WELCOME
Why Boot Camp?

Aging Populations Will Challenge Healthcare Systems All Over The World

Federal funding vital to search for treatments for brain disorders

Big pharma's cash flood is drowning seniors

Report: Obamacare Coverage Gains Are Eroding
Johns Hopkins Medicine

JOHNS HOPKINS SCIENCE WRITERS’ BOOT CAMP

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Previous Events

Johannes Hopkins Medicine Science Writers’ Boot Camp

Body Building: Recent Advances in Regenerative Medicine

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

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.

The 4th annual, invitation-only journalists’ boot camp sponsored by the Johns Hopkins Institute for Broad-Reach Science will, in the course of a day, bring you up to speed on where the genomic revolution is now, genetics and personalized medicine, and how genetics is changing our understanding and treatment of heart disease, diabetes, cancer, and other conditions.

RESERVE YOUR PLACE— AND IT’S MINE— BY RESPONDING TO INVITATION E-MAIL FROM APRIL 28TH

#JHMBigBootCamp
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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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. The Young Who Die Old: Understanding Progeria and Its Link to Normal Aging
We’ve learned the latest in progeria’s understanding. Mark Matthews will explain what causes this very rare genetic disease called progeria, and how it compares to normal aging.
Mark Matthews

9:30 a.m. The Hidden Job of the Powerhouse of the Cell
Mitochondria are bean-shaped organelles called the cell’s internal power generator. But Dan Arking has found another role for these powerhouses: a cell’s longevity.
Dan Arking

9:45 a.m. - 10:15 a.m.
Coffee Break - 30 minutes

10:15 a.m. Long-Lasting Proteins, Long-Lasting Memories
Rick Hugoson will discuss his lab’s recent discovery of long-lasting proteins in the brain’s synapses, which play an important role in keeping your childhood memories alive.
Rick Hugoson

10:45 a.m. The Hidden Risks of a Male Hormone to a Woman’s Heart
The battle of the sexes can happen even at a biological level. Eric Michos will talk about how testosterone levels in older women may lead to increased risk of heart disease.
Eric Michos

11:00 a.m. Old Habits Die Hard: Resisting 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 70 percent of suspected infections treated with antibiotics do not actually require them.
Morgan Katz

11:30 a.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 Scibilia will discuss techniques for quantifying such risks to identify the best candidates for spine surgery.
Dan Scibilia

12:00 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 Matthews will discuss how interventional feeding 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 disease.
Mark Matthews

12:15 p.m. - 1:15 p.m.
Lunch - 1 hour and 10 minutes

1:15 p.m. Honesty. Does Brain Training Really Work?
Grandpa can barely remember your name, but grandma still embraces you by telling you your friend’s most awkward childhood moment. Why can’t we have a happy medium? George Bublak will explain why some older adults remember better than their age, and the varieties of cognitive training for older adults.
George Bublak

2:45 p.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 disease. 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 answering just how it is that the cell maintains just the right length to maintain chromosomes and mitigate disease.
Carol Greider

3:00 p.m. Parkinson’s Disease and the Silver Tsunami
Parkinson’s disease is a common, relatively 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

3:30 p.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.
Kelly Tamashiro

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.
Alicia Arbaje, Ravi Pachak, John Colman, Brendan Salver

4:45 p.m.
Closing Remarks and Reception
Stephen Desiderio, M.D., Ph.D.

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