Neil Binkley, M.D., has been named the Associate Director of the UW Institute on Aging. Dr. Binkley, a faculty member in the Medical School’s Department of Medicine, Section of Geriatrics, is a long-time IOA affiliate. He brings considerable research, outreach and clinical expertise to the position. “I think Neil Binkley will be a superb leader of the biomedical side of the Aging Institute,” says Carol Ryff, Institute Director. “He is a talented and productive scientist, and an excellent communicator to the larger public about important priorities in aging research and practice.”

Dr. Binkley has focused his research efforts on osteoporosis diagnosis, osteoporosis in women and men, and the role of nutrition in bone loss. Recent studies of vitamins K and A are lending valuable data on nutritional supplementation and bone health. He has served as PI on a number of federal projects and clinical trials. He has given numerous public seminars and has more than 50 journal articles and book chapters. Dr. Binkley also serves on the scientific advisory committee and physician certification course faculty for the International Society for Clinical Densitometry.

Dr. Binkley earned his M.D. from the University of Wisconsin Medical School and subsequently received his training in internal medicine at the Marshfield Clinic. After several years in private practice, he returned to the University of Wisconsin where he completed a geriatric fellowship. He is board certified in internal medicine and geriatrics. He was instrumental in establishing the UW Osteoporosis Clinical Center and Research Program, offering treatment options unavailable in standard clinical practice.
The project is unprecedented for its size (over 7,000 Americans aged 35 to 84) and a budget of more than $26 million, as well as its scientific scope (40 different investigators from 16 universities throughout the U.S.).

The research builds on a 1994-95 study, Midlife in the U.S. (MIDUS), which was conducted by the MacArthur Foundation Midlife Research Network. That study included a collaborative team of researchers from multiple disciplines, and the key aim was to investigate how behavioral and psychosocial factors affect mental and physical health as individuals age. The new study (MIDUS II) will conduct a longitudinal follow-up to repeat the earlier assessments as well as add the collection of biological data in over 1,550 study participants. Included will be measures of cardiovascular, immune and neuroendocrine systems and brain activation and function. The objective is to examine mechanisms that link behavioral and psychosocial factors to health. Methodological innovation in putting these many levels of analysis together is another significant feature of the new study.

Carol Ryff, Director of the UW IOA, is the Principal Investigator for the grant, which includes five separate projects:

- **Project 1** will collect a second wave of behavioral and psychosocial data and recruit a new American African sample in Milwaukee. Carol Ryff, Project Director (PD)
- **Project 2** will collect diary data on daily stressors for a subsample of study participants. David Almeida, PD, University of Arizona
- **Project 3** will carry out detailed assessments of cognitive functioning. Margie Lachman, PD, Brandeis University.
- **Project 4** will collect biomarker data from respondents at General Clinical Research Centers in three geographic regions (UW-Madison, UCLA, Georgetown). Burton Singer, PD, Princeton University and UW-Madison.
- **Project 5** will collect assessments of brain circuitry on a subsample of study participants, including African Americans from Milwaukee. Richard Davidson, PD, UW-Madison.

Five scientific cores will support the above projects:
- Administrative Core Carol Ryff, UW Madison
- Psychosocial Measures Core Marsha Seltzer, UW-Madison
- Biological Measures Core Christopher Coe, UW-Madison
- Statistics Core Burton Singer, Princeton and UW-Madison
- Pilot Studies Core Deborah Carr, Rutgers

More information about MIDUS can be found on the following websites:

- [http://micmac.med.harvard.edu/](http://micmac.med.harvard.edu/)
- [http://www.icpsr.umich.edu:8080/icpsr-study/02760.xml](http://www.icpsr.umich.edu:8080/icpsr-study/02760.xml)

### GRANTS AWARDED

**Marsha Maillieck Seltzer, Ph.D.**, Professor of Social Work, has been named Director of the Waisman Center.

**Sanjay Asthana, M.D.**, Associate Professor of Medicine and Geriatrics Section Head, was recently selected as one of the Hartford Academic Leadership Scholars in the U.S.

**Susan Heidrich, Ph.D.**, Associate Professor of Nursing, is conducting a National Institutes of Health clinical trial of the effects of an educational program on symptom distress and well-being in women over 65 who have had a diagnosis of breast cancer.
A Special Thank You To Our Supporters

TOBIAS LECTURE IN AGING FUND
We are pleased to announce the Tobias Lecture in Aging Fund, which has been established this year with a gift from UW-Madison Alumni, Marjorie and Harry Tobias. The fund will be used to create public education forums that communicate the findings of aging research to the public. The Institute on Aging (IOA) has been active in such public dissemination efforts with its annual spring colloquium and series of On the Road programs. These funds will enable the Institute to enrich and expand efforts to inform the general public about advances in aging research and practice.

Marjorie Tobias received a BS from the College of Letters and Science in 1950 and currently serves as a member of the UW Institute on Aging Advisory Board. Harry received a BBS in Diversified Business in 1949.

EMILY MCKAY AND THE MEAD WITTER FOUNDATION
The Institute has received a gift from Emily McKay with matching funds from the Mead Witter Foundation of Wisconsin Rapids. This gift will enable the IOA to update its informational booklet about aging research, education, and practice currently underway at the University of Wisconsin-Madison. Included in the book are detailed descriptions of the Institute’s broad array of faculty and scientists working on cutting-edge issues in biomedical and psychosocial aspects of aging.

This booklet has been valuable for communicating the wide scope of aging initiatives on this campus as well as for attracting new faculty, scientists, postdoctoral fellows and graduate students to the fields of gerontology and geriatrics.

Emily McKay received a BA from the UW-Madison College of Letters and Science in English Literature in 1955 and is a current member of the IOA Advisory Board.

BOYD FOUNDATION
The Boyd Foundation, based in Incline Village, Nevada, made a gift to the Institute on Aging Research, Education and Outreach Fund. The purpose of the gift is to advance educational programs in aging. The IOA is grateful to Joyce Bromley, member of the Advisory Board, who facilitated this gift to help the IOA fulfill its education mission.

DONATIONS & BEQUESTS
The mission of the Institute on Aging at the University of Wisconsin-Madison is to promote the well-being of the aging population in the local community, state of Wisconsin and society at large. Contributions toward meeting these goals are welcome and appreciated. If you wish to make a contribution, please direct it to:

The Institute on Aging Research, Education, and Outreach Fund
University of Wisconsin Foundation
1848 University Avenue
Madison, WI 53706

To obtain further details about the Institute’s goals, please contact David Weerts, UW Foundation, 608-262-5250 or Carol Ryff, IOA Director, 262-1818.

NEW INVESTIGATOR AWARDS
The Institute on Aging presented its annual New Investigator Awards at its spring colloquium in April of this year. These awards are given to outstanding new researchers doing work in the biomedical and psychosocial aspects of aging.

Biomedical Research
Siobhan Wilson was the recipient of the award for biomedical research. Heart disease and cancer are the leading causes of death in adults 45 years and older. Cell migration within the connective material between cells plays an important underlying role in these diseases. Siobhan Wilson’s work focuses on the cellular and molecular events that regulate cell migration in breast cancer cells.

Her research findings suggest that, on the surface of breast cancer cells, a coupling exists between the proteins α2β1 integrin and CD47. These molecules help direct cell movement through connective tissue by interactions with the extracellular proteins collagen and thrombospondin-1. She has also shown that thrombospondin-1 stimulates a migration of breast cancer cells through collagen by way of α2β1 in a manner that involves R-Ras, a protein that activates integrins and enhances cellular responses to binding of these surface molecules.

This demonstration of a functional link between α2β1 integrin and CD47 in cells will help us understand the molecular regulation of cell migration through tissues in these diseases and may result in more effective treatments.

Research conducted by Siobhan D. Wilson and Patricia J. Keely, Molecular and Cellular Pharmacology, UW-Madison, William A. Frazier, Department of Biochemistry and Molecular Biophysics, Washington University-St. Louis, St. Louis, MO.

Psychosocial Research
Karen Palmersheim received the award for psychosocial research. She examined the relationship between smoking cessation and cumulative socioeconomic disadvantage (CSD). CSD refers to the escalating effect of social and economic disadvantage over the course of people’s lives. She also looked at whether various dimensions of CSD (education, occupation, and income) affect smoking cessation in the same ways for men and women. The results from her study suggest that people are more likely to continue smoking during later midlife if they have experienced greater exposure to CSD over the course of their lives. Further, she found that having less education over the life course was the strongest predictor of current smoking among women. In contrast, being socioeconomically disadvantaged in income was most strongly associated with smoking behavior in men.

This study suggests that efforts aimed at helping people quit smoking need to address socioeconomic factors over the life course that prevent them from quitting.

This research was based on Dr. Palmersheim’s dissertation research, which she completed for partial fulfillment of her doctoral degree in Social Welfare and her masters degree in Epidemiology.
In Aging

MEDICAL & PSYCHOSOCIAL ASPECTS OF AGING

SWALLOWING PROBLEMS IN THE ELDERLY

Pneumonia is the fifth leading cause of death in people older than 65 and the third leading cause of death in people older than 85. Swallowing problems (when food or liquid "goes down the wrong pipe" toward the lungs instead of the stomach), are more common as people age and have been linked to pneumonia as one causative factor. In an effort to help prevent pneumonia, the UW/VA Swallowing Clinical and Research Program continues to spearhead the largest ever multi-site study ever for swallowing problems funded by the National Institutes of Health. The study, entitled "Protocol 201 - Randomized Study of Two Interventions for Liquid Aspiration: Short- and Long-term Effects" is directed by JoAnne Robbins, Ph.D., Associate Professor, UW Dept. of Medicine and Associate Director for Research, Geriatric Research, Education and Clinical Center. The purpose of the study is to determine which of two common treatments for swallowing difficulty is best at preventing pneumonia in elders diagnosed with dementia and/or Parkinson’s Disease. As study chair, Dr. Robbins and members of her laboratory play a critical role in subject recruitment, nationwide clinician training and data analysis. The study is now in its fifth year and is progressing well, having accrued more than 460 subjects with swallowing problems. One hundred hospitals and more than 200 skilled nursing homes are participating nationwide. If you or someone you know is interested in more information about this study, please call the UW/VA Swallowing Laboratory at (608) 256-1901, ext. 11125.

Book Offers Suggestions & Recipes for Individuals with Swallowing Problems

A nutritionist, speech pathologist specializing in swallowing rehabilitation, and a clinical/researcher offer helpful tips and techniques as well as recipes for how to make eating and swallowing easier and more satisfying. You don’t have to have a swallowing problem or be older to enjoy the tasty recipes! For more information about the book, “Easy to Swallow, Easy to Chew Cookbook: Over 150 Tasty and Nutritious Recipes for People Who Have Difficulty Swallowing,” published by John Wiley and Sons, New York, please call (608) 256-1901, ext. 11125.

NUTRITION AND AGING

Caloric restriction (CR) is the only dietary intervention known to slow the aging process in laboratory rodents and to markedly extend their maximum lifespan. Kayo T, Allison DB, Weindruch R, and Prolla TA, are conducting research on caloric restriction and aging to determine if CR retards aging by "gene expression profiling," which offers a global view of changes in the activity of genes.

SOCIAL WORKERS SET GOALS TO STRENGTHEN END OF LIFE AND PALLIATIVE CARE

Betty J. Kramer, Associate Professor of Social Work, recently participated in a three-day national summit with other end-of-life care experts to design a social work agenda to improve care for the dying and their families. The agenda calls for organized professional leadership, standards of practice, increased preparation at all levels of social work education, and evidence-based research. The Social Work Summit on End-of-Life and Palliative Care, held March 20-22, 2002, at Duke University, addressed the need for a formalized collaborative effort within the social work profession that focused on end-of-life care and highlighted the importance of grief work. Leaders from national social work organizations, schools of social work, hospices and hospitals, government agencies, funders, and end-of-life care advocacy groups attended the meeting on behalf of more than 30 organizations. With funding from the Project on Death in America and the Hartford Foundation, Dr. Kramer will address priorities generated from this summit through participation on a working group to develop competencies and standards for the profession, evaluate end-of-life content in social work textbooks to improve educational resources, and conduct research on the role of social workers in end-of-life care for elders with advanced chronic disease.

READ ABOUT RESEARCH ON AGING


Did You Know?
The number of people living longer has been steadily increasing and is expected to keep growing in the coming decades (see figure).