insensibility be addressed pedagogically through introduction of the medical humanities as core and integrated curriculum provision How can both the identity constructions of doctors and doctor patient relationships be tied up with education for sensibility How can artists work with clinicians through the medical humanities in medical education to better educate sensibility The book will be of interest to all medical educators and clinicians including those health and social care professionals outside of medicine who work with doctors

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*The DNA Restart* Sharon Moalem, 2016-09-06 The DNA Restart turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets based on our genes In *The DNA Restart* Sharon Moalem MD PhD provides a revolutionary step by step guide to the diet and lifestyle perfect for your individual genetic makeup A physician scientist neurogeneticist and New York Times bestselling author Dr Moalem has spent the last two decades researching and formulating how to reset your own genetic code using five essential pillars eat for your genes reverse aging eat umami drink oolong tea and slow living The DNA Restart plan utilizes decades of in depth scientific research into genetics epigenetics nutrition and longevity to explain the pivotal role genes play in the journey to ideal weight and health status Dr Moalem's unique 28 day plan shows how to upgrade sleep harness sensory awareness and use exercise to reset your DNA how to determine the right amounts of protein carbs and fats you need for your individual genetic make up and how to incorporate umami rich recipes and oolong tea into your diet to genetically thrive Delicious recipes with mix and match meal plans inspiring testimonials and genetic self tests round out this paradigm shifting diet book

*Pleased to Meet Me* Bill Sullivan, 2019-08-06 Why are you attracted to a certain type Why are you a morning person Why do you vote the way you do From a witty new voice in popular science comes a clever life changing look at what makes you you I can't believe I just said that What possessed me to do that What's wrong with me We're constantly seeking answers to these fundamental human questions and now science has the answers The foods we enjoy the people we love the emotions we feel and the beliefs we hold can all be traced back to our DNA germs and environment This witty colloquial book is popular science at its best describing in everyday language how genetics epigenetics microbiology and psychology work together to influence our personality and actions Mixing cutting edge research and relatable humor *Pleased to Meet Me* is filled with fascinating insights that shine a light on who we really are and how we might become our best selves

**Relationshiping: Tools for Living Quantum Resplendency** Angela Longo, 2012-10 Our lives are supposed to be resplendent radiant and glorious

Instead what most of us experience is a life filled with struggle conflict and illness Relationshiping creates a bridge to a new life based upon Dr Angela Longo s more than forty years of clinical experience Dr Longo offers an overview of the eight bottom lines which she defines as the eight major ways in which we block the flow of positive energy into our lives She explains how to shift that energy to resplendent living by relationshiping through quantum resplendency a quantum way of living The Relationshiping workbook includes explanations and exercises using the following tools Heartwaving is an easy to use technique used to shift old unproductive patterns to resplendency Bathwaves are Longo s self created energy patterns based upon her beliefs attitudes thoughts habits words actions values and emotions Love Letters are messages she sends to herself to guide her to living resplendency Triunity shows her she is actually three beings in one promoting understanding of her larger persona Eternalbeing indicates the larger unique purpose of her life Muscle testing helps to assess her perceptions and patterns Shifting the Eight Bottom Lines the eight judgments that keep her from changing her Bathwaves to living resplendency Relationshiping demonstrates the fact that when you are living in the resplendent way life is EEEZY an eternal emergent entanglement as a zestful you

Zones of Focused Ambiguity in Siri Hustvedt's Works Johanna Hartmann,Christine Marks,Hubert Zapf,2016-05-10 This collection comprises essays from various interdisciplinary perspectives e g literary scholarship intermediality art history psychoanalysis philosophy and medicine to analyze and interpret the fictional and non fictional works by Siri Hustvedt an author whose reputation and public presence have been growing steadily in the 21st century and who is recognized as one of the most widely read and appreciated contemporary American writers In her significance and stature as a public intellectual she is not merely an American writer but a transnational cosmopolitan author who develops new forms not only of literary narrative but of interdisciplinary thought and writing bringing together otherwise separated genres and branches of knowledge in a broad spectrum between literature and philosophy historiography and art psychoanalysis and neuroscience narrative and medicine The present volume is structured into the parts Literary Creation and Communication Psychoanalysis and Philosophy Medicine and Narrative Vision Perception and Power and Trauma Memory and the Ambiguities of Self and closes with an interview of Siri Hustvedt by Susanne Becker in which Hustvedt elucidates her personal conception of her own creative processes of writing

**An A-Z of Genetic Factors in Autism** Kenneth Aitken,2011-04-15 This volume explains the biology and genetics of ASD and provides clinicians and researchers with a comprehensive summary of each genetic factor including the research that links it to ASD diagnosis and treatment issues and related animal models as well as detailing relevant professional organisations and avenues for further research

Human Diseases and Conditions Miranda Herbert Ferrara,2010 This volume presents alphabetically arranged articles dealing with all kinds of diseases and disorders from salmonellosis to zoonoses

*Collaborating for Real Literacy* Sharon M. Pitcher,Bonnie Mackey,2013-03-21 Advances in literacy require collaboration between all of a school s stakeholders This book harnesses the latest research and takes into consideration CCSS to show

how to make that collaboration a reality Authentic literacy practice is crucial to preparing all students to be successful both in the workplace and college in the 21st century Insisting that this literacy achievement will only happen when librarians teachers literacy coaches and administrators work together in their schools Collaborating for Real Literacy addresses the role of each instructional leader individually and examines the importance of the group collectively in bolstering the literacy of all students Practical ways to support the teaching of the Common Core State Standards CCSS are infused throughout every chapter In this second edition of the book core chapters on scaffolding literacy centers family literacy English language learners comprehension assessment writing and discussion have been updated based on current research and CCSS Each of these chapters now offers suggestions for literacy coaches Also new are recommendations for grades K 5 and 6 12 demonstrating specific ways to apply instructional ideas to different age levels and providing materials that can be used for the instruction Additionally three new chapters have been added with real literacy instructional ideas for content area reading and Response to Intervention support for struggling readers

*Book Review Index - 2009 Cumulation* Dana Ferguson,2009-08 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year

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## **Survival Of The Sickest Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Survival Of The Sickest Guide**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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