

092: Inexpensive Early Detection of Cancer Through Biosensors and Nanorobots

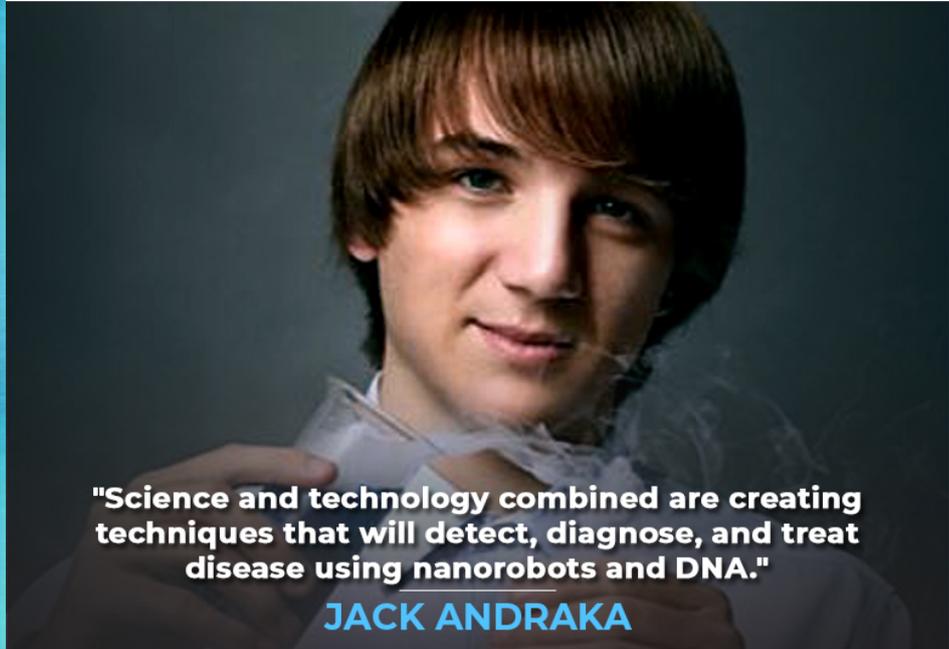
10 Point Checklist

Jack Andraka

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A portrait of Jack Andraka, a young man with brown hair, looking directly at the camera. He is wearing a light-colored shirt and has his hands clasped in front of him.

"Science and technology combined are creating techniques that will detect, diagnose, and treat disease using nanorobots and DNA."

JACK ANDRAKA

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Stay on top of the latest techniques for cancer screening so that I can take advantage of new early cancer detection methods.
- Keep my weight under control because obesity can increase my risk for cancer.
- Explore vitamin D supplementation as it may help lower my risk of pancreatic cancer.
- Don't give up on my ideas, like Jack I may have to ask 200 times before one of my requests gets a positive response.
- Encourage young people that I know who are interested in science to pursue their passion with science fairs and competitions, such as Intel's ISEF.
- Listen to Jack's TED talk to learn more about his biosensor research, his love of science, and his passion.
- Explore Singularity University to learn about cutting edge research in science and technology and for a deep dive into where the world is heading.
- Learn more about Jack and his current projects like nanorobots on his website JackAndraka.com.
- Learn more about the genome editing tool CRISPR to get a better understanding of Jack's research with nanorobots and DNA.
- Check out Jack's book [Breakthrough: How One Teen Innovator Is Changing the World](#) to learn more about Jack's research and the science behind it.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/future-medicine-biosensors-nanorobots-jack-andraka/>