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Physics principles and problems study guide

Dr Matthew Mille provides an overview of radiation physics and dosimetry. The lecture includes: the difference between ionizing and non-ionizing radiation; the basic concepts of the nucleus and nuclear particles involved in radioactive decay; the difference between radioactivity and radiation; processes that lead to radiation emissions; how radiation interacts with tissue (as they lead to a dose); determination of the number and units of doses; sources of radiation exposure in everyday life. Download Dr. Mille's slides in pdf format (6.7 MB). See more presentations on radiation epidemiology and dosimetric course. Principles of radiation physics and dosimetry Higher levels of physical activity are associated with a lower risk of at least seven types of cancer. Preliminary evidence also indicates that engaging in physical activity may prolong longevity among some cancer survivors. Until now, most physical activity and cancer studies have focused on physical activity in leisure time (e.g. exercise, active rest) evaluated using questionnaire-based methods, but physical activity is a complex behavioural phenotype that covers different areas of life (e.g. work/school, leisure, household, transport) and a range of intensity (sedentary, light, moderate, energetic). While many associations of physical activity and cancer have been established, many questions remain unanswered, including how much and what kind of physical is needed to reduce the risk of cancer, what biological mechanisms explain the observed compounds, and are there other types of cancer that can be prevented through adequate physical activity? Dceg's physical activity research portfolio focuses on conducting prospective etiological studies in individual cohorts and on marital efforts that collect data from individual studies. Mechanistic studies use recognised metabolic biomarkers as well as advanced discovery platforms such as metabolomics. Recent etiological studies aim to use accelerometer-based physical activity measurements in relation to mortality and cancer risk. Finally, the development and testing of new methods of exposure assessment for use in next-generation epidemiological research is essential for the development of science in this field. For more information, contact Charles E. Matthews, Ph.D. Search DCEG publications on physical activity and cancer. Act24 24-Hour Activities act24 is an online physical activity assessment tool developed by NCI where participants can enter the activities they were involved in during the previous day. This tool will be used in cohort studies to improve our understanding of and diseases. Automated Self-Administered 24-hour Dietary Assessment Tool (ASA24) ASA24 is a freely available online tool for epidemiological, interventional, behavioral or clinical research with NCI that enables self-administered 24-hour withdrawals and food records. There are American, Canadian and Australian versions. MIT professor Alex Sandy Pentland explores how ideas flow through groups and how the flow affects productivity, which he calls social physics. Social physics can predict team creativity and productivity based on communication patterns alone, determine which apps you download, or which business plans managers choose. By tracking the flow of ideas within a specific team or company, you can dramatically improve its performance. Pentland says his approach is an outgrowth of sociology, with the addition of data. The name comes from the man who created sociology, says Pentland. He had this theory about how it was the ideas that drove society, but of course he didn't have data and mathematics. The Pentland team analyzed communication data from daily traders and call centers, German banks and the young parent community. The principles that govern how new ideas come together to become innovation and spread in society have proven similar across all these groups. Here's how it works. How Flow IdeasThe first question is what is the idea anyway? People use information and ideas interchangeably, and I try to separate them, pentland says. Information is just facts or possible facts. Ideas are actually like small strategies. In this situation, if you do this, you will get this result. Ideas are sucked in. The flow of ideas is, if I'm exposed to ideas, I see people saying things, how likely it is that I'm going to pick up that as a habit. In fact, it's a flow of habits through the community. Your habits are often things you do and gain almost unconsciously what economist Daniel Kahneman calls quick thinking. Habits are also hard to break, so people tend to be conservative in adopting new ones. A company's collective habits add up to what is often called its culture. What changes behavior is watching people experiment with the same behavior, Pentland says. I mean really physically see it. It's a kind of group collaboration where people discover new ways to do things without even realizing it's collaboration. That's what the community thinks of as a collective and it's very different from the latest topic of conversation. These sometimes turn into behaviors, but very rarely. According to Pentland, only rich communication channels, such as face-to-face and to a lesser extent video conferencing and telephone, lead to changes in behaviour and thus in culture. Email and text are particularly ineffective when it comes to adopting ideas. So effectively, electronic channels can help maintain culture, but they rarely create it. One of the most important mathematical measures of the found to predict productivity in teams engagement: The frequency and type of interaction between team members. The team often uses badges that measure not only a person's location, but also use accelerometers to determine whether they are sitting, standing or walking and detecting large body gestures. The built-in microphone gives you volume and tone in your conversations, not the content itself. Do you squeak at someone? Are you distracted? says Pentland. In people who negotiate a salary, it turns out that it is possible to predict negotiations quite accurately from body language and the tone of the voice. In speed dating, you can tell if people will trade information or not by essentially how involved they are. Groups where everyone talks to everyone, in other words, engagement is high, they seem to be very productive, no matter what kind of work they do. And these are not official meetings. It's stuff around a coffee jug, at lunchtime or just in the room. Pentland convinced the Bank of America call center manager to plan coffee breaks for team members at the same time (usually only one person takes a break at a time). Performance in the worst-performance teams increased by 20%. More generally, Pentland has discovered that social time can account for up to 50% of improvements in communicationTypical mistake that big companies make is to place a teleconference unit down the hall where you need to sign up. It's very formal. It needs to be more casual. What I like, for example Skype, is that I just say I need to talk to X and go bang, bang, bang, bang and there it is. It's like popping around the corner and holding your head in someone's office. These spontaneous, dynamic peer-to-peer tools are really important along with the possibilities of physical collaboration. One software company tried unsuccessfully to increase engagement by organizing events such as beer evenings, but simply lengthening dinner tables so that people who didn't know each other interact increased productivity by 5%. The number of opportunities offered by the workplace for social learning through engagement is often the biggest single factor in its productivity. Contrarians And CreativityDuring engagement is a good predictor of productivity, creative teams exhibit behavior Pentland calls exploration. Creative groups stand out for communicating outside the group, says Pentland. They talk to many different people and it's usually something their boss would consider a waste of time or not in the job description. It is difficult for a team to maintain a high level of engagement and exploration, as the time that its members can devote to communication is limited. So creative teams often oscillate between periods of high exploration and high engagement. Team members bring back new ideas their wider network, then integrate them and act on them in a high-level phase of engagement. However, not all external sources of ideas are equally useful. In many worlds of technology, we are simply embedded in echo chambers, pentland says. One of the best things you can do is find contrarians, says Pentland. You're looking for people who should think one way based on who they spend their time with, but actually have a different opinion. It says they have different information, a strategy, a different community that they touch, that's different from the one you see. At some point, people become so interconnected that the flow of ideas is dominated by feedback loops. Groups of people whose opinions are correlated very regularly, which can take place in very involved teams, can operate in an echo chamber, which is harmful to business. Heuristics is about whether everyone thinks the same way all the time? Or maybe you're going to the same sources all the time? This indicates that you are not diverse enough. The Pentland Group studied day traders on the eToro trading site. Traders can track other traders, copy an individual transaction or entire trading history, act independently or combine several strategies. It turns out that if you plot the amount of this exploration, it tells you how diverse the people they talk to are, it predicts how much money they will earn almost perfectly. Traders who had a balance of diversity and social learning earned 30% more than those who are extreme. Reward the social fabric in companies, managers often use economic incentives to try to change behavior. What I have been able to show with this rich data is the reason why economic incentives do not work as they should, is that everyone also has a set of valuable exchanges of ideas and favors and so on with their peers, says Pentland, Economic incentives that apply to individual ignoring the social fabric, and the social fabric often wins in this fight. What you can do is reward the social fabric. Pentland conducted an experiment in which half of the test group got an economic reward if they lost weight, and the other half was allocated a weight loss buddy in the group and was rewarded if their buddy lost weight. The second group was much more successful. We were able to establish such rewards to get huge changes in behavior, pentland says. These kinds of things, where it is essentially a social incentive, or sometimes it seems that the group incentive seems to work much better in many situations than individual incentives. Mathematics says it will be at least twice as efficient, in other words twice the bang for a given budget as economic incentives. What we find in real experiments, the fact that we often receive factors such as four more efficient or eight times more efficient.

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