

## Solutions for healthy aging

### STATISTICS

Today, 10 percent of Texas' population is age 65+, with nearly 333,000 residents 85+. In Texas, 340,000 people suffer from Alzheimer's disease, the third highest number in the nation. By 2050, the number of Texans diagnosed with the disease is expected to jump to 470,000. By 2030, more than 33,000 geriatricians will be needed, but only about 8,800 will be available. The UNT Health Science Center is providing solutions for healthy aging through education, research and patient care.

### EDUCATION

We train Texas College of Osteopathic Medicine (TCOM) students, graduates and practicing physicians how to better care for an aging population through the Reynolds Geriatric Education and Training in Texas (GET-IT) Program:

- First- and second-year TCOM students are introduced to older adults by evaluating and monitoring senior patient mentors in their homes through the Students Assisting in Geriatric Education (SAGE) program.
- TCOM students in their first and second year take mandatory Geriatrics coursework, in the third year have core clerkships that have integrated geriatrics training content and in the fourth year a required clinical rotation that exposes them to the entire continuum of elder care.
- Physicians in Geriatrics residency programs receive further training.
- Some 30 percent of the continuing medical education offered to family physicians in our Professional and Continuing Education programs help them identify, treat and refer dementia and cognitive decline in older adults.

### RESEARCH

Our Institute for Aging and Alzheimer's Disease Research is a leader in both aging and Alzheimer's research, leading to advances in prevention, treatment and care. Basic, clinical and translational research projects include:

- Addressing the role of estrogens and progestins on brain function and protection during aging
- Studying the role of antioxidants, ethnicity, hot flashes, strokes, and diet in cognitive decline
- Exploring how brain oxidation relates to cognitive decline, coordination and motor skills, both in normal brain aging as well as in Alzheimer's and Parkinson's diseases
- Understanding the behavior of nerve cells affected by Alzheimer's and other age-related issues
- Analyzing learning ability and psychomotor skills to uncover how the brain ages
- Conducting clinical trials on new Alzheimer's medications

We are a partner in the Texas Alzheimer's Research Consortium (TARC) — which also includes Baylor College of Medicine, Texas Tech University Health Science Centers, UT Health Science Center at San Antonio and UT Southwestern Medical Center— to improve early diagnosis, treatment, and prevention.

### PATIENT CARE

UNT Health, the physician faculty practice of the UNT Health Science Center, is a leader in caring for older adults, committed to improving the physical and mental function of our patients:

- The Gerontology Assessment and Planning program provides comprehensive geriatric assessments for older adults with complex medical conditions, cognitive impairment and functional declines.
- The Geriatrics Division also provides care throughout the continuum of care, including nursing home care, assisted living care, house calls, hospice and palliative medicine.

