

# IU GERIATRICS e-news for JANUARY 2008

A newsletter from [IU Geriatrics](#) and the [IU Center for Aging Research](#)

## IU Center for Senior Health Opens Healthy Aging Brain Center

Evaluating the health of older adults requires a special sensitivity to their unique personal and medical concerns—something the staff of the IU Center For Senior Health puts into practice every day. That special care is also part of the [Healthy Aging Brain Center](#), a new memory clinic located in the IU Center for Senior Health, a clinical venue of Senior Care at Wishard.

“Specializing in diagnosis and treatment of cognitive impairment in patients age 55 or older, the Healthy Aging Brain Center will utilize multidisciplinary teams to provide a state of the art workup of memory complaints,” says **Cathy Schubert, MD**, Medical Director of IU Center for Senior Health. “After diagnosis, this team of experts will continue to work with patients, their families, and primary care providers to ensure collaborative, holistic care throughout the course of the dementing illness.”



The interdisciplinary team consists of a geriatrician, Dr. **Greg Sachs** or Dr. **Malaz Boustani**, an RN and a social worker. Pictured L to R are team members **Cathy Alder, MSW, LSW**, **Malaz Boustani, MD, MPH**, & **Lisa Hovious, RN**.

The Healthy Aging Brain Center's close ties with the IU Center for Aging Research will facilitate dementia care delivery based on the latest cutting edge research.

The Healthy Aging Brain Center is located on the fourth floor of the Regenstrief Health Center. For more information, call 317-630-8790.

## GRANT

Principal Investigator **Jesse C. Stewart, PhD**, has received funding from the [IU Roybal Center](#) for a pilot study, “The Influence of Negative and Positive Emotions on Endothelial Function.” The project will generate pilot and feasibility data to support applications for a larger cross-sectional epidemiologic study that would address gaps in knowledge about which aspects of overlapping negative emotions are most strongly associated with coronary artery disease-related processes and outcomes and whether positive emotions and related factors exert a cardioprotective effect.

Dr. Stewart is an assistant professor in the Department of Psychology at IUPUI and is an affiliated scientist at the IU Center for Aging Research. Read more about his [research goals](#) on his department's webpage.

## PUBLICATIONS

Kroenke K, Bair M, **Damush T**, Hoke S, Nicholas G, Kempf C, Huffman M, Wu J, Sutherland J. [Stepped Care for Affective Disorders and Musculoskeletal Pain \(SCAMP\) study: design and practical implications of an intervention for comorbid pain and depression](#). Gen Hosp Psychiatry. 2007 Nov-Dec;29(6):506-17.

Maidment ID, Fox CG, **Boustani M**, Rodriguez J, Brown RC, Katona CL. [Efficacy of Memantine on Behavioral and Psychological Symptoms Related to Dementia: A Systematic Meta-Analysis \(January\)](#). Ann Pharmacother. 2008 January;42(1):32-8.

## Hitting the Ground Running in a Dream Job

*Dr. Greg Sachs answers the two most common questions he's been asked since moving to IU.*



Why did you move?

What have been the biggest surprises?

With recent weather including snow, single digit temperatures, and wind chills below zero, it's hard to convince people that I left Chicago for the balmy weather in Indianapolis. Honestly, when I've talked to people elsewhere about my decision to come to IU, one of the easiest things for many to understand has been to talk about the Division of General Internal Medicine and Geriatrics as being the equivalent of my dream department chairman job – 141 faculty; home to general medicine, geriatrics, ethics, palliative care, hospital medicine, and even the IU-Kenya program; and a real research juggernaut.

The other major draw was the desire to work with the outstanding geriatricians and investigators in IU Geriatrics and IU-CAR. I think it's hard to convey to others just how special it is to be part of a program that is filled with passionate, committed people focused on reshaping the health care system for vulnerable elders.

What has surprised me has been how fast things have been happening. I'd been told that Indiana is more laid back and a slower pace of life. While that might be true on a more general level, it sure hasn't been the case for me at IU! Before coming here, I'd talked with Drs. Counsell, Callahan, and Boustani about the idea of eventually having my clinical efforts take place in a memory disorders clinic. Since such an entity did not yet exist at IU, we

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Haren MT, Banks WA, Perry Iii HM, Patrick P, Malmstrom TK, **Miller DK**, Morley JE. [Predictors of serum testosterone and DHEAS in African-American men](#). Int J Androl. 2008 Feb;31(1):50-9.

Halm MA, **Bakas T**. [Factors associated with caregiver depressive symptoms, outcomes, and perceived physical health after coronary artery bypass surgery](#). J Cardiovasc Nurs. 2007 Nov-Dec;22(6):508-15.

Johnson EA, **Bakas T**, Lyon BL. [Cognitive appraisal of health scale: early instrument development in stroke](#). Clin Nurse Spec. 2008 Jan-Feb;22(1):12-8.

## PRESENTATIONS

**Chris Callahan, MD**, delivered a seminar on "Collaborative Care for Older Adults" to the Institute of Gerontology and met with the team investigators leading the The [Aging, Demographics, and Memory Study](#) (ADAMS) at the University of Michigan on January 24-25, 2008, in Ann Arbor, Michigan. ADAMS is a supplement to the [Health and Retirement Study](#). The IU Center for Aging Research and the Institute of Gerontology are exploring possible collaborations between the ADAMS team and IU-CAR's aging brain research group.

## PROFESSIONAL ACTIVITIES

**Steve Counsell, MD**, chaired the 2nd Annual Public Policy Summit of the American Geriatrics Society (AGS) held January 7-8, 2008 in New York City to identify [AGS policy](#) priorities for 2008. AGS leaders decided to focus on policy advocacy designed to strengthen primary care and care coordination, recruitment and education of healthcare professionals, and funding of aging research. In addition, AGS plans to ensure that the presidential candidates are familiar with issues central to providing quality elder healthcare, and help to disseminate and support recommendations from the soon-to-be-released Institute of Medicine report on the geriatrics workforce and healthcare in the 21st century.

**Douglas K. Miller, MD**, participated on the External Advisory Board to the Claude D. Pepper Older Americans Independence Center at the University of Florida on January 13-15, 2008, in Gainesville, Florida. Funded in 2007, [UF's Pepper Center](#) crosses institutional and departmental boundaries and unites researchers from seven UF colleges, as well as personnel from Shands at UF Medical Center and the Malcom Randall VAMC. The Board reviews the overall structure of the Center, the activities of the Center's 8 cores, plans for mentoring young scientists, and the trainees' presented career and research plans.

As one of five chosen as the first cohort of [John A. Hartford Foundation Senior Leadership Scholars](#), **Steve Counsell, MD**, participated in the first Senior Scholars Colloquium, held January 17-18, 2008 in San Diego. The Colloquium involved meeting with national advisors and initiating work with an executive coach toward leadership development. Immediately following the Colloquium, Dr. Counsell represented IU Geriatrics at the two-day Leadership Retreat of the Association of Directors of Geriatrics Academic Programs (ADGAP) which included a meeting of the Directors of Hartford Centers of Excellence in Geriatric Medicine and Training of which IU Geriatrics is one of 25 nationally.

**Chris Callahan, MD**, reviewed proposals submitted to the [Hartford Geriatrics Health Outcomes Research Scholars Awards Program](#) on January 31-Feb 1, 2008, in New York City, New York. Sponsored by The John A. Hartford Foundation, in collaboration with the American Geriatrics Society Foundation for Health in Aging, the program supports physician-scientists committed to improving the health care of older adults during the critical transition from junior faculty to independent researcher.

## ANNOUNCEMENTS

Special guest speaker Michael R. Wasserman, MD, will present "Senior Care of Colorado: The Development of a Primary Care Geriatrics Practice," at the IU Geriatrics Conference on Wednesday, February 13, 2008, 7:30-8:30 am, in Wishard's T2008 A&B. Dr. Wasserman is a geriatrician and owner of Senior Care of Colorado, a primary care geriatric medical practice dedicated to caring for senior citizens across the entire continuum of

figured it might be a couple years for negotiating, planning, and launching that clinic.

Well, on January 7, 2008 – less than 3 months after getting the go ahead from Wishard Health Services leadership – the Health Aging Brain Center opened as the latest clinic within the IU Center for Senior Health. It has been amazing to see this memory clinic come together after a tremendous amount of work by Drs. Beck, Schubert, and Boustani and others in Wishard and IUMG-PC in such a short period of time.

On the research side, I kind of expected to spend time "getting the lay of the land," meeting potential collaborators, and seeing where I could fit in. Instead, I've been busy starting a grant from the Alzheimer's Association (awarded just as I left Chicago) and I've already submitted two other grant proposals – made possible only with the assistance of people like Chris Callahan, Dennis Bengel and Wanzhu Tu.

So, on all fronts, I feel like I've really hit the ground running and feel very fortunate to be part of IU Geriatrics and IU-CAR.

care. Its providers see patients in the office, in their homes, in assisted living facilities and nursing homes, and sometimes in the hospital.

**Malaz Boustani, MD, MPH**, will present “e-ACE: a Gero-Informatics Model for Hospitalized Older Adults with Cognitive Impairment” at the IU Geriatrics Conference on Wednesday, February 20, 2008, from 7:30-8:30am in Wishard’s T2008 A&B. Dr. Boustani is an assistant professor of medicine at IUSM, a center scientist with the IU Center for Aging Research, and a research scientist with the Regenstrief Institute.

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