



Testimonial

**Dr. Alwyn Kam, Specialty Doctor in
Psychiatry, LYPFT.**

Starting my journey in the world of research was like opening a book filled with mysteries. Beginning with a fascination for the tiny wonders our bodies perform every day, I obtained a Bachelors degree in Biochemistry and completed a fascinating project involving enzyme kinetics. This curiosity paved my way into taking up medicine. As a medical student, I was involved in studies in upper GI surgery with oesophageal bile reflux, wrote a dissertation on trefoil peptides in the gut, and published work on nasal septal buttons in ENT surgery. My interest in psychiatry and autism led me to co-authoring several papers on this fascinating area, including studies that weren't just about data and numbers, but on the experiences of autistic adults, especially amidst the chaos of the pandemic.

However, being part of the STRATA study as a co-Principal Investigator has been an amazing opportunity. I've been at the heart of a remarkable team effort, exploring the potential of Sertraline to ease anxiety in autistic adults. It's taught me the value of collaboration, bringing together diverse perspectives for a common goal. Yet it's in the area of Learning Disability (LD) where I feel more needs to be done. My involvement in recruiting into a study looking into reminiscence activities in people with LD and dementia was incredibly rewarding.

One thing has become increasingly clear: the necessity for more research in LD cannot be overstated. There's an imperative to advocate for participatory research in LD, to champion research that not only seeks better understanding into these areas but does so in partnership with people with LD, despite the barriers and difficulties. Now is the time to stand up for LD research, and to ensure it receives the spotlight and support it critically deserves.

