Science Example

Approximate bone mineral density (BMD) loss due to long duration space flight.

Whole Body
0.5% / month

Lumbar Spine
1% / month

Hip
1.5% / month
Veg-01 First Harvest
Plant Factories
HELP IS ONLY 140 MILLION MILES AWAY

MATT DAMON

THE MARTIAN
From the outer limits to the inner joy of being an astronaut and a mother.

MOM IN SPACE

BY JEANNIE RALSTON

PHOTOGRAPHS BY ROSE HENRY