

Deborah Kado

Q&A



Deborah M. Kado, MD, MS, assistant professor, joined the UCLA division of geriatrics in 2000. Born in Berkeley, CA, she earned her MD from Cornell University in 1991 and completed her internal medicine residency training, serving as chief resident at Harbor-UCLA Medical Center in 1995. After completing a Clinical Research Fellowship at UCSF School of Medicine in 1998, Dr. Kado joined the VA-UCLA Geriatric Medicine Fellowship Program, graduating in 2000. Recently Dr. Kado was awarded research funding (R01) from the National Institute of Health to lead an investigation into the causes and consequences of hyperkyphosis in the elderly.

Q. What specific influences have led to your career in geriatrics and in particular your concentration in the areas of osteoporosis and kyphosis?

When I was in fifth grade, my mother, in her role as PTA president, set up an elective for elementary school students to volunteer in the art rooms of local nursing homes. That experience was my first opportunity to interact with older persons and to learn to appreciate the richness and wisdom, along with hardship, that many aging persons face. Years later, during my residency at Harbor-Medical Center, I had extensive exposure to the treatment of chronic diseases such as AIDs and cancer. Consequently, I became quite comfortable dealing with complex medical problems which often characterize the health of older persons. I decided to pursue a career in academic medicine and went on to complete a Clinical Research Fellowship at the UCSF School of Medicine. At UCSF, I found a strong role model in Steven Cummings, MD, a leading expert in the epidemiology and treatment of osteoporosis. My early research in outcomes related to vertebral osteoporosis led to my current interest in the study of hyperkyphosis.

Q. What has been the most significant development or discovery that has arisen from recent research into kyphosis?

For a long time, it has been thought that hyperkyphosis (“dowager’s hump”) is a condition found primarily in older women and believed to be a consequence of spinal fractures. However, our research suggests that about half of those with the worst hyperkyphosis do not have underlying spinal fractures, suggesting that there may be other important causes. In addition, we have demonstrated that hyperkyphosis not only affects older women, but is also common in men and that it appears to be closely linked with poor physical functioning and an increased risk of mortality.

Q. Congratulations on the excellent score you received recently as lead

investigator on your R-01 proposal to investigate the causes and consequences of hyperkyphosis in the elderly. What are some details of this project?

The project is a longitudinal study that will address the causes and consequences of hyperkyphosis in about 1,000 older women followed for over fifteen years. These women are a subset of participants of a larger cohort study, the Study of Osteoporotic Fractures, which originated in 1986 and continues through today. Benefitting from pilot funds obtained from the UCLA Claude Pepper Center, we have developed a measurement of kyphosis that can be applied to archived spine radiographs taken several times on the same subject over fifteen years. By having a measure of kyphosis over time, we will be able to determine more accurately its potential causes, including not only incident vertebral fractures, but also changes in disc height, muscle strength, and we will begin to explore a possible genetic link. Furthermore, we will expand our knowledge of hyperkyphosis as a potential health condition that is associated with a multitude of adverse health outcomes including frequent falls, future osteoporotic fractures, and functional decline.

What about future research activities?

In the future, I’m hoping to conduct similar studies to include a cohort of men. Once we understand more about its causes, we will be better equipped to develop possible preventive treatments and interventions.

Q. In recent years you have provided strong mentoring direction in a variety of capacities: teaching and supervising UCLA residents and fellows in both clinic and hospital settings, as well as participating in programs such as the

Continued on page 4.

Director's Column

MPGMG Director David B. Reuben, MD



The bustle of autumn has returned. Undergraduate students have returned to the campus, and there is an air of excitement. Fourth

year medical students are beginning to explore geriatrics as a career by doing subinternship electives on the geriatrics service. Our geriatrics fellows are settling in and learning the skills and knowledge that will launch them on the career of a lifetime. In academics, autumn is a time of beginnings.

For the Multicampus Program in Geriatric Medicine and Gerontology, this autumn marks several new beginnings that will be instrumental in our future growth and development. In July, UCLA was one of four institutions to receive a grant from the Donald W. Reynolds Foundation to train faculty to teach geriatrics at medical schools and residency programs nationwide (see p. 4). As part of this grant, we will be offering mini-fellowships for faculty who have not been trained in geriatrics. These mini-fellowships will focus on: general faculty development in geriatrics, geriatrics for academic hospitalists, geriatrics for faculty

teaching in nursing homes, and palliative and end-of-life care. The grant also includes a consultation program through which UCLA faculty will visit institutions that aim to improve their geriatrics training. These activities will complement the efforts of the 20 Reynolds programs and 2 Reynolds departments of Geriatrics.

Recently, I had the privilege of attending the annual Reynolds grantee annual meeting. It was a remarkable display of enthusiasm and institutional change to increase geriatrics training at these 22 institutions. The products they have developed and lessons learned will undoubtedly influence geriatrics education nationwide. In addition to presentations at a variety of national meetings, this dissemination will be facilitated by several internet websites, including POGOe: www.pogoe.org, the GROW Clearinghouse: <http://services.aamc.org/GROW/index.cfm?action=home>, and GeriatricWeb: <http://geriatricweb.sc.edu/>. Moreover, the Health Education Assets Library: www.healcentral.org of digital education resources, which the Association of American Medical Colleges, the National Library of Medicine and the National Science Foundation have funded, holds enormous potential for sharing geriatrics educational products.

Our geriatrics research programs have also shifted into high gear. Proposals, including several by junior faculty, that were submitted last autumn have been funded, resulting in an expansion of research operations that has outstripped our available space. Thus, we have rented a suite of offices in nearby Westwood Village and plan to use this research satellite beginning in December. Additional research staff members have been hired, and new proposals are continuously being submitted.

We have many other reasons to celebrate. James Davis, MD has marked his 25th year on the faculty at UCLA. His devotion to his patients and trainees has been an inspiration to us all. We have recruited a new evaluation expert, Peter Bachrach, PhD, whose plate has quickly been filled with a variety of educational and program evaluations. On a personal, professional note, I was honored to receive the Archstone Foundation Chair in Geriatrics. The search for a second chair for the Director of the Harry and Anna Borun Center has been completed, and the appointment will be announced by the end of the year. The impact of these endowed chairs will be profound as they bring new ongoing resources into our program.

UCLA hosts the 21st Annual Intensive Course in Geriatric Medicine and Geriatric Pharmacy

Over three hundred health professionals, including participants from Asia, Europe and South America, took part in four days of lectures, discussions, interactive and board review sessions at the Marina del Rey Marriott September 29 through October 2. UCLA's Intensive course is known as the most comprehensive geriatric board review available in the country.

This year's course featured lectures from David B. Reuben, MD as the David H. Solomon Award recipient and from Rudolph E. Tanzi, PhD as the Arthur



Rudolph E. Tanzi, PhD, the Arthur Cherkin Memorial Award lecturer and Cathy Alessi, MD, Course Director

Cherkin Memorial Award lecturer.

The 2004 Intensive Course in Geriatric Medicine & Board Review was supported in part by educational grants from: Abbott Neuroscience, Amgen, AstraZeneca, Boehringer-Ingelheim Pharmaceuticals, Eli Lilly and Company, Forest Pharmaceuticals, Inc., Janssen Pharmaceutica Products, L.P., Merck & Co., Inc., Novartis Pharmaceuticals Corporation, Organon Pharmaceuticals USA Inc., Pfizer, Inc., and Wyeth Pharmaceuticals.

Archstone Chair in Geriatrics Awarded to David B. Reuben, MD

California has the largest elderly population in the nation. An estimated 3.3 million Californians are age 65 and older. This population is expected to reach 5 million by 2010 and to exceed 7 million in 2020. The fastest growth among California's seniors is in the age group 85 years and older. Today, 1 in 77 Californians is 85 years old or older; this proportion is projected to be 1 in 62 by 2010 and 1 in 34 by 2040.

To help meet the needs of California's aging population, the University of California gathered \$12 million in state and private funds to fund six new endowed chairs in geriatric medicine to be located at the five University of California medical school campuses — Davis, Irvine, Los Angeles, San Diego, and San Francisco — and at the Berkeley campus.

The Archstone Foundation in Long Beach, CA provided \$1.5 million for the chair at the David Geffen School of Medicine at UCLA. The Archstone Foundation is a private, non-profit foundation whose mission is to prepare society for the growing needs of an aging society. The Archstone Foundation's funding priorities include elder abuse prevention, fall prevention, and emerging needs among the elderly.

The Archstone Chair has been awarded to David B. Reuben, MD, chief of geriatrics. Geriatric clinical care has been a long-standing strength of the medical center, and the division of geriatrics anticipates greater demand for services. Along with this growth, there is an increasing need to continuously improve the quality of care older persons receive. "In terms of health care delivery, there

are a lot of complicated illnesses, and we have to be smarter and better organized, making sure things are done correctly without errors," Reuben said. Resources from the chair will be used to support education of physicians at all levels of training. "For example, a goal is to have every graduate of the medical school have a set of core competencies in geriatrics so they can provide high quality care for older people," Reuben said.

The new chairs will be part of the UC Academic Geriatric Resource Program, authorized by the California Legislature in 1984 as a mechanism for developing new initiatives in geriatrics, gerontology and other disciplines related to aging. The 20-year-old program has a \$1.1 million annual budget and a long record of collaboration among its six participating campuses.

UCLA Claude D. Pepper Older Americans Independence Center (OAIC): A Focus on the Data Management Core

The Data Management Core (DMC) of the OAIC has added additional personnel and capabilities to provide data management expertise for the OAIC and the UCLA aging research community in general. This article will focus on the DMC's recent work with a number of OAIC investigators on their research projects. The DMC helped design the data collection forms and has been doing the data entry for Dr. Carol Mangione's project: teaching diabetics how to care and monitor their health better. Because there are a number of steps involved with recruitment for this study - screening for eligibility, clinical measurement to confirm diabetic status, glucometer training, and randomization — the DMC has also developed a set of reports to help field staff track which forms have or have not been entered into the database.

The DMC has worked with two studies at the Borun Center to develop special-

ized, web-based software applications that help nursing home staff complete assessments and quality improvement evaluations for interventions. One of these, designed to support the feeding assistance program developed by Dr. Sandra Simmons, is in the final stages of review and will soon be made available to nursing homes that want to use the intervention program. The innovative software allows staff to enter information about a resident's medical history, any meal or snack periods observed, and any staff assistance provided. Applying algorithms developed with the intervention, staff can produce reports that help define the individual nutritional needs of the residents and develop plans to improve the health of these residents.

Along the same model, the DMC staff has begun working with Dr. Barbara Bates-Jensen to develop a web-based application that uses information from

movement monitors to identify residents at risk for pressure ulcers. Work on this application is just beginning, but goals are similar to the nutrition assessment system. A beta version of the software will be evaluated this spring.

Finally, the DMC continues to consult with investigators on small projects, such as Dr. Joshua Chodosh's project to assess the cognitive functioning of veterans. In addition, as DMC staff work on projects not directly associated with OAIC projects, they have the opportunity to share the experiences, materials, and procedures developed from OAIC projects to improve the quality of research projects throughout the Division. The DMC is an important asset at UCLA: as a core, it not only serves the OAIC, but it benefits other research by making the OAIC a resource to the wider research community

California Geriatric Education Center News

On September 28, the CGEC statewide external advisory members joined core faculty to discuss and plan four faculty development and training of trainer programs for the coming year:

- Home Assessment of the Vulnerable Older Adult: lead consortia member is Drew University
- Leadership Academy: lead consortia member is CSU Fresno
- Special Issues in Community-based Care: lead consortia member is UC San Francisco
- Geriatric Rehabilitation, lead consortia member is UC Davis

Most recently, the CGEC was awarded supplemental funds to establish two regional educational networks in California, one on the central coast and the other in San Diego County. Based at Cal Poly, San Luis Obispo, Dr. Debra Valencia-Laver, will lead the activities to establish a gerontology education faculty network in the Tri-County region of San Luis Obispo, Santa Barbara and Ventura counties. Representatives from two CSU campuses (Cal Poly and Channel Islands) and four community colleges: Cuesta, Allan Hancock, Santa Barbara City and Ventura City, will participate in building linkages and sharing resources across campuses. The second new geographic area receiving CGEC funding is San Diego County. UC San Diego will lead new efforts to establish educational community linkages and geriatric pharmacy educational faculty and curricula development. These activities are in support of the new UCSD School of Pharmacy and Pharmaceutical Sciences.

Donald W. Reynolds Foundation Awards \$12 Million for Geriatrics Training

The Donald W. Reynolds Foundation has awarded four grants totaling \$12 million to train faculty at academic health centers in geriatrics. Under the grants, Duke University, Johns Hopkins University, New York's Mount Sinai Medical School and the University of California, Los Angeles will form the Donald W. Reynolds Consortium to Strengthen Faculty Expertise in Geriatrics in U.S. Academic Health Centers. Each of the four Consortium members will receive a grant totaling \$3 million over six years. The Donald W. Reynolds Foundation is a national philanthropic organization founded in 1954 by the late media entrepreneur for whom it is named. Headquartered in Las Vegas, Nevada, it is one of the 50 largest private foundations in the United States.

In California, the project will be based in the UCLA Multicampus Program in Geriatric Medicine and Gerontology in Los Angeles and led by that Program's Director, David B. Reuben, MD. UCLA will develop and implement a marketing plan for the first year on behalf of the Consortium members.

The Consortium will provide fellowships to train at least 66 clinician educators in geriatrics and continue the training of

their own junior faculty members, with a goal of placing as many as possible as faculty in other institutions. It will offer one-week mini-fellowships and courses to strengthen the knowledge of geriatrics of as many as 950 faculty members who teach medical students and residents in institutions throughout the United States. The Consortium also will provide on-site consultation to other academic health centers aimed at strengthening their geriatrics training. Their goal is to provide this service to at least 80 institutions over a six year period.

Upon announcing the grants Steven L. Anderson, president of the Donald W. Reynolds Foundation, stated, "Support for the new Consortium fits strategically with a broader Reynolds Foundation effort to strengthen academic health centers' training of physicians to improve their care of the elderly." Since 2001, the Reynolds Foundation has awarded almost \$40 million to academic health centers seeking to strengthen physicians' training in geriatrics. Mr. Anderson noted that a number of institutions competing for those grants have lacked faculty with sufficient expertise in geriatrics to implement their plans. The new initiative is designed to address that problem.

Deborah Kado Q&A

(continued from page 1)

NIA/NIH UCLA Mentored Clinical Scientist Development Program. What have you found most challenging in your role as mentor and how has it shaped your own skills, activities or methods?

Teaching was one of the initial attractions that drew me to work in a research/university setting. I find that the mentoring relationship often provides fresh and intriguing viewpoints, and it forces me to keep current with the latest in clinical care and to maintain a high command of the subject. My grandfather always taught me that if you can teach well, you really know the material.

Q. Could you tell us about the Junior Faculty Development Program and how the program has related to/enhanced your own leadership initiatives?

The program is run under the auspices of the division of geriatrics, and it involves all faculty in an ongoing bi-weekly course to discuss training, career, and academic development. Junior faculty members in our division benefit from strong and organized leadership that prepares and guides us for the difficult world of grant preparation and multiple demands with limited time. I am very appreciative of the opportunities that this program offers to nurture junior faculty through the rigorous early years.

VA-UCLA Geriatric Medicine Fellowship Program

The VA-UCLA Geriatric Medicine Fellowship Program has a national and international reputation for excellence in geriatric medicine training. One of the program's greatest strengths is the quality of its trainees and graduates. The program's large class size and national recruitment exposes trainees to colleagues with a broad range of backgrounds, experience and interests. It also provides a broad base for peer support and intellectual stimulation. All eligible graduates in the last five years passed the Certificate of Added Qualifications examination in geriatrics, and a substantial number have gone on to successful teaching and research careers in geriatrics.

Almost half of the 2004 graduating fellows chose to pursue advanced academic training in programs such as the VA Special Fellowship Program in Advanced Geriatrics, the Palliative Medicine Fellowship Program at San Diego Hospice, and the Robert Wood Johnson Clinical Scholars Program. The remaining graduating fellows assumed clinical positions throughout California.

The VA-UCLA Geriatric Medicine Fellowship Program is pleased to welcome the 2004-2005 fellowship class. The new



2003-2004 Fellowship Program Graduates

fellows and their residency programs are: Elaine Bao, MD, UCLA Department of Medicine; Tha Cha, MD, Kern Medical Center; Jasmine Chowdhury, MD, UCLA / San Fernando Valley; Jeffrey Mariano, MD, UCLA Department of Medicine; Preston Peterson, MD, Oregon Health Sciences University; Parmis Pouya, MD, Drew University / King-Drew Medical Center; Sonja Rosen, MD, Harbor-UCLA Medical Center; Shari Sanders, MD, Oregon Health Sciences University; Susan

Wang, MD, University of Pittsburgh; Rishi Sawhney, MD, Case Western Reserve; and Mary Sehl, MD, UCLA / VA Greater Los Angeles Healthcare System.

The program is accepting applications for the academic year beginning July 1, 2005. To learn more about the program and to obtain an application, please contact the Fellowship Coordinator at (310) 312-0531 or gerifell@mednet.ucla.edu.

RCMAR National Coordinating Center at UCLA (rcmarcc@ucla.edu)

In 1997, the National Institute on Aging/National Institutes of Health established the Resource Centers for Minority Aging Research (RCMAR) initiative in an effort to reduce the significant health disparities between minority and non-minority older adults. The RCMAR mission is to decrease health disparities by

- increasing the number of researchers who focus on the health of minority elders
- enhancing diversity in the professional workforce by mentoring minority academic researchers for careers in minority elders health research
- improving recruitment and retention methods used to enlist minority elders

in studies so that research can accurately identify and work toward solutions to health disparities

- creating culturally sensitive health measures that assess the health status of minority elders with greater precision
- increasing the effectiveness of interventions designed to improve their health and well-being.

The central Coordinating Center (CC), housed in the UCLA Multicampus Program in Geriatric Medicine and Gerontology (MPGMG), provides logistical support to the 6 RCMAR centers, facilitates communication and collaboration, and oversees dissemination activities.

In keeping with the RCMAR goal to develop minority researchers, the CC was awarded a grant by the NIA to implement a five year conference series, "The Minority Faculty Development in Aging Research." Each conference is held in conjunction with the annual meeting of The Gerontological Society of America (GSA). The first two conferences in this series offered in November 2003 were "Maximizing the Potential of Minority Faculty through the Mentoring Process" and "Introduction to Assessing Health-Related Measures in Diverse Populations." The conference at GSA in November 2004 was "Development of Community-Based Partnerships in Minority Aging Research."

UCLA Interdisciplinary Geriatric Health Care Research Center Selects Pilot Research Projects

UCLA was one of five universities in the country to be awarded a two-year grant by the John A. Hartford Foundation and RAND to establish an Interdisciplinary Geriatric Health Care Research Center (IGHCRC).

The mission of the UCLA IGHCR is to provide an infrastructure that fosters and supports interdisciplinary research. As part of this mission, the UCLA IGHCR has recently funded three interdisciplinary pilot studies:

Epidemiology of Family Conferences in Geriatric Inpatient Medical Care, Iris Cohen

Fineberg, PhD, MSW, Neil S. Wenger, MD, MPH. This project is a quantitative study of family conferences taking place with patients 65 years and older in the Medicine and Critical Care units of UCLA Medical Center and Santa Monica/UCLA Hospital.

Strategies to Improve Swallowing Behavior and Fluid Intake of Nursing Home Residents with Dysphagia, Janet Mentes, PhD, GNP, Janet Bauer, DDS, Julie Reitz, MA, Susan Spackman, DDS. This interdisciplinary pilot study will describe the swallowing problems of twenty nursing home residents with poor oral intake from an inter-

disciplinary perspective, including dentistry, speech pathology and nursing.

A Staff Training and Management Intervention to Improve Pain Detection in Nursing Home Residents, Barbara M. Bates-Jensen PhD, RN, Sandra F. Simmons PhD, Cathy Alessi, MD, Mary Cadogan, DrPH, RN, GNP, Lené Levy-Storm, PhD, MPH, Bruce Ferrell, MD. The purpose of this pilot study is to evaluate the effectiveness of a novel staff training and management intervention to improve licensed nurse detection of pain in nursing home residents.

UCLA Center on Aging

First Annual Aging Forecast Conference

More than 200 persons from UCLA faculty, community organizations, and the general public attended the First Annual Aging Forecast Conference sponsored by the UCLA Center on Aging on September 9, 2004 at the UCLA Faculty Center. This annual event was created to explore the demographic and economic impact of age-related conditions on Southern California and U.S. populations aged 65 years and older. The First Aging Forecast Conference focused on age-related memory loss and dementia. The luncheon program included a talk by Fernando Torres-Gil, PhD, Associate Dean for Academic Affairs at the UCLA School of Public Policy and Social Research on social security and economic issues affecting an aging population. In addition, an award was given to House Representative Henry Waxman for his commitment to helping older adults "live better longer." Lisa Pinto, District Director for Representative Waxman's LA office, accepted the award on his behalf.

The speakers included John Morris, MD, Friedman Distinguished Professor of Neurology, Director of the Alzheimer's Disease Research Center at Washington



Lisa Pinto, District Director for Representative Henry Waxman's LA office accepting the award from Gary Small, MD, director, Center on Aging

University School of Medicine, who discussed the increased prevalence of Alzheimer's disease and the latest medical treatments and research, including development of vaccines and new drugs. Paul Shekelle, MD, PhD, presented a model developed at RAND to offer predictions on future costs, incidence and impact of Alzheimer's disease. Dr. Shekelle is a UCLA professor of medicine, RAND consultant, and co-director of the Assessing Care of the Vulnerable Elderly Project. Dan Silverman, MD, PhD, head of the Neuronuclear Imaging Section, Associate Chief of the Division of Biological Imaging, assistant professor in the Department of Molecular and Medical Pharmacology,

Associate Director of the UCLA Alzheimer's Disease Center Imaging Core, discussed the impact of using positron emission tomography (PET) in the early diagnosis of cognitive impairment and Alzheimer's disease.

Gary Small, MD, Parlow-Solomon Professor on Aging; professor of psychiatry and biobehavioral sciences; Director, UCLA Center on Aging, presented the latest research on lifestyle changes and memory enhancement. He projected that Alzheimer's disease will affect over 500,000 people in California and over 130,000 in LA County by the year 2030. Costs to treat an Alzheimer's patient will rise from \$76,000 in 2004 to \$98,500 in 2030. Extrapolating from studies conducted by himself and by other researchers, Small suggested that simple lifestyle changes such as eating fish once a week, adding anti-oxidant vitamins or staying involved in challenging activities each day, may lower incidence by 1 million cases over 5 years and 2.5 million cases within 20 years in the U.S.

For more information about Center on Aging events, please call (310)794-0676 or visit www.aging.ucla.edu.

New MPGGMG Staff and Faculty

Iris Aguilar, MSPA, joined the MPGGMG as Project Director working with Dr. Catherine Sarkisian to manage her two new research projects. Ms. Aguilar started her career in nursing before earning a BA in Social Work and later a graduate degree in Public Administration.

Peter S. Bachrach, PhD, joined the MPGGMG faculty as a program evaluator. Prior to his appointment at UCLA, Dr. Bachrach was a research psychologist at the National Center for Posttraumatic Stress Disorder (NCPTSD) with a joint appointment at the Boston University School of Medicine, Department of Psychiatry. He also co-authored several papers on innovative strategies for dealing with incomplete survey data.

Sue Brilliant, MBA, joined the MPGGMG as the deputy director for the CGEC. She recently worked on quality improvement projects for Memorial Health Services, a five-hospital system in Long Beach and Orange County.

Jessica Crocker joined the MPGGMG as a research associate working with Dr. Seeman for the MIDUS study. Ms. Crocker graduated from UCLA with a BA in American Literature and Culture and a minor in Chicana/o Studies.

Karina Del Toro joined the MPGGMG as a research associate working with Dr. Alison Moore on her risky drinking intervention project. Karina graduated from UCLA this year with a BA in Chicano Studies and Public Health. She plans to continue her studies in Public Health.

Constance Gewa joined the Research Operations Group as a data manager for several studies. Ms. Gewa is a native of Kenya and is pursuing her PhD in community health sciences from UCLA.

Denise Gutierrez joined the MPGGMG as a program representative supporting activities for several programs, including the CGEC and the Academic Geriatric Resource Center. She recently relocated from Philadelphia where

she worked as a research coordinator for the Annenberg Public Policy Center at the University of Pennsylvania.

Jimmy Ngo joined the MPGGMG as an administrative assistant supporting the Reynolds Center. He received his BA in environmental analysis and design from UC Irvine.

Eric Zamora joined the MPGGMG as a research associate working with Dr. Alison Moore on her risk drinking intervention project. Mr. Zamora graduated pre-med from UCLA with a BA in Spanish Literature. He plans to attend medical school.

Ilya Zlochistyy joined the MPGGMG full-time after working as a student while earning his BS in Computer Science at UCLA. He will work with the Research Operations Group and specific research projects to develop specialized software applications to track participants, process data, and provide ongoing study progress reports.

Faculty News

Carolyn Crandall, MD, associate professor, received a Mentored Clinical Scientist Development Program Award (K12) to investigate determinants of mammographic density which is a strong risk factor for breast cancer. Improved understanding of mammographic density may bring insight into breast cancer risk and hormone therapy-induced breast cancer risk.

Bruce Ferrell, MD, associate professor, has been named editor-in-chief of *HealthyYears* a new monthly subscription newsletter for the general public published by Belvoir Publications. Content will highlight contemporary health issues for the lay public while providing an opportunity to emphasize the expertise within UCLA and MPGGMG. Subscription charges are \$39/year. To subscribe, contact Healthy Years at (866)343-1812 or email: healthyears@palmcoastal.com.

Gail Greendale, MD, professor, research director of the Iris Cantor-UCLA Women's Health Center received NIH funding for the project "Yoga for Kyphosis," which will look at

whether a Yoga program for persons over sixty who have hyperkyphosis (an excess curvature of the middle part of the spine) can improve physical strength and breathing as well as decrease curvature of the spine.

Deborah Kado, MD, MS, assistant professor, is the principal investigator on a newly funded NIH RO1 project entitled, "Causes and Consequences of Hyperkyphosis in Older Women." Her study will seek to delineate the exact causes of this commonly, yet poorly understood, phenomenon associated with aging.

David B. Reuben, MD, professor, director of the MPGGMG, and chief, division of geriatrics, produced a video *Freda Sandrich: Center Stage* that was a finalist in the 2004 FREDDIE awards. MediMedia has distributed these awards for thirty years to media projects that have achieved excellence in the field of health education. *Freda Sandrich* depicts the story of an elderly patient who maintains her dignity and sense of humor in the face of declining physical and mental health.

Catherine A. Sarkisian, MD, MSPH, assistant professor, was awarded a Paul B. Beeson Career Development Award from NIA titled "Intervention to Raise Octogenarians' Walking Levels." In this project Dr. Sarkisian will investigate the outcome expectations of octogenarians, modify a previously-developed behavioral intervention to increase walking among older adults, and then pilot test the modified intervention among octogenarians at senior residential facilities. In September, 2004, Dr. Sarkisian was awarded a 5-year R-01 from NIA titled, "Trial to Increase Walking among Sedentary Older Latinos," in which she and her multidisciplinary team will test the efficacy and sustainability of the previously-developed behavioral intervention in a randomized trial with 24-month follow-up.

David Zingmond, MD, PhD, assistant professor, received a Mentored Scientist Career Development Award (K08) to examine the quality of care delivered to long term care recipients (home care and nursing home residents) and to develop new quality measures to be used with secondary data sources.

2005 Conference Calendar

March 4-5, 2005

Geriatric Services Management Training

Marina del Rey Marriott Hotel
Marina del Rey, CA

The 22nd Annual Geriatric Medicine and Pharmacy

Intensive Course is scheduled for September 14-17, 2005 at the Marina del Rey Marriott Hotel, Marina del Rey, CA

Spring 2005

Training of Trainers: Home Assessment of Vulnerable Older Adults

Los Angeles, CA

CGEC Leadership Academy: Bridging the Gap-Aging Perspectives in the San Joaquin Valley,

Fresno, CA

Faculty Development: Rehabilitation

Davis, CA

Training of Trainers: Special Issues in Long-Term Care: Oral Health and Mental Health

San Francisco, CA

California Association of Long Term Care Medicine 31st Annual Meeting

Anaheim, CA

David Geffen School of Medicine
at UCLA
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Multicampus Program in
Geriatric Medicine and Gerontology

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