

# 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](http://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/>