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MEET THE BOARD • ORIEN REID NIX

Orien also recently retired from broadcasting to deepen her commitment to volunteer work and consumer advocacy. She formed a media consulting business, Consumer Connection, and now divides her time between this venture and her other civic activities which include serving on the advisory board of Jefferson Hospital's Farber Institute for Neurosciences and the Dickens Auxiliary Board of Abington Memorial Hospital.

While her contact with the IOA began through her work with the Alzheimer's Association, her interests and concerns regarding aging are not limited to Alzheimer's disease. "I have always

been concerned about the quality of life as we age and the IOA is doing very important work in this regard - advancing research, promoting compassionate care and finding cost-effective solutions."

For Orien, the impact of the IOA extends well-beyond any one age group. "In integrating research, the IOA is not only furthering our understanding of the aging process but is fostering significant advances in the treatment of chronic diseases that affect people of all ages and their caregivers such as Parkinson's, ALS and diabetes...All of the issues are of concern to everyone. As seventy mil-

lion baby boomers advance in age, we will place unprecedented stresses on loved ones as well as on the healthcare system which we could bankrupt. Community education is essential and I believe that IOA conferences, symposia and lectures play a critical role as mechanisms for the larger lay audience to participate in this important conversation. In fact, so many of the pieces come together through the IOA's community connections, connections I hope to help broaden in the years to come."

On our list...

*The IOA is in the process of updating its newsletter mailing list.* Has your address changed? Would you rather receive your copy of the IOA newsletter at another location? Are you receiving more than one copy of the newsletter? Is there a correction that should be made to your listing?

Let us know! Email any changes that need to be made to [aging@mail.med.upenn.edu](mailto:aging@mail.med.upenn.edu) with the subject heading of "IOA Newsletter Updates." Or, you can reach us by mail at: Institute on Aging, Newsletter Updates, 3615 Chestnut Street, Philadelphia, PA 19104.

*We thank you for your assistance!*



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OPENING NEW AVENUES OF INVESTIGATION IN AGING RESEARCH

With the recent addition of new faculty member and IOA Fellow, Rachel Werner, MD, PhD, the IOA continues to promote basic and clinical research in aging at Penn and open new avenues of investigation and collaboration through faculty recruitment.

Penn's reputation for the strength of its aging research in areas such as sleep biology, falls and frailty, health disparities in health care access/use, end-of-life care, and neurodegenerative diseases is nationally recognized. To further enhance Penn's position as a major center for aging research, the IOA is engaged in the ongoing, active recruitment of new faculty from a variety of disciplines. The goal is to not only bring fresh minds to Penn but also to strengthen research programs overall at Penn by forging new connections and stimulating a shared focus on aging with existing research centers and programs.

Key to this endeavor is the formation of partnerships with other departments in the Penn School of Medicine. Such partnerships allow the IOA to identify and recruit those - locally, nationally and internationally - whose expertise may not only complement ongoing aging research but who may participate in or even initiate new multidisciplinary aging research projects.

*Continued on page 2*



Darlene Sampson, Executive Director, PA Council on Aging and Nora Dowd Eisenhower, Secretary, PA Department of Aging at Anti-Aging Symposium (page 6)

See page 6 for Anti-Aging Therapies...

Message from the Director



John Q. Trojanowski, MD, PhD

*Most of you are familiar with the sobering statistics associated with aging in America. Indeed, the aging of our society is a demographic revolution that will change life as we know it in a very short time.*

*I believe that, while it is important to continue to raise awareness of the very real dangers we face as a society, there are also some truly promising messages that should not be obscured.*

*It is our goal at the Institute on Aging to promote healthy and successful aging while fostering research that will open new avenues providing ethical and effective means to improve health*

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**Director**  
John Q. Trojanowski, MD, PhD

**Deputy Director**  
Kathryn Jedrzewski, PhD

**MISSION:**  
*The mission of the Institute on Aging (IOA) at the University of Pennsylvania is to improve the health of the elderly by increasing the quality and quantity of clinical and basic research as well as educational programs focusing on normal aging and age-related diseases at the University of Pennsylvania School of Medicine and across the entire Penn campus.*

**Newsletter Co-Editors**  
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The *Newsletter* is published two times per year by the Institute on Aging at the University of Pennsylvania.

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OPENING NEW AVENUES OF INVESTIGATION IN AGING RESEARCH

Of particular interest is attracting faculty researchers in areas of high relevance to the pathobiology of aging, including such fields as cancer, metabolic diseases, women's health, pharmacology, health economics, and epidemiology and biostatistics. Likewise, recruiting faculty representing such less-developed research disciplines such as human genetics, animal models of aging, translational research on aging-related diseases, and cell/gene therapy would likely have a significant impact on aging research here at Penn.

Already the IOA's first faculty recruits are actively contributing to pathobiology of aging research. The addition of Dr. Benoit Giasson, Assistant Professor of Pharmacology, in January, 2004, has led to additional research on Parkinson's disease, specifically how gene products act together to cause or prevent neuronal death. The IOA's second faculty recruit, Dr. Mark Forman, with degrees in Biochemistry and Immunology, is focusing on elucidating the contribution of non-neuronal cells to the neurodegenerative process.



**Dr. Rachel Werner, Assistant Professor of Medicine at the Penn School of Medicine**

Dr. Rachel Werner, the newest IOA faculty recruit, was named an Assistant Professor of Medicine at the Penn School of Medicine this year. Working in the Division of General Internal Medicine, she also serves as a Staff Physician at the Philadelphia Veterans Affairs Medical Center. The focus of her research is in healthcare quality, specifically quality measurement, interventions to improve quality, and the impact of these interventions on healthcare delivery and outcomes.

Recently Dr. Werner completed a study examining the impact of CABG (coronary artery bypass surgery) report cards on physician behavior, funded by a grant from the Agency for Healthcare Research and Quality. The project began as a Leonard Davis Institute for Health Economics Pilot Project.

Coronary artery disease is one of the leading causes of death among the elderly; over half of CABG surgeries are performed on people over the age of 65. One mechanism adopted by some states to improve the quality of CABG surgery is to publicly report risk-adjusted mortality rates of surgeons performing CABG surgery. However, there has been some concern that CABG report cards may cause surgeons to avoid treating patients, including minorities, they perceive to be at high-risk for having an adverse outcome. Dr. Werner found that after CABG report cards were released there was a decrease in CABG surgery among black and Hispanic patients.

Dr. Werner is also looking at how other patient characteristics, such as age, influenced the use of CABG surgery after report cards were published. This work serves as a good reminder that although public reporting quality is designed to improve healthcare quality, it may have unintended consequences such as causing physicians to cherry-pick patients. In the future, Dr. Werner is planning on extending this research to look at the impact of nursing home report cards on quality and in studying how pay-for-performance systems, such as the system that Medicare is considering universally adopting, influence quality and physician behavior.

Dr. Werner received her BA in 1992 from Macalester College in St. Paul, Minnesota. She received her MD from Penn in 1998, where she also served her residency in Internal Medicine, and began a fellowship in the Division of General Internal Medicine in 2001. During her fellowship she completed a Ph.D. in Health Economics from the Department of Health Care Systems at the Wharton School. She is first-author of two recent publications: "The unintended consequences of publicly reporting quality information" in the *JAMA* and "Racial profiling: the unintended consequences of CABG report cards" in *Circulation*.

This June, 2005, Dr. Werner will be awarded the AcademyHealth Dissertation Award, honoring an outstanding scientific contribution from a doctoral thesis in health services research. AcademyHealth is a professional society for health services researchers, policy analysts, and practitioners, and a leading, non-partisan resource for health research and policy.



PHOTOS COURTESY OF KOREAN COMMUNITY DEVELOPMENT SERVICES CENTER [WWW.KOREANCENTER.ORG](http://WWW.KOREANCENTER.ORG)

**Call for Information on...  
RESEARCH ADDRESSING  
HEALTH DISPARITIES IN AGING**

The Institute on Aging is seeking information regarding studies and interventions that are focusing on health disparities with the goal of creating an on-line resource for researchers and practitioners who share the same interest.

If you are interested in contributing to this resource, kindly forward your contact information and a brief description of your work to [sklar@mail.med.upenn.edu](mailto:sklar@mail.med.upenn.edu) or call Margot Sklar at 215-573-2819.

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**Message from the Director**

*with aging and for treating devastating aging related disorders.*

*Solutions are within our grasp. As you read this issue, it is my hope that you feel empowered by all of the progress that is happening, from the development of new interventions in alleviating the stressors of caregiving to the roads being paved to provide equitable access to healthcare services as well as the strides being made in our understanding of aging related diseases.*

*I hope that you also feel inspired to attend our collaborative symposia and lectures – all of which are open to the public free of charge and are designed to give everyone access to the most current advances in aging research.*

*Most recently, the IOA co-hosted The Art & Science of Anti-Aging Therapies: Convergence of Theory and Practice with the Center for Human Appearance. Over the course of two days, the audience learned of many habits that can be adopted to take charge of the aging process. There are solutions within everyone's reach – things that we can do every-day that can, in real terms, have a positive impact on our physical, mental and cognitive health.*

*For instance, physical therapists have found that even moderate exercise can significantly affect the way*

**Continued on page 4**





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Message from the Director

we age and neuroscientists have identified simple variations in our lifestyles that are associated with the maintenance of our mental abilities. In addition, the moderate use of wine and alcohol can play a role reducing the risk of heart disease, osteoporosis, obesity and even dementia. There are even encouraging data coming out of veterinary science indicating that a diet rich in antioxidants may slow age-related cognitive decline.

At the Anti-Aging event, we were also fortunate to have Dan Perry, Executive Director for the Alliance in Aging Research, speak to over-arching trends in aging. He reported that Americans have increasingly high expectations for aging in good health and are willing to invest in measures that will contribute to this in the future. I believe this to be true and am very hopeful of our ability to see a positive future as we age.

Please refer to our website <http://www.med.upenn.edu/aging> to learn more about the Anti-Aging event as well as other IOA activities. We thank you for your continued interest in the IOA and hope to see you at one of our many events this year.

FOCUS ON CAREGIVERS

**Pennsylvania Department of Aging Awards Grant to Memory Disorders Clinic of the Alzheimer's Disease Center at the University of Pennsylvania**

An interdisciplinary team led by Jason Karlawish, MD, and Karen Hirschman, PhD, MSW, has received funding from the Pennsylvania Department of Aging to continue their work in identifying and addressing the needs of caregivers of people living with Alzheimer's Disease (AD) and related dementias.

Although many aspects of caregiving can be rewarding, caring for a loved one with dementia is an around-the-clock responsibility that often requires the caregiver to sacrifice his or her own physical health, social relationships, work life and emotional well-being. The National Academy on an Aging Society recently reported that those who care for people with AD and related dementias provide more hours of care and suffer more adverse consequences than caregivers of people without dementia. Sadly, few adults identify themselves as caregivers or know where to turn for help when they become overwhelmed by their responsibilities. Further compounding this problem is the difficulty that healthcare providers face in the clinical setting where there is often very limited time to work closely with both patient and caregiver.

Jason Karlawish and Karen Hirschman have been working to improve the health and welfare of caregivers by removing these barriers that exist to care. While several comprehensive screens to identify caregiver burden are available, these screens are often too time-consuming for realistic use in clinical practice. With data collected from caregivers in the Memory Disorders Clinic, Hirschman and Karlawish were able to refine a well-established screen from 25 questions to 7, greatly reducing the time required for utilization. (Hirschman KB, Shea JA, Xie SX, & Karlawish JHT. The development of a rapid screen for caregiver burden. *Journal of the American Geriatrics Society*. 2004; 52(10): 1724-1729).

***“These are seven straightforward questions that get to the heart of the caregiving experience, especially the physical and emotional burdens of care,” Hirschman notes, “We are very optimistic that this screen will improve our ability to help caregivers as well as those living with AD and related dementias.”***

In the next year, with the assistance of the Pennsylvania Department of Aging, the research team will be working to broaden the scope of this caregiver screen – to make it more widely-accessible and to integrate the

ability to provide immediate and direct feedback, guidance and resources to caregivers. The goal is to create an innovative computer-based service delivery program that can be accessed by caregivers via the internet first in the clinic and ultimately from any computer with internet access at home, work, or even the library. This program will collect information from the caregiver and provide a tailored response based on the answers to specific questions. This tailored response will provide recommendations and suggestions on handling the topic areas as well as local resource contact information. The computer program will provide a way to easily review the information and allow the caregiver to email or print out the information to review at a later time.

***If you are interested in this project or would like more information about the Memory Disorders Clinic visit <http://www.uphs.upenn.edu/ADC/> or call 215-573-3755.***

PENN-CHEYNEY EXPORT CENTER OF EXCELLENCE FOR INNER CITY HEALTH



Professor Marilyn Guidry, Jessica Cotton & Marianne Stanback, Cheyney EXPORT faculty & students with results from an EXPORT project.

Did you know that obesity is a leading cause of preventable deaths and disability in the United States and obesity prevention is the focus of public health efforts nationwide? The number of obese Americans has consistently increased since 1960.

Certain population groups are more at-risk for obesity, such as children, African Americans, Latinos and low-income individuals.

The longer obesity is present, the more likely that associated health problems will develop. Hence, preventing the gain of excess weight is a critical aspect of healthy aging. Weight loss in middle-aged adults and older adults may help to delay the onset of health problems and may also improve the ability to manage health problems that are present.

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IOA PROJECT COORDINATORS FORUM 2005-2006

Project coordinators, managers, and others who are involved in projects and/or studies on aging are invited to attend these informal, monthly discussions. Projects and studies at any stage are welcome.

**September 13th:**  
Mark Weiner, Integrated Advanced Information Management Systems (IAIMS)

**October 11th:**  
Lucinda Bertsinger, School of Nursing

**November 8th:**  
Sangeeta Bhojwani, Geriatric Education Center

**December 13th:**  
Helen K. Black, PhD, Senior Research Scientist, Center for Applied Research for Aging and Health, Jefferson College of Health Professions, “Experience of Suffering in Old Age”

**January 10th:**  
Karen Hirschman, PhD, MSW, School of Nursing

**February 7th:**  
Julie Dietrich, Administrator Population Aging Research Center

**March 14th:**  
Jennifer Bruce, Research Project Manager, Department of Pathology and Laboratory Medicine, CNDR

**April 11th:** open

**May 9th:** open

**June 13th:** open

Meetings are held the second Tuesday of the month at Ralston House, 3615 Chestnut Street, in Room 241, from 2:00-3:00pm. If you are interested in presenting your research or project or would like more information, please contact the IOA via e-mail at [aging@mail.med.upenn.edu](mailto:aging@mail.med.upenn.edu) or by calling (215) 898-3163.





**AGENDA  
ANTI-AGING THERAPIES**

**Genetics of Aging and Longevity--From Flies to Centenarians**

**Caleb E. Finch, PhD**  
University Professor  
Director, Gerontology Research Institute,  
Ethel Percy Andrus Gerontology Center  
ARCO/ Keischnick Professor of  
Gerontology and Biological Sciences  
University of Southern California

**Staying Young by Keeping Fit--Exercise as Anti-Aging Therapy**

**Rebecca Lynn Craik, PT, PhD, FAPTA**  
Chair and Professor, Physical Therapy  
Arcadia University  
**Kathleen Kline Mangione, PT, PhD, GCS**  
Associate Professor, Physical Therapy  
Arcadia University

**Physical Appearance in Daily Life: Youthfulness Equals Beauty; Aging Equals What?**

**David B. Sarwer, PhD**  
Associate Professor, Psychology in  
Psychiatry and Surgery  
Director of Education, Weight and Eating  
Disorders Program  
Consultant, Edwin & Fannie Gray Hall  
Center for Human Appearance  
University of Pennsylvania

**Patient Utilization of Treatment Modalities for Problems of Aging**

**Scott P. Bartlett, MD**  
Associate Professor, Surgery (Plastic)  
Director, Craniofacial Surgery;  
Mary Downs Professor in Craniofacial  
Treatment and Research  
University of Pennsylvania and Children's  
Hospital of Philadelphia

**Antioxidants and Aging in Dogs -- Lessons for a Dog's Older Best Friend?**

**Steven C. Zicker, DVM, PhD, DACVIM, DACVN**  
Senior Nutritionist  
Hill's Pet Nutrition, Inc.

**Gonadal Steroids--Tonics or Toxins for Menopause and Andropause?**

**Anne R. Cappola, MD, ScM**  
Assistant Professor, Medicine and  
Epidemiology, Division of Endocrinology,  
Diabetes, and Metabolism  
Senior Scholar, Center for Clinical  
Epidemiology and Biostatistics  
Director of Research Programs, FOCUS on  
Health & Leadership for Women  
University of Pennsylvania

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**The Art & Science Of Anti-Aging Therapies**  
CONVERGENCE OF THEORY AND PRACTICE

About 250 clinicians, scientists and members of the community convened on March 18th and 19th, 2005 for "The Art & Science Of Anti-Aging Therapies: Convergence Of Theory And Practice" a one and a half day symposium organized jointly by the Institute on Aging and the Edwin and Fannie Gray Hall Center for Human Appearance of the University of Pennsylvania School of Medicine.



Anti-aging medicine, an extension of preventive health care, is based on the early detection, prevention, and reversal of aging-related diseases. While basic and clinical research on aging now offers promising insights into this process as well as measures to ameliorate

the physical and mental deterioration associated with aging, focusing attention on anti-aging poses the danger of branding aging as a disease. Thus, the Institute on Aging and the Center for Human Appearance of the University of Pennsylvania designed this symposium to offer the medical community and the community-at-large an opportunity to make sense of these issues as well as to focus on the positive possibilities of living and enjoying a healthy life with advancing age.

Recognizing that healthy aging is a product of many inter-related factors including what we eat, how we exercise our bodies and minds, as well as how we look, this symposium sought to provide information that would enable attendees to sort out the most effective and safe treatments from the dubious and perilous "snake oil" and "quick fixes." The program provided an



overview of combined surgical, medical and non-pharmacological approaches to promote healthy aging of the body and mind as well as current information about interventions, procedures and therapies for aging well and a forum for assessing the ethical and economic implications of the upcoming demographic shifts for those who treat and serve this population.

The scientific progress in aging research has already helped people living today in innumerable ways. While this symposium could not address all of the critical issues of the day on this topic, it did cover a considerable portion of this uncharted territory. The audience learned that we can expect to live more healthy lives as we age than any generation before us, and the symposium also empowered attendees to take this progress further – to take charge of their lives to pursue evidenced based activities and dietary habits that are not only health promoting throughout life, but will be especially vital in the later half of the human life span.

*The full agenda is provided on these pages and video of the entire event is available on-line at <http://www.med.upenn.edu/aging>. The event is also featured in an article on Science Magazine's website <http://sageke.sciencemag.org/cgi/content/full/2005/17/pe11>.*



PHOTOS COURTESY OF GAYLE JOSEPH



**AGENDA  
ANTI-AGING THERAPIES**

**The Effects of Sun, the Environment, and Menopause on Aging**

**James J. Leyden, MD**  
Professor Emeritus, Dermatology  
University of Pennsylvania

**Perspectives on Facial Aging and its Treatment**

**Linton A. Whitaker, MD**  
Professor, Surgery, (Plastic)  
Director and Founder, Edwin & Fannie  
Gray Hall Center for Human Appearance  
Friends of Brian Professor of Plastic  
Surgery  
University of Pennsylvania

**Demographic Revolution -- Challenges of an Aging Society in the 21st Century**

**Daniel Perry**  
Executive Director  
Alliance for Aging Research

**Facial Skeletal Aging**

**Scott P. Bartlett, MD**  
Associate Professor, Surgery (Plastic)  
Director, Craniofacial Surgery;  
Mary Downs Professor in Craniofacial  
Treatment and Research  
University of Pennsylvania and Children's  
Hospital of Philadelphia

**Fillers in the Aging Face**

**Louis P. Bucky, MD**  
Associate Professor, Surgery (Plastic)  
University of Pennsylvania

**Aging Hands**

**Benjamin Chang, MD**  
Assistant Professor, Surgery (Plastic)  
University of Pennsylvania

**Hair Follicle Stem Cells and Aging**

**George Cotsarelis, MD**  
Assistant Professor, Dermatology  
Director, Hair and Scalp Clinic  
University of Pennsylvania

**Wine and a Healthy Lifestyle**

**R. Curtis Ellison, MD**  
Chief and Professor, Medicine and Public  
Health  
Chief, Preventive Medicine and  
Epidemiology  
Director, Institute on Lifestyle and Health  
Boston University School of Medicine

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**IOA VISITING SCHOLARS  
2005-2006**

The IOA Visiting Scholars Series is dedicated to bringing national leaders in aging research, policy and clinical care to Penn. Sessions are designed to promote interdisciplinary dialogue, discussion and debate. The Series is open to the public and is free of charge. Presenters for the upcoming 2005-2006 series include:

**Wednesday, September 7, 2005**

Mark Mattson, PhD  
Senior Investigator; Chief, Laboratory of Neurosciences, and Chief, Cellular and Molecular Neurosciences Section National Institute on Aging  
Place: BRB II/III

**October 26, 2005**

Healthcare Costs and Longevity Symposium  
Place: BRB II/III

**Thursday, January 12, 2006**

Thomas Perls, MD, MPH  
Director, New England Centenarian Study  
Boston University  
Place: BRB II/III

**February, 2006**

Eric Coleman, MD, MPH  
Associate Professor, Division of Health Care Policy and Research  
University of Colorado Health Sciences Center  
Place: TBA

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**FELLOWS IN THE SPOTLIGHT**

**A CONVERSATION WITH  
DR. SHIRIKI KUMANYIKA**

*The IOA Fellows Program brings together researchers, clinicians, and educators with varied interests and remarkable achievements in the field of aging. There are two levels of fellowship. IOA Fellows are University of Pennsylvania standing faculty, representing the 12 schools within the University. Associate Fellows represent Penn staff, adjunct or clinical associate faculty, as well as colleagues from other U.S. institutions, who have demonstrated a keen interest in aging-related research, education or services.*

*The Institute on Aging is honored to include nationally-recognized members of the University of Pennsylvania faculty, such as Shiriki Kumanyika, PhD, MPH, in the Fellows Program.*

**Shiriki Kumanyika, PhD, MPH**



*Associate Dean for Health Promotion and Disease Prevention  
Director, Graduate Program in Public Health Studies (MPH Program)  
Director, Penn-Cheyney EXPORT Center for Inner City Health  
Professor of Epidemiology in Biostatistics and Epidemiology and Pediatrics (Nutrition)*

Dr. Shiriki Kumanyika has made being an advocate for the public's health her career – addressing public health issues like national health promotion, disease prevention, health disparities in minority communities, and overall quality of life.

Dr. Kumanyika has a unique interdisciplinary background that integrates epidemiology, nutrition, prevention, minority health, aging, and women's health issues. A native of Baltimore, Maryland, Dr. Kumanyika holds a BA from Syracuse University; Master of Science in Social Work from Columbia University; a PhD in Human Nutrition from Cornell University, and a Master of Public Health from the Johns Hopkins University School of Public Health. She was a member of the Johns Hopkins Epidemiology faculty from 1984 through 1988, later served as Associate Director of the Center for Biostatistics and Epidemiology at the Hershey Medical Center, and was the Head of the Department of Human Nutrition and Dietetics at the University of Illinois at Chicago. In 1999, she made the move to Philadelphia and joined the Penn School of Medicine faculty, becoming a Senior Fellow at the Leonard Davis Institute on Health Economics, the Center for Clinical Epidemiology and Biostatistics, and a Senior Fellow of the IOA in 2000.

Here at Penn, Dr. Kumanyika balances her roles as Associate Dean for Health Promotion and Disease Prevention; Professor of Epidemiology in Biostatistics and Epidemiology in the Penn School of Medicine, and Professor of Epidemiology in the Department of Pediatrics' Section on Nutrition at Children's Hospital of Philadelphia, with her position as the Director of the Graduate Program in Public Health Studies (MPH Program), a program for which she coordinated the creation and development. As Principal Investigator and Director of the Penn-Cheyney EXPORT Center for Inner City Health, Dr. Kumanyika is leading a multi-year collaboration that involves the efforts of Penn's Schools of Medicine, Arts and Sciences, Nursing, and Social Work, as well as Cheyney University of Pennsylvania. For more on the work of the EXPORT Center, see page 5.

A member of the American Public Health Association (APHA) since 1976, Dr. Kumanyika has served on numerous APHA committees and boards and became a member of the APHA Executive Board in 2004. She is also a member of the Pennsylvania Public Health Association, the Executive Committee of the Public Health Section of the Philadelphia College of Physicians and the Institute of Medicine (IOM) and currently serves on the IOM Food and Nutrition Board. During the past 25 years she has served on the Board of Directors of national organizations such as the Association of Black Social Workers, National Rural Center, National Black Women's Health Project, and the American Heart Association, as well as numerous national advisory committees. Currently a member of the Editorial Boards of *Preventing Chronic Disease: Public Health Research, Practice, and Policy* and *Ethnicity & Disease*, Dr. Kumanyika's international activities include chairing the Prevention Reference Group of the International Obesity Task Force. She was Vice-Chair of the 2002 World Health Organization Expert Panel on Diet, Nutrition and Chronic Diseases.

The IOA spoke with Dr. Kumanyika about her work in public health.

**IOA: One of the main themes in your research revolves around obesity and the role of nutritional factors in the prevention of chronic diseases. Could you talk about how you came to focus on obesity in your research? Why has it reached such epidemic proportions?**

SK: I began to focus on obesity when I heard, at a meeting in 1984, that black women had a higher than average prevalence of obesity. I was eager to find out if this was really true and whether obesity could explain some of the excess health risks of black women. I have continued to have black women's issues as a major focus of my research but have worked on obesity issues more generally, including studies involving both blacks and whites and men and women, and most recently studies of obesity prevention in children.

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**IOA VISITING SCHOLARS  
2005-2006**

**Wednesday, March 1, 2006**

Bruce L. Miller, MD  
Director, Memory and Aging Center  
University of California, San Francisco  
Place: TBA  
*Co-sponsored with PENN Humanities Forum*

**Thursday, March 23, 2006**

Nancy Hooyman, PhD  
Dean Emeritus; Professor of Gerontology  
School of Social Work  
University of Washington  
Place: BRB II/III

**Thursday, April 20, 2006**

James S. Jackson, PhD  
Director & Research Professor  
Daniel Katz Distinguished University Professor of Psychology  
Research Center for Group Dynamics  
Institute for Social Research  
University of Michigan  
Place: BRB II/III

**June, 2006**

Institute on Aging Sylvan M. Cohen  
2006 Annual Retreat with Poster Session  
Place: TBA

*For more information and updates, please visit the IOA's website at <http://www.med.upenn.edu/aging/>, e-mail [aging@mail.med.upenn.edu](mailto:aging@mail.med.upenn.edu), or call (215) 898-3163.*

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AWARDS AND HONORS

**Claire Fagin Award: Dr. Strumpf**



Dr. Neville E. Strumpf, Edith Clemmer Steinbright Professor in Gerontology, has been awarded the Claire M. Fagin Distinguished Researcher Award for her contributions to the field of gerontology. Dr. Strumpf is best known for her work with Dr. Lois Evans on the elimination of physical restraints in nursing homes and hospitals. She is currently director of Penn's Center for Gerontologic Nursing Science and the Hartford Center for Geriatric Nursing Excellence, where she continues to develop models of care to enhance the quality of life for the elderly. The award is named in honor of Dr. Claire M. Fagin, former dean of Penn's School of Nursing, founder of the Doctor of Nursing Science program, and former interim president of the University.

**Austrian Award in Bench Research: Dr. Pignolo**



Dr. Robert Pignolo's project "Osteoporosis and Impairment of Osteoblast Differentiation in Mouse Models of Accelerated Aging" was selected for presentation in the Department of Medicine's Research Day where it received the Austrian Award for Junior Faculty in Bench Research. The co-author on the project is Brad Johnson, MD, PhD.

Robert Pignolo, MD, PhD, is Assistant Professor of Medicine, Collaborative Faculty for the McKay Laboratory of Orthopaedic Surgery Research and Staff Physician at the Philadelphia Veterans Administration Medical Center where he runs the Osteoporosis Clinic in the Geriatrics and

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PENN-CHEYNEY EXPORT CENTER

The good news is that obesity can be prevented. In October, 2002, investigators at the University of Pennsylvania joined forces with Cheyney University, a historically black institution that is part of the Pennsylvania State System of Higher Education, to create the Penn-Cheyney EXPORT Center for Inner City Health, one of 15 such centers in the United States. **EXPORT** stands for **Ex**cellence in **P**artnerships for **C**ommunity **O**utreach, **R**esearch on Health Disparities and **T**raining and is funded by the NIH National Center for Minority Health and Health Disparities.

Using obesity as its central theme, the overall goal of the Penn-Cheyney EXPORT center is to increase the awareness of obesity-related health issues for African Americans and Latinos, both in community organizations and among individuals, as well as to develop novel policies and programs to help reduce the impact of this problem. The Center, which is based in the Penn School of Medicine, is led by Dr. Shiriki Kumanyika, Professor of Epidemiology; Associate Dean for Health Promotion and Disease Prevention. Director of Penn's Graduate Program in Public Health Studies, and Principal Investigator on this project; Dr. Jerry Johnson, Professor of Medicine and Chief, Division of Geriatric Medicine, and Dr. Kenyoye Eke, Provost and Vice President for Academic and Student Affairs at Cheyney University of Pennsylvania.

Working with local schools, churches and community organizations, the Penn-Cheyney EXPORT Center facilitates health assessment in children and adults, supports health initiatives in the African American and Latino communities, and encourages culturally competent practices that can better bring about collaboration between the health establishment and the inner city community.

In addition to the administrative core that provides leadership, coordination, information and strategic direction, EXPORT is divided into 8 specific components or 'cores.' **The Research Core** is responsible for enhancing the impact of current or future research on understanding and reducing obesity-related health disparities across the lifespan. This core promotes scholarly interchange among investigators who are currently or potentially involved in research related to obesity and attempts to enhance the health disparities focus on research. **The Training Core**, led by Drs. Kumanyika and Johnson, conducts a variety of activities related to equipping researchers to study health disparities topics and conduct culturally sensitive research.

**The Pilot Studies Core**, led by Dr. Barbara Medoff-Cooper in the Penn School of Nursing, provides feasibility and pilot study funding to stimulate innovative, interdisciplinary, intra-and inter-institutional research that will increase the understanding of health disparities and potential ways to

address them. **The Minority Health and Health Disparities Education Core**, led by Dr. Ira Harkavy, Director of the Center for Community Partnerships, employs the principles of strategic academically-based community service as the teaching/learning model for helping facilitate effective and sustained improvements in minority health disparities. The activities of this core enhance learner understanding and competency in areas such as cultural sensitivity, biosocial and biocultural interactions in disease, and their roles in creating and maintaining health disparities.

**The Community Outreach and Information Dissemination Core**, led by Dr. Jerry Johnson in the Penn School of Medicine, undertakes initiatives related to collaborative research partnerships with community residents and community-based organizations, including several faith-based and grassroots organizations that serve a large number of older adults. This core partners with a Community Advisory Committee, which provides strategic direction and liaisons to other community groups. It also coordinates a monthly radio program on WURD Radio 900 AM which features guest appearances by University of Pennsylvania Health System faculty, presenting various health topics to the community. Topics addressed are those that are important to the African American and Latino communities, including asthma, obesity, heart disease, prostate cancer, breast cancer and many others. On a monthly basis the core distributes issue briefs, an information fact sheet highlighting various health topics of interest to the community. In addition to the health related topics, other issue briefs inform the community of results of original research conducted at Penn. All issue briefs are available in both English and Spanish.

Several topics of the radio program and the issue briefs particularly target older adults, such as prostate cancer, heart disease, hypertension and depression to name a few. Planning is underway for a health promotion and prevention program with churches in West Philadelphia. Two EXPORT cores are also collaborating to coordinate a monthly aging series of workshops during the months of May and June, 2005. The workshops are for senior citizens and their caregivers at Sayre High School, located at 59<sup>th</sup> and Walnut Streets. Experts in the field of aging will present on topics such as arthritis, heart disease, Alzheimer's and dementia.

Providing the "technology" appropriate for a focus on obesity and related diseases and health disparities, EXPORT's three **Shared Resource Cores** build upon and link to expertise that is present at Penn for dissemination to EXPORT collaborators. **The Cartographic Modeling Lab (CML) Shared Resource**, led by Dr. Dennis Culhane in the School of Social Work, works with EXPORT collaborators to apply geographic information science (GIS) research methods to the study of obesity and

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AWARDS AND HONORS

Extended Care Service. A clinician-scientist whose areas of expertise include cellular and molecular biology of aging, osteoporosis, and metabolic bone disease, his current research examines the cellular mechanisms which link gene defects with the impaired bone density commonly associated with osteoporosis and bone damage in old age.

The Austrian Awards are named for Professor Emeritus Robert Austrian, distinguished physician-scientist and winner of the Lasker Award, and are presented for the best submission in research conducted by faculty in each category of patient-oriented, evaluative, and bench research.

**AcademyHealth Alice S. Hersh New Investigator Award: Dr. Armstrong**



Katrina Armstrong, MD, MSCE, is Assistant Professor of Medicine, Senior Fellow in the Leonard Davis Institute of Health Economics and Senior Scholar in the Center for Clinical Epidemiology and Biostatistics at the School of Medicine.

Dr. Armstrong's research seeks to elucidate the complex relationship among the social environment, health care use and health outcomes. Her current projects include two studies investigating the causes of racial disparities in endometrial cancer survival and the role of distrust in ethnic differences in attitudes towards predictive genetic testing. She is also leading a project exploring the relationship between racial residential segregation and prostate cancer outcomes

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AWARDS AND HONORS

as part of the Penn Center for Population Health and Health Disparities.

AcademyHealth Awards recognize significant contributions to the fields of health services research and health policy. The New Investigator award commemorates the dedication of Alice Hersh, founding executive director of the Association for Health Services Research, in supporting the next generation of health services researchers.

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AGENDA  
ANTI-AGING THERAPIES

**Maintain Your Brain While You Age -- Pills vs. Puzzles?**

**Marilyn S. Albert, PhD**

Professor, Neurology  
Professor, Psychiatry and Behavioral Sciences  
Director, Division of Cognitive Neuroscience  
Co-Director of the John Hopkins Alzheimer's Disease Research Center  
Johns Hopkins University School of Medicine

**The Ethics of Being Forever Young**  
**Arthur L. Caplan, PhD**

Chair and Professor, Medical Ethics  
Director, Center for Bioethics  
Emanuel and Robert Hart Professor of Bioethics  
University of Pennsylvania

**The Aging Eye**  
**Mina Massaro-Giordano, MD**  
Assistant Professor, Ophthalmology  
University of Pennsylvania

**Skin Care in the Aging Process**  
**Betsy S. Rubenstone, MA**  
Director of Skin Care, Plastic Surgery  
University of Pennsylvania

FELLOWS IN THE SPOTLIGHT

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A CONVERSATION WITH DR. SHIRIKI KUMANYIKA

Obesity has reached epidemic proportions because of the cumulative effects of many changes in the way we live. The changes are all around us—reflected in the greater availability of food, larger portions, and more eating occasions, coupled with technological changes that lead to much less physical activity and to generally sedentary lifestyles. Obesity is related to lifestyle, but the mistake is to think that lifestyle is simply a matter of individual preferences and choices without also recognizing that people can only choose from what is available to them. In addition, people are social beings whose preferences and choices are strongly influenced by the forces around them, and these forces promote overeating and inactivity. Keep in mind that the obesity epidemic has emerged while a high proportion of people in the U.S. population were actively trying to control their weight. Even people in weight loss programs and receiving counseling have a hard time controlling their weight. The number of people affected and, especially, the numbers of children affected suggests that factors in our common environments are having a role in weight change. Our environments have changed much more than people have changed, biologically or psychologically. It is our reactions to the changed environments that explain the epidemic.

**IOA: The EXPORT Center is one of several around the country. In The Philadelphia Inquirer article, "10 to Watch," you are quoted as saying that "the community has to take the lead" in dealing with the epidemic of obesity. Why is community involvement so critical?**

SK: The EXPORT Centers are all focused on community outreach and improving the health of communities. In fact, EXPORT stands for Excellence in Partnerships for Community Outreach, Research on Health Disparities and Training. Working with communities is a central premise in addressing health disparities—defining health disparities to include both the patterns of risk and disease occurrence and the related health care issues, i.e., access to and quality of care.

Communities are an important focus for addressing obesity because of the importance of environmental influences. The type of food stores available, the type of food in the stores, the cost of that food, and opportunities for active recreation, transportation options, the type of advertising that comes into the community, school policies and programs, programs and activities of community organizations, neighborhood safety—these are all critical influences on what people choose to eat and whether they walk, ride, play outside, or sit at home in front of the screen. Community social occasions are sources of food and activity (i.e., church suppers; dinners and dances sponsored by local organizations, and so forth). In addition, community attitudes influence

how people think about their weight, whether they have social support when they try to lose weight, and what is popular in terms of eating and recreational activities. Problems as they are perceived in communities determine priorities. People clearly have to juggle many priorities in addition to trying to control their weight and take care of their health.

So, as with other problems that occur in communities, solutions to obesity should be designed by working with communities. It might be easier for us to design solutions by ourselves sitting in our offices and then invite people in, but my sense is that we need to work more directly with communities in trying to solve the obesity problem.

**IOA: What drew you to public health as a field?**

SK: As soon as I discovered what public health was as a formal field, I knew that I had been drawn to it early on and was looking for it. I worked in health as a social worker (my first career), with developing family planning programs for the National Urban League, with the beginnings of a national sickle cell disease organization, and then studied nutrition. Public health put all of this together for me by giving me an overarching paradigm from which to view and try to solve problems occurring in various populations. I didn't actually study public health as such until after I had been teaching nutrition at Cornell for several years, although by that time I had been attending APHA to represent my department at the public health nutrition meetings.

**IOA: What is your interest in the IOA?**

SK: My interest in the IOA relates to the importance of nutrition (my primary discipline, with epidemiology) in successful aging and the potential for improving aging and preserving health and functioning through dietary counseling and community nutrition programs.

Earlier in my career, I was the recipient of a special emphasis career development award from the NIA. My interest in obesity, which is now my primary focus, picks up on my interest in nutrition and aging, because obesity is most prevalent among middle-aged and older adults.

Longstanding obesity is a key determinant of many of the health problems that impair health and quality of life in older adults. I have also been involved in several studies that relate to sodium reduction as a strategy for improving hypertension control. Ethnic and socioeconomic disparities in nutrition-related disease are another key area of interest for me; these disparities affect older adults. Many of my studies have been conducted in African-American populations and have included adults up to age 70 or 75.

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AGENDA  
ANTI-AGING THERAPIES

**Periorbital Aging: Functional Problems**  
**James A. Katowitz, MD**

Professor, Ophthalmology  
Director, Oculoplastic Section,  
Edwin & Fannie Gray Hall Center for Human Appearance  
Director, Oculoplastic and Orbital Surgery  
University of Pennsylvania and Children's Hospital of Philadelphia

**Periorbital Aging: Aesthetic Problems**  
**Linton A. Whitaker, MD**

Professor, Surgery, (Plastic)  
Director and Founder, Edwin & Fannie Gray Hall Center for Human Appearance  
Friends of Brian Professor of Plastic Surgery  
University of Pennsylvania

**Maxillofacial Atrophy with Aging, and Its Treatment**

**Peter D. Quinn, DMD, MD**

Chair and Professor, Oral and Maxillofacial Surgery  
Director, Oral and Maxillofacial Surgery Section,  
Edwin & Fannie Gray Hall Center for Human Appearance  
Chair, Oral and Maxillary Surgery, School of Dental Medicine  
Louis R. Schoenlebeer Professor of Oral & Maxillofacial Surgery  
University of Pennsylvania

**Breast Aging and Its Treatment**

**Joseph M. Serletti, MD**

Chief and Professor, Surgery (Plastic)  
University of Pennsylvania

**Lasers in the Aging Face and Extremities**

**David W. Low, MD**

Associate Professor, Surgery (Plastic)  
University of Pennsylvania

**SAVE THE DATE!****Symposium on Healthcare Costs and Longevity****October 26, 2005****8AM-1PM**

The Institute on Aging is co-sponsoring a symposium with the University of Pennsylvania's Leonard Davis Institute of Health Economics focusing on the costs associated with current and future trends in longevity, with a particular look at healthcare, long-term care and public programs.

The meeting agenda is designed to give voice to differing perspectives on the issues and promises to deliver both timely information and lively discussion.

Among the confirmed speakers are:

**William D. Novelli**, Chief Executive Officer, AARP

**Stephen C. Goss**, Chief Actuary, United States Social Security Administration

**S. Jay Olshansky, PhD**, Professor, School of Public Health, University of Illinois at Chicago; Research Associate, Center on Aging at the University of Chicago and at the London School of Hygiene and Tropical Medicine

**Olivia Mitchell, PhD**, International Foundation of Employee Benefit Plans Professor; Professor of Insurance and Risk Management and Business and Public Policy Executive Director, Pension Research Council; Director, Boettner Center for Pensions and Retirement Research, The Wharton School

**Mark V. Pauly, PhD**, Bendheim Professor; Professor of Health Care Systems, Business and Public Policy, Insurance and Risk Management, and Economics, The Wharton School

**This symposium will be open to the public free of charge. Details will be available on the Institute on Aging website in the coming months at <http://www.med.upenn.edu/aging>.**

**MEET THE BOARD**

The Institute on Aging External Advisory Board is comprised of 15 dynamic and dedicated individuals from all walks of life who share a common goal -- to improve the quality of life for elderly people. Meeting three times a year, this body of informed, hands-on volunteer advisers is instrumental in forwarding the mission of the Institute on Aging, providing guidance and feedback for all IOA activities, promoting public awareness and understanding of the issues in aging and performing a representative function for the IOA among the community-at-large.

The Institute on Aging is honored to include among the External Advisory Board **Richard P. Brown, Jr., Esq.** and **Orien Reid Nix**.

**RICHARD P. BROWN, JR., ESQ.**

When Dick Brown joined the Board of the Institute on Aging in 1990, he brought with him a great deal of experience in volunteerism and non-profit leadership. Throughout his career in law as a partner of the firm of Morgan, Lewis & Bockius, LLP, he devoted his time, expertise and imagination to organizations working to improve the health and welfare of the region and the world.

He has served on the boards of numerous organizations including the Delaware Valley Hospital Council, the Hospital Association of Pennsylvania, the Greater Philadelphia Urban Affairs Coalition, WHYY, Inc., The Eisenhower Exchange Fellowships, the American Foundation of the West Indies and the International Peace Academy, as well as the World Affairs Council and the International Visitors Council of Philadelphia.

A graduate of University of Pennsylvania Law School, Dick Brown has also been committed to the betterment of the Penn community. He is Trustee Emeritus of the University and Chairman Emeritus of the University of Pennsylvania Medical Center.

In 1990, when he stepped down as Chairman of the Penn Medical Center Board, Dick Brown was 70 years old. He could have chosen to scale back his volunteer activities, but he instead looked for a new challenge. The Institute on Aging was, for many reasons, a perfect fit. "I had admired the mission of the IOA from the time of its inception as the Center for the Study of Aging in 1978," Brown explains, "One of my friends and partners at Morgan Lewis, Benjamin Quigg, served as the first chairman and by 1990, another one of my friends and colleagues, Sylvan Cohen, was chairman and by then, the issues of aging in America were becoming even more complex than ever before."

With his extensive experience working with the leaders of medical cen-

ters throughout the region, he understood the challenges that health care providers faced in delivering quality care as well as the role that Advisory Board members could play in moving an institutional mission forward.

For over fifteen years, the Institute on Aging has benefited from Dick Brown's unique expertise and energetic commitment. He is proud of the IOA's work toward seeing research translated into better clinical care and in coordinating all of the efforts University-wide toward healthy aging. He also feels strongly that the IOA can play an even greater role in educating physicians and caregivers, placing an emphasis on the quality of life of the patient. Finally, he enjoys the diversity of the IOA Board and the potential they share in working together: "The IOA Board is comprised of busy people who are sincerely interested in the issues facing the aging population – solutions will only be found through the combined understanding of science, medicine, economics, public policy, families and community - and together I believe that we can make a difference."

**ORIENT REID NIX**

Orien Reid Nix joined the Advisory Board of the Institute on Aging a little over two years ago bringing with her an extensive background in communications, public affairs, special events and community relations.

Orien has won the respect of business leaders and policy makers as well as local radio and television viewers for her 26 years in broadcasting as a consumer reporter. She was the first broadcaster in the country to begin a monthly supermarket pricing survey, The Market Basket Report. Her award-winning investigative reports included specials on the personal care home industry, home security and home repair fraud. She was also known for her service news reports which included a comprehensive examination of issues affecting baby-boomers in the sandwich generation responsible for caring for elderly parents and young children.

Most recently, she has gained recognition for her work with the Alzheimer's Association. In 1991, she organized the first Memory Walk in Southeastern Pennsylvania. From 1999-2002, she served as the first woman Chairman of the National Board of Directors and, in October 2004, at the 20th International Conference of Alzheimer's Disease International, she was elected Chairman elect of the international organization.

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**PENN-CHENEY EXPORT CENTER**

obesity-related health disparities. **The Research Design and Data Analysis Share Resource**, led by Dr. Justine Shults in the Center for Clinical Epidemiology and Biostatistics, maintains a link to the Center for Clinical Epidemiology and Biostatistics' biostatistical consultation service providing individual consultations and, in the future, short courses/seminars, methods development, and other assistance related to biostatistical methods to EXPORT investigators. **The Behavioral and Cultural Methods Shared Resource**, led by Dr. Shiriki Kumanyika in collaboration with Drs. Melicia Whitt-Glover (now at Wake Forest University) and Stella Volpe from the Penn School of Nursing, provides innovation and methodological support related to assessment and interventions in the area of diet, physical activity, and weight reduction, with particular attention to cultural adaptations and cultural appropriateness.

For additional information on any of the projects and initiatives coordinated by the Penn-Cheyney EXPORT program, please feel free to contact Ms. U. Tara Hayden, the overall EXPORT Project Manager at 215-573-4355.

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