Dear Readers,

I hope that you are all enjoying great health and much happiness in this New Year! With so many mild days in the lowcountry so far this winter, hopefully you’ve been able to spend some time outdoors.

The Center on Aging is full steam ahead with planning for an outstanding program for Aging Research Day next month. We are very excited to have the opportunity to join so many extraordinary researchers, clinicians, senior advocates and service providers in one place to share ideas and resources.

As you read further in this newsletter, you will have the chance to learn about a few of the MUSC programs that will be attending Aging Research Day to offer information on their services and work.

We are also grateful to our event sponsors who will be joining us, including Franke at Seaside, Home Instead Senior Care, The Bridge at Charleston, The Senior Directory, Pharm Right Corporation, ComFor Care Home Care, Presbyterian Communities, Harvest Health & Rehab of Johns Island, PruittHealth, and Roper St. Francis/Clinical Biotechnology Research Institute.

In addition to my regular travels between Charleston, Denver, and Sweden, I also attended the Down Syndrome Achieves meeting in Ohio this past December. Down Syndrome Achieves is a unique research advocacy group that focuses exclusively on accelerating research through improvements in research infrastructure. We are creating critical tools necessary for researchers committed to making life healthier for people with Down syndrome.

Please enjoy this edition and be sure to check out some exciting alternative therapies that have been catching attention in the lowcountry and beyond. We discuss surf therapy for Veterans suffering from PTSD, as well as beneficial Yoga breathing techniques for Alzheimer’s patients.

Lastly, we have included many updates on the Senior Mentor Program. Recruitment time is approaching, so please share this program with those who might like to work with MUSC’s medical students.

Hope to see you at Aging Research Day on February 26th...there's still time to register online at: www.musc.edu/aging

Warm regards,
Lotta

**IN THIS EDITION**
- Aging Research Day
- Alternative Therapies
- MUSC Programs at ARD
- Senior Mentor Program
Dr. Bazan became the founding developer, music enthusiast, and art lover. His research focuses on neurodegenerative diseases, aiming to understand endogenous modulation of neuroinflammatory signaling and of cell survival using cellular, molecular, and disease models including lipodomics. His lifelong quest has been to pin down events amenable to translation to help people affected by stroke, Alzheimer’s disease, pain, blindness, and other diseases.

Nicolas G. Bazan was born in Los Sarmentos, Tucuman, Argentina on May 22, 1942. He received his MD from the University of Tucuman School of Medicine in Argentina, and was a postdoctoral fellow at Columbia University’s College of Physicians and Surgeons and Harvard Medical School (1965–1968).

Dr. Bazan became the founding director of the Louisiana State University Health School of Medicine Neuroscience Center of Excellence in 1989. The Neuroscience Center pursues a multidisciplinary approach to neuroscience education and research.

A major role of the Center is to mentor the development of neuroscientist and clinician-neuroscientists through fundamental and translational research. The Neuroscience Center has established research and clinical programs directed toward Alzheimer’s disease, pain, Parkinson’s disease, stroke, brain and spinal cord injury, epilepsy, depression, blinding eye diseases, schizophrenia, and developmental and hearing disorders. Innovations from the Center’s drug-discovery program have resulted in 19 patents or patent applications, some of these innovations formed the base of a start-up pharmaceutical/biotechnology company in Louisiana.

Additionally, in 2009, Bazan published the fictional novel “Una Vida: A Fable of Music and the Mind”, a tale of a neuroscientist’s personal quest to uncover the history of a New Orleans street performer stricken with Alzheimer’s disease. In the book, neuroscientist Alvaro Cruz finds himself haunted by a recurring dream of a banjo player in an elusive cornfield, leading him on a personal quest to uncover the mysterious past of a New Orleans street singer known as Una Vida. Stricken with Alzheimer’s, she can only offer tantalizing clues about her past through her mesmerizing vocals, incredible recollection of jazz, lyrics and the occasional verbal revisiting of a fascinating life that’s fading quickly into the recess of her mind. As Cruz searches for Una Vida’s true identity, he learns profound lessons about the human psyche, the nature of memory, and himself. This book was adapted into the motion picture “Of Mind and Music.”

Profits from his film are being donated to continue his life’s mission to keep Alzheimer’s disease research, says Dr. Nicolas Bazan. “The battle to conquer Alzheimer’s disease is anything but a walk in the park, given the many facets of the illness, lateral sclerosis, epilepsy, age-related macular degeneration, Parkinson’s disease, and so many other brain and retina diseases – is not a story of continual everyday successes. It is a slow journey through a complicated maze that is often fraught with setbacks and unexpected twists and turns. I decided to contribute to write the screenplay for a movie, based on a true story that gave me the greater liberty of expressing my own worries, motivations, doubts, aspirations, joys and reflections about the work we do on the always-expanding frontiers of neuroscience. The film mirrors facets of my own personal and professional life, including why I strive to understand and combat the ravaging diseases and disorders that afflict the eyes and the brain.”

To hear Dr. Bazan speak on The Vulnerability of Sight and Cognition in Aging, it’s too late too register to attend the Aging Research Day conference. Visit: www.musc.edu/aging

Senior Mentors!

You may register for the full-day conference for $10

AND/OR join us at 4:00 pm for a complimentary wine + cheese reception

Kindly R.S.V.P. as soon as possible, as there is limited space
dillonk@musc.edu
(843) 792-0712

Director of Veterinary Services, Tyrone Crowder of Warrior Surf Foundation and my fellow PTSD Vets, I have found people who believe in me, and through surfing, a way to come home.”

“I believe that surfing and camaraderie can change the course of a life. A staggering 22 veterans a day take their own lives. We aim to alter this statistic one veteran at a time.”

- WSF was started in 2015 by Andrew Manzi, Tyler Crowder and Josh Wilson.
- To learn how you can help support the Warrior Surf Foundation and Veterans like Mike, please visit: www.warriorsurf.org
Featured Programs at Aging Research Day

Center for Telehealth – Telesstroke

MUSC's Telesstroke program began providing high level stroke care to rural/community hospitals in 2008. Since that time, the program has grown to encompass 19 partner sites and has done over 7,000 consults. We have assisted 7 partner sites in achieving and/or maintaining Primary Stroke Certification from the Joint Commission. As a member of the South Carolina Telehealth Alliance, MUSC has been part of the Telesstroke programs that enable all South Carolinians to be within 60 minutes of quality stroke care. We strive to provide Alteplase (tPA) within a sixty minute window of patients arriving at our partner site hospitals. This can only be accomplished if well trained and skilled providers communicate and work as a team with identified goals and responsibilities. In November 2015 several of our partner sites were honored for their outstanding work and achievements in Stroke care. Receiving one of the “Under 30 Minute” Awards for administering Alteplase (tPA) was Tidelands Georgetown Memorial Hospital. The award was presented by MUSC’s Dr. Christine Holmstedt, Medical Director of the Telesstroke Program and Ellen Debenen, Telesstroke Program Manager. Tidelands Georgetown Memorial achieved a record 20 minute Door-to-Needle time, second only by their sister hospital Tidelands Waccamaw Community Hospital with a Door-To-Needle time of 21 minutes.

MUSC Wellness: Become the Best ‘You’ at Any Age!

The Best ‘You’ at Any Age with Lisa Burbage, a Duke University-trained integrated health and wellness coach of Charleston, is a 6-week group course at the MUSC Wellness Center. Learn how to:
- Feel healthier in 2016
- Jump start in a way that supports your ultimate health and happiness
- Feel and look radiant
- Boost your energy
- Improve your physical and emotional health
- Eliminate bad habits
- Tackle big problems

The purpose of this program is to empower you to take charge of your health, help you identify all of the demands and priorities in your life, and then facilitate goal setting, weekly action steps, and provide accountability, and the tools to become the best you!

MUSC Wellness Center

Fecal incontinence (FI) is the release of someone's rectal contents against their will. Approximately 50% of all people complaining to doctors of diarrhea have incontinence. Incontinence is the most common cause for institutionalizing an elderly person, ranking above incompetence. It is a nearly insurmountable obstacle in keeping a child in a public school. Up to three percent of women who give birth vaginally have temporary or permanent fecal incontinence. The topic of fecal incontinence is not “diet and exercise,” so unfortunately, a “lifetime of patients suffer silently, needlessly. FI is a debilitating issue and one worthy of more open discussion.

Until recently, we had very few options to support our patients. We are now utilizing Sacral Neuroumodulation with the Medtronic InterStim Sacral Nerve Stimulator with great success in treating FI. From a patient’s perspective, it is similar to a pacemaker for the heart but which modulates the function of the sphincter mechanism, the pelvic floor, as well as the colon and rectum.

Success rates are quite significant, with greater than half of patients experiencing return of complete continence and greater than three-quarters of patients experiencing “significant improvement.” Clearly, even “significant improvement” when soiling one’s self is fantastic. It is an outpatient procedure with a short test phase used to determine how successful long-term therapy will be. There is generally very little pre-procedural testing.

Our patients have experienced life-altering outcomes and we are actively seeking other patients to help.

To learn more visit: www.ddc.musc.edu or find us on Facebook.

MUSC Digestive Disease Center

Stoke Recovery Research Center

As a leading cause of long-term adult disability, stroke affects nearly 800,000 people in the U.S. each year. Stroke survivors and their families face many challenges, including finding available resources to assist with recovery. While research participation is not right for everyone, we encourage you to consider this part of a potential resource, available through the Stroke Recovery Research Center (SRRC).

Research focused on stroke recovery addresses is broadening in scope. Currently, the resulting deficits post-stroke investigated at SRRC include aphasia, arm and hand function, walking, balance, and strength. There are currently more than 20 active stroke recovery research studies, varying from a one-time assessment of a specific functional measure, to multiple visits for interventions provided by occupational or physical therapists. We provide an extensive review of individual study requirements and address any questions or concerns prior to study enrollment.

Study participants will have access to cutting-edge technology and innovative treatment interventions. While there is no promise of benefit through their participation in research, study participation contributes to the discoveries necessary to improve upon current rehabilitation practices and increase quality of life following a stroke.

Please contact Holly Boggan at 843-792-1728 or at bogganh@musc.edu for more information regarding study participation.

Visit www.SCresearch.org to learn about the Center’s resources.

Hats off to the College of Nursing PhD Nursing Science Program!

Dr. Elaine Amella submitted a Robert Woods Johnson Foundation Nurse Scholars in Nursing grant that pays a 3-year stipend of $125,000 for a PhD student who shows exceptional promise as a researcher.

The MUSC College of Nursing has received this award since its inception in 2014 and currently has THREE RWJF Scholars at the College.

Not only are few schools chosen nationally, but MUSC's was the first online program ever accepted.

Requests due February 5th and Printing

Visit www.musc.edu/aging

CALLING FOR ABSTRACTS!!

Aging Research Day Poster Contest

Travel Fellowship will be awarded for the top THREE submissions of age-related research that best demonstrates inter-disciplinary focus.

All students, post-docs, fellows, and residents are invited to enter.

1st Prize - $3,000
2nd Prize - $2,000
3rd Prize - $1,000
Happy Sweet (2016)!!!

Welcome all to the New Year... and what a year it has been. The 2015-2016 academic year began with a welcome to the 180 new students to the class of 2019. We also welcomed 22 new senior mentors who will assist the students in their geriatric medicine training for the next four years. Students and mentors began their exciting journey together at the orientation luncheon in November. Thank you, mentors, for giving of your time, opening up your homes, and helping the students learn that while changes do occur with age, aging is what you make of it.

The Senior Mentor Program welcomes Ms. Allison Sweeten as its new coordinator. Allison came to the MUSC College of Medicine in 2014 as a Curriculum Coordinator. She is a dedicated, hard-working individual and will be a great addition to the Senior Mentor Program. Mentors, you will hear from Allison from time to time during the academic year with important information about the medical students’ activities. Welcome aboard, Allison!!

Without the support of everyone involved in the Senior Mentor Program, students, mentors, faculty, and administration, we wouldn’t have the successful program we have today. As we embark on this New Year, I would like you to know how much we appreciate all that you do for our future physicians. We hope you are having as much fun and enjoyment learning and working with our students, as they are working with you. From the bottom of our hearts, we say THANK YOU, THANK YOU, THANK YOU!!

Sincerely,
Heather A. Boger, PhD
Director, Senior Mentor Program

SAVE THE DATE!

Class of 2016 Graduation Luncheon
May 11, 2016

(More info to follow in the mail)

SMP Mentor + Student Spotlights

Mentor: Hamilton Kanellos
MUSC Senior Mentor since 2012

I moved to Charleston during my early years. Following graduation from Memminger High School, I attended and graduated from the Medical University of South Carolina, College of Pharmacy. At that time, there were less than 1% of women in pharmacy. My long career as a Registered Pharmacist included both retail and hospital. Presently, my greatest pleasure is working on my Family Lineage, my Church in Preservation and as Curator for the Rebecca Matte Chapter, Daughters of the American Revolution.

The decision to become a Mentor was a way of giving back to the Medical University. Included was the experience that was received in the hospital setting as a Clinical Instructor from MUSC. The most enjoyable assignment was with Melissa Youssef and Craig Millar. They were outstanding role model students. We enjoyed having light supper where we talked about the assignment. The most special conference being the Physiology of Aging. This was of significant educational value as we discussed the activities of daily living. Most beneficial was observing the hands on skill of taking vital signs.

Since the beginning of the Senior Mentor Program, that began with an Orientation Luncheon, the students have exhibited continued dedication to the practice of medicine. They showed great conversational skills that you might compare to good side effects.

My mentor taught me active listening skills and how to consider the whole situation of the patient rather than just his/her medical issues. For example, my mentor relies on her son for help with groceries, driving, etc. If her doctor were to suggest physical therapy, for example, it would be a hardship for her to coordinate these extra trips. It is important for physicians to take into consideration the patients’ needs as far as day-to-day practical things before suggesting and prescribing things that may be hard for the patient to procure.

My advice would be to really take advantage of your meetings with your mentor and take that time to get to know them and listen. Ask them what they like and what they do not like about what their doctors do. Ask them for advice on how you can become the best clinician out there. They have a lot of wisdom to share, and just by virtue of doing this Senior Mentor Program they are ready and willing to share it. Schedule your meetings with them when you are not stressed about studying for an upcoming test or wanting to rush through it. They will appreciate it so much more.

Interested in Becoming a Senior Mentor?

We are currently working on our mentor list for the class of 2020, and we are always looking for new mentors! If you, or someone you know is interested in becoming a mentor, please have them contact us now more information and to sign-up!

Phone: (843) 792-0460 Email: seniormentor@musc.edu

STUDENT ASSIGNMENT SCHEDULE SPRING 2016

<table>
<thead>
<tr>
<th>Academic Class</th>
<th>Assignment</th>
<th>Due</th>
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<tbody>
<tr>
<td>2019</td>
<td>Relationship/Intimacy Review with Medical History</td>
<td>April 1, 2016</td>
</tr>
<tr>
<td>2018</td>
<td>Medication Use in the Elderly</td>
<td>April 22, 2016</td>
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<tr>
<td>2017</td>
<td>Fall Risk</td>
<td>Neurology Rotation</td>
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<tr>
<td>2016</td>
<td>Life Review</td>
<td>Psychiatry Rotation</td>
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<tr>
<td></td>
<td>Advanced Care Directive</td>
<td>February 12, 2016</td>
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I grew up in Greenville, SC and lived there all my life, attending Furman University before moving to Charleston for med school. My parents are originally from Alexandria, Egypt and I am the youngest of 6 kids. We’re a big, loud, loving family! One of my favorite hobbies is painting—I like to paint different things on canvas and give it to my loved ones as gifts! It is very relaxing to me. I also enjoy anything outdoors, especially the beach, and traveling. I love music—in college I was a DJ and it was one of my most fun activities.

My Senior Mentor helped me realize that patients in the older generation can be very independent and function well on their own! I think the stereotypical patient in his/her 70’s-80’s needs optimal assistance in everyday activities, but as evidenced by my own senior mentor—some patients are very well-informed and on track with their healthcare. She knew every one of her diagnoses in detail and all of her medications and dosages from memory! I was pleasantly surprised. I also learned that it is important to optimize an effective and easy-to-follow medication regimen to avoid any potential errors or confusion for patients seeing multiple doctors. The medication regimen is a simple thing that is often overlooked and can lead to potentially detrimental side effects.

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Don’t take yourself too seriously.

Keep an open mind.

Listen to new music.

Make new friends.

Dance!
SAVE THE DATE

Saturday, April 30, 2016
8th Annual Coach Tim Touchberry Putting for Parkinson’s Golf Tournament!
www.puttingforparkinsons.com