

Calendar of Events

“Individualizing A Memory Fitness Program: Making Memory Work For You”

Gary W. Small, M.D., Director UCLA Center on Aging

Thursday, May 8, 2003, 2:00 p.m.

Skirball Cultural Center

2701 North Sepulveda Boulevard, Los Angeles

Annual ICON Award Event

Honoring Colonel Buzz Aldrin and

Dr. S. Jerome Tamkin

Saturday, June 7, 2003, 6:30 p.m.

Beverly Hilton Hotel, Beverly Hills

8th Annual Research Conference on Aging

Wednesday, June 25, 2003, 8:00 a.m.

UCLA Faculty Center

For further information, contact the UCLA Center on Aging, (310) 794-0676, www.aging.ucla.edu

The UCLA Center On Aging Newsletter

Phone: (310) 794-0676

www.aging.ucla.edu

Director Dr. Gary W. Small

Executive Editor Helen Berman

Senior Editor Jacquie Michels

Design The Doyle/Logan Company

© 2003 by the Regents of the University of California

[CANCER AS WE AGE continued from page 12]

of the type of cancer and your age at diagnosis, Schiller recommends that all cancer patients seek treatment. “Therapy will, in most cases, extend life and improve the quality of life for cancer patients,” he said. “If you are told that you are not a candidate for treatment, seek another opinion.”

In addition, remember to assert your rights as a person and a patient. If you are unsure about your doctor’s recommendations or diagnosis, get another opinion. Ask your provider if you are eligible for clinical trials of new medications. Search the internet for current information about your condition, and ask your physician about new treatments or information you find. Remember that you have a right to pain management, and also to decide with your doctor when treatment should cease.

“Cancer is frightening, but does not have to be a death sentence,” said Schiller. “Take steps to gather friends and family, explore your resources, and make a plan to get the best possible care.” ❖

AUTOBIOGRAPHIC STUDIES PROGRAM RECEIVES AWARD

Dr. James Birren, associate director of the UCLA Center on Aging and developer of the Autobiographic Studies Program, has been selected as the recipient of the 2003 MindAlert award in the category of Innovative Older Adult Learning Program. The honor will be presented to Dr. Birren at the March meeting of the Joint Conference of The National Council on Aging and the American Society on Aging.

UCLA Center on Aging
10945 Le Conte Avenue
Suite 3119, Box 956980
Los Angeles, California
90095-6980

Non-Profit
Organization
U.S. Postage PAID
UCLA

UCLA Center On Aging Announces 2003 ICON Awardees

Contents

Director's
Letter2

Identity Theft:
What Do You
Have to Lose? 4

Cancer As
We Age6

News From
The Center . .7

Health News
Briefs8

Dr. Small
Named Medical
Research
Leader9

Donors and
Tributes . . .10

The 2003 Annual ICON Awards dinner and presentation will be held June 7, 2003, at the Beverly Hilton Hotel in Beverly Hills. This year's honorees, health care innovator and philanthropist Dr. S. Jerome Tamkin and astronaut Colonel Buzz Aldrin, are being honored for continuing to make outstanding contributions to society throughout their lifetimes, and for exemplifying the Center's motto of "Living Better Longer."

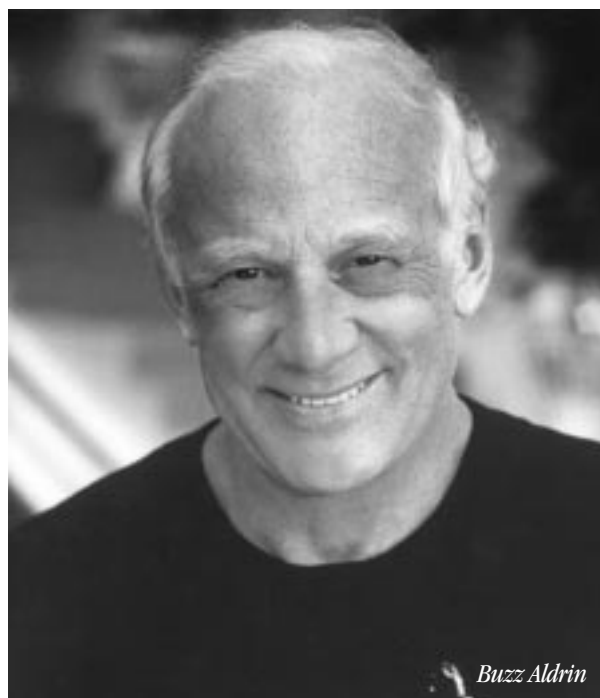
The Gala, sponsored by Janssen Pharmaceutica Products and chaired by Patricia Dunn Grey and Timothy J. Noonan, will be hosted by honorary co-chairs Hugh Downs and Nanette Fabray, both former ICON winners. Other past winners of the award

include Robert Ahmanson, Norman Corwin, Art Linkletter, David Haft, John Wooden, Pascal, and George Page.

The record of the philanthropic accomplishments of Dr. S. Jerome Tamkin and his wife Judith includes 32 major projects and 23 endowments. Their charitable undertakings have benefited organizations from the Boy Scouts to the Natural History Museum, and academic institutions including UCLA, UC Irvine, Brown, The Scripps Foundation for Medicine and Science, and The Technion-Israel Institute of Technology, among many others. Their gifts have funded the auditorium in the new UCLA replacement hospital, and a permanent exhibit of Tamkin Dueling Dinosaurs constructed of [continued on page 3]



Dr. S. Jerome Tamkin



Buzz Aldrin



Healthy Aging: You Have More Control Than You Think

It's easy to imagine an idealized version of old age, in which we accumulate wisdom with our years, dedicate time to developing our interests and being with those we love, and remain healthy and independent all our days. But we must acknowledge that this version of healthy aging is not enjoyed by everyone. Far too many seniors are stricken with illnesses that rob them of the precious golden years they spent so long waiting for and counting on.

Diseases such as Alzheimer's, Parkinson's, and cancer can not only shorten the lives of those they strike, but also decimate the quality of the time that is left. Many other chronic conditions also strike older patients much more often than the young. How much control do we really have over the quality and length of our lives as we age?

As Dr. Gary Schiller points out in our feature on cancer in this issue, genetic predisposition is not the only factor that determines who will get cancer. Exposure to toxins, and possibly lifestyle choices, may also play a role in causing the disease. Both Alzheimer's disease and Parkinson's disease have only partial genetic components. We simply do not know all the factors that must occur to cause, or conversely to prevent the onset, of diseases that are common late in life.

But we are not powerless in creating a happy old age. There are many steps we can take which may not prevent disease or assure independence, but can help us maximize the good and overcome the bad. Perhaps the most important of these is to remain active. Keep your body and mind "in shape" with regular and vigorous use. Pursue your interests and favorite activities, and stay in touch with friends. Read, take courses, and continue learning. A strong body and a positive outlook are both powerful tools in overcoming any adversity that arises.

Another key to healthy long life is avoiding tobacco. Perhaps no single substance is so potentially devastating to our health as tobacco has been shown to be. It not only causes cancer, but also other conditions such as chronic obstructive pulmonary

disease. It is never too late to quit smoking and gain some benefits from doing so.

Exercise has been called the true fountain of youth, and I believe this may indeed be true. A half-hour walk added to your day on a regular basis can not only improve your health and energy, but also enhance your enjoyment of the area in which you live and those around you. Working out to the level you are able will maximize your functionality and help you retain your independence. Be sure to consult with your physician before you begin an exercise program.

A healthy diet high in fresh fruits and vegetables may be more important than ever. Certain vitamins have been shown to help the brain resist the onset of neurological disorders such as Alzheimer's and Parkinson's, and these are best obtained through foods rather than supplements. Eat your fresh foods raw or lightly steamed to maximize their vitamin content. See our research news section for some more information about this.

Despite all efforts, there are cases where diseases cannot be avoided or overcome. The Center on Aging continues to fund outstanding research projects in order to keep scientific progress moving forward. Without this research, we will never find the cures we seek.

To help promote other aspects of healthy aging, the Center offers public informational programs to share what we already know about the aging sciences with as broad an audience as possible. Our "Senior Scholars" program makes it possible for older adults to audit college courses. Our memory training programs are now being offered to senior groups around Southern California.

Do what you can to assure your long-term health. The UCLA Center on Aging will continue its work to find better ways of helping us all live better, longer. ❖

A handwritten signature in blue ink that reads "Gary Small".

[ICON AWARDS continued from page 1]

actual skeletal remains that stands in the main foyer, as well as the Bronze replica at the main entrance of the L.A. Natural History Museum. They have endowed numerous student grants, built two research facilities in Israel, and funded the Tamkin Functional Imaging Wing of the Ahmanson-Lovelace Brain Mapping Building at UCLA. They support the Jewish Home for the Aging, the University of Judaism, and the Tamkin UCLA and UCI Medical Clerkship Programs at the Betty Ford Center. Their desire to improve the lives of others less fortunate is truly boundless.

Dr. Tamkin is very appreciative of having been one of the initial founders of the D.A.R.E. (Drug Abuse Resistance Education) Program founded in 1983 and has and is serving over 50 million school children internationally.

Dr. Tamkin is a founding director and former executive vice president of American Medical International, one of the world's first and largest hospital and health care providers. He is a trustee of UCLA, UC-I, Morehouse Medical Schools, and The Scripps Medical and Science Foundation.

Mrs. Judith Tamkin began her career in the fashion industry, and later became a certified master clinical hypnotherapist who helps cancer and elderly patients focus on the positive aspects of their lives. She has worked with autistic children at the UCLA Neuropsychiatric Institute. She is also a trustee of Woodbury University, one of the oldest universities in California founded in 1884, and the Fashion Design Center there is named in her honor. The Tamkins are both on the Board of Governors of Boy Scouts of America, and Mrs. Tamkin directs scouting programs for the 'Handicapable.' They have four children, Sherry, Windy, Steven and Gary, and five grandchildren.

Colonel Buzz Aldrin was born in Montclair, New Jersey on January 20, 1930. After receiving his wings, he flew Sabre Jets in 66 combat missions in the Korean Conflict, shooting down two MIG-15's. Returning to his education, he earned a doctorate in Astronautics from the Massachusetts Institute of Technology in Manned Space Rendezvous. The techniques he devised were used on all NASA missions, including the first space docking with the Russian Cosmonauts.

In October 1963, NASA selected Col. Aldrin as one of the early astronauts. He has logged 4500 hours of flying time, 290 of which were in space. As backup command module pilot for Apollo VIII, man's first flight around the moon, he significantly improved operational techniques for astronomical navigation star display.

On July 20, 1969, Aldrin and Neil Armstrong made their historic Apollo XI moon walk, thus becoming the first two humans to set foot on another world. He was presented the Presidential Medal of Freedom, the highest honor amongst over 50 other distinguished awards and medals from numerous countries. Since retiring from NASA, the Air Force, and his position as commander of the Test Pilot School at Edwards Air Force Base, Col. Aldrin has remained at the forefront of efforts to ensure a continued leading role for America in manned space exploration. To advance his lifelong commitment to venturing outward in space, he has created a master plan of evolving missions for sustained exploration utilizing his concept, "The Cyclor", a spacecraft system which makes perpetual orbits between Earth and Mars. He recently founded his rocket design company, Starcraft Boosters, Inc., and the ShareSpace Foundation, a nonprofit organization devoted to opening the doors to space tourism for all people.

Col. Aldrin has authored two space novels: *The Return* (Forge Books, 2000) and *Encounter with Tiber* (Warner Books, 1996). He has also authored an autobiography, *Return to Earth*, and a historical documentary, *Men from Earth*, describing his trip to the moon and his unique perspective on America's space program.

On Valentine's Day 1988, Aldrin married Lois Driggs Cannon of Phoenix, Arizona. Their combined family is comprised of six grown children and one grandson. Their leisure time is spent exploring the deep sea world of scuba diving and skiing the mountain tops of Sun Valley, Idaho. Currently Colonel Aldrin is lecturing and traveling throughout the world to pursue and discuss his and others' latest concepts and ideas for exploring the universe. He is a leading voice in charting the course of future space efforts from Planet Earth. ❖

The 2003 Annual ICON Awards dinner and presentation will be held June 7, 2003, at the Beverly Hilton Hotel in Beverly Hills.

Identity Theft: What do You Have to Lose?

It can begin with a simple misplaced credit card receipt, a bill pulled from your trash can, or a seemingly innocent phone call. In a matter of moments, an identify thief can collect the information he needs to steal your identity and begin accumulating fraudulent charges in your name.

Identity theft is becoming increasingly common. Over a million cases were reported last year alone, and the consequences can run in the thousands of dollars per incident. With key personal information, such as name, birth date, social security number and/or charge account number, a thief can begin opening bank accounts, charging credit purchases, making long distance phone calls, even buying an automobile. And you may be unaware that the crimes are being committed in your name until the damage is done.

It is not hard for an identity thief to obtain the personal information they need. They can steal your wallet, bank or credit card statements, or pre-approved credit card offers. They can complete a change of address form to have your mail diverted to another location. They can rummage your trash cans looking for discarded forms or bills. They then use this information to create new charge accounts, establish a phone or wireless service, obtain a car loan, or create a bank account and write bad checks on that account, all under your name. They may even file bankruptcy under your name to avoid paying the debts they have incurred with your identity, or to avoid eviction.

Victims of identity fraud, while usually not liable for actual charges incurred by the thief, pay a high toll in stress, time, patience and paperwork required to resolve the problem. Some victims must spend months to years, and thousands of dollars, clearing up the stains on their good name and credit rating. Your best strategy is to protect your identity as carefully as possible to prevent this type of crime from happening to you.

You should obtain a copy of your credit report from each of the three major credit reporting agencies

every year. Make sure it is accurate, and includes only activities you've authorized. Each report may cost up to \$9.00. The three main credit bureaus are:

Equifax
www.equifax.com
(800) 685-1111

Experian
www.experian.com
(888) 397-3742

TransUnion
www.transunion.com
(800) 916-8800

Review bank statements and credit card bills carefully and quickly. Report any problems immediately. After you go through your mail, tear or shred any papers that contain personal information such as charge receipts, copies of credit applications or credit offers, insurance forms, physician statements, cancelled checks and bank statements. Pay attention to billing cycles. If a bill is late, it may have fallen into the wrong hands.

Guard your personal documents. Keep your social security card and other documents secured in your home or a safety deposit box. Do not print your social security number on your checks.

Insist on password protection for bank and credit card accounts. Choose a password that cannot be guessed. Avoid using potentially available information, such as your birth date or the last four numbers of your social security number, in your password codes.

Protect your mail. If possible, send and receive mail only from locked boxes. If you're going to be on vacation, call the U.S. Postal Service at (800) 275-8777 and request a vacation mail hold.

Do not give personal information over the phone or the internet unless absolutely necessary, or unless you have initiated the contact. In these cases, know whom you are speaking to, and who might be listening or have access to the information. Identity thieves may pose as representatives of banks, or even government agencies, to convince you to reveal your identifying information.

Beware of promotional offers that sound too good to be true. Identity thieves may use phony offers as an excuse for you to give personal information to them over the phone.

If you use your computer to store or manage personal information, take steps to protect this information. Use virus protection software to prevent your computer from sending out files or other stored information. Use a secure browser to guard the security



With key personal information, such as name, birth date, social security number and/or charge account number, a thief can begin opening bank accounts, charging credit purchases, making long distance phone calls, even buying an automobile.

of your online transactions. Use a strong password—a combination of numbers, symbols, and letters—to protect your data and be sure to log off after using the computer. That way, if your computer is stolen, it will be harder for the thief to access your information.

After the Crime Occurs

If you are a victim of this costly fraud, take action quickly to correct the situation. First, contact the fraud department of the three major credit bureaus listed above. Request that a “fraud alert” be placed on your file, and write a victim’s statement asking that creditors call you before opening any new accounts or changing your existing accounts. At the same time, order new copies of your credit report. These must be issued free if your report is inaccurate due to fraud. Review the reports carefully to assure that no additional fraudulent accounts have been opened in your name, and no unauthorized changes made to existing accounts.

Check the section of the report that lists “inquiries.” If “inquiries” from companies that opened the fraudulent accounts appear, request that these inquiries be removed from your report. In a few months, order new reports to assure that your corrections have been made and that no new fraudulent activity has occurred.

Call the number provided on the back of your credit cards to alert the companies that your cards have been stolen or that the account numbers are being used fraudulently. Remember to contact all your accounts, including bank and store charge accounts, phone companies, utilities, ISPs, and other providers. If you are opening replacement accounts, use new passwords to protect them.

Call your bank and have your accounts closed and checks stopped. Ask the bank to notify the check

verification service about any stolen checks. To find out if bad checks have been written in your name, call SCAN at (800) 262-7111. Cancel your ATM card as well, and choose a new PIN for your new card.

File a report of the crime with your local police. If they are reluctant to take a report, be persistent. Stress the importance of a police report in the process of having fraudulent accounts and charges blocked. If you are told that identity theft is not a crime under your state law, ask to file a Miscellaneous Incident Report instead. Get and keep a copy of the police report. You can also file a complaint with the Federal Trade Commission by calling their hotline: (877) IDTHEFT (438-4338).

Be organized in your quest to resolve your identity theft. Keep a record of all conversations you have, including the contact name and date, and keep copies of all correspondence. Follow up in writing with all contacts you’ve made. Use certified mail, return receipt requested. Keep your files even after you believe your case is resolved.

The FTC has resources to help consumers report and recover from identity theft. A counselor can take your complaint on the phone, and advise you on how to deal with the problems that can arise as a result of identity theft. In addition, an ID Theft Affidavit is available to help you report your problem to many organizations, thereby simplifying the process of disputing charges with companies when a new account is opened in your name. This form can be requested on the phone, and is also available on the FTC website at www.consumer.gov/idtheft.

An informative and comprehensive brochure is available on line to help answer more detailed questions. You can download this brochure at www.ftc.gov/bcp/online/pubs/credit/idtheft.htm. ❖

Cancer As We Age

On the issue of cancer, there is good news and bad news. On the positive side, both the percentage of persons developing cancer, and the number of deaths as a result of cancer, are decreasing. However, on the other side of the coin, cancer is the most common cause of death in persons 60 to 70 years of age. Due to the increasing size of the aging population, the number of persons with cancer is expected to double by 2050, reaching 2.6 million.

The unfortunate truth is that cancer strikes older individuals more often, and the reason for this is complex and not fully understood, according to Dr. Gary Schiller, associate professor of medicine at UCLA and an expert in treating cancer in older patients. "Throughout life, people are exposed to different environmental agents. Over a lifetime, these agents can damage the DNA, especially in those who have a predisposition to acquiring such mutations, or who have some defect in repairing mutations. Not all the

risk factors for developing cancer are known, but it seems that as we age, our cells lose the ability to repair this type of molecular damage," said Schiller. "A cell may then follow these mistaken directions, forming a tumor." It is also true that the body's natural immune system is less effective as we age. The immune system, particularly natural killer cells, are

important in destroying cancer cells before they can accumulate and take hold in the body.

The most common forms of cancer in older adults are lung and colorectal. In women, breast cancer is slightly more common than colorectal, and in men, prostate cancer occurs at almost the same rate. Early detection is important for older patients, especially with cases of breast, lung, colorectal and prostate cancers. But sadly, in many cases, older persons receive less prevention education, fewer screenings, and less aggressive treatment than younger patients. "This attitude needs to be changed, because older patients tend to respond well to available treatments including chemotherapy, and the variable in determining case outcomes tends to be overall health rather than age," said Schiller.

Despite recent advances, a diagnosis of cancer can be devastating since there is still no cure for some types of cancer. Preventing the onset of cancer may be the best way to manage the disease. According to Schiller, few preventive measures have been proven effective. "The most certain measure for cancer prevention is to avoid tobacco," he said. "I'd also recommend staying in good shape, since the better your overall health,

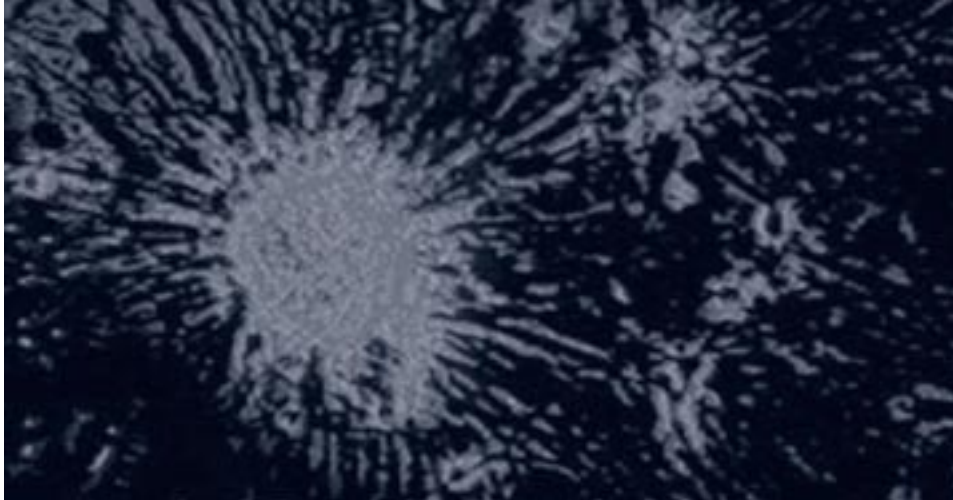
the more likely you are to recover from any illness."

Other steps that physicians often recommend to help prevent cancer include using sunscreen, avoiding exposure to known toxins, increasing physical activity and avoiding obesity. Screening tests such as mammography, colonoscopy, and prostate testing are of proven value. In addition, eating plenty of fresh fruits and vegetables, especially those with dark or vibrant colors, is often recommended, as are limited intake of red meat and alcohol.

Early diagnosis is especially important with prostate, breast, and colorectal cancers. For this reason, regular health screenings are recommended. Patients should also be aware of the "CAUTION" cancer warnings:

- ❖ **C** - change in bowel or bladder habits
- ❖ **A** - a sore that does not heal
- ❖ **U** - unusual bleeding or discharge
- ❖ **T** - thickening or lump in breast or elsewhere
- ❖ **I** - indigestion or difficulty swallowing
- ❖ **O** - obvious change in wart or mole
- ❖ **N** - nagging cough or hoarseness

If you have any of these symptoms, you should consult your doctor.



After The Diagnosis

Treatments for cancer are improving, according to Dr. Schiller. "Many new drugs are being developed, especially in the private sector," he said. "The newest drugs introduced have been targeted to rarer conditions, but our improving understanding of the molecular mechanisms of oncogenesis will lead to new treatments for the major killers as well," he added. "Partnerships between the private sector and academic institutions can be very powerful in improving our clinical arsenal."

Most cancer treatments still begin with surgery to remove the primary tumor and any tissue, such as lymph nodes, to which the cancer has spread. Other common treatments include chemotherapy agents, and radiation therapy, or a combination of these.

Cancer treatment usually involves some side effects. Patients usually experience some fatigue, and may also become depressed. In addition, chemo- and radiation therapies may cause nausea, fever, diarrhea, and loss of appetite. Many of these complaints can be treated with additional medications.

Statistically, seniors are tolerating available treatments better than in the past, perhaps because they are in better overall health as they age. "We now perform bone marrow transplants in people aged 60 and older, which was not the case several years ago," said Schiller. "These patients tend to do well. Elderly persons who are frail, or have other health conditions when the cancer is detected, may have more difficulty tolerating treatment and recovering. Patients with a strong support system and those who live with a healthy and supportive family are more able to tolerate treatment."

Regardless *[continued on page 12]*

News From the Center

Community Meetings Draw Unprecedented Crowds

According to Roberta Haft, chair of the UCLA Center on Aging's Program Committee, the Center has experienced unprecedented attendance at its recent community meetings. The Center's lectures devoted to memory, held in November 2002 and February 2003 attracted more than 600 people each. Ms. Haft attributes this outstanding interest to the topic and to the renowned speaker, Dr. Gary W. Small, director of the Center and an international authority on Alzheimer's disease and memory loss.

In November, Dr. Small spoke on "Memory Training Techniques: Never Forget Names and Faces Again," and in February he addressed "Lifestyle Choices to Maximize Memory: Healthy Brain Diet, Stress Reduction, and Other Strategies." Both meetings were held at the Skirball Cultural Center.

The last lecture in the memory series will be held on Thursday, May 8, 2003, 2 p.m. at the Skirball Cultural Center. Dr. Small will discuss "Individualizing a Memory Fitness Program: Making Memory Work For You." For information or reservations, call the Center at (310) 794-0676.

Memory Training Program Begins

The UCLA Center on Aging has initiated a program for improving memory performance. Memory Training in the Community is designed to teach individuals new techniques that will improve their memory retention and recall. The program spans five weeks, with two hours of instruction per week. It is offered free of charge to small groups of adults, and is taught by volunteers trained by Dr. Gary Small and his geriatric psychiatry staff.

The Center is currently presenting programs at Roxbury Park Community Center, Santa Monica Senior Recreation Center, Skirball Cultural Center, Stephen Wise Temple, Westchester Senior Center, Claude Pepper Senior Center, and the Center for Healthy Aging.

The volunteers have had six hours of intensive training presented by Dr. Small and his colleagues. Active memory trainers include Eleanor Brown, Sherri Goldfarb, Art Lambert, Nancy Levitt, Cindy McRoskey, Norman Miller, Marie Peterson, Linda Schlesinger, Matthew Solomon, Selma Strock, Mort Razowsky and Wanda White.

Memory Training in the Community is an important part of the Center on Aging's goal to promote lifelong learning and its mission of helping people live better, longer. Groups interested in offering the program to their members should call the Center on Aging at (310) 794-0676 ❖

**Did
you
know?**

Europeans living in the 17th century thought chocolate had a healing power—it was used to treat anemia, TB, fever and gout.

Health News Briefs

A Diet Rich in Vitamin E May Reduce Risk of Alzheimer's Disease

A new study published in the *Journal of the American Medical Association* suggests that a diet rich in foods that contain vitamin E may help protect some people against Alzheimer's disease. The study also showed that vitamin E from dietary supplements did not have the same beneficial effects. The same researchers, from the Rush Institute for Health Aging at Rush-Presbyterian-St. Luke's Medical Center in Chicago, found that vitamin E in the diet may also be associated with slower overall cognitive decline.

Further study is now underway to explain and confirm some of the study's findings, including the different effects between vitamin E supplements and natural sources of the nutrient. Consult with your physician before taking high doses of any vitamin or antioxidant.

Drastic Calorie Reduction May Not Be Necessary to Extend Life

A diet that severely limits calorie intake has been shown to extend the normal life span of laboratory animals by up to 40 percent, and now three physiological measures associated with such long-term calorie restriction have been linked to longevity in men, according to a study by scientists at the National Institute on Aging.

The researchers compared 700 healthy men, ages 19 to 95, with 60 rhesus monkeys ages 5 to 25. The men were divided into two groups based on whether they were in the upper or lower halves of the population for each of three biomarkers—body temperature, blood insulin level, and blood level of dehydroepiandrosterone sulfate (DHEAS). The monkeys were also divided into two groups based on the same criteria. One of each of the study groups was allowed to feed freely, and the other consumed a diet with 30 percent fewer calories.

After analyzing the age-adjusted data, the NIA investigators concluded that men who had lower body temperatures, lower blood insulin levels, and higher blood levels of DHEAS, tended to live longer. The calorically restricted monkeys showed a similar trend. Interestingly, none of the men with the life-prolonging biomarkers were restricting their calorie intake.

"This study shows that there may be ways to

achieve the biological hallmarks shown in the low-calorie intake laboratory animals without resorting to drastic calorie reduction," said Dr. George Roth. "It may be possible to achieve these biological hallmarks without having to undergo dramatic dietary changes. Researchers may be able to develop compounds that offer the benefits of caloric restriction without having to resort to strict dieting."

Folic Acid Is One Possible Key in Preventing Alzheimer's Disease

Folic acid, a vitamin found in green leafy vegetables, citrus fruits and whole wheat bread, may play an essential role in protecting the brain against the onset of Alzheimer's disease and other neurodegenerative disorders. This finding is the result of a study conducted by researchers at the National Institute on Aging and published in the *Journal of Neuroscience*. The study may also help explain why people with high blood levels of the amino acid homocysteine have nearly twice the risk of developing Alzheimer's.

People with Alzheimer's disease often have low levels of folic acid in their blood, but it is not known whether this is a result of the disease or of poor diet. The researchers speculate that consuming adequate amounts of folic acid could be beneficial to the aging brain and help protect it against the death of neurons caused by Alzheimer's.

The study also showed that specially engineered laboratory mice with low amounts of folic acid in their systems had elevated levels of homocysteine in the blood and brain. They believe that the increased homocysteine caused damage to the DNA of nerve cells in a specific region of the brain. The mice with adequate levels of folic acid were able to repair this damage, but those fed a folate-deficient diet were not. This suggests a cause-effect relationship between elevated homocysteine levels and degeneration of the nerve cells involved in learning and memory.

A subsequent study by researchers at Boston University showed that people with elevated homocysteine levels had nearly double the risk of developing Alzheimer's disease. The report, published in the *New England Journal of Medicine*, provides the most powerful evidence yet of an association between high homocysteine in the blood and significant memory loss in later years. The researchers plan to study whether reducing homocysteine levels in the blood will reduce dementia risk in future trials. ❖

Dr. Gary Small Named Medical Research Leader by *Scientific American* Magazine

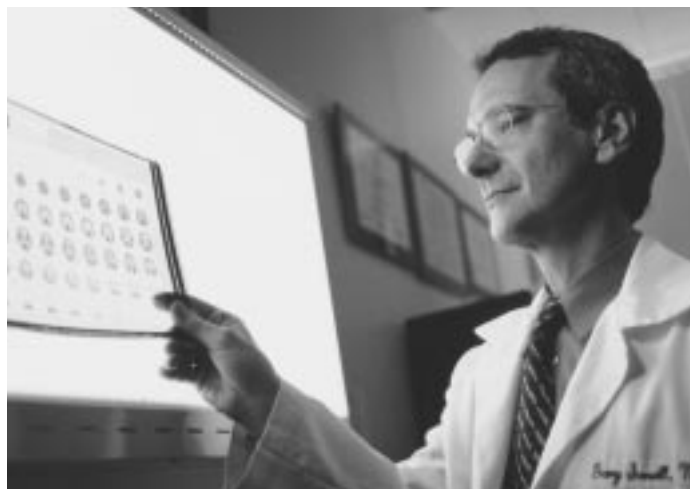
Dr. Gary W. Small has been named by *Scientific American* magazine as one of the *Scientific American 50*—the noted magazine’s first list recognizing outstanding contributions worldwide from the past year to science and technology. Dr. Small is the only honoree from the field of Alzheimer’s disease and memory research to receive the honor. The *Scientific American 50* made its debut in the magazine’s December issue.

According to *Scientific American*’s Editor-in-Chief John Rennie: “Our editors wanted to recognize some of the most outstanding visionaries who are advancing technology and guaranteeing a brighter future for all of us. Scientists aren’t the only ones doing this. That’s why the *Scientific American 50* includes business leaders, policy leaders, companies and other organizations that influence how society puts innovations to good use.”

Selected by the magazine’s Board of Editors, the *Scientific American 50* spotlights a Business Leader of the Year and a Research Leader of the year, in addition to citing accomplishments in the following categories: Agriculture, Chemicals & Materials, Communications, Computing, Defense, Energy, Environment, Manufacturing, Medical Diagnostics, Medical Treatments, Transportation and General Technology. Each category recognizes a Business Leader, Policy Leader, Company Leader and Research Leader. Dr. Small is named Research Leader in Medical Diagnostics for his innovative work demonstrating the usefulness of PET scans in the early diagnosis of Alzheimer’s disease.

“I am extremely honored to be included on the *Scientific American 50*, and recognized by *Scientific American* magazine, with its unique stature in the world of science and technology,” Dr. Small said.

Dr. Small, director of the UCLA Center on Aging, is the Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, and an internationally recognized physician, neuroscientist and psychiatrist. After graduating from UCLA, he received his medical degree from the University of Southern California. He then completed a general psychiatry residency at Massachusetts General Hospital and Harvard Medical School, and a geriatric psychiatry fellowship at UCLA.



Small leads an internationally recognized team on the forefront of aging and memory research, supported by the National Institute on Aging, the National Institute of Mental Health, and the Institute for the Study of Aging. Small’s team was the first to report early brain function decline in people at genetic risk for Alzheimer’s disease, as well as the first to discover a new PET scan compound that may provide definitive diagnosis and treatment monitoring of living Alzheimer’s patients.

Small commented, “Using new technologies like PET, we now have a window that allows us to view how the brain functions and we can detect, sometimes decades before someone develops symptoms of Alzheimer’s disease, that there is subtle evidence of brain aging. We can now identify a problem earlier than ever before and get people started on effective treatments.” Small’s research on aging and memory has been documented in over 400 scientific publications, as well as *The New York Times*, *Wall Street Journal*, *Newsweek*, *Time*, *USA Today*, *International Herald Tribune*, and many others. In his recent best-selling book, “*The Memory Bible*,” Small introduces the latest research on preventing memory loss, improving memory performance, and maintaining brain health.

Scientific American magazine was founded in 1845. Editorial contributors to the publication have included over 100 Nobel laureates, among them Albert Einstein, Neils Bohr, Francis Crick, Stanley Prusiner and Harold Varmus. ❖

Donors

JULY – DECEMBER 2002

Director's Circle Level (\$2,000 and above)

Louis C. Blau
Peggy and Bill Bloomfield
Delmar Bunn, M.D.
Stanley D. Burton, M.D.
Helga Cooper
Sandra Krause and William Fitzgerald
Jean Friedman
Andrew G. Galef
Lawrence M. Goodman, Jr.
Samuel X. Kaplan
Rexford Kennamer, M.D.
Chet I. Lappen, Esq.
Art Linkletter
Mrs. Monte Livingston
Judd Marmor, M.D.
Ivan Mensh, Ph.D.
John R. Moore
Timothy J. Noonan
Mimi Perloff
Margaret P. Sibert
Hugh S. Smith, Jr.
Dr. Matthew Solomon
Phyllis Treusch
Frederick R. Waingrow

Benefactor Level (\$1,000-\$1,999)

Geri and Richard Brawerman
J. David Haft
The Kayne Foundation
Wilma and Mervin Kurtzman
Dan Olincy, Esq.
Mr. and Mrs. Ralph J. Shapiro
Flora L. Thornton

Patron Level (\$500-\$999)

Lovee Arum
Chalya and Joe Castagna
Mr. and Mrs. James A. Collins
Nanette and Burton N. Forester
Dr. Louise Horvitz

Associate Level

(\$250-\$499)

Marguerite and Gene Giaquinto
Nancy and Len Jacoby
Ann M. Jennett
Leon and Gene Kaplan
Patricia and Michael Klowden
Trudy Louis
Rhonda Fleming
Raymond M. Marcus, M.D.
Carolyn E. Paris
Lois G. Rosen
Mimi and Werner Wolfen

Friend Level

(\$100-\$249)

George L. Augspurger
Ora and Arnold Band
Nancy M. and Robert S. Berger
Shirley and Jerry Berk
Elaine Berke
Dr. and Mrs. James E. Birren
Muriel Bodek
Joan and Sy Bram
Elaine J. Burakoff
Mira Cantrell, M.D.
Marlene and David Capell
Elsie Marie Card
Fanya Carter, Ph.D.
Ellen and Marshall Cole
Elsie and Nicholas Collias
Phyllis Contini
Fred Cowan
Mary Lou Daniel
Dr. and Mrs. Jean De Kernion
Mr. and Mrs. Leo Dozoretz
Rita and Edward Effros
Sandy Elster
Betty and Howard Engelman
Harriet and Victor Epport
Dr. Jerome Fein
Lorraine W. Fellman
Dr. and Mrs. Eric W. Fonkalsrud
Shirley Friedman-Chase
Dr. and Mrs. Morris Gandin
Mindy and Rob Gandin
Lila Garrett
Dr. and Mrs. Marvin Gasster
Arleen Glikbarg
Ann M. Goldberg
Charles S. Goodman
Max A. Goodman

Madeline and Eugene Goodwin
Dr. and Mrs. Harry L. Green
Arthur N. Greenberg
Richard Gunther
Audrey M. Harris
Merle Hilliard
Ruth and Jack Hirsch
Mr. and Mrs. Herbert N. Howard
Pete Hustad
Jackie and Robert Justman
Beverly Kalicka
Carole Kaplan
Althea and Krishan Kapur
Carol and Jerry Katzman
Dianne and Stan King
Elaine Krown Klein and Leo M. Klein
Mildred A. Knox
Dr. and Mrs. Stanley G. Korenman
Dorothy Leeb
Dr. Milly Liu and Dr. Steve C. K. Liu
Mark C. Marcus, D.D.S.
Malcolm Marlis, D.D.S.
Drs. Erna and Dan Osterweil
Sheila and Maynard Ostrow
Elana Peters
Judy and John Postley
Joyce and Larry Powell
Mrs. Marjorie M. Ray
Ellen and Ron Reisner
Karin Rodgers
Rick Rofman
Blossom Rosen
Ruth and Jerry Rosenstock
Nancy Rubin
Mr. and Mrs. Avram Salkin
Edward Saraffian
Bobbi and Joel Scherr
Kelly and Clifford Schiffer
Charles I. Schneider
Bernard Shapiro
Alan Sieroty
Mr. and Mrs. Sanford Sigoloff
Mrs. Sylvia Stern
Vandernoot Family
M.C. Benson, M.D. and K.B. Wells, M.D.
Dr. Christine and Mr. Paul M. Winkler
Teddi Winograd
Laura Winston
Dorothy C. Yang
Nancy S. York
Joyce Zaitlin
Marilyn and Jack Zuber

Tributes

JULY – DECEMBER 2002

The Center on Aging Tribute Fund provides a meaningful opportunity to honor or remember a family member, friend, associate or other special person. Tribute cards are promptly sent to your designated recipient and will be noted in our newsletter. Your tax deductible contribution provides the Center with resources to fund educational and research programs.

Happy 75th Birthday to Mr. Paul Bennet
Helga Cooper

Happy Birthday to Roberta Haft
Lois G. Rosen

Happy 85th Birthday to Mr. Richard Levi
Nancy and Larry Levitt

Happy 90th Birthday to Art Linkletter
Roz Livingston
Audrey Stein

Happy Birthday to Roseline Livingston
Lea Roberts

Happy Birthday to Mrs. Woodrow Miller
Barbara Friedman

Happy Birthday to Mimi Perloff
Helen Berman
Monica Meñez
Gary Small, M.D.

Happy Birthday to Lillian Silbert
Sylvia Stern

In Honor of Gary W. Small, M.D.
Yvonne Lenart

In Honor of the Marriage of Mr. and Mrs. Timothy Noonan
Gigi and Gary Small

Speedy Recovery to Sam Kaplan
Helen Berman
Gary Small, M.D.

In Memory of Mildred "Midgy" Altshuler
Susan Adler
Michael Altomari
Sheri Anenberg
Evelyn Handler
Sharon and Earle Lambert
Mr. and Mrs. Jerald Rosen
Henley Saltzburg
Wendy Saltzburg
Sue and Ed Shulkin
Carol and Ed Stein
Sheldon Winston

In Memory of the mother of Dr. Liz Houck and Dr. Peter Bentler
Judy Stein

In Memory of Gertrude Bergman
Susan and Joel Saltzburg

In Memory of Bernice Finkle
Sylvia and Mort Olshan

In Memory of Marvin Gasster, M.D.
Jeffery D. Collins and Family
Mary Dinneen
Samuel Gasster
Cindi and Barry Kellman
Rachel Moine
Alan and Helen Rowe
Frederick R. Waingrow

In Memory of Milton Gillen
Mr. and Mrs. Edward Chait

In Memory of Ann Giss
Fairfax Summer Class of 1957
Susan and Joel Saltzburg

In Memory of Jeanette Glesby
Susan and Joel Saltzburg

In Memory of the mother of Helen Kimmel
Carol Stein

In Memory of Gert Lasky
Sara Rykoff

In Memory of Monte Livingston
Lea Roberts

In Memory of Gregoria C. Lomotan
The Meñez Family

In Memory of the mother of Sondra Rykoff
Margery Morris

In Memory of Lou Weiss
Sharon and Earle Lambert

Did you know?

- ❖ From 1990 to 2000, there was a significant increase, 53%, in mortality from diabetes in Los Angeles County.
- ❖ A study by the Centers for Disease Control and Prevention found more than 44 million Americans were obese in 2001.