I am a neurophysiologist who explores how your brain controls your blood pressure and heart rate.

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I loved my physiology course on the nervous (brain, spinal cord, and nerves) and cardiovascular systems (heart, arteries, and veins) and was encouraged to attend grad school. I knew I wanted to be a scientist when...

To be a scientist, you need to:

- Keep your eyes and mind open when the unexpected occurs
- Persevere when things get tough
- Be enthusiastic when writing or speaking about your discoveries
- Be both a good teacher and a good student

One of my research questions: How do different groups of nerve cells (neurons) communicate with each other to control blood pressure and heart rate?

Technology I use: We can record the activity of both a single nerve cell and whole nerves and the impact on blood pressure and heart rate in a small mammal. We use computers to analyze these changes in nerve activity and blood pressure. Because we use animals in our research, we follow very strict regulations to assure that our animals do not feel pain or discomfort.

My most exciting discovery: Discovering how neurons (nerve cells) in different parts of the brain work together to change the pattern or character in sympathetic nerves to the blood vessels and heart.