CLASS SCHEDULE

AGING AND MEDICAL SCIENCE: A MINI MEDICAL SCHOOL TO PREPARE FOR LIFE’S SECOND HALF
THE NEIGHBORHOOD SERIES: OCTOBER, 2015
Presented for residents of Oak Park and Elmhurst neighborhoods

SATURDAY, OCTOBER 3, 2015

9 am: The Anatomy of Aging
Michael K. McCloud, MD
Clinical Professor of Medicine and Geriatrics
A look at how and why we age, how much we actually control, and whether men or women do it better. Learn how some animals grow old with little or no signs of aging.

10 am: Nutrition: Does Anyone Know What to Believe Now?
Marlia Braun, PhD, RD
As a registered dietitian with a doctorate in nutritional biology, Dr. Braun brings a wealth of information on how best to fuel your vehicle for the long race!

SATURDAY, OCTOBER 10, 2015

9 am: Maintaining Heart Health in Older Adults
Kathleen Tong, MD
Assistant Professor of Medicine
Cardiologist Dr. Tong presents an overview of healthy heart aging and new approaches to preventing and treating heart-related disorders that can threaten healthy aging. Understand the differences between coronary disease, heart valve abnormality, “electrical” heart problems (such as atrial fibrillation), and illnesses causing stiff or weakened heart muscle (“heart failure”).

10 am: Medications and the Older Adult
JoAnn Seibles, MD, MSPH
Associate Physician, Family Medicine and Geriatrics
The way our body handles medications changes with age, and the effects of medication on body and mind are increased. In an era in which taking ten or more medications is commonplace, learn why “less is more” as we get older. Learn about classes of medications that are potentially inappropriate in older adults. Most importantly, learn how to partner with the medical team to assure medication safety.

SATURDAY, OCTOBER 17, 2015

9:00 AM: Vascular Medicine
Julie Freischlag, MD
Vice Chancellor for Human Health Sciences and Dean of the School of Medicine
A nationally prominent vascular surgeon, Dean Freischlag muses that “by the time you need me, we’ve done something wrong!” Learn how lifestyle modification and smart choices can reduce the
chance you’ll need her. But if you do, learn about some of the extraordinary vascular and surgical procedures now available.

10:00 am: *Emergency Medicine*
Katren Tyler, MD
Associate Professor, Emergency Medicine
Director, Geriatric Emergency Medicine Fellowship

What actually takes place inside a modern day emergency department such as UC Davis? See and learn about life sustaining interventions (heart resuscitation, placement of breathing and feeding tubes). Equally important, learn how to avoid such interventions when heroic care would not be consistent with your goals.

Understand the traumas that bring older adults to the emergency department, and how to avoid them.

**SATURDAY, OCTOBER 24, 2015**

9:00 am: *Fitness and Sports in Midlife and Beyond*
Jeffrey L. Tanji, MD
Associate Medical Director, Sports Medicine, UC Davis Health System

Popular sports medicine specialist Dr. Tanji reminds that being “over the hill” is where you pick up speed! A not-to-be-missed class, you will find passion to start getting fit regardless of age or shape.

10:00 am: *The Aging Mind*
Michael K. McCloud, MD
Clinical Professor of Medicine and Geriatrics

We explore the aging mind from normal age-associate memory gaps to dementia, and what lies in between. Is Alzheimer’s truly a singular disease that could one day be cured or prevented? Learn about conditions that mimic Alzheimer’s and dementia and often go unrecognized.

And learn how many of the changes in normal brain aging actually make us better!

11:00 am: A brief graduation ceremony with awarding of the diplomas, refreshments, class photo and a chance to meet our neighbors.