

RESOURCE CENTER IN MINORITY AGING RESEARCH COMES TO PENN

For decades, much of the research data about disease and treatment that formed the basis of medical knowledge was drawn from research on men only - specifically those of European descent. As researchers have responded to this skew, the reality of the information and knowledge gap has been shown to be much greater than an issue of gender. Illness, treatment, health care access and quality are clearly not the same for everyone as research in heart disease, diabetes, pediatric health, and even breast cancer has shown. But what of older adults? Do the chronic illnesses and co-morbidities that accompany older age affect all older adults in the same way? Do clinicians and researchers have sufficient understanding about social, environmental, individual, health system and policy, and provider factors and how they interact to create health and health care disparities?

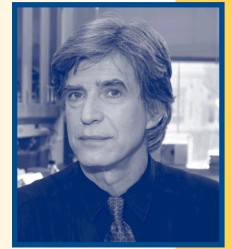
The new Penn Resource Center for Minority Aging Research (RCMAR), funded with a \$3.1 million grant from the National Institute on Aging and under the joint and unique leadership of Drs. Jerry Johnson, Penn School of Medicine (SOM), and Neville Strumpf, Penn School of Nursing (SON), is a research-based and mentoring investment to improve the health and well being of older minority populations by identifying mechanisms for closing the health disparities gap between minority and non-minority elderly populations. Penn RCMAR represents an opportunity to translate research into practice at the population and community level for the most vulnerable segments of older adults.

“Neville [Co-Director of the Center] and I are excited about the opportunity this award presents for the Schools of Medicine and Nursing, in partnership with community stakeholders, to develop and facilitate research and research training pertinent to all stages of chronic disease from acute care to end-of-life health care,” says Dr. Jerry Johnson, Chief of the Division of Geriatric Medicine and Director of the new center. “The Penn RCMAR will create mechanisms that allow investigators with expertise in aging to apply that expertise to minority health problems and allow investigators with expertise in minority health issues to apply that expertise to aging. In this manner, we hope to translate aging research to minority communities and populations, with an emphasis on West and Southwest Philadelphia.”

Three main emphases of the Penn RCMAR research include developing culturally-informed disease and disability prevention and health promo-

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Message from the Director



John Q. Trojanowski, MD, PhD

This June, we were honored to have my predecessor at the IOA,

Risa Lavizzo-Mourey, MD, MBA, return to Penn as an IOA Visiting Scholar. Now heading the Robert Wood Johnson Foundation and leading the way in improving the health and healthcare of all Americans, Risa challenged us all by saying that “...it’s time to start thinking geriatrics is cool.” I don’t think I’m being biased when I say I couldn’t agree more.

Aging research across all academic disciplines is, I believe strongly, the place to be. Aging is not only cool and rather exciting in scientific terms, but it is an area of critical importance to our nation and our society. We need to learn more

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*Penn and MetLife Foundation Alzheimer's Resources
- See page 5 for more details*



**Institute
on Aging**
UNIVERSITY OF PENNSYLVANIA

Director

John Q. Trojanowski, MD, PhD

Associate Director

Steven E. Arnold, MD

Deputy Director

Kathryn Jedrziewski, PhD

MISSION:

The mission of the Institute on Aging (IOA) 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 age-related diseases at the University of Pennsylvania School of Medicine and across the entire Penn campus.

Newsletter Editor

Catherine Michalski

Contact us:

Institute on Aging
3615 Chestnut Street
Philadelphia, PA 19104-2676
TEL: 215-898-3163 FAX: 215-573-5566
EMAIL: aging@mail.med.upenn.edu

WEB: <http://www.med.upenn.edu/aging>

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RESOURCE CENTER IN MINORITY AGING RESEARCH COMES TO PENN

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tion strategies; improving community, group or individual based interventions that will result in optimal health outcomes, and improving the measurement of social, psychological, economic, demographic and other constructs germane to the health of older minority populations. Penn RCMAR's leadership draws from Penn faculty with significant expertise in health disparities and aging research and will also benefit from the involvement of a local community engagement board, an internal executive committee, and an external advisory panel.

Within the center, Drs. Johnson and Strumpf will lead the Administrative Core. Drs. Joe Gallo (SOM) and Lois Evans (SON) will oversee the Investigator Development Core. This Core is charged with increasing the knowledge base for health disparities in older adults by identifying contributing factors and by testing interventions that reduce health disparities at multiple levels; supporting research training and collaborations, and recruiting and training minority investigators focused on health disparities research among older adults.

Drs. Chanita Hughes-Halbert (SOM) and Eileen Sullivan-Marx (SON) will direct the Community Liaison Core, which will work to actively engage community involvement in minority aging research, develop methods for recruiting older minority adults into RCMAR research studies, and disseminate information on research results to community stakeholders. Drs. Judy Shea (SOM), Julie Sochalski (SON), and Thomas Ten Have (SOM) will coordinate the Measurement Core, which, in collaboration with the Investigator Development Core, will create an infrastructure to initiate, conduct and facilitate research in health disparities and older African-Americans and Latinos and disseminate findings to practitioners, academics, policy-makers and the public. The Core will also provide training in methodology and measurement.

As part of the center, four pilot projects have been funded. Additional information about each pilot follows, with contact information for the pilot's primary investigator provided.

Perspectives of Older African-American Women on the Future Need for Personal Long-term Care Placement

According to the most recent Census Bureau report, older Americans today, on average, are more prosperous, better educated, and healthier than previous generations. There are vulnerable subgroups, however, among the elderly; older women are among the most vulnerable segments of the populations, with older African-American women among the poorest of the population. This study focuses on an ethical principle of justice in long-term care put forth by the World Health Organization and will explore the feasibility of applying mixed methods to deepen the understanding of older African-American women's everyday experiences



Continued from front cover

Message from the Director

about what is going on in the body, in the brain, and in the bones in order to improve quality of life for millions, patient and caregiver – not just here in the U.S., but across the globe. To that end, we are thrilled to help announce the new Penn Resource Center in Minority Aging Research in Geriatric Medicine. Congratulations to Jerry Johnson, Neville Strumpf, and all the many brilliant minds involved. We need to know more, and we're counting on you to help us. We also welcome the NewCourtland Center for Transitions and Health, an interdisciplinary group that will work to better understand transitions in health to allow nurses to play a major role in health promotion, prevention of health problems, and the effective management of people of all ages and at all stages of health.

As you may know, Penn's Capital Campaign is underway, building the future for continued research in a number of key areas, one of which is aging. There are a number of ways to make an investment in aging research, not least of which is one's financial support. I invite you to review this newsletter for events in aging, for updates on our current research and researchers, and to learn more about studies in need of participants. Allow me to revise Risa's comment to say that aging is cool, and it's time we all got involved.

and challenges of living in the community, beliefs about long-term care (LTC) placement and concerns about end-of-life issues. The pilot's long-term goal is to provide meaningful, utilizable data that gives a foundation for intervention designs that use consumer language and concepts and facilitates development of desirable, innovative end-of-life options and supportive care networks that honor a consumer's rights to choose among available options for homecare or placement in a long-term care facility. The project will use participatory research strategies for recruiting a sample of older African-American women; feasibility of collection will be determined by self-report questions from the Longitudinal Study on the Aging. The objective of the planned independent investigator award will be to use the findings of this pilot to design a community-based, age and culturally appropriate intervention that enhances older African-American women's understanding and effective use of LTC resources to maximize personal autonomy, functional abilities and quality of life.

Contact: Margaret Stineman, MD, Primary Investigator; email address: mstinema@mail.med.upenn.edu.

The Relationship of Spirituality and Mental Health to Blood Pressure Control in African-Americans

The single most common explanation for morbidity and mortality disparities between African-Americans and Caucasian Americans is hypertension, the most common chronic disease in African-Americans. Patient beliefs about their hypertension and antihypertensive medications influence how patients manage their disease and adhere to treatment.

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PROGRESS IN PARKINSON'S...

Happenings at the Penn Udall Center for Parkinson's Disease Research

Coming this Spring, the Penn Udall Center for Parkinson's Disease Research will be hosting a symposium focusing on "Translational Research and Lewy Body Disorders."

More details will follow in the coming months. Check the IOA website for details on this symposium and for the link to the new Penn Udall Center website, which will contain information on upcoming events, educational and group meetings, ongoing research, research study opportunities, and other information related to Parkinson's research here at Penn.

BRAIN AND TISSUE BANK AT THE UNIVERSITY OF PENNSYLVANIA: A VALUED RESEARCH RESOURCE

A critical part of neurodegenerative disease research - like that done for Alzheimer's or Parkinson's or other forms of dementia - is obtaining viable tissue and samples from various regions of the human brain to study. A wealth of understanding about how the brain functions and how neurodegenerative diseases progress has come from examining donated post-mortem brain tissue.

At Penn, the Penn Alzheimer's Disease Center (ADC) and the Center for Neurodegenerative Disease Research (CNDR) maintain a brain and tissue bank, funded by the National Institutes of Health (NIH), that contains human brain samples obtained from patients with Alzheimer's disease (AD), Parkinson's disease (PD), and other related neurodegenerative dementias and movement disorders.

The "Penn Brain Bank" serves as a resource for scientists and researchers, providing access to tissue samples that are invaluable in research. Priority is given to researchers working on NIH-funded multi-component projects being conducted here at Penn or in collaboration with researchers here at Penn. Wherever possible, requests from outside researchers and scientists are honored. Currently, the "Penn Brain Bank" accepts donations only from those seeing a Penn physician or collaborator. Patients are enrolled as donors through their Penn physicians.

With over 40 NIH-supported brain banks across the U.S., the "Penn Brain Bank" is not alone in providing researchers with access to specimens for further analysis and study or accepting donations. The "Penn Brain Bank" Manager is Terry Schuck. For more information, visit CNDR's website at www.uphs.upenn.edu/cndr. For a state by state listing of brain banks, visit www.ninds.nih.gov/funding/research/parkinson-sweb/brainbanks.htm.

TRANSITIONS AT THE PENN ALZHEIMER'S DISEASE CENTER AND PENN MEMORY CENTER

After nearly eighteen years here at Penn, many spent at the Penn Alzheimer's Disease Core Center (ADCC) as Associate Director and Clinical Core Leader and the Director of the Penn Memory Center, Christopher M. Clark, MD, has announced his retirement, effective July, 2008.

A graduate of Penn State, Dr. Clark pursued his medical studies at Jefferson Medical College here in Philadelphia and completed his residency in neurology at the Neurological Institute of New York. Prior to coming to Penn, Dr. Clark was director of the Memory Disorders Clinic at Duke University and the Clinical Director of the University's Joseph and Kathleen Bryan Alzheimer's Research Center. He joined Penn in 1990 and has been an integral part of Penn's Alzheimer's disease research since his arrival. Dr. Clark's particular research interests, focusing on Alzheimer's disease and the development of diagnostically specific markers, the identification and evaluation of new treatments, and the development of new instruments to measure rates of change and studies of the relationship between Parkinson's disease and Alzheimer's disease, have been a driving force in advancing work here at Penn in biomarkers and mental status assessment.

His team's efforts to expand the Penn Memory Center and extend Penn's services and research in cognitive impairment into the Latino community have provided a wealth of new and important research data and helped to build important community connections.

"Chris Clark's announcement that he will retire next year is still sinking in for many of us at Penn and, especially those of us who have worked so closely with him in the Penn ADCC and in the quest to find meaningful treatments for Alzheimer's disease (AD) and other dementias," explains Dr. John Trojanowski, Director of the Penn ADCC. "Chris and I have worked as partners and friends in this quest since we launched the Penn ADCC with funding from the National Institute on Aging (NIA) 18 years ago, and it has led to the emergence of Penn as national and international leader in basic and clinical research on AD and related disorders. Chris's contributions to the success of these research programs at and beyond Penn have been substantial and his legacy at Penn and across the national network of NIA-funded AD centers will long be remembered and very much appreciated."

Replacing Dr. Clark and his personal dedication to AD patients and research will be challenging. With Dr. Clark's input, a longtime collaborator and equally dedicated clinician-investigator at the Penn ADCC has been tapped to fill the role of Associate Director of the Penn ADCC and Clinical Core Leader. Steven Arnold, MD, Director of the Geriatric Psychiatry Section and Associate Director of the IOA, has accepted the





NEWCOURTLAND CENTER FOR TRANSITIONS AND HEALTH

Taking the challenge of 21st century nursing, the NewCourtland Center for Transitions and Health was created to generate, disseminate, and translate evidence to address the needs of the chronically ill and facilitate transitions to improve health. The Center will have a special focus on frail elders.

With a generous \$5 million endowment from NewCourtland Elder Services, the NewCourtland Center for Transitions and Health is the first center of its kind in the nation and will serve as a hub for research, education, and policy-making related to the needs of those with chronic illnesses, such as heart failure, diabetes, or depression. NewCourtland Elder Services (NCES) is supporting the Center's work in transitions and health to aid their organization's quest to improve the quality of life of the individuals they serve.

Officially launched under its new name on October 31st, the Center honored NCES' commitment and also launched an inaugural interdisciplinary seminar series, with Dean Afaf Meleis from the Penn School of Nursing Science presenting.

The NewCourtland Center for Transitions and Health is directed by Dr. Mary Naylor, and includes faculty, research fellows and students from across Penn. Drs. Katherine Abbot, Kathryn Bowles, Karen Hirschman, Arlene Houldin, Kathleen McCauley, Salimah Meghani, Barbara Riegel, and Connie Ulrich from the Penn School of Nursing Science are members of the Center; they are joined by Dr. Joan Davitt from the Penn School of Social Policy and Practice; Dr. Janice Foust from the Visiting Nurse Service of New York; Drs. Jennifer Garvin and Helene Moriarty from Philadelphia VA Medical Center, and Dr. Janet Prvu Bettger from Penn Medicine's Department of Physical Medicine and Rehabilitation. Visit the Center online at www.nursing.upenn.edu.

position and will begin the transition of leadership duties effective January 1, 2008. Dr. Arnold has been involved with the Penn ADCC from its early years. His research focuses on brain pathology in aging, dementia, and schizophrenia. This expertise coupled with his knowledge of the Penn ADCC and his relationships with collaborators at other ADCCs across the country, make him well-suited to lead the Penn ADCC's Clinical Core. For more on his background, see his profile as an IOA Fellow on page 6.

We will all miss Dr. Clark's tireless efforts in the race to find answers and treatments for AD and cognitive impairment. We welcome Dr. Arnold's increased participation and leadership as we move forward.

OTHER PENN ADC NEWS:

MetLife Programs Ready to Roll Out to Alzheimer's Disease Centers Nationwide

Produced for the National Institute on Aging's designated Alzheimer's Disease Centers by the Penn ADC's Educational Core leaders, Carol Edwards and Jason Karlawish, MD, two new video programs have been created to educate the public about healthy brain aging and to provide a look at the impact of Alzheimer's disease on everyday Americans.

"Shining a Light on Alzheimer's Disease Through Research" presents a sobering and moving look at the immense personal and societal impact of Alzheimer's disease in the U.S., the efforts of researchers, and how healthy individuals, as well as those with Alzheimer's disease, are vital to advancing that research. **"Taking the Steps to Healthy Brain Aging"** shows how the latest in animal research and association studies offer powerful clues to lifestyle choices that may reduce our risk for dementia, and how individuals can adopt these strategies in their own lives.



These programs were developed and produced in collaboration with researchers at the Mayo Clinic; the University of California, Irvine; the University of Pennsylvania, and Washington University at St. Louis and were made possible by a generous grant from the MetLife Foundation. To learn more about the programs, access an educational toolkit, and view video clips, visit www.adcresearch.org. A link to the video clips is also available on the IOA's website. DVDs will be available at cost from ADEAR in the near future; visit ADEAR online at www.nia.nih.gov/Alzheimers/.

GERIATRIC MEDICINE NEWS: EDUCATION AND FELLOWSHIPS

The Division of Geriatric Medicine is pleased to announce the receipt of four geriatric education grants beginning September, 2007 from the Health Resources and Services Administration.

A three-year grant was awarded for the Geriatric Education Center (GEC) of Greater Philadelphia (formerly the Delaware Valley Geriatric Education Center) for education of health professions students, faculty and practicing clinicians. The GEC is a consortium of multiple health professions schools with the University, the Veterans Affairs Medical Center and the University of the Sciences in Philadelphia. The GEC's programs will focus on palliative care, cognitive impairment and health equity and literacy. Mary Ann Forciea, MD, of the School of Medicine and Lois Evans, PhD, RN, of the School of Nursing Science will direct the program.

Also receiving a three-year award is the Geriatric Interdisciplinary Fellowship, which offers support for aspiring geriatricians, geriatric psychiatrists, and dentists. It is offered in collaboration with the Section on Geriatric Psychiatry (Joel Streim, MD) and the Department of Oral Medicine (Martin Greenberg, DDS), with Jerry Johnson, MD, Chief of the Division of Geriatric Medicine, as the Program Director.

Two Geriatric Medicine physicians, Jennifer Kapo, MD, and Amy Corcoran, MD, were awarded Geriatric Academic Career Awards which will support their progress in clinician educator careers. Both Drs. Kapo and Corcoran have strong interests in palliative medicine and will focus on the development of education programs in palliative medicine over the life of their three-year grants.

The interdisciplinary character of the programs these grants support bring together multiple collaborators within the University and into the academic and service communities beyond.

FELLOW IN THE SPOTLIGHT

A CONVERSATION WITH DR. STEVEN ARNOLD

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. The IOA Fellows are University of Pennsylvania faculty, representing the 12 schools within the University. Associate Fellows represent Penn staff, as well as colleagues from other U.S. institutions, who have demonstrated a keen interest in aging-related research, education, or services. The IOA is honored to include nationally-recognized members of Penn's faculty, such as Steven Arnold, MD, in the Fellows program.

Steven E. Arnold, MD



*Professor, Departments of Psychiatry and Neurology
Director, Geriatric Psychiatry Section
Associate Director, Institute on Aging
Associate Director, Penn Alzheimer's Disease Core
Center and Clinical Core Leader*

Investigating how and why people think and feel the way they do involves a complex interplay of psychiatry and neurology. With his research exploring brain pathology in aging, dementia, and schizophrenia, Dr. Steven Arnold, newly appointed Associate Director of the IOA and Associate Director and Clinical Core Leader of the Penn ADCC, bridges the worlds of basic and clinical research.

After earning his medical degree also at Boston University, Dr. Arnold interned at St. Luke's-Roosevelt Hospital Center in New York and completed his psychiatry residency at New York State Psychiatric Institute, Columbia-Presbyterian Medical Center, serving as Chief Resident in his final year. He then traveled to the University of Iowa Hospitals and Clinics for a second residency in neurology, where he also conducted post-graduate work in neuroanatomy, and completed a fellowship in behavioral neurology and cognitive neuroscience.

Fresh from Iowa, Dr. Arnold was appointed as an Assistant Professor of Psychiatry and Neurology and the Director of the Brain and Behavior Clinic in Psychiatry's Division of Neuropsychiatry here at Penn in 1990. In 1993, Dr. Arnold established the Cellular and Molecular Neuropathology Program, which he continues to direct. This bench research program concentrates on discovering novel cellular and molecular abnormalities in brain tissues from people with age-related neuropsychiatric disorders, including dementias, as well as severe mental illnesses.

Along with his laboratory research, Dr. Arnold has continued clinical work in geriatric psychiatry and neurology. He has been a clinician at Ralston Penn Center and a clinician-investigator with the Penn Memory Center and Penn's Alzheimer Disease Core Center. Dr. Arnold has also had several administrative and teaching roles at Penn, including Associate Director of the Mahoney Institute of Neurological Sciences from 2001-



TRAINING THE NEXT GENERATION OF NURSING RESEARCHERS IN AGING

2003 and Director of the School of Medicine's Clinical Neurosciences Track from 2001-2007.

In 2006, Dr. Arnold was named Professor of Psychiatry (with tenure) and Professor of Neurology, as a secondary appointment. This year, he was appointed as the new Director of the Geriatric Psychiatry Section. In October, he accepted the position of Associate Director of the Institute on Aging, and, with the retirement of Dr. Chris Clark (see page 4), Dr. Arnold is expanding his involvement with the Penn ADC and Penn Memory Center from Clinician-Investigator to Associate Director and Clinical Core Leader.

Among the many awards and honors Dr. Arnold has received, he was named a Hartford Foundation Fellow for Research in Aging in 1991, received awards from the National Alliance for Research on Schizophrenia and Depression in 1992, 2000, and 2006, and received the New York State Psychiatric Institute Centennial Award as Alumnus of the Decade (1980-1989) in 1996. He was named a "Top Doctor" in *Philadelphia Magazine's* Caring for the Aging issue in 1998 for his expertise in neuropsychiatry. In 2003, he was the recipient of the Alzheimer's Association's T.L.L. Temple Foundation Discovery Award.

Active in a number of major research projects here at Penn, Dr. Arnold has also been collaborating with Rush University on its long-term Religious Orders Study, examining the mechanisms through which risk factors for Alzheimer's lead to clinical expression of the disease. He is the lead investigator or co-investigator on four current research projects, with funding from the National Institutes of Health, the National Institute on Aging, and the National Institute of Mental Health, for work in the neurobiology of dysbindin in schizophrenia; a neurobiologic study of psychological distress and dementia; the effects of chronic stress on behavior and molecular neuroanatomy in a genetic mouse model of schizophrenia, and the Conte Center for the Neuroscience of Mental Disorders, focusing on stimulus encoding deficits in schizophrenia. Dr. Arnold recently submitted another Conte Center proposal to NIMH to investigate the effects of psychological distress on mental decline across the lifespan in humans and in mouse models of aging and stress vulnerability.

Dr. Arnold maintains an active involvement with the School of Medicine and the School of Nursing Science, serving in such capacities as lecturer in mental health and aging and biological/behavioral correlates in mental health and illness for Nursing, as well as section coordinator in neuropsychopharmacology, independent study undergraduate advisor for the Biological Basis of Behavior Program and his previously mentioned role as Director of the Clinical Neuroscience Track for the School of Medicine.

Dr. Arnold is an active lecturer in neuropathology in psychiatric illness and cognition in the aged, dementia and schizophrenia, schizophrenia in late life, and cellular and molecular neuropathology in schizophrenia and has published nearly 100 research publications. The IOA spoke with him about his interest in neuropsychiatry and his thoughts on his role as the new Director of the Section of Geriatric Psychiatry.

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The National Institute of Nursing Research (NINR) has awarded an institutional training grant to the School of Nursing Science for the project, "Individualized Care for At-Risk Older Adults."

The training grant will be used to support pre- and post-doctoral training that is dedicated to aging research and that focuses on at-risk, chronically ill elders. The grant will also support efforts to expand the capacity for collaborative and interdisciplinary research in aging here at Penn.

Dr. Neville Strumpf, Edith Clemmer Steinbright Professor in Gerontology, will serve as the Program Director. Dr. Mary Naylor, Marian S. Ware Professor in Gerontology and Director of the NewCourtland Center for Transitions and Health, will serve as Co-Program Director, along with Dr. Kathryn Bowles, Associate Professor of Nursing.

With the emphasis on aging and transitions, the training grant is a cooperative effort between the Hartford Center of Geriatric Nursing Excellence and the NewCourtland Center for Transitions and Health.

Pre- and post-doctoral Fellows will be provided with in-depth knowledge of key transition points for at-risk older adults, acquire intensive research experiences with seasoned mentors, be given opportunities which facilitate the conduct of clinically relevant research, and receive interdisciplinary exposure to transitions in aging research.

For more information, potential candidates are invited to contact the Program Director and Co-Directors:

Neville E. Strumpf, PhD, RN, FAAN - strumpf@nursing.upenn.edu

Mary Naylor, PhD, RN, FAAN - naylor@nursing.upenn.edu

Kathryn H. Bowles, PhD, RN, FAAN - bowles@nursing.upenn.edu

PROVIDING SUPPORT FOR RESEARCH: MAKE AN INVESTMENT IN AGING AT PENN

Research is key to unlocking the mysteries of aging and aging-related diseases for older Americans. Today's research into understanding the changes of aging and why they occur may provide important clues that lead to interventions to identify risk factors, that develop better treatments and prevention approaches, and that improve quality of life.

Despite substantial commitment by government funding agencies and foundations to support aging research here at Penn, this funding has its limits.

To pursue unexpected discoveries in greater depth or to launch timely research initiatives and support the inquiry of junior faculty members, Penn relies on the financial support from individuals. Your financial support is an investment in bringing us closer to improving the health and quality of aging of older adults.

As a result of endowments and gifts from individuals, Penn is breaking new ground in Alzheimer's disease, Parkinson's disease, cancer, and other aging-related diseases.

Your support through donations and endowments can accelerate researchers' efforts to improve the quality of life for older adults in the 21st Century.

Make a gift online to the IOA by visiting our website www.med.upenn.edu/aging or by contacting Irene Lukoff, Senior Development Officer, at 215-573-0187 or via email at ilukoff@ben.dev.upenn.edu.

RESOURCE CENTER IN MINORITY AGING RESEARCH COMES TO PENN

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Although scant, there is promising empirical data indicating that spiritual interventions may increase medication adherence and decrease blood pressure in older, hypertensive African-Americans as it is suggested that spirituality influences the decision-making process regarding health and increases social support and self-efficacy. However, these studies are plagued by several methodological flaws including small sample sizes, lack of control/comparison groups, and most importantly the absence of the measure of spirituality. Using a culturally appropriate measure of spirituality, this pilot will seek to determine the relationship between spirituality, medication adherence, and blood pressure control in hypertensive older African-Americans. 50 African-American patients, with a diagnosis of hypertension, will be recruited from primary care practices serving predominantly minority and low-income populations in West Philadelphia. Pharmacy refill data will be collected on a subset of patients as an objective measure of medication adherence.

Contact: Lisa Lewis, PhD, Primary Investigator; email address: lisaml@nursing.upenn.edu.

Is There a Need for Rehabilitation After Adjuvant Treatment for Breast Cancer Among African-American Women?

Studies show that there is a significant subset of women for whom breast cancer treatment leads to meaningful decreases in physical function. Studies did not focus on African-American women, given the likelihood of more aggressive tumor types and thus more aggressive chemotherapy, and among whom mortality from breast cancer is higher when compared to Caucasian women. This study seeks to measure physical function changes and the possible mediators for these changes among African-American women before and after chemotherapy and radiation treatment and to explore whether there is a need for a rehabilitation intervention for this subset of breast cancer survivors who may be at particularly high risk for physical function declines. The pilot will show the feasibility of recruiting and retaining African-American women in an observational study and will compare changes in objectively and subjectively assessed physical functional status over one year among African-American women treated for non-metastatic breast cancer with surgery only (n=20) versus surgery, chemotherapy, and radiation (n=20). An additional aim is to examine relative contributions of potential physiologic, psychological, and behavioral mediators of changes in physical functional status resultant to breast cancer treatment. The study will recruit 40 African-American women at the first post-operative visit after curative breast cancer surgery (20 women who will have surgery only, 20 who will have surgery and adjuvant treatment [chemotherapy and/or radiation], respectively). All women will be measured at 2 time points: baseline (within 4 weeks of surgery but before chemotherapy or radiation treatment), and 6 months after the end of adjuvant treatment. Pilot recruitment will enable the investigators to plan appropriately for a larger study on the effects of breast cancer treatment



IOA VISITING SCHOLARS SERIES 2007-2008

The IOA Visiting Scholars Series is dedicated to bringing national leaders in aging research, policy, and clinical care to Penn.

Sessions promote interdisciplinary discussion and debate. The series is free and open to the public. Registration is requested; faculty, staff, students, and the community are welcome.

Select series lectures are available as podcasts. For information on subscribing to the free podcasts, visit the IOA website at www.med.upenn.edu/aging and click on the iPod graphic.

Thursday, January 31, 2008

L. Gregory Pawlson, MD, MPH
Executive Vice President
National Committee for Quality Assurance (NCQA)
Lecture, Venue and Time: TBA

May 1, 2008

Anne B. Young, MD, PhD
Director, Massachusetts General Institute for Neurodegenerative Disease (MIND); Chief, Neurology Service, and Principal Investigator, MassGeneral Hospital/MIT Morris Udall Center of Excellence in Parkinson's Disease Research
Venue: Flyers/Sixers Surgery Theatre, Ground Floor White, HUP, 12noon

June 12, 2008

Ronald C. Petersen, MD, PhD
Professor of Neurology; Cora Kanow Professor of Alzheimer's Disease Research; Director, Mayo Alzheimer's Disease Research Center
Lecture and Venue: TBA
9:00am

For more information and updates, visit www.med.upenn.edu/aging, or contact us at aging@mail.med.upenn.edu or 215-898-3163.

on functional status among African-American breast cancer survivors.

Contact: Kathryn Schmitz, PhD, MPH, Primary Investigator; email address: kschmitz@ceeb.med.upenn.edu.

Health Disparities in Sleep Disorders: Evaluation and Treatment in Older Adults as a Function of Ethnicity

Sleep disorders are common in older adults, with nearly 25% having sleep disordered breathing and up to 30% having complaints of insomnia. Differential attitudes and perceptions of sleep may account for the significant variations among minority populations in sleep disorders' evaluation and management. This pilot's long-term goal is to develop targeted interventions that can improve the management of sleep disorders within minority older adult populations and thereby reduce the significant morbidity and mortality associated with unrecognized sleep disorders. Attitudes towards sleep and sleep disorders among African-American minority older adults will be examined through focus groups to learn about minority group cognitive beliefs and to understand the perception and reality regarding sleep; this information will be used to develop specific screening tools for this population to explore the relationship between sleep and a broad range of minority health disparities, such as differences in mortality.

The screening tool will be added to the ongoing Philadelphia Health Management Corporation's Household Health Survey, which samples 10,000 households and has been conducted since 1983. An analysis will be conducted to assess the inequality of sleep in different minority groups and determine whether inequalities in sleep mediate the inequalities in health, with univariate comparisons to determine the relationships between the predictor variables and sleep. Multivariate regression models with sleep as the dependent variable to assess the associations between sleep and minority status while adjusting for potential confounders such as age, gender and socio-economic status will then be conducted. The mediating effect of sleep will be examined by assessing the extent to which coefficients for the effect of ethnicity and SES variables on health are attenuated by the inclusion of sleep as a covariate. It is hoped the pilot will lead to quality of care indicators, interventions, and policy change in the care and evaluation of sleep problems among older minority populations. The data gathered from this pilot project will be instrumental in designing interventions that can increase access to care and compliance with treatments.

Contact: Nalaka Gooneratne, MD, MSCE, Primary Investigator; email address: ngoenera@mail.med.upenn.edu.

For more information about the new Penn RCMAR, contact Dr. Jerry Johnson at jcjohnso@mail.med.upenn.edu or Dr. Neville Strumpf at strumpf@nursing.upenn.edu.

AWARDS AND HONORS
Fellows

Vice Dean and Advisor: Dr. Strom



Dr. Brian Strom, George S. Pepper Professor of Public Health and Preventive Medicine; Chair of the Department of Biostatistics and Epidemiology, and Director of the Center for Clinical Epidemiology and Biostatistics, has been appointed to the new positions of Vice Dean for Institutional Affairs in the School of Medicine and Senior Advisor to the Provost for Global Health Initiatives. In his role as Vice Dean, Dr. Strom will lead the School of Medicine's relationship with the Philadelphia VA Medical Center. He will work to develop and promote the educational and research missions of the Center for Public Health Initiatives and the Leonard Davis Institute of Health Economics, as well as play a significant role with the Penn Medicine Biomedical Informatics Initiative. As Senior Advisor to the Provost, he will implement Penn's global health initiatives and coordinate public health activities across the university.

Laurea Honoris Causa: Dr. Alavi



Dr. Abass Alavi, Professor of Radiology, has been honored with an honorary degree from the University of Bologna, Italy. The laurea honoris causa is a prestigious academic award given on special occasions by Italian universities. Dr. Alavi's degree was given in medicine and surgery, in recognition of his extensive work in advancing diagnostic imaging.

The Institute of Medicine: Dr. Asch



Dr. David Asch, Robert D. Eilers Professor of Medicine and Health Care Management and Economics in the School of

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A CONVERSATION WITH DR. STEVEN ARNOLD

Continued from page 7

IOA: What led you to specialize in psychiatry and more specifically neuropsychiatry?

SA: What could be more fascinating than understanding how and why people think and feel the way they do? In college I was interested in philosophy, and in particular, the mind-body problem. In medical school, I considered specializing in a number of fields, including internal medicine, psychiatry, neurology, and pathology. But psychiatry appealed to me the most, both intellectually, and in its capacity to help people. However, as I went through psychiatry residency training, I found I needed to know more about the brain and how neurological illnesses and injuries affect complex behaviors. So, with the encouragement of my wife Reisa, I did a second residency in neurology and I've been working at the interface of the two fields ever since.

IOA: You are now the Director of the Geriatric Psychiatry Section and in addition, you have been lecturing on mental health issues for the School of Nursing Science. How critical is it to integrate psychiatry and an awareness of mental health issues into medical and nursing education?

SA: It's very important. Six of the top ten causes of disability in the US and other developed nations are psychiatric, including depression, substance abuse, anxiety disorders, and psychotic disorders. So many of the barriers to good health are psychiatric in nature – everything from poor compliance with taking one's medicines because of minor depression or cognitive difficulties to denial of illness to alcoholism and tobacco addiction. It is also important to get the word out about the tremendous advances in our understanding of the biology of psychiatric disorders to help fight the stigma associated with them. Psychiatric symptoms are not character flaws.

IOA: With your new roles at the Institute on Aging and at the Penn Alzheimer's Disease Center and Penn Memory Center, where do you think geriatric psychiatry is heading in response to the growing aging population in the U.S.? What are some of the challenges of working with geriatric psychiatry patients?

SA: As we all know, we are facing an epidemic of dementia and other neuropsychiatric problems of aging in the coming decades. There will be an acute shortage of geriatric psychiatrists who have the broad skill sets to diagnose and treat the frequent behavioral complications of dementia, to understand and manage common problems of depression and anxiety that can occur on their own or in association with co-morbid medical illnesses, to use psychotropic medications judiciously, and to work with family members and caregivers on the many psychosocial challenges presented for a loved one in late life. These are a few parts of the geriatric psychiatrist's job description.

Aside from the need to train more mental health care professionals for elderly patients, there also needs to be greater access and encouragement for



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AWARDS AND HONORS

Medicine and the Wharton School and Executive Director of the Leonard Davis Institute of Health Economics, has been elected as a member of The Institute of Medicine of the National Academies. Members are elected through a highly selective process that recognizes people who have made major contributions to the advancement of the medical sciences, health care, and public health. Election is considered one of the highest honors in the fields of medicine and health.

Colyton Prize for Autoimmune Research:



Dr. Choi

Dr. Yongwon Choi, Professor of Pathology and Laboratory Medicine and Director, Center for Osteoimmunology, has been

named the winner of this year's Lady Barbara Colyton Prize for Autoimmune Research, in recognition of outstanding research in the field of autoimmune diseases. Dr. Choi was honored for the potential his research holds in making a significant impact on the treatment of autoimmune diseases such as rheumatoid arthritis.

Hartford Center Pilot Program Award:



Dr. Evans

Dr. Lois Evans, van Ameringen Professor in Nursing Excellence, and Visiting Scholar Dr. Eun-Hi Kong have been

awarded a Hartford Center of Geriatric Nursing Excellence Frank Morgan Jones Pilot Program Award for their project, "How Do Family Caregivers' Beliefs About Dementia Differ Among Caucasian Americans, Korean Americans, and Koreans?"

care. Economically, psychiatry has been particularly hard hit by managed care and Medicare restrictions over the last ten to twelve years. These challenges notwithstanding, there are also real opportunities on the horizon. Geriatric psychiatry will benefit from the many research advances in the neurobiology of aging, an emerging pipeline of disease-modifying treatments for neurodegenerative dementias, and the refinement of evidence-based psychotherapies that may be of great benefit in the elderly.

IOA: Have you established any goals for the Section of Geriatric Psychiatry? Can you tell us more about the Silvio O. Conte Center for the Neuroscience of Mental Disorders?

SA: The Geriatric Psychiatry Section's broad mission is to improve the mental health and well-being of older adults through innovative translational neuroscience and health care services research, through the education and training of clinicians, and through direct patient care. Late life is a time of transitions, with increased vulnerability to losses and illnesses that can lead to problems in memory and other cognitive abilities, emotion, and behavior. Our goals are to identify the nature and causes of these common problems, to use the most advanced treatments to help restore mental health, and to discover strategies to enhance resilience against the distinctive stressors of late life.

One of my major goals is to expand the clinical services offered by Geriatric Psychiatry, especially at Ralston House. We'll increase the clinical staff seeing patients for psychiatric and complex neuropsychiatric problems and offer individual and group psychotherapy services.

I'm also very excited about our new Conte Center research initiative on stress, resilience, and aging. We will conduct translational research on the effects of psychological stress on cognition and emotion across the lifespan in humans and in relevant mouse models. Some of the very interesting data emerging from our collaborative work with the Alzheimer's Disease Center at Rush University on the Religious Orders Study is that people who tend to experience more psychological distress during their life have a two to three-fold higher risk of cognitive decline and frank dementia in late life. Our neuropathological studies indicate that this is not simply associated with more Alzheimer's disease pathology in the brain tissues. We want to know how stress affects brain circuits involved in memory, other domains of cognition, and emotion. So with researchers at Penn and Rush, we've designed a set of projects to look at clinical features of stress, emotion, and cognition in older adults and in aged mice undergoing mild stress experiments, biochemical and molecular biomarkers of stress in blood samples and brain tissues, and brain tissue investigations of neurogenesis in late life, mechanisms of synaptic injury from the stress response, and stress regulation of gene expression in memory and emotion areas of the brain.

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AWARDS AND HONORS

Fellows

Ravdin Master Clinician Award: Dr. Glick



Dr. John Glick, Professor of Medicine and Leonard and Madlyn Abramson Professor of Clinical Oncology at the Abramson Cancer Center, has been

named the winner of this year's School of Medicine I.S. Ravdin Master Clinician Award, in recognition of an active master clinician who is a skillful, compassionate practitioner with a long and consistent record of contributions to the Penn School of Medicine and Health System.

Governor's Commission: Dr. Naylor



Dr. Mary Naylor, Marian S. Ware Professor in Gerontology and Director, NewCourtland Center for Transitions and Health, has been appointed to the Governor's Chronic Care Management, Reimbursement, and Cost Reduction Commission. The Commission will design infrastructure needed to implement and support implementation of the Chronic Care Model throughout Pennsylvania, with the goal of producing quality outcomes and cost effective treatments for patients with chronic diseases.

University Research Award: Dr. Pittman



Dr. Randall Pittman, Professor of Pharmacology, has been awarded a University Research Foundation award in support of his project, "The Josephin Family of Deubiquitylating Enzymes and the Cellular Response to Stress."

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MEET THE BOARD

The Institute on Aging External Advisory Board is comprised of dynamic and dedicated individuals from all walks of life who share a common goal - to improve the quality of life for older adults. Meeting several times a year, this body of informed, hands-on volunteer advisers is instrumental in forwarding the mission of the Institute on Aging.

The Institute on Aging is honored to include Warren Kantor among the External Advisory Board members.

Warren Kantor, MBA



With more than 30 years of experience in managing rapidly growing financial institutions, Warren Kantor has turned his attention and business acumen to helping Pennsylvania's - and now the nation's - older adults access benefits to improve their quality of life and health.

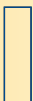
Mr. Kantor earned his MBA from Temple University in 1965. In a career spanning 21 years with Arthur Andersen here in Philadelphia, he oversaw the Financial Services Division and served as a member of the team consulting on worldwide issues of mortgage banking, consumer finance, insurance, leasing, savings and loans, and real estate industries.

Mr. Kantor held executive positions at publicly traded financial services firms during the 1990s. He established Olde City Service Corporation, a private money management firm that handles in excess of \$100 million, in 1994.

Turning his attention away from financial services firms, in 2002 Mr. Kantor created the Foundation to Benefit Our Seniors to execute his philanthropic endeavors and to manage charitable projects in the Philadelphia area. One of his notable philanthropic achievements has been expanding the number of Pennsylvania senior citizens who know and take advantage of the many services offered through Pennsylvania's PACE (Pharmaceutical Assistance Contract for the Elderly) program. In lieu of simply handing out pamphlets and materials, Mr. Kantor's team guides seniors through the enrollment process, handling the paperwork and explaining the intricacies. This simple step of identifying those eligible but not enrolled and then contacting them and helping them with the process has empowered thousands of older Pennsylvanians.

Growing from his work with the Foundation to Benefit Our Seniors, Mr. Kantor founded Benefits Data Trust in 2005 to pursue his philanthropic endeavors for senior citizens - this time on a national level.

Again drawing from his financial services industry experience, Mr. Kantor designed the innovative, unique methodologies of Benefits Data Trust that is enabling the organization to carry out its mission to eliminate poverty for seniors nationwide and to help low income seniors in Pennsylvania and across the country obtain benefits which they are eligible to receive. Benefits Data Trust (BDT) currently employes approximately





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AWARDS AND HONORS

Associate Director for Population Science: Dr. Rebbeck



Dr. Timothy R. Rebbeck, Professor of Epidemiology; Director, Center for Genetics and Complex Traits; Director, Center for Population Health and Health Disparities, and Senior Scholar in the Center for Clinical Epidemiology and Biostatistics, has been appointed as the Associate Director for Population Science at the Abramson Cancer Center.

Nursing Promotion: Dr. Weaver



Dr. Terri E. Weaver, Chair of the Biobehavioral and Health Sciences Division in the School of Nursing has been promoted from Associate Professor to Professor of Nursing. Dr. Weaver is recognized nationally and internationally for her research on the effect of daytime sleepiness on daily behaviors and assessment of treatment outcomes.

Associate Director for Outcomes and Delivery Research: Dr. Armstrong



Dr. Katrina Armstrong, Associate Professor of Medicine and Epidemiology; Director of Research at the Leonard Davis Institute of Health Economics, and Senior Scholar in the Center for Clinical Epidemiology and Biostatistics, has been named Associate Director for Outcomes and Delivery Research at the Abramson Cancer Center.

NHLBI Grant: Dr. Riegel



Dr. Barbara Riegel, Associate Professor of Nursing, has received a three-year grant from the National Heart, Lung and

100 full- and parttime staff members and leverages technology, direct-marketing tactics, and personal interaction via call centers to contact and assist limited income senior citizens. A point of great pride, BDT has a growing record of strong enrollment rates in federal benefits at one of the lowest costs in the industry.

Building on the knowledge gathered from efforts at the Foundation to Benefit our Seniors, BDT is working with various national partners to enroll limited income seniors into the Medicare Part D Low-Income Subsidy, Medicare Savings Programs, and other state and federal benefits available to the senior population. It's an evolving process as Mr. Kantor and BDT continue to devise innovative approaches to identify, contact and help seniors apply for benefits, creating a positive impact on the lives of seniors nationwide - with millions more in need.

Recently, BDT began a collaboration with AARP to reach out to over one million AARP members who may be eligible to save money on prescription drug costs by receiving federal assistance through the Low-Income Subsidy (LIS). BDT will serve as the AARP Extra Help Application Center, will field calls from individuals all over the country, will complete LIS applications over the phone for those interested and eligible, and will even submit the application to the Social Security Administration.

To complement current and future government efforts to find and enroll as many individuals as possible in Medicare Part D's LIS, Mr. Kantor explains that BDT is now working on a project with the Centers for Medicare and Medicaid Services (CMS) and the National Council on Aging on a grant entitled "Cost Effective and Scalable Strategies for Enrolling Medicare Beneficiaries in Medicare Prescription Drug Coverage Extra Help." This five-year project will use private-public partnerships to test a variety of sophisticated list-driven strategies for identifying and enrolling eligible beneficiaries in the LIS.

Knowing well the value of partnerships, Mr. Kantor and BDT have been working with National Council on Aging and Kaiser Permanente since December 2005 to identify Kaiser Permanente Medicare members who may qualify for the LIS and assist them in applying for the "Extra Help." BDT is also partnered with Access to Benefits Coalition, the Partnership for Prescription Assistance, and the Pennsylvania Department of Aging.

Currently, Mr. Kantor is the Chairman and Co-Founder of Benefits Data Trust and also serves as the President and Chief Executive Officer of Olde City Services Corporation and President of Complete Enrollment Agency, LLC.

To support his involvement in Benefits Data Trust, Mr. Kantor joined the board of IOA to round out his knowledge of issues being faced by seniors, as well as to learn more about the advances in medicine, science and healthcare that impact the lives of seniors. Mr. Kantor also proudly serves on the board of the National Council on Aging, which works to improve the lives of older Americans through advocacy, developing innovative technologies to improve the quality of life of seniors, and collaborative leadership.

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Blood Institute (NHLBI) of the National Institutes of Health (NIH). "Impact of Sleepiness on Heart Failure Self-Care" will examine excessive daytime sleepiness as a potential contributor to refractory problems with self-care in persons with heart failure, poor health-related quality of life, and unplanned hospitalizations. The grant is for \$700,000.

LIFE Research Initiative Award: Dr. Volpe



Dr. Stella Volpe, Miriam Stirl Term Associate Professor of Nutrition, has been given a \$50,000 award from the Penn School of Nursing

LIFE Research Initiative to support her project, "Short-term Exercise on Body Weight in Overweight Elderly African American Women." The project will focus on weight loss in urban-dwelling, overweight and obese African American women of low-income who attend LIFE, the all-inclusive elderly care program directed by Penn School of Nursing at 4508 Chestnut Street.

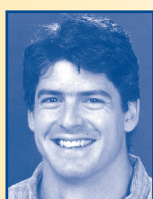
Assistant Professor: Dr. Cuellar



Dr. Norma Cuellar, Assistant Professor of Nursing, was awarded a National Institute of Nursing Research Mentored Research Scientist

Development Award in support of "The Use of Valerian on Sleep in Persons with Restless Legs Syndrome."

University Research Award: Dr. Schmidt



Dr. Paul Schmidt, Assistant Professor of Biology, School of Arts and Sciences, was awarded a University Research Foundation award in

support of his project, "Gene Flow and Selection in the Genus *Littorina*."

ONGOING STUDIES IN AGING RESEARCH FOR POSTMENOPAUSAL WOMEN AND FOR ALZHEIMER'S DISEASE

Moving information from the laboratory to the clinic and American homes, lives, and doctor's offices is the ultimate goal of research, but it can't happen without the involvement of study participants. Here are three aging-related studies currently recruiting participants. If you or someone you know may be interested, please contact those listed.

Insulin Resistance and Testosterone in Non-Diabetic Postmenopausal Women

This study is being conducted by the University of Pennsylvania Health System's Division of Endocrinology to determine if a relationship between insulin resistance and testosterone exists in women who have already gone through menopause. Anne R. Cappola, MD, ScM, Assistant Professor of Endocrinology, Diabetes and Metabolism, is the Principal Investigator.

Insulin is a naturally occurring hormone in the body that is needed to convert sugar and starches into energy. Insulin resistance is a condition in which the body does not use insulin normally and is common in people with diabetes or pre-diabetes. Testosterone is a hormone that is present in large amounts in men, though lesser amounts are found in women. Previous studies have shown that postmenopausal women with insulin resistance have higher testosterone levels than women without insulin resistance.

People with insulin resistance may be at higher risk of heart disease compared to the normal population. This may be caused by insulin resistance and/or higher testosterone levels. This study will help us understand if insulin resistance and higher testosterone levels are related in postmenopausal women. It may ultimately help us understand why people with insulin resistance may be at high risk for heart attacks.

We are looking for postmenopausal women, aged 50-79 years who do not have diabetes to come in for 5 morning outpatient visits, averaging 2.5 hours each, over 13-16 weeks. Volunteers will be compensated \$10 a screening visit and \$400 at the completion of the study and reimbursed for round trip public transportation for visits or parking at Penn Tower. For more information, contact Terry Scattergood at (215) 898-5664.

New Imaging Technology for the Assessment of Trabecular Microarchitecture in Response to Treatment with Teriparatide

This study is being conducted by the University of Pennsylvania Health System's Division of Endocrinology for women 60 years or older who have osteoporosis and have never taken a bisphosphonate medication and will provide qualified patients with a U.S. FDA-approved treatment for postmenopausal osteoporosis. Anne R. Cappola, MD, ScM, Assistant Professor of Endocrinology, Diabetes and Metabolism, is the Principal Investigator. The study seeks to determine if teriparatide (Forteo®) will



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AWARDS AND HONORS

NIH Director's New Investigator Award: Dr. Shorter



Dr. James Shorter, Assistant Professor of Biochemistry and Biophysics, has been named an inaugural recipient of the NIH

Director's New Investigator Award. The award will provide \$1.5 million in direct costs over five years to each of the 29 selected recipients who take highly innovative approaches to major challenges in biomedical research. Dr. Shorter received the award for his research in developing biochemical methods to combat diseases such as Parkinson's, Alzheimer's and Huntington's diseases, caused by nerve degeneration. Specifically, Dr. Shorter's work seeks to understand how cells prevent, reverse, or even promote the formation of amyloid and prion fibers, implicated in many neurodegenerative diseases.

New Investigator Research Award: Dr. Volpp



Dr. Kevin Volpp, Assistant Professor of Medicine, was selected as this year's winner of the Marjorie

A. Bowman New Investigator Research Award in recognition of his achievements in the health evaluation sciences. Dr. Volpp was chosen for his research on how regulatory and financial policies affect health care decisions.

AFAR Research Grant: Dr. Thompson



Dr. James Thompson, Research Assistant Professor, Division of Hematology and Oncology, has been named as a 2007-2008 American Federation for

Aging Research (AFAR) Research Grant recipient. Dr. Thompson's grant will support his project, "Murine Model of the Anemia of Aging and the Myelodysplastic Syndromes."

improve bone structure and therefore decrease the likelihood of fractures in postmenopausal women at high risk.

The study drug and dosage will be the same preparation and dosage available commercially and consists of a self-injected dose, given via an injection pen, once a day for 18 months. Forteo® (teriparatide) will be provided to eligible participants for 18 months; a Dexascan and MRI scan will be given at the start of the study, at 9 months, and at 18 months.

Forteo® (teriparatide) was approved by the U.S. FDA for the treatment of osteoporosis in 2002 and may increase bone formation and density more so than other drugs currently available. Until now there has been no way of determining bone structure and demonstrating the effectiveness of the drug except by taking a bone biopsy, a process that is moderately painful. Effects of the drug in this study will be determined by comparing bone structure before and after treatment as assessed by a non-invasive Micro MRI technique which evaluates bone architecture and was developed here at the University of Pennsylvania.

The study will provide qualified patients with Forteo® (teriparatide) for 18 months and DEXA and MRI scans at the time of enrollment in the study, again 9 months later, and finally 18 months later. Study participants will be reimbursed for visits. All women in the study will be treated with the U.S. FDA approved dose of teriparatide (Forteo®). To be eligible for the study, women must be 60 years of age or older, with a bone mineral density T-score of either the spine (L1-L4), total hip, or femoral neck of ≤ 2.5 , or have a history of an osteoporotic fracture. For more information, contact Terry Scattergood at (215) 898-5664.

Alzheimer's Disease Study

A clinical research study is being conducted at the University of Pennsylvania to determine the effects of an investigational drug on daily function and memory in people with mild to moderate Alzheimer's disease (AD). Joel E. Streim, MD, Professor of Psychiatry, is the Primary Investigator for this study. Participants cannot be on another FDA-approved AD treatment. If you qualify for participation, all study-related medical care, physical exams, lab tests, and the investigational drug will be provided at no cost to you. For more information, contact Suzanne DiFilippo, RN, at 215-349-8228.

FROM OUR ASSOCIATE FELLOWS...

Dr. Arthur E. Helfand, Professor Emeritus, Temple University School of Podiatric Medicine, edited two new textbooks: *Public Health and Podiatric Medicine: Principles and Practice*, Second Edition, and *Foot Health Training Guide for Long-Term Care Personnel*.

2008 SYLVAN M. COHEN ANNUAL RETREAT
WITH POSTER SESSION ON AGING

MAY 6TH

HEALTHY BRAIN
Aging



save the date

The 2008 Sylvan M. Cohen Annual Retreat with Poster Session on Aging will take place May 6, 2008 in Houston Hall here on Penn's campus and is being co-sponsored by the new Penn Resource Center for Minority Aging Research (RCMAR), Center for Neurodegenerative Disease Research, Penn Alzheimer's Disease Center, and Penn Udall Center for Parkinson's Research. Our focus for 2008 will be on healthy brain aging. The IOA has invited several prominent speakers in the field to serve as our "Healthy Brain Aging Team":

Marcelle Morrison-Bogorad, PhD, Associate Director of the Neuroscience and Neuropsychology of Aging Program at the National Institute on Aging, will address the question of why healthy brain aging does matter.

Marilyn Albert, PhD, Director of the Division of Cognitive Neuroscience at Johns Hopkins University, will tackle vascular risks and their impact on healthy brain aging.

Carl Cotman, PhD, Director of the Institute for Brain Aging and Dementia, at the University of California, Irvine, will discuss the ongoing research into

how physical activity impacts healthy brain aging.

Hugh Hendrie, MB, ChB, DSc, Center Scientist at the Indiana University Center for Aging Research, will discuss the new national roadmap to maintain cognitive health, "The Healthy Brain Initiative," the collaborative effort from the CDC and the Alzheimer's Association, as well as share information from a recent review of cardiovascular risk factors and incident Alzheimer's disease.

Lectures will begin at 12:30pm, and the Poster Session on Aging will take place from 3:30 - 5:30pm. Registration begins in January, 2008. Visit the IOA website for updates.

This event is supported in part by an educational grant from Eli Lilly and Company.