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SCIENCE
WRITERS'
BOOT
CAMP**



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Why Boot Camp?



JOHNS HOPKINS SCIENCE WRITERS' BOOT CAMP



Federal funding vital to search for treatments for brain disorders

BY RICHARD HUGANIR, OPINION CONTRIBUTOR — 02/26/18 06:00 PM EST
THE VIEWS EXPRESSED BY CONTRIBUTORS ARE THEIR OWN AND NOT THE VIEW OF THE HILL

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557 SHARES



Aging Populations Will Challenge Healthcare Systems All Over The World



William A. Haseltine, CONTRIBUTOR
FULL BIO

Opinions expressed by Forbes Contributors are their own.

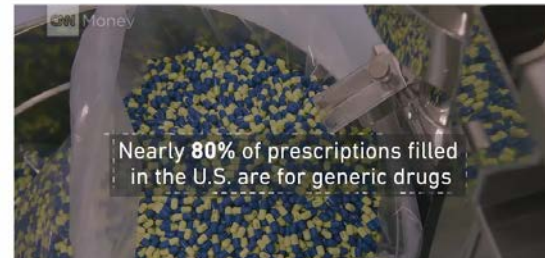


Shutterstock



Big pharma's cash flood is drowning seniors

By Max Richtman
Updated 8:48 PM ET, Tue April 3, 2018



Report: Obamacare Coverage Gains Are Eroding

The number of people without insurance coverage has increased in the last two years, and the trend looks likely to continue under Trump and congressional Republicans.

By Joseph P. Williams, Staff Writer
May 1, 2018, at 3:39 p.m.

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Basic Sciences Matter



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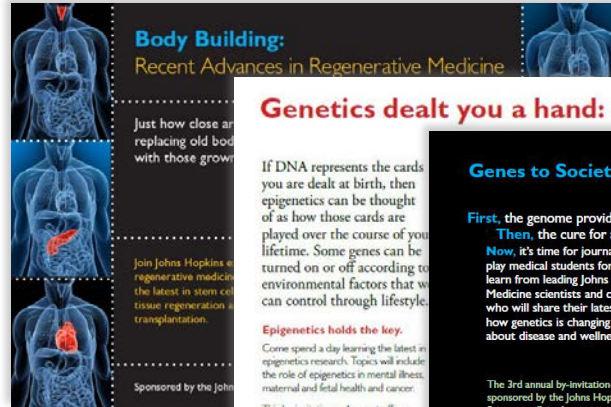
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Previous Events



JOHNS HOPKINS SCIENCE WRITERS' BOOT CAMP



Body Building:
Recent Advances in Regenerative Medicine

Just how close are we to replacing old body parts with those grown from stem cells?

Join Johns Hopkins regenerative medicine experts to learn the latest in stem cell tissue regeneration and transplantation.

Sponsored by the Johns Hopkins Center for Regenerative Medicine

Genetics dealt you a hand: How will you play it?

If DNA represents the cards you are dealt at birth, then epigenetics can be thought of as how those cards are played over the course of your lifetime. Some genes can be turned on or off according to environmental factors that we can control through lifestyle.

Epigenetics holds the key.

Come spend a day learning the latest in epigenetics research. Topics will include the role of epigenetics in mental illness, maternal and fetal health and cancer.

This by-invitation-only event offers science, medical and health writers and journalists one-of-a-kind access to experts from Johns Hopkins Medicine.

Genes to Society: Where's the Genomic Revolution in Health Care?

First, the genome provided the answer to life.

Then, the cure for all diseases.

Now, it's time for journalists to play medical students for a day and learn from leading Johns Hopkins Medicine scientists and clinicians who will share their latest insights on how genetics is changing what we know about disease and wellness.

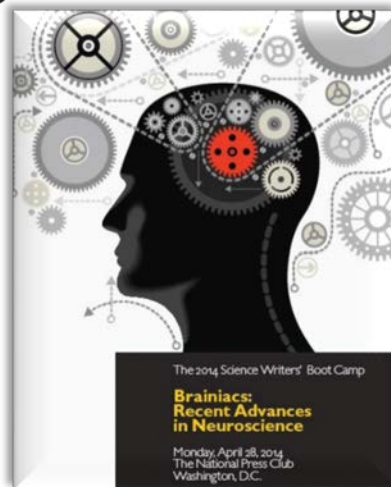


WHAT: Genes to Society: Where's the Genomic Revolution in Health Care?
WHEN: Friday, May 6, 2013 4pm to 4pm
WHERE: Bernstein-Offit Building, room LL7, Johns Hopkins SAIC campus, 1717 Massachusetts Ave, NW, Washington, DC, 20036

The 3rd annual by-invitation-only journalists' boot camp sponsored by the Johns Hopkins Institute for Basic Biomedical Sciences will, in the course of a day, bring you up to speed on:

- where the genomic revolution is now
- genetics and individualized medicine
- how genetics has changed our understanding and treatment of heart disease, diabetes, cancer and other conditions

Reserve your place—lunch is included—by contacting **Vanessa McMaine** vmcmaine@jhmi.edu or call 798 (410) 503-9410 by April 29.



The 2014 Science Writers' Boot Camp

Brainiacs:
Recent Advances in Neuroscience

Monday, April 28, 2014
The National Press Club
Washington, D.C.



The 2015 Science Writers' Boot Camp

Matters of the Heart:
Advances in Cardiovascular and Related Research

Monday, April 27, 2015
The National Press Club
Washington, D.C.

Sponsored by the Johns Hopkins Institute for Basic Biomedical Sciences
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The 2016 Science Writers' Boot Camp

WEIGHTY MATTERS:
Recent Advances in Metabolism, Obesity and Diabetes Research

Monday, May 9, 2016
The National Press Club
Washington, D.C.

Sponsored by the Johns Hopkins Institute for Basic Biomedical Sciences
#JHMBootCamp




The 2017 Science Writers' Boot Camp

THE ENEMY WITHIN:
How the immune system can help us and hurt us, and its radical personalized future

Monday, May 1, 2017
The National Press Club
Washington, D.C.

Sponsored by the Institute for Basic Biomedical Sciences and the Bernstein Center for Cancer Immunotherapy
#JHMBootCamp





THE 2018 SCIENCE WRITERS' BOOT CAMP

The Price We Pay: Growing Old in America

*Sponsored by the Institute for Basic
Biomedical Sciences*

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Agenda

The Price We Pay: Growing Old in America

Monday, May 7, 2018

9:00 a.m.

Welcome and Introduction — Why a Boot Camp?
Stephen Desiderio, M.D., Ph.D.

9:15 a.m.

Healthy Today, Frail Tomorrow

Jeremy Walston has played a crucial role in defining physical frailty and its biological underpinnings in older adults. In this talk, he will provide answers to the question: What helps keep an aging person resilient and healthy and what drives frailty and vulnerability in aging?

Jeremy Walston

9:30 a.m.

The Healthy Aging Mind—Aging Gracefully and Beating Depression

What should you expect from a healthy aging mind? How can you identify depression in older adults? Jin Joo will address these questions and discuss the impact of depression among minorities.

Jin Joo

9:45 a.m.

The Age of Telomeres and Getting It Just Right: Not Too Long, Not Too Short

Telomeres are dynamic structures at the ends of all chromosomes and if left unchecked can lead to diseases. When telomeres become too short people get age-related degenerative diseases; however, if telomeres are too long there is the risk of cancer. Carol Greider is focused on discovering just how it is that the cell maintains just the right length to maintain chromosomes and mitigate disease.

Carol Greider

10 a.m.

The \$99 Question: Can a DIY Home Test Really Tell Your Biological Age?

Don't jump right into telomere testing just yet! Mary Armanios will discuss why home-based testing may not be accurate and where and when more precise telomere tests can be useful.

Mary Armanios

10:15 a.m.

The Young Who Die Old: Understanding Progeria and Its Link to Normal Aging

We've all seen the haunting cases of young people's bodies that age far before their time. Susan Michaelis will explain what causes this very rare genetic disease called progeria, and how it compares to normal aging.

Susan Michaelis

10:30 a.m.

The Hidden Job of the Powerhouse of the Cell

Mitochondria are bean-shaped organelles known as the cell's internal power generator. But Dan Arking has found another role for these power plants: a cell's longevity.

Dan Arking

10:45 a.m. - 11:15 a.m.

Coffee Break - 30 minutes

11:15 a.m.

Long-Lasting Proteins, Long-Lasting Memories

Rick Huganir will discuss his lab's recent discovery of long-lasting proteins in the brain's synapses that play an important role in keeping your childhood memories alive.

Rick Huganir

11:30 a.m.

Parkinson's Disease and the Silver Tsunami

Parkinson's disease is a common, relentless neurodegenerative disease for which current medical therapies address some symptoms, but do not slow or halt disease progression. Valina Dawson will review innovations that may change this trajectory.

Valina Dawson

11:45 a.m.

Aging Brains, Stress and Alzheimer's: A Correlation?

It turns out that the effects of stress can be worse than just a few more gray hairs. Kelly Tamashiro will discuss the cognitive effects of stress on aging brains.

Kellie Tamashiro

12:00 p.m.

Aging in Place: Navigating Alzheimer's Care

The number of Americans living with Alzheimer's disease could increase to 16 million by 2050. Constantine Lyketsos will tell you how to keep your grandparents at home for as long as possible should they develop this disease.

Constantine Lyketsos

12:15 p.m. - 1:30 p.m.

Lunch - 1 hour and 15 minutes

1:30 p.m.

Honestly, Does Brain Training Really Work?

Grandpa can barely remember your name, but granny still embarrasses you by telling your friends your most awkward childhood moment. Why can't we have a happy medium? George Rebok will explain why some older adults remember better than others their age, and the various benefits of cognitive training for older adults.

George Rebok

1:45 p.m.

The Hidden Risks of a Male Hormone to a Woman's Heart

The battle of the sexes can happen even at biological levels. Erin Michos will talk about her findings on how testosterone levels in older women may lead to increased risk of heart disease.

Erin Michos

2:00 p.m.

Old Habits Die Hard: Reining in Antibiotic Use

Antibiotic resistance is a public health crisis fueled by widespread misuse of antibiotics. The majority of this misuse occurs in nursing homes, where over 50 percent of suspected infections treated with antibiotics do not actually require them. Morgan Katz will discuss an ongoing national behavior-based intervention targeting prescriber and patient beliefs about antibiotic prescriptions.

Morgan Katz

2:15 p.m.

Too Frail for Surgery – or Not?

The number of older adults undergoing surgery in the U.S. is rising. How do we determine who will do well and who is at higher risk for complications after surgery? Dan Sciubba will discuss techniques for quantifying such risks to identify the best candidates for spine surgery.

Dan Sciubba

2:30 p.m.

Skipping Rope, Skipping Meals

Exercise and a balanced diet have been mainstays in the pursuit of a healthy life. But, did you know that this practice can also help your brain's health? Mark Mattson will discuss how intermittent fasting and exercise can challenge nerve cells in the brain in ways that may optimize cognitive performance and protect against brain injury and Alzheimer's and Parkinson's diseases.

Mark Mattson

2:45 p.m. - 3:15 p.m.

Coffee Break - 30 minutes

3:15 p.m.

Panel: Skyrocketing Drug Prices: A Bitter Pill to Swallow

While new discoveries in medicine have fueled the drug development industry, our ability to control costs and broaden access to drugs has decreased. What is the role of academic medical centers to control such costs? How can our basic science knowledge and impact on health care policy contribute to lowering drug costs? Moderated by Carolyn Johnson, *Washington Post* reporter who covers the intersection between business and health.

Jeremy Greene, Redonda Miller

4:00 p.m.

Panel: From Policy to Practitioner: Finding Solutions to a Fragile System

Two policy experts and two practitioners discuss how to turn a system of too many providers, medicine and treatment into a system of integration and value. Moderated by Liz Szabo, *Kaiser Health News* reporter who covers the frontlines of aging and acute care.

Alicia Arjabe, Rab Razaak, John Colmers, Brendan Saloner

4:45 p.m.

Closing Remarks and Reception
Stephen Desiderio, M.D., Ph.D.

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Meet the Speakers



Meet the Panel Moderators




Liz Szabo

 @LizSzabo

Liz Szabo is an enterprise reporter for Kaiser Health News focusing on acute care and end-of-life issues.



Carolyn Johnson

 @CarolynJohnson

Carolyn Johnson is a reporter for The Washington Post covering the business of health.