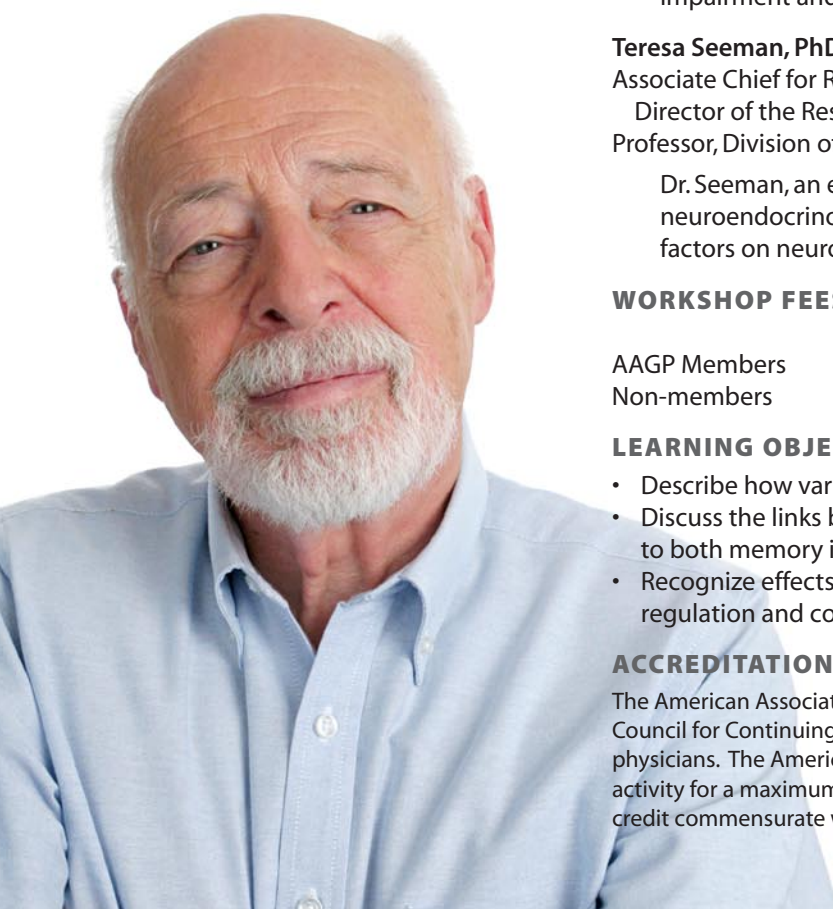


# Coping with Stress and Aging: Focus on Neurobiology

*It is being increasingly realized that states of stress induced by a variety of psychological and biological factors can have deleterious effects on the aging process and brain aging in particular. Understanding ways to prevent or mitigate the effects of stress on aging are a top priority for geriatric psychiatry. In this exciting Teaching Day program, distinguished neuroscientists will discuss the effects of stress on the aging brain with the aim of helping geriatric psychiatrists understand recent studies and their relevance to the field, both in research and practice.*



## PROGRAM CO-CHAIRS:

**Helen Lavretsky, MD**  
University of California at Los Angeles

**Paul Newhouse, MD**  
University of Vermont

## FACULTY:

**Carol Ryff, PhD**  
Director, Institute on Aging at the University of Wisconsin–Madison  
Professor of Psychology, University of Wisconsin–Madison

Dr. Ryff will discuss how various dimensions of positive functioning (e.g., self-acceptance, environmental mastery, autonomy, etc.) change as people age, with consideration of the construct of resilience and the question of whether the capacity to maintain or regain high levels of well-being in the face of life adversity (including cumulative challenges) is protective at the biological level.

## Sonia Lupien, PhD

Scientific Director, Fernand-Seguin Research Centre, Hospital Louis-H Lafontaine  
Director, Centre for Studies on Human Stress, University of Montreal  
Associate Professor, Psychiatry Department, University of Montreal

Dr. Lupien will focus on the effects of stress over the human lifespan. Her research has demonstrated that stress may have a negative impact on humans at any age, be it young or old, and her studies have shown that high levels of stress hormones in older adults are linked to both memory impairment and smaller volume of the hippocampus.

## Teresa Seeman, PhD

Associate Chief for Research in the Division of Geriatrics and  
Director of the Research Center at Alhambra  
Professor, Division of Geriatrics, UCLA School of Medicine

Dr. Seeman, an epidemiologist with additional postdoctoral training in neuroendocrinology, will focus on the effects of social and psychological factors on neuroendocrine regulation and cognitive and physical functioning.

## WORKSHOP FEES:

	On or before Jan. 21, 2010	After Jan. 21, 2010
AAGP Members	\$140	\$165
Non-members	\$190	\$220

## LEARNING OBJECTIVES:

- Describe how various dimensions of positive functioning change as people age;
- Discuss the links between high levels of stress hormones in older adults to both memory impairment and smaller volume of the hippocampus;
- Recognize effects of social and psychological factors on neuroendocrine regulation and cognitive and physical functioning.

## ACCREDITATION AND CREDIT INFORMATION:

The American Association for Geriatric Psychiatry (AAGP) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Association for Geriatric Psychiatry designates this educational activity for a maximum of 3.75 *AMA PRA Category 1 credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.