Medical Students Awarded for Excellence in Aging Research

By Maja Gawronska, MA

Whitney McFadden and Molly Easterlin, graduating medical students at UC San Diego School of Medicine, were named the 2014 recipients of the Stein Institute Medical Student Award for Excellence in Aging Research.

The Stein Institute for Research on Aging has had a strong commitment to the recruitment and training of future scientists in the area of aging. Attracting and educating new investigators, who constitute the lifeblood of future science, is a critical priority. Our hope is that early exposure to research on older individuals will increase the odds that the trainees will choose to pursue a career in aging-relevant areas.

Whitney McFadden is an alumna of the Stein Institute’s Medical Students’ Sustained Training and Research Experience in Aging and Mental Health (MSTREAM). She was also a medical research scholar at the National Institute of Mental Health, a part of the National Institutes of Health in Bethesda, Maryland, were she spent a year conducting research on aging and mental health under the mentorship of Joel Kleinmann, MD, PhD. Her work resulted in two peer-reviewed papers and several conference presentations. McFadden will...

continued on page 2
**Medical Students continued from page 1**

be attending the Mount Sinai Medical Center in New York for her residency and a doctoral program in psychiatry. “I am looking forward to continuing research on aging and mental health,” said McFadden.

Molly Easterlin, alumna of the Medical Student Training in Aging Research (MSTAR), has been nominated by her mentor Douglas Chang, MD, PhD, the chief of Physical Medicine and Rehabilitation and an associate clinical professor in the Department of Orthopaedic Surgery at UC San Diego School of Medicine. “Molly was phenomenal on her clinical rotation and was actively engaged in research. She has four papers published in peer-reviewed journals—two as the first author and two as the second author. The recent one is groundbreaking,” said Dr. Chang, referring to her manuscript entitled “Older Age Increases Short-term Surgical Complications after Primary Knee Arthroplasty,” published in the journal *Clinical Orthopaedics and Related Research* last year.

The Stein Institute Medical Student Award for Excellence in Aging Research is possible thanks to the generous donation by the Silagi family. It honors the late scientist Selma Silagi, PhD. Dr. Silagi received her doctorate in genetics from Columbia University, served as a research associate at Rockefeller University, and continued her basic research in cancer until her retirement from Cornell University in 1987 when she moved with her husband, Robert, to San Diego. She is best known for her work in 1966 that used a mouse model to change malignant melanoma cells into nonmalignant cells and back again. She died in 1998.

---

**Free Public Lecture continued from page 1**

associate clinical professor in the Department of Family and Preventive Medicine at UC San Diego and is currently the director of Nutrition Services for the UC San Diego Cancer Prevention and Control Program at UC San Diego Moores Cancer Center.

Ms. Newman manages the Healthy Eating and Living Program team of lifestyle counselors and assessors working by phone with study participants in San Diego and around the country. During the past sixteen years, the team she leads has counseled nearly three thousand people in clinical trials, evaluating the impact of lifestyle change (especially diet and physical activity) on risk and progression of cancer. Ms. Newman developed the cooking class curriculum and recipes that have now evolved into the Healing Foods Kitchen classes offered several times each month at Moores Cancer Center. Many of the favorite recipes from these classes are included in her book *Food for Thought—Healing Foods to Savor*. Learn more about Ms. Newman’s consulting company at http://www.mindfulnutrition.com.

**Free Parking**

In order to receive a free parking permit by mail, e-mail maja@ucsd.edu or call (858) 822-7485 NO LATER THAN THE LAST FRIDAY BEFORE THE LECTURE. Note: If you have a disabled person placard, you do not need a permit and are allowed to park in any handicap or metered space.

**Directions from I-5 North or South**

- Exit La Jolla Village Drive and drive west on La Jolla Village Drive.
- Turn right onto Villa La Jolla Drive.
- Go straight into Gilman Parking Structure.
- From Gilman Parking Structure, cross the street toward the Stein Clinical Research Building.
- Cross the lawn to the Medical Education and Telemedicine Building.
- Walk under the Medical Education and Telemedicine Building bridge and enter the Biomedical Sciences Building through large sliding glass doors.
- Turn left at the first hallway. Garren Auditorium is in Room 1105.

---

**Are You Interested in Participating in Research?**

Whether you have a health condition or are healthy, there are many ways to get involved in clinical studies and make a difference. To help you find an opportunity, UC San Diego Health Sciences has partnered with ResearchMatch, a nonprofit organization with a simple goal: to bring together volunteers who are trying to find research studies with researchers who are looking for people to participate in their studies. It is a free and secure registry developed by major academic institutions across the country that want to involve you.

Anyone can join ResearchMatch. You can also register for another person if you are a parent, guardian, or caretaker.

Sign up now at http://participate.ucsd.edu. It’s free and secure. You may be matched to one of UC San Diego’s clinical trials or one elsewhere in the country. By participating, you’ll be helping deliver new discoveries—locally and globally.

For more information, visit http://www.participate.ucsd.edu and follow the link on the page to the ResearchMatch website.
Harriette Thompson

By Maja Gawronska, MA

Harriette Thompson has participated in fifteen marathons over the past sixteen years, all in San Diego. That’s an admirable accomplishment—especially since she is ninety-one years old and recovering from cancer.

According to Competitor.com, a website about running, Harriette is the second-oldest woman in US history to complete a marathon. She finished the 26.2-mile Suja Rock ‘n’ Roll San Diego Marathon in June in just 7 hours, 7 minutes, and 42 seconds. She beat the previous record for women age ninety and up by 2 hours and 45 minutes.

“I wasn’t doing it to be competitive at all. That was just an added bonus,” said Harriette. She runs every year to raise money for the Leukemia & Lymphoma Society. The cause is close to her heart because each of her family members died from leukemia or some form of cancer; Most recently her ninety-nine-year-old brother died from lymphoma. “Everybody in my family has passed of cancer. It’s sort of in our genes,” said Harriette.

A two-time cancer survivor herself, Harriette had an oral cancer and recently has been suffering from skin cancer. Her last radiation treatment ended just a month before the Rock ‘n’ Roll marathon. At the event, Harriette had to wear bandages and tights to cover the burns on her legs from the procedure. But she enjoyed the run. “Lots of times, I see young girls coming in and limping, hardly able to move and I think, Well, that’s pretty good that I don’t feel that bad,” she said.

Harriette is a frequent visitor in San Diego, but she lives in Charlotte, North Carolina, with her husband of sixty-seven years. They celebrated their wedding anniversary the day after the Rock ‘n’ Roll marathon.

A classically trained pianist who performed at Carnegie Hall, Harriette thinks that playing music has helped her in running. It has developed discipline, patience, and endurance. To keep pace during a race, she replays pieces in her mind. “I usually think of Chopin etudes, the ones that are technically difficult, because usually they’re pretty fast,” she said.

According to Harriette, running is a key to staying healthy as we get older. And she stresses that it is never too late to start: She started running marathons at age seventy-six. Her other tips for successful aging include regular yoga and stretching classes, exercises on an elliptical machine, and staying socially active. A grandmother of ten, she enjoys spending time with her family and living in a retirement community.

Harriette said that she’ll be back in San Diego next year: “I’ll try and do better next year and be in better shape.”

Do You Know a Successful Ager?

If you know someone who is an example of successful aging, please contact us at (858) 534-6299 or steininstitute@ucsd.edu with the person’s name and contact information and a brief description of why you feel he or she is successfully aging. We will feature some of these individuals in future newsletters.
Giving to Stein

With your gifts, you have the power to ignite the innovation and imagination that have made UC San Diego Health Sciences—and the Stein Institute—a magnet for renowned scientists and groundbreaking research.

Understanding the process of healthy aging and preventing disability and disease later in life is our goal, and we strive to achieve our mission through research, training, and education. Your support is critical to our ability to have an impact on our aging population here and around the world.

Ways to give:

ONLINE
Please visit http://aging.ucsd.edu and click on “Giving.”

BY MAIL
Please make your check payable to UC San Diego Foundation; write Stein Institute in the memo portion of the check and include a brief note specifying that you would like your donation to go to the Stein Institute. Mail your gift to the address below:

University of California, San Diego
Health Sciences Department
Sam and Rose Stein Institute for Research on Aging
200 W. Arbor Dr. # 8982
San Diego, CA 92103-8982

QUESTIONS
Please call Danielle Glorioso, LCSW at (858) 246-0767 or e-mail dglorioso@ucsd.edu.

FOR CLINICAL TRIALS
http://health.ucsd.edu/clinicaltrials/

Please join us on Facebook at www.facebook.com/SteinInstitute.

SIGN UP FOR E-MAIL NEWSLETTER
Sign up at http://aging.ucsd.edu/subscribe.php or send an e-mail request to steininstitute@ucsd.edu and include your postal address and e-mail address. Your information will not be shared with any other institution.