

- ▶ PAHO/WHO Collaborating Center
- ▶ Spotlight on New Employees
- ▶ Awards & Grants
- ▶ Winter Series

Editor: Tony DiNuzzo, Ph.D.

Fall 2005



**Pan American  
Health  
Organization**



Regional Office of the  
World Health Organization

## Introducing the PAHO/WHO Collaborating Center on Aging and Hispanic Health

*Committed to expanding research and training programs focused on the health of older adults throughout Latin America.*

### A GRAND CELEBRATION

On June 13, 2005, the *Pan American Health Organization/World Health Organization* designated UTMB as a Collaborating Center on Aging and Health during a ceremony at UTMB. Martha Pelaez, Ph.D., regional advisor for aging and health with PAHO/WHO, presented a certificate to Dr. James Goodwin, director of UTMB's Sealy Center on Aging, designating UTMB as the home of the collaborating center. Dr. Pelaez is responsible for technical collaboration on public health and aging to 28 countries in Latin America and the Caribbean.

Dr. Pelaez told the approximately 80-member audience to brace for serious problems among aging Hispanics in Latin America over the next 45 years. Not only will these countries have to resolve how to care for hundreds of millions of older adults, she said, but at the same time meet the needs created by a relatively high birth rate. "The collaborating center at UTMB will help solve these problems," Dr. Pelaez said.

### What is a PAHO/WHO Collaborating Center on Aging and Health?

WHO collaborating centers play an essential role in research and clinical training in public health, geriatrics and gerontology. The members of the Pan American Health Organization/World Health Organization (PAHO/WHO) Collaborating Center for Research on Aging and Hispanic Health are leaders in providing



*Drs. Kenneth J. Ottenbacher, Martha Pelaez of PAHO/WHO, James S. Goodwin, director of the Sealy Center on Aging, and Kyriakos Markides.*

technical expertise to PAHO member countries so that they can attain the maximum level of equity in access and quality of health services for older people in the Americas.

### Why Collaborating Centers?

Article 2(n) of the WHO Constitution assigns to the Organization the function to "promote and conduct research in the field of health."

PAHO recognizes that the optimal way of promoting research and related activities should be through collaboration with national institutions within Member States.

*continued on page 2*

## MISSION STATEMENT AND PURPOSE

The mission of the *PAHO/WHO Collaborating Center* is to work to improve the health of older people in the Americas, with focus on the neediest populations.

This is accomplished by equipping countries with population data, proven best-practice tools, knowledge solutions, and expertise, and by activating networks and partnerships that catalyze and sustain positive change.

### **The purpose of the PAHO/WHO Collaborating Centers is:**

- To collaborate with World Health Organization (WHO) and Pan American Health Organization (PAHO) in identifying institutions in Mexico, the Caribbean and Latin America willing to establish formal research collaborations and pursue opportunities for clinical and scientific training with a focus on older adults.
- To create a faculty exchange program with partner institutions whereby faculty spend three to 12 months learning and applying research and scientific methods to the study of older Latino adults.
- To establish training opportunities in aging research for doctoral students and postdoctoral fellows from Mexico, the Caribbean and Latin America.
- To establish clinical fellowship experiences in geriatric medicine and health care for physicians, nurses and other health care professionals from partner institutions.

### **The Role of the UTMB Sealy Center on Aging within the PAHO/WHO Collaborating Center is to:**

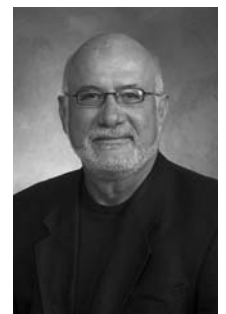
- Provide the scientific and technical standing of an institution concerned, at the national and international levels, with excellence in research on aging and health.
- Promote the working relationship it has developed with other institutions in the Americas.
- Utilize its ability, capacity and readiness to contribute to the training of researchers from around the world and especially from Latin America and the Caribbean.

## PAHO/WHO Collaborating Center Leadership



Kenneth Ottenbacher, Ph.D., serves as director of the PAHO/WHO Collaborating Center. Dr. Ottenbacher is currently associate director of the Sealy Center on Aging and director of the Division of Rehabilitation Sciences at UTMB. Dr. Ottenbacher has been continuously funded by federal sources since 1985. His research has focused on the assessment of functional outcomes in persons with disabilities, with a particular emphasis on assessing basic activities of daily living in clinical and community settings. Dr. Ottenbacher also has extensive experience as a principal investigator (PI) for research, demonstration and training grants. During the past 15 years, he has served as principal investigator or co-PI on federally funded grants totaling more than \$20 million.

Kyriakos Markides, Ph.D., is co-director for research of the PAHO/WHO Collaborating Center and is on the PAHO Advisory Committee on Aging in Latin America. Dr. Markides is director of the Division of Sociomedical Sciences in the Department of Preventive Medicine and Community Health and is the Annie and John Gnitzinger Distinguished Professor of Aging at UTMB. As a sociologist, he has been conducting research on the health of Mexican Americans since 1976. His research has been funded continuously by the National Institutes of Health since 1980. In the 1970s and 1980s, he conducted two community studies of Mexican-Americans in San Antonio, a longitudinal study of older people and The Three Generations Study of Mexican-Americans. In 1986, he coined the term “epidemiological paradox” to refer to the relatively favorable mortality rates and other health indicators of Mexican Americans despite their relatively poor socioeconomic status. The “Hispanic Paradox,” is a leading theme in the field of Hispanic health. Dr. Markides is the principal investigator of the Hispanic Established Populations for the Epidemiologic Studies of the Elderly (EPESE). To date, the Hispanic EPESE has produced more than 120 publications on the health of older Mexican-Americans.



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Felipe Amador, M.D., is co-director for clinical and training activities of the PAHO/WHO Collaborating Center. Dr. Amador completed his undergraduate training at the Rio Piedras campus of the University of Puerto Rico, and obtained his medical degree from the University Central del Caribe

in Bayamon, P.R. He did his residency in internal medicine at Southern Illinois University in Springfield, and completed a clinical teaching workshop, a faculty development fellowship and a fellowship in geriatric medicine at Duke University in Durham, N.C. Dr. Amador is an assistant professor in the Department of Internal Medicine, Division of Geriatrics, and a fellow of the UTMB Sealy Center on Aging. He is the medical director of the Acute Care for Elders (ACE) Unit and director of the one-week geriatric rotation for all fourth-year medical students. Dr. Amador's work is supported by a Geriatric Academic Career Award from the Health Resources and Services Administration and the Hispanic Center of Excellence. He is board-certified in internal medicine and geriatric medicine, and he plans to be certified in palliative care within the year.

### The Challenge

There are several regional challenges facing the PAHO/WHO initiative:

- Determine how to monitor, evaluate and analyze the health status of older adults
- Provide the capacity to conduct clinical research on the health of older adults
- Provide education and training of public health personal to respond to the health needs of older adults
- Adapt Primary Health Care to the health needs of older adults.
- Conduct rigorous population research aimed at increasing knowledge to support decision-making at all levels

### Network for Research on Aging in Latin America and the Caribbean (REALCE)

The UTMB Sealy Center on Aging is part of the **Network for Research on Aging in Latin America and the Caribbean (REALCE, Red de Investigación del Envejecimiento en América Latina y el Caribe)**, formed to enhance all aspects of research about the social, economic, health, well-being and quality-of-life

of aging populations in Latin America and the Caribbean region. The network seeks to maximize regional research capacity through dissemination of research findings, ongoing studies, available databases, upcoming conferences and professional events and training opportunities. In addition, the network seeks to foster collaborations among researchers and to help coordinate regional conferences on relevant topics. Members of the REALCE include internationally recognized researchers from institutions in Chile, Costa Rica, Puerto Rico, Mexico, Brazil, Cuba and the United States. For more information on members and institutions, visit the REALCE web site at <http://realce.org/>.

### WHO Visiting Scholars

**WHO Collaborating Scholars in Aging** participate in a formal Faculty Exchange Program in Aging Research whereby faculty from partner institutions study at the host institution for three to 12 months. The result is increased research collaboration and understanding of cross-cultural, social and political issues affecting aging research and clinical care. Thus far, the PAHO/WHO Collaborating Center and Sealy Center on Aging have supported 3 visiting scholars:

**Yeda Duarte, Ph.D., R.N.** (*February–May, 2005*) from the University of São Paulo in Brazil. Dr. Duarte has worked extensively in the epidemiology of aging and in tracking measures of health and wellness in the aged in Brazil, particularly in São Paulo. She is developing a geriatric nursing curriculum at her home institution.

**Ana Alfaro Acha, M.D.** (*May–October, 2005*) is a physician from Madrid, Spain, currently completing a doctoral degree in gerontology/geriatrics at the Universidad Complutense de Madrid. Dr. Acha has an interest in neurological aspects of aging, including dementia. She also has done research work on functional and physical performance outcomes in frail older adults.

**Abel Jesús Barragán-Berlanga, M.D.** (*October 2005–January, 2006*) is a physician from Del. Tlalpan, Mexico and is currently completing a Geriatric Medicine Fellowship at the Instituto Nacional de Ciencias Médicas y Nutrición “Salvador Zubirán” at Mexico City. He obtained his medical degree from “Ignacio A. Santos” School of Medicine of the ITESM (Instituto Tecnológico y de Estudios Superiores de Monterrey). He is interested in establishing a fellowship program in geriatrics in Mexico.

## Recent Publications

- Al Snih S., Fisher M.N., Raji M.A., Markides K.S., Ostir G.V., Goodwin J.S. 2005. Diabetes mellitus and incidence of lower body disability among older Mexican Americans. *Journal of Gerontology: Medical Sciences*, 60(9):1152-6.
- Al Snih S., Raji M.A., Markides K.S., Ottenbacher K.J., Goodwin J.S. 2005. Weight change and lower body disability in older Mexican Americans. *Journal of the American Geriatrics Society*, 53(10):1730-7.
- Al Snih S., Raji M.A., Peek M.K., Ottenbacher K.J. 2005. Pain, lower-extremity muscle strength, and physical function among older Mexican Americans. *Archives of Physical Medical Rehabilitation*, 86(7):1394-400.
- Ottenbacher K.J., Ostir G.V., Peek M.K., Snih S.A., Raji M.A., Markides K.S. 2005. Frailty in older Mexican Americans. *Journal of the American Geriatrics Society*, 53(9):1524-31.
- Raji M.A. 2005. Management of chemotherapy-induced side-effects. *Lancet Oncology*, 6(6):357.
- Raji M.A. 2005. The nervous system as potential targets for asthma treatments: lessons learned from a centennial history of asthma research. *American Journal of Respiratory Cell and Molecular Biology*, 33(2):211.
- Raji M.A., Kuo Y.F., Snih S.A., Markides K.S., Peek M.K., Ottenbacher K.J. 2005. Cognitive status, muscle strength, and subsequent disability in older Mexican Americans. *Journal of the American Geriatrics Society*, 53(9):1462-8.
- Raji M.A., Tang R.A., Heyn P.C., Kuo Y.F., Owen S.V., Singh S., Ottenbacher K.J. 2005. Screening for cognitive impairment in older adults attending an eye clinic. *Journal of the National Medical Association*, 97(6):808-14.
- Stimpson, J.P., Peek, M.K. 2005. Concordance of chronic conditions in older Mexican American couples. *Preventing Chronic Disease*, 2(3):1-7.
- Stimpson, J.P., Tyler, K.A., Hoyt, D.R. 2005. Effects of parental rejection and relationship quality on depression among older rural adults. *International Journal of Aging and Human Development*, 61(3), 195-210.

## East Texas Geriatric Education Center Update

The East Texas Geriatric Education Center (ETGEC) is beginning a new educational program in Advanced Geriatrics, targeting health professionals, faculty who teach in health professions and students in health profession programs throughout East Texas.

This program is designed to expand on topics and correspond to the level of learning in the 2004-05 Comprehensive Course in Basic Geriatrics and Gerontology leading to a "Scholar of Aging" certificate.

### ► Program Components

The ETGEC Program in Advanced Geriatrics provides 41-hours of material delivered over a 12-month period. The program components include:

- 32-hour lecture and case study series—(32 credit hours)—Continuing Medical Education (CME), Continuing Nursing Education (CNE), CEUs for Social Workers and CEUs for Occupational Therapists and Physical Therapists available.
- 9-hour on-line course on "National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health Care" developed and offered by TMF Health Quality Institute.  
Topics include: Culturally Competent Care (3-credit hours)  
Language Access Services (3-credit hours)  
Organizational Supports for Cultural Competence (3-credit hours)

CME credits available. To register for this FREE 9-hour course in Culture Competency online please go to: <http://www.tmfteam.net/cultureandmedicine/>.

For more information please visit the ETGEC website at <http://etgrec.utmb.edu> or contact Tony DiNuzzo, Ph.D., ETGEC Program Director at [adinuzzo@utmb.edu](mailto:adinuzzo@utmb.edu) or by phone (409) 772-5367.



## SPOTLIGHT ON NEW EMPLOYEES

### The Sealy Center on Aging welcomes Kristen Carlson as Administrator for the Sealy Center on Aging.

▮ Kristen returns to UTMB after serving the last five years as Practice Administrator at the Center of Reproductive Medicine, PA, an infertility clinic in the Clear Lake area. Kristen's previous experience at UTMB included serving as Practice Manager in the Internal Medicine Clinics (1997-2000) and in the surgery Subspecialty Clinics (1994-1997). She began working at UTMB in 1993 in the Out-patient Clinic Services Department as Senior Health Programs Analyst helping to design and implement the SMS Invision Scheduling System. Prior to 1993, she was a Financial Analyst at First Boston Corporation in New York City.



Kristen received her B.A. from Stephen F. Austin State University in Sociology and her Master of Business Administration (MBA) from the University of Houston Clear Lake in 1999.

Kristen lives in Galveston and is married to Mark Greenwalt, an artist and professor at the College of the Mainland and has two children, Sydney, 17 and Taylor 13.

### PEPPER CENTER RECRUITMENT

To answer questions about why muscle function deteriorates with age, researchers with the Pepper Center will recruit volunteers who are 60 years old or older, and in good general health. For information, contact: Susan Minello (409) 772-8350, Roxana Hirst (409) 772-3588 or toll-free (800) 298-7015.

### THE SEALY CENTER ON AGING VOLUNTEER REGISTRY

There are more than 700 volunteers who have joined the UTMB Sealy Center on Aging Volunteer Registry to participate in a variety of UTMB research projects. If you are 55 or older and would like information on becoming a volunteer, please call Roxana Hirst or Susan Minello, registry coordinators, (409) 772-3588 or toll-free (800) 298-7015.

### The Sealy Center on Aging welcomes Hyunsu Ju, Ph.D. as Biostatistician for the Sealy Center on Aging.

▮ Dr. Hyunsu Ju is a Biostatistician in the Sealy Center on Aging. He received his Ph.D. (Statistics) from Texas A&M University, College Station, Texas in 2004 and M.S. Degree (Statistics) from Seoul National University, Seoul, Korea in 1998. He won a Regents' Fellowship Award from Texas A&M University in 1999



and has served as a statistical consultant for several institutions including Texas A&M University and Seoul National University. His research interests include analyzing longitudinal data and working with data sets from various nursing homes.

## GRANTS

**Kenneth Ottenbacher**, director of the Division of Rehabilitation Sciences—Grant No. R01-AG17638 “Disablement Process in Mexican American Older Adults.” National Institute on Aging, National Institutes of Health, Department Health & Human Services—\$1,152,338 (*five years, 03/05–02/10*).

**Carlos Reyes-Ortiz**, pre-doctoral fellow, Sealy Center on Aging—Grant No. PC051373 “Assimilation, acculturation, and biomarkers for prostate cancer risk among Hispanic men in the United States” by the Department of Defense Prostate Cancer Research Program (PCRP) of the Office of the Congressionally Directed Medical Research Programs (CDMRP)—\$187,500.00 (*three years, 11/05–10/08*).

**Douglas Paddon-Jones**, assistant professor, Department of Surgery; director, Exercise Metabolism Laboratory—“Beef ingestion and muscle protein metabolism”—National Cattlemen's Beef Association—\$96,500 (*Project Period: 03/05–09/05*)

**Douglas Paddon-Jones**, assistant professor, Department of Surgery; director, Exercise Metabolism Laboratory—“The effect of dose and composition of dietary beef on muscle protein anabolism in the young and elderly”—National Cattlemen's Beef Association—\$244,132 (*Project Period: 06/05–06/07*).



## AWARDS

Carlos Reyes-Ortiz, M.D., PhD doctoral student, received the American Society of Clinical Oncology Foundation Merit Award for a poster titled “Lower gross national income is associated with higher prostate cancer mortality/ incidence ratios” presented at the American Society of Clinical Oncology, 2005 Prostate Cancer Symposium, in Orlando, FL, February 2005.

### Student Scholarship Awards/Recognition

*Another successful Forum on Aging!*

Thanks to all who participated and provided such excellent presentations for this year’s Forum on Aging. We had almost 200 in attendance to go along with more than 70 poster presentations!

#### **Congratulations to the six student poster winners:**

▶ **Carlos Reyes-Ortiz**, UTMB Department of Internal Medicine Division of Geriatrics, Sealy Center on Aging  
**Presentation title:** CENSUS TRACT MEDIAN INCOME IS ASSOCIATED WITH CHEMOTHERAPY USE FOR MELANOMA IN OLDER PEOPLE

▶ **Helen L. Rogers**, UTMB Department of Physical Therapy, SAHS  
**Presentation title:** ADAPTIVE BALANCE STRATEGIES DURING PROPRIOCEPTIVE AND VISUALLY CHALLENGED GAIT IN YOUNG AND OLDER ADULTS

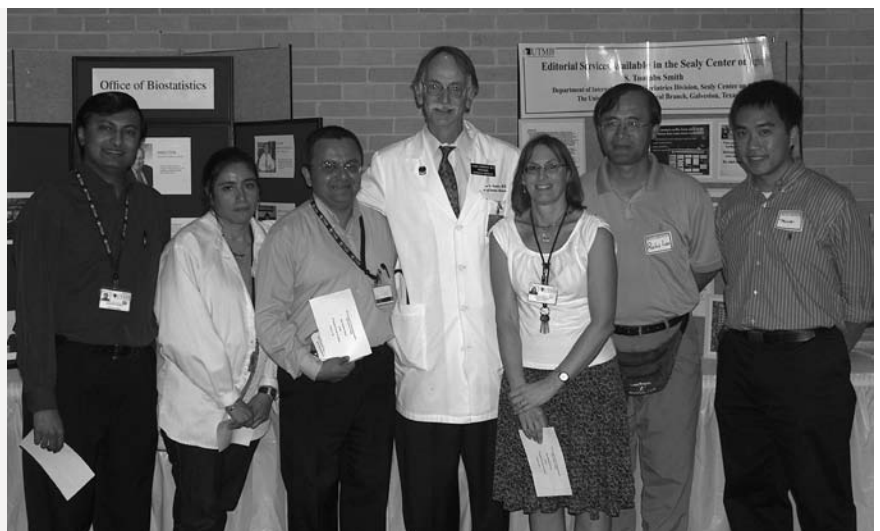
▶ **Ruili L. Luo**, UTMB, Department of Preventive Medicine & Community Health  
**Presentation title:** FACTORS ASSOCIATED WITH WHETHER OLDER COLON CANCER PATIENTS SEE A MEDICAL ONCOLOGIST

▶ **Kashyap B. Choksi**, UTMB Department of Human Biological Chemistry and Genetics  
**Presentation title:** AGE-RELATED CHANGES IN OXIDATIVE DAMAGE TO MITOCHONDRIAL ELECTRON TRANSPORT CHAIN COMPLEX SUBUNITS IN VARIOUS MOUSE TISSUES

▶ **Edna Tirado**, UTMB Department of Neuroscience and Cell Biology  
**Presentation title:** AGING: IMPACT OF OXIDATIVE STRESS ON HUMAN SPERM FUNCTION

▶ **Trung P. Nguyen**, UTMB Department of Pathology  
**Presentation title:** ALTERED PROTEASOME COMPOSITION AND PROTEOLYTIC ACTIVITY IN HIV-ASSOCIATED DEMENTIA

**Dr. James Goodwin presented the awards for Best Student Poster at the ninth annual Forum on Aging, Oct. 4th in the Levin Hall Dining Room. Winners pictured from left to right are Kashyap B. Choksi, Edna Tirado, Carlos Reyes-Ortiz, James Goodwin, director, the Sealy Center on Aging, Helen Rodgers, Ruili L. Luo, and Trung P. Nguyen.**





## UPCOMING EVENTS

### THE 2006 LEFEBER WINTER SERIES ON AGING

Each year, the Sealy Center on Aging sponsors seven weeks of nationally and internationally known speakers on aging topics. This year, the 2006 Lefebber Winter Series on Aging begins Tuesday, January 31, 2006, and continues each Tuesday until March 7, 2006. Lectures will be held from 5–6 p.m. in Levin Hall South Auditorium on the UTMB campus. Wine and cheese receptions follow each lecture in the Levin Hall foyer or dining room. All are welcome! Please refer to the following information for lecture dates and speakers.

For more information, contact Rhonda Bailes at (409) 772-8333 or rbailes@utmb.edu.

**Tuesday, January 31, 2006**

Michael Merzenich, M.D.  
Professor, Otolaryngology, University of California,  
San Francisco

**Tuesday, February 7, 2006**

Luis Miguel Gutierrez, M.D.  
Professor, Instituto Nacional de Ciencias Medicas  
y Nutricion, Mexico

**Tuesday, February 14, 2006**

Greg Sachs, M.D.  
Professor of Medicine, Chief Section of Geriatrics,  
University of Chicago

**Tuesday, February 21, 2006**

Peter Butler, M.D.  
Professor, University of California, Los Angeles

**Tuesday, February 28, 2006**

Douglas Seals, Ph.D.  
Professor, Integrative Physiology, University of  
Colorado at Boulder

**Tuesday, March 7, 2006**

Gene D. Cohen, M.D., Ph.D.  
Director, Center on Aging, Health & Humanities,  
George Washington University

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### *Become a "Friend of the ACE Unit"*

Men and women of all ages, and teenagers 15 and older, are invited to become a "Friend of the ACE Unit," the 52-bed Acute Care for the Elderly Unit on the 10th floor of John Sealy Hospital. Visitors are needed to make a world of difference in the constellation of care for the elderly, especially to 'be present,' to listen, read, and play games, music or other creative activities. 'Friends' will be provided training, continuing education and 'Friends Celebrations' in gratitude for their service.



To enroll, or for more information, contact:  
The Rev. Dr. Helen  
W. Appelberg, ACE  
Friend Coordinator,  
Sealy Center on Aging,  
(409) 747-2141 or  
toll free (888) 887-6800.  
Email: hwappelb@utmb.edu.

*The Rev. Dr. Appelberg*

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### **3rd Annual Conference Abundant Aging: Mind, Body, Spirit March 7-9, 2006**

The Sealy Center on Aging, UTMB and Camp Allen, the Episcopal Diocese of Texas Conference Center are sponsoring this conference for seniors, their families and caregivers at the Camp Allen Conference and Retreat Center near Navasota, Texas, an hour northwest of Houston.

Learn about the aging body . . . . Didactic lectures  
Listen to your soul . . . . . Labyrinth or Prayer  
Listen to Nature . . . . . A Walk in the Woods  
Listen to your body . . . . . Stretching or Resting  
Listen to One Another . . . . Quiet Conversation"

A registration fee of \$200 includes two nights of lodging (double occupancy), meals, all workshops, and activities. Early registration (before February 1, 2006) is \$185.00.

To register or for more information call:  
Camp Allen, (866) 334-2267, Email: tonic@  
campallen.org or Rev. Helen Appelberg,  
(888) 887-6800, email: hwappelb@utmb.edu



Sealy Center on Aging  
Volunteer Registry  
301 University Boulevard  
Galveston, TX 77555-0460

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## Information

Contact Tony DiNuzzo, Ph.D. at (409) 772-5367, or the Sealy Center on Aging, (409) 747-0008, for information regarding items in this issue.

**THE SEALY CENTER ON AGING** at UTMB has openings for predoctoral and postdoctoral positions for Fall of 2006. Funded by a training grant from the National Institute on Aging, these research positions focus on the health of older minorities, with a particular emphasis on older Hispanics. Fellows will collaborate with any of more than 15 Center faculty with over \$42 million in aging research in the areas of medical outcomes, health service utilization, social epidemiology, psychosocial stress, and health promotion as they pertain to older minorities. The salary stipend for predoctoral positions ranges from \$22,000 to \$24,000 and from \$35,568 to \$51,036 for postdoctoral positions depending on experience level. Applicants must be U.S. citizens or permanent residents. Applicants should send a letter stating research interests, relevant prior training, and a curriculum vitae to: Karl Eschbach, Ph.D., Sealy Center on Aging, The University of Texas Medical Branch, 301 University Blvd., Galveston, TX, 77555-0460. Email: [kaeschba@utmb.edu](mailto:kaeschba@utmb.edu).

UTMB is an equal opportunity, affirmative action institution which proudly values diversity. Candidates of all backgrounds are encouraged to apply.

## Donations and Bequests

UTMB's Sealy Center on Aging welcomes contributions to further geriatric research, education and training. You can help by contributing to the Fund for the Study of Aging, or contact us for information on how to select a particular program to support. Donations can be made to honor an individual and are deductible for income tax purposes to the extent allowed by law. Donations and bequests may be sent to:

The Fund for the Study of Aging  
The Sealy Center on Aging  
UTMB Office of University Advancement  
301 University Blvd.  
Galveston, TX 77555-0842

Please direct inquiries to: (409) 772-3950.

For more information on the Sealy Center on Aging, please go to our web site: <http://www.utmb.edu/aging/>