AGEC/ GWEP Quarterly Newsletter - Volume XXII, No. 3, Summer 2017

From the Director's Desk

by Ronni Chernoff, PhD, FAND, FASPEN, Director, Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Ehancement Program (GWEP)

The Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Enhancement Program (GWEP), has entered the third year of a 3-year grant. As we look forward to a new grant cycle at the end of 2017, we are making some changes to position us for new funding for the future. There will be some inevitable changes. The AGEC Director (Dr. Ronni Chernoff) will be...

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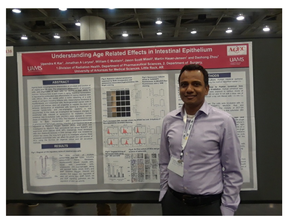
Understanding Cellular Senescence to Delineate the Aging Process

By Upendra K. Kar, PhD, UAMS Division of Radiation Health, Dept. of Pharmaceutical Sciences, Jonathan A. Laryea, MD, William C. Mustain, MD, Jason Scott Mizell, MD, Martin Hauer-Jensen, MD UAMS Dept. of Surgery and Daohong Zhou, MD, UAMS Division of Radiation Health, Dept. of Pharmaceutical Sciences , Unversity of Arkansas for Medical Sciences



Aging leads to a progressive deterioration of structure and function of all organs over time. The progressive accumulation of senescent cells and impairment of stem cells, i.e., decline in their ability to maintain homeostasis is well known in aging. Intestinal homeostasis is regulated by proliferation and differentiation of cycling intestinal stem cells (ISCs). ISCs are nested within a niche consisting of a wide variety of cell types including immune cells, mesenchymal fibroblasts, and endothelial cells. Niche - generated signals work in a concert with...

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Drums Alive®

By J. E. Camp, MSN, APRN, AGNS-BC and edited by Linda M. Tate, PhD, ACNS-bc, APRN, Arkansas State University

Is it warm where you are? It is blistering hot here in Jonesboro with a triple digit heat index as I write this article. The temperature outside may be hot enough to melt pavement and that has meant having to rethink my time outside jogging. If you are looking for indoor ways to work out like am right now, or if you like to exercise with friends, I have just the opportunity you need. Recently, I was blessed with the ability to attend...

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Student Research on Alzheimer's disease and Dementia

By Alicia S. Landry, PhD, RDN, LDN, SNS, Nina Roofe, PhD, RDN, LD, FAND, Andreina Guedez, MS, Dietetic Intern, and Taylor Sherrill, MS, Dietetic Intern - University of Central Arkansas

Patients who have been diagnosed with dementia or Alzheimer's disease (AD) often experiece unintentional weight loss. Malnutrition and unintentional weight loss may lead to the loss of ability to do activities of daily living related to meal consumption such as using feeding utensils and chewing/swallowing ([1]). Complications of malnourishment include greater infection rate, anemia, hypotension, and increased level of difficulty in...

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Antidiabetic Medications in Older Adults

Ashley Bizzell, PharmD Candidate and Lisa Hutchison, PharmD, MPH - University of Arkansas for Medical Sciences College of Pharmacy

Diabetes is prevalent in older adults who have more difficulty managing their disease. One reason they have more difficulty is the difference in phamacokinetics that medications have in older adults, specifically changes in absorption, distribution, metabolism, and excretion. Antidiabetic medication in particular can cause serious consequences in older adults if...

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Elder Abuse Still Prevalent

by Regina V. Glbson, PhD, MALS, RN, Program Coordinator University of Arkansas for Medical Sciences AGEC/GWEP

Elder abuse is any form of mistreatment that results in harm or loss to an older person; it is an important public health problem. A 2017 study based on the best available evidence from 52 studies in 28 countries from diverse regions, including twelve low- and middle-income countries, estimated that, over the past year, 15.7% of people 60 years and older were subjected to some form of abuse.This is likely to be an underestimation, as only one in 24 cases of elder abuse is...

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Upcoming Events

***FREE Geriatric Pharmacology Update, Friday* September 15, 2017 - Free CEs!**

Register

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Save the Dates for the AGEC Free 2-Hour Fall Video Teleconferences!!

October 11, 2017

Patient Safety V: ***Ensuring Elder Justice - Recognizing and Responding to Elder Abuse*** presented by Masil George, MD, Assistant Professor at the UAMS Reynolds Department of Geriatrics and Medical Director of Baptist Hospice Agency.

December 13, 2017

Patient Safety VI: ***Safe Opioid Prescribing Practices for Older Adults/Substance Abuse and Misuse Among Older Adults*** presented by Masil George, MD and Denise Compton, PhD, Clinical Psychologist and Geriatric Neurologist at the UAMS Walker Memory Center.

Continuing education credits will be requested for a variety of disciplines. Questions? Email us at **agec@uams.edu.**

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Are you working with older adults and want to learn more about the disease conditions and illnesses that affect this population? We have just the program for you --- ***Arkansas Geriatric Mentors and Scholars Program,*** also called AR-GEMS! AR-GEMS is a 60-hour self-study program for all health professionals across disciplines who work with older adults and want to learn more about the aging process as well as improve the delivery of care. For more information on AR-GEMS, visit us at **www.agec.org/argems/**.

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Pearls of Wisdom

Swimming in the sea of life

Paul, 85, had a successful and high-powered career as an architect. After both a hectic career and personal life, he has found old age to be a time of both clarity and serenity. When asked: "What have you learned during your life that you would like to pass on to a younger person," he said:

"I've learned how to swim. "

That was a surprise, and when questioned, Paul went on:

I've learned how to swim. In life. I'm not a particularly good swimmer in water, but I'm a reasonable swimmer in the flow of living.

This image of learning to swim in the river of life, of going with the flow of living, is a powerful and serene image when called up during a busy day.

The Legacy Project: Lessons for Living from the Wisest Americans

Posted on January 26, 2014 by Karl

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