

Good News

UAB Department of Medicine

Week of December 15, 2014



UAB MEDICINE

Knowledge that will change your world

Office of Research and Economic Development
**UA System Collaborative Research
Initiation Program Award**



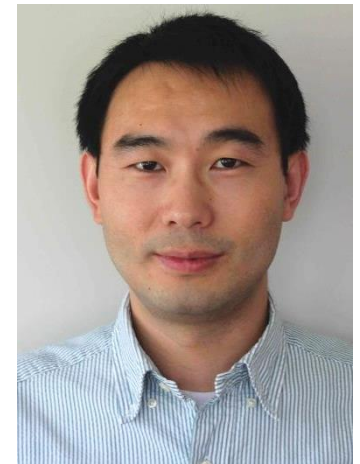
Baskin
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Kvale
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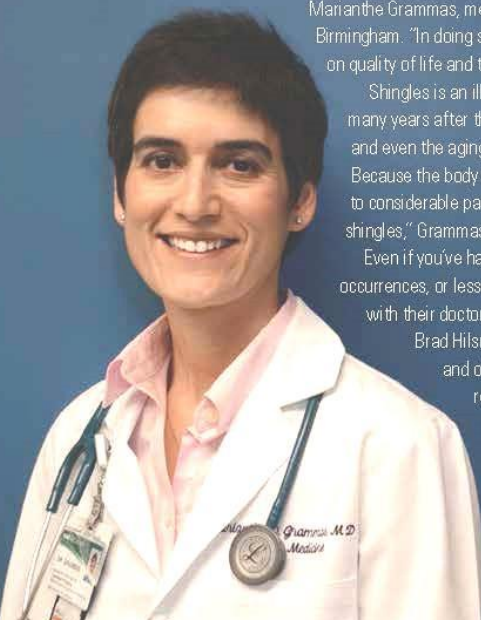
Locher
GGPC



Zhou
Cardiology

Alabama Power Energizers Newsletter **Steps to Aging Well**

Dr. Grammas' orders: Get the shingles vaccine



"If you're in your 60s and have had chickenpox, you should definitely get the shingles vaccine," said Dr. Marianthe Grammas, medical director of the UAB Geriatric Medicine Clinic at UAB Highlands Hospital in Birmingham. "In doing so, you'll save yourself time, pain and money down the line," she said. "The impact on quality of life and the pocketbook can be quite high if one develops shingles," she said.

Shingles is an illness caused by the chickenpox virus; the virus can lay dormant in the body for many years after the initial infection. It can raise its ugly head years later, when stress, illness and even the aging process can allow the virus to reactivate – the second go-round as shingles. Because the body heals slower as you age, shingles sometimes causes severe scarring, in addition to considerable pain. "Lots of times, patients have to take pain medicine while they're combatting shingles," Grammas said. She noted that shingles can be a very uncomfortable illness.

Even if you've had shingles before, Grammas said, getting the vaccine may help prevent future occurrences, or lessen the severity of another breakout. Grammas said patients should always talk with their doctor before getting vaccinated.

Brad Hilsmier, manager - Health and Wellness at Alabama Power, said that retirees 50 and older enrolled in a Southern Company medical plan with prescription benefits can receive a free shingles vaccination. Retirees must get the vaccine at their doctor's office, other medical facility or a pharmacy in the CVS Caremark network, which includes more than 52,000 pharmacies.

"Retirees should always call their pharmacy in advance to check the availability and make an appointment if necessary," Hilsmier said.

Sharing her training and wisdom to maintain patients' best health is the life work of Dr. Grammas, director of Gerontology, UAB Highlands Hospital.

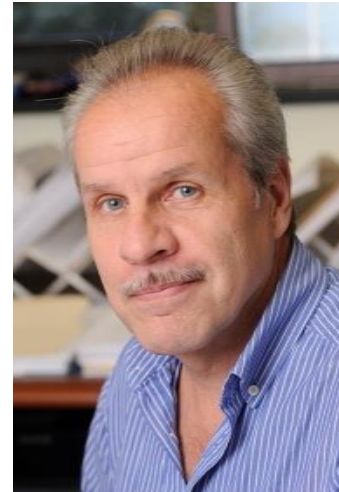
Marianthe Grammas, MD (Gerontology, Geriatrics, & Palliative Care)

Good News

Town Hall Meeting **DOM PhD Faculty**



Chad Steele, PhD
Pulmonary, Allergy,
& Critical Care



Alex Szalai, PhD
Clinical Immunology
& Rheumatology

New K23 Grant

Behavioral Interventions for Chronic Pain in Individuals with HIV



Jessica Merlin, MD, MBA

Division of Infectious Diseases
Comprehensive Center for Healthy Aging

Good News

\$1.75 Million NIH Grant **Immune Responses to Fungi**



Chad Steele, PhD
Pulmonary, Allergy,
& Critical Care

American Geriatrics Society Fellow



Cynthia Brown, MD, MSPH
Director, Division of Gerontology,
Geriatrics & Palliative Care

Good News

American Physiological Society
Bodil M. Schmidt-Nielsen
Distinguished Mentor & Scientist



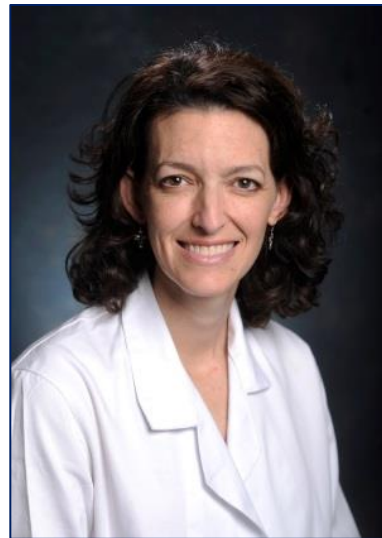
Jennifer Pollock, PhD
Division of Nephrology

Southern Society of Clinical Investigation Young Investigator Award



Jeremey Walker
Med Student, Huntsville

New Department of Medicine Vice Chair for Education



Lisa Willett, MD

Tinsley Harrison Internal Medicine
Residency Program Director