

## Helping Seniors Drive Safely, Perhaps Longer

### UC San Diego Experts Train Health Care Professionals for Signs of Age-Related Driving Issues

Driving is an important means of mobility and independence for older adults, but as seniors age they often experience impairments that interfere with their ability to drive safely. This makes age-related driving disorders an increasingly important public health issue. Through a project called Health Professional Training for Age Related Driving-Disorders (ARDDS), a team of experts from the UC San Diego School of Medicine's Trauma Epidemiology and Injury Prevention Research Center will be training local health care professionals in how to diagnose and refer older patients who may need assistance.

A nearly \$200,000 grant from The California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration (NHTSA), will enable the UC San Diego team to expand a previous program – the "Road-Safe Seniors" Project (RSS) launched in November 2007 – which screened more than 900 seniors for conditions that interfere with driving, using vision, cognitive and strength testing. The findings included the identification of one in five drivers with health issues affecting driving, many of them previously undiagnosed, and confirmation of reports that early dementia is under-diagnosed in routine care.

"Using the AMA's screening standards for adult drivers over age 65, we will teach health care personnel how to screen and diagnose, and how to refer patients or report problems," said Linda Hill, MD, MPH, clinical professor of family and preventive medicine, UC San Diego. "Patients and families rely on health care

professionals to help with the transition from driving to non-driving status. Our goal is to provide medical personnel with skills of confidence in a manner that is well validated and helpful to patients and society as a whole."

Whereas the previous project concentrated on screening patients and training staff at UC San

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Diego Medical Center and the VA Hospital, San Diego, the new grant will allow Hill and her colleagues to train any eligible physicians, nurses, medical assistants, occupational therapists and health care workers from hospitals and outpatient medical sites across San Diego County.

"If age-related driving issues are left unaddressed, there is a risk of injury not only to the seniors themselves, but also to their families and to others who share the road," said Raul Coimbra, MD, PhD, professor of surgery and chief, Division of Trauma, Surgical Critical Care and Burns, UC San Diego Medical Center. "And what we learn here in San Diego County can and will be shared with other states."

## KPBS Hires News Director Announces Management Reorganization

Continuing his pledge to expand the KPBS News division, General Manager Tom Karlo is pleased to announce the hiring of a Director of News to oversee the organization's content division. Karlo has also reorganized the management at the station.

Suzanne Marmion, has been hired as KPBS' Director of News and Editorial Strategy. Marmion is an award-winning public media journalist with extensive multimedia reporting and editing experience in broadcast, print and online platforms.

Her recent experience includes serving as an adjunct professor at Columbia University's Graduate School of Journalism; working as an international correspondent for "The World," "Frontline/World," "Marketplace" and other public media news outlets; five years as news editor at the BBC World Service/PRI's "The World," and reporting for Capital Public Radio. Suzanne has a Master's in Broadcast Journalism from Columbia University.

"We're excited to have such an accomplished journalist lead KPBS news into the new decade," said Karlo. "Suzanne's experience brings a new perspective to our growing news department and I am confident her background will enhance our award winning coverage of local issues."

Marmion's first day will be February 8.

Marmion will report to Deanna Martin Mackey, KPBS Station Manager. General Manager Tom Karlo created the position of Station Manager last year and promoted Mackey into the position to oversee the TV and Radio stations' day-to-day operations. This includes oversight of all content, KPBS.org, production, operations, communica-

tions/marketing, education/outreach and membership/fundraising departments. Mackey has worked at KPBS for 20 years and has been a member of the management team for 12 years, most recently as Associate General Manager for Marketing, Education & New Media. She is a graduate of SDSU with degrees in broadcast journalism and political science.

"Deanna shares the same enthusiasm for KPBS' future as I do," said Karlo. "As we expand our local news presence on all platforms, celebrate our 50<sup>th</sup> Anniversary, and connect with the local community through programming and events, Deanna is the right person to lead these initiatives. She is both a strategic planner and risk taker – two attributes that will help KPBS succeed in the new decade."

In addition, as part of the KPBS management reorganization, Stephanie Bergsma becomes Associate General Manager. Bergsma has been with KPBS since 1982 and previously served as Associate General Manager for Development. She retains her leadership over the Development department at KPBS with the goal of expanding major giving, planned giving and KPBS' Producers Club.

"Over the years Stephanie has demonstrated her outstanding skills working with local donors," said Karlo. "She and I are working as a team to secure funding for news and content initiatives in order to fulfill the goal of expanding KPBS' local news coverage across all platforms."

KPBS is a public service of San Diego State University, serving the region with TV, Radio and Internet content that is educational as well as entertaining—and free of commercial interruption.

### "Pritsker" (Con't from Page 6)

first evidence that fructose *helps raise blood pressure.*" The study "suggested that people who consume sweetened soft drinks at night could gain weight faster than those who don't." From Reuters: "These results suggest that excessive fructose intake may have a role in the worldwide epidemic of obesity and diabetes," said Dr. Richard Johnson of the University of Colorado-Denver, who studied the link between blood pressure and men.

**Fructose is about 50% of the make-up of table sugar and the**

**high fructose corn syrup popular in many foods.** The American Heart Association currently says women should eat no more than 100 calories of added processed sugar per day, or six teaspoons (25 grams), while most men should keep it to just 150 calories or nine teaspoons (37.5 grams). On average, Americans consume 22 teaspoons (90 grams) or 355 calories of added sugar each day. Maybe it's time Americans started seriously cutting back just a little... don't you think?



Sudoku for February (Solution on Page 14)

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		9		7	1		3	
1			3				2	6
			8	5		6	4	2
	3						9	
4	6	8		2	7			
8	1				9			4
	4		1	6		5		
2			5			3	7	