

THE SCIENCE OF AGING

FALL 2014

featuring ...

PENN'S THIRD ANNUAL 5K FOR THE IOA & THE MEMORY MILE WALK

Supporting Alzheimer's and aging related research and care at the Institute on Aging

Sunday, September 21, 2014 marked the Third Annual 5K for the IOA and The Memory Mile Walk. In the final stretch of summer, humidity clung to the air as 300+ runners and walkers prepared for their trek across Penn Park. Runners ranging in age from 7-74 made their way up several hills, over bridges, and around the various athletic fields throughout the route and awards were given to the top three male and female finishers in each age group. Following the run and walk, participants and their families enjoyed tons of great snacks and give-aways courtesy of a variety of sponsors from all over the city. While some registrants joined us in honor or memory of loved ones who have been affected by aging-related diseases, many came out simply to support a great cause.

For more on the 5K for the IOA & The Memory Mile Walk and a full list race results, visit our blog at: PennInstituteonAging.wordpress.com

To see more photos from the race day, visit us on Facebook at: www.facebook.com/PennAging



WHAT'S INSIDE?

- ▶ ALS Ice Bucket Challenge
- ▶ A link between depression & Parkinson's disease
- ▶ Management and Outcomes of Hip Fractures in the Elderly
- ▶ 5K for the IOA 1st Place Winners

5K FOR THE IOA 1st Place WINNERS

- ▶ Ages 14 and under:
Stephen Maransky - 20:51
Lauren Maransky - 31:40
- ▶ Ages 15-19:
Harrison White - 21:59
Camryn Riddell - 26:26
- ▶ Ages 20-29:
Evan Novakowski - 17:33
Abigail Cember - 21:38
- ▶ Ages 30-39:
Jeremy Houseman - 18:46
Christine Weisshaar - 21:56
- ▶ Ages 40-49:
John Jakob - 21:56
Laura Murray - 22:55
- ▶ Ages 50-59:
Sean Harbison - 22:17
Maureen Bonnell - 29:22
- ▶ Ages 60+:
David Stickley - 25:29
Kathy Jedrzewski - 30:24

Millions of dollars
in donations pour
in following the

ALS ICE BUCKET CHALLENGE



Whether you are on social media or not, it is pretty safe to assume that at the very least you have heard of the ALS Ice Bucket Challenge by now. If not, the rules are simple: if you are nominated to participate, you can either take a video of yourself being doused in ice cold water and then nominate others to take the challenge or you can make a donation towards ALS research. The goal is to raise ALS (amyotrophic lateral sclerosis) awareness and research funds in hopes of combating this devastating neurodegenerative disease.

While this is not the first social fundraising effort of its kind, it is certainly the most successful. Within a few short weeks the challenge went viral on social media. Within no time, political figures and Hollywood stars were joining in on the action. According to the ALS Association, as of October, they received a total of \$115 million in Ice Bucket Challenge donations!

Naturally, IOA Director, John Q. Trojanowski, MD, PhD, who also co-directs Penn's Center for Neurodegenerative Disease Research, was more than happy to step up to the plate after being nominated. After all, he has dedicated his life to research with the intention of striking out life-altering neurodegenerative diseases like ALS. Dr. Trojanowski accepted his Ice Bucket Challenge on August 26, surrounded by the entire CNDR team.

Following Dr. Trojanowski's Ice Bucket Challenge, Penn's ALS Research Fund also experienced an increase in donations. The amount of funds raised this year was around 163% higher than the amount received during the same time last year.

To view Dr. Trojanowski's Ice Bucket Challenge video, visit:
www.youtube.com/PennInstituteonAging

Make a gift today!

To support aging-related research and care
at the Institute on Aging, please contact:

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Penn Medicine Development
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215-573-0187
msof@upenn.edu

or visit: Givingpages.upenn.edu

what's new in AGING RESEARCH?

Affecting more than 300,000 older adults each year, hip fractures are surfacing as a hot topic in healthy aging research.

Two recent studies conducted by Penn's Mark D. Neuman, MD, *Assistant Professor of Anesthesiology and Critical Care*, Jeffery Silber, MD, PhD, *Professor of Health Care Management*, and Rachel M. Werner, MD, PhD*, *Associate Professor of Medicine, Division of General Internal Medicine*, along with their colleagues and featured in JAMA Internal Medicine focus on the outcomes and management of these common but serious injuries. According to the first study, long-term residents of nursing homes are "at twice the risk of sustaining a hip fracture (HF) as community dwellers." They also found that the combined risk of death or new total dependence in walking was a 53.5% chance within 180 days of the injury, most commonly occurring among patients with severe cognitive impairment, those receiving nonoperative management, and those over 90 years of age.

The second study compared the surgical outcomes in patients receiving general anesthesia vs. regional anesthesia such as spinal or epidural. They found that 72% of HF patients undergoing surgery received general anesthesia and 28% received regional anesthesia. The median length of stay after surgery was 6.2 days, with regional anesthesia being associated with a 0.6 day shorter length of stay compared to general anesthesia patients. The authors note that the association could be related to reductions in complications or more effective rehabilitation. Overall, 5.3% of the patients involved died within 30 days.

With that said, the general findings "emphasize the importance of continued effort to prevent HFs among nursing home residents" and "stress the need for further research on the potential for quality improvement initiatives, potentially including specialized inpatient geriatric fracture programs, to improve outcomes among nursing home residents who sustain HFs."

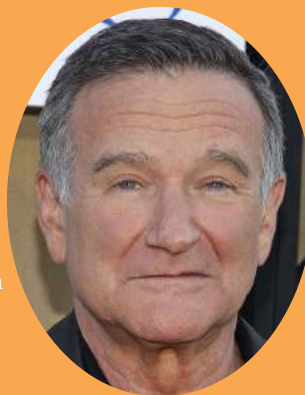
For more information on these studies, visit The Leonard Davis Institute of Health Economics' blog and search "hip fractures" at:

LDI.UPENN.EDU/VOICES

* Rachel M. Werner, MD, PhD, is also this year's recipient of the **Samuel Martin Health Evaluation Sciences Research Award**, a Penn Medicine Award of Excellence.

A LINK BETWEEN PARKINSON'S DISEASE AND DEPRESSION

In the wake of the death of late-actor/comedian Robin Williams, there has been an increase in the awareness of the link between the early stages of Parkinson's disease (PD) and depression. Williams suffered from depression and issues with substance abuse for many years before tragically taking his own life this past August. Shortly after, his wife released a statement sharing some more unexpected news; Williams was recently diagnosed with early stage Parkinson's disease, which raised speculation about the direct correlation between his diagnosis and his untimely passing.



A recent NBC News article featuring Penn Medicine's Daniel Weintraub, MD, Clinical Core Co-leader for Penn's Udall Center for Parkinson's Research and Associate Professor of Psychiatry, and other experts on the subject explains that "people with a history of depression are likely to develop Parkinson's related depression" before the motor symptoms even begin. However, PD can also initiate depression in those who have never experienced it before. This condition, even in its early stages, can alter a variety of chemicals, aside from those interfering with an individual's movement, which can lead to an increase in symptoms such as depression, anxiety and apathy.

While there are medications that can successfully treat these symptoms, they are often overlooked by doctors and patients alike. There can be an overlap in the symptoms of Parkinson's disease and depression, making them difficult to recognize.

For the full article "Perfect Storm: Parkinson's Disease May Worsen Depression", visit nbcnews.com

UPCOMING EVENTS

November 24, 2014

Joseph A. Pignolo, Sr. Award in Aging Research
Dongsheng Cai, MD, PhD

December 11, 2014

Vincent J. Cristofalo Lectureship
Alfred L. Goldberg, PhD

January 8, 2015

Cognitive Impairment in Alzheimer's and Parkinson's Disease
Tom Montine, MD, PhD

January 15, 2015

Pathways that Modulate Longevity in Life Forms
Brian K. Kennedy, PhD

February 26, 2015

Gender Differences in Brain Aging
Sarah L. Berga, MD

March 17, 2015

Geriatric Syndromes
Neil Resnick, MD

March 31, 2015

Biodemography of Human Lifespan and Aging
Michael Gurven, PhD

April 29, 2015

Complex Care Issues in Health of the Elderly
Ann Marie Kolanowski, PhD, RN, FGSA, FANN

More details at:

www.med.upenn.edu/aging/events.shtml

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...**MANY THANKS!**

Our sincere thanks to the IOA's generous donors, friends, and volunteers! Meet the members of the IOA External Advisory Board at:
www.med.upenn.edu/aging/ExternalAdvBoard.shtml

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The mission of the Institute on Aging at the University of Pennsylvania is to improve the health of older adults by increasing the quality and quantity of clinical and basic research as well as educational programs focusing on normal aging and aging-related diseases across the entire Penn campus.

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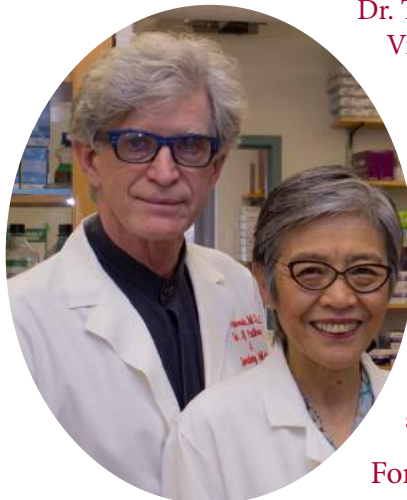
[Youtube.com/PennInstituteonAging](https://www.youtube.com/PennInstituteonAging)



PennInstituteonAging.wordpress.com



Congratulations to Drs. Trojanowski and Lee!



Dr. Trojanowski, Director, IOA, and his research partner Virginia M.-Y. Lee, PhD, MBA, Director, Penn's Center for Neurodegenerative Disease Research (CNDR) have been named the 2014 J. Allyn Taylor International Prize in Medicine co-recipients!

They have been chosen for this award in honor of their lifelong dedication and work towards finding ways to understand and treat the life altering neurodegenerative diseases such as Alzheimer's, Parkinson's, amyotrophic lateral sclerosis (ALS), frontotemporal degeneration (FTD), progressive supranuclear palsy (PSP), and related disorders.

For more information, visit our blog at:
www.penninstituteonaging.wordpress.com