



the medical center hour

*Medicine & Society in Conversation*

A program of the Center for Health Humanities and Ethics  
University of Virginia School of Medicine

Wednesday, 3 March 2021

12:00-1:00 pm

A Zoom Webinar: <https://us02web.zoom.us/j/87684988960> Passcode: 763749

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*Koppaka Family Foundation Lecture in Health Humanities*

## ELDERHOOD

(Redefining Aging, Transforming Medicine, Reimagining Life)

Louise Aronson MD MFA

Professor of Medicine/Geriatrics; Director, AGE SELF CARE Project;  
Director, Medical Humanities; and Clinical Lead, Senior Hub, SFDPH COVID Command;  
University of California, San Francisco, San Francisco CA

Justin B. Mutter MD MSc

Assistant Professor of Medicine and Chief of Geriatrics, Department of Medicine;  
and Faculty, Center for Health Humanities and Ethics, School of Medicine, UVA

Marcia Day Childress PhD, moderator

Among the COVID-19 pandemic's lessons is an increased awareness of the hazards of old age. But only a fraction of that risk is biological. At a moment in history when most of us will live into old age, we've created a world that's almost entirely focused on childhood and adulthood. It's time now to define, design, and empower this new, nearly universal elderhood. In this Medical Center Hour, geriatrician and writer Louise Aronson draws on her clinical experience and creative abilities to reimagine and advocate for old age not as a disease but as a vital phase of being human, with implications for social and community life, technology, geroscience, and healthcare. How shall we now approach elderhood?

### Resources:

1. Aronson L. *Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life*. New York: Bloomsbury, 2019.
2. Carstensen L. *A Long Bright Future: Happiness, Health and Financial Security in an Age of Increased Longevity*. New York: Public Affairs, 2011
3. Applewhite A. *This Chair Rocks: A Manifesto Against Ageism*. New York: Celadon Books, 2019
4. Didion J. *The Year of Magical Thinking*. New York: Alfred A. Knopf, 2005
5. Hall D. *Essays After Eighty*. New York: Houghton-Mifflin Harcourt, 2014
6. Mutter JB. Neglected in the house of medicine: toward a healthy political economy of aging in America. *The Hedgehog Review* 2018, 20(3): 46-56

**Louise Aronson, MD MFA** is a graduate of Brown University (AB), Harvard Medical School (MD), and Warren Wilson College (MFA). She trained in internal medicine and geriatrics at the University of California, San Francisco (UCSF), and more recently (2018-2020) completed an integrative medicine fellowship at the University of Arizona. She is a leading geriatrician, writer, educator, and professor of medicine at UCSF as well as the author of the *New York Times* bestseller and Pulitzer Prize finalist *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life* (2019). Dr. Aronson has received the Gold Professorship in Humanism in Medicine, the California Homecare Physician of the Year Award, and the American Geriatrics Society Clinician-Teacher of the Year Award. In addition to her clinical practice and teaching, she currently leads the AGE SELF CARE program, directs UCSF's Medical Humanities program, and is the clinical lead for the Senior Hub of the San Francisco Department of Public Health COVID-19 response. She also serves on the California state COVID vaccine allocation workgroup and the state's memory care and assisted living task forces. Dr. Aronson's writing credits include *A History of the Present Illness* (Bloomsbury USA, 2013), a volume of short fiction. She has written for *The New York Times*, *Atlantic*, *Washington Post*, *Discover*, *Vox*, *JAMA*, *Lancet*, and the *New England Journal of Medicine*, and has been featured on NPR's *Fresh Air*, *TODAY*, *CBS This Morning*, *NBC News*, *Morning Edition*, *Politico*, *Kaiser Health News*, *Tech Nation*, and *The New Yorker*.

**Justin B. Mutter MD MSc** holds degrees from the University of Virginia (BA, MD) and the University of Oxford (MSc), where he was a Rhodes Scholar. He completed a residency in family medicine at the Mountain Area Health Education Center in Asheville NC, then returned to UVA for a fellowship in geriatric medicine and a faculty appointment. A primary care geriatrician, Dr. Mutter is chief of geriatrics in the Department of Medicine's Division of General, Geriatric, Palliative, and Hospital Medicine; a faculty member in the Center for Health Humanities and Ethics; on the core faculty with the medical school's Generalist Scholars Program; and a faculty fellow with the Institute for Advanced Studies in Culture, based in UVA's College of Arts of Sciences. He is the creator and founding medical director of Virginia At Home, an innovative program of comprehensive, home-based care for frail elderly in the community. Dr. Mutter is an active contributor to undergraduate and graduate medical education at UVA. Among his scholarly interests are the history of aging in America; home-based medical care and function-based therapies in the home for elders living with dementia; the political economy of modern health, disease, and illness; and primary care health policy, especially as this relates to quality measurement.

Drs. Aronson and Mutter declared no personal/professional relationships with commercial entities producing healthcare goods and/or services related to this presentation. Medical Center Hour planning group members M.D. Childress PhD; R.J. Bonnie LLB; R. Carpenter DInP; J.F. Childress PhD; M.F. Marshall PhD; J. Mutter MD MA; K. Reid PhD RN FNP-C CNL; L. Shepherd JD have no personal/professional relationships with commercial entities producing healthcare goods and/or services, while R. Dillingham MD MPH reports interests with Gilead and Warm Health Technology Inc. UVA Office of Continuing Medical Education faculty and staff have no personal/professional financial relationships with commercial entities producing healthcare goods and/or services.

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Next Medical Center Hour: Wednesday, 10 March 2021, 12:00-1:00 pm

*Zula Mae Baber Bice Memorial Lecture, School of Nursing*

**ANCHORED IN NURSING: A LIFE IN LEADERSHIP**

Rebecca W. Rimel BSN MBA, former President and CEO,

Pew Charitable Trusts

*Co-presented with the School of Nursing*

ACCESS this Zoom webinar at: <https://us02web.zoom.us/j/87684988960> Passcode: 763749

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Medical Center Hour is free of charge and open to the public. For more information, see Center for Health Humanities and Ethics: <https://med.virginia.edu/biomedical-ethics/medical-center-hour/>  
Watch Medical Center Hour recordings at <http://www.youtube.com/uvamch>

How to Claim Continuing Education (CE) Credit for Medical Center Hour:

Using the Google Chrome or Firefox browser on a phone, tablet, or computer, go to <https://cmetracker.net/UVA> and log into your CE account with your email and password. Choose 'CE Certificate-Eval for Credit,' enter Activity Code **140400**, then complete and submit your evaluation. You have 30 days from this program date (3 March 2021) to evaluate and obtain credit for this program. This is the only way you can receive credit for this Medical Center Hour.

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In support of improving patient care, the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credit/session for learning and change.

Learning objectives:

1. Understand how a focus on childhood/adulthood does not serve a society in which most persons live into old age.
2. Consider how to reimagine and advocate for elderhood not as a disease but as a vital phase of being human, with significant implications for healthcare.