

CENTER *on* AGING

www.musc.edu/aging

January 2016

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



Lotta Granholm, PhD/DDS
Director, Center on Aging

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Pictured: Mike Lovett, Warrior Surf Foundation
Photo: Kelly Dillon

12th Annual Aging Research Day

“Sensory Systems in Aging”

Friday, February 26th - Marriott on Lockwood Boulevard [7:30 am - 5:30 pm]

Aging Research Day is just around the corner and we have a lot of exciting things in store! Learn about our honored guest and keynote speaker:

Nicolas Bazan, MD, PhD

is a neuroscientist and eye researcher, author, educator, mentor, 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 lipidomics. 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 Sarmientos, Tucuman, Argentina on May 22, 1942. He received his MD from the University of Tucuman School of Medicine, Argentina (1965) 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 neuroscientists 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 advance AD research.

“Una Vida is our independently made film, and I have committed to donating 70% of the film's earnings to

Alzheimer's disease research,” says Dr. Nicolas Bazan. “The battle to conquer Alzheimer's disease, amyotrophic 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 my novel 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.”

www.ofmindandmusic.com

To hear Dr. Bazan speak on [The Vulnerability of Sight and Cognition in Aging](#), it's not too late to 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 or (843) 792-0712

Complimentary + Alternative Medicine

Complementary and alternative medicine (CAM) encompasses nonconventional approaches to healing beyond traditional medicine.

Warrior Surf Foundation helping veterans “come home” again

His warrior surf buddies call him, “well seasoned,” but at almost 62 years-old Chaplain, (Lt. Col.) Mike Lovett is finding new hope with the help of the Warrior Surf Foundation after nearly 24 years of service.

“When Mental Health diagnosed me, I did not want to admit that I could have PTSD [Post Traumatic Stress Disorder] when I came back from Baghdad in 1997. I denied it, but my condition just worsened. Mental Health at Charleston AFB told me again in 2009-10 that I had PTSD. Still, I did not want to face it. In 2014, after continued series of crisis during which I almost lost my family, I finally went to Vet Center, extension of VA.

Finally, I accepted that my life and soul were destroyed by the constant nightmares, mental fog and confusion, waking moments when I was back in those bad places, memories of carrying 128 body bags of my Brothers and Sisters.

In 2015, during Group Session at Vet Center, a counselor passed around a flyer about some Vets wanting to help other PTSD Vets by teaching them how to surf. The other Vets jokingly taunted me about going, because they understood my terror of crowds.



Effects of Yoga Breathing on Alzheimer's Disease

A 2015 study published in the Journal of the International Psychogeriatrics Association found yoga breathing increases Nerve Growth Factor (NGF), a protein that is significantly reduced in people with Alzheimer's. NGF is a key protein in the nervous system that protects brain neurons. Recent clinical trials suggest NGF administration may help treat Alzheimer's. Researchers at the Medical University of South Carolina administered either Yoga Breathing or Attentional Control to 20 volunteers. Saliva samples obtained from the participants were used to measure NGF.

“Being a systemic exercise, yogic breathing could be a powerful tool in preventing and/or managing neurodegenerative diseases such as Alzheimer's disease,” says study researcher Dr. Sundara Balasubramanian, biochemist and research assistant professor at Medical University of South Carolina. He says that, “two of my papers on Yoga show key biomarkers' expression after practice.” Dr. Balasubramanian conducts yoga breathing workshops at various facilities on the scientific aspects of Yoga breathing in order to educate the public about how Yoga methods work and how they could be useful for better wellbeing.

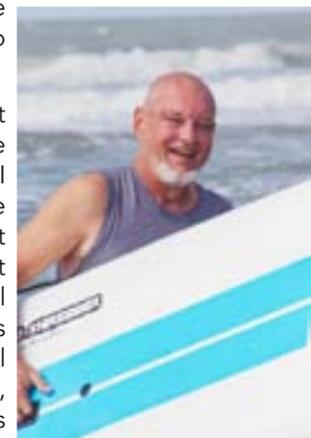
I decided to go to that first meeting in June. When I arrived, these two guys came up, called me “Brother,” and really made me feel welcome. Andy [Manzi] and Josh [Wilson] became my heros. They have patiently taught me to surf.

Well, I still fall off a lot, but I keep going back for the peace and camaraderie I experience. The first time I got up on a wave I felt alive again for the first time in over 8 years. All of a sudden, the demons were gone, I didn't feel the pain, the self-hatred, the bad memories crushing my head...I just felt at peace. I was set free, I felt...like I was one with the ocean.

Surfing has become my healing place, my safe harbor where the demons, nightmares, memories, and pain can't follow. It has been a place where I feel a part of a team again with my fellow Battle Buddies who understand and accept me and my insanity of constantly battling PTSD. I know they always have my back.

When I am surfing, I find myself, smiling, laughing, engaging others...I feel like I am coming home. That's what all of us Vets want...just to come home. Surfing is getting me closer. I need it as much as I need to breathe.

One of the amazing things about the Warrior Surf Foundation is they provide counseling right on the beach! Being able to meet on the beach, rather than go into a crowded building is a huge



thing for me. Erin Jones, our counsellor, will actually get in the waves and talk with us while we are surfing! That's someone who genuinely cares and shows it by her actions.

If someone had told me at 61 years old I was going to take up surfing, find healing for PTSD, and feel almost human again, I would never have believed them. Through the Warrior Surf Foundation and my

fellow PTSD Vets, I have found people who believe in me, and through surfing, a way to come home.”

“We believe in the medicinal power of the ocean. We 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 – Telestroke

MUSC's Telestroke 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 Telestroke 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 Tideland's Georgetown Memorial Hospital. The award was presented by MUSC's Dr. Christine Holmstedt, Medical Director of the Telestroke Program and Ellen Debenham, Telestroke Program Manager. Tideland's Georgetown Memorial achieved a record 20 minute Door-to-Needle time, seconded only by their sister hospital Tideland's Waccamaw Community Hospital with a Door-To-Needle time of 21 minutes.



The MUSC Libraries have great things planned for 2016!

We offer classes and consultations to help you simplify and streamline the research process:

- Master citation managers like EndNote and RefWorks
- Learn the best features of databases like PubMed and Scopus
- Discover how to utilize metrics and alt-metrics for promotion and tenure
- Conduct reviews as research with a librarian's assistance

Don't miss the **Annual Waring Lecture** on Thursday, March 24th at 5:30 pm featuring Helen Bynum speaking about her book Spitting Blood: The History of Tuberculosis. Later that evening The Waring Library will also celebrate their reopening with an open house and reception.

We can't wait to see you on Aging Research Day! Librarians and Learning Commons staff will be there to show you library resources, answer questions, and learn how we can best assist you.

MUSC Wellness Center: 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 living 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 to find a new sense of balance and focus, as well as facilitate goal setting, weekly action steps, and provide accountability, and the tools to become the best you!

Your health coach will guide the transformation process using feedback from the assessment and industry best practices for health habits, balancing demands, stress reduction, physical environment, and more. The fee is \$200 for members or \$300 for non-members. Contact: flynn@musc.edu or 843-792-4141



MUSC Digestive Disease Center

Fecal incontinence (FI) is the release of someone's rectal contents against their wishes. 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 "dinner conversation," so unfortunately, a huge number 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 Neuromodulation 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.



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

Poster Abstracts due February 5th and Printing Requests due February 17th

Register online:
www.musc.edu/aging

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

Dr. Elaine Amella submitted a Robert Wood's Johnson Foundation Future 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.

Stroke 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 the right fit for every person, we encourage you to explore this as a potential resource, available through the Stroke Recovery Research Center (SRRC).

Research focused on stroke recovery processes 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 bogganhl@musc.edu for more information regarding study participation. Visit www.musc.edu/srrc to learn about the Center's resources.

Visit www.SCresearch.org to learn more about current stroke recovery studies.

SENIOR MENTOR PROGRAM



Happy Sweet (20)16!!!

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 Motte 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 bedside manner and caring. During the designated times of our conferences, these skills only improved. This will be such a valuable asset as they continue their studies in the remaining months as students. They are well prepared to meet the future as young physicians.

STUDENT ASSIGNMENT SCHEDULE SPRING 2016

Academic Class	Assignment	Due
2019	Relationship/Intimacy Review with Medical History	April 1, 2016
2018	Medication Use in the Elderly	April 22, 2016
2017	Fall Risk	Neurology Rotation
2017	Life Review	Psychiatry Rotation
2016	Advanced Care Directive	February 12, 2016

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: Melissa Youssef
MUSC Class of 2016

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.

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.

Anti-Aging Tips:

Remain curious.

Try new things.

Don't take yourself too seriously.

Keep an open mind.

Listen to new music.

Make new friends.

Dance!

Student: Craig Millar
MUSC Class of 2016

I was born in New Orleans, but I've lived up and down the east coast, with most of my time spent in the Tri-County area around Charleston. My dad is retired Coast Guard, but still works as marine surveyor for American Bureau of Shipping, and my mother is a retired school teacher. I have an older sister, who is married with a daughter and is an artist. My younger brother is in veterinary school at Mississippi State. I am into outdoors activities and aquatic hobbies including but not limited to fishing, sailing, kayaking, swimming, water polo, surfing, hiking, and camping. I hope to one day in practice in a vibrant coastal city, not unlike Charleston, SC.

Before starting the Senior Mentor Program, I had spent a few years working at MUSC as a nurse assistant, caring for a mostly elderly population. I suppose my views have changed since that time, and I now realize that many elderly people function higher than I previously thought well into their 70's, 80's, and beyond.

The most valuable thing I have learned from my mentor is to appreciate the people that are closest to you because there is a chance you may be without them someday.

I would advise students to approach the assignments with an open mind, and to enjoy it. It may seem like a hassle to schedule extra meetings at first, but if you use it as a break from your studies, it can be more enjoyable than you realize.



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SAVE THE DATE

Saturday, April 30, 2016

8th Annual Coach Tim Touchberry Putting
for Parkinson's Golf Tournament!

www.puttingforparkinsons.com