



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



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In this edition:

- Spotlight: Stephanie Thai
- Congratulations
- Division Members in the Media
- What's Happening/Events
- In the News



Please consider donating to our mission! While we continue to make great strides, we are limited on what we can accomplish with existing funds. We encourage you to become involved with the UC San Diego Division of Geriatrics, Gerontology, and Palliative Care and join us in helping older adults live their best lives longer and improving care for individuals with serious illness. By supporting our efforts, you can ensure that our research, education programs, and clinical care keep pace with the needs of our community and remain strong.

SUPPORT US

Spotlight: Stephanie Thai



What is your current profession/role?

I am the Division Administrator for the Division of Geriatrics, Gerontology & Palliative Care, which includes providing academic support for the Population Health Services Organization. Additionally, I also manage the Division of Nephrology-Hypertension.

What initially inspired and motivated you to pursue a career in Geriatrics?

I was always intrigued with science and medicine. My interest in geriatrics may have started at a young age when I witnessed what my grandmother was going through before her passing. I didn't understand it all back

then, and her suffering scared me. However, I later learned that there was a whole field dedicated to the study and treatment of older adults; scientists who could explain what happens to our body and mind as we age--what might have happened to my grandmother. Just understanding it helped me process and alleviated my fear. I was fortunate to begin my UC career in Geriatrics, and now, three decades later, I am delighted to continue supporting the exceptional Geriatrics, Gerontology & Palliative Care faculty and staff at UCSD.

What parts of your work have been particularly inspiring or rewarding for you?

The most rewarding part of my work is being able to collaborate and support the physicians and researchers in advancing healthcare so everyone can live healthier and happier lives. I enjoy helping our educators train the next generation of high caliber physicians and scientists. It was particularly inspiring to learn that one of the medical students who participated in a training program I had managed a long time ago is now a successful physician, researcher and division chief! Knowing that my small efforts positively impact others is incredibly rewarding.

What is your go-to stress relief activity during a busy workweek?

Chocolate and Yoga! I keep a jar of them on my desk. The darker the chocolate, the better--have you tried a 100% dark chocolate? When I have a particularly stressful week, I try to hop on a treadmill and that usually helps me regain focus. Then, I practice yoga to decompress, but don't expect to see me hold any fancy poses! I also enjoy gardening on the weekend whenever possible.

If you had to choose a different profession, what would it be?

When I was in grade school, I aspired to become a doctor. The intricate biology of the human body has always fascinated me. Throughout the years working in healthcare, my admiration and respect for physicians, especially those in academia, have only grown. If I were to pursue a different profession, I would choose to become an academic pediatrician.



*Congratulations
are in order...*



Stephanie Thai is awarded our 2024 Annual Exemplary Division Member! As our GGPC Division Administrator, Stephanie is unfailingly supportive of all members of our division and tirelessly works to provide us with this support. She took on an additional task since July 2022, also supporting the Stein Institute for Research on Aging in addition to our division and Nephrology. She came to UCSD from UCLA in 2016 and has been instrumental in helping build the Division to what we are today.

Congratulations, Stephanie, for being our 2024 Exemplary Division Member!

Dr. Aladdin Shadyab in ELLE magazine

Beauty > Health & Fitness

Could a New Pill Help Dogs (And Us) Live Longer?

Here's how to antiage your dog, according to science.

BY KELLY MICKLE PUBLISHED: AUG 7, 2024

Save Article



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Every item on this page was chosen by an ELLE editor. We may earn commission on some of the items you choose to buy.

Interview with Dr. Aladdin Shadyab in Elle Magazine about the future of longevity drugs for both dogs and humans. Check it out!

[Read article here](#)

Video of 2023-24 Highlights from UC Health Sciences



Look for a familiar face, Dr. Alison Moore, mentioned as a world renowned expert!

[Watch on YouTube](#)

What's Happening/Events

Alzheimer's Awareness Night at Petco Park

September 16, 2024 at 6:40pm

Join the UC San Diego Shiley-Marcos Alzheimer's Disease Research Center, the San Diego Padres, and our incredible community partners to raise awareness for Alzheimer's disease at Petco Park! Sit with faculty, staff, and those supporting Alzheimer's Awareness in Section 302-312!

ALZHEIMER'S AWARENESS

Night

MONDAY

16

SEPTEMBER
2024

6:40

PM

PADRES



ASTROS

PETCO PARK

100 Park Blvd, San Diego, CA 92101

JOIN US FOR AN EVENING OF BASEBALL & CAMARADERIE WITH OTHERS THAT SUPPORT A COMMON INTEREST: ALZHEIMER'S AWARENESS!

TO PURCHASE TICKETS*, VISIT:

[HTTPS://WWW.MLB.COM/PADRES/TICKETS/SPECIALS/THEME-GAMES](https://www.mlb.com/padres/tickets/specials/theme-games)

*SECTIONS 302-312 HAVE BEEN RESERVED FOR THOSE SUPPORTING ALZHEIMER'S AWARENESS.



Get tickets in UCSD's section here

American Heart Association Heart and Stroke Walk

Saturday, September 21, 2024

UC San Diego Health team members will be walking together with friends and family in the 2024 San Diego Heart and Stroke Walk. This year's walk will take place on Saturday, September 21, at Balboa Park. Sign up online at the [2024 San Diego Heart & Stroke Walk website](#). Start your own team or join our existing team by selecting "Join a Team" and then select "UC San Diego Health System" under "Team's Group/Company." Participants who walk with UC San Diego Health and donate \$30 or more will receive a branded commemorative t-shirt, while supplies last.

Email Wendy Atchley (watchley@health.ucsd.edu) with questions.



American Heart Association.
Heart and Stroke Walk™



2024 SAN DIEGO HEART & STROKE WALK

I walk to save lives, **SO CAN YOU!**

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to **eliminate heart disease and stroke.**

**I WALK TO END HEART
DISEASE AND STROKE!**

I WALK TO SAVE LIVES!

**SIGN UP, STEP OUT, AND SHARE
WHY YOU WALK!**

September 21, 2024

Balboa Park

LOCALLY SPONSORED BY



Register today at
SDHeartWalk.org or
scan the QR code!



[Click here to sign up](#)

Alzheimer's Disease CME Conference 2024

September 30th 2024

ALZHEIMER'S DISEASE CME CONFERENCE 2024

UC San Diego SCHOOL OF MEDICINE
Shiley-Marcos Alzheimer's Disease Research Center

ADRC/MAR SAN DIEGO

**EMBRACING DIVERSITY AND LIFESTYLE:
PATHWAYS TO ALZHEIMER'S
PREVENTION AND CARE**

September 30, 2024
7:45 a.m to 12:30 p.m.
Check in at 7:30 a.m.
UC San Diego ACTRI Conference Room

Embracing Diversity and Lifestyle: Pathways to Alzheimer's Prevention and Care

This hybrid conference is designed for clinicians and community care providers serving seniors and those with cognitive decline due to neurodegenerative diseases, such as Alzheimer's, mixed pathologies and comorbidities. The latest scientific updates regarding lifestyle factors and multi-pronged interventions for preventing cognitive decline and optimizing outcomes for diagnosed individuals will be presented by esteemed UCSD faculty and affiliated colleagues to empower attendees to enhance therapeutic goals and outcomes for their diverse patients. The hybrid format will include a ½ day in-person conference on the UCSD Medical Campus in ACTRI from 7:45am-12:30pm and a supplemental asynchronous array of video-recorded presentations to enhance flexibility for learners.

[More info and Register here](#)

In the News...

Dr. Benjamin Han and team explore the role of patient portals in helping older adults manage chronic conditions like diabetes. This study highlights the potential of digital tools to empower patients in their health journey. Read it [here](#).

Dr. Benjamin Han's latest study in the [Journal of Addiction Medicine](#) examines the performance of the TAPS tool in screening older adults for unhealthy substance use. This vital research advances our understanding of substance use in aging populations. Read it [here](#).

Dr. Khai Nguyen co-authored a study in [Alzheimer Disease & Associated Disorders](#) exploring Alzheimer's risk in older Vietnamese Americans. The pilot study highlights the importance of culturally adapted research for better representation. Read it [here](#).

A new paper in [Journal of the American Geriatrics Society \(JAGS\)](#) led by former UCSD MSTAR (Medical Student Training in Aging Research) student Kerri Niino. Co-authors include Dr. Alison Moore, Dr. Benjamin Han and other talented UCSD faculty. "Development of loneliness and social isolation after spousal loss: A systematic review of longitudinal studies on widowhood." Read it [here](#).

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