**From the President**

**Dear HOT Members,**

It has been a great honor to serve as president of the HOT. I want to thank each one of our members for your continuous support. HOT has 183 members that are also members of SOT (i.e., paying membership dues to both organizations). In the past few years we have also established HOT-only membership, and that option has attracted new members from Latin America. We also continue to strengthen our relationship with our Sister Organizations and the international scientific community, by actively participating in the V Congreso Peruano de Toxicología (Lima, August 2015), the XIX Congreso Argentino de Toxicología (Buenos Aires, September 2015), the 9th Congress of Toxicology in Developing Countries (Natal, November 2015) and the upcoming XIV International Congress of Toxicology (Mérida, October 2-6, 2016).

If you are attending the International Congress in Mérida, please remember to come by the informational booth of the Sociedad Mexicana de Toxicología (SOMOTOX), who are graciously sharing their space with the HOT. Please come to meet HOT Past President Dr. Pedro Del Valle, and our new President Dr. Elena Hernández Ramón and ask them about the educational/networking activity that HOT will be hosting during the same conference.

If you do not know Dr. Del Valle, you must get acquainted with him as he is a great contact to have and an extraordinary leader and mentor. In addition to being Past President of HOT, Dr. Del Valle is past President of the SOT’s National Capital Area Chapter (Washington DC/Virginia Maryland). Dr. Del Valle is currently Senior Toxicologist at the Center for Drug Evaluation and Research (CDER) of the U.S. Food and Drug Administration (FDA) and has extensive experience in Drug Discovery and Development. He also has been fundamental in HOT’s expansion as a global organization and in the development of our Sister Organizations program.

I would like to ask you to welcome (and encourage you to meet in Mérida) our incoming president Elena Hernández-Ramón. Dr. Hernández has been a member of the HOT Executive Board for several years, in a variety of positions. She is the driving force behind most HOT educational activities, especially our very successful webinar with the Toxicology Department of Universidad Nacional Mayor de San Marcos (Lima). Dr. Hernández is currently a scientific program manager at the U.S. National Institutes of Health, where she is involved in mentoring programs and selection committees. Given her medical background, Dr. Hernández also prepares pre-medical students to succeed in their application to medical school and thrive in biomedical professions.

Finally, I want to express my big BIG gratitude to all HOT officers who served in the Executive Committee with me this year: Robert Casillas, Verónica Ramirez-Alcántara, Ranulfo Lemus Olalde, Marcelo Wolansky, Enrique Fuentes-Mattei, Azita Cuevas, Silvia B. Moraes Barros, Teresa de Jesús Palacios, Federico L. Sinche, and Linval DePass.

**Minerva Mercado-Feliciano**
MSES, PhD, DABT
HOT President
Building Bridges Through Toxicology

---

**HOT Officers Contact**

Minerva Mercado-Feliciano, MSES, PhD, DABT
President
mercado.minerva@epa.gov

Elena Hernández-Ramón, MD, PhD
Vice President
ehernandez-ramon@nih.gov

Robert Casillas, PhD, ATS
Vice President Elect
rcasillas@mriglobal.org

Verónica Ramírez-Alcántara, PhD
Secretary
vramirez@health.southalabama.edu

Ranulfo Lemus Olalde, ScD, DABT
Treasurer
ranumex@aol.com

Marcelo Wolansky, PhD
Councilor
mjwolansky@gmail.com

Enrique Fuentes-Mattei, PhD
Councilor
efuentes1@mdanderson.org

Azita Cuevas, MPH, PhD
Councilor
azitaki@gmail.com

Silvia B. Moraes Barros, PhD
Councilor
silviaberlanga@gmail.com

Teresa de Jesús Palacios, PhD
Postdoctoral Representative
phere@gmail.com

Federico L. Sinche, MSc
Graduate Student Representative
federico.sinche@oregonstate.edu

Linval DePass, PhD, DABT
Past President
linval.depass@durect.com
Dear HOT members,

We are proud to announce that HOT will provide registration awards for two students (one undergraduate and one graduate HOT member) who are presenting their work at the XIV International Congress of Toxicology taking place in Mérida, Yucatán, México, October 2–6, 2016.

The ICTs are held every three years and are promoted by the International Union of Toxicology. XIV ICT is being organized by the Mexican Society of Toxicology.

Take advantage of this opportunity!
Submit your abstracts and apply for these registration awards! Application details will be posted at the HOT official webpage and HOT Facebook. Be sure to visit those site frequently!

For more information please visit: http://www.ict-mexico2016.org.

Abstract and Travel Award deadlines have been extended to June 10, 2016.
HOT organized an Annual Mentoring Breakfast during the SOT meeting. The event had the theme: A Path to Success: Opportunities and Challenges to Face in Your Career Development.

The event was a great opportunity for HOT students, trainees and young aspiring toxicologists to obtain information about how to leverage their skills and strengths throughout the job hiring process and early career life.

The event was organized by Dr. Teresa Palacios. There were 3 short presentations: Dr. Elena Hernández-Ramón talked about the importance of cultural awareness to succeed in an internship or postdoctoral fellowship. Dr. Aline de Conti talked about challenges that international fellows could face when starting a position in the US and Mr. Federico Sinche talked about the current graduate opportunities in universities in the USA, challenges expected and tips from his experience to be successful in the process.

Those presentations were followed by roundtable discussions in which mentees had the opportunity to directly interact with mentors of Latino origin from a variety of sectors including industry, government and academia.

If you wish to participate in the next mentoring activity promoted by HOT, send an email to Teresa Palacios at phtere@gmail.com and Aline de Conti at alinedeconti@gmail.com
2016 HOT Awards

Graduate Student Travel Award

Mei-Ling Bermudez PhD Candidate
Department of Environmental Health, University of Cincinnati, USA received the 2016 HOT Travel Award sponsored by MRI Global

Alejandro Ramirez-Lee PhD Candidate
Facultad de Ciencias Químicas, Universidad Autónoma de San Luis Potosí, México received the 2016 HOT Travel Award sponsored by Ingenieros Lemus de México.

Antonio Joel Ruiz Uribe PhD Candidate
Facultad de Medicina Veterinaria y Zootecnia, Universidad Autónoma de Nuevo León, Mexico received the 2016 HOT Travel Award sponsored by Ingenieros Lemus de México.

Sebastian Medina PhD Candidate
Department of Pharmaceutical Sciences, University of New Mexico College of Pharmacy, USA received the 2016 HOT Travel Award sponsored by PepsiCo Global RD
Postdoctoral Travel Award

Kalynda Gonzales, PhD
Mailman School of Public Health, Columbia University, NY, USA received the 2016 HOT Travel Award.

Distinguished Toxicologist Award

Kenneth S. Ramos, MD, PhD, PharmB
Associate Vice-President of Precision Health Sciences
MD-PhD Program Director University of Arizona, College of Medicine – Tucson.

Outstanding Officer Award as Toxenlaces Editor

Aline de Conti, PhD
National Center for Toxicological Research, Arkansas, USA
12th HOT Annual Reception

Special Thanks to the HOT member, Alejandro Lee, to bring beauty, art and design to our SOT memories.
The participation of our members during the past SOT Annual Meeting was outstanding. Our camera captured some of them presenting their research work. Excellent job! We know you had a very successful meeting and we hope to see you again next year.
Hispanic Organization of Toxicologists

Would like to congratulate,

Elena E. Hernández Ramón, MD, PhD

for the 2 great achievements:

- Selected as 2016 Association for Women in Science (AWIS) Bethesda
- Distinguished Achievement Award from Kelly Government Solutions

Marcelo Wolansky, PhD

Received the 2015 Scientific and Technological Achievement Award from the U.S. Environmental Protection Agency.

For his work in a multidisciplinary group working on the reconsideration of health risks from neurotoxicity posed to humans through cumulative exposure to pyrethroid insecticides, when he was as a research associate at the EPA NHEERL Laboratory (RTP/Durham, NC).
How to Overcome Imposter Phenomenon?

According to Clance and O’Toole (1988), if you have IP beliefs you might have some of this features:

1. Difficulty to internalize compliments or positive feedback.
2. Feel guilty about success.
3. Terror to be evaluated and thus being exposed as a fraud.
4. Dread to fail.
5. Perfectionism.
6. Overestimating others abilities while underestimating yours.
7. Attribute success to external factors such as luck or excessive work.

The good news is that if you are a high IP you are actually very successful because feeling as a fraud keep you working very hard and thus you get more success and promotion. Then why we should care about IP? Because IP might lead you to anxiety, depression and lack of self-confidence or might keeping you from accepting your dream position, quit a job or be resistance to advance training.

Here you have some strategies to overcome impostor fears:

1. **Stop focusing on perfection.** Accept some task will not be “perfect”. Take time to appreciate and celebrate the product of your hard work.

2. **Talk with somebody.** Get supportive environment with friends and mentors to talk about your impostor fears. You will realize you are not alone; they also have experienced them.

3. **Find a mentor and/or hire a tutor.** Expert advise and/or teaching will make you stronger in areas you are not used to.

4. **Be mentor and/or tutor.** When working with younger students you will recognize how much you know about your area of expertise.

5. **Stop comparing yourself with others.** Do not compare your colleagues’ strengths with your weaknesses. They might also be struggling with something as much as you or more.
Professional Tip

You can take the Clance Impostor Phenomenon Scale by clicking this [link](#).

**Disclaimer:** This article does not intend to be in substitution to psychological therapy, if you think you are struggling with IP it is highly recommended you look for professional help.

Jose Francisco Delgado.
Jose.delgadoojz@gmail.com

References.


6.- **Look for professional help.** Individual and group therapy could be extremely helpful.

7.- **Switch your thinking.** When doing a task, if your inner voice says “I am nervous” or “I will fail” change it to “I am excited to do this” or “I will do it well”. This will help you to decrease your self-doubt thoughts and compulsive work habits.

8.- **Make a list of your strengths and what areas you need to work.** Make a realistic assessment of your abilities to help you recognize which areas you are doing well and which ones you have the opportunity to improve.

9.- **Assume a power pose and hold it for a few seconds.** This will temporary help you to increase your confidence.

Assume a pose of power to increase your confidence!

Courtesy of [richardshealthmusings.com](http://richardshealthmusings.com)

You can take the Clance Impostor Phenomenon Scale by clicking this [link](#).
HOT Trainee Section

This section is focused on professional development. The goal is to create a forum for HOT post-docs and graduate students to introduce themselves, discuss their current research, share professional interests or experiences, and discuss important toxicological events and issues occurring in their countries. If you wish to participate send an email to the Trainee Section Committee.

HOT Trainee Wall

My name is Juliana Festa Ortega, I obtained my BS in Pharmacy and Biochemistry from the Faculty of Pharmaceutical Sciences of the University of Sao Paulo, Brazil. Recently, I received my PhD in Food Science from the University of Sao Paulo. My main area of interest involves chemoprevention of hepatocarcinogenesis using bioactive food components.

What is going on?

Cancer is considered a public health problem due to its high mortality rates, costs of premature death, and disability. It is generally believed that cancer prevention is the cheapest and most appropriate strategy for reducing both cancer incidence and cancer-related mortality. One promising approach in the field of cancer prevention are the "combination chemopreventive strategies" where agents with different mechanisms of action are combined to simultaneously target multiple cancer-related pathways. For instance, the chemical and enzymatic changes in lipid structure could be useful to combine two of the most promising chemopreventive agents: tributyrin and flax seed oil. Specific lipases synthetize structured lipids containing fatty acids derived from tributyrin and flax seed oil triacylglycerols within a single glycerol molecule.

Recently, it was demonstrated that butyrate-containing structured lipids exhibited great chemopreventive activity in early phases of the classic “resistant hepatocyte model” of liver carcinogenesis, which recapitulates the development of human hepatocellular carcinoma. The inhibitory effects of butyrate-containing structured lipids is attributed to the modulation of oncogenes and tumor suppressor genes expression. Therefore, these tailor-made lipids may be considered as a new generation of substances with cancer chemopreventive and/or translational properties.

Juliana Festa Ortega
juortega7@gmail.com

References:

TRAINEE SECTION COMMITTEE
Aline de Conti - Toxenlaces Editor (alinedeconti@gmail.com); José F. Delgado - Toxenlaces Editor Assistant (jose.delgadojz@gmail.com); Teresa Palacios - HOT Postdoctoral Representative (phtere@gmail.com); Federico Sinche - HOT Graduate Student Representative (fsinche@g.clemson.edu)
### HOT Sister Organizations

<table>
<thead>
<tr>
<th>Organization</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asociación Latinoamericana de Toxicología</td>
<td><a href="http://www.alatox.org/">http://www.alatox.org/</a></td>
</tr>
<tr>
<td>Asociación Venezolana de Toxicología Médica</td>
<td><a href="https://www.facebook.com/groups/17640585757320/?ref=br">https://www.facebook.com/groups/17640585757320/?ref=br</a></td>
</tr>
<tr>
<td>Center of Environmental and Toxicological Research –University of Puerto Rico</td>
<td><a href="http://cetr.rcm.upr.edu">http://cetr.rcm.upr.edu</a></td>
</tr>
<tr>
<td>Red Iberoamericana de Toxicología y Seguridad Química</td>
<td><a href="http://www.ritsq.org">http://www.ritsq.org</a></td>
</tr>
<tr>
<td>Sociedade Brasileira de Toxicologia</td>
<td><a href="http://www.sbtox.org.br">http://www.sbtox.org.br</a></td>
</tr>
<tr>
<td>Toxicología Acuática Ambiental, Medicina</td>
<td><a href="http://www.docentes.unal.edu.co/jfggonzalezma">http://www.docentes.unal.edu.co/jfggonzalezma</a></td>
</tr>
<tr>
<td>Veterinaria-Universidad Nacional de Colombia</td>
<td><a href="http://reactivos.com">http://reactivos.com</a></td>
</tr>
</tbody>
</table>

If your Hispanic Organization is planning a Toxicology meeting or if you are organizing a Toxicology event intended for a primarily Hispanic audience, and want to promote it, send an email to Marcelo Wolansky (Councilor for Sister Organizations) at mjwolansky@gmail.com for more information for its inclusion in upcoming Toxenlaces issues.
HOT wants you to be part of the organization! To make it available to everyone, HOT accepts applications from non-SOT members to become HOT members. Yes, that is right!! You only have to have the desire to collaborate with and be part of our great organization.

Your HOT membership provides you with valuable resources throughout your scientific career as for networking through the largest Hispanic toxicologist community, giving you opportunity for Travel Awards or serving as a mentor to the young Hispanic toxicologists; besides you receive the Toxenlaces newsletter every two months.

Application and more information can be found at Non-SOT Member Application.

So, what are you waiting for? **We are looking forward to receiving your application today!!**

Follow us on Facebook at: [http://www.facebook.com/hispanicorganizationoftoxicologists](http://www.facebook.com/hispanicorganizationoftoxicologists)


*Toxenlaces* is the newsletter that informs Hispanic toxicologists in the United States and the international Spanish and Portuguese-speaking scientific communities about important toxicological events and issues occurring in our countries. It is electronically published and distributed to our membership and Sister Organizations in Ibero-America. *Toxenlaces* disseminates critical dates for events, health perspectives, and funding and training opportunities. It serves as a toxicology forum for our members and other partner organizations, engages in educational outreach to the Hispanic communities and provides the essential elements to support networking among Hispanic toxicologists. *Toxenlaces* is open to receive collaborations from HOT and SOT members, and Sister Organizations. You can collaborate with short scientific articles, news or notes related with toxicology. Other way to collaborate is by nominate your peers or yourself for the section Trainee Section. If you need more information about collaborating with *Toxenlaces* send an email to Aline de Conti (Toxenlaces Editor) at alinedeconti@gmail.com.

The views expressed in this *Toxenlaces* issue do not necessarily represent those of the Hispanic Organization of Toxicologists (HOT) or Society of Toxicology (SOT).