Rebeca Méndez Hernández
Posdoctoral Fellow,
Monell Chemical Senses Center

PROFILE:

Highly motivated researcher with over 12 years of experience in basic Neuroscience. Proficient in English, writing, translating, and editing scientific articles, and communicating science to diverse audiences.

EDUCATION:

- **PhD in Biomedical Sciences** at the National Autonomous University of Mexico (UNAM) — 2017 - 2022
  - Graduated with honors
  - Studied the effects of different light and feeding schedules on metabolism in rats in a collaborative project with the University of Amsterdam
  - Presented research at four international conferences
  - Published six papers in the fields of Neuroscience and Circadian Biology
- **MSc in Biochemical Sciences** at the National Autonomous University of Mexico (UNAM) — 2014 - 2016
- **BSc in Pharmaceutical Biochemistry** at the National Autonomous University of Mexico (UNAM) — 2008 - 2013

CERTIFICATIONS:

- **Certificate of Proficiency in English,** Cambridge Assessment English (218 points) — 2022
- **Writing in the Sciences,** Stanford University Online — 2021

SCIENTIFIC WRITING EXPERIENCE:

- **Freelance scientific editor and translator** (ESP>ENG and ENG>ESP) working independently with scientists across several fields (i.e., Biology, Chemistry, Psychology) — 2019 -
- **Scientific Writing Instructor** at the Faculty of Medicine, National Autonomous University of Mexico (UNAM) — 2022
- **Teacher in the Scientific Translation Certification Program** at TEKAMOLO Translation Services, Mexico — 2020 - 2022

PUBLICATIONS:

Guzmán-Ruiz, M.A., Guerrero-Vargas, N.N., Lagunes-Cruz, A., González-González, S., García-Aviles, E., Hurtado-Alvarado, G., **Mendez-Hernández, R**, Chavarría-Krauser, A., Arriaga-Avila, V., Buijs, R., & Guevara-Guzmán, R. (2023) Circadian modulation of microglial physiological processes and immune responses. *Glia 71* (2)*, 155-167*. https://doi.org/10.1002/glia.24261.

Méndez-Hernández, R.,Rumanova, V., Guzmán-Ruiz, M.A, Foppen, E., Moreno-Morton, R., Hurtado-Alvarado, G., Escobar C, Kalsbeek, A., Buijs R.M.(2022) Minor changes in daily rhythms induced by a skeleton photoperiod are associated with adiposity and glucose intolerance *Adv Biol (Weinh*) *Jul 11*:e2200116. https://doi.org/10.1002/adbi.202200116. Epub ahead of print.

García-Aviles, J. E., **Méndez-Hernández, R**., Guzmán-Ruiz, M.A., Cruz, M., Guerrero-Vargas, N.N., Velázquez-Moctezuma, J., Hurtado-Alvarado, G. (2021) Metabolic disturbances induced by sleep restriction as potential triggers for Alzheimer´s disease. *Frontiers in Integrative Neuroscience 15,* https://doi.org/10.3389/fnint.2021.722523

Méndez-Hernández, R., Escobar C, Buijs RM (2020). Suprachiasmatic Nucleus–Arcuate Nucleus Axis: Interaction Between Time and Metabolism; Essential for Health. *Obesity 28* (S1), S10–17, https://doi.org/10.1002/oby.22774

Buijs, R.R.,Guzman-Ruiz, M.A., **Mendez-Hernandez, R.**, & Rodriguez-Cortes,B. (2019). The suprachiasmatic nucleus; a responsive clock regulating homeostasis by daily changing the setpoints of physiological parameters. *Autonomic Neuroscience 218*, 43-50, https://doi.org/10.1016/j.autneu.2019.02.001

Moran-Ramos, S., Guerrero-Vargas, N. N., **Mendez-Hernandez, R.**, Basualdo, M. d. C., Escobar, C. and Buijs, R. M. (2017). The suprachiasmatic nucleus drives day-night variations in postprandial triglyceride uptake into skeletal muscle and brown adipose tissue. *Experimental Physiology 102* (12), 1584–1595, http://doi.org/10.1113/EP086026

VOLUNTEERING AND SCIENCE COMMUNICATION:

- **Collaborator** in Username Magazine, Mexico 2020 - 2022
  Author of 12 articles related to Neuroscience and Biology aimed at a lay audience.
- **Collaborator** in PAUTA, Mexico 2018 - 2022
  Collaborated with a non-profit organization dedicated to promoting science among children by mentoring, presenting research, and sharing experiences.

PROFESSIONAL MEMBERSHIPS:

- American Physiological Society 2022 -
- European Biological Rhythms Society 2019 -
- International Regulatory Peptides Society 2019 -
- Society For Neuroscience 2015 -