

30th Anniversary
Stratton Lecture on
Aging Successfully

Tuesday

May 9, 2017

4:30 pm – 6:30 pm



All welcome

This program is free
and open to the public.

Wong Auditorium

The Tang Center
Building E51
70 Memorial Drive and
Wadsworth Street
Cambridge, MA



A source and resource for MIT women

Contact

Sis de Bordenave
617.253.3656
wleague@mit.edu
web.mit.edu/womensleague

Sleep: What You Need and How to Get It

Clinicians Discuss the Importance of Sleep As We Age



John R. Anderson



Andrea W. Schwartz



Edwin M. Trayner

A collaborative project of MIT's Medical Department, Age Lab and Women's League, the 2017 Catherine N. Stratton Aging Successfully Lecture features a panel of three practicing physicians who currently support patients and their families concerned about their sleep patterns, deficits, and disorders as well as helpful remedies and the kinds of assistance now available for these issues.

Panelists

John R. Anderson, MD, Moderator, Chief of Geriatric Medicine and Director of the Quimby Center for Geriatric Care at Mt. Auburn Hospital, as well as Assistant Professor of Medicine at Harvard Medical School, will offer a brief introduction and outline aspects of sleep for discussion. These will include sleep pattern alteration with age and disease, use of sleep aids, sleep pathology and sleep research.

Andrea Wershof Schwartz, MD, MPH, Physician and Educator with the Veterans Administration Boston Health Care System Geriatric, Education and Research Center, and Instructor at Harvard Medical School, will bring a geriatrician's point of view to sleep as we age, sleep disorders, the perils of pharmacologic sleep aids and primary care for better sleep.

Edwin M. Trayner, Jr., MD, a Sleep Specialist and Pulmonary Intensivist at Mt. Auburn Pulmonary Consultants, and Clinical Instructor at Harvard Medical School, will focus on normal sleep pathology, changes as we age, and common pathophysiologies that lead to abnormal sleep, including technologies used to assess sleep disorders, home sleep testing versus lab-testing, various therapeutic modalities and other ways to optimize sleep.

After the presentations and a short discussion among the panelists, Dr. Anderson will serve as moderator for written audience questions to be answered by the panelists as time allows.

Sleep: What You Need & How to Get It continues the Catherine N. Stratton Lectures on Aging Successfully to honor Kay Stratton whose energy, grace and intelligence enriched the MIT community for more than seventy-five years. These lectures are designed to encourage attendees to become well-informed health advocates for themselves and their families.



Massachusetts Institute of Technology
 77 Massachusetts Avenue, Room 10-342
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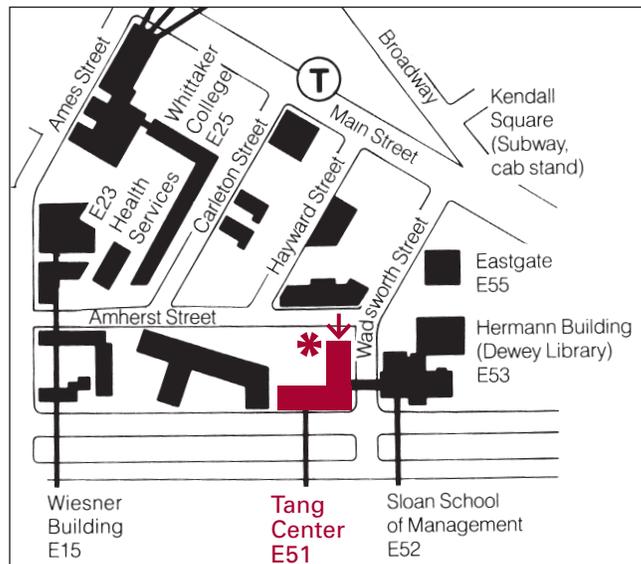
Edwin M. Trayner

**Wong Auditorium,
 The Tang Center
 Building E51**

The Tang Center can be reached by subway at the Kendall/MIT MBTA T-stop on the Red Line or by car.

Entering

The entrance to the Tang Center is on the corner of Wadsworth and Amherst Streets. Wong Auditorium is on the mezzanine level.



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This program is free and open to the public.

Parking

Garage parking is available on Ames Street behind Legal Sea Foods.