

LATER LIFE LEARNING

SERIES C: The Doctors Are In The House! What You Need to Know About Healthcare Today

**Fridays, 1:00 – 2:45 pm, January 18 to March 29, 2019
No class February 22, 2019 for Reading Week**

Innis College, Town Hall

1. January 18: Dr. Maire Percy: *Anti-Aging Insights and Innovations*

This presentation will include: a synopsis of the different dimensions of aging; the importance of hydration, certain vitamins and minerals, movement, coping with stress, and the gut microbiome for optimizing health; strategies for preventing or delaying the onset of dementia; and an overview of some remarkable medical and technological advances for improving seniors' quality of life on the horizon today.

2. January 25: Dr. Colleen Carney: *Sleeping well, feeling well: Reflections on the link between sleep and mood disorders.*

There is a bidirectional link between insomnia disorder and major depressive disorder, but recently, research focus has shifted towards targeting insomnia as a way of preventing or helping with depression. We will discuss the latest in this controversial exciting area, as well as dispel common sleep myths and provide advice on healthy sleep aging.

3. February 1: Dr. Jay Keystone: *The 10 commandments for safe and healthy travel in the tropics.*

Travel in the developing world brings with it amazing sights but occasionally significant health risks. This talk is designed to help the senior traveller make decisions concerning travel vaccines, malaria pills, drugs for traveller's diarrhea and ways to stay healthy beyond shots and pills.

4. February 8: Dr. Chantal Perrot: *Everything you wanted to know about Medical Assistance in Dying but were afraid to ask.*

In June, 2016, federal legislation was put in place to allow medical assistance in dying in Canada. This talk will provide Canadian historical context of medical assistance in dying, details of current practice, and its potential future: where we've been, where we are now, and where we are going!

5. February 15: Dr. David Goldbloom: *Mental Health in the 21st Century*

This talk examines current status and future trends in an area of health that has advanced significantly in terms of public awareness and support but still challenges every family.

***Book signing: *How Can I Help? A Week in My Life as a Psychiatrist* (Simon and Schuster, 2016), by Dr David Goldbloom and Dr. Pier Bryden.**

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6. March 1: Dr. Meb Rashid: *An Introduction to Refugee Health Care.*

This session will provide a background on refugee migration globally and in Canada. It will introduce participants to the major health issues that confront refugee populations and what can be done to optimize the health of this resilient group.

7. March 8: Dr. Brent Moloughney: *Harm Reduction as a Preventive Health Strategy*

The practice of public health and preventive medicine focuses on promoting, protecting and improving the health of populations. Among many public health strategies, 'harm reduction' refers to interventions that seek to reduce or minimize the adverse health and social consequences of health behaviours, including but not limited to substance use.

8. March 15: Dr. Regina Jokel: *Is forgetting words a sign of losing my mind?*

This talk will look at changes in our use of language as we age both those changes occur in healthy aging, and others, detectable in language, that are signs of atypical aging. Helpful hints for maintaining language abilities will be provided.

9. March 22: Dr. Patrick Gunning: *Drug Discovery in Academia*

This talk will describe the seemingly insurmountable challenges that researchers face in their quest to develop new drug treatments to fight the most rare and lethal of human cancers, including glioblastoma (brain cancer) and acute myeloid leukemia (blood cancer). From navigating the obstacles of the human body to the complexities of creating molecules that target cancer-promoting proteins, we will look at the drug development process to show how hard work—and a bit of luck—can lead to new, less toxic drugs for clinical trials.

10. March 29: Dr. Brian Goldman: *The Power of Kindness*

Empathy seems to be in short supply these days, including healthcare. In mid-career, emergency physician and medical broadcaster Dr. Brian Goldman wondered if he had lost his capacity for kindness. He went on a two-year journey in search of empathy. He had his brain scanned to see if he's hard-wired for kindness, and had his personality tested. And, he visited the four corners of the Earth to meet and learn from kind people.

* **Book-signing:** *The Power of Kindness: Why Empathy is Essential in Everyday Life* (HarperCollins, 2018), by Dr. Brian Goldman.