

## Massey Grand Rounds Symposium Healthy Aging: Living Forever?

With higher standards of living in society, Canada is preparing for the largest aging population of its history. In 2011, 2.2% of Canadians were over the age of 85 years old. By 2016, Canadians older than 85 years of age represented 19.4% of our population. Of interest, centenarians, aged 100 years or older, were the fastest growing group in this demographic. This shift will directly influence every aspect of society. While life expectancy grows, it is important to discern whether these additional years are lived in good health, as this prospect cannot be assumed. The World Health Organization (WHO) has highlighted its focus on healthy ageing for 2015 – 2030. WHO defined “healthy aging” as: the process of ensuring functional ability for well-being in old age.

This year's MGR Symposium examines the biological, economic and public health implications of our growing aging population. We will explore the molecular basis of aging, understand the importance of social supports and gain insights into living better, stronger and longer.

Today's program includes a diverse faculty of experts, addressing multiple aspects of current research and interventions, including biomedical, clinical and public health. We hope that you will join us for the plenary keynotes and panel discussion on the potential sociocultural, clinical, economic and ethical implications of longevity.

### *The 2019 MGR Symposium Committee:*

- Arsalan Mir-Moghtadaei, MGR Chair
- Keshna Sood, MGR Co-Chair
- Julian Lamanna, MGR Co-Chair
- Farahan Islam
- Priya Dhir
- Victoria Reedman
- Surath Gomis
- Senior Fellow Mentor, Dr. Aubie Angel
- Administration, Cristina S.Castellvi

### Massey Grand Rounds (MGR)

Massey Grand Rounds was founded in 2006 to nourish members of the Massey College community with insights from medical and scientific leaders. Massey Grand Rounds convenes monthly during the academic term and serves as a discussion forum for topics related to medicine, the health sciences, and issues of interest to students. The group is guided by mentor Dr. Aubie Angel, C.M., MD, MSc, FRCPC, FCAHS. This Symposium is a project of MGR for the benefit of the entire U of T academic community and for all medical and health science students.

### Sponsors:



UNIVERSITY OF TORONTO  
FACULTY OF MEDICINE &  
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MASSEY COLLEGE

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## Massey Grand Rounds PRESENTS:



13th Annual Symposium  
Wednesday March 20, 2019  
4 Devonshire Pl, Massey College

# Healthy Aging: Living Forever?

## Featuring

The Inaugural Janet Rossant  
Lecture by Dr. Lori West, MD,  
DPhil, FRCPC, FRSC, FCAHS  
Professor, Dept. of Pediatrics,  
University of Alberta



## Featured Speakers:

Dr. Lori West  
Dr. Samir K. Sinha  
Dr. Sandra E. Black  
Dr. Susanna Mak  
Dr. Fiona Menzies  
Dr. Jennifer L. Gibson  
Dr. Susan Jaglal

## Time and Location:

### 13th Annual Massey Grand Rounds Symposium

Wednesday March 20, 2019  
4 Devonshire Pl, Massey College –  
Upper Library

# Healthy Aging: Living Forever?

## Featuring

### The Inaugural Janet Rossant Lecture by Dr. Lori West

11:00 am	<b>Registration</b> Junior Common Room	1:30 - 2:30 pm	<b>PLENARY SESSION on “Healthy Ageing”</b>  Chair: Dr. Trevor Young, Dean of Medicine, U of T
11:25 am	<b>Call to Order: Upper Library</b> Arsalan Mir-Moghtadaei, Chair Keshna Sood, MGR Co-Chair, JFs	1:30 - 1:50 pm	<b>Dr. Samir K. Sinha</b> , Director of Geriatrics, Sinai Health System and UHN <i>“How Could a National Seniors Strategy support Healthy Ageing?”</i>
11:30 – 11:40 am	<b>Welcome and Opening Remarks</b> Dr. Aubie Angel, Principal Hugh Segal and Dean Trevor Young	1:50 - 2:10 pm	<b>Dr. Sandra E. Black</b> , Exec. Director, Toronto Dementia Research Alliance, Sunnybrook & U of T <i>“Can we someday prevent Alzheimer’s Dementia – the dawn of personalized precision- care pathways.”</i>
11:40 – 12:40 pm	<b>Inaugural Janet Rossant Lecture – Dr. Lori West</b> “Heart Transplantation through the Ages: A Success Story”	2:10 - 2:30 pm	<b>Dr. Susanna Mak</b> , Departmental Division Director for Cardiology, University of Toronto <i>“Heart function in older men and women: implications for the ability to exercise”</i>
12:40 – 12:50 pm	<b>Remarks</b> – Dr. Janet Rossant President & Scientific Director, Gairdner Foundation	2:30 - 2:50 pm	<b>Q&amp;A and Nutrition Break</b>
12:50 – 1:20 pm	<b>Light Lunch</b> Speakers – Private Dining Room Registrants – Junior Common Room	3:00 - 4:00 pm	<b>PANEL – Title: “Living Forever?”</b>  Moderator: Dr. Samir K. Sinha  <b>Dr. Fiona Menzies</b> , Chief of Geriatric Medicine, St. Joseph’s Health Centre <i>“Managing Frailty”</i>  <b>Dr. Jennifer L. Gibson</b> , Director, Joint Centre for Bioethics, U of T <i>“Ethics and Ageing in a Digital Age”</i>  <b>Dr. Susan Jaglal</b> , Interim Chair Department of Physical Therapy, U of T <i>“Rehabilitation Interventions for Successful Ageing”</i>
1:25 pm	<b>Call to Order: Upper Library</b> Arsalan Mir-Moghtadaei, Chair Keshna Sood Co-Chair, MGR	4:00 - 4:20 pm	<b>General Discussion:</b> Keshna Sood, MGR Co-Chair
		4:30 pm	<b>Closing Remarks:</b> Dr. Aubie Angel