



Summer Salad with Feta (from the NY Times' Recipes for Health)

5 medium or large ripe tomatoes cut into wedges (if large, the wedges should be cut crosswise in half), or 1 pint of cherry tomatoes cut in half.

1/2 European cucumber, or 1 Persian or Japanese cucumber, cut in half lengthwise, seeded if desired, then sliced into half circles about 1/3-inch thick.

Sea salt or fleur de sel and freshly ground pepper

2 tablespoons red wine vinegar or sherry vinegar

1/4 cup extra virgin olive oil

1/2 cup crumbled feta

1 to 2 tablespoons chopped fresh mint, or 3/4 teaspoon dried oregano

Toss together the tomatoes, cucumber, salt, pepper, vinegar, and olive oil. Add the feta and herbs, and toss again. Taste, adjust the seasonings, and serve.

Approximate nutritional information: 163 calories; calories from fat: 129; total fat: 14.3g; saturated fat 3.8g; cholesterol 13mg; sodium 175mg; total carbohydrates 6.7g; dietary fiber 1.7g; sugars 4.4g; protein: 2.4g

Board Review Question

A 66-year-old man with history of chronic cough, dyspnea, and a 50-pack-year of cigarette smoking comes to the clinic after noticing some blood in his sputum. He reports that he feels lethargic and has lost 18 kg (40 lb) over the past 3 months with no changes in diet or exercise. Laboratory studies show a serum Na⁺ level of 120 mEq/dL. While awaiting a CT scan, the patient suffers a seizure and is rushed to the emergency department of the nearest hospital. Which of the following is most likely to be elevated in this patient? (From First AID Q&A 2007)

- A. ACTH
- B. ADH
- C. Parathyroid hormone
- D. Renin
- E. Tumor necrosis factor-α

Answer on page 3...

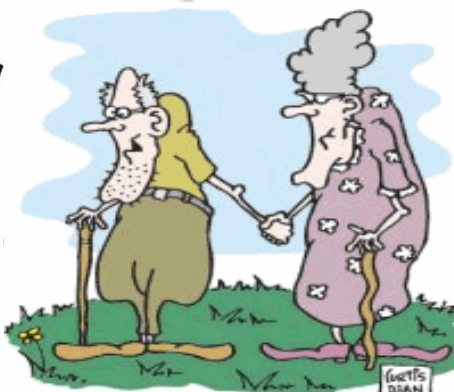
Upcoming Events!

- **GIG potluck/cook-off** with recipes from the American Heart Association's cookbook to help diabetics, and those suffering from chronic/degenerative illnesses
- **Speakers** from a wide range of specialties: cardiology, ophthalmology, nephrology, orthopedics, neurology, etc.
- **Aging Panel** with documentary viewing
- **Classic Movie Nights**, think "Casablanca" or "Breakfast at Tiffany's"
- **"Exercise Your Brain" Conference** with SIGN (Students Interested in Neurology) in January 2012



The Cartoon Corner

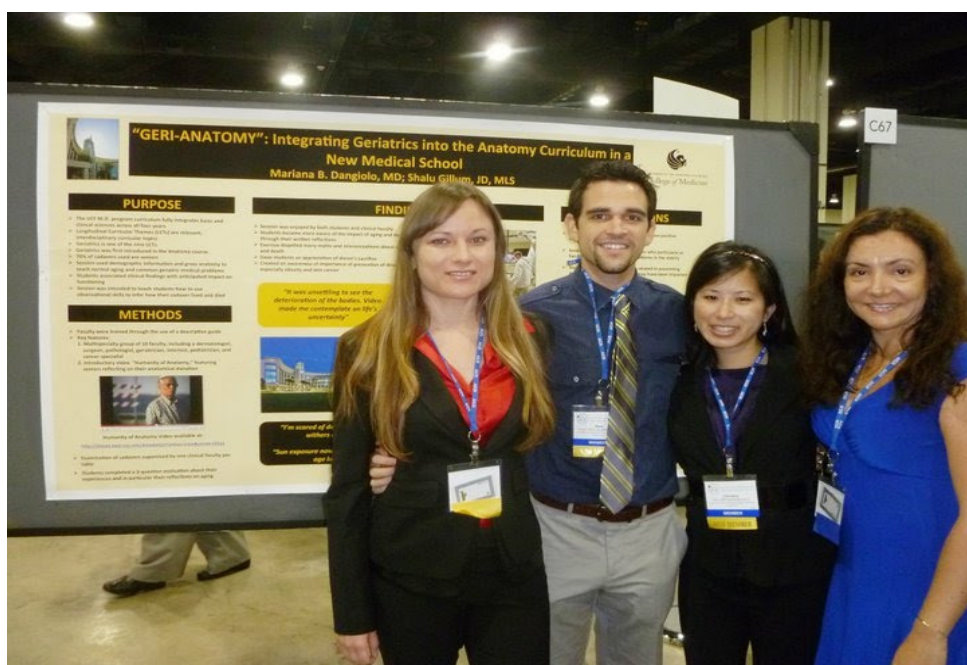
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"Remember when shake, rattle and roll meant more than just getting out of bed?"



"Your breathing test results would be normal ... if you were 3'8\" and 150 years old."



American Geriatrics Society Annual Meeting
May 2011 in Washington, D.C.!

Left to right: Gosia Krzyszcak, Reid Green, Christina Hsu, and Dr. Mariana Dangiolo

College of Medicine: News Release

National Geriatric Conference

Dr. Mariana Dangiolo, assistant professor of family medicine and director of the Geriatrics Longitudinal Curricular Theme, and M-1 students Reid Green, Christina Hsu and Malgorzata Krzyszcak recently presented a medical education workshop and a poster at the American Geriatrics Society Annual Scientific Meeting. The project, "Geri-Anatomy: Integrating Geriatrics into the Anatomy Curriculum in a New Medical School," helped conference attendees understand the college's innovative curriculum.

This year's 17-week Anatomy Lab included an introductory session in geriatrics to "increase students' awareness of the aging body and the importance of taking care of seniors in medicine," Dr. Dangiolo said. By studying cadavers, students learned the role of aging and disease on the body's systems, and how lifestyle - such as sun exposure - affects the body over a lifetime. During lab, faculty members also asked students to consider how ailments like arthritis impacted their first patients' daily lives before they died.

The three students said participants at the geriatrics conference were eager to learn how a new medical school brought innovation to its curriculum. "As a new college of medicine, we have the ability to make change a lot faster," Christina said. "Older medical schools said this was something they would never be able to do. They were asking a lot of questions about how Anatomy Lab was set up as a medical mystery -- we don't know what our first patients died of but have to discover that through the 17 weeks. The other schools were saying, 'Why didn't we think of that?'"

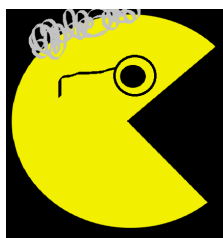
The College of Medicine presentation was one of five top geriatric education projects that conference organizers chose to be presented.

While at the conference, the UCF team shared information about the new medical school and the students, who have formed a Geriatric Interest Group (GIG), learned ways to encourage others to be interested in geriatric medicine.

Malgorzata and Reid said they became interested in geriatric care in part from their volunteer efforts with local hospice organizations. "I loved to listen to their stories," Malgorzata said of the hospice patients. "They always had such words of wisdom to share."

Answer to Board Review Question

"The correct answer is B. This vignette is most consistent with a syndrome of inappropriate secretion of ADH due to a lung neoplasm. ADH is secreted by the posterior pituitary and stimulates the expression of aquaporins in the renal collecting ducts, resulting in transport of water into the renal medulla from the ductal lumen and hence water retention in the kidneys. When levels of this hormone are inappropriately elevated, excessive water retention results in hyponatremia, which can lead to seizures. ADH can be produced ectopically in the setting of malignancy, classically by small cell lung cancer."



Welcome to GIG!



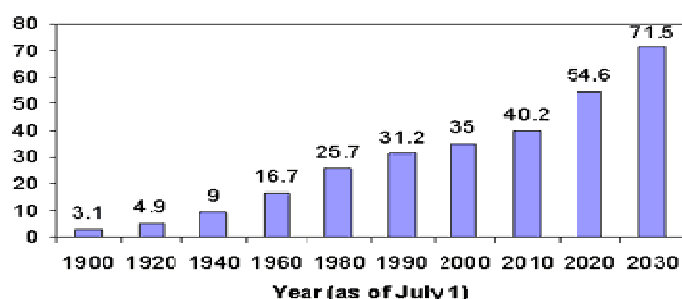
What is GIG?

The Geriatric Interest Group (GIG) aims to involve medical students in the elderly community and to disseminate necessary information regarding medical approaches involved in caring specifically for the geriatric population.

Why GIG?

By the year 2030, there will be 71.5 million people aged 65 or older. As future physicians who will be caring for an aging population, we all have an obligation to seek the expertise necessary to treat older patients with skill, sensitivity and dignity. Almost every medical specialty will have an increasingly older patient base, thus if we are aware of the issues specific to the geriatric population and we are trained to work with older patients, we will be better physicians.

Figure 1: Number of Persons 65+, 1900 - 2030 (numbers in millions)



Why should you join?

- **Extra practice for STEP 1!** Board review questions related to degenerative diseases, aging, and behavioral medicine
- **Opportunities to volunteer** in hospices and elderly communities
- **Conferences** in Boston (Nov 18-22, 2011) and Seattle (May 2-5, 2012)
- **Physician shadowing** opportunities available in transplantation surgery, palliative care, and end-of-life care. If interested, please let us know and we would be more than happy to arrange this.
- **Leadership positions available**, including editor positions available for monthly newsletter
 - Ask either Christina or Reid for more information.
- **T. A. positions in Anatomy**, emphasizing geri-anatomy (M2s only)