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

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Education

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

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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.

Jenny NS, Yanez ND, Psaty BM, Kuller LH, Hirsch CH, Tracy RP. Inflammation biomarkers and near-term death in older men. *Am J Epidemiol* 2007; 165:684-95.

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.

Cao JJ, Arnold AM, Manolio TA, Polak JF, Psaty BM, Hirsch CH, Kuller LH, Cushman M. Association of carotid artery intima-media thickness, plaques, and C-reactive protein with future cardiovascular disease and all-cause mortality: the Cardiovascular Health Study. *Circulation* 2007; 116(1):32-38.

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Hirsch C, Anderson ML, Newman A, Kop W, Jackson S, Gottdiener J, Tracy R, Fried LP. The Association of Race With Frailty: The Cardiovascular Health Study. *Ann Epidemiol.* 2006; 16(7): 545-553.

Bryson CL, Mukamal KJ, Mittleman MA, Fried LP, Hirsch CH, Kitzman DW, Siscovick DS. The association of alcohol consumption and incident heart failure: the Cardiovascular Health Study. *J Am Coli Cardiol.* 2006; 48(2):305-11.

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