

Erin Welsh: Hi.

Erin Allmann Updyke: Hi.

Erin Welsh: I'm Erin Welsh.

Erin Allmann Updyke: And I'm Erin Allmann Updyke.

Erin Welsh: And this is This Podcast Will Kill You.

Erin Allmann Updyke: Unconventional style.

Erin Welsh: Yeah. It feels really weird, Erin.

Erin Allmann Updyke: It's very awkward.

Erin Welsh: It's very awkward. We have not recorded in the same space since 20-

Erin Allmann Updyke: 2018?

Erin Welsh: Yes.

Erin Allmann Updyke: Right before you left for Finland.

Erin Welsh: That was six years ago.

Erin Allmann Updyke: It was the very beginning of season two was the last time that we were together in the same room.

Erin Welsh: It is very weird.

Erin Allmann Updyke: I feel more nervous.

Erin Welsh: I know.

Erin Allmann Updyke: I'm like cold sweating.

Erin Welsh: I put on deodorant but probably not enough.

Erin Allmann Updyke: Same.

Erin Welsh: It's going to be fun though.

Erin Allmann Updyke: Yeah.

Erin Welsh: And unconventional. A) because we are in the same place recording. But B) because this is not our typical episode format.

Erin Allmann Updyke: Sure isn't.

Erin Welsh: In case you may have noticed from the title of this episode, which we don't know what it is yet but it's going to be something to the effect of 'Ask the Erins' whatever it is you want to ask them. And there are a lot of things you wanted to ask us.

Erin Allmann Updyke: Yeah.

Erin Welsh: A lot of things, which is thrilling.

Erin Allmann Updyke: Thank you so much to everybody who submitted your questions. We read every single question.

Erin Welsh: Yep.

Erin Allmann Updyke: We are going to try our best to answer as many of them as we can today.

Erin Welsh: Yes. Also I just also want to say thank you so much for all of your little comments too.

Erin Allmann Updyke: I know.

Erin Welsh: They made our day.

Erin Allmann Updyke: Absolutely. Our week, our month, my year.

Erin Welsh: Year, lives.

Erin Allmann Updyke: Yeah.

Erin Welsh: Everything. It was amazing.

Erin Allmann Updyke: Yeah, thank you.

Erin Welsh: Yeah. The last time we did this, the only time we did this was in 2019.

Erin Allmann Updyke: Yep. 2019.

Erin Welsh: And I think it's safe to say a lot has happened then and we're going to get into all of that and all of your other questions. But before we do that, it's quarantini time.

Erin Allmann Updyke: It's still quarantini time, Erin.

Erin Welsh: What are we calling this one? Right now we're drinking just non alcoholic be vies.

Erin Allmann Updyke: Non alcoholic Mezcal negronis. They're a little bit weird, no lie.

Erin Welsh: We tell it like it is on this podcast.

Erin Allmann Updyke: We didn't come up with a name for them. We're drinking a placeborita.

Erin Welsh: The Erins?

Erin Allmann Updyke: Cheers.

Erin Welsh: So I guess for the quarantini/placeborita, The Erins.

Erin Allmann Updyke: Drink what you like.

Erin Welsh: Drink whatever you like. What's your favorite thing that you've been drinking lately?

Erin Allmann Updyke: What's your favorite quarantini that we've ever made, Erin?

Erin Welsh: Me?

Erin Allmann Updyke: Yeah.

Erin Welsh: This is a hard one. Erin, I feel like my memory in part because of the podcast is so overloaded that I cannot remember anything. There was a really good peach whiskey one that I made recently.

Erin Allmann Updyke: Oh yeah.

Erin Welsh: But I think my go-to answer for that is the gonorrhoea one.

Erin Allmann Updyke: Burning Love.

Erin Welsh: Burning Love.

Erin Allmann Updyke: Burning Love, that's my go-to too. Yeah. I mean it's so good.

Erin Welsh: It's good.

Erin Allmann Updyke: Okay.

Erin Welsh: It's great.

Erin Allmann Updyke: Have a spicy marg.

Erin Welsh: Yeah. I don't think we have any other podcast business.

Erin Allmann Updyke: I don't think so.

Erin Welsh: I mean the usual.

Erin Allmann Updyke: The usual.

Erin Welsh	Our website exists and it's got some things on it like bookshop.org affiliate account, our Goodreads list, all of our transcripts. It's got sources for each and every one of our episodes, links to music by Bloodmobile, Patreon. Did I say merch? We've got some pretty cool merch.
Erin Allmann Updyke	Pretty great merch. Probably more coming out soon.
Erin Welsh	Yeah.
Erin Allmann Updyke	So check it.
Erin Welsh	Check it.
Erin Allmann Updyke	Well shall we get into some listener questions?
Erin Welsh	Let's do it. Let's take a quick break and then-
Erin Allmann Updyke	Get started?
Erin Welsh	Get started.
TPWKY	(transition theme)
Erin Allmann Updyke	So we have our little listy here. So we're just going to read through our little listy, shall we?
Erin Welsh	Yeah, let's do it.
Erin Allmann Updyke	Megan and Audrey and several other people, this isn't a real question because we just combined a whole bunch of them, they would like to know personal life updates, Erin.
Erin Welsh	Erin?
Erin Allmann Updyke	Five years ago it was 2019.
Erin Welsh	Yeah.
Erin Allmann Updyke	You weren't living here where we are in your beautiful house. So tell us about your life.
Erin Welsh	Let's see. Okay, I'm going to try to be succinct because I could talk about all these questions at great length. But in 2019 I quit my postdoc in Finland and academia just wasn't for me, bottom line. And then I moved back to the US, I moved to Chicago initially. And then when COVID hit I drove out to Colorado to meet up with a friend from grad school-
Erin Allmann Updyke	So cute.
Erin Welsh	A long time friend from grad school. And then basically moved to Denver. And now we're married.
Erin Allmann Updyke	You guys also, they are meant to be together. That's what I'm going to say. Okay? It's a beautiful love story and we love it so much. We love you, John.

Erin Welsh Love you, John. Yes. So now we've been in Denver since, well John's been in Denver since 2020. I moved fully the year after and now we have a dog whose toenails you're probably hearing click on the floor of our sunroom.

Erin Allmann Updyke Yep. He's great. Yay!

Erin Welsh Yay. What about you, Erin? A lot has happened for you.

Erin Allmann Updyke A lot has happened for me as well. Let's see. I don't remember exactly when our first Ask the Erins came out.

Erin Welsh I want to say it was summer.

Erin Allmann Updyke Summer, okay. So in summer of 2019 is when I had my first kid. So I don't know if I had one yet when we recorded.

Erin Welsh I don't know if you did.

Erin Allmann Updyke In any case, he's still here with us and now he's a giant kid, not a baby. And then I finished med school. We moved from Illinois back to San Diego. Thrilled to be back there. I finished my whole residency.

Erin Welsh Yeah, you did.

Erin Allmann Updyke Which is wild that that much time has passed. And then I had another kid a while back now. He's again a toddler and no longer a baby. And yeah, that's like a short version of my life updates.

Erin Welsh It's great.

Erin Allmann Updyke It's great, right?

Erin Welsh I love it.

Erin Allmann Updyke Yeah. Finished med school, finished residency, had two kids, podcast.

Erin Welsh Podcast.

Erin Allmann Updyke Yeah.

Erin Welsh Podcast.

Erin Allmann Updyke Cool. All right.

Erin Welsh Thanks for the question.

Erin Allmann Updyke Yeah. What's next?

Erin Welsh: Okay. So we have a question from Cashina, Mackenzie, Maddie, Ruby, Chelsea, and others. We love how many of the questions were very similar-

Erin Allmann Updyke: Yeah.

Erin Welsh: Because we were like okay-

Erin Allmann Updyke: Great.

Erin Welsh: You do want to know some things about us. Okay, I'm just going to read one of these questions. "It seems like it's been years since we've heard what you've both been up to professionally. Are either of you engaged in any research, taking breaks, working in your chosen fields? In the same vein, what are your hopes for the future academically or professionally?"

Erin Allmann Updyke: Ooh, I like that.

Erin Welsh: It's a good question.

Erin Allmann Updyke: Okay, Erin.

Erin Welsh: Good questions. You start.

Erin Allmann Updyke: Oh I have to start?

Erin Welsh: Yeah. You don't have to but...

Erin Allmann Updyke: Okay. So I just finished my residency which means I'm done with all of the training part of my medical career and I am starting in clinical practice in family medicine in like the next month or so. And then I'm doing the podcast and that's the job right now. And I'm hoping to be able to keep doing both. So far, so good.

Erin Welsh: Yeah, so far, so great.

Erin Allmann Updyke: Yeah. Erin?

Erin Welsh: So now I guess my full time job, I'm not doing any research anymore, any academia anymore at all. I'm doing podcast full time since 2019.

Erin Allmann Updyke: Yeah. What a beautiful year that was.

Erin Welsh: It's great. And hopes for the future academically or professionally, I mean honestly I think we just want to keep this podcast going as long as we possibly can.

Erin Allmann Updyke: Yeah.

Erin Welsh: We love making it. And I think that maybe I'm jumping ahead and there is a question for how long do you think this podcast can keep going? But every year the list grows longer and longer, thanks in large part also to listeners who write in and say hey, can you cover this? Hey, can you cover that?

Erin Allmann Updyke

Yeah.

Erin Welsh

So I really just want to keep being able to do science communication forever and always.

Erin Allmann Updyke

Yeah. We really love getting to make this.

Erin Welsh

Yeah.

Erin Allmann Updyke

So that's a big part of our current and future career.

Erin Welsh

Yes, yes.

Erin Allmann Updyke

Okay, I love this next question. Katherine S. and Jackie. Jackie!

Erin Welsh

Jackie!

Erin Allmann Updyke

Love you. They asked kind of similar questions. Did a certain person in your life inspire you to follow the science path or were you always drawn to it even as a little kid?

Erin Welsh

I think I was always drawn to it. I mean it kind of went from medical to biology at different points. I watched Beakman's World growing up.

Erin Allmann Updyke

Oh my god, I forgot about that show.

Erin Welsh

Yeah.

Erin Allmann Updyke

I totally watched that show.

Erin Welsh

I loved Beakman's World.

Erin Allmann Updyke

And a lot of Bill Nye?

Erin Welsh

Bill Nye. I had a vet kit and like a doctor kit and everything and I would pretend to like treat my dogs and stuff. But no, I think even in high school I was drawn to the field of science and biology in particular. And I don't know if it was like great teachers or just the idea of understanding how the world works around us. But yeah, yeah.

Erin Allmann Updyke

Yeah. I mean same. I've always been a science nerd.

Erin Welsh

Yeah.

Erin Allmann Updyke

My good friend Jackie that I've been friends with since middle school asked one of these questions, so I'm going to shout out to my roots of just how nerdy we were. In high school during our AP bio class, which first of all if you're taking AP bio, you're probably a nerd. Love it. And we were. And we used to have study groups together and we wanted to make T-shirts that said 'Hydrogen Bonds Rule the World' because that's how amazed I was when I learned about hydrogen bonds. Like still to this day when I think about them, I get very excited.

Erin Welsh

Can we make those T-shirts?

Erin Allmann Updyke

That would be awesome actually.

Erin Welsh

Let's do it.

Erin Allmann Updyke

It's been a dream since high school. So yeah, I have always been a science nerd for sure.

Erin Welsh

Love that. Love that. This next question kind of follows up with that. So we talked about what science nerds we were as kids. But Ayesha, Jess, Nicole, Kelly, Daisy, and Maggie want to know if there was a particular moment or experience in our lives that made us realize that we wanted to pursue the careers that we have.

Erin Allmann Updyke

Yeah. I totally have that. So I was definitely like a science nerd from the beginning. Went into undergrad wanting to do aquatic biology, marine biology. Fully expected I was going to be a shark biologist, I was like all in. And it was a particular class... I feel like I've told this story so many times, sorry if it's boring at this point. But a particular class on the ecology of parasites that 100% rocked my world and made me interested in the field of diseases and epidemiology and that is what led me down the path eventually of master's in public health and an MD/PhD and everything that has come of that has been that class.

Erin Welsh

Yeah.

Erin Allmann Updyke

Yeah. Erin?

Erin Welsh

Love that.

Erin Allmann Updyke

You?

Erin Welsh

Ecology of parasites.

Erin Allmann Updyke

It was such a good class. If you're at UCSB and it's still there, please take it.

Erin Welsh

I had wanted to go into nursing initially when I was an undergrad and then I had to take as part of that an Intro to Microbiology course and it was at 8 a.m Monday, Wednesday, Friday. And I had to ride my bike up this hill which is probably not that big of a hill because it was like central Kentucky. But I found myself not sleeping in and actually wanting to go to this class and not missing a class which I was sometimes known to do with other classes. And so I switched my major to biology, being like I want to know more about the world of microbiology. I want to know all about these diseases. And then I also just started to become more interested in the human impact when I joined a plague lab studying *Yersinia pestis*. And I wanted this big picture view of like but how has plague affected things on a landscape scale and then throughout history? And then that led me into my master's in epidemiology. And that's when I was like but what about the environment? What is that? What role does that play? And that is when I did disease ecology. And then of course later in our, which we'll get talked probably a little bit more about later, but at the end of our PhDs we were like science communication, like how can we actually talk about this stuff in a way that is fun for us?

Erin Allmann Updyke

Yeah. I feel like that gets into another question that several of you asked including Jess, Nicole, and Kelly, which was like what was the most pivotal moment of your academic or professional careers? And why? And I feel like Erin, yours is like really good.

Erin Welsh

Is it? I wonder if we're thinking of the same pivotal moment.



Erin Allmann Updyke

Yeah.

Erin Welsh

Okay.

Erin Allmann Updyke

Your pivotal moment changed both of our careers.

Erin Welsh

Yeah. Okay.

Erin Allmann Updyke

Yeah. 100%. Erin has changed our lives.

Erin Welsh

Erin has changed our lives.

Erin Allmann Updyke

Well no.

Erin Welsh

Yes. Okay, so in November of 2018 I moved to Finland to start my postdoc and I really enjoyed the work there. I liked that the research, my postdoc advisor was phenomenal, really wonderful person. But I had gone back in February a few months later to Texas to go to my friend's wedding and I had such a great time and like hanging out and meeting up with people that I hadn't been around for a number of years. And I was getting on the plane back to Finland and I was thinking to myself what am I going back to? And I was intrigued by the research, I thought it was fascinating.

Erin Allmann Updyke

Yeah.

Erin Welsh

But it was the constant sort of cycle of writing grants, writing papers, analyzing the data, always having to get that thing in, having all of a million deadlines. And I just did not connect with that at all.

Erin Allmann Updyke

Yeah.

Erin Welsh

And I thought there's got to be something else, I can't do this forever.

Erin Allmann Updyke

Yeah.

Erin Welsh

And so I quit my postdoc. And I was like okay, I'll do the podcast in the meantime for like a little bit and then I'll find something else. And then that has now been five years.

Erin Allmann Updyke

Yeah. I feel like I mean when we decided to make this podcast in 2017, we did not ever anticipate that it could become our careers. But there was a point at which, and it was during this time when you were like I don't really want to be doing this, could we make this podcast something that is viable as our careers? And at the same time I was still in medical school and knowing that things were only going to get busier and I was like I want to keep making this podcast but I can't do it the way that we've been doing it. Because it was just too much of a burden for both of us to keep doing what we were doing.

Erin Welsh

Yeah.

Erin Allmann Updyke

And so by you then deciding to take that leap of quitting your stable, real, academic job and becoming the podcast full time, it has allowed for this podcast to still exist. So it has literally changed both of our lives for the better. Like it's phenomenal.

Erin Welsh: I will say it is still surreal to me every single time that this is what we get to do.

Erin Allmann Updyke: I know. It's great.

Erin Welsh: It is the best thing. It is the best thing. And like any job is a job, right. I'm not saying that every day is wonderful and I'm never annoyed at having to take quarantine pictures or whatever it is. But it's like finding that thing that I connect with and I am able to feel fulfilled about has been an incredible experience.

Erin Allmann Updyke: I love it.

Erin Welsh: And also my friend Katie was the one whose wedding I went to in February of 2019. And if you listen to our lactose intolerance episode-

Erin Allmann Updyke: Yeah!

Erin Welsh: She provided the firsthand account which is still one of my all time favorites.

Erin Allmann Updyke: One of the best firsthand accounts that we've had.

Erin Welsh: She's such a great storyteller. It's amazing.

Erin Allmann Updyke: Oh I love it.

TPWKY: (transition theme)

Erin Welsh: Okay. So I love this next question because I feel like it piggybacks onto that. And I want to know your answer to this too especially, Erin.

Erin Allmann Updyke: Okay.

Erin Welsh: So Daisy asked, "Do you currently have the career you thought you'd have when you first applied to college?"

Erin Allmann Updyke: Oh my god. No, absolutely not. No. Short answer, no.

Erin Welsh: What did you think you wanted to be when you went to college?

Erin Allmann Updyke: In college I wanted to be a shark biologist.

Erin Welsh: Right. Okay, that was like day one.

Erin Allmann Updyke: Yeah.

Erin Welsh: Okay.

Erin Allmann Updyke: 100%. At least as much as I can remember. I don't remember if there was any other specifics of like... No, I wanted to study sharks, I wanted to be a shark biologist.

Erin Welsh: Wow.

Erin Allmann Updyke: So this is not what I expected to be doing.

Erin Welsh: Yeah.

Erin Allmann Updyke: I specifically told my mother after freshman year that I would never go to med school so of course I didn't need to take all three quarters of O-chem. So I took a summer course instead.

Erin Welsh: Fair, yeah.

Erin Allmann Updyke: And she was like okay. And I was like I'm never going to grad school. I thought I was never going to go to grad school and be a shark biologist. I didn't know what I was doing. But I definitely thought I would never go to med school and now I am done with residency.

Erin Welsh: You're a doctor doctor.

Erin Allmann Updyke: Yes.

Erin Welsh: MD/PhD.

Erin Allmann Updyke: So no, I do not have the job that I expected. And I'm very happy about that.

Erin Welsh: Yeah.

Erin Allmann Updyke: What about you?

Erin Welsh: No, no.

Erin Allmann Updyke: Yeah.

Erin Welsh: I mean I didn't know science communication existed until after we were doing the podcast for a year.

Erin Allmann Updyke: Right.

Erin Welsh: Yeah.

Erin Allmann Updyke: Yeah.

Erin Welsh: No, I remember when I applied to the University of Kentucky for undergrad, which is where I ended up going, I put in my major as a double major of anthropology and English.

Erin Allmann Updyke: Oh wow.

Erin Welsh: Right?

Erin Allmann Updyke: That's even different than nursing.

Erin Welsh: I know. And then I got there and I was like oh okay, maybe that's not... I want to do nursing. I don't know. I was 18. How are you supposed to choose your entire life at 18?

Erin Allmann Updyke: But Erin, we're going to have a full circle moment.

Erin Welsh: Uh oh.

Erin Allmann Updyke: I'm going to skip a million pages ahead-

Erin Welsh: Okay, I love it.

Erin Allmann Updyke: And ask you the question that I want to ask you that someone else... Let me see who asked it so I can shout out you to say thank you. Sheila, thanks for asking. You said that you were an English major when you first started, so you always knew that you were going to write a book. So when are you going to release your book, Erin?

Erin Welsh: I have to write one first and I have to write a book proposal first. Yeah, it's been floating around in my mind for a really long time. I have said this for years.

Erin Allmann Updyke: Yes.

Erin Welsh: To people, to friends. I do really want to do that and I just need to actually do it. So if anyone has any tips for how to actually do that and accomplish that, let me know.

Erin Allmann Updyke: We can't wait to read it.

Erin Welsh: Yeah. I don't know what it's going to be about yet. Prions? Would everyone read a book about prions?

Erin Allmann Updyke: I would, I'd love to.

Erin Welsh: Okay. Done.

Erin Allmann Updyke: Who's next?

Erin Welsh: Who is next? Sophie Henry. Hi, Sophie. So Sophie asks, "What is the best piece of advice that either or both of you have received in going to grad school, med school, or working in science in general?" Okay. I have now co-opted this and we have put it into our presentations which is don't let perfect be the enemy of good.

Erin Allmann Updyke: Yeah, that's a really good one.

Erin Welsh: And also I actually think that we stole this or I stole this from Brian Allen, our PhD advisor.

Erin Allmann Updyke: Yeah.

Erin Welsh: Because he would, whenever we were stressing about grants or papers or whatever, he would be like just put it down and then we can work on it. Just having something down, it doesn't have to be perfect. Like don't wordsmith til the end of time.

Erin Allmann Updyke Right, just get started. Yeah. I don't know if this is specific to like grad school or anything but I know, and I think that this advice came from a friend, that it is okay to change your mind, personally and professionally. I think I've changed my mind about almost everything that at some point I was like absolutely not or absolutely always. And I've like 100% changed my mind on things.

Erin Welsh Yeah.

Erin Allmann Updyke And I think that's a part of growth and it is okay.

Erin Welsh It is. And I think that's really important in the specific context, not just personal context, life context.

Erin Allmann Updyke Right.

Erin Welsh But in career as well.

Erin Allmann Updyke Yeah.

Erin Welsh If you're like I don't know, I'm not sure why I started this in the first place. You can leave.

Erin Allmann Updyke Yeah.

Erin Welsh Like you can just take agency over your own life and don't be afraid to make those decisions to be able to explore other options.

Erin Allmann Updyke Right.

Erin Welsh And to be even if you're like oh but I wanted to do this thing since I was a kid.

Erin Allmann Updyke It's okay to change to your mind.

Erin Welsh It's okay to not want to do that anymore. You were a kid.

Erin Allmann Updyke Yeah. Well and I think what's so awesome is that all of the things that you have done up until whatever point you decide to change your mind are still going to be valuable things.

Erin Welsh 100%.

Erin Allmann Updyke They're just going to maybe be applied in a different context. So yeah.

Erin Welsh I love that question.

Erin Allmann Updyke Well that's really similar to Carrie's question which I think a number of other people asked too, which is what advice would you give to your undergrad self?

Erin Welsh: I mean I think same thing, like don't be afraid to change your mind is a great piece of advice for that. But also, this is like such a boring thing and I would not have taken it because I know I received this advice a lot of the time but never took it, which was oh my gosh, work on your time management skills. You don't have to be studying all night long, all the time if you actually like block off times in your day.

Erin Allmann Updyke: Yeah.

Erin Welsh: I never ever did that until doing the podcast.

Erin Allmann Updyke: Yeah. No, I mean I still don't do that. I still like very bad at it and a chronic procrastinator so I could probably be better about that. I think I would give a similar advice to the idea that it's okay to change your mind and you don't have to panic every time that you don't know what's coming next.

Erin Welsh: Right.

Erin Allmann Updyke: I spent, I think a lot of time panicking, I still do.

Erin Welsh: Oh yeah.

Erin Allmann Updyke: When it's like you don't know, like you know that something's about to change but you don't know how it's going to go. That is life.

Erin Welsh: It's life.

Erin Allmann Updyke: And it's okay. And it's okay that it's scary but you don't have to panic every time. Erin?

Erin Welsh: There are many different pathways and futures that can sort of like intersect and it's not like you're shutting a door forever.

Erin Allmann Updyke: Yeah, that's so true. Oh my gosh. Profound, Erin.

Erin Welsh: Profound. Erin, I have a question for you. Actually I don't but it's from Jess and Kelly.

Erin Allmann Updyke: Okay.

Erin Welsh: If you weren't science communicators/doctor-

Erin Allmann Updyke: Okay.

Erin Welsh: what other career would you be interested in exploring?

Erin Allmann Updyke: Can I still say shark biologist?

Erin Welsh: Okay but like what else right now? Do you want to be a shark biologist right now?

Erin Allmann Updyke: I mean there are days when I wonder why did I ever leave marine biology? Yeah.

Erin Welsh	That's fair.
Erin Allmann Updyke	Yeah. There were more days like that when I lived in Illinois. But there are honestly so many jobs that I think are fascinating that like whenever I learn about a new job, I'm like wow, I didn't even consider that as a career path. That could be such a cool job. But I can't think of any off the top of my head right now.
Erin Welsh	I know.
Erin Allmann Updyke	Yeah. What about you, Erin?
Erin Welsh	I have always loved the idea of like working in a used bookstore and creating curated recommendations for people. But also it's just like so many things, right?
Erin Allmann Updyke	Yeah.
Erin Welsh	I love going on, like some of the Reddits that I love are people who are amazing at crafts. Whether it's crochet or knitting or ceramics or woodworking. And I just am like I wish that I had spent, I guess I could still do it, but I wish I had spent more time doing this at an earlier age to experiment like what I liked, what I didn't like, etc.
Erin Allmann Updyke	Yeah.
Erin Welsh	I don't know. I feel like there are so many things out there. And the more that I learn the more I'm like wow, that could be a really cool thing to explore.
Erin Allmann Updyke	I know. Yeah. There's so much out there. Okay, I love this question so much, Erin, especially because it comes from Sloan who's been listening to us since middle school and is now in college. So we are old in a way that I love.
Erin Welsh	We are old! Yes.
Erin Allmann Updyke	I am thrilled by it. But they asked, "How have you felt like your views on infections and everything that we've covered have shifted since the start of this podcast? And really how does this podcast inform how we go about our own lives?" And other people have asked similar questions.
Erin Welsh	Yeah. How do I like encapsulate everything? It's a really great question because I think it is something that we don't necessarily always do is like self reflect on-
Erin Allmann Updyke	Yeah.
Erin Welsh	How can I put myself in the mindset of the person I was before starting the podcast?
Erin Allmann Updyke	100%.
Erin Welsh	And what I knew about infections and the history of disease and so on? But I think the bottom line for me is empathy and realizing that these diseases are not just diseases and they're not just like a timeline of events. It is people.

Erin Allmann Updyke

Yeah.

Erin Welsh

And that a lot of the way that we learn about disease, particularly as you get like more and more advanced in graduate degrees, it removes the actual humanity from any part of it. And so I think doing this podcast has been a great exercise in the constant reminder of like these are diseases that are happening to people and who are living with these diseases.

Erin Allmann Updyke

Yeah. I feel exactly the same, Erin, and I feel like especially getting to learn... You do such a wonderful job going over the history of everything that we cover. She's going to cry. And I really feel like that context is something that I always missed and I would not have gotten anywhere else in my training in my life. And so especially as a physician, I feel so strongly that the context that doing this podcast provides on a weekly basis has made me a better healthcare provider, it has made me a better human. I think that it just provides so much context of understanding like how horrible and terrible the world can be sometimes and how that affects so many things. Like everything is so much bigger than we realize if you look deep into the history of it. And so yeah, I think it's empathy all the way. And that's not the answer I would have expected-

Erin Welsh

I know.

Erin Allmann Updyke

From like we're going to start a podcast called This Podcast Will Kill You about disease.

Erin Welsh

Right.

Erin Allmann Updyke

It sounds like-

Erin Welsh

Oh I wash my hands more.

Erin Allmann Updyke

Right.

Erin Welsh

It's like yeah, probably. But like empathy.

Erin Allmann Updyke

It's empathy, yeah.

Erin Welsh

Yeah.

Erin Allmann Updyke

Yeah.

Erin Welsh

Oh Maggie.

Erin Allmann Updyke

Oh Maggie.

Erin Welsh

Thank you for this question. It's a really relevant one.

Erin Allmann Updyke

Yup.

Erin Welsh

Do either of you ever experience imposter syndrome when you explain things on the podcast and get worried that maybe you're getting anything wrong and might get bad feedback? If so, how do you handle that?

Erin Allmann Updyke

Yes.



Erin Welsh: Yes.

Erin Allmann Updyke: Yeah. I won't speak for you but I know we both-

Erin Welsh: You can.

Erin Allmann Updyke: Okay. We both absolutely experience a lot of imposter syndrome. And also just like we try really, really, really hard to be as accurate as we can and to provide as much context and story as we can. And we know that not only might we get things wrong but there are going to be things that we leave out of every single episode. And so it's something that we're very conscious of that there are things that we're going to leave out and so we just try our best. And I think what we keep in mind is something that you said earlier, Erin, which is like don't let perfection get in the way of good. And so we try and think that by at least providing as much and as good of information as we can, we're doing something good by putting that information out there and worry less about what we might be leaving out or getting wrong. Because the other thing is that if we get something wrong, you guys let us know which is phenomenal and then we can correct it.

Erin Welsh: It's great.

Erin Allmann Updyke: And yeah.

Erin Welsh: Yeah. I don't know if I have anything to add on that. But absolutely I get worried, I get imposter syndrome. And yeah, we just sort of, like we do go into each episode very intentionally wanting to... Like the amount of reading and research that we do that we then sort of narrow down to be like okay, what do we present?

Erin Allmann Updyke: Right.

Erin Welsh: It is a very intentional choice and we don't always get it right.

Erin Allmann Updyke: Right.

Erin Welsh: Because we are limited in it with time as well and with just sort of like bandwidth and everything too.

Erin Allmann Updyke: Yeah.

Erin Welsh: But also because some of these concepts you need so many years to become an expert in.

Erin Allmann Updyke: Right.

Erin Welsh: And so I think that we do kind of struggle with this balance sometimes of being like we are not experts but we are telling you this information. And so how can we make sure that we're giving you the most accurate information? And that if you want to learn more, here are our sources.

Erin Allmann Updyke: Right. 100%. Oh Erin, here's a fun one. Ready?

Erin Welsh: Okay.

Erin Allmann Updyke

Austin wants to know what is your favorite funny story that happened because of the podcast or related to the podcast?

Erin Welsh

Let's see, I think that some of my funny stories related to the podcast are when I'm around someone who is like oh I listen to This Podcast Will Kill You. And they're like wait, you do This Podcast Will Kill You?

Erin Allmann Updyke

Right.

Erin Welsh

So that happened, man, two of my stories have weddings in them. It happened at a wedding last year and we were talking about how well AI would be able to generate a description of the podcast. And it was surprising. It was terrifying, right?

Erin Allmann Updyke

Like really good, yeah.

Erin Welsh

And someone at the table was like wait, that sounds familiar, I know that podcast, that's the only podcast episode I have ever listened to and I listen to it before doing interviews to get me hyped. And it was the episode about snake venom. And I was like this is the best thing ever, it made me so happy.

Erin Allmann Updyke

I love it. I love it so much. Mine is a lot more awkward I think. That's classic me. One time I was at... So if you're listening, I want to know if you remember this.

Erin Welsh

Love this.

Erin Allmann Updyke

I was at a Shake Shack, not the brand Shake Shack, but this place called Shake Shack which is up on the cliffs near Corona Del Mar. And I pulled in to get some milkshakes. And I was a little chilly so I went to the car to grab a sweater but the only sweater that was in there was my husband's This Podcast Will Kill You logo sweater. And I don't usually wear our merch in public because I'm so awkward. But I was wearing it and then I was walking back from the car and someone walked past and said oh my god, I love that podcast. Obviously didn't know who I was but I just panicked and I was like (gibberish). And I had my dog with me and I just kind of ran away.

Erin Welsh

I can see this perfectly in my mind's eye.

Erin Allmann Updyke

I just ran away. So if that was you, hi. I think about it like almost every week, about how terrible and awkward I was. Yay! Okay, next question.

Erin Welsh

Great question.

TPWKY

(transition theme)

Erin Welsh

Okay, so we've got the next few questions.

Erin Allmann Updyke

Yeah.

Erin Welsh

We just took a little skim over and they're kind of all similar thematically. And so let's do 1, 2, 3, boom, boom, boom.

Erin Allmann Updyke

Okay, cool. Love it.

Erin Welsh: All right. So Diego, Kaz, Patty, and Sarah all want to know various questions about our favorite diseases, the scariest diseases, the scariest hypothetical diseases, and the most interesting type of infectious disease transmission.

Erin Allmann Updyke: Ooh yeah.

Erin Welsh: Which is a tough one.

Erin Allmann Updyke: What do you think, Erin?

Erin Welsh: Transmission, I think I would have to say vector-borne disease.

Erin Allmann Updyke: Yeah.

Erin Welsh: I mean I spent six years of my life studying it.

Erin Allmann Updyke: Right.

Erin Welsh: And I do still find it fascinating.

Erin Allmann Updyke: I do too, especially just thinking about all of the pathogens that are adapted to multiple different hosts.

Erin Welsh: Right.

Erin Allmann Updyke: Like necessarily for transmission. I find that just so fascinating evolutionarily and ecologically.

Erin Welsh: Well just like the trade-offs. And I think this applies to just patterns of transmission.

Erin Allmann Updyke: Right.

Erin Welsh: Like what are the trade-offs between being super specific to one host vs being able to be transmitted to a wide variety of hosts? Or what if some vector-borne diseases that are specifically adapted to one vector, one host.

Erin Allmann Updyke: Right.

Erin Welsh: Like there are so many different ways that disease can be transmitted and happen.

Erin Allmann Updyke: Yeah.

Erin Welsh: And it's fascinating to think of the evolutionary history behind that.

Erin Allmann Updyke: Yep, I agree. In terms of most terrifying diseases, I still think, and this is maybe not a fully fair question because this I guess is a hypothetical but could very much exist, will maybe someday, is like the hypothetical disease from Contagion, right.

Erin Welsh: Sure.

Erin Allmann Updyke The movie Contagion where it was a pathogen that's transmitted by airborne or droplet transmission, so easy to spread. Has a very high mortality rate and can be transmitted before somebody is symptomatic.

Erin Welsh Right. We had said this long ago-

Erin Allmann Updyke Yeah.

Erin Welsh I think in our influenza episode, we talked about it in our Nipah virus episode. And I think that with COVID we really did get to kind of like witness that on a global scale.

Erin Allmann Updyke Right. And it's terrifying.

Erin Welsh It's terrifying.

Erin Allmann Updyke Yeah.

Erin Welsh So yeah.

Erin Allmann Updyke Yeah, yeah.

Erin Welsh Yep. So that's like this hypothetical example.

Erin Allmann Updyke Right.

Erin Welsh In terms of some of the pathogens I think that we've covered that are terrifying in a different way are the ones that are the ones we always talk about like rabies, right, parasite manipulation of host behavior or pathogen manipulation of host behavior.

Erin Allmann Updyke Yeah.

Erin Welsh Where there is nothing that you can do.

Erin Allmann Updyke Right.

Erin Welsh I also still think prions-

Erin Allmann Updyke Prions.

Erin Welsh Are very just not so much scary but just like how?

Erin Allmann Updyke Yeah.

Erin Welsh It really does sort of stretch the boundaries of what we consider to be infectious diseases or like what is a disease that is contagious?

Erin Allmann Updyke Right.

Erin Welsh: It's just what is a pathogen, I guess?

Erin Allmann Updyke: Right. Like Tasmanian devils.

Erin Welsh: Right!

Erin Allmann Updyke: What is a pathogen? What is a cancer? Oh man. Okay, now we have just some really fun ones. Darcy wants to know what are disease names that you think would be a beautiful person name?

Erin Welsh: Okay. First one that came to mind was Yersinia.

Erin Allmann Updyke: Nuh-uh.

Erin Welsh: Yes. Okay, here's another one. What about a Erysipelas?

Erin Allmann Updyke: Erysipelas could be actually in the right context-

Erin Welsh: Tularemia?

Erin Allmann Updyke: I like Tularemia.

Erin Welsh: You like Tularemia?

Erin Allmann Updyke: And you could call them Tuli. I think that's cute.

Erin Welsh: Tuli.

Erin Allmann Updyke: Similarly, Alexis wanted to know if you had to have your last name be a disease, what disease would it be? Your last name. Which I feel like is a little different than like a first name.

Erin Welsh: Right, right.

Erin Allmann Updyke: I don't think I'd pick Tuli. Although it's a good one.

Erin Welsh: Yeah. Like what else?

Erin Allmann Updyke: I can't think of any. Just because we're put on the spot.

Erin Welsh: Honestly I still am going to go with Erysipelas.

Erin Allmann Updyke: Erin Erysipelas.

Erin Welsh: Yep.

Erin Allmann Updyke: Kind of works.

Erin Welsh: Erin Yersinia doesn't work.

Erin Allmann Updyke	No.
Erin Welsh	Erin Pestis could work.
Erin Allmann Updyke	Okay.
Erin Welsh	Yeah.
Erin Allmann Updyke	Well.
Erin Welsh	Good stuff.
Erin Allmann Updyke	Great stuff.
Erin Welsh	Okay, so these next few questions are also linked thematically.
Erin Allmann Updyke	Yeah.
Erin Welsh	All about books.
Erin Allmann Updyke	All about books.
Erin Welsh	Which I am thrilled, I'm thrilled about even though right now I'm also having a little internal panic because I don't have my-
Erin Allmann Updyke	Goodreads list in front of you?
Erin Welsh	My Goodreads list to be like what have I read? Because Erin, I cannot remember. I cannot remember. But okay. So Rhiannon wants to know about favorite or best books about microbes/microbiology besides 'I Contain Multitudes' by Ed Yong.
Erin Allmann Updyke	I mean Erin, you have to answer this question because I haven't had time to read a book since at least before med school. So that's really embarrassing to admit on the podcast but there it is.
Erin Welsh	I don't know. So what I'm struggling with right now is the qualifier of books about microbes/microbiology. I think-
Erin Allmann Updyke	Just what's your favorite science book, Erin?
Erin Welsh	Okay, I'm going to name two ones about microbes and ones about science.
Erin Allmann Updyke	Give it to me.
Erin Welsh	Okay. The one about microbes is 'Spillover' by David Quammen.
Erin Allmann Updyke	Okay.
Erin Welsh	I read that at some point during my PhD before COVID obviously and I thought it was absolutely terrifying but enlightening in terms of like how... It's one health.

Erin Allmann Updyke

Right. Yeah.

Erin Welsh

And that framing was still something that we think about every single day. So important. My favorite non microbe science book is probably 'An Immense World' by Ed Yong. I think about this book all the time. I think it is one of the most beautiful examples of science writing and not just like in the sentence construction but in how well Ed Yong is able to convey information that is... He's able to not just be surface level but also actually teach you something along the way while entertaining you.

Erin Allmann Updyke

You should see the sparkle in her eyes. And if you haven't listened to the Book Club episode where Erin got to interview Ed Yong, you definitely need to listen.

Erin Welsh

It's just such a great book and it really made me think about the world in a new way.

Erin Allmann Updyke

Well similarly, Erin, of all the books that you've read in the last like five years... Oh she can't pick a favorite. Sorry, Oriana. There's too many good ones.

Erin Welsh

Okay, okay. So...

Erin Allmann Updyke

She's going to try.

Erin Welsh

Yeah. Like literally when we were going through this list of questions, that question stuck out to me. And I was like okay, I have to go through what I have read and I can't find a favorite. I have a really hard time picking favorites about anything. But I would say I have two that I can remember in the last year or so that I've read that I've really loved.

Erin Allmann Updyke

Okay.

Erin Welsh

One is 'Matrix' by Lauren Groff.

Erin Allmann Updyke

Okay.

Erin Welsh

I loved it. Check it out. That's fiction. And then nonfiction, I really liked a book about the Donner Party called 'The Indifferent Stars Above'. And I really appreciated how sensitive the author was and how empathetic the author was with the story. Because you can really tell a Donner Party story that is like incredibly-

Erin Allmann Updyke

Horrific?

Erin Welsh

Yeah.

Erin Allmann Updyke

Yeah.

Erin Welsh

And like very kind of voyeuristic or something like that where you're just like gratuitous violence and everything.

Erin Allmann Updyke

Yeah.

Erin Welsh: In this, I really felt like he did such a great job of putting you in the mindset of what it must have been like to be there or what it might have been like.

Erin Allmann Updyke: Okay. Love that. If you're not following Erin Welsh on Goodreads, I don't know what to tell you.

Erin Welsh: I don't write reviews. Maybe I should. I don't even rate most of the books.

Erin Allmann Updyke: Okay.

Erin Welsh: Okay. So okay, this next question is for me by Kristen. And it's about why I, Erin Welsh, do not like Richard Preston's books. So I have read a few and I have found them somewhat helpful at times. The thing that I don't like, and I'm gonna call out just 'The Hot Zone' in particular and it might even be like let me just even be more, I'll give more benefit of doubt. The copy that I have has literally no sources at the end of it. And so I think that that is where it is... Any science book that is conveying information in a way that is supposed to be educational or informative should have sources, whether those sources are from conversations or from papers or from whatever. So that's why I have a teeny tiny issue with that. Yeah.

Erin Allmann Updyke: We're gonna get like a cease and desist letter or something.

Erin Welsh: Show me the sources!

Erin Allmann Updyke: Okay. Now we're just going to go fully silly. Nina, thank you. I don't want to answer this question. "If you were starving and your only options were a sandwich prepared with unwashed hands or a delicious three course meal but every bite you took has a long hair in it, which one would you pick?"

Erin Welsh: Oh absolutely, no hesitation, three course meal with hairs. It would just be like eating a fish with like where you have to pick out the bones.

Erin Allmann Updyke: I don't eat, I can't, I don't like that.

Erin Welsh: I mean it's more work.

Erin Allmann Updyke: It's also not the same as fish with bones because it's a hair from someone's head or body.

Erin Welsh: Okay. But like I guess, okay, two questions. What type of hair?

Erin Allmann Updyke: Every bite?

Erin Welsh: Every bite? I mean you can take giant bites and there's one hair.

Erin Allmann Updyke: But similarly you're talking about unwashed hands. Whose unwashed hands? How unwashed?

Erin Welsh: Right. When was the last washing and how dirty are they?

Erin Allmann Updyke: And whose hands?

Erin Welsh: Right.



Erin Allmann Updyke: Like is it my unwashed hands? Is it my toddler's unwashed hands?

Erin Welsh: Are we talking full soiled or just like lightly, mildly dusty?

Erin Allmann Updyke: Oh I don't know. This is a hard question.

Erin Welsh: Not for me. Three course gourmet meal? Absolutely.

Erin Allmann Updyke: It wouldn't be gourmet.

Erin Welsh: Doesn't it say three course gourmet?

Erin Allmann Updyke: Not with a hair in every bite! That's what I'm saying.

Erin Welsh: Agree to disagree.

Erin Allmann Updyke: Yeah, okay.

Erin Welsh: Okay.

Erin Allmann Updyke: Okay.

Erin Welsh: Rachel and Alana want to know how much time it takes to prepare for an episode, finding the research, reading the articles and books, and writing our summaries.

Erin Allmann Updyke: A lot.

Erin Welsh: A lot.

Erin Allmann Updyke: A lot.

Erin Welsh: And it varies a lot based on the episode.

Erin Allmann Updyke: Yeah.

Erin Welsh: So for some of the bigger topics that we've covered like menopause, like IVF, like endometriosis.

Erin Allmann Updyke: IVF was three episodes. I think that took us a month or more.

Erin Welsh: Yeah, it did. Yeah.

Erin Allmann Updyke: Yeah.

Erin Welsh: But I would say in general, yeah, a few solid days, like 3-4 solid days of reading and writing as I'm reading notes. So I'll like bullet point a lot of things.

Erin Allmann Updyke: Yeah.

Erin Welsh: And then it takes me usually a couple days to summarize.

Erin Allmann Updyke: Put it together. Yeah.

Erin Welsh: Yeah. And then there's a whole day, like I usually take a day of finding initial sources and then as I start to read and I'm like oh, those citations look interesting, I should go find those papers. Oh, those citations. And it's just like you do have to-

Erin Allmann Updyke: Go down the rabbit hole.

Erin Welsh: Yeah. It is sometimes hard to be like that's enough.

Erin Allmann Updyke: Yeah.

Erin Welsh: We're going to tell this story and not the whole story.

Erin Allmann Updyke: I remember when I was interviewing for residency programs, some of them asked me like oh are you planning on still doing the podcast during residency? Because obviously residency takes a lot of hours per week. And I was like oh definitely. And they were like well how many hours do you spend? And I think I said oh I don't know, maybe 10 hours per week. It was like such an underestimate. Anyways. Yep, we survived it.

Erin Welsh: Yeah.

Erin Allmann Updyke: Yeah. It's a lot. But it's also really like it's fun work. It's a lot of work but it's fun work.

Erin Welsh: Just getting to read like something and learn something new every week, which we didn't get to do in grad school, I feel like it was very much in your field.

Erin Allmann Updyke: Right. 100%. 100%.

Erin Welsh: I love it.

Erin Allmann Updyke: Ooh, Vivian wants to know what is something that you learned while doing this podcast that pops up frequently in your mind? And they provided their first answer. "I think about maggots all the time now." Yes, same. I also share my top quality prion facts at barbecues. I want to go to your barbecues.

Erin Welsh: Yes. One of us! Love those. I think honestly the thing that happens every single day, and now I'm embarrassed for the second call out of 'An Immense World' by Ed Yong is that when I walk my dog, I genuinely every single time he stops and sniffs for what feels like 10 minutes, one spot, I'm like but this is for him, this is for him. He's smelling much more than I could ever smell. This is enrichment. So I think that's probably the thing-

Erin Allmann Updyke: The thing.

Erin Welsh: That I think about the most, it is every single day.

Erin Allmann Updyke Oh I love that. I feel like there's a lot of things that I think about a lot. I think maybe the most though is just the whole concept of and backstory behind things like hysteria. I think about that a lot. I think about our endometriosis episode. I think about how much the medical system has wronged people with a uterus. I think about that. And it infuriates me on a daily basis.

Erin Welsh Wow. Mine's like my dog sniffing an old turd. Yours is like the misogyny in medicine over time. Can I change my answer?

Erin Allmann Updyke No, no, no, no.

Erin Welsh Just kidding. Okay, Ruby wants to know if we have other hobbies. Well I guess the question was what other hobbies do we have?

Erin Allmann Updyke I have no hobbies, thank you.

Erin Welsh Okay, then I'll ask the second question. Is it weird going to the doctor?

Erin Allmann Updyke No.

Erin Welsh Are you a doctor who doesn't like to go to the doctor?

Erin Allmann Updyke Yes.

Erin Welsh Have you been that before becoming a doctor?

Erin Allmann Updyke Yes. I never like doctors.

Erin Welsh Do you think people who don't like doctors end up being doctors?

Erin Allmann Updyke I don't know. That's a fun question. I am a terrible patient. Yep.

Erin Welsh Okay, I have a question for you.

Erin Allmann Updyke Okay.

Erin Welsh I'm just going with this now. When you get a doctor as a patient, can you tell?

Erin Allmann Updyke Not always.

Erin Welsh Okay.

Erin Allmann Updyke Yeah. No, not always.

Erin Welsh Okay.

Erin Allmann Updyke I've had that happen a lot. And I remember like first year of residency I had a patient who was like a second or third year resident or something and I was talking with them about something for a really long time until they were like oh yeah, I'm in whatever other specialty. And I was like I don't know why you just let me keep talking for so long.

Erin Welsh: Okay, love that.

Erin Allmann Updyke: Yeah.

Erin Welsh: Yeah. I've always wondered, is it ah?

Erin Allmann Updyke: Yeah.

Erin Welsh: You must also be-

Erin Allmann Updyke: In the club, eh?

Erin Welsh: Yeah.

Erin Allmann Updyke: What about you, Erin? You have hobbies.

Erin Welsh: I read is my hobby. My number one hobby is reading.

Erin Allmann Updyke: That's a good hobby though.

Erin Welsh: Yeah. And I garden in the summer when it's not a million degrees outside, which I feel like it has been in Denver for a bit of time.

Erin Allmann Updyke: Yeah.

Erin Welsh: Although depending on when this episode comes out, it probably will be cool and people are like why are you complaining, it's perfect weather. But no, gardening, reading, camping whenever we can which is not very much. But that's basically it. Reading is my number one hobby.

Erin Allmann Updyke: That's a really good hobby.

Erin Welsh: Does it count as a hobby?

Erin Allmann Updyke: Yeah, definitely.

Erin Welsh: Okay.

Erin Allmann Updyke: Yeah. That counts as a hobby. I hang out with my family but that doesn't count as a hobby.

Erin Welsh: That's a hobby.

Erin Allmann Updyke: It's not.

Erin Welsh: It's part of life.

Erin Allmann Updyke: I like it.

Erin Welsh: Yeah.

Erin Allmann Updyke: It's not a hobby. Okay. I feel like a hobby... I don't know. Anyways. Okay.

Erin Welsh: So this next question I'm going to relate back to the question about what's it like to be a doctor going to the doctor and so on and stuff like that.

Erin Allmann Updyke: Okay, yeah.

Erin Welsh: Because I feel like it has to deal with patient relationships.

Erin Allmann Updyke: Okay cool.

Erin Welsh: Or just like in your real life.

Erin Allmann Updyke: My real life? This is my real life.

Erin Welsh: Cassandra wants to know if you have encountered any anti-vaxxers in your personal or professional lives-

Erin Allmann Updyke: Yeah.

Erin Welsh: And how we respond to that.

Erin Allmann Updyke: 100%. I live in San Diego, so definitely. I think the thing, and again I think that this is part of what the podcast has made me much better at, is not only like explaining things. And I think we got some questions later on about explaining complicated things to people. But when I have patients, which I do very often, who either don't want to get a vaccine or who have questions about a vaccine or about any other medicine that I'm about to recommend to them or thing that I'm going to tell them that they might not want to hear. I think that doing this podcast has really made me have more empathy for understanding that everybody has a story about why they came to believe the thing that they came to believe, even if it is the exact opposite of what I believe. And even if I think that I'm right or whatever. And so I think that the way that I tend to approach that, especially in my professional life because in my personal life I don't know, maybe I approach it the same way.

But especially in my professional life, I think I always try to come from a place of trying to understand where that person is coming from. So do you have questions about this vaccine? Like I'm going to bring up the flu shot. I see that you haven't gotten your flu shot. Do you have any questions about it? And if they say no, I might move on. Or if I think that maybe I've got an in, I might ask them a question. Have you ever gotten one before? Have you had a bad reaction? What have you heard about it? Like most of the time I have found that just by engaging with people from a place of understanding and empathy rather than a judgment of oh my god, how have you never gotten your flu shot? Don't you know you're putting people at risk? Or whatever or fear mongering never works.

But just meeting people where they're at and then knowing that if you foster that kind of relationship, then you probably have an opportunity to talk to them about it again. And it might take many times of talking with someone about a topic that they feel really strongly about before you feel like you're breaking down a wall or something. But a lot of times you can get there, especially when it's someone who's just worried or has questions or is afraid and not like some people who just are never going to engage with you. And that's okay.

Erin Welsh Right.

Erin Allmann Updyke There's some people who you just don't and I generally just don't.

Erin Welsh Right.

Erin Allmann Updyke Yeah.

Erin Welsh Yeah. I would say like the people that I interact with, which is not very many, I am and I acknowledge like many other people probably that I live in a bubble, right. The people that I spend the most time with in my day to day life are on the same page when it comes to vaccines and public health and the importance of public health. And during the times when I do interact with someone who has mixed feelings or is strongly anti-vaccine, it's challenging. It's challenging because it feels like you're up against so much and I think that sometimes it is a struggle to be like okay, how much energy do I have right now? How much bandwidth do I have to try to convince this person? And is it convincing this person or is it just answering their questions or asking them where they got their information?

Erin Allmann Updyke Yeah.

Erin Welsh And so relatives, I think this is one where it's like okay, I hear you out, I hear you out. Are they receptive? But knowing that sometimes they're not going to be.

Erin Allmann Updyke Right.

Erin Welsh And that's okay.

Erin Allmann Updyke Yeah.

Erin Welsh It's okay for you to just say I can't do this.

Erin Allmann Updyke Right. Yeah. I feel like I have a lot of experience doing this because it's part of my job when I'm being a doctor, right, to try my best to have a conversation with someone. And I know that vaccines are important for individual and public health so I'm going to have a conversation, I'm going to try. But I'm not about to have a fight with someone on the internet.

Erin Welsh No, no, no.

Erin Allmann Updyke So yeah, it's picking your battles a little bit too.

Erin Welsh 100%.

Erin Allmann Updyke Yeah. Okay.

Erin Welsh All right. Okay.

Erin Allmann Updyke Yeah. Oh this does, Erin. Our next question from Pamela-

Erin Welsh Oh perfect.

Erin Allmann Updyke: And I think Laura had a very similar question. "How do you go about breaking complex science and history into a language that a general audience can understand? And do you have recommendations for people who might want to get into sci-comm?"

Erin Welsh: Yes. Okay. Breaking complex science and history into language that general audience can understand. I think this is something that is so important.

Erin Allmann Updyke: Yeah.

Erin Welsh: And that is under prioritized in training, in grad school training.

Erin Allmann Updyke: Yeah. In our experience.

Erin Welsh: In our experience. We went to grad school, we graduated from grad school six years ago, so long time.

Erin Allmann Updyke: Yeah. Long time.

Erin Welsh: But I think that there are many different things that you can practice and what we do is that when I am reading all this information, I'm thinking of the story that I want to tell. How do these pieces fit together? How do I hook Erin at the beginning and the rest of our listeners? What is the interesting thing I'm going to lead with and then how do I explain it after that?

Erin Allmann Updyke: Yeah.

Erin Welsh: One of the biggest problems that scientists run into is using jargon or overusing jargon, right.

Erin Allmann Updyke: Yeah.

Erin Welsh: And it's really easy to do that because that's what we've been trained in these overly complex concepts that we spent so much time learning, you forget how you learned them. And to have that and to be able to say something like hypoxia. I'll call out my husband, John.

Erin Allmann Updyke: It's a good example.

Erin Welsh: To say hypoxia, there's a lot of information that goes into that one word.

Erin Allmann Updyke: Right.

Erin Welsh: And it's a shortcut. And so jargon and these complex concepts are shortcuts and we rely on those because they make communication more precise and clear in a scientific context. But when it comes to chatting with like the general audience, it's not helpful.

Erin Allmann Updyke: Right.

Erin Welsh

And so when we're telling stories, we have almost like it's an advantage of we're coming across this information almost for the first time ourselves. So when I'm reading about the history of hemochromatosis or norovirus or something like that, I've never read about this before or if I had it's not been as in depth. And so I'm learning it at the same time that I am thinking what I want to teach Erin.

Erin Allmann Updyke

Right.

Erin Welsh

And putting it in an order that to me makes sense. And so I think that's one of the biggest helpful things is just sort of keeping in check with myself like okay, how am I reframing this in my own mind? And then how can I use that then to teach Erin?

Erin Allmann Updyke

Yeah. I do a very similar thing and I also use my husband a lot.

Erin Welsh

Yeah.

Erin Allmann Updyke

Thank you, Brett. I will be like can I just read this to you?

Erin Welsh

Yeah.

Erin Allmann Updyke

Can you tell me if this makes sense? And check in with someone. So I think a lot of times it is practice, right. It's like practicing your story, bouncing ideas off of someone to make sure that something is clear or if there's a better way that you can explain it, and just making sure that we're not using jargon as much as possible, which I know I am guilty of a lot of times.

Erin Welsh

We all are.

Erin Allmann Updyke

Yeah.

Erin Welsh

And this is not something... So this kind of answers the second question or goes into it. So recommending, what would we recommend to scientists who wanted to get into sci-comm like podcasting is just like practicing at it and not being too worried that you get it wrong.

Erin Allmann Updyke

Right.

Erin Welsh

Because it takes a long time. But you have to practice and you have to ask for feedback.

Erin Allmann Updyke

Right.

Erin Welsh

You can't just be like go out in the world and start doing science communication and not get any feedback because you need to know what things you need to improve on.

Erin Allmann Updyke

Right.

Erin Welsh

And what things are working, what things aren't working. And also I think this is advice that we give in workshops which is just like be intentional about all that you do, about the words that you're using, about the questions that you're getting, and about what you like about different forms of sci-comm. What works for you? Who are your favorite creators? Why are they your favorite creators? What are your favorite stories? Like all of this is just being very intentional with your science communication.



Erin Allmann Updyke: Yeah. Leah would like to know are there any specific areas of epidemiological research that you're excited to see evolve and develop in the next few years or decades? So many.

Erin Welsh: So many.

Erin Allmann Updyke: Yeah. In medicine, and I think this is true in public health as well, I think that we are really starting to understand how important communication and feedback and things other than just disease metrics and stuff is, like the human side I guess of it all.

Erin Welsh: Right.

Erin Allmann Updyke: I think it's so important. And so I think I hope that that will continue to be something that people focus on and research and like the human impact of all of these different chronic and acute illnesses that we see and how people live with them and experience them and things like that.

Erin Welsh: Yeah, I think that's a great answer. Online, the online, the internet-

Erin Allmann Updyke: Yeah?

Erin Welsh: Is a double-edged sword or like a many-edged sword. But I feel like one of the things that has been great is raising awareness and sharing experiences that I think has highlighted some of the ways that medicine and science has failed.

Erin Allmann Updyke: Right.

Erin Welsh: Failed patients, failed the general public, and how we can do better at that.

Erin Allmann Updyke: Yeah.

Erin Welsh: And I think that is it going to take time? Yes. But I think that there are people who are really invested in making this a better situation for everyone.

Erin Allmann Updyke: Yeah.

Erin Welsh: Because we have to have everyone on the same page if we don't want this rise in anti-science. I feel like I'm lecturing but like I feel very strongly.

Erin Allmann Updyke: 100%. Also can I say like universal healthcare in the US? Can I say that?

Erin Welsh: Yes, yes.

Erin Allmann Updyke: I really, really hope that's a thing that we see soon.

Erin Welsh: Yes. I would also like to add-

Erin Allmann Updyke: Please.

Erin Welsh: AI and machine learning.

Erin Allmann Updyke	Oh definitely.
Erin Welsh	And how that's going to help just make sense of some of the patterns that we may not see or help things with drug discovery which we've already talked about a few times on the podcast. I think there's so much potential there.
Erin Allmann Updyke	Talk about double-edged sword though. We're going to have to be careful. But has a lot of potential.
Erin Welsh	I know, I know.
Erin Allmann Updyke	Like so much, so much potential. And woof. Okay.
Erin Welsh	With great technology comes great consequences, I don't know.
Erin Allmann Updyke	Responsibility.
Erin Welsh	Yeah.
Erin Allmann Updyke	Yeah.
Erin Welsh	That too. Aw this question is just the best.
Erin Allmann Updyke	Adorable.
Erin Welsh	Okay, okay, I love this. Andrea and Eloise have asked, and I'm going to quote word for word because I think it's very cute.
Erin Allmann Updyke	I love this. Yeah.
Erin Welsh	Quote: "I listen to your podcast with my mom in my comfiest outfit, a homemade TPWKY shirt we tie-dyed, my shark jammies, and comfy socks."
Erin Allmann Updyke	I love that.
Erin Welsh	I love that.
Erin Allmann Updyke	I want that outfit.
Erin Welsh	And I wanted to know what's your comfy outfit? I'm not wearing it right now, I'm wearing jeans.
Erin Allmann Updyke	Same. I don't know why we chose this. I'm sweating.
Erin Welsh	I'm sweating. My comfiest outfit is just like... Oh actually it just popped into my head.
Erin Allmann Updyke	Give it to me.
Erin Welsh	This is so embarrassing. Full Kirkland gear.

Erin Allmann Updyke

Yes.

Erin Welsh

I have my Kirkland branded sweatpants, Kirkland signature, they're the gray version. They are the comfiest sweatpants I own, I wear them as much as I possibly can. And my Costco embroidered sweatshirt that when I bought in Costco the person who was scanning me and like doing the checkout was like oh yeah, everyone's buying these as white elephant gifts because who would want to own one of these? And he's like is that what you're buying this for? And I was like no, this one's for me.

Erin Allmann Updyke

Not sponsored.

Erin Welsh

No, I just genuinely love Costco and Kirkland branded gear, is wear. Oh my god, that's my comfiest outfit.

Erin Allmann Updyke

That's a really good comfiest outfit. I don't think I have one as specific. I can't top that, Erin.

Erin Welsh

You don't have like a comfiest T-shirt? What is your go-to T-shirt?

Erin Allmann Updyke

I think my go-to, like the comfiest thing is when I steal one of my husband's T-shirts.

Erin Welsh

Oh for sure. Those are always mine. Yeah.

Erin Allmann Updyke

Yeah. So when I steal one of his T-shirts and then like a pair of very loose... Actually I have this one pair of shorts that I could never wear them in anything remotely considered public because they're just like very, very small and very loose.

Erin Welsh

Are these the ones from your mom?

Erin Allmann Updyke

No. I don't think so.

Erin Welsh

Okay.

Erin Allmann Updyke

No, I think I bought these right before I delivered my first kid as comfy clothes to wear postpartum and just still wear them all the time. Also several pairs of postpartum leggings. Okay, anyways.

Erin Welsh

I love that question though. It's a great question.

Erin Allmann Updyke

That's a really good one. Elsie would like to know how many times has someone commented or spoken to us and said that they were diagnosed after listening to an episode?

Erin Welsh

This has been one of the most incredible and I'll say it again surreal moments of this podcast where we do get emails, we get messages where people say I listened to this episode and it kind of resonated with me in terms of my symptoms.

Erin Allmann Updyke

Right.

Erin Welsh

So I went talked to a doctor and I have this condition.

Erin Allmann Updyke

Yeah.

Erin Welsh

So it's several.

Erin Allmann Updyke

Yeah.

Erin Welsh

It's many people. It is a surprising number of people and I feel like that is what has been so incredibly powerful about this.

Erin Allmann Updyke

I know. It breaks my heart and fills my heart at the exact same time.

Erin Welsh

Yeah.

Erin Allmann Updyke

Because I don't want anyone to have to live with all of these things that we cover. And I cannot believe how thankful I am, or maybe thankful is not the right word, but how grateful I am that we were able to help somebody in that way.

Erin Welsh

Right.

Erin Allmann Updyke

Of being able to be empowered with more information and things like that. It's really-

Erin Welsh

Yeah.

Erin Allmann Updyke

It's one of the best parts of the job.

Erin Welsh

Truly.

Erin Allmann Updyke

That and when people get their flu shot for the first time after listening.

Erin Welsh

Yes. Or like oh I need to check on my boosters.

Erin Allmann Updyke

Right.

Erin Welsh

Do I need my Tdap? Yeah.

Erin Allmann Updyke

Or so many of you who now are having careers in public health and epidemiology and science and medicine. We read every single one of those comments, you guys, and we're not doing a good job of explaining how incredible and amazing it is.

Erin Welsh

I think it's overwhelming.

Erin Allmann Updyke

Yeah.

Erin Welsh

And we don't know how to articulate how...

Erin Allmann Updyke

How thank you-ing?

Erin Welsh

Yeah. I still cannot believe it.

Erin Allmann Updyke

Yeah.

Erin Welsh

And it still feels not real.

Erin Allmann Updyke

Yeah.

Erin Welsh

There are times... Because Erin and I record this well most often in other places and it's just us talking to each other.

Erin Allmann Updyke

Right.

Erin Welsh

It is just us talking to each other.

Erin Allmann Updyke

Right.

Erin Welsh

And occasionally we'll do seminars or keynotes or workshops or whatever. And it's like we have an audience here.

Erin Allmann Updyke

Right.

Erin Welsh

But for the most part it still feels like it is just us. And so then when we get these emails from people all around the world, it is... I don't have the words.

Erin Allmann Updyke

No, I don't think we're doing a good job articulating ourselves.

Erin Welsh

Yeah.

Erin Allmann Updyke

But we are just so immensely grateful for every single one of you listening. You don't understand the impact that you have had on our lives.

Erin Welsh

Yes. So thank you.

Erin Allmann Updyke

We love it. Okay well I'm going to cry so we should move on. A fun one, Erin?

Erin Welsh

Sure.

Erin Allmann Updyke

Selena wants to know what is a book or movie that you wish you could read or watch again for the first time? I have an answer for this. I have read books in my life, I just haven't been able to read the last few years because I just read papers for the podcast. Anyways, 'Golden Compass'.

Erin Welsh

Great.

Erin Allmann Updyke

'Golden Compass' and that whole trilogy. I reread every few years because I just love it so much. And if I could experience that, especially the third book, my heart being ripped out of my body for the first time again, I would love that.

Erin Welsh

Oh yeah, absolutely.

Erin Allmann Updyke

Yeah.

Erin Welsh	Okay.
Erin Allmann Updyke	Okay.
Erin Welsh	I just had to take a full on computer break to...
Erin Allmann Updyke	Worth it. We want a true honest answer.
Erin Welsh	And I still have several. I feel like I'm going to do the two first. I feel like 'Fingersmith' and 'The Sparrow'.
Erin Allmann Updyke	Okay.
Erin Welsh	Great books. Love those, I wish I could read those again for the first time because of the way it evolved throughout the narrative; evolved throughout the book. But the other book that I think I wish I could read again for the first time because it was so surprising to me was 'Cloud Atlas'.
Erin Allmann Updyke	Okay. I remember you telling me to read this.
Erin Welsh	Yes.
Erin Allmann Updyke	Yeah.
Erin Welsh	Okay so what happened was, and this might be now spoiling the experience for people, so if you don't want that, just skip ahead like 30 seconds to a minute. When I was in between my undergrad and my master's and I was having to do a bunch of microscope work in this neuroscience lab, I would listen to books on CD back then.
Erin Allmann Updyke	Wow.
Erin Welsh	Oh yeah.
Erin Allmann Updyke	Dating yourself a little bit.
Erin Welsh	Oh yeah. And I picked out 'Cloud Atlas' because the cover looked interesting. That was it. I knew nothing about it, didn't have Goodreads back then, and I just popped in the first CD. And then I got to the end of the first CD, end of disc one, switch to disc two. I put in disc two and I was like ugh, are you kidding me?
Erin Allmann Updyke	It was scratched?
Erin Welsh	Somebody messed up the entire CD. It was a totally different narrator, totally different story. And I was like I don't understand what is going on here but I have nothing else so I'm just going to go with it. And it turns out that that's the way the book is. It breaks off abruptly in between chapters and that made the entire experience, not going into it knowing that made the entire experience so much more compelling and surprising. And you know how I hate spoilers more than anything. Well not more than anything else but they are one of my biggest pet peeves on this earth.

Erin Allmann Updyke: Yeah.

Erin Welsh: Saying that there's a twist in a book is a spoiler. I stand very firmly in that.

Erin Allmann Updyke: Yeah.

Erin Welsh: That's my very strong position.

Erin Allmann Updyke: Yeah.

Erin Welsh: And so this has also made me realize how much not knowing something about a book or a movie or a TV show, that's my preferred state of being before I partake.

Erin Allmann Updyke: Right. It shapes the experience.

Erin Welsh: 100%.

Erin Allmann Updyke: Yeah. I agree.

Erin Welsh: So that was a very long answer but I wanted to give context.

Erin Allmann Updyke: No, I agree. I like that too when you don't know anything about what it's gonna be like.

Erin Welsh: Yeah. Erin.

Erin Allmann Updyke: Yeah.

Erin Welsh: This is such a great question. Chiara wants to know if we could have only one type of sandwich for the rest of our lives, what sandwich would you pick and why?

Erin Allmann Updyke: This is a very difficult question for me. I know it's not hard for you.

Erin Welsh: Yeah. Got it, got it.

Erin Allmann Updyke: Go, go.

Erin Welsh: Italian sandwich with like provolone, pickled, maybe like giardiniera on there, vinegar. Just like cured meats, pickled vegetables, melted cheese.

Erin Allmann Updyke: I think that this only feels difficult to me because I feel like my answer is very boring and I feel like I should have a sexier answer. But I think that if I go to my heart of hearts, my answer is the sandwich that I wanted so badly both times that I was pregnant and I was terrified of listeria so I wasn't eating any lunch meat. And that is turkey sandwich on sourdough bread or something similar with like I don't know, a cheddar cheese, a lot of mayo. I don't need bacon on it. Some avocado would be great. Some lettuce that's crunchy. I don't care that much about tomatoes, plus or minus. It's a turkey sandwich, it's a boring turkey sandwich.

Erin Welsh: I mean is an Italian sandwich sexy?

Erin Allmann Updyke: It feels like it, yeah. With giardiniera and some peppers. Ooh, ooh, you know?

Erin Welsh: No, I love a turkey sandwich.

Erin Allmann Updyke: Yeah, I do too.

Erin Welsh: Yeah.

Erin Allmann Updyke: Yeah. Anyways.

Erin Welsh: I love this question because we've been reviewing these questions as they've come in.

Erin Allmann Updyke: Yeah.

Erin Welsh: And so this I feel like has generated a lot of conversation outside of the podcast.

Erin Allmann Updyke: Yes. BLT is another great answer.

Erin Welsh: BLT! Yeah.

Erin Allmann Updyke: Yeah. I don't think anyone has said like a meatball sub yet.

Erin Welsh: No. What about grilled cheese?

Erin Allmann Updyke: Ooh, kinda forgot about grilled cheese.

Erin Welsh: Yeah.

Erin Allmann Updyke: That would be my kid's answer for sure. Ooh but then there's PB&J.

Erin Welsh: Right. I'm okay with not eating PB&J ever again.

Erin Allmann Updyke: Yeah.

Erin Welsh: I had so much during field work that I am okay.

Erin Allmann Updyke: Okay. Well thanks. Shira would like to know what is something interesting that each respective Erin doesn't know about the other? I don't know if we have anything for this.

Erin Welsh: I really don't know. Like especially something interesting.

Erin Allmann Updyke: That's the thing is there's nothing interesting about me.

Erin Welsh: Like I own this many pairs of socks. Like you don't know how many pairs of socks I own but that's not interesting.

Erin Allmann Updyke: Listen, I know that you own way too many pairs of socks is what I know about you.



Erin Welsh: Listen, I love, I'm just shout out Darn Tough.

Erin Allmann Updyke: Darn Tough. I think here's the thing is we know everything there is to know about each other.

Erin Welsh: Yes. Yeah.

Erin Allmann Updyke: Let me tell you, Erin loves weird flavors like grape.

Erin Welsh: It's delicious.

Erin Allmann Updyke: So gross. Nerds ropes and Nerds jelly beans.

Erin Welsh: Oh god. Nerds jelly beans need to go off of the shelves because it is a problem. I love them. Yep.

Erin Allmann Updyke: Anyways.

Erin Welsh: Yeah.

Erin Allmann Updyke: Okay. So next question. Heather would like to know... Oh this is similar, speaking of Nerds ropes.

Erin Welsh: Yes.

Erin Allmann Updyke: What desserts do you like? And I would love it if we got to eat them at Mile High APIC Conference.

Erin Welsh: Yes. Okay, I love this.

Erin Allmann Updyke: Yeah.

Erin Welsh: Erin, I feel like you have great answers for this.

Erin Allmann Updyke: I love almost every dessert.

Erin Welsh: Yeah.

Erin Allmann Updyke: I love... Let's see. I love cheesecake, I love a chocolate dessert. I love almost any kind of pie. I love cream pies, I love fruit pies. Fruit pies is a little less than cream pies if I'm being honest. Chocolate pies. You know what's funny is I don't love a cake but I will always eat a cake.

Erin Welsh: You don't love a cake?

Erin Allmann Updyke: No, I don't love a cake.

Erin Welsh: Are you including cheesecake in that?

Erin Allmann Updyke: No, cheesecake is separate.

Erin Welsh: Is cheesecake a cake?

Erin Allmann Updyke: Yes. But cheesecake is not cake. It's not a cake.

Erin Welsh: Okay. No, this is good.

Erin Allmann Updyke: I'm talking like a layer cake, like a cupcake cake.

Erin Welsh: Okay.

Erin Allmann Updyke: That's different than a cheesecake.

Erin Welsh: All right.

Erin Allmann Updyke: I love cookies. There's not a dessert-

Erin Welsh: Yeah, so those are your favorite desserts.

Erin Allmann Updyke: There's a lot. Listen, favorite is a strong word. Like you were saying about books, that's how I feel about desserts.

Erin Welsh: Okay, here's a question.

Erin Allmann Updyke: I don't have a Goodreads for desserts.

Erin Welsh: But you could start one.

Erin Allmann Updyke: I could maybe.

Erin Welsh: All right. Is there a dessert where if you saw a table of desserts you would be like no, I'm okay. Even if that's the only dessert on the table. You know what I mean?

Erin Allmann Updyke: Like is there a dessert that I would reject?

Erin Welsh: Right. Or a style of donut, we'll say. Like that kind of thing.

Erin Allmann Updyke: No. No, especially not donut. I love donuts.

Erin Welsh: Okay.

Erin Allmann Updyke: I don't actually think that there is and it's to a fault. Even maybe the cruddiest of conference cookie. You know the ones.

Erin Welsh: The ones that have like sugar cookies with the frosting or like chocolate chip?

Erin Allmann Updyke: No, no, just you're at a conference at a cruddy hotel.

Erin Welsh: Yeah.

Erin Allmann Updyke And they bring out the tray of cookies and you can tell that they're mealy. You know?

Erin Welsh Sure.

Erin Allmann Updyke You know what I'm talking about. No, you don't? Someone out there does. Those might be the only thing that if I were super full I wouldn't eat is like a cookie that doesn't look like a good cookie.

Erin Welsh Okay.

Erin Allmann Updyke But otherwise all those little like... No, I would eat most desserts.

Erin Welsh All right.

Erin Allmann Updyke Yeah.

Erin Welsh What is your favorite ice cream flavor? If you could have one ice cream flavor... I love, this is my favorite type of question. If you could have one ice cream flavor, one sandwich. Thank you, yeah.

Erin Allmann Updyke I know. Because here's the thing is you like these kind of hypothetical questions and I don't.

Erin Welsh It's not going to happen, you will be allowed to have whatever ice cream you want.

Erin Allmann Updyke I know but it's very stressful. I don't have an answer to that. I love ice cream so much. I can't pick one flavor.

Erin Welsh Okay. That's fine, you don't have to.

Erin Allmann Updyke We have to move on. I'm stressed out. George would like to know are there any episodes that we'd like to revisit, rerecord, add on to, or go back and connect more explicitly to episodes that we recorded later?

Erin Welsh Yes.

Erin Allmann Updyke Doozy of a question.

Erin Welsh That's a doozy of a question. And I think the short answer is yes.

Erin Allmann Updyke Yes.

Erin Welsh I think it would be really interesting to approach some of the diseases we've already covered, particularly in the earlier seasons.

Erin Allmann Updyke Our early episodes.

Erin Welsh Yeah. From a different perspective.

Erin Allmann Updyke Yeah.

Erin Welsh: I would love to do a germ theory episode where it's like what are the actual steps? Instead of just like everyone knows germ theory happened then.

Erin Allmann Updyke: Erin, we could still do that.

Erin Welsh: Yeah, we could.

Erin Allmann Updyke: Okay. Like we didn't cover germ theory, we've talked about germ theory.

Erin Welsh: But at the same time I would also love to revisit in more depth some of the ones that we did because I feel like there are so many stories that we didn't tell.

Erin Allmann Updyke: Yeah. I think that's true of so many. I think that was what was fun about kind of redoing influenza, our very first episode.

Erin Welsh: Right.

Erin Allmann Updyke: Because yeah, especially in our early season, we just know how much we left out because we didn't know what we were doing.

Erin Welsh: We didn't know what we were doing. But yeah, I think just different perspectives of things. And I feel like we've been doing that more.

Erin Allmann Updyke: Yeah.

Erin Welsh: Like the history of the stethoscope.

Erin Allmann Updyke: Right.

Erin Welsh: Or what is a fever?

Erin Allmann Updyke: Right.

Erin Welsh: Stuff like that where it's like but let's take this and then spin it a little differently instead of just our usual format.

Erin Allmann Updyke: Yeah.

Erin Welsh: And I've been really having a good time with that.

Erin Allmann Updyke: It's been really, really fun. Yeah. I agree.

Erin Welsh: Thank you for that great question.

Erin Allmann Updyke: Thank you.

Erin Welsh: Taryn would like to know what our favorite thing is that we have learned recently.

Erin Allmann Updyke I want to steal yours that you taught me earlier today.

Erin Welsh Go ahead.

Erin Allmann Updyke Did you know that cows can swim? Erin just taught me this as we were reading through these questions and showed me a video of cows jumping off of a boat I guess.

Erin Welsh Yeah, that was the most surprising part of it is that they leapt off of the boat.

Erin Allmann Updyke They leapt off.

Erin Welsh No hesitation.

Erin Allmann Updyke A cow!

Erin Welsh A cow.

Erin Allmann Updyke Like a regular-looking cow.

Erin Welsh A beautiful-looking cow.

Erin Allmann Updyke Yeah.

Erin Welsh Swam to an island to graze.

Erin Allmann Updyke The way they went underwater and came back up.

Erin Welsh Yeah.

Erin Allmann Updyke Wow. I did not expect that.

Erin Welsh Yeah, you were real nervous the first cow leap.

Erin Allmann Updyke Yeah.

Erin Welsh You were like it's not-

Erin Allmann Updyke And when the two leapt off at the same time, I was like how's that going to go?

Erin Welsh Great.

Erin Allmann Updyke They were fine.

Erin Welsh Yeah.

Erin Allmann Updyke That is one of my favorite things.

Erin Welsh Yeah. That's what I was going to do.

Erin Allmann Updyke: Yeah. Okay, we have a couple of questions. We're almost done.

Erin Welsh: Almost done.

Erin Allmann Updyke: We only have a couple of questions left.

Erin Welsh: Yes.

Erin Allmann Updyke: Sydney and Carol would both like to know will we do any live shows or have we ever thought of going on tour or doing more seminars?

Erin Welsh: Oh well, okay. Definitely yes to the seminars and workshops, sci-comm workshops.

Erin Allmann Updyke: Yes. Yeah.

Erin Welsh: We've been putting those together to try to like basically take what we have learned throughout this bizarre podcast experience that was totally unexpected and help teach other people to work on their sci-comm skills. So totally, absolutely seminars, etc. Live show tour would be really fun. Would you all want that? Let us know.

Erin Allmann Updyke: It sounds really nerve wracking.

Erin Welsh: It does sound nerve wracking. We're not performers.

Erin Allmann Updyke: No.

Erin Welsh: We got into this because we're scientists. Even right now, we're sweating and we're just in a room with each other.

Erin Allmann Updyke: We're just nervous sweating this whole entire time.

Erin Welsh: Yeah.

Erin Allmann Updyke: So yeah.

Erin Welsh: Yeah.

Erin Allmann Updyke: But I think there was a question earlier about what's your hopes for the future.

Erin Welsh: Yeah.

Erin Allmann Updyke: And I am really excited. We've been trying, working really hard on kind of expanding all that we have learned about science communication into these workshops and seminars that I'm super excited about moving forward.

Erin Welsh: Yes.

Erin Allmann Updyke: So yeah, if you have an organization or are part of a university or whatever and you're interested, shout out to our contact page on [thispodcastwillkillyou.com](http://thispodcastwillkillyou.com).

Erin Welsh: Yeah.

Erin Allmann Updyke: We would love to come talk.

Erin Welsh: Totally. Okay, we have one last question.

Erin Allmann Updyke: Oh my gosh.

Erin Welsh: I know. This has been really fun.

Erin Allmann Updyke: I know. Better than I expected even though I'm nervous sweating.

Erin Welsh: I'm nervous sweating but also it's just felt really good to like...

Erin Allmann Updyke: Yeah.

Erin Welsh: I don't know.

Erin Allmann Updyke: I know.

Erin Welsh: To talk about some of these things, especially the three course meal vs soiled hands.

Erin Allmann Updyke: That's the question that you picked? Okay, last question.

Erin Welsh: Okay, last question comes from Casey. And it is, "What are you most proud of about the podcast?"

Erin Allmann Updyke: Every one of you listening.

Erin Welsh: Yeah.

Erin Allmann Updyke: 100%.

Erin Welsh: 100%.

Erin Allmann Updyke: Also I sometimes feel ridiculous just how proud I feel of this podcast.

Erin Welsh: Me too.

Erin Allmann Updyke: I love so much that we are able to keep doing this and it is 100% because of every person listening.

Erin Welsh: Absolutely. It is. I mean I can't even add any to that. It is all of you.

Erin Allmann Updyke: Yeah. Can we be proud of you?

Erin Welsh: Yeah.

Erin Allmann Updyke: We are.

Erin Welsh: We are.

Erin Allmann Updyke: Oh wow. This was fun, Erin.

Erin Welsh: This was really fun.

Erin Allmann Updyke: Yeah.

Erin Welsh: I loved it. I love doing this podcast with you.

Erin Allmann Updyke: Me too.

Erin Welsh: Let's do it forever.

Erin Allmann Updyke: Erin, no, I have a second thing I'm really proud of. Actually this is really important.

Erin Welsh: Oh I know what this is.

Erin Allmann Updyke: I know you do.

Erin Welsh: Can I guess what you're about to say?

Erin Allmann Updyke: Yeah.

Erin Welsh: That we're still really good friends throughout this whole thing?

Erin Allmann Updyke: Yeah. 100%.

Erin Welsh: We get to be best friends still.

Erin Allmann Updyke: Yeah, yeah, yeah. So this was part of the conversation that we had when you decided to do this podcast full time.

Erin Welsh: Yes.

Erin Allmann Updyke: Is like we knew that that was going to be very stressful and a lot, like okay, now we're business partners.

Erin Welsh: Yeah.

Erin Allmann Updyke: And we knew that that was going to be really hard and stressful. And we said okay, if we are going to do this, our first priority has to be that we stay friends.

Erin Welsh: Yeah.



Erin Allmann Updyke: And we did.

Erin Welsh: We did.

Erin Allmann Updyke: We just spent how many days together nonstop? And I still love you.

Erin Welsh: I still love you too.

Erin Allmann Updyke: Aw, we're so cute. We should stop now.

Erin Welsh: Yeah. All right.

Erin Allmann Updyke: Yeah.

Erin Welsh: I mean I don't know how to end this other than like-

Erin Allmann Updyke: Thank you.

Erin Welsh: Thank you all again.

Erin Allmann Updyke: And sorry that we didn't get to every single question, there were so many great ones.

Erin Welsh: Yeah.

Erin Allmann Updyke: Thank you all again for submitting your questions. Thank you for all of the kind messages that you wrote.

Erin Welsh: Yes.

Erin Allmann Updyke: Yeah.

Erin Welsh: It means the world.

Erin Allmann Updyke: So much.

Erin Welsh: It really does. And we also appreciate you-

Erin Allmann Updyke: Yeah.

Erin Welsh: Letting us keep doing this.

Erin Allmann Updyke: Yeah.

Erin Welsh: Writing to us about other things other than questions, we love getting emails from you, messages from you. Yeah.

Erin Allmann Updyke: Yeah.

Erin Welsh	We need to cut ourselves off.
Erin Allmann Updyke	We got to wrap this up.
Erin Welsh	Yes.
Erin Allmann Updyke	Thank you also to Bloodmobile for providing the music for this episode and every single one of our episodes.
Erin Welsh	Thank you to Lianna Squillace and Tom Breyfogle for all the incredible audio mixing.
Erin Allmann Updyke	Couldn't do it without you. Thank you to everyone at Exactly Right network.
Erin Welsh	Thank you to you, listeners. We've said it a million times but we're going to say it again. Thank you. Thank you. Thank you.
Erin Allmann Updyke	And a special shout out as always to our patrons, your support means the world to us.
Erin Welsh	Totally. Well.
Erin Allmann Updyke	Well.
Erin Welsh	Until next time, wash your hands.
Erin Allmann Updyke	You filthy animals!