Aging and Medical Science: A Mini Medical School to Prepare for Life’s Second Half
Winter, 2016 Schedule

Saturday, February 6, 2016

9:00 am: The Anatomy of Aging
Michael K. McCloud, MD
Clinical Professor of Medicine/ 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.
From head to toe, we will explore how our organs age. Most important, we will discuss the pitfalls of aging and how to enjoy vitality into our nineties and beyond.

10:00 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!
In this era of dizzying and contradicting nutritional claims, she will provide evidence-based advice on what we should be eating, and why the halo has come off most vitamin and food supplements.

Saturday, February 13, 2016

9:00 am: A Primer on Infections
George R. Thompson, MD
Associate Professor of Medicine/ Infectious Disease
Dr. Thompson will explore the landscape of infectious diseases likely to involve individuals over fifty. Learn why infections are treated differently when they are acquired in a hospital setting. Understand why some of us are more susceptible to infections than other (including those on certain medications), and when to worry about traveling. Recognize infections that are neither bacterial nor viral.

10:00 am: Maintaining Heart Health in Older Adults
Kathleen Tong, MD
Assistant Professor of Medicine/ Cardiology
Cardiologist Dr. Tong presents an overview of healthy heart aging and new approaches to preventing and treating heart-related disorders than 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”).

Saturday, February 20, 2016

9:00 am: Medications and the Older Adult
Timothy Cutler, PharmD.
Professor, UC San Francisco School of Pharmacy

The way we absorb and metabolize medication changes with age, and the effects of drugs 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 not to let a medication misadventure be your final vacation.

10:00 am: For Mature Eyes Only: Vision after 50
Jeffrey J. Caspar, MD
Professor and Residency Program Director, Ophthalmology

The latest in cataract and refractive (vision correction) surgery, along with breakthrough treatments for macular degeneration and glaucoma. Learn when visual symptoms should prompt emergency attention. Do ocular vitamins have preventive benefit? Who decides when a cataract is ready for removal?

Saturday February 27, 2016

9:00 am: Pain Management in Older Adults
Scott Fishman, MD
Professor of Anesthesiology, Chief of Pain Medicine

A nationally renowned researcher and clinician-educator, Dr. Fishman explores the science of understanding and managing pain.

10:00 am: New Healthcare Devices and Technologies
Thomas S. Nesbitt, MD, MPH
Professor of Family Medicine, Associate Vice Chancellor for Healthcare Strategic Technologies

From health-monitoring wrist watches to video doctor visits in the home, there is an explosion of interest in staying well through new, portable technologies. UCD Center for Health and Technology director Dr. Thomas Nesbitt provides a cautionary look at what’s here, what is coming soon, and what may be best avoided.
Saturday, March 5, 2016

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: *Dermatology Class*
Emanuel Maverakis, MD
Associate Professor/ Dermatology

Dr. Maverakis’ class will focus on the largest organ in the human body, the skin. He will explore the latest thinking on maintaining healthy skin, discuss the more common skin complaints of maturing adults, and how to recognize skin cancers at an early stage.

Saturday, March 12, 2016

9:00 am: *Aging and the Mind*
Michael K. McCloud, MD
Clinical Professor of Medicine/ Geriatrics

We explore the aging mind from normal age-associated memory lapses to dementia, and what lies in between. What common disorders get misdiagnosed as Alzheimer’s and dementia? Is Alzheimer’s truly a singular disease that could one day be prevented or cured? And which aspects of our intellect actually *improve* with age?

10:00 am: *Vascular Medicine*
Julie A. Freischlag, MD
Vice Chancellor for Human Health Services 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 extraordinary vascular surgical procedures now available.

11:00 am: Awarding of the Diplomas, class photo and refreshments