



**Challenge:** For Dr. Leonard Khiroug's lab, understanding the functional and morphological plasticity of neurons and glia cells is a complex process. The lab utilizes many different research techniques including two-photon microscopy, patch clamp electrophysiology, and TIRF microscopy, among a variety of others.

**Solution:** With such a plethora of techniques being used, the lab has come to rely heavily on JoVE videos. From training new students to implementing additional techniques in the lab to sharing existing techniques with remote colleagues, the Khiroug lab strongly stands behind the value of scientific videos. Says Khiroug, "JoVE offers the possibility to show and tell (through video and audio, respectively) how the experiments are done, including fine details that are difficult to communicate via text and figures alone."

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*"It took us 2 weeks instead of 1 year to learn a new surgery technique published in JoVE."*

-Dr. Leonard Khiroug, University of Helsinki

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## Results/Benefits:

- Khiroug and his lab on-boarded a new surgical technique in 2 weeks with the use of JoVE that would have taken a year to learn without it—in other words, a 96% increase in efficiency in time use.
- The Khiroug Lab has published 4 articles with JoVE. Their first publication has received 26,000 views and has been cited 7 times in other journals.