

# THE SCIENCE OF AGING

*An Institute on Aging Publication*

## DIABETES & COVID-19

Penn Nursing study suggests adults with type 2 diabetes are more vulnerable to negative mental health outcomes from Covid-19 pandemic, such as depression and loneliness.

According to the Penn Nursing news archive, the prospective study showed that from pre-COVID to during the COVID-19 pandemic, the prevalence of mild or greater symptoms of depression increased from 19.3% to 30.4% of participants, while loneliness rose from 12.3% to 22.1% of participants.

Sex and race/ethnicity also played a role in the prevalence of these negative outcomes. "For example, 32.9% of women versus 26.1% of males reported symptoms of mild or greater depression during the pandemic," says Ariana M. Chao, PhD, CRNP, Assistant Professor of Nursing, Penn Nursing, and lead author of the study.

This study was published in the journal *Diabetes Care*.

## HEAD INJURY & DEMENTIA

Penn Medicine Research suggests relationship between number of head injuries and risk of dementia later in life

Penn Medicine's Andrea C. Schneider, MD, PhD, an assistant professor of Neurology, was referenced in a recent [neurologyadvisor.com](https://neurologyadvisor.com) article discussing the complicated relationship between head injury and dementia risk. Dr Schneider stated that "the 2020 Lancet Commission on Dementia [adding] TBI as 1 of 12 potentially modifiable risk factors for dementia," along with her research findings suggests there's a dose-response association between the number of prior head injuries and dementia risk.

With this in mind, Dr. Schneider suggests that future research in this area should focus on "prevention and intervention strategies aimed at reducing dementia after head injury."

## THE IOA & CNDR RETREAT

"Bringing the Microscope to Clinic: Crossing the Translational Divide in Neurodegenerative Disease Research"

On November 12, the Institute on Aging hosted the 2021 Institute on Aging and the Center for Neurodegenerative Disease Research (CNDR) Research Retreat, a hybrid-model event allowing a total of over 130 guests to attend in-person or virtually.

Speakers included PA Secretary of Aging Robert Torres, Leonard Petrucelli, PhD, chair of the Department of Neurosciences at Mayo Clinic, David A. Bennett, MD, Director of the Rush Alzheimer's Disease Center (RADC) at Rush University Medical Center in Chicago, and others.

With current CDC and Penn Medicine Covid-19 guidelines in mind, this year's poster session was completely virtual and presented as a slideshow during the afternoon lunch break.

## PENN MEDICINE'S 10TH ANNUAL 5K FOR THE IOA

On Sunday, November 7, 2021, Penn Medicine hosted their 10th Annual 5K for the IOA and the Memory Mile Walk. After last year's completely virtual event, we were thrilled to be able to offer a hybrid-model, welcoming back the smiling faces of our participants in-person at Penn Park, while also offering runners and walkers the opportunity to participate virtually on the route of their choice.

With a total of 322 registrants and additional funding, nearly \$53,000 was raised at this year's event. Funds raised from Penn's 5K for the IOA & Memory Mile Walk directly support early-stage research projects that might not otherwise gain visibility, promoting advanced discoveries to develop novel treatments for aging-related neurodegenerative diseases and bringing hope to those living with Alzheimer's disease and their loved ones.

