Institute on Aging
University of Wisconsin-Madison
2245 MSC, 1300 University Ave
Madison, WI 53706-1532

22nd Annual Colloquium on Aging
Tuesday, September 21, 2010
at Monona Terrace
1 John Nolen Dr.
Madison, WI 53703

Free and Open to the Public
(Pre-Registration Required)

Colloquium Schedule
8:30 am Registration (Level 4, Ballroom B) Refreshments / Health & Resource Fair / Posters
9:00 am Welcome by IOA Director Carol Ryff, PhD Halting the Aging Process Craig S. Atwood, PhD
9:45 am Asthma in an Aging Population Sameer K. Mathur, MD, PhD
10:30 am Health & Resource Fair / Posters
11:15 am Reducing Barriers to Better Self Care: Changing Stereotypes Susan M. Heidrich, PhD, RN
Noon Box lunch passed out, return to seats for:
12:15 pm New Investigator Awards Presentation
12:30 pm Keynote Speaker: Finding Happiness & Meaning: What the Research Tells Us Richard M. Ryan, PhD
1:30 pm Adjourn

Who Should Attend?
Anyone interested in positive aging, including the general public and professionals working with older people.

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Halting the Aging Process
Craig S. Atwood, PhD
Research Director, WI Alzheimer’s Institute & WI Comprehensive Memory Program, Associate Professor of Medicine, UW-Madison

Nobody escapes aging, a process that inevitably leads to age-related diseases and death. Dr. Atwood will discuss the basis of the “Reproductive Cell Cycle Theory of Aging” that explains why and how we age. This theory proposes that hormones that regulate reproduction act to control aging, promoting growth and development early in life to achieve reproduction, but later in life, become dysregulated and drive the aging process. He will also discuss strategies to increase longevity, including the benefits and risks of taking hormone replacement therapies to prevent age-related diseases.

Dr. Atwood received his Ph.D. from the University of Western Australia and completed additional training at the National Institutes of Health (NIH) and Harvard Medical School. In 2000 he joined the faculty of the Dept. of Pathology at Case Western Reserve University before joining the Dept. of Medicine at UW-Madison in 2003. He is Research Director of the Wisconsin Alzheimer’s Disease Research Center and Director of the Wisconsin Multicenter Study of Alzheimer’s Disease. He has received the Zenith Fellows Award from the Alzheimer’s Association for his research into the hormonal mechanisms underlying Alzheimer’s disease.

Asthma in an Aging Population
Sameer K. Mathur, MD, PhD
Assistant Professor; Allergy, Pulmonary & Critical Care; UW-Madison

Asthma is a chronic disease that is characterized by reversible airway obstruction. Asthma is often overlooked in older people as a cause for breathing difficulties such as shortness of breath, cough, and chest tightness. Therefore, it is often under diagnosed and undertreated. Dr. Mathur is interested in how asthma differs between younger and older patients. He will review our current state of knowledge regarding age effects on asthma and discuss the diagnostic challenges and the lack of evidence based guidance in the management of asthma in an aging population.

Dr. Mathur completed an MD-PhD program at Northwestern University, an Internal Medicine residency at Loyola University Medical Center, and subspecialty training in Allergy/Immunology at UW-Madison. He has received the T. Franklin Williams Geriatric Junior Faculty Development Award from the American Academy of Asthma, Allergy & Immunology and served as the Chair of the Asthma and Allergic Diseases in Their Elderly Task Force. He was also appointed as a Hartford Scholar by UW-Madison Section of Geriatrics & Gerontology.

Reducing Barriers to Better Self Care: Changing Stereotypes
Susan M. Heidrich, PhD, RN
Helen Denne Schalte Professor, School of Nursing, UW-Madison

Common aging symptoms can have a negative impact on quality of life by keeping people from doing or enjoying their everyday activities. Two important factors that influence our self care of these symptoms are stereotypes about aging (both our own and others) and difficulties communicating with health care providers. Dr. Heidrich will discuss her federally-funded research on improving older women’s self care of symptoms by teaching more productive ways to think about and communicate self care needs.

Dr. Heidrich received her BA from Eastern Michigan University, her BS in Nursing from Cornell University, and her MS and PhD in Nursing & Psychology from UW-Madison. Her research has examined the influence of age and chronic conditions on psychological well-being and distress. For the last ten years, she has examined the effectiveness of interventions to improve symptoms and quality of life in older persons with chronic illnesses.