



UW-Madison Institute on Aging

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Madison, WI 53706-1532

ADDRESS SERVICE REQUESTED

25th Annual Colloquium on Aging



25th Annual Colloquium on Aging

Tuesday
Sept. 17, 2013

at Monona Terrace
1 John Nolen Dr.
Madison, WI 53703

Free & Open to the Public
Pre-Registration Required



Colloquium Schedule • Sept. 17, 2013

- 8:30 am Registration (Level 4, Ballroom B)
Health & Resource Fair / Posters
- 9:00 am **Welcome by IOA Director Carol Ryff, PhD**
**Hearing Loss & Aging:
Over-looked and Under-treated**
Karen J. Cruickshanks, PhD
- 9:45 am **The Earliest Signs of Alzheimer's Disease**
Sterling C. Johnson, PhD
- 10:30 am Health & Resource Fair / Posters
- 11:15 am **Assessing Muscle Function & Balance Problems
at Home, in the Clinic, and in Research**
Bjoern Buehring, MD
- Noon Box lunch passed out, return to seats for:
New Investigator Award Presentations
- 12:30 pm **Physical Activity to Prevent Disability
and Frailty in Older Adults**
Keynote Speaker: Marco Pahor, MD
- 1:30 pm Adjourn

Health and Resource Fair

Resources to Improve Quality of Life:

- Senior Living Options • Social & Educational Programs
- Volunteer Opportunities • Legal & Legislative Advocacy
- Support for Independent Living • Learning in Retirement
- Vision Issues • Sleep Disorders • Fitness & Nutrition
- Alternative Healing • Living with Chronic Conditions
- Osteoporosis Screening • Blood Pressure Testing
- Alzheimer's & Parkinsons Treatment • & more

Poster Session

Meet with UW-Madison faculty, students
& advanced trainees presenting
their recent aging research.

New Investigator Awards

Given to new UW-Madison researchers to
recognize outstanding achievement in biomedical,
psychosocial, or clinical/applied aging research.

Who Should Attend?

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

Thanks to Our Sponsors

- BrightStar • Capitol Lakes
- Comfort Keepers • Coventry Village Retirement Community
- Midwest Home Care • Oak Park Place • Oakwood Lutheran Senior Ministries
- Senior Helpers • St. Mary's Hospital • Wisconsin Talking Book & Braille Library
- Veterans Administration Hospital Geriatric Research, Education & Clinical Center (GRECC)





Keynote Address: Physical Activity to Prevent Disability & Frailty in Older Adults

Marco Pahor, MD

*Professor and Chair, Dept. of Aging and Geriatric Research;
Director, Institute on Aging; University of Florida*

As life expectancy continues to rise, the maintenance of independence has emerged as a major clinical and public health priority. Efficient and reliable locomotion, or the ability to move without assistance, is a fundamental feature of human functioning. Older people who lose mobility are less likely to remain in the community, have higher rates of morbidity, mortality, and hospitalizations, and experience a poorer quality of life. Several studies show that regular physical activity improves physical performance, but definitive evidence showing that mobility disability can be prevented is lacking. The LIFE study, a Phase 3 randomized controlled trial is being conducted to fill this gap. Dr. Pahor is an internationally known thought leader in the areas of aging and disability. He has authored or co-authored over 300 publications and has an outstanding NIH and federal funding record. He has been involved in several major epidemiologic projects and randomized controlled trials, including Health ABC, Established Populations for Epidemiologic Studies of the Elderly, Women's Health and Aging Study, Systolic Hypertension in the Elderly Program, The InChianti Study, and The Testosterone Trial. He is the principal investigator of The LIFE Study, the largest long-term physical activity multicenter trial to prevent major mobility disability and health related outcomes in older adults.



Hearing Loss and Aging: Over-looked and Under-treated

Karen J. Cruickshanks, PhD

*Professor, Depts. of Ophthalmology & Visual Sciences
and Population Health Sciences, UW-Madison*

Hearing impairment is a common problem among older adults yet often goes un-diagnosed and un-treated. Once thought to represent "normal" aging, recent studies are suggesting that the processes contributing to hearing loss may be slowed or prevented. Residents of Beaver Dam, Wisconsin and their children have been contributing to advances in hearing research for the past 20 years. This talk will highlight results from those studies, current ideas about what may cause hearing loss in aging, and the importance of good hearing for healthy aging. Dr. Cruickshanks studies the health problems of aging through The Epidemiology of Hearing Loss Study (EHLS), which received a MERIT award from the National Institute on Aging (NIA) to study hearing, olfactory, and cognitive impairments in Beaver Dam, WI, and The Beaver Dam Offspring Study of adult children of EHLS participants, which studies the genetic and environmental factors contributing to age-related sensory impairments and is funded by the NIA, National Eye Institute, and National Institute of Deafness & Other Communication Disorders.



The Earliest Signs of Alzheimer's Disease

Sterling C. Johnson, PhD

Professor, Dept. of Medicine- Geriatrics, UW-Madison

By the time a diagnosis of dementia due to Alzheimer's Disease (AD) is given, the brain has already undergone substantial change. We need a way to identify AD prior to the onset of its disabling symptoms. This talk will focus on new brain imaging research that indicates the AD brain begins to undergo disease-related change many years prior to symptom onset. This pre-symptomatic time frame may be the optimal window for intervention and this idea as well as other implications of early identification will be discussed. Dr. Johnson is a UW Professor of Medicine and a scientist at the Madison Veterans Administration Hospital Geriatric Research Education & Clinical Center. He is an author on more than 125 scientific papers and has been continuously funded by NIH since 1997. He leads the brain imaging core at the Wisconsin Alzheimer's Disease Research Center. Nationally, he serves on the editorial boards of three scientific journals and on NIH grant review committees.



Assessing Muscle Function & Balance Problems at Home, in the Clinic & in Research

Bjoern Buehring, MD

Assistant Professor, Dept. of Medicine- Geriatrics, UW-Madison

Decreased muscle function has a significant negative impact on mobility, quality of life, and mortality. This talk will focus on different aspects of neuro-muscular function (muscle strength, muscle power, endurance, balance) and give practical examples of when these become important in daily life. We will review how muscle function can be assessed at home and in the clinical setting. The presentation should enable the audience to assess their own or their patients' muscle function and mobility impairments. It will also provide an overview of what imaging and muscle function assessment tools are used in research and clinical trials. Dr. Buehring is a practicing physician and clinical scientist at the UW Osteoporosis Clinical Center & Research Program and at the William S. Middleton Memorial Veterans Hospital. He has previously worked at the Center for Muscle & Bone Research in Germany, where he analyzed muscle function in the Berlin Bed Rest Study, and has been involved in health outcome research on improving post-fracture osteoporosis care.

Comments from Past Participants

- What an excellent program! I learned so much. Well organized. Well done!
- Great job! I'll be back next year.
- Thank you all for enhancing the lives of the people you study!
- Outstanding. Thanks for sharing!
- A very good day.



REGISTER EARLY • SPACE IS LIMITED

REGISTER ON-LINE: www.aging.wisc.edu

OR VIA PHONE DURING BUSINESS HOURS:
(608) 262-1818

**NO REGISTRATIONS ACCEPTED
VIA EMAIL or POSTAL MAIL**

PRE-REGISTRATION IS REQUIRED and will be accepted through 9/6/13 if space is available, but **NOTE** that registration is usually full well before then.

COST: Registration and lunch are free, but you are responsible for parking fees. Monona Terrace's current parking rate is \$1.50/hr. Arrive early as we cannot guarantee parking availability.

**WHEN REGISTERING,
PLEASE INDICATE YOUR PREFERENCE
FOR THE FOLLOWING:**

- **FREE BOX LUNCH:** Choose turkey or vegetarian. Some special diet requirements can be accommodated.
- **CONTINUING EDUCATION UNITS:** 0.3 CEUs are available for attendance at all four lectures (none are available for partial attendance). You must sign in after the last speaker. (CEUs are required in some professions to remain licensed.)
- **SPECIAL ACCOMMODATIONS:** If you need accommodations such as assisted hearing devices or wheelchair seating, please request them when you register. In compliance with the Americans with Disabilities Act, UW-Madison will make every effort to honor requests for reasonable accommodations. *Please make all such requests at least a month in advance.*