



FREE PUBLIC LECTURE

The Ins and Outs of Calorie Restriction as an Anti-Aging Therapy



Dr. Laura Dugan
Department of Medicine

Wednesday
February 15, 2006, 7:00 PM
Garren Auditorium
Basic Science Building
University of California, San Diego

NEXT MONTH

Depression in Later Life and What You Should Do about It

Dr. Barry Lebowitz
Department of Psychiatry, SIRA

Wednesday
March 15, 2006, 7:00 PM
Garren Auditorium
Basic Science Building
University of California, San Diego

No reservations required.

Free parking will be provided for SIRA contributing members. Please call (858) 534-6299 TWO WEEKS BEFORE THE LECTURE to receive your free parking permit. All other lecture attendees must buy a permit at the parking kiosk on Gilman Drive or park at the metered sites.

Healthwise is available online at sira.ucsd.edu.

Sam Stein Leaves a Legacy with his Passing at Age 98

On Tuesday, December 13, 2005, we lost an incredible man, Sam Stein, at the age of 98. With our organization named in honor of his generosity, Sam Stein, and his late wife, Rose, were instrumental in helping us get to where we are today. The Stein Institute for Research on Aging could not have achieved what it has if it were not for the Stein's contributions. The funds that they graciously provided have given us not only an opportunity, but also a security net to pursue our goals related to our research on successful aging, research training for both students and junior faculty, and the dissemination of information to the community at large.

Along with his donations to the SIRA, the Stein family has touched the lives of many, both here in San Diego County and in Ohio, where they lived for many years and worked to develop a prosperous

food-preparation business. Mr. Stein was a true model of philanthropy, donating millions to several organizations centered on aging, health care, hospice, and helping children. Not only was he a generous man, but also he was a humble and inspirational individual, who lived life to the fullest, enjoying family and friends around him, pursuing hobbies, seeking innovation, and actively contributing to the greater community. Sam Stein was a great example of successful aging. As we move forward, he will always be a part of this legacy. He led a long and full life and his accomplishments and life are certainly to be celebrated.

Services were held on January 12 at Temple Adat Shalom in Poway. Donations have been suggested to a favorite charity or any of the charities Mr. Stein supported. For more information, please contact us here at SIRA at (858) 534-6299.

UC SD TV	PUBLIC LECTURE SERIES UCSD-TV SCHEDULE Lectures air on Cox Communications San Diego, channel 66; Cox North County, channel 69; Time Warner Cable, channel 18; Del Mar TV 66, or Adelphia Del Mar, channel 68.	DNA Mismatch Repair: From Basic Mechanisms to the Genetics of Cancer Susceptibility	2/9	8:00 PM
			2/10	10:00 PM
			2/12	5:00 PM
			2/14	6:00 PM
		Can Snoring Affect Your Health?	2/23	9:00 PM
			2/24	11:00 PM
			2/28	7:00 PM

For clinical trials at UCSD:
<http://health.ucsd.edu/ntrials/>

2006 Public Lecture Series At A Glance

All lectures are held at 7:00 P.M. in the Garren Auditorium, Basic Science Building, UCSD.

- Jan. 18** **Men and Women Working Together to Manage Problems Related to Health and Well-Being**
Dr. Matthew Loscalzo, Department of Medicine
- Feb. 15** **The Ins and Outs of Calorie Restriction as an Anti-Aging Therapy**
Dr. Laura Dugan, Department of Medicine
- Mar. 15** **Depression in Later Life and What You Should Do about It**
Dr. Barry Lebowitz, Department of Psychiatry, SIRA
- Apr. 19** **Final Results of the Women's Health Initiative**
Dr. Robert Langer, Geisinger Health System, Pennsylvania
- May 17** **Update on Palliative Medical Care**
Dr. Laurel Herbst, San Diego Hospice
- Jun. 22** **Breast Cancer—Unique Issues in the Chronologically Gifted**
Dr. Joanne Mortimer, Department of Medicine
- Jul. 19** **Advantage of Robotic Surgery**
Dr. Mark Talamini, Department of Surgery
- Aug. 16** **Recent Advances in Cancer Vaccine Development**
Dr. Boris Minev, Moores Cancer Center
- Sept. 20** **Surgery for Thyroid and Parathyroid Diseases**
Dr. Michael Bouvet, Department of Surgery
- Oct. 18** **Prostate "Cancer": When Language Obscures Reality**
Dr. Fred Millard, Department of Medicine
- Nov. 15** **Stem Cell Therapy for Renewal of Your Body Cells?**
Dr. Evan Snyder, The Burnham Institute
- Dec. 6** **Preserving Your Vision?**
Dr. Stuart I. Brown, Department of Ophthalmology

Five Faculty Awarded SIRA Junior Faculty Pilot Research Grants

In fall 2005, the Stein Institute for Research on Aging (SIRA) initiated their Junior Faculty Pilot Research Grants program. The goal of this program is to assist junior faculty members in developing pilot data in support of innovative research pilot grant applications related to successful (healthy) aging. With the SIRA Scientific Advisory Board serving as judges, five junior faculty members have been selected to receive \$10,000 of funding during a one-year period. Congratulations to our award recipients!

Lisa T. Eyler, Ph.D., Assistant Adjunct Professor, Department of Psychiatry

Project: Brain Functioning Among the Exceptional Elderly: A Functional Magnetic Resonance Pilot Study

Stephen J. Glatt, Ph.D., Assistant Adjunct Professor, Department of Psychiatry

Project: Focused Analysis and High-Throughput Screening of Genes for Successful Aging

Dieter G. Hillert, Ph.D., Associate Research Neuroscientist, Department of Neurosciences

Project: Sentence Comprehension in Aging: A Coordinated MEG-fMRI Approach

Deborah J. Morton, Ph.D., Assistant Adjunct Professor, Department of Family and Preventive Medicine

Project: Healthy Aging in Southern California Indians

Brinda K. Rana, Ph.D., Project Scientist, Department of Psychiatry

Project: Identification of Candidate Loci and Age-Related Phenotypes for Genetics Association Studies in Successful Aging

Noninvasive Method to Evaluate Status of Vascular System

Dr. A. Fronck has developed a noninvasive method to evaluate the status of the vascular system, especially in patients with coronary or peripheral artery disease, hypertension, hypercholesterolemia, diabetes. The procedure is completely painless, takes about 40 minutes, and is approved by the UCSD Human Research Protection Program. Also persons without known disease above the age of 45 years are encouraged to participate. Volunteers are invited to call (858) 534-4270 for additional information.

Controlling Anxiety in Later Life *The CALM Study*

Dr. Julie Wetherell and her colleagues at UCSD are conducting a study to see whether counseling helps anxious older medical patients. You may be eligible if you are at least 60 years old, have a health care provider, and often feel tense, worried, or anxious.

If you participate, after a 3-month waiting period to see whether your symptoms improve without treatment, you will receive *either*:

- Cognitive-Behavioral Therapy or
- Acceptance and Life Review Therapy

Cognitive-Behavioral Therapy teaches you to change physical sensations, thoughts, and behaviors that contribute to anxiety. Acceptance and Life Review Therapy teaches you to accept negative experiences and act to achieve valued goals in spite of anxiety or other problems. Which type of therapy you receive is decided *by chance*.

Possible benefits include:

- \$80 for four assessments over a 12-month period;
- Your health care provider will receive information about your symptoms, which may lead to better care for you;
- You will receive 12 sessions of counseling at no cost to you;
- You may experience relief of your anxiety symptoms or improved quality of life.

For more information, please call Georgia Birchler at (858) 552-8585 ext. 2390 or Dr. Wetherell at (858) 552-8585 ext. 2752.

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We would like to express our deep appreciation for all those listed, as well as the anonymous donors, who chose to provide support to the Sam and Rose Stein Institute for Research on Aging during the year 2005.

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More donors listed on page 7

SIRA's Medical Student Aging Research Training Program 2005

New researchers constitute the lifeblood of health care. The medicine of the future is being created in academic laboratories and research centers around the world. UCSD proudly stands as one of those research centers and is one of the leading research institutions in the world. SIRA has a unique role in UCSD's extraordinary research environment—to provide the university's programmatic focus for research and education in aging and geriatrics. The staff and leadership of SIRA consider the attraction and education of new scientists to be a critical priority and central to our mission. In 2005, with support from the National Institute on

Aging, the John A. Hartford Foundation and the American Federation for Aging Research, we were able to select nineteen medical students for research training experiences of up to twelve consecutive weeks during the summer under the supervision of experienced scientists in laboratories at UCSD or neighboring research institutes (Salk, Scripps, Burnham). Additionally, we augmented this with didactic sessions and workshops specifically geared to career development in aging and geriatrics. At the end of the summer, the students presented their work to the UCSD academic community in a scientific poster session.

The work that the students completed is truly remarkable for its breadth and sophistication. Their research was sophisticated and clinically relevant. The topics ranged from bench basic research on brain cell growth and development in aging and disease to clinical studies of orthopaedic procedures; from epidemiological and psychosocial studies of risk factors and disease incidence, to studies of factors that promote resilience. Students carried out studies using animal models and human tissue and also participated in clinical and survey research with older people in the hospital and in their own homes.

The faculty gave generously of their time in providing hands-on mentoring for the nineteen students. None of the faculty was compensated for the time they spent. This commitment to mentorship is exemplary—faculty members provided exactly the sort of role models we hope will influence career choice. Having a mentor has been consistently linked with academic and professional success. It has been reported that after marriage and the extended family, mentoring is the third most powerful relationship for influencing human behavior (The Uncommon Individual Foundation, <http://www.mentoringfoundation.org>).

Mentors serve as teachers, advisors, leaders, and role models.

Medical students have a very full schedule of courses, labs, and clinical rotations during their training. The summer of their first year is free to allow students to pursue specific career-relevant activities. Major scientists will often cite early research experiences as having been career determining for their future direction. Over the five-year period of the grant we expect to expose nearly 100 medical students to research in aging. We hope that this experience will convince many of them to pursue research and clinical careers in geriatrics.

The funding will also support the students' travel to the American Geriatrics Society (AGS) annual scientific meeting, where they will present their work in a student poster session, and will meet with peers and mentors in academic geriatrics.

In 2005 all the students that participated in the program came from UCSD. In 2006 and beyond, the program is open to students from any U.S. medical school. We at SIRA look forward to the new group of students and to helping them launch their careers in research in aging and geriatrics.

Barry D. Lebowitz, Ph.D.
Deputy Director

SMART Students 2005

Congratulations to the following nineteen students, who participated in our program this past year.

Sylvia Cartwright

Faculty Mentor: Dr. Cheryl Rock,
Department of Family and Preventive Medicine

Project: Associations between physical activity and health-related quality of life of breast cancer survivors

Michael Chan

Faculty Mentor: Dr. Won Bae,
Department of Bioengineering

Project: Effects of sequential loading and unloading on young and aged rabbit knee friction

Sun Choe

Faculty Mentor: Dr. Georgia Sadler,
Department of Surgery
Project: Specialized education for the deaf community

Romy Chung

Faculty Mentor: Dr. Elizabeth Barrett-Connor,
Department of Family and Preventive Medicine

Project: Polyunsaturated fatty acids and the risk of prostate cancer: The Rancho Bernardo Study

Anais de Brunier

Faculty Mentor: Dr. Wayne Akeson,
Department of Orthopaedic Surgery

Project: Evaluation of disc space preparation for minimally invasive lumbar fusion

Jasdev Gondal

Faculty Mentor: Dr. Mark Tuszynski,
Department of Neurosciences

Project: Primate nervous system's natural response to spinal cord hemisection, and enticing axons to grow by luring them with neurotrophins

Lionel J. Gottschalk IV

Faculty Mentor: Dr. Richard Lieber,
Department of Orthopaedic Surgery
Project: Muscle architecture of the lumbar multifidus muscle

Ann Ha

Faculty Mentor: Dr. Doug Galasko,
Department of Neurosciences

Project: Proinflammatory cytokine immunorexpression in Alzheimer's disease: A comparison with aging

Dustin Hayward

Faculty Mentor: Dr. Gabriel Silva,
Department of Bioengineering
Project: Visualization of calcium signaling in astrocytes and Mueller glial cells during normal and pathological conditions

Amanda Lamond

Faculty Mentor: Dr. Dilip Jeste,
Department of Psychiatry/SIRA
Project: Resilience among community-dwelling older people: CD-RISC correlates and factor analysis

Lydia Leung

Faculty Mentor: Dr. Lawrence Schneiderman,
Department of Family and Preventive Medicine

Project: Impact of acculturation and health locus of control on cross-generational Asian-Americans' views on physician-assisted suicide

Michael Lim

Faculty Mentor: Dr. David Hoyt,
Department of Surgery
Project: Indicators of systemic shock in a porcine hemorrhagic shock model

Patrick Manookian

Faculty Mentor: Dr. David Salmon,
Department of Neurosciences
Project: Cognition and choline acetyltransferase (CHAT) levels in Alzheimer's disease and Lewy body variant of Alzheimer's disease

Lance Mitsunaga

Faculty Mentor: Dr. Choll Kim,
Department of Orthopaedic Surgery
Project: A biomechanical and radiographic comparison of three-level vs. two-level posterior short-segment fixation of thoracolumbar burst fractures

Tadashi Takara

Faculty Mentor: Dr. Robert Sah,
Department of Bioengineering
Project: Whole-joint bioreactor maintains chondrocyte viability and function

Christian Takayama

Faculty Mentor: Dr. Eliezer Masliah,
Department of Neurosciences
Project: Lysosomal alterations in Lewy body disease

Ailinh J. Tran

Faculty Mentor: Dr. James D. Lindsey,
Department of Ophthalmology
Project: Matrix metalloproteinase (MMP) exposure increases transscleral delivery of 10-kDa dextran

Nopawan Vorasubin

Faculty Mentor: Dr. Hoi Sang U.,
Department of Surgery
Project: Differentiation of fetal rat CNS stem cells—the effects of co-culture with primary hippocampal cells and hippocampal culture conditioned media

Nathan C. Wilkes

Faculty Mentor: Dr. Robert Buchanan,
Department of Surgery
Project: Differentiation of fetal rat neural stem cells in co-culture with P5 hypothalamic neurons

SMART Students *continued from pages 4 and 5*



(left to right): Dustin Hayward, Michael Lim, Anais de Brunier, and Jasdev Gondal



(left to right): Bonnie Vorasubin, Tad Takara, Sun Choe, and Nathan Wilkes



(left to right): Ann Ha, Romy Chung, Patrick Manookian, and Lionel Gottschalk



(left to right): Lydia Leung, Ailinh Tran, Lance Mitsunaga, Tad Takara, and Anais de Brunier



Ann Ha and Michael Chan

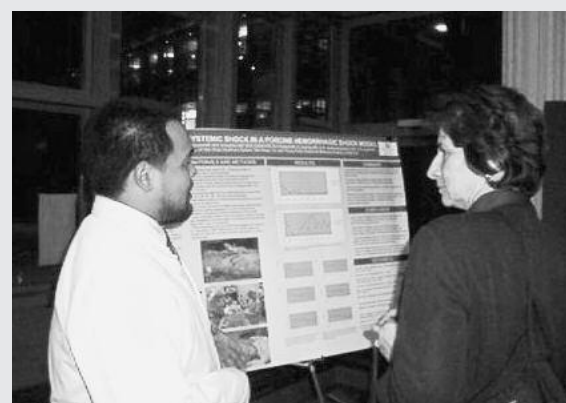


Dilip Jeste, M.D., director of SIRA, and Amanda Lamond

A Chance for Students to Share Their Work: NIH Poster Presentation

On the evening of November 17, 2005, all of the Stein Institute for Research on Aging's Medical student Aging Research Training (SMART) participants were provided an opportunity to highlight their research projects at an annual poster presentation held on the UCSD campus. SMART participants

teamed up with fellow medical students participating in a similar summer research program funded by the National Health, Lung, and Blood Institute (NHLBI) and led by Maria Savoia, M.D., vice dean for Medical Education. In total, over 40 percent of current second-year medical students participated in this event, and together, they presented their work to interested faculty, family, and friends.



SMART student, Michael Lim shares his findings with Maria Savoia, M.D.



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 (Dilip V. Jeste, M.D., director)

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