

## 2016 Rudman Lecturer

### Ihab Hajjar, MD, MS

Associate Professor of Medicine and Neurology, Division of Geriatrics and General Internal Medicine, Department of Medicine, Emory University



"Vascular Contributor to Cognitive Aging: Targeting RAS and its Modulation"



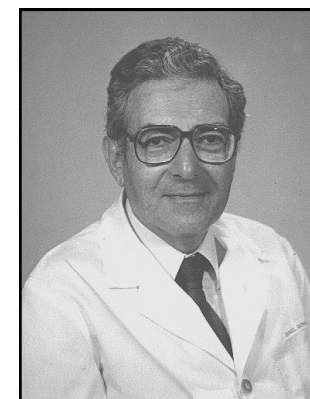
## Past Rudman Lecturers

- 2015—Vincent Mor, PhD  
*The Impact of State and Federal Policies on Hospitalizations and Re-Hospitalizations of Nursing Home Residents*
- 2014— Richard M. Allman, MD  
*Life-Space Mobility: Implications for Patient Care*
- 2013—Ronald Adelman, MD  
*Communication Between Older Patients and Their Physicians*
- 2012 — Michael Malone, MD  
*When an Older Adult is Admitted to an American Hospital*
- 2011 — Dennis McCullough, MD  
*Slow Medicine for a Changing World*
- 2010 — Kenneth Shay, DDS, MS  
*Oral Health, Oral Disease, and Pneumonia in the Frail Elderly*
- 2009 — Robert F. Schwartz, MD  
*Anabolic Treatments in Older Individuals*
- 2008 — David Staats, MD  
*Is Malnourishment in Older Persons Reversible?*
- 2007 — Andrew Hoffman, MD  
*The Endocrinology of Aging/Elusive Promise of Growth Hormone*
- 2006 — Robert L. Wortmann, MD  
*Gout: It's Not All Crystal Clear*
- 2005 — Steve B. Heymsfield, MD  
*Obesity: Advances in Pathology and Treatment*
- 2004 — James Goodwin, MD  
*Thinking Geriatrically about the Diagnosis/ Treatment of Cancer*
- 2003 — Nanette K. Wenger, MD  
*Postmenopausal Hormone Therapy: Is There Evidence for Cardiac Protection?*
- 2002 — B. Lawrence Riggs, MD  
*New Concepts in the Pathogenesis of Osteoporosis of Aging*
- 2001 — John E. Morley, MB, BCH  
*Is Adam an Eve?*
- 2000 — David A. Lipschitz, MD
- 1999 — Kathryn Ann Martin, MD
- 1998— Marc R. Blackman, MD

## Daniel Rudman, MD 19th Annual Memorial Lecture

September 30, 2016  
8:00 AM

Froedtert West Hospital  
Helfaer Auditorium



## Daniel Rudman, MD



*Inspire me with love for my art, and for thy creatures. In the sufferer let me see only the human being.*

The Physician's Oath  
Moses Maimonides

## IHAB HAJJAR, MD, MS,

the 19<sup>th</sup> Daniel Rudman Memorial Lecturer, returns to the Medical College of Wisconsin (MCW) where he completed his Fellowship in Geriatric Medicine and his Master of Science in Epidemiology, from the MCW Graduate School.

As Associate Professor of Medicine and Neurology in the Division of Geriatrics and General Internal Medicine at Emory University, Dr. Hajjar evaluates and diagnoses cognitive issues and manages memory disorders in the Emory Memory Disorder Clinic; facilitates observational studies, clinical trials and genetic analysis for patients with cognitive disorders and hypertension; and educates community members and initiates group discussions on cardiovascular disease and cognitive disorders.

After leaving Milwaukee, Dr. Hajjar joined the faculty of the University of South Carolina and held the Director role of the Center for Senior Hypertension at the Palmetto Health Alliance in Columbia, South Carolina. He then joined the Harvard faculty and was Associate Director of the Cardiovascular Research Lab at Hebrew Senior Life's Institute for Aging Research (IFAR), an affiliate of Harvard Medical School. Prior to joining the Emory faculty in 2013, he held academic appointments in Medicine, Neurology and Geriatrics at the University of Southern California (USC). He was the Section Head of Geriatrics at USC.

Dr. Hajjar graduated with his Bachelor of Science in Mathematics and Computer Science and then with his MD from the University of Beirut. He completed his internal medicine internship at the American University Hospital in Lebanon and his internal medicine residency was at the Cleveland Clinic in Ohio, prior to his fellowship at MCW.

Dr. Hajjar has been the Principal Investigator of 11 grants, 4 of which are currently funded through the National Institute on Aging. He is also Co-Investigator of 4 grants, and has written 42 published and accepted articles, 11 review articles, 4 book chapters, 6 teaching aids, and 5 abstract publications. A major theme of his research is the relationship between hypertension and cognition.

## DANIEL RUDMAN, MD

was a true gentleman and scholar. His creativity as a clinical investigator was still in full bloom at the time of his death on April 17, 1994. His ability to focus basic knowledge on important problems in clinical medicine had few peers.

His quiet brilliance was evident at the Boston Latin School and later at Yale University, where he completed both the BS (Chemistry) and MD degrees in six years. At Yale, he became interested in ACTH-cortisol and growth hormone-IGF-1 axes and in human nutrition. These themes became the lifelong objects of his research. At Columbia University (Goldwater), he devoted his studies to plasma proteins.

Rudman was appointed Professor and Director of Clinical Research Center at Emory University in 1968. During the next fifteen years, he showed that alpha keto acid essential amino acid analogs meet human nutritional requirements, found a specific role of certain inorganic micronutrients in promoting body composition repletion in total parenteral nutrition, quantified human growth hormone deficiency in children and the elderly, and showed a role of reduced urea synthesis in the genesis of hepatic coma.

Rudman was appointed Professor and Director of Geriatric Medicine at Chicago Medical School in 1983. He showed a high prevalence of hyposomatotropism and hypogonadism in men in nursing homes and performed evaluations of the prevalence of protein under nutrition (30-50%) and osteopenia in nursing home populations.

In 1988, Rudman joined the Medical College of Wisconsin as Professor and Associate Chief of Staff for Geriatrics and Extended Care at the Clement J. Zablocki Veterans Affairs Hospital, where he continued his research with the elderly.

He showed that protein malnutrition is the strongest predictor of death in a nursing home population, identified inadequate levels of tryptophan, methionine, and cysteine in commercial canned liquid used as the sole source of nutrient in tube feeding. His research among growth hormone-deficient elderly showed a loss of lean body mass at seven-fold the rate of an age-matched general population. Hormone replacement was found to reverse the loss of lean body mass in deficient subjects.

Dr. Rudman was elected to fellowship in the American Society of Clinical Nutrition shortly before his untimely death.

Dan was a compassionate physician who truly cared for his patients. Psychosocial and ethical issues always were on his agenda. Dan Rudman was more than the sum of his parts. He read widely and was a delightful conversationalist. His quiet wit was greatly appreciated and is sorely missed by his colleagues.

D. J. McCarty, MD  
Professor and Former Chair,  
MCW Department of Medicine

Proceedings of the Association of American  
Physicians.  
1997; 109 (6): 597-598

