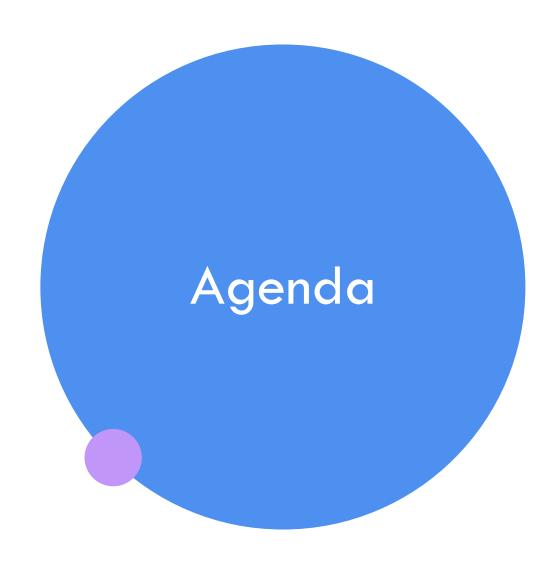


# ทำให้ชีวิตวิจัยง่ายขึ้น

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5 min. Everyone's Inspiration

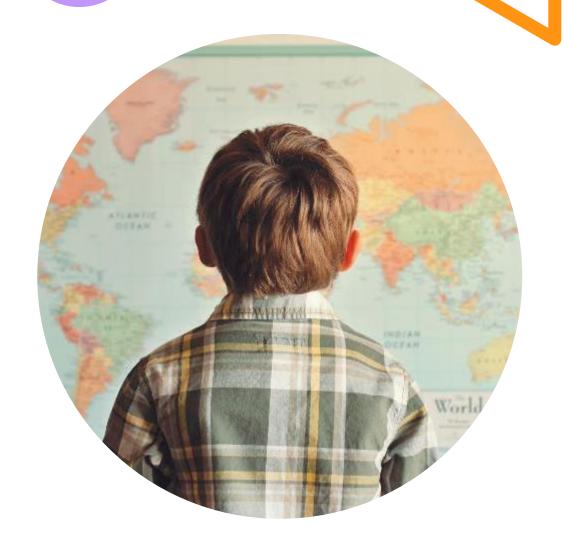
Building Confidence for My Top Al Tools 20 min.

10 min. Discussion

5 min. Take Home Message

Total max. 40 min.





## Overcoming nervousness

- 1. Literature Search
- 2. Knowledge Maps
- 3. Reading Paper
- 4. Presentation
- 5. Writing Paper (No Free)



#### Literature Search

### perplexity

Think of it as the love child of Wikipedia and ChatGPT—only smarter, faster, and more conversational.

- Conversational Search
- Follow-up Questions
- Document Uploads
- Multimodal Capabilities (Pro Version)



This ingenious platform leverages artificial intelligence to offer answers based strictly on scientific research and peer-reviewed articles.

- Research-Based Search Results
- Consensus Meter
- Citation-Based Ranking
- Answer Synthesis
- Easy Citation Search

#### Knowledge Maps



Simple but powerful **one-shot** visualization tool using one seed paper.



Customizable tool , use multiple seed papers in an iterative process



Use multiple seed papers and overlapping maps, combining search with citation relationships and visualization

#### Reading Paper



Scholarcy is an online summarizing tool that helps people to quickly summarize long pieces of text using AI techniques.

Features list:

Summarize

**Extract** main points

Key information

Use cases

Generate summary flashcards

Typeset is a research authoring and collaboration platform with automated formatting, reference management, templates and tools for better writing and submission of papers.

Features list:

Typeset editor

Automated formatting

**Reference management H** Collaboration tools

Library of templates



#### Presentation





### Gamma Canva

	<b>Gamma</b>	Canva
Ease of use	✓ Yes	✓ Yes
Skills required	No design experience required	No design experience required
Requires a lot of editing	<b>☑</b> No	X Yes
Step-by-step guide	✓ Yes	<b>X</b> No
In-app editor	✓ Yes	✓ Yes



<<

- **Library**
- Al Chat

due to the promotion of energy homeostasis rather than to any direct effect on the aging process itself. However, the exact mechanisms behind these effects are still not fully understood (Ormazabal et al., 2018).

Further research is needed to fully understand the mechanisms underlying the relationship between a ketogenic diet and longevity in humans, but existing evidence suggests that it may be a promising dietary pattern for increasing health-span and improving metabolic function (Kayode et al., 2020).

The potential of ketogenic diets to enhance longevity has garnered significant attention in recent years. While the diet has been intensively studied and utilized as a treatment for epilepsy, emerging research indicates that the potential health benefits of this dietary approach may extend well beyond neurological conditions to encompass broader applications in promoting overall health and lifespan.

Aging is a fundamental risk factor for many major diseases, including various forms of cancer, <u>neurodegeneration</u>, and cardiovascular disorders (Babygirija et al., 2024). One study found that a ketogenic diet significantly increased median lifespan and survival in adult mice compared to controls. The researchers also observed preservation of motor function, memory, and muscle mass in aged mice on the ketogenic diet, suggesting potential benefits for <u>healthspan</u> as well as lifespan (Qu et al., 2024).

+ # Press # + / for an Autocomplete suggestion...

#### Risks

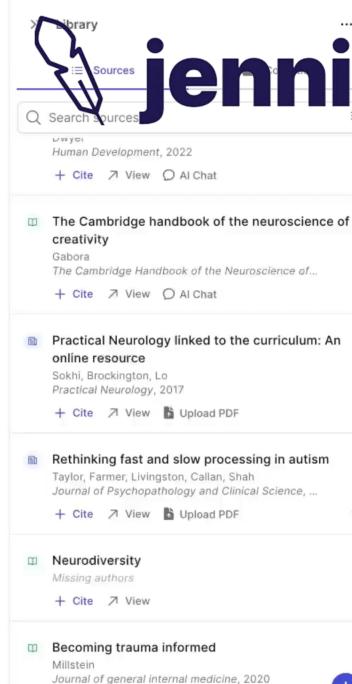
There are, however, some concerns that long-term consumption of a ketogenic diet could have negative side effects that could jeopardise health. For example, low blood sugar levels and increased lipid profiles have been observed in some individuals following a ketogenic diet Schleicher et al. (2019). Further research is needed to fully understand the potential benefits and risks of a ketogenic diet for

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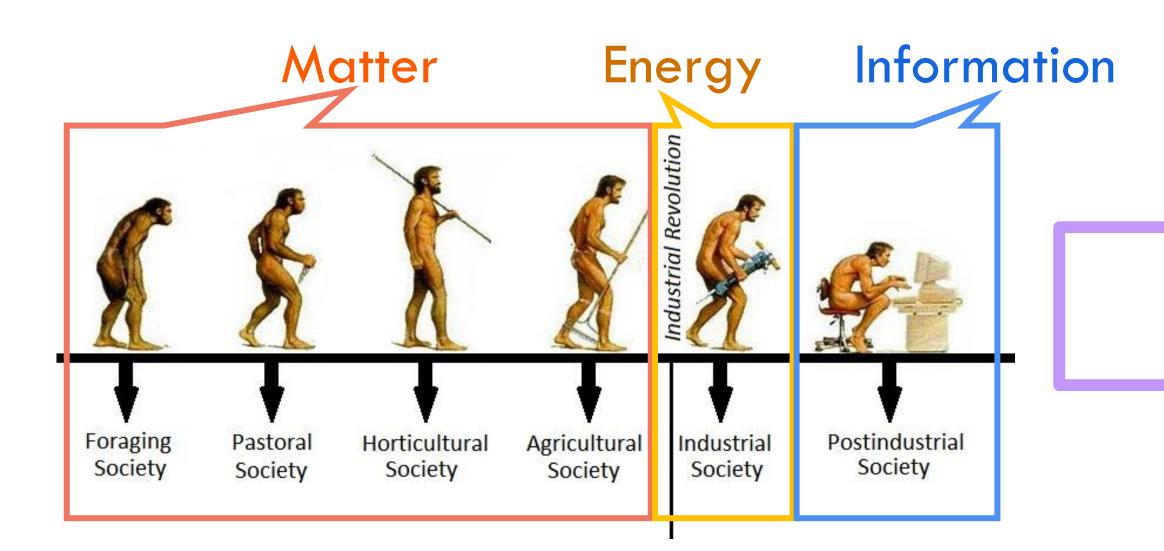


+ Cite / View

#### Discussion



#### Take Home Message



https://sites.google.com/view/aiscit/

Thank You for Your Attention





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