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I'm interested in the processes that regulate 'hardening of the arteries' and in a very rare genetic disorder of premature ageing which gives us lots of clues as to how blood vessels age in the general population. I find you need to be relatively satisfied with both your career and your life outside to feel balanced and happy. My advice would be: 'Don't listen to other people about how things should be done – just go for what you think will make you feel most satisfied. There is no plan or pattern but your own!'