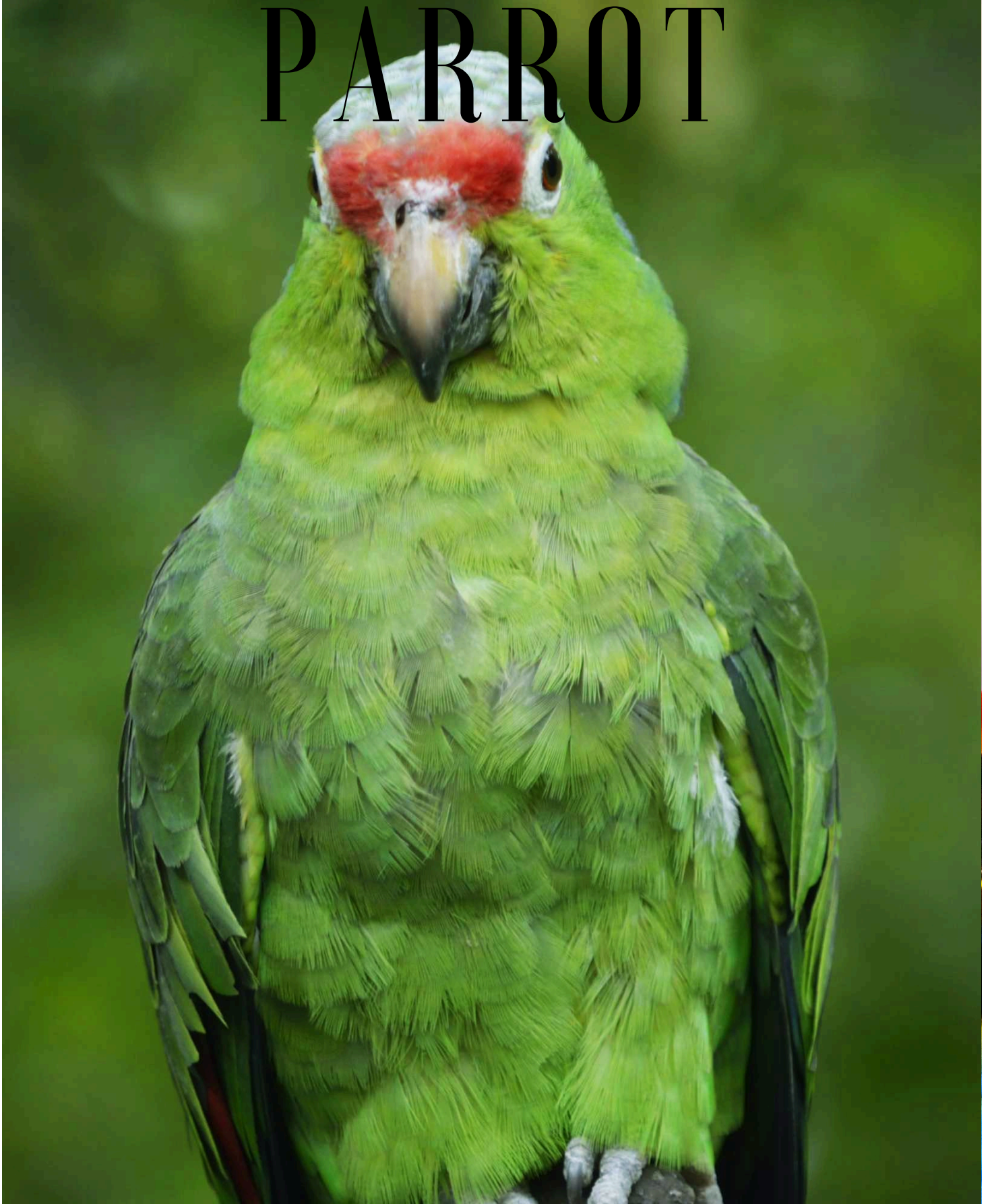


JUNE 2024

YSERN'S PARROT



sections

03	Science
15	Culture
19	Entertainment



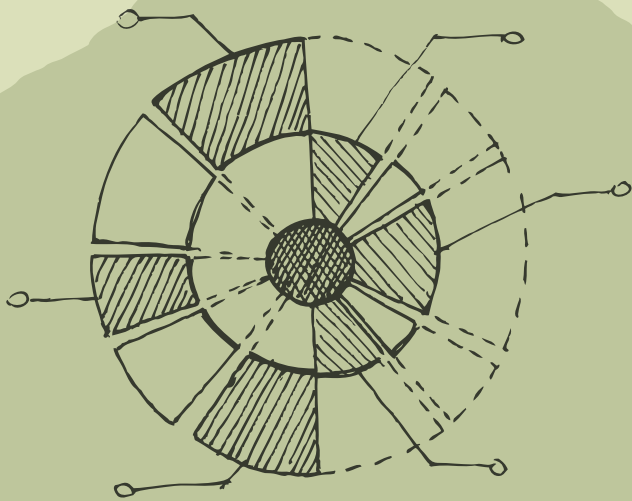
How does the climate change affect our health?

How does it affect?



Nowadays climate change is a serious trouble, which many people are not aware of how it can affect our health. The WHO (World Health Organisation), affirm that at least 7 million deaths are due to climate change and also due to the pollution in the atmosphere, causing diseases like respiratory diseases.

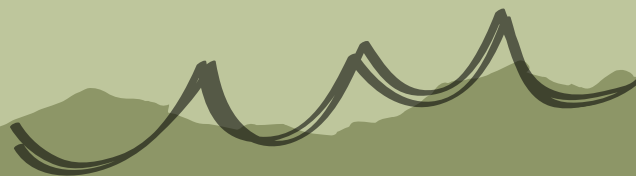
An actual problem on which we must act now!



But not only that: the change and decrease of rainfall may cause a shortage of fresh water in the next few years, causing problems such as: generalized thirst, lack of food, hygiene problems and diseases.

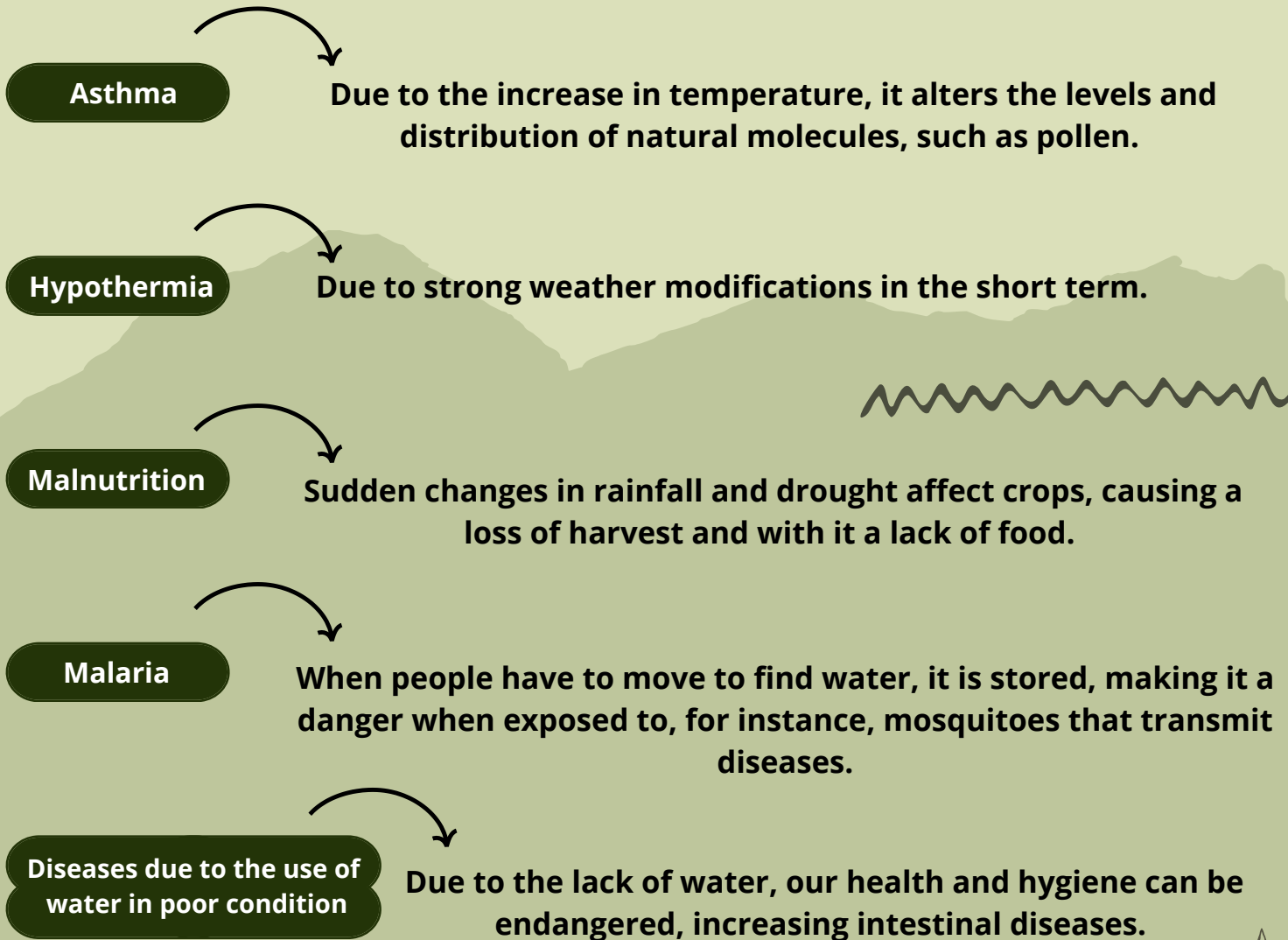


The WHO launched a campaign addressing the lack of action by governments: this can lead to the decrease of quality in the air that we breathe, prevent the access to clean water, the production of food for everyone and the possibility of not having a good home.



What are the diseases caused by global warming?

Some diseases that affect our health due to climate change can be:



What can we do to prevent these diseases?

The WHO proposes an action to strengthen the health systems of each country. In this way, it is possible to avoid and deal with possible diseases.

Also, individual actions can be a fundamental help to climate change: recycling → placing each residue in its corresponding container, using public transport, walking or bike instead of the car.

This is how we can help reduce 4 million deaths caused by air pollution.

22



Ti

Titanio

Titanium is a silver chemical element. Its symbol is Ti and its atomic number is 22 (transition metal). It is much lighter and more expensive than steel and has high resistance to corrosion and mechanical resistance.

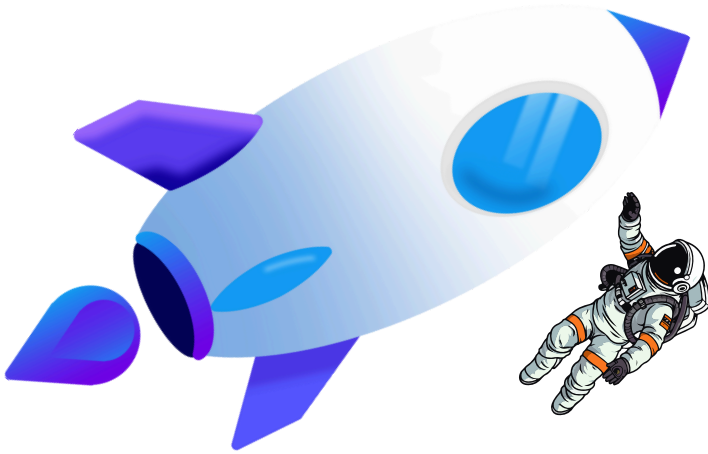
47.90

Titanium can form alloys with other elements, such as iron, aluminium, vanadium, molybdenum and others. It is used to produce resistant components used in aerospace, military, petrochemical, agroindustrial, automotive and medical industries.

Titanium is the most biocompatible metal, it is not toxic or allergenic, so its use in the medical sector has grown, also for the manufacture of medical devices in the biomedical sector.



It is used to obtain artificial prostheses for joints, dental implants, cardiovascular "stents", bone conduction hearing aids, false eye implants, spinal fusion cages, pacemakers, toe implants and shoulder, elbow, hip, knee replacements...



The characteristics that make titanium a metal used in medical applications are:

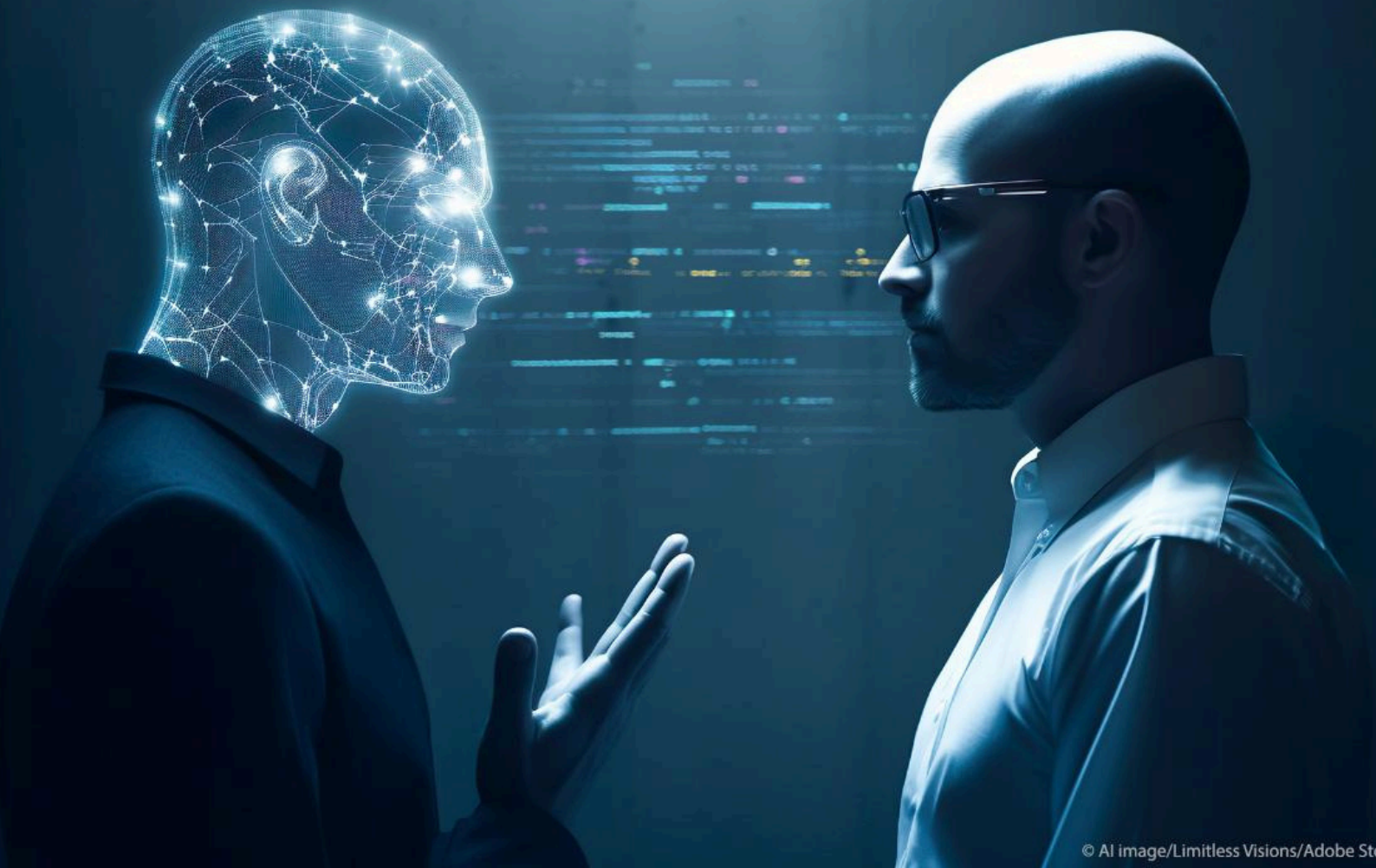
Durability: Implants made with this metal last up to 20 years and it doesn't interfere with magnetic resonance imaging (MRI) machines.

Biocompatibility: It doesn't affect living tissues.

Biointerface: Titanium has a biointerface designed with biomimetic motifs, which increase the cell contact area by up to 75%.

Osseointegration: Titanium medical implants can physically bond to natural bone, eliminating the need for adhesives.





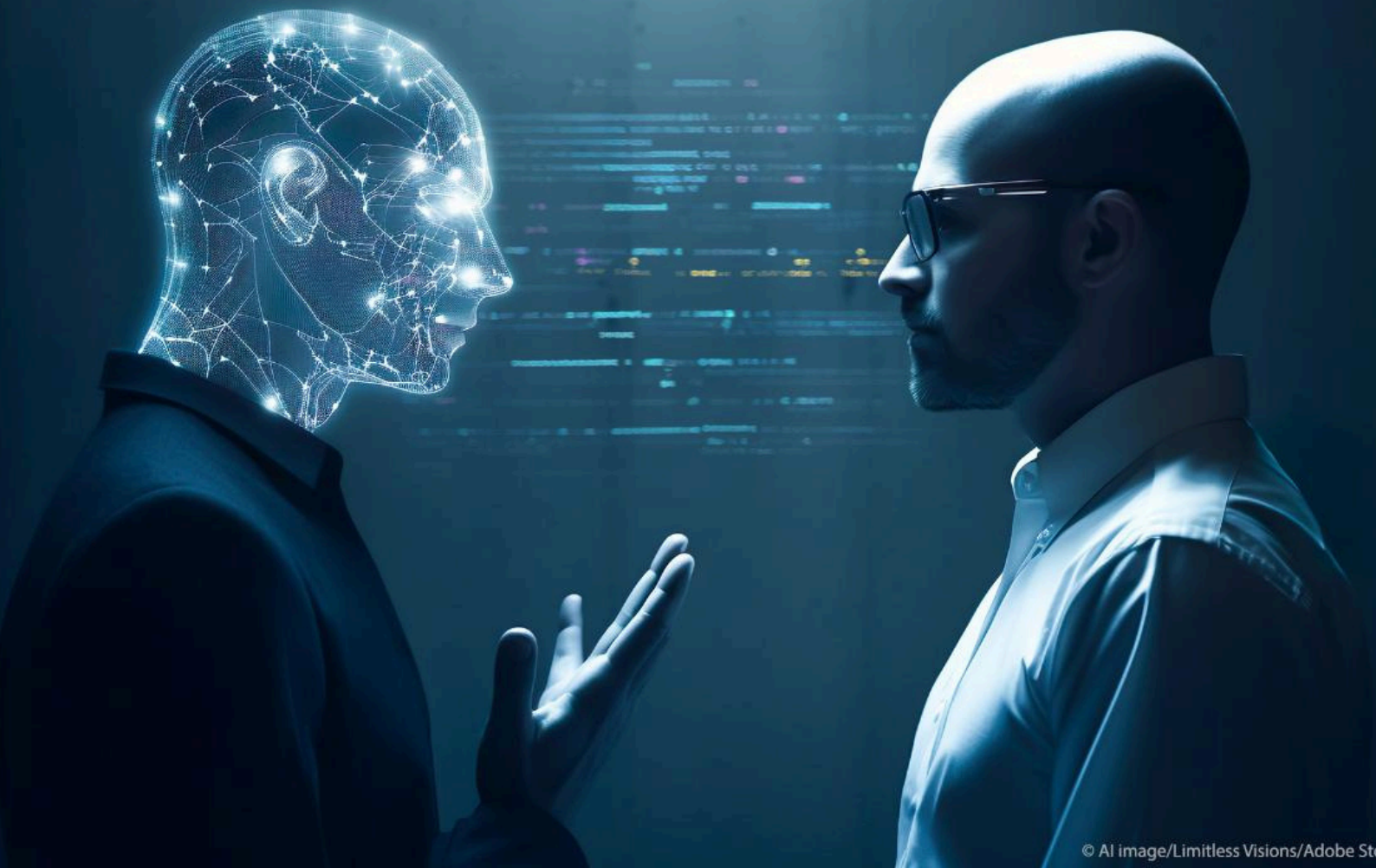
FIRST REGULATION ON ARTIFICIAL INTELLIGENCE

By Paula Arribas

YSERN'S PARROT

Artificial intelligence will be regulated in order to ensure better conditions for its development and use. Everybody knows all the advantages that it provides. Nobody talks about the risk it is to users, though. These risks are ones such as deepfake videos, cognitive manipulation or biometric identification. All this are considered unacceptable risks. Moreover, there are other situations that are considered risky, but not as much as the former ones; they are just considered "high risk" situations. To exemplify them, we could include the products falling under the EU's product safety legislation and the one that falls into specific areas that are required to be registered in an EU database, like educational and vocational training or law enforcement.

The main purpose of this law is to achieve a limited risk artificial intelligence, that complies with minimal transparency requirements, in order to allow users to make informed decisions, as they could choose not continuing using the application once they have finished interacting with it. However, users have to be conscious of the tools that they are using, and be aware. AI sites, such as manipulate audio or image, are the ones that require the most attention. Finally, on December 2023, the EU Parliament and the EU Council reached a provisional agreement, related to this law. The next step will take place when the internal market and the civil liberties vote on it.



© AI image/Limitless Visions/Adobe St

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ROBOTIC SURGERY

MARWA ASRI KHOULFI 1^oA



INTRODUCTION

Robotic surgery is one of the latest technological advances in medicine. This surgery, whose name is due to the fact that they are surgical operations assisted by robots, is expanding more and more in the different surgical areas and it has numerous benefits as its use facilitates and improves both surgical interventions and the results of them.

USES

Nowadays, robotic surgery is mainly used for prostate, kidney and gynaecological pathologies, colorectal, esophagogastric and hepatobiliary surgeries, general surgeries, oral and maxillofacial surgery, lung cancer and certain cardiac and thoracic pathologies.

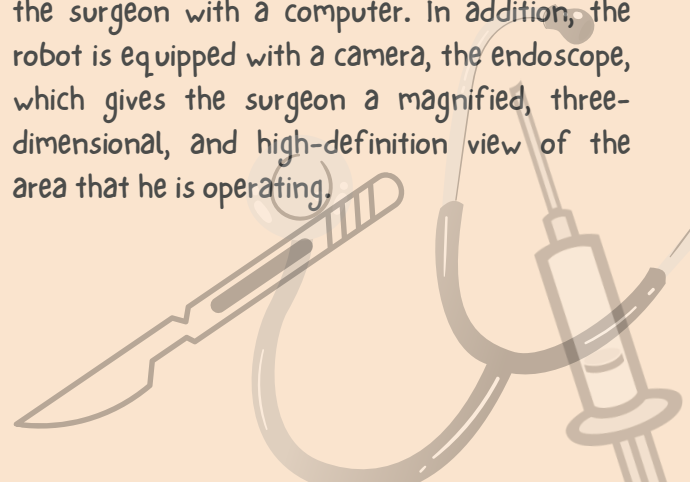
ADVANTAGES

The main advantage of robotic surgery is its capacity to perform delicate and difficult operations that would be impossible to perform by other methods. However, there are many more advantages:

- Surgical tools can access to inaccessible areas with great precision and flexibility.
- The robotic arm can make very precise turns and movements through the surgeon's control so, as opposed to traditional surgery, the natural tremor in the surgeon's hands is eliminated.
- This robot allows for an improved three-dimensional view, which makes the operation easier.
- Another of the many advantages is that there are fewer complications, there is less blood loss because the risk of making an incision that is too deep and causes blood loss is avoided, and the risk of infection is also reduced because the surgical robot is sterilised before use.
- Also, this type of surgery has been associated with a decrease in the postoperative pain of patients, making recuperation and hospitalisation shorter.

PROCESS AND STRUCTURE OF THE SURGICAL ROBOT

To begin with, it is important to emphasise that it is a minimally invasive surgery, which means that it allows operations through small incisions as opposed to traditional open surgery. This also allows for smaller final scars. First of all, the surgeon starts by making a small incision in the patient's body and then inserts the instruments through the incision. These small tools that are inserted are small and attached to a mechanical arm, which can be controlled by the surgeon with a computer. In addition, the robot is equipped with a camera, the endoscope, which gives the surgeon a magnified, three-dimensional, and high-definition view of the area that he is operating.



AIR POLLUTION AND ITS IMPACT ON HUMAN HEALTH

The air we breathe is essential for our survival, but today air pollution has become a global problem that threatens the health of millions of people. Air pollutants from a variety of sources can have harmful effects on human health, affecting everything from the respiratory system to the cardiovascular system. In this article, we are going to explore air pollution and its direct health consequences.



SOURCES OF AIR POLLUTION

Air pollution comes from multiple sources, including vehicle emissions, industry, fossil fuel combustion and agricultural activities. The most common pollutants are sulphur dioxide (SO₂), nitrogen oxides (NO_x), particulate matter, ground-level ozone and volatile organic compounds. These pollutants can enter the air and form complex mixtures that affect air quality.

IMPACT ON RESPIRATORY HEALTH

Constant exposure to air pollution can have harmful effects on the respiratory system. Fine particles and irritant chemicals can enter the lungs, causing or aggravating respiratory diseases such as asthma, chronic bronchitis and chronic obstructive pulmonary disease (COPD). In addition, air pollution is linked to an increase in respiratory infections, especially in children and the elderly.

CARDIOVASCULAR EFFECTS

Air pollution is also associated with cardiovascular problems. Inhaling fine particles can enter the bloodstream and directly affect the cardiovascular system. Long-term exposure to air pollution has been shown to increase the risk of cardiovascular diseases, including heart attacks and strokes. This is due to the ability of pollutants to trigger inflammatory processes and promote plaque formation in the arteries.

IMPACT ON CHILDREN'S HEALTH

Children are particularly vulnerable to the effects of air pollution. Their developing respiratory system and higher respiratory frequency expose them to higher levels of pollutants. Early exposure can have long-term consequences, affecting lung development and increasing the risk of chronic respiratory diseases in adulthood.

In conclusion, air pollution is an urgent challenge that directly affects human health. Effective action to reduce emissions and improve air quality is essential to preserve the health of present and future generations. Awareness and action are key to mitigate the impact of air pollution and create a healthier environment for everybody.

EATING DISORDERS AND SOCIAL PRESSURE

The term EDs refers to eating disorders involving disturbed eating routines and a strong concern about body weight, in particular an increase in fat mass. They usually emerge during the teenage years and occur predominantly among females aged 18-20 years with a frequency of between 0.9/1.5 and 3.5%.

The most popular EDs are pica, which is the consumption of inedible substances, rumination disorder, characterized by continuous regurgitation of ingested substances, avoidant or restrictive eating disorder, anorexia nervosa, bulimia nervosa and uncontrolled eating disorder.

In all eating disorders, we observe an unhealthy relationship with food, but we must also highlight another fundamental aspect which is common in this type of patients, who also present an alteration in their body perception. People suffering from EDs are in fact pushed by a poor relationship with their body, which in most cases, as some studies have shown, consists of a perception of the body as bigger than it really is.

This type of disorder has suffered an increase in recent decades, and some experts have related this to the rise in popularity of social networks, placing them as the cause of a major alteration of people's body image. Dissatisfaction with the characteristics of one's own body is a widespread issue in a society exposed daily to beauty standards that are sometimes impossible to achieve, and to which teenagers are continually exposed. The advance of social networks has also meant that everyone can display their profile as a display window in which to show off, where everything is built on images and the search for socially accepted perfection, usually using techniques that do not reflect the truth, such as photoshop. These types of techniques promote impossible corporeal ideals as well as a great social pressure to fit in with the canons.

All this means that social networks show a false reality where the subject decides what and how he or she wants to show his or her own version to the outside world. It is evident, therefore, that in subjects already prone to body dissatisfaction, not reaching the standards exhibited by the majority causes a greater decrease in self-esteem, feelings of discouragement, discomfort and a devaluation of the person with possible precipitating consequences towards a diagnosis of ED. If this is added to exposure at such a premature stage as adolescence, the chances of developing this type of illness increase. It should also be noted that the use of social media is higher among adolescents who are already experiencing a developmental phase of vulnerability, uncertainty, personality definition, constant confrontation and identification. The adolescent who uses social media is confronted with a distorted reality made of exhibitions, which results in experiencing feelings of frustration, attention and dissatisfaction with his or her own body from the earliest stages.

Finally, we must stress the importance of self-acceptance and understand that comparisons are useless. We should also be conscious of the fact that what we see on social media does not represent reality, and that is why we should not idealise its content. In conclusion, it is important to establish a good relationship with food as well as with your own body, to discover that each of us is perfectly different and beautiful.



NEW TECHNOLOGICAL ADVANCES IN MEDICINE



In recent years, technology has become essential in our lives. It is beneficial and necessary in all areas of life, both in personal areas and social relationships, such as education, work, communication and, above all, one of the great applications in medicine. Technology in medicine helps us both diagnose and treat, have more modern health services, prevent diseases, and above all, provide patient care.

The most important technological advances in medicine are:

1. Telemedicine:

Thanks to this advance, patients can receive medical care remotely, through video conferencing, mobile phone apps and text messages.

2. 3D printing of organs and tissues:

This technological advance allows us to manufacture human organs and tissues through 3D printing. This printing is done by deposition of living cells on a biocompatible substrate.

3. Surgical robotics:

Thanks to this advance, surgeons can perform operations using robots with greater precision.

4. Artificial Intelligence in medical diagnosis:

This AI helps us make more accurate and earlier diagnoses, identifying data that may go unnoticed by doctors.

5. Gene therapy:

This technological advance modifies defective genes to prevent genetic diseases and cancer.

6. Wearables and smart medical devices:

Thanks to this advance, portable devices such as watches indicate the state of health in real time, which allows complete monitoring of your well-being.





BRITISH VS AMERICAN ENGLISH

by Maissaa El Farji

We, as Spaniards who are studying English, are used to a standard English accent, which is why, whenever we travel overseas, we tend to confuse some words or to not understand them at all. This makes us realize the huge difference between English accents all over the globe, but mostly between UK's and USA's English.

Some differences could be for example:
Mail(USA)/Post(UK),
Football(UK)/Soccer(USA) or
Rubber(UK)/Eraser(USA)

This, as English students, makes it harder for us but it's funny how words such as rubber have opposite meanings in UK and in USA, so I definitely recommend learning some differences between both accents.





FAST FASHION FOR EVERYONE?

by Maissaa El Farji

Our society has reached such a point where the compulsive and insignificant consumption of fast fashion items has been completely normalized by all of us. When we purchase any kind of fast fashion product, we forget that what we are really doing is ensuring that inhuman things such as child labor do not end. So being aware of the consequences of our actions is crucial to being able to change something in this fight. What I mean with fighting is the fact that it has almost become a war between two sides.

On one hand, we have the compulsive online shopping addicts, who purchase any kind of item without caring about its origin, its way of being produced or by whom was it made by. For instance, try on hauls influencers accumulate an excessive amount of useless clothes and accessories without thinking of the impact of this practice on the environment.

On the second hand, we have those who the first thing they think about before purchasing any item is if there is any kind of possibility in which it could affect the environment and the pollution they could provoke. For example, purchasing second hand items is way cheaper and it can help regulate fast fashion quickly.



In conclusion, I believe that thanks to people who really care about our environment we are able to see the clouds. But we still have a lot of things to do so that we can improve when it comes to 'healthy' shopping and taking care of our planet.

The story about starry night Van Gogh of

THE HISTORY



Under the stars, in complete silence, a man with a gas lamp looks for a place to set up his easel on the riverbank. A figure that moves among the shadows is Vincent van Gogh, a painter obsessed with reflecting the poetics of the night to the canvas. This river is the Rhône running through Arles, France, and its date is September 1888. "Starry Night on the Rhône" was his first attempt to paint the colors of the night outdoors, and it appeared a year later. It ended on a starry night. After a visit to the Museum of Modern Art in New York (MOMA), the Van Gogh Museum in Amsterdam has been showing since last Friday almost all of the paintings The Night and The Night of the Tormented Dutch Genius, 26 works that made him a Master of Art. Color of the night.

"WHEN ALL SOUNDS CEASE, THE VOICE OF GOD IS HEARD UNDER THE STARS," VAN GOGH WROTE IN ONE OF THE LETTERS HE REGULARLY SENT TO HIS BROTHER THEO.

TOURISM IN MOROCCO



Morocco is a country located in North Africa. Morocco stands out for its rich cultural, historical and geographical diversity. If you don't know which places to visit in Morocco, here we leave you a list of the 5 best places to visit:

1. Tanger

The famous town of Tanger is located in the Strait of Gibraltar. Tanger stands out for its wonderful medina, the walls and the old kasbah, including the Kasbah Museum, as well as the so-called Great Mosque. It also has a unique corniche full of gardens.



2. Asilah:

It is a small town located between Tangier and Rabat with Portuguese influences. The Portuguese walls that surround the old town contrast with its white color and make it a very popular, beautiful and popular destination.

3. Fez:

Fez is a beautiful city located between Rabat and Algiers. It was the capital of the country on several occasions. It is home to one of the largest mosques in the world. It has a huge and very authentic medina considered the heart of the city.

4. Casablanca:

Casablanca is a beautiful city that is located 80 km from Marrakech. It was the capital of the country on several occasions. It is home to one of the largest mosques in the world. It has a huge and very authentic medina considered the heart of the city.

5. Marrakech:

Marrakech is a city that belongs to the Majzen, that is, it is imperial. Its name represents the entire country. Marrakech is listed as one of the most important cultural centers in Morocco, it is a city well-known for its unique markets and clothing.



MARCOS GAMA

New creator entering the industry

HAZBIN HOTEL!

AN UNIQUE EXPERIENCE

Very interesting!

Streaming now on Amazon Prime Video

MADE BY VIVIENNE MEDRANO

WELCOME TO THE HAZBIN HOTEL!

Hazbin Hotel is one of the first animated series made by Vivienne Medrano that started on YouTube which is sponsored by A24. Fans had been waiting for more than 4 years to see this amazing show.

This series is focused on Charlie Morningstar, Lucifer's daughter and princess of Hell.

Her main motivation is to make possible the redemption to avoid the annual carnage made by angels. This happens to control the overpopulation of Hell and keep Heaven safe.

His father Lucifer is shown as a fallen angel that was exiled from Heaven because he rebelled against other angels as they took him apart from the creation of Earth because of his "creative things". He is the king of Hell, but he is also the father everyone would like to have.

Alastor is quite interested in Charlie, but nobody knows why, he is just interested in the hotel to see people's failures. He is the most mysterious character since he appeared in Hell and everyone who dismissed him disappeared; then some strange radio broadcast appeared with screams of the missing overlords. That was when he revealed himself as the radio demon.

Vaggie looks like a simple sinner, but don't get her wrong because she is very skilled at fighting. In fact, she always hears a spear made up of angelical steel, capable of killing other sinners. She is the right hand of Charlie. She wants the best for her, that is why she helps Charlie with everything, such as us being one of the managers of the hotel.

Angel Dust: his real name is Anthony but he died because of an overdose of a drug, called Angel Dust. That's the origin of his nickname, he is on the hotel searching for security since his soul belongs to one of the most important overlords, Valentino.

Husker is the bartender of the hotel, he is there because Alastor owns his soul so he forces him to stay. He lost his soul since he bet it on a card game. He had always been so sure of himself; that's the reason for his high bet.

The V's are the group of overlords that are in charge of social media. Vox controls the television in Hell and is the main rival of Alastor since one promotes tv and the other radio podcasts. Then there is Velvett who is responsible for fashion and Valentino, who is the owner of Angel dust, is in the cinematographic industry.

Finally we have Adam and Lute. Adam is the first man on Earth that leads the army of exterminator angels, the second in charge is Lute that coordinates combat tactics.

ALASTOR



CHARLIE



VAGGIE



LUCIFER



Angel Dust



Husker



The v's



Adam and Lute

SUMMARY

INSIDE OUT

: Riley is a girl that has a lot of feelings. Her life has been marked by happiness, but she also is affected by other types of emotions. Riley doesn't understand why sadness has to exist in her life. A series of events makes happiness and sadness mixed on an adventure that will change her world.

AWARDS

2015

- In the Oscar Awards it won the Best Animation Film award and was nominated to Best Original Screenplay - In the Annie Awards, it won 10 awards including Best Film and Direction
- In BAFTA Awards and in the Golden Globes, it was nominated to best Animated Film
- In David di Donatello Awards, it was nominated for Best Foreign Film

PEOPLE WHO PARTICIPATE IN THE MOVIE:

In the direction, Pete Docter and Ronaldo Del Carmen. In the script, Pete Docter, Meg LeFauve and Josh Cooley. In the music, Michael Giacchino In the voice of the main characters: Amy Poehler, Phyllis Smith, Lewis Black, Bill Hader and Mindy Kaling. Companies: Pixar Animation Studios and Walt Disney Pictures

MORE INFORMATION ABOUT THE MOVIE:

The movie premiered in 2015 and had an enormous success. Currently they are in the process of the creation of a new one: Inside out 2. It will be directed by Kelsey Mann and written by Meg LeFauve. In the voice of the main characters will participate new people like Tony Hale, Liza Lapira and it has also been added new voices because there will be new characters like Maya Hawke, the actress who plays Robin in Stranger Things and who will play Anxiety in this movie.

INSIDE OUT

It's an animation, comedy, fantasy and adventure movie created by Pixar Animation Studios and Walt Disney Pictures, that is going to be released on 14 June of 2024 in cinemas. It will be a sequel of Inside Out 1 that will deal with Riley's adolescence, the main character of the film that will be going through difficult emotional processes.

Editors in chief:
Marian Casas
Leire Irigoyen