

ART ^ NEUROSCIENCES

SEMILLA 03: Dancing in the Night

0. CONTACT DETAILS

0.1 Surname and first name

Liñán Maho, Catalina

0.2 Contact e-mail address

Catalinalinanmaho@gmail.com

0.3 Let us get to know you a little bit through your participation in websites, blogs, social networks, etc.

I enjoy photography, as well as designing and creating clothing and accessories on a self-taught basis. I like to combine these passions to create. I also have a deep appreciation for nature, and I enjoy taking photographs of the beach and volcano. I recently moved from Tenerife, where I began my photography journey.

0.4 What is your background and in which institution do you work?

I have trained as a physician and am currently undergoing my residency in Clinical Neurophysiology at the Virgen del Rocío Hospital in Seville.

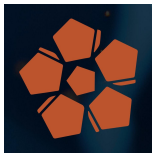
0.5 Gender

Woman

0.6 Age range

20-30

1. ESSENTIAL DIMENSION



1.1 Seed name

Dancing in the Night: Restless Legs Syndrome

1.2 Seed summary

Restless Legs Syndrome is characterized by an unpleasant sensation in the lower limbs that creates an irresistible urge to move the legs, classifying it as a movement disorder. This uncomfortable sensation typically occurs, although not exclusively, during periods of inactivity and in the evening. As a result, it interferes with the initiation of sleep and diminishes the patient's quality of life by causing discomfort, sleep deprivation, and stress.

1.3 Metaphor

The sensation described by patients makes me think of a river in full flood, flowing forcefully and uncontrollably, claiming its space and sweeping everything in its path, while the body yearns for the calm of a serene and stable landscape. It is like a lightning strike in the midst of a peaceful night, signaling an impending torrential rain; or a stormy sea.

1.4 Keywords

Restless legs syndrome; neurological dysfunction; sleep disturbance, evening, insomnia, iron deficiency.

1.5 Scientific field (general)

Medicine.

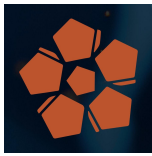
1.6 Scientific subfield (specific)

Clinical Neurophysiology

1.7 Resources (File)

1.8 Resources (Links)

https://www.google.com/search?sca_esv=1d8113497f434296&sxsrf=ADLYWllx0Ext1q-yHWSU9LhSk77mZ6PwHw:1729381215845&q=piernas+inquietas+sinto mas&tbm=vid&source=Inms&fbs=AEQNm0Aa4sjWe7Rqy32pFwRj0UkWd8nbOJ



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<https://historia-arte.com/obras/la-danza-de-matisse>

2. ADDITIONAL DIMENSIONS

2.1 SYNAESTHETIC DIMENSION

This dimension seeks to associate certain sensory characteristics to the seed.

2.1.1 What colours does this seed suggest to you?

Yellow and red.

2.1.2 What sounds or music does this seed inspire you?

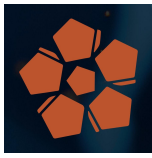
The fluttering of a mosquito.

2.1.3 What aromas would you associate with this seed?

Salt and citrus.

2.1.4 What flavours does this seed evoke in you?

Lemon.



2.2 EMOTIONAL DIMENSION

This dimension seeks to explore the personal meaning of the seed.

2.2.1 What was your motivation to dedicate yourself to this field of research?

The knowledge of human neurological physiology and the possibility of research.

What are your personal reason to suggest this seed?

It seems to me a common pathology in patients, yet very silent, as it does not cause visible organic damage and can often be difficult to verbalize for those who suffer from it. I find it interesting to raise awareness and bring visibility to this condition.

2.2.2 What metaphysical reflections does this seed provoke in you?

The constant struggle between the desire for rest and the restlessness of being can be seen as the manifestation of an internal human conflict between the search for calm. It can also serve as a reminder that we are always in constant motion and adaptation, despite the seeming static nature of our daily lives.

2.2.3 What ethical reflection or challenges would you associate with this seed?

It makes me reflect on how suffering can manifest in various forms, often silently. I offer this seed as an invitation to the viewer to cultivate greater empathy and sensitivity toward the experiences of others.

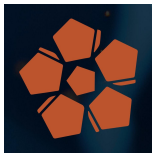
2.2.4 What aesthetic dimensions does this seed suggest to you?

It suggests movement and dynamism, both through the use of fluid and soft materials alongside those that inspire chaos and disorder, such as cables or wires, stones...

It also evokes a contrast of textures, ranging from soft and pleasant to others that are more unpleasant or rough.

2.3 PROCEDURAL DIMENSION

This dimension seeks to explore the scientific processes that are usually followed when investigating this topic.

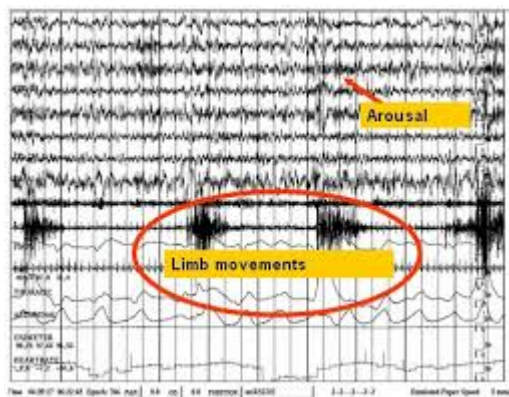
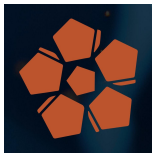


2.3.1 Description of the research process

1. The patient presents to the consultation reporting symptoms: discomfort in the legs in the form of tingling or itching, along with an urgent need to move them, especially when lying down or sitting.
2. The doctor gathers information about the patient's medical history, including prior medical conditions, current medications, and any family history of Restless Legs Syndrome (RLS). The doctor inquires about sleep habits, alcohol and caffeine consumption, and stress levels.
3. The doctor evaluates whether the symptoms meet the criteria for Restless Legs Syndrome and refers the patient to Neurology/Neurophysiology.
4. Complementary tests are conducted: Polysomnography and laboratory tests.
5. After a positive polysomnographic study for RLS, the management plan is initiated, which may include iron supplementation in the case of deficiency, behavioral therapy, and pharmacological treatment.

2.3.2 Research process diagram





2.3.3 Link to the descriptive video of the process

2.3.4 What tools are typically used in this field of research? Whether instruments, technologies, hardware or software.

Electromyography, polysomnography, electrodes.

3 PERSONAL SUGGESTIONS

4 INVOLVEMENT OF THE SCIENTIST IN THE CREATIVE TEAM

4.1- What role would you like to play in the co-creation process of the SciArt work?

Only as a "sower of a seed"

4.2- If you would like to participate as an artist, what creative means would you like to use?