

## Calvin H. Hirsch, M.D.

### Philosophy of Care

I specialized in geriatrics because of the challenge of clinical diagnosis and management, along with a desire to improve the quality of care for elderly patients. My principal focus of care and research is the optimization of functional status and the prevention of functional decline. The diagnosis and management of dementia constitutes a second area of emphasis. In treating frail elderly people and those with cognitive impairment, I view the patient and caregiver as single inextricable unit. For elderly patients, a program of regular exercise to prevent a decline in mobility and balance and to reduce the risk of dependency is very important. Care should be coordinated by a primary-care physician to minimize inappropriate treatment and testing. UC Davis also can help through its extraordinary expertise and cutting-edge medical practice in a variety of disciplines.

### Clinical Interests

Calvin H. Hirsch's special clinical interests include Alzheimer's disease and the clinical implications of normal aging. He chairs the Committee on Extreme Care, Humane Options (ECHO), a four-county, community-wide project to involve the public in health-care decisions and promote discussion of treatment preferences. His research interests include the correlates, preservation and optimization of physical functioning in the elderly; diagnosis and management of dementia; psychiatric and physical health effects of caregiving; and enhancing communication within the physician-caregiver-older patient triad. He also is studying the impact of arthritis-specific disability on home care and nursing home use, and the efficacy of resistance and band exercises for improving and maintaining strength and balance in community-dwelling frail elderly persons.

**Title** Professor of Clinical Internal Medicine

**Specialty** Geriatric Medicine, Internal Medicine

**Department** [Internal Medicine](#)

**Division** General Medicine

**Center/Program Affiliation** [Center for Healthcare Policy and Research](#)

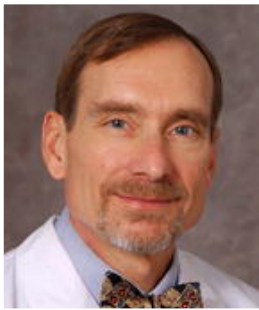
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**Education** M.D., University of Connecticut, Farmington, Connecticut, 1980



## Calvin H. Hirsch, M.D.

B.S., Yale University, New Haven, Connecticut, 1976

**Internships** Mt. Zion Hospital and Medical Center, San Francisco, California, 1980-83

**Residency** Mt. Zion Hospital and Medical Center, San Francisco, California, 1980-83

**Fellowships** Robert Wood Johnson Clinical Scholars Program  
Stanford University, Palo Alto Veterans? MC, Palo Alto, California, 1987

**Board Certifications** American Board of Internal Medicine, 1983  
American Board of Internal Medicine, Geriatric Medicine, 2009

**Professional Memberships** American College of Physicians  
American Geriatrics Society  
Gerontological Society of America  
Society of General Internal Medicine

**Honors and Awards** Lange Award for Scholarship, University of Connecticut School of Medicine, 1980  
Richard Gordon Memorial Fellowship, Epilepsy Foundation of America, 1978

**Select Recent Publications** Resnick SM, Espeland MA, Jaramillo SA, Hirsch C, Stefanick ML, Murray AM, Ockene J, Davatzikos C. Postmenopausal hormone therapy and regional brain volumes: the WHIMS-MRI Study. *Neurology*. Jan 13 2009; 72(2):135-142.

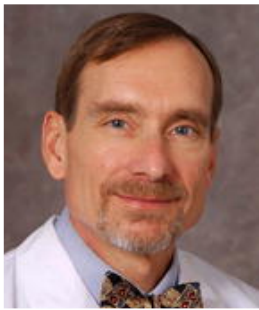
Hirsch CH, Diehr P, Newman AB, Gerrior SD, Pratt C, Lebowitz MD, Jackson SA. Physical activity and years of healthy life in older adults: results from the Cardiovascular Health Study. *J of Aging and Physical Activity*. In press (October, 2009).

Rosano C, Newman AB, Katz R, Hirsch CH, Kuller LH. Association between lower digit symbol substitution test score and slower gait and greater risk of mortality and of developing incident disability in well-functioning older adults. *J Am Geriatr Soc*. Sep 2008; 56(9):1618-1625.

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Barzilay JI, Blaum C, Moore T, Li Xue Q, Hirsch CH, Walston JO, et al. Insulin resistance and inflammation as precursors of frailty: the cardiovascular health study. *Arch Intern Med* 2007; 167: 635-41.

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