Space Nutrition

Volume 3 | Back to the Future | Issue #6

Space Meds

Medications are a necessary part of space flight. During space flight, medications may be given to treat conditions such as space motion sickness, headaches, sleeplessness, and nasal congestion. At the Johnson Space Center, the Pharmacotherapeutics Laboratory (PL) is where scientists study pharmacology, the science of the use and effects of medicines. The goal of the PL is to provide safe and effective medicines to support the health of astronauts. This laboratory performs research to study how the body absorbs and eliminates medications, and how space flight affects this process. Scientists and pharmacists in the PL also conduct research to increase the shelf life of medications that are flown on space missions.

Honoring the Past

As we take these first steps toward the future, we must also remember those who have fallen in pursuit of this dream. We honor and remember the STS-107 crew, those seven brave, outstanding individuals who, just one year ago, embarked on a mission of science that enthralled and excited all of us. The loss of the Columbia crew, like the loss of the Challenger crew before them, weighs on our hearts, yet drives us to continue forward, and to ensure that the dream stays alive.

Curiosity Corner

What do you think the space vehicle of the future and the lunar base will look like?

Send your drawings and ideas for either to:

Space Nutrition Newsletter
Nutritional Biochemistry Laboratory
Mail Code SK3
NASA - Johnson Space Center
Houston, TX 77058

Where were you on the afternoon of January 14, 2004? That was when President Bush announced the future of NASA, and the future of space exploration for the United States. We will start making plans to develop the next space vehicle - one that will take us back to the moon to establish a base where people will live and work. Learning from the challenges of doing this, we will then turn our sights to sending humans off to the next destination - Mars. What an exciting time this is to be alive.

If you are 10-12 years old now, our first trip back to the moon may come while you are in college. Who knows - you could someday come to work at NASA and help do research on these missions, or even pave the way for the missions to Mars. This is going to be a tough job, with many different challenges. What will the vehicle use for fuel? What will the crew use for fuel (food)? How many crew members? What will be the first words radioed from Mars? It was only one hundred years ago that the Wright brothers took that first flight in North Carolina. Where will we be in another hundred years? Only time will tell....

Did you know?

- The Spirit rover has been rolling around Mars, looking at rocks, and conducting scientific experiments to better understand the Martian surface and landscape. This has to be the most amazing remote-controlled vehicle ever!

- A second rover, Opportunity, landed on Mars in late January on the other side of the planet from Spirit. Almost seems a shame that the two vehicles will be that far away from home, and they won't be able to see each other!

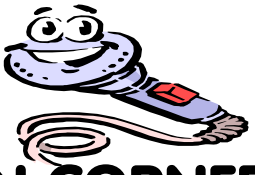
- The Expedition 8 crew continues to work and live on the International Space Station (ISS). They arrived on ISS way back on October 18, 2003, and are not scheduled to land until April of 2004. Imagine spending 6 months on a trip away from home!

- In addition to conducting experiments and keeping the ISS in great shape, the crew does get to have some fun. With the Super Bowl being held in Houston, TX this year, there is a good chance that the ISS crew will send down greetings to the crowd at the game and to those watching the game on TV!

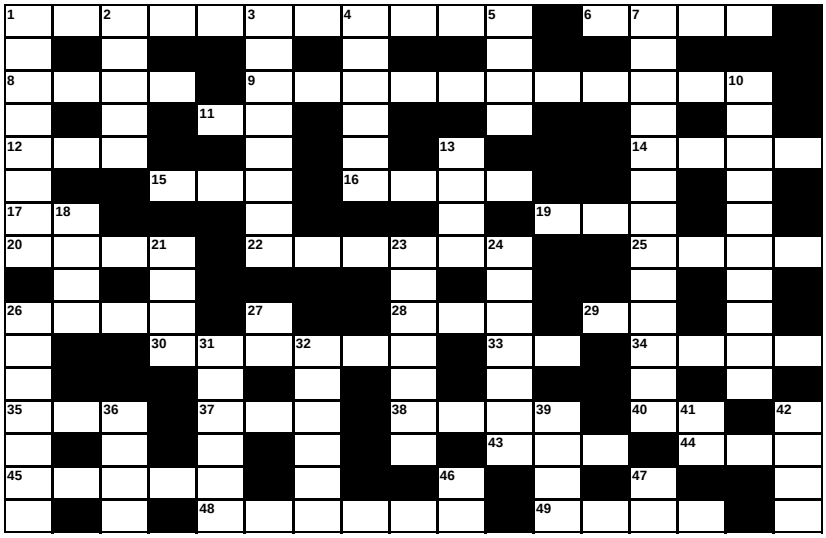
Word of the Month

Thermostabilized

Can you guess what this word means? Look for the meaning of the "Word of the Month" in the next issue of Space Nutrition.



FUN CORNER



Across

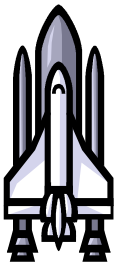
1 Discovery of new lands
6 To go up
8 Not shiny
9 Sun and its planets
11 You and I
12 A work of ____
14 Running contest
15 Automobile
16 Group with a common purpose
17 Either ____, neither nor
19 Extravehicular activity
20 Wander
22 Good nutrition is esssential for ____
25 Color or shade
26 Indistinct mark
28 Short for fabulous
29 ____ and fro
30 Ghost
33 ____ I only had a brain
34 Opposite of far
35 Parcel of land
37 Advanced Lunar Vehicle
38 There is nothing to ____ but ____ itself
40 Expedition 7 astronaut
43 Summit
44 Safety ____
45 Goliath
48 Skeletal ____
49 Addition and subtraction

Down

1 Shuttle name
2 Flies Shuttle
3 Systematic investigation
4 Skill
5 U.S space agency
7 _____ Space Station
10 Operated by machinery
13 To rest patiently
18 To move on wheels
21 Red planet
23 Launch
24 Home
26 The study of life
27 Hello
31 Botany - the study of ____
32 Spirit, one of the Mars ____
36 Rip
39 20 across
41 Opposite of down
42 To break suddenly
46 Afternoon
47 Third-person pronoun

Check out these cool NASA links for more fun space science facts!

http://www.nasa.gov/audience/forkids/index.html
http://www.fda.gov/oc/opacom/kids/default.htm
http://www.spaceflight.nasa.gov
http://www.nasa.gov



Check out the Nutritional Biochemistry Laboratory's website for more information about nutrition and space.

http://haco.jsc.nasa.gov/biomedical/nutrition/