

# Scientific & Clinical Writing Portfolio

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This portfolio showcases SEO-informed, evidence-based scientific writing designed for professional, patient, and public audiences. Samples demonstrate the ability to translate complex clinical and scientific concepts into clear, accurate, and practical content.

# Microplastics in Water: What the Science Says and What It Means for Your Health

## What Are Microplastics?

Microplastics are plastic particles smaller than 5 millimeters that originate from the breakdown of larger plastic materials or are manufactured at microscopic sizes. Because plastic degrades slowly, these particles persist in the environment and are now detected in water, food, air, and human tissues.

## Where Are Microplastics Found in Drinking Water?

Research has identified microplastics in bottled water, municipal tap water, surface water, and groundwater sources. Several studies report higher concentrations in bottled water, likely due to packaging and bottling processes.

## What Does the Research Say About Health Effects?

Direct links between microplastic ingestion and human disease have not been established. However, laboratory and animal studies suggest potential concerns related to tissue accumulation, chemical exposure, and inflammatory responses.

## Practical, Evidence-Aligned Takeaways

Reasonable steps include reducing single-use plastics, using refillable containers, considering particulate-tested filtration systems, and staying informed without relying on fear-based messaging.

### About the Author

Katie Cremasco, BScN, RN, is a Registered Nurse with nearly 20 years of experience across emergency care, pediatric intensive care, oncology, home care, and healthcare leadership. She specializes in translating complex scientific and clinical information into clear, evidence-based written content.

# Understanding pH Claims in Wellness: What's Science-Based and What's Marketing

## What Is pH and Why Does It Matter?

pH measures how acidic or alkaline a substance is. In the human body, pH is tightly regulated through complex buffering systems involving the lungs, kidneys, and metabolism.

## Common pH Claims in Wellness Marketing

Wellness products frequently claim that alkaline water or diets can rebalance body pH, increase energy, and prevent disease. These claims oversimplify human physiology.

## What Science Supports

Evidence does not support meaningful systemic pH changes from alkaline water consumption in healthy individuals. Any benefits observed are more likely related to hydration and dietary quality rather than alkalinity.

## The Bottom Line

pH is a valid biological concept but is often misused in marketing. Consumers benefit from evidence-based understanding rather than oversimplified narratives.

### About the Author

Katie Cremasco, BScN, RN, is a Registered Nurse and healthcare writer focused on evidence-based communication that bridges clinical accuracy and public understanding.