On May 1, 2018, the Institute on Aging (IOA) at the University of Pennsylvania hosted its 2018 Sylvan M. Cohen Annual Retreat and Poster Session in partnership with Penn's Population Aging Research Center (PARC). This year’s theme was “Impact of Life Course Exposures on Aging: Longevity reflects our experiences from day to day,” and featured a keynote presentation by Kenneth Langa, MD, PhD, Professor, Department of Internal Medicine and Health Management and Policy in the School of Public Health at University of Michigan.

In addition to Dr. Langa’s lecture on trends in brain health and dementia prevalence in the United States and around the world, the event also featured three Penn Presenters; Hans-Peter Kohler, PhD, Professor of Demography, Courtney Boen, PhD, Assistant Professor of Sociology, and Irma T. Elo, Director of PARC and Associate Chair and Professor of Sociology. The presentations covered various topics on aging trends and how experiences in our daily lives affect the ways in which we age.

Following the talks, the annual poster session and reception took place in the Smilow Center Lobby offering small bites and refreshments to guests as they browsed the 40+ research posters on display.

Posters ranged in category from Basic Science and Clinical Research to Education, Community, & Other Research with a wide variety of aging-related topics. Prizes were awarded to the best posters in each category (see pg. 2 for winners.)

For more on the 2018 Sylvan M. Cohen Annual Retreat and Poster Session, including a video interview with Dr. Langa, full lectures, and additional photos, visit: www.penninstituteonaging.wordpress.com
FORMER PA GOVERNOR ED RENDELL

REVEALS PARKINSON’S DISEASE DIAGNOSIS; TREATED AT PENN

Former Pennsylvania Governor, Ed Rendell, age 74, recently revealed he has Parkinson’s disease, three years after being diagnosed at Penn Medicine. Finally ready to share his story, the Governor made the announcement at a press conference at Pennsylvania Hospital alongside Penn’s Matthew Stern, MD, director emeritus of the Parkinson’s Disease and Movement Disorder’s Center, Amy Gutmann, University of Pennsylvania President, and other Penn officials.

“The reason I’m going public today, I want to send a message,” said Gov. Rendell, quoted in Philly.com. “Get in to see a doctor, get a diagnosis, and get treatment. Parkinson’s disease is not a death sentence.”

The Governor first came to Penn Medicine with some troubling symptoms including a tremor, and soon learned he indeed had Parkinson’s disease. While he was not ready to share his story in the beginning, his decision to make his diagnosis public is helping to shine a light on what a Parkinson’s diagnosis really means.

Roughly 1 million people are living with Parkinson’s disease in the United States, making it the second most common neurodegenerative disease. However, despite its prevalence, misconceptions about the disease persist.

For example, while there are genetic forms of Parkinson’s, most patients do not actually carry one of the genes, showing that other factors are at play.

Additionally, many assume that Parkinson’s is only a movement disorder. The truth is that other non-motor symptoms are common, such as sleep disorders, depression, bladder symptoms, fatigue, and limb pain. The good news is that many of these symptoms are treatable.

“Many patients worry that their life is over, and the truth is that it’s not,” said Stern. “With a personalized, comprehensive treatment approach, involving a mix of medications, exercise, and other ancillary health services, patients can continue living their lives.”

How to Avoid Heat Stress

As Temperatures Rise, So Does Your Risk For Heat-Related Illness

**Drink Lots of Water + Avoid Caffeine & Alcohol.**

**Stay Cool.** Take a cool shower or bath, turn on air conditioning or visit somewhere that offers it, like a neighbor's house or public library, and wear loose, light-colored clothing.

**Avoid the Sun + Wear SPF 15 or Greater.**

**Pace Yourself.** Rest often in cool or shaded areas + limit physical activity.

**Eat Lightly.** Avoid hot foods and heavy meals, limit use of your stove and oven, and eat cool foods like fruits and veggies.

Tips courtesy of: www.pcacares.org

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**Rethinking Neurodegenerative Disease Treatment:** Target Multiple Pathological Proteins, Not Just One

Nearly all major neurodegenerative diseases – from Alzheimer’s to Parkinson’s – are defined and diagnosed by the presence of one of four proteins that have gone rogue: tau, amyloid-beta (Aβ), alpha-synuclein (α-syn), or TDP-43. As such, investigational drugs and studies aimed at preventing or slowing the disease often hone in on just one of these respective proteins. However, targeting multiple proteins—known as “proteinopathies”—at once may be the real key, according to a recent study published in Brain by Penn Medicine researchers.

These so-called “proteinopathies”—misfolded proteins that accumulate and destroy neurons—co-exist in varying degrees across all of the different neurodegenerative disorders and may instigate each other to drive disease severity in many aging patients. The prevalence of these co-pathologies suggests that each disease may ultimately require combination therapy targeting multiple disease proteins, and not just a single therapy, in patients with both early and later-stage disease.

“Historically, the focus of most clinical trials has been on targeting the primary pathological proteins of a given neurodegenerative disease such as deposits of tau and Aβ for Alzheimer’s disease, but we see now that many of these disease-related aggregated proteins affect most older patients across a full spectrum of clinical and neuropathological presentations,” said senior author John Q. Trojanowski, MD, PhD, professor of Pathology and Laboratory Medicine and director of the IOA. “This gives us additional leverage to find ways to detect patients’ specific proteinopathies with increasingly sophisticated biomarker and imaging technologies. This will allow us, and other researchers, to better match participants with specific targeted therapies in clinical trials.”

Penn’s 5K for the IoA
The Institute on Aging & the Memory Mile with AlK

FREE PARKING • AWARDS • FREE FOOD • CHIP TIMING • FREE T-SHIRTS • #5KFORTHEIOA

Support Alzheimer’s and aging-related research and care at Penn’s Institute on Aging (IoA)!

Register online at PennMedicine.org/5kIOA

Sunday, September 23, 2018
8:00 am @ Penn Park
Shoemaker Green Entrance | On 33rd Street between Walnut & South Streets | Philadelphia, PA

- $25 Before September 4th
- $30 After September 4th
- $35 Day of Race Sept 23rd
- $20 with Penn Student ID

Dogs on leashes are welcomed for Memory Walk only
Online registration closes on September 18th at midnight
Walk-up registration available race day at 6:30am - cash only

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