



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter

We are **STILL** delighted to report that Geriatrics is ranked **#11** in the nation by U.S. News & World Report!



UC San Diego Health (La Jolla and Hillcrest hospitals) has ranked #1 in San Diego and #5 in California

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Congratulations, Award Winners!



Anthony Molina, PhD.

Congratulations to [Anthony Molina, PhD](#), recipient of this year's Geriatrics & Gerontology Exemplary Division Member of the Year Award!

The Exemplary Division Member of the Year award recognizes a division member who exemplifies the mission of our division: To optimize the experience of aging through excellence in clinical care, inspired teaching, and transformative research. All faculty and staff participate in the nomination and voting process. Congrats Dr. Molina!



Rabia Atayee, PharmD, BCPS

Congratulations to [Rabia Atayee](#) & Carlotta Durazo on being awarded the Palliative Care Values in Action Award!!



Carlotta Durazo, LCSW, APHSW-C

Ben Han & Substance Use and Comorbidity Lab

UC San Diego Substance Use and Comorbidity Lab

The Substance Use and Comorbidity Lab is based within the Division of Geriatrics, Gerontology, and Palliative Care in the Department of Medicine at the University of California San Diego.



We aim to address the growing prevalence of substance use (alcohol, cannabis, sedatives, hypnotics, non-legal drugs) among older adults and adults living with multiple chronic diseases. The lab employs a public health and harm reduction lens to reduce the harms related to psychoactive substance use among a diverse population of older adults. This includes improving the health of older adults living with substance use disorder and to increase the delivery of evidence-based substance use disorder treatment and harm reduction interventions. Our research group conducts a range of research studies, including epidemiological, qualitative, health services, and the development and testing of interventions that focus on the intersection of substance use, chronic disease, and aging, especially among populations made vulnerable.

Recommended articles by Dr. Han:

[Geriatric Conditions Among Middle-aged and Older Adults on Methadone Maintenance Treatment: A Pilot Study](#)

[Gender differences in any alcohol screening and discussions with providers among older adults in the United States, 2015 to 2019](#)

[Multimorbidity and Inpatient Utilization Among Older Adults with Opioid Use Disorder in New York City](#)

Go to the Substance Use & Comorbidity Lab website

Happy 100th Birthday to Division Donor, Irving Tragen

Congrats to Mr. Irving Tragen on recently celebrating his 100th Birthday! Mr. Irving G. Tragen has been a strong supporter of geriatrics for many years. His donations to the division are earmarked for the purposes of enabling research and investigation into the causes and effects of age-related disease and providing the UC San Diego Division of Geriatrics, Gerontology and Palliative Care the opportunity to lead and contribute to breakthroughs in the prevention and treatment of diseases among the geriatric population.



Dr. Alison Moore and our amazing donor, Irving Tragen. We are so grateful for him and all of his kindness to our division for all these years! He recently helped fund the research for Dr. Maria Marquine's article [Positive Life Change During Pandemic Linked to Fewer Cognitive Symptoms Among Latin American Elderly](#). He has been a supporter of our division for many years, and we can never thank him enough, but we will try. Thank you, Irving!

[More About Irving G. Tragen](#)

Fall Prevention Awareness

Fall Prevention Awareness Week has just passed (September 18-24). We would love to share some helpful resources, because Fall Prevention Awareness is more important than just one week. Here is the [NCOA's Falls Free Check-up](#) to help older adults understand their fall risks and 6 Steps to Prevent a Fall.

Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

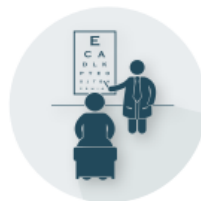
Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

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ncoa
national council on aging

What's Happening/Events

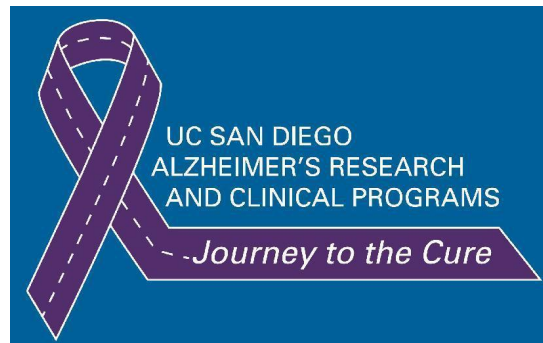
Join us for the Alzheimer's walks!

Please join us in supporting our community partners and the individuals and families living with Alzheimer's disease in San Diego. We will have an outreach/education table and a walk team at BOTH of these upcoming walks. Join us to support this important cause; no donation required to register or participate!

Register for our team for both walks!

TEAM NAME:

UC San Diego Alzheimer's Clinical and Research Programs



Walk #1 on 10/8/22

Alzheimer's Association: At Liberty Station in Point Loma

Team Captain: James Brewer

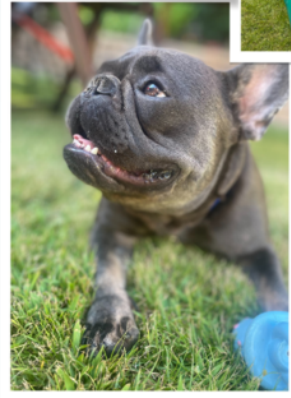
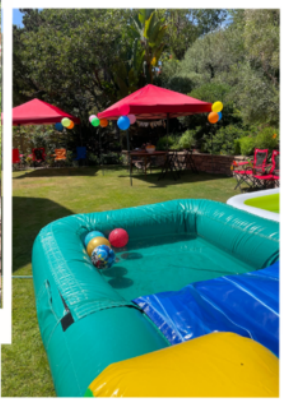
[Register Here for Walk 1](#)

Walk #2 10/15/22

Alzheimer's San Diego: Meeting point in Balboa Park

Team Captain: Jennifer Reichstadt

GGPC Summer Gathering 8/20/22



GGPC
Division
Gathering

This year's Medical Student in Training in Aging Research (MSTAR) Program



MSTAR is funded by the National Institute on Aging and has been offered at UC San Diego since 2005. Each year, this popular program provides up to 18 medical students from across the nation an opportunity to conduct 8 to 12 weeks of summer research guided by the mentorship of a UC San Diego faculty member.

[More about MSTAR](#)

World Hospice & Palliative Care Day
October 8th 2022



HEALING HEARTS & COMMUNITIES

WORLD HOSPICE & PALLIATIVE CARE DAY **8 OCT 2022**

More about World Hospice & Palliative Care Day

Our Division members in the news:

- [Dr. Benjamin Han](#), [Dr. Stacy Han](#) (3rd year UCSD Internal Medicine resident) and NYU's [Dr. Joseph Palamar](#) published a new paper in [The Journal of General Internal Medicine](#) that found an estimated 18.6% of US adults with Hypertension binge drank in the past 30 days & those that did were also more likely to use stimulants. [Read the article.](#)
- Congrats to [Dr. Gary Buckholz](#) and our alumna Dr. Mendelson, whose article [Using Photographs to Bring Dignity to Patients and Help Clinicians Find Meaning and Joy in Work](#) was published in the Journal of Palliative Medicine.
- [Dr. Roopali Gupta](#) and Jennifer Reichstadt are co-authors on the following new publication: [Pioneering COVID-19 Pandemic Partnerships: Federally Qualified Health Centers and Geriatric Workforce Enhancement Programs Work Together to Care for Diverse Underserved Older Adults.](#)

Not signed up yet? SIGN UP HERE

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.

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UC San Diego Health

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