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## News from TRIPLL

March 2012

### News

**TRIPLL Co-Director Discusses Pain in a Recent Media Session**  
Dr. Kathy Foley, Dr. Anne Louise Oaklander, and TRIPLL Co-Director Dr. Cary Reid were featured speakers at a recent American Federation of Aging Research (AFAR) and Mayday Fund sponsored seminar titled "Aging and Pain-Advances and Novel Techniques." The speakers provided insight on the latest advancements in pain management for older adults, the evidence and effectiveness of alternative pain management, new non-invasive techniques to manage nerve pain, and updates on pain medication use in the United States. Dr. Reid spoke on the effectiveness of tai-chi and yoga as alternative pain management treatment methods, and the prevalence of pain medication use among older adults.

**The impact of Tai-Chi on Post-Menopausal Osteopenic Women**  
An intervention involving Tai-Chi as a method for improving pain conditions among post-menopausal osteopenic women was evaluated in a recent study published in *BMC Complementary and Alternative Medicine*. Osteopenia (or low bone mineral density) is one of the leading causes of bone fractures among older adult women. The study sought to evaluate the effectiveness of non-pharmacologic treatments in improving osteopenic symptoms as an alternative to drug therapy. "Since life-long drug therapy is expensive with uncertain consequences and potential toxicities, non-pharmacologic therapy offers an attractive alternative." The authors used a randomized controlled trial to assess the effectiveness of Tai-Chi combined with usual care. A total of 86 post-menopausal osteopenic women were either assigned to nine months of Tai-Chi training with usual care, or nine months of usual care alone. The authors observed significant statistically improvement in favor of Tai-Chi implementation. "we observed a clinically relevant trend of TC attenuating bone loss and improving quality of life in postmenopausal osteopenic women."

A link to the article is provided below:  
<http://www.ncbi.nlm.nih.gov/pubmed/22289280>

**Increasing Number of Young Doctors Specializing in Palliative Care**  
A recent article in *Mercury News* discussed the growing contingent of young physicians specialized in palliative care. Recent conditions and restrictions within the medical field has led to an influx of young physicians specialized in pain management and palliative care. "Since medical boards only started recognizing the treatment of pain and end-of-life care as an official subspecialty four years ago...the cohort of doctors spearheading palliative-care departments across the country are increasingly in their early- to mid-30s." This has caused unexpected challenges in which older adult patients express discomfort discussing their symptoms with younger physicians; "research showed that elderly patients were unlikely to disclose important medical information to young doctors, especially sensitive conditions like incontinence or depression." However, not all patients are bothered by the age difference. As one patient reported, "I don't care what their age is...they listen to me, and that's all I need."

A link to the article is provided below:  
[http://www.mercurynews.com/health/ci\\_19899121](http://www.mercurynews.com/health/ci_19899121)

**An Intervention to Limit Inactivity Among Adults with Rheumatoid Arthritis**  
A study published in *Arthritis Care and Research* addressed increased risk factors associated with physical inactivity among adults with rheumatoid arthritis. The study included baseline data from 176 adults with rheumatoid arthritis who participated in a randomized clinical trial that assessed the effectiveness of an intervention to promote physical activity. The authors found that 42% of participants were physically inactive and experienced increased co-morbidities. As stated in the article, "physical inactivity among adults with arthritis is a recognized public health concern." The authors designed their study using federal definitions of physical activity and measured physical activity with accelerometer monitoring devices. "in the present study, our definition of physical activity is anchored on the federal DHHS definition and is assessed by objective accelerometer monitoring using methods validated in rheumatoid arthritis." The study results indicate that, "the two factors significantly associated with excess inactivity were lack of strong motivation and lack of strong positive beliefs in physical activity." This suggests that future interventions for arthritis should incorporate methods for improving the perception of exercise among participants.

A link to the article is provided below:  
<http://onlinelibrary.wiley.com/doi/10.1002/acr.21582/pdf>

**Arthritis Report in Huffington Post**  
An article in *Huffington Post* provided information regarding arthritis, its causes, and methods for improving symptoms. The article featured two embed videos that described arthritis conditions and symptoms, provided tutorials for stretching exercises to help alleviate symptoms, and explained factors that influence arthritis development. The article also contained current population estimates and future arthritis projections. "In Western countries the majority of people have OA by the age of 65. About 80 percent of people who are 75 and older are

the age of 67, almost 60 percent of people who are 73 and older are affected. In the US around 27 million adults currently have OA. This number is expected to go up as life expectancy increases, with the first wave of baby boomers already reaching retirement."

A link to the article is provided below:

[http://www.huffingtonpost.com/deepak-chopra/arthritis\\_b\\_1204566.html](http://www.huffingtonpost.com/deepak-chopra/arthritis_b_1204566.html)

**VNSNY (A TRIPLD Collaborator) Receives NIH Grant Approval**  
A recent Visiting Nurse Service of New York (VNSNY) comparative effectiveness study led by Dr. Chris Murtaugh (TRIPLD Co-Investigator), and Dr. Cary Reid (TRIPLD Director) was recently awarded NIH funding. The goal of the study is to "transform pain management in home health care and greatly reduce the burden of disability among the large numbers of racially and ethnically diverse older Americans admitted with pain to home health care annually." The study will evaluate the effectiveness of a previously developed cognitive-behavioral pain self-management (CBPSM) protocol (found to be effective in reducing chronic back pain among individuals at senior centers) for use in home care targeting patients with activity-limiting pain.

## Upcoming Events

The following list includes upcoming seminars, meetings, and conferences that focus on aging, pain, or general research methods

### March Work-in-Progress Seminar

March 21, 2012

12:00 pm - 1:30 pm

To attend please contact Marcus Warrington at [maw2054@med.cornell.edu](mailto:maw2054@med.cornell.edu) or (212) 746-1801.

### Dr. Karl Pillemer (TRIPLD Affiliate) to Host a Book Signing this Month

Dr. Karl A. Pillemer a gerontologist and professor of human development at Cornell University, decided to seek advice on how to live from older adults. After spending five years interviewing hundreds of elderly Americans, Dr. Pillemer found himself startled by their candor, insights, and wisdom. He has summarized their thoughts in a book titled, *30 Lessons for Living: Tried and True Advice from the Wisest Americans*, and will be holding a discussion this month.

Here is a video describing his work: <http://bit.ly/g3nDAE>

March 8, 2012

7pm (doors at 6:30pm)

New York Society for Ethical Culture, 2 W 64th Street, New York, NY 10023

Register online via:

[http://www.theacademiofife.com/karl\\_pillemer.php](http://www.theacademiofife.com/karl_pillemer.php)

### Movement & Meditation to Ease Chronic Pain

When living with pain, it is easy to find yourself avoiding daily activities, opting to stay still and avoiding unnecessary movement. Unfortunately, not moving your muscles and joints often leads to more pain. Let's get moving! Join us for this gentle class that will utilize the movements of yoga and stretching in addition to breathing awareness and meditation to help ease stiffness, aches and pains.

For more information: [www.hss.edu/pped](http://www.hss.edu/pped) or (212) 606-1613.

### Fall 2011 Community Education Programs

Hospital for Special Surgery offers a wide range of educational lectures and workshops for the community. Lectures range from managing osteoarthritis pain and falls prevention, to movement classes including dance and Tai Chi. See our Event Calendar for course descriptions and to register online. To request copies of brochures please email [pped@hss.edu](mailto:pped@hss.edu).

### TRAINING-I'm Still Here: Montessori-Based Activities for Persons With Dementia

Hearthstone Alzheimer Care's Michael Skrajner will teach participants to use the I'm Still Here Montessori-Based Activity Program (MAP), an innovative, research-supported method that improves the lives of people with dementia.

March 5-March 7, 2012

New York, NY

Register online via:

<http://events.r20.constantcontact.com/register/event?ll=65m45zab&oeidk=a07e5f7vuh63e3bec19>

### 2012 Aging in America Conference

The ASA Conference, with more than 3,000 attendees, is recognized as a showcase for programs and projects that can be replicated, a forum for policy discussion and advocacy, and a prime source of information on new research findings in aging. It is the largest gathering of a diverse, multidisciplinary community of professionals from the fields of aging, healthcare and education, along with business leaders from across the United States.

March 28- April 1, 2012

Washington, D.C.

Register online via:

<http://asaging.org/node/1810>

### Assessment of Analgesic Treatment of Chronic Pain: A Scientific Workshop

The Food and Drug Administration (FDA), Center for Drug Evaluation and Research (CDER), is announcing a public workshop to hear a discussion of the available data on the efficacy of analgesics in the treatment of chronic non-cancer pain (CNCP). The focus of the presentations and discussions by scientific experts and other stakeholder groups will be on the available clinical data from both randomized clinical trials and other studies of the efficacy of opioid analgesics, and comparison of that data to the data from studies of non-opioid analgesics used in the treatment of CNCP.

May 30, 2012 from 1:00 p.m. to 5:30 p.m.

May 31, 2012 from 8:30 a.m. to 5:00 p.m.

Natcher Auditorium

Natcher Conference Center

\*\*\*\* Contact \*\*\*\*

NIH Campus  
45 Center Drive  
Bethesda, Maryland 20892  
Registration: If you wish to attend the workshop or provide oral comments during the open session of the meeting, please email your registration to [CDER\\_ChronicPain\\_Workshop@fdia.hhs.gov](mailto:CDER_ChronicPain_Workshop@fdia.hhs.gov) by May 15, 2012

## Funding Opportunities

### Pain Related Funding

#### **Pilot and Feasibility Clinical Research Grants in Arthritis and Musculoskeletal and Skin Diseases (R21)**

"Program Announcement (PA) Number: PAR-10-282  
This FOA, issued by National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) of the National Institutes of Health, encourages exploratory/developmental clinical research related to the prevention or treatment of arthritis and musculoskeletal and skin diseases, conditions, and/or injuries. The Pilot and Feasibility Clinical Research Grants Program is designed to allow initiation of exploratory, short-term clinical studies, so that new ideas may be investigated without stringent requirements for preliminary data. The short-term studies should focus on research questions that are likely to gather critical preliminary data in support of a future, planned clinical trial. They can include testing new or prevention strategies, a new intervention, or unique combinations of therapies. A high priority is the use of such studies to help stimulate the translation of promising research developments from the laboratory into clinical practice."

Applications are continuous and no specified due date is applied. <http://grants.nih.gov/grants/guide/pa-files/PA-09-195.html>

#### **Mechanistic Studies of Pain and Alcohol Dependence (R01)**

"Program Announcement (PA) Number: PA-11-267  
This Funding Opportunity Announcement (FOA) encourages applications that propose to conduct mechanistic studies on the relationship between alcohol drinking, alcohol dependence and pain. An association between chronic pain conditions and alcohol dependence has been revealed in numerous studies with episodes of alcohol abuse antedating chronic pain in some people and alcohol dependence emerging after the onset of chronic pain in others. Pain transmission and alcohol's reinforcing effects share overlapping neural substrates giving rise to the possibility that chronic pain states significantly affect alcohol use patterns and promote the development of dependence and addiction. In addition, long term alcohol intoxication and alcohol dependence induce pain symptoms and may exacerbate chronic pain arising from other sources. The objective of this FOA is to understand genetic, pharmacological and learning mechanisms underlying the association between the propensity to drink alcohol and pain responses."

Applications are continuous and no specified due date is applied. <http://grants.nih.gov/grants/guide/pa-files/PA-11-267.html>

#### **Mayday Fund of New York**

"The Mayday Fund is dedicated to alleviating the incidence, degree, and consequence of human physical pain. The Mayday Fund's current grant-making targets are projects that result in clinical interventions to reduce the toll of physical pain, pediatric pain, pain in non-verbal populations, and pain in the context of emergency medicine. Mayday will also continue to be proactive in its commitment to promote networking between veterinary and human medicine, especially in an effort to inform measurements of pain in non-verbal populations. Finally, the trustees of the Mayday Fund wish to be nimble enough to respond as special opportunities present themselves. Grants are made only to public charities and educational institutions officially recognized as such by the IRS. The Mayday Fund concentrates its activities in the United States. On occasion, grants have been made to Canadian organizations when the project has an effect that reaches beyond Canada. Grants cannot be made to individuals."

Applications are continuous and no specified due date is applied.

### Age Related Funding

#### **Mechanism Mediating Osteoarthritis in Aging**

Program Announcement (PA) Number: PA-12-018  
"This Funding Opportunity Announcement (FOA) issued by the National Institute on Aging (NIA) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) invites applications on research employing genetically defined and modified mouse models, other animal models such as dogs and monkeys or archived human joint tissues to explore the biological mechanisms underlying osteoarthritis. Osteoarthritis is a significant problem in the elderly population, and a major contributor to mobility limitations that are endemic in this population and, therefore, is an important element in the research missions of NIA and NIAMS. Inflammatory processes are evident in advanced stages of osteoarthritis, and are likely to be major contributors to the chronic pain that is the most common symptom of the condition. However, for the purpose of this announcement, osteoarthritis is distinguished from other joint diseases, such as rheumatoid arthritis, in which inflammation arising from autoimmunity is the primary cause of tissue damage. The root causes of joint degeneration in osteoarthritis remain unclear. Research efforts in the past have focused primarily on the more advanced stages of osteoarthritis, but relatively little is understood about the initial changes triggering disease etiology and early progression. This FOA is intended to encourage and accelerate the characterization of new or underutilized models and the testing of hypotheses that will lead to an improved understanding of the mechanisms mediating osteoarthritic progression."

Applications are continuous and no specified due date is applied. <http://grants.nih.gov/grants/guide/pa-files/PA-12-018.html>

**Notice of Intent to Publish a Funding Opportunity Announcement**

**(FOA) on Multidisciplinary Studies in HIV/AIDS and Aging (R03)**

Notice Number: NOT-AG-12-004

"The National Institute on Aging (NIA) announces a trans-NIH Funding Opportunity Announcement (FOA) on Multidisciplinary Studies in HIV/AIDS and Aging. This FOA will encourage applications proposing to study HIV infection, HIV-associated conditions, HIV treatment, or biobehavioral or social factors associated with HIV/AIDS in the context of aging and/or in older adults. The research areas encouraged in this FOA are based, in part, on the recommendations of the Working Group on HIV and Aging convened by the NIH Office of AIDS Research. These areas include, but are not limited, to the following:

- \* Cellular and molecular mechanisms of HIV in aging
- \* Biomarkers or clinical indices of HIV-associated pathology
- \* HIV-Associated Non-AIDS (HANA) conditions / Co-morbidities
- \* HIV-Associated Neurocognitive Disorders (HAND)
- \* Intervention studies (prevention or treatment)
- \* Frailty/Vulnerability
- \* Social, behavioral, and mental health studies

The FOA is expected to be published in Spring 2012 with non-standard receipt dates beginning in Summer 2012. Multiple other NIH Institutes and Centers are expected to participate."

**Please direct all inquiries to:**

Basl Eldadah, MD, PhD  
Division of Geriatrics and Clinical Gerontology  
National Institute on Aging  
7201 Wisconsin Ave, Suite 3C307  
Bethesda, MD 20892  
Phone: 301-496-6761  
Email: eldadab@nia.nih.gov

**Biodemography of Aging (R21)**

Program Announcement (PA) Number: PAR-12-079

"Biodemography, the integration of demographic and biological theory and methods, provides an innovative tool for understanding the impact of aging on health and longevity. This FOA encourage applications for research combining demographic and life-science approaches for expanding the current understanding of aging/senescence, frailty and mortality. Applications should include evolutionary and life history theories as a framework for investigating individual and population-level factors that underlie changes in lifespan and healthy life expectancy, including sex and population differentials in late-life frailty and mortality."

Application due date:

March 13th 2012 (5:00 pm local time of applicant organization)  
<http://grants.nih.gov/grants/guide/pa-files/PAR-12-079.html>

**Network and Infrastructure Support for Development of Interdisciplinary Aging Research (R24)**

Program Announcement (PA) Number: PA-12-064

"The purpose of this FOA is to provide network and infrastructure support to foster development of novel interdisciplinary research approaches on important topics in aging research. This FOA will use the NIH Resource-Related Research Project (R24) mechanism to facilitate research networks that will advance specific scientific goals through activities such as meetings, conferences, small scale pilots, short term training opportunities, and visiting scholar programs, and dissemination activities to encourage growth and development in these interdisciplinary areas."

Applications are continuous and no specified due date is applied:

<http://grants.nih.gov/grants/guide/pa-files/PA-12-064.html>

**National Science Foundation funding grant "General & Age-Related Disabilities Engineering (GARDE)"**

"The General & Age Related Disabilities Engineering (GARDE) program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related research in neuroscience/neuroengineering and rehabilitation robotics. Emphasis is placed on significant advancement of fundamental engineering and scientific knowledge and not on incremental improvements. Proposals should advance discovery or innovation beyond the frontiers of current knowledge in disability-related research. Applicants are encouraged to contact the Program Director Ted Conway at [tconway@nsf.gov](mailto:tconway@nsf.gov), or call (703) 292-7091, prior to submitting a proposal."

More information on the grant can be found at the following link

[http://www.nsf.gov/funding/pgm\\_summ.jsp?pins\\_id=501021](http://www.nsf.gov/funding/pgm_summ.jsp?pins_id=501021)

**The New Investigator Awards in Alzheimer's Disease**

"Funded by The Rosalinde and Arthur Gilbert Foundation and The Diane and Guilford Glazer Foundation, the major goal of this partnership program is to support important research in areas in which more scientific investigation is needed to improve the prevention, diagnosis, and treatment of Alzheimer's disease. The program will also serve to encourage junior investigators in the United States and Israel to pursue research and academic careers in the neurosciences, and Alzheimer's disease in particular. Projects in basic and translational research related to Alzheimer's disease (AD) that are clinically relevant, will be considered. Projects that focus on healthy brain aging are also considered. For one of the awards, priority may be given to an investigator with a research interest related to healthy brain aging. Areas of research could for example include learning and memory, nutrition, exercise, cardiovascular risk factors, as they relate to the brain and the aging process. The applicant must be an independent investigator with assigned independent space as assigned by the departmental chair or equivalent official, and must be within the first ten years of receiving a doctoral degree by July 1, 2011. Exceptions to the ten year rule may be requested for unusual circumstances by emailing an NIH-style bio-sketch to AFAR at [grants@afar.org](mailto:grants@afar.org). The proposed research must be conducted at any type of not-for-profit setting in the United States or Israel."

<http://www.afar.org/research/funding/new-investigator-awards>

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The **Translational Research Institute on Pain in Later Life (TRIPLL)** is an **NIA funded Edward R. Roybal center** with a focus on persistent pain due to both cancer and non-cancer related causes. TRIPLL is a collaboration between investigators at Weill Cornell Medical College, Cornell-Ithaca, Columbia University's Mailman School of Public Health, Hospital for Special Surgery, Memorial Sloan Kettering Cancer Center, Visiting Nurse Service of New York and Council of Senior Centers & Service of NYC, Inc.

For more information on TRIPLL please contact Marcus Warmington at [maw2054@med.cornell.edu](mailto:maw2054@med.cornell.edu).

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