Agneta Häggström: My journey at MEB 2008-2020

Dissertations: Camilla Wiklund, Shadi Azam & Emilio Morales

Finnish Christmas recipes

New Faces
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dissertation: Camilla Wiklund</td>
<td>4</td>
</tr>
<tr>
<td>Dissertation: Shadi Azam</td>
<td>6</td>
</tr>
<tr>
<td>New Books</td>
<td>7</td>
</tr>
<tr>
<td>My journey at MEB by Agneta Häggström</td>
<td>8</td>
</tr>
<tr>
<td>Dissertation: Emilio Morales Ugalde</td>
<td>9</td>
</tr>
<tr>
<td>New Faces</td>
<td>10</td>
</tr>
<tr>
<td>Success again for the degree project course in medicine in International Undergraduate Awards</td>
<td>16</td>
</tr>
<tr>
<td>Corona observations</td>
<td>17</td>
</tr>
<tr>
<td>New 6-year undergraduate medical program y Riitta Möller</td>
<td>18</td>
</tr>
<tr>
<td>Published High Impact Papers - PHIPs</td>
<td>19</td>
</tr>
<tr>
<td>Staff X-mas recipes</td>
<td>20</td>
</tr>
<tr>
<td>What is the undergraduate medical education group doing during the covid-19 pandemic?</td>
<td>22</td>
</tr>
<tr>
<td>In Press</td>
<td>23</td>
</tr>
</tbody>
</table>

**Editorial Board:**
- Linn Austin
- Anna Berglund
- Vivekananda Lanka
- Jonas Ludvigsson
- Erika Nordenhagen

**For the latest updates see:**
- http://intra.ki.se
- http://ki.se/meb
- https://intra.meb.ki.se

Ami Rönnberg
Gunilla Sonnebring
Dearest MEBers,

This strange and difficult year is coming to an end.

Our hearts go out to all of those who have lost loved ones to this awful virus and to those who have been severely affected themselves. We have all been affected by a restricted way of life and uncertainty with often minimal chance for planning ahead and unforeseen turn of events. But now there is light in the tunnel with the vaccines just around the corner. I really long for our first Monday meeting in Ljusgården again. I promise that I will do my best to make that into something special to celebrate our strong togetherness and engagement that has helped us through this challenging year.

Despite this disruptive year, MEB has continued to be successful. It’s so impressive how you have all chipped in, risen to the occasion, shown great flexibility and kept the MEB spirit going. We have really benefitted from this spirit of cohesion, collaboration and togetherness that we have at our department. Thank you for taking care of each other and making sure no one is left isolated. It really means a lot in these times to receive some kind words, appreciation and encouragement.

Thank you so much for keeping up the good work and showing fantastic engagement in our super department also this challenging year. After your hard work and commitment, you sure deserve a re-vitalizing and recreational Christmas break. So, please stay safe, take care of yourselves and your loved ones during the holidays.

And finally, from me to all of you – a Merry Merry Christmas and a Happy New Year!

Kristina Johnell
Head of Department (prefekt)
Investigations of body mass, gastrointestinal, and dietary factors influencing the emergence and maintenance of eating disorders

by Camilla Wiklund

On 13 November 2020,
Camilla Wiklund zoomed to success with her thesis entitled, “Investigations of body mass, gastrointestinal, and dietary factors influencing the emergence and maintenance of eating disorders.”

Camilla first came to MEB as a Research Assistant with the Centre for Eating Disorders Innovation in 2015 after having completed an MMSc in International Health at Uppsala University and her BSc in Nutrition at Stockholm University. Camilla was a “jack-of-all-trades” as a research assistant being able to efficiently complete just about any task sent her way. It became clear very fast that she was destined to become Dr. Wiklund. It was also a bit of a coincidence that she had been a competitive figure skater when younger, giving her the “competitive edge”.

Camilla applied for a PhD position with Cindy Bulik at CEED and quickly developed a study plan that upskilled her in twin methods (focusing on the CATSS sample) and the intestinal microbiome (focusing on the IMA and CREAT studies). In addition to Cindy Bulik, her mentorship team included Ralf Kuja-Halkola, Elisabeth Welch, Katarina Bälter, and Paul Lichtenstein. Her first and second studies went off without a hitch exploring longitudinal BMI trends in individuals with eating disor-
Dissertation on functional gastrointestinal disorders, and prolonged constipation and diarrhea in childhood and disordered eating in adolescence.

The pandemic decided to interrupt Camilla’s study plan making it impossible for her to complete her planned 3rd and 4th studies, both of which involved sequencing of fecal samples from individuals with eating disorders. With CTMR seconded entirely to covid-related work, she needed a Plan B. Demonstrating the flexibility necessary to be a good researcher, she was able to design and execute two excellent studies on functional gastrointestinal disorders in individuals with eating disorders, and an in-depth study of the nutritional intake and adherence to Nordic Nutrition Recommendations in individuals with eating disorders.

Camilla’s opponent Prof. Ulf Wallin from Lund University had hoped to travel to MEB for the defense, but had to quarantine at the last minute due to a close co-worker developing Covid-19. So he led the defense along with Prof. Ilona Koupil from Stockholm University, Dr. Per Johnsson, from Lund University, and Prof. Kate Tchanturia from King’s College London. Sarah Bergen escorted us through the process seamlessly directing the toggling between in person and Zoom events. All examiners and advisors concurred that Camilla’s work was innovative and her presentation crisp and informative.

Family and friends joined in for socially distanced champagne and flowers to celebrate the newest doctor in the house. Camilla will now be transitioning to a position as research coordinator at the Department of Global Public Health at KI. Given that we aren’t running into each other in the hallway or at fika these days, please send your congratulations to Camilla via email!

Cindy Bulik, main supervisor
Determinants and influence of mammographic features on breast cancer risk
by Shadi Azam

Shadi Azam has over the last years worked intensively trying to understand the factors behind two mammographic “features” and how these features influence the risk of breast cancer. The features are mammographic density change and breast microcalcifications. None of them are currently particularly well covered in the scientific literature.

We know since 40 years that mammographic density is a strong risk factor for breast cancer but we do not know how a change in density over life influences risk of breast cancer, and we know even less about what factors that influence a change in density. In her thesis Shadi showed that lean, physically active women experienced the most pronounced density decrease but at the same time she did not identify an influence of density change on breast cancer risk.

Microcalcifications are small white calcium deposits in the breast tissue that could be an early sign of breast cancer. Shadi surprisingly found that some of the factors that are associated with an increased risk of breast cancer lowered the risk of microcalcifications. The fact that women with clustered microcalcifications have an increased risk of breast cancer is not a novel finding, but that the association is as strong as for
mammographic density for postmenopausal women was a surprise to us.

Shadi has been surrounded by a MEB dream team. She had the privilege of being tutored by Arvid Sjölander who, with his deep knowledge and profound pedagogical skills, have guided all of us through the statistical challenges we have been confronted with. Kamila Czene has added her deep knowledge on nuclear physics to the project and has been influential in providing the final touch that made the papers end up in prestigious journals. Marike Gabrielson forced us to think in mechanistic and biological terms and repeatedly asked - why do we get these results? Mikael Eriksson has developed the methods that enabled measures of density change and microcalcifications.

The opponent, Graham Colditz, is a leading breast cancer epidemiologist that according to the dissertation chair, Jonas Ludvigsson, has an h-index of 292. Dr Colditz has over the last 40 years published extensively on factors that influence the risk of breast cancer and developed the Rosner-Colditz risk model. Graham described the area and guided the discussion with great ease.

Shadi’s findings will most certainly have an impact on understanding the determinants of mammographic features that are currently not well understood. Her findings will also influence how we predict the risk of breast cancer. Since there are few high qualitative papers published within these areas, it safe to state that more research is warranted.

After 4 successful years at MEB we wish Shadi good luck in her quest of a better understanding of why some women are diagnosed with breast cancer and others not.

Per Hall, main supervisor

---

**NEW BOOKS**

**Wiklund C.** Investigations of body mass, gastrointestinal, and dietary factors influencing the emergence and maintenance of eating disorders. Stockholm: Karolinska Institutet; 2020.


**Huang T.** Dietary Habits, Commensal Microbiome, and Nasopharyngeal Carcinoma. Stockholm: Karolinska Institutet; 2020.

**Sun S.** Attention-deficit/hyperactivity disorder and adverse health outcomes: from association to prevention. Stockholm: Karolinska Institutet; 2020.
I was recruited by the former head of department Henrik Grönberg, and then came from KI DS where I was administrative manager for 10 years. MEB had been a relatively small department and in the autumn of 2008 we were about 135 employees with a turnover of about SEK 135 million.

Now began a hectic expansion; our researchers received large grants – including the project LifeGene – and MEB was given responsibility for developing the degree project in the medical program. In addition, KI Biobank began to grow and received VR grants for the BBMRI.se project. This naturally led to a need to employ more staff and expand the premises. MEB grew so fast, and there were growing pains both within the administration and on the premises.

We managed to gain access to another corridor in the Wargentin House by moving the Regional Ethics Review Board out. I myself ran around like in a squirrel wheel, tried to make everything work and at the same time organize and develop the administration. Despite the high workload, everything felt so exciting and challenging, which gave extra motivation and energy to everything that needed to be done. There were also sad events; for example, the Data Inspectorate stopped the big project LifeGene in December 2011 (which Henrik and I learned in the middle of the Christmas dinner at MEB), and three unexpected and premature deaths during the course of three months in 2010.

By the end of 2012, MEB had doubled its turnover and number of employees and was one of the six largest departments at KI. Growth continued, albeit at a somewhat slower pace, given the opportunity to think through what the organization within the administration would look like and plans for expansion began, and now we are used to the "White House".

What exactly is the MEB spirit? A combination of many small and large things that together form a kind of community within the department, such as a common and solidary financial system, common infrastructure (including ABS, research administrators), this year's MEBer, joint staff meetings, MEB day, Christmas party, respect for everyone's different roles/competencies etc.

During my years, at least 300 people have passed through MEB and moved on to new adventures, for me it has been incredibly stimulating to have gotten to know many of these competent employees. Today’s MEB is a very well-functioning department, with excellent research, education and administrative support. The future – as well as our history did – will contain new challenges that I am convinced will strengthen MEB.

At the end of January I will move on to the next phase of life – life as a retiree. I want to thank all MEB members for these fantastic years, and I will follow MEB’s continued development with excitement!!!
Molecular epidemiology studies on risk factors for breast cancer and disease aggressiveness
by Emilio Ugalde Morales

Congratulations to our fresh PhD, Emilio Ugalde Morales! On October 2, he defended his thesis ‘Molecular epidemiology studies on risk factors for breast cancer and disease aggressiveness’. Associate Professor Lao Saal from Lund University acted as an opponent and he offered a comprehensive and professional discussion of the thesis. Emilio showed a good knowledge of breast cancer field and an ability to discuss both molecular and genetic methods as well as relevance of his research.

In his thesis, Emilio used a molecular epidemiology approach to investigate the association between risk factors and aggressive breast cancer defined by tumor characteristics, molecular subtypes, mode of detection, and survival. Using a variety of methods, he analyzed data from well-characterized breast cancer cohorts in Sweden, genome-wide association studies, and gene expression profiling of tumors. In Paper I, he found that breast cancer genetic load, defined by rare deleterious variants in breast cancer predisposition genes, and unlike common variants, is positively associated with unfavorable tumor characteristics, patient survival and mode of detection. In Paper II, Emilio showed that women with low breast cancer risk were more likely to develop aggressive tumors; comprehensive biological elucidation was provided.

In Paper III, he examined gene expression profiles in a subset of aggressive breast cancer tumors, known as interval cancers. By taking mammographic density and molecular subtypes into account, he found an interval cancer gene expression profile to be associated with immune subtypes in breast cancer. In Paper IV, he showed that breast cancer has a sha-
red immune-related genetic component with celiac disease, an autoimmune disorder. Overall, Emilio’s thesis provided scientific evidence towards a better understanding of the factors underlying the development of aggressive breast cancers that could shed light on the design of better preventive strategies aimed at lowering disease mortality.

Emilio has conducted a very comprehensive molecular work during his years as doctoral student at MEB. Importantly, Emilio made a great contribution to MEB and the PhD group.

He worked as chair of PhD group during the period 2016-2017 and collaborated with other PhD students to promote a healthy working environment, research seminars, good quality doctoral education, and welcoming newly admitted students. He has participated in the organization of several important educational events for PhD students.

The three qualities that I find most notable in Emilio are his analytical capability, hard work and enthusiastic attitude. I am very pleased that Emilio will stay with us as a postdoctoral researcher, working with Fredrik Wiklund on other important aspects of cancer epidemiology. It has been pleasure working with Emilio and I wish him the best of luck in his future career.

Proud Supervisor Kamila Czene

NEW FACES

Temmam Asbai

Hi Everyone! My name is Temmam Asbai and I am a system developer at KI Biobank. Originally I’m from Tunisia where I got my MSc in Computer Science. In my career I have worked mostly with systems related to health care. I worked for about 20 years at The Public Health Agency of Sweden (Folkhälsomyndigheten). I developed in different systems, a system for reporting of communicable diseases, Laboratory information management system (LIMS), the vaccination register and building of the agency’s Biobank. In my spare time, I love traveling, meeting different cultures and experimenting with different food recipes from the world’s fascinating cuisine traditions. I’m happy to be joining MEB and KI Biobank. Unfortunately I started in weird circumstances and haven’t had the opportunity to meet you all in person. I look forward to a good and successful cooperation together.
Miriam Martini

Hi everyone! I’m Miriam, a musical, multilingual psychologist and new PhD student at MEB working with Mark Taylor and the Lichtenstein group. During my studies in Mannheim and Heidelberg (Germany) I spent a semester abroad in Glasgow and interned at the Netherlands Autism Register in Amsterdam. My interest in autism spectrum disorders and my positive experiences while living abroad paved the way to my PhD here at MEB investigating causes and consequences of ASD in adulthood. Besides ASD-research I am passionate about playing the piano, singing, and reading – preferably with a coffee and a cardamom bun on the side. It is therefore not surprising that I’m a fika-enthusiast – so if you enjoy coffee, have recommendations on nice cafés or books you enjoyed reading, or simply want to have a chat over coffee/tea do get in touch! I am looking forward to meeting you all soon!

Abid Lashari

Hi everyone! I’m a biostatistician here at MEB working in Erin Gabriel’s team. I am originally from Pakistan and my background is in Mathematics. In 2014, I moved to Sweden to start my PhD in Mathematical Statistics at Stockholm University. My PhD research focused on probabilistic models for the spread of infectious diseases and on models for random networks. From now on, I will focus on advancing statistical methods in causal inference, machine learning and clinical trial design and on applied work in infectious disease. I look forward to meeting many of you soon.
**Nita Mulliqi**

Hello everyone! I am Nita Mulliqi, a new PhD student at the MEB department. My doctoral research will be focused on digital pathology and Artificial Intelligence (AI) for prostate cancer detection. I will be conducting my research in Martin Eklund’s group here at MEB! I have completed my undergraduate studies in Computer Engineering at the University of Prishtina “Hasna Prishtina” in Kosovo. During my Master studies, I was granted the Erasmus+ ICM scholarship for research abroad at the Norwegian University of Science and Technology, where I completed my Master thesis research. My work was focused on developing inventive AI models for pathology detection in the lower gastrointestinal tract through Machine Learning algorithms. Having completed my Master studies, I was engaged in a new Machine Learning project regarding robotic instrument and anatomical organ detection from endoscopic videos during robot-assisted minimally invasive surgeries. It is indeed amazing how AI has the potential to drastically change our existing healthcare system, hence I am really looking forward to further extend my expertise on this topic! During my free time, I like reading, running, going out for drinks with friends and exploring new places and cultures by traveling. I am a nature lover, where I usually spend the weekends on outdoor activities such as hiking, biking, and now, I am looking forward to exploring the beautiful nature that Sweden has! I must admit that I am very happy to be joining an amazing research group here at MEB! I am definitely looking forward to meeting you all and have collaborations and lots of Fika together!

**Weronika Wrzos-Kaminska**

Hey everyone! My name is Weronika, and I’m a research assistant with Martin Eklund’s group. I come from Norway, but I moved to England four years ago to study mathematics at University of Cambridge. There, I specialized in combinatorics and optimization, and obtained my bachelor’s and master’s degree this summer. Currently, I am working on designing optimal clinical trials here at MEB. I spend most of my free time playing volleyball, and I’m very excited to be playing with Sollentuna VK this season. I look forward to (hopefully) meeting many of you!
Carina Olofsson-Moreno

My name is Carina Olofsson-Moreno and I am happy to join Karolinska Institutet as HR Partner for MEB. I am originally from Östersund in central Sweden but I have lived in Stockholm for over 19 years. The last year however I have been living in Madrid, Spain, and I just relocated back to Sweden.

I have a degree in Sociology from Mid Sweden University and have spent most of my career in the Finance sector both in HR roles as well as in different management positions.

In my free time I like golfing, skiing and playing padel-tennis. I also love traveling. My last adventure (pre-covid) was the trans-Siberian from Moscow to Beijing together with three generations of the Moreno-Olofsson family. I am very excited to be part of Karolinska Institutet during the upcoming year and I very much look forward to meeting and working with you all.

Markella Zacharouli

My name is Markella Zacharouli and I am a new Bioinformatician in Johan Lindberg’s research group. I come from Greece where I received my bachelor degree in Computer Science & Engineering and recently I received my Master degree in Bioinformatics from Uppsala University. Currently, I will work with cancer genomics. Apart from academics, during my spare time, I play samba drums. I am really excited to be part of MEB and I hope to meet you all in person!
Aleksandra Kanina

Hi, everyone! I’ve joined the psychiatric epi group as a PhD student after the doing Master’s program in Public Health Epidemiology here in KI. After working as a doctor in Russia I decided that affecting health on the population level could be more effective and it led me to the epidemiology field. I am interested in mother and child health and mental health. After working in India I realized that dedicating myself to research is more suitable for me. That’s how I joined this project where we will investigate how adverse situation in family affects ADHD and ASD in children. I’m keen on learning Swedish and getting exposed to Swedish culture. That’s why I never miss a chance to visit loppis! I fell in love with a Swedish symbol - Dalarna horse and am slowly building up my own collection. I also easily adopted a habit of having fika here and there. The next step is to exercise as much as everyone else in KI! Hope to see you all after you-know-what is over and start socializing again!

Lars Björnebo

Hi Everyone! My name is Lars Björnebo, and I am pursuing a PhD at MEB since last summer. I'm currently in my second to last semester of medical school at KI. I am part of the Stockholm-3 group led by Henrik Grönberg and Martin Eklund, with Anna Lantz as my advisor. My research will focus on improving active surveillance for low-risk prostate cancer, specifically which patients to include and when to intervene. I’m excited to be at MEB and learn from all the smart and ambitious people here.

In my free time, I love spending time outdoors, craft beer, and coffee.

I’m looking forward to meeting everyone face-to-face when the pandemic is over!
Juan Rodriguez

Hi everyone! My name is Juan Rodriguez, and I am a new post-doctoral researcher in Kamila Czene’s group at MEB. My background is in molecular biology and genetics. I received my PhD degree in Medical Science in February 2020 from Gothenburg University. The thesis focused on the comprehension of the mechanisms by which some apoptotic proteins are crucial for brain damage after asphyxia, and it showed a new therapeutic target for improving outcome after perinatal brain injury. Previously, I worked investigating novel molecular and genetic mechanisms underlying a neuro-developmental disorder (Tourette syndrome). My research interests are mainly focused on genetics, molecular biology, and bioinformatics, applied to the study or treatment of human diseases. I am very happy to be part of MEB and look forward to meeting you all!

Markus Stenemo

Hi everyone! I am a new postdoc here at MEB, as part of Fredrik Wiklund’s team. I will be looking at the genetic risk of testicular and prostate cancer using large national and international study populations. I have a background in molecular biology and bioinformatics, and my PhD was on molecular epidemiology of cardiovascular disease at Uppsala University together with Johan Årnlöv, Tove Fall, and Erik Ingelsson. In my free time I enjoy reading, climbing, paddel, pingis, badminton and learning. I am very happy to be part of MEB, and look forward to meeting you!
Success again for the degree project course in medicine in International Undergraduate Awards

The Undergraduate Awards is the largest academic program for prizes awarded to student papers (also called the Junior Nobel prize). Prizes are awarded in 25 different disciplines, of which medicine is one. Each year, the course management of the degree project course nominates a few papers (“exjobb”) that we think are best from the recent semesters. Of these, 2-3 are usually selected as "highly commended" by the Award program, which means that, out of the thousands of nominated papers, they belong to the approximately 15 best ones.

In the Undergraduate Awards for spring and autumn 2019, 9 KI student papers were Highly Commended. Five of these students are from the medical program (Rickard Purnell, Nora Norén, Vendela Brismar, Kim Pham, Rasmus Stenlid).

Vendela Brismar also became a “Regional winner” in the Medical Science category for her paper "Antibody V(D)J Sequence Composition in B cells Following Infection with Plasmodium falciparum Malaria – A comparison of CD11c+ B-cells and CD11c– B-cells" and has been invited to present her project at a digital UA Global Summit on November 16-18, 2020. The supervisor was Christopher Sundling at the Department of Medicine Solna. A "regional winner" is the prize for the best paper in all of Europe in the field of medicine.

Read more about the Undergraduate awards here: https://undergraduateawards.com/winners/regional-winners-2020

Congratulations to all the winners and their supervisors! Keep up the great work!

//The course management for the course degree project in medicine Annika Wallberg, Mimmi Shoshan and Jeanette Danielsson
Oct 20
Since last I wrote, we’ve had our first digital MEB day, which was smaller in format than our usual day out, but still a success judging by the feedback. The day was introduced by Kristina Johnell and the program was two-fold with Alva Appelgren speaking on the subject “Are you more driven than ever or have you experienced a lack of motivation lately?”. It worked well to be randomly placed in breakout groups for discussion during the talk, and like one colleague remarked afterwords “that felt like a real MEB day where you do sit with people you don’t normally meet”. After Alva’s talk, we got a blast from the past with early research shown by Hjalmar Fors and Carrie Greenwood at the Hagströmer Library. Using a phone to film and follow our guide through the building was surprisingly entertaining and enlightening! Another comment from a participant was “it was like a Dogma film!”.

Kristina ended the digital MEB day by announcing that all of MEB is awarded the MEB colleague of the year award this year as the entire department really has done its utmost to cope and adjust to the new conditions we face. We will get the plaque engraved to remember this year of doing things differently. As a final touch, we were able to send out coffee tokens to everyone who participated, as we can’t all be together IRL, but we are still together in spirit, and coffee breaks are a cherished part of the MEB spirit!

Nov 6
Another few weeks have passed, and this week we see that the stricter recommendations are being followed. In the weeks since our MEB day, there have been a few more people coming and going, some groups deciding to come in on the same days to work together and have meetings face to face. But this week, the number of people present at MEB has diminished again and at coffee time on level 3, we are sitting together but apart.

K1 Campus is beautiful with the autumn colours and sunshine with unusually high temperatures for early November – someone said that at the last US election we had a snowstorm. As we wait for the results of the present election, at least the weather is nice!

Nov 16
Just heard the Prime Minister say that there are new restrictions again with only 8 people allowed to gather from Nov 24. It’s sad to hear that the numbers of infected people and those in hospital care are increasing so we have to do what we can.

The new rules will apply for the next four weeks — leading up to Christmas, which will be here before we know it!

MEB is fairly quiet again, the coffee group on level 3 notice a few doors slamming here and there as people come and go, but it’s mostly quiet. The staff meetings however seem popular with about 120 participants usually tuning in for the latest news. I think it’s nice to see some familiar faces but I do miss chatting with people in passing around MEB, everything feels smaller somehow, like the world has shrunk and MEB with it.

Dec 8
Sitting in my office listening to the sound of money swishing in on my phone minutes after Linn sent out the e-mail about a Christmas charity collection for MEB. And minutes ago an e-mail with the Corona gift from the department landed in my inbox, how nice!

And Christmas is fast approaching, it’s unbelievable how fast the months have passed since we came back after summer. It’s been an unusually warm autumn but the November darkness is as bad as ever, so it’s nice to see the Christmas lights and decorations everywhere and it will be nice with a break even though things will perhaps be different from our usual traditions this year.

Gunilla Sonnebring
From the fall semester 2021, the degree of Master of Science in Medicine in Sweden will comprise 6 years of studies without further mandatory practice. Currently, the 5.5-year undergraduate education is followed by at least 18 months internship (Swe: allmäntjänstgöring, AT) before getting the licence to practice medicine. This reform means in practice that the requirements for the degree will increase, while time to qualification will decrease. The 23 national learning outcomes focus on for example clinical skills, medical decision-making, patient safety, interprofessional teamwork, health promotion, global health and improvement work in care. All medical programs will also introduce 10 national Entrustable Professional Activities (EPAs) that are key tasks that a trainee should be able to perform with supervision before entering residency.

As the new medical program will be introduced, the current medical program will be phased out starting next year. For us at MEB, the responsibility for semester 1 “scientific development” (Sw: VetU) teaching will finish in spring 2021, for semester 5 (MVM course) in spring 2023 and for semester 8 (degree project in medicine) in spring 2025. All departments at KI, including MEB that want to assume course responsibility in the new medical program need to apply in competition with the other departments. At present we do not know when it will be time to submit such an application but in the near future we need to discuss at MEB what direction our educational commitments should have. More information will follow.

Riitta Möller, Departmental director of education (GUA)

**Background:** Statins have shown both protective and adverse associations with neuropsychiatric outcomes. We aimed to examine the possible associations between statins and suicidality, depression, anxiety, and seizures.

**Methods:** Using Swedish national registers, we linked data on dispensed statin prescriptions with data on unplanned (emergency) hospital visits or specialised outpatient care for four neuropsychiatric outcomes: suicidal behaviour (including deaths from suicide), depressive disorders, anxiety disorders, and seizures. We included all individuals in the registries who were dispensed statins and who were aged 15 years or older between Jan 1, 2006, and Dec 31, 2013. We applied a within-individual design using stratified Cox proportional hazards regression to compare the incidence of the defined outcomes during periods on statins and periods off statins within each individual, thus adjusting for time-invariant confounders. Non-specific effects of treatment were tested by investigating these outcomes in relation to thiazide diuretic use and antihistamine use in the same cohort.

**Findings:** The statin-users cohort comprised 1 149 384 individuals, of whom 1 015 949 (88.4%) were aged 50 years or older, 625 616 (54.4%) were male, and 523 768 (45.6%) were female. The study period consisted of 2 053 310 non-treatment periods and 2 997 545 treatment periods, and 957 216 (83.3%) individuals had a medication status change (from on statins to off statins, or vice versa). Suicide outcomes were found in 6372 (0.6%) individuals, depressive disorders in 23 745 (2.1%), anxiety disorders in 30 100 (2.6%), and seizures in 28 844 (2.5%). There were no clear associations between periods of statin treatment and suicidal behaviour or deaths from suicide (hazard ratio 0.99 [95% CI 0.90-1.08]), anxiety disorders (0.99 [0.95-1.02]), or seizures (1.00 [0.97-1.04]). Statins were associated with reduced hazards of depressive disorders (0.91 [0.87-0.94]), which remained after adjustment for concurrent antidepressant use (0.91 [0.88-0.94]). Hazard ratios for depressive disorders were 0.61 (0.38-1.00; n=14 718) with thiazide diuretic use and 0.84 (0.67-1.06; n=23 715) with antihistamine use.

**Interpretation:** Statin use is not associated with suicidality, anxiety disorders, or seizures. Whether the observed association between statin use and reduced diagnoses of clinical depression is confounded by non-specific benefits related to being prescribed medication needs further research.
Christmas is coming

We wish you a merry Christmas
We wish you a merry Christmas

We wish you a merry Christmas and a happy new year
Good tidings we bring to you and your kin

We wish you a merry Christmas and a happy new year
Oh, bring us some figgy pudding
Oh, bring us some figgy pudding
Oh, bring us some figgy pudding
And bring it right here

Good tidings we bring to you and your kin

We wish you a merry Christmas and a happy new year

We won’t go until we get some
We won’t go until we get some
We won’t go until we get some
So bring it right here

Good tidings we bring to you and your kin
We wish you a merry Christmas and a happy new year

~

Figgy Pudding (as in the Merry Christmas song)
It’s a mixture of figs, sultanas and raisins laced with brandy (or not).

Ingredients
250g butter, softened, plus extra for bowls and paper
750g dried figs
150ml brandy
700g mixed sultanas and raisins
3 eating apples, peeled, cored and grated
175g light muscovado sugar
175g dark brown soft sugar
200g breadcrumbs
200g self-raising flour
1 tbsp allspice

Step 1
Butter a 500ml, a 1-litre and a 2-litre pudding bowl, then line the base of each with a circle of baking parchment. Butter 3 large sheets of greaseproof paper, lay each on a large sheet of foil butter side up, and fold a pleat in the middle of each.

Step 2
Roughly chop 250g of the figs and set aside. Put the remaining figs, butter and brandy into a food processor and whizz until smooth-ish, then scrape into your largest mixing bowl. Tip in the chopped figs, mixed vine fruits, grated apple, sugars, breadcrumbs, flour and allspice. Stir everything together, allowing as many helpers to give a stir and adding as many wishes as you like. Divide between the pudding bowls and smooth the surfaces.

Step 3
Cover the pubs with the buttered paper-foil sheets, tie with string and trim. Lower the pubs into separate saucepans with upturned saucers or scrunched up bits of foil in the bottom (so the pubs don’t touch the bottom), then fill each pan with enough boiling water from the kettle to come halfway up the sides of the bowl. Cover with a lid and simmer the small pud for 1-1½ hrs, medium for 2-2½ hrs and large for 3 hrs, topping up the water as needed. Remove and leave to cool. If giving as a gift, put a new piece of parchment on top. Will keep in a cool, dry cupboard for up to a year.
Lanttulaatikko (kålrotslåda)

The swede dish, known as laanttulaatikko in Finnish, or kålrotslåda in Swedish, is arguably the most popular and important accompaniment to the main course.

**Ingredients**

- 1kg swedes, prepared weight
- 100ml fine dry breadcrumbs, plus extra for topping
- 100ml double cream
- 100ml whole milk
- 50ml golden syrup
- 25g butter, plus extra for topping
- 2 eggs
- 1/2 tsp ground ginger
- 1/2 tsp ground white pepper
- 1/2 tsp ground nutmeg
- Salt

**Method**

Clean the swede and cut away the skin and roots, then cut up roughly. Simmer in a little lightly salted water until fully tender.

Whilst the swede is cooking, place the double cream, milk, and breadcrumbs in a bowl, and mix well. Add the eggs and beat in. Leave this mixture in the refrigerator until needed, allowing the breadcrumbs to absorb the liquid.

When the swede is cooked, strain and process using a hand blender or ricer, passing through a fine sieve if need be, to produce a smooth puree.

Add the butter to the warm puree and mix until melted. Stir in the syrup. Add the ginger, white pepper, and nutmeg, and season with salt to taste.

Mix in the soaked breadcrumbs.

Spoon the mixture into suitable bakeware, dimple the surface, sprinkle over some more breadcrumbs and dot with a little butter.

Bake at 175°C for 1 to 1½ hours until golden brown.

~

Porkkanalaatikko (morotslåda)

The carrot dish, known as porkkanalaatikko in Finnish, or morotslåda in Swedish, is given similar treatment to the swede.

**Ingredients**

- 1kg carrots, prepared weight
- 50ml double cream
- 50g semolina
- 1 egg
- 2 tbsp golden syrup
- 25g butter, plus extra for topping
- Fine dry breadcrumbs for topping
- Salt

**Method**

Boil the carrots in lightly salted water until tender. Drain, reserving 100ml of the cooking liquid.

Blend the carrots with the reserved liquid until smooth, passing through a fine sieve if need be to remove any small lumps.

Add the butter to the warm puree and stir until melted. Mix in the syrup and semolina. Season with salt to taste.

Beat together the egg and cream, then stir into the carrot mixture. The texture should be quite runny.

Spoon the mixture into suitable bakeware, sprinkle the top with breadcrumbs and dot with a little butter.

Bake at 150°C for 1 to 1½ hours, until golden in colour.
Due to the ongoing pandemic, we have had digital meetings since March. Our days are filled with revisions of course curricula and of assessment criteria, but also with figuring out how to manage digital solutions for optimal pedagogical and educational activities in the courses. And similar to normal times, there is the planning for the next semester to do, such as schedules and contacting teachers, collecting project proposals for the degree project course, and combing through all the course-related information in Canvas and trying to make sure it is as clear as possible. In summary, and importantly, we are working on how to continue to educate competent health care professionals, both within courses we are already running and within future programs at KI.

Getting daylight and being outside is usually not a problem when the weather is warm and sunny. Sitting at home also means that the work environment does not change very much. Thus, when it started to get darker at the end of September we agreed to have a “healthy week” when everybody went out for a run/walk/bike tour every day and took pictures from the surroundings to upload and share in OneDrive. In that way, even being distanced we could get a glimpse of each other’s environments during this beautiful time of the year.

Some weeks later, on Oct 15, when it started to get cold, we headed outdoors together for a “walk and talk” morning in Hagaparken. Now we want to share some of our outdoor impressions during our “healthy week”.

Best wishes, Anna Hedman, Annika Wallberg, Jeanette Danielsson, Kristina Leif, Mimmi Shosha, Riitta Moller
Articles accepted for publication since September 21, 2020


Helsingen LM, Reufsm E, Gjostein DK, Loberg M, Brethauer M, Kalager M, Emilsson L, Clinical Effectiveness Research g. The COVID-19 pandemic in Nor-


