

Topics in Medicine and Healthcare: A Weekly Series of Expert Panel Discussions
Osher Lifelong Learning Institute - Wilmington. Spring semester 2024.

Hisham M.F. Sherif, MD, PhD, Moderator

1. The Metabolic Syndrome:

A discussion of the basic components of the Metabolic Syndrome, with focus on Hyperlipidemia, Obesity, Diabetes Mellitus Type-II and the role of Nutrition.

— Tentative speakers: Ed Goldenberg, MD; Melissa Melough, PhD; Alisha Rover, PhD

2. The Science of High-Risk Behavior: Implications for Healthcare Decisions:

A discussion of the neural, hormonal and other factors impacting impulsive, rash and otherwise harmful behaviors affecting decisions in healthcare.

— Tentative speakers: Philip Gable, PhD, Jaelyn Schwarz, PhD, Amy Griffin, PhD.

3. Management of Stroke and its Sequelae:

A discussion of the immediate and short-term management of acute cerebrovascular accidents, and post-stroke rehabilitation with focus on mobility and aphasia.

— Tentative speakers: Sharmila Johnson, CPN, CNS; Lynsey Keator, PhD, Katie Butera.

4. Engineering Solutions for Clinical Healthcare Problems:

Presentations of current programs and projects within the University of Delaware to promote engineering-based solutions (especially by the students) for the benefit of patients' survival and quality of life.

— Tentative speakers: Madeline Laquer, MEd; Jill Higgenson, PhD, UD Student teams.

5. Health Literacy in the Internet Age. A Journalistic Approach.

A discussion of the role of journalism and the Media in promoting public awareness and understanding of significant health issues, with focus on improving decision making.

— Tentative speakers: Ann Bleakly, PhD, Nancy Karibjanian, PhD, Heather Milea, MSN.

6. Estrogen and Women's Health:

A discussion of the role of estrogen in neurologic and cardiovascular disease genesis, progression and treatment in the female population.

— Tentative speakers: Sandra Weiss, MD, Megan Wenner, PhD, Chris Hoch, PhD.

7. The Role of Non-Physicians in the Healthcare team of the 21st Century:

A discussion of the expanding role of physician assistants and nurse practitioners in healthcare delivery, with focus on community health, education and preventative practice.

— Tentative speakers: Stephanie Klair, MSN, Stephanie Daneshgar, MSN,

8. Aging and Neurocognitive Function:

A discussion of the progressive decline of cognitive function associated with aging; with focus on Alzheimer's and other types of dementia.

— Tentative speakers: Christine Virion Cook, PhD, Matthew Cohen, PhD, Alyssa Lanzi, PhD.

9. Current Issues in Women's Reproductive Health:

A discussion of recent trends and advances in the management of high-risk pregnancy and the menopause.

— Tentative speakers: Molly Ann Larkin, MD, Katie Riero, PhD, Erin Knight, PhD.

10. Geroscience: The Effects of Aging on Lifespan and Healthspan.

A brief overview of the effects of molecular, cellular and anatomic changes associated with aging -including frailty- on survival and the healthspan.

— Tentative speakers: Anja Nohe, PhD, Olabasi PhD, Christine Bradway (UPenn)

11. Healthcare Gaps and the Vulnerable Populations:

A discussion of the inequity in the social determinants of health among the disadvantaged populations, with focus on women and people of color.

— Tentative speakers: Valerie Farnshaw, Bahia Sherif Trask, Tia Barnes.

12. What to Expect in a Guidelines-Based Clinic Check-Up Visit:

A discussion of the tailored approach to quantifying a person's health status during an outpatient wellness visit. Focus on appropriate-use criteria for diagnostic testing.

— Tentative speakers: TBD

13. Update from the Biopharmaceutical Program at the University of Delaware:

A brief overview of some of the current projects in the UD AP Biopharmaceutical institute to develop novel diagnostic and therapeutic agents.

— Tentative speakers: Millicent Sullivan, PhD, Jason Leghorn, PhD