

Newsletter 3  
January 2019



Netzwerk junge Geriater Schweiz  
Réseau des jeunes gériatres suisses  
Rete dei giovani geriatri svizzeri

Aiming to connect and inspire young and future geriatricians and shape geriatric medicine in Switzerland.

This newsletter can also be downloaded from our website.

[www.sfgg.ch/de/ueber-uns/netzwerk-junge-geriater](http://www.sfgg.ch/de/ueber-uns/netzwerk-junge-geriater)

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***Hot Topic:***

***The urgent need for geriatricians***

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**More geriatricians needed!!**

All over the place I seem to be hearing that more geriatricians are needed, that new geriatric departments are opening. So we intend to include a job openings section of our newsletter. For the time being, advertising in the Young Geriatrician's newsletter will be free!

For example: Dr Cindy Smith is in the process of building a geriatric department in the hospitals of Broje.

We want to help you find the right job at the right place. That's one of the objectives of the network: to facilitate connections. So please don't hesitate to contact us.



*Jane Morgillo*

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***Meeting up at congresses etc***

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**We want to meet you!**

At the end of the newsletter is a list of upcoming congresses. We will definitely be present and active at the SGAIM congress in Basel in June, do visit our stand to catch up with us. Another great place to meet up is the EUGMS congress in Krakow in September where a lot of us will be going; do please contact us, if you want to meet up during the congress. A few of us will be at the JhaS Symposium in April (this will surely be a great event) and at the DGG congress.

We have postponed our own first symposium so as to have a little more time to prepare. Details will follow as soon as we have a date to save.

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*What are our patients reading about?*

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## Dementia and Nutrition in the press

### Does a high carb/ low protein prevent dementia?

There have been several articles in the international and national press citing a recent Australian study.

Gegen Demenz: Kohlenhydrate haben positiven Einfluss auf die Hirngesundheit

[https://www.focus.de/gesundheit/ernaehrung/gesundessen/4-diaet-schulen-im-vergleich-studie-kohlenhydrate-haben-positiven-einfluss-auf-die-hirngesundheit\\_id\\_9964796.html](https://www.focus.de/gesundheit/ernaehrung/gesundessen/4-diaet-schulen-im-vergleich-studie-kohlenhydrate-haben-positiven-einfluss-auf-die-hirngesundheit_id_9964796.html)

High carbohydrate, low protein diets may help people stay mentally fit in old age, study says

<https://www.independent.co.uk/news/health/carbs-protein-carbohydrate-dementia-live-longer-health-sydney-study-mice-alzheimers-a8643206.html>

Alzheimer: Forscher findet Heilmittel in Ernährungsumstellung

<https://www.blick.ch/life/gesundheit/medizin/durchbruch-in-der-forschung-alzheimer-ist-anders-und-heilbar-id7351336.html>

While I'm glad that eating pasta is more acceptable again, I do worry that older people will reduce their protein intake even more and so exacerbate sarcopenia. We need to be aware of what's in the popular press so we can encourage our patients to eat a balanced diet and help them see fads for what they are.



Jane Morgillo

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*News from*


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## Netzwerk Akutgeriatrie

Waidspital, 23rd January 2019

Dr. Sacha Beck (Waid Spital) reported on his experiences providing medical care of care home inhabitants as a consilliary geriatrician. The ensuing discussion gave me useful tips on where to find a sample contract (website of the SFGG) and how to approach financing.

Dr. Martina Heim told us about her challenging work as the only geriatrician (as far as we know) in the canton Graubünden.

Prof Dr. Andreas Stuck (Spital Tiefenau, Bern) gave us an update on the CHOP for geriatric rehabilitation.

The meeting is a great opportunity to network and to work together.

**\*\*\*Save the date: Next Meeting is on 28<sup>th</sup> August in Kantonsspital Winterthur\*\*\***



*Jane Morgillo*

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*From us*


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## Some thoughts from Marianne Javier

After some years of working as a Geriatrician, my life has taken a turn that has made me take a break doing clinical work. Whenever our situation changes, life gives us opportunities we wouldn't have otherwise had. Perhaps one of the most important is seeing things from a different perspective. And since a huge part of my life is precisely being a Geriatrician I am appreciating a new side of old age.

Nowadays I share some of my daily activities mostly with people at geriatric ages, the same people that some months ago I would have been calling "patients". I very much enjoy observing these people and their interactions. Unfortunately the language barrier prevents direct contact; once I will be able to communicate there's so much more I will discover. But so far I can see people as lively as you and me, they may walk slower or have a stick, but they care about their health and their looks. They keep active within their limitations, they are sociable, they try to be helpful whenever a small opportunity arises and they seem to laugh with and at each other. I have not only been surprised by how much they do and how well they are, but also how many they are.

After years or even decades of being inside hospitals we tend to forget about these aspects of people's lives, no matter our specialty we see "patients", and we meet them at the worst circumstances in their lives. I wonder, how would our practice change, if every decision we made and every detail in our care was guided by that woman that is swimming at the gym today with a flowery swimsuit and pearl earrings?



*Marianna Javier specialized in Geriatrics in Spain. After a working experience as a Geriatrician in the UK, she is now living in Basel where she currently learns German. Her special interest include Frailty, Preoperative care of Older People and Orthogeriatrics, and Medical Education.*

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## Journal Club

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Abstracts from current geriatric and general medicine journals

### Haloperidol and Ziprasidone for Treatment of Delirium in Critical Illness

**T.D. Girard et al, Dec 27, N Engl J Med 2018; 379:2506-2516**

The authors came to the rather subduing conclusion: The use of haloperidol or ziprasidone, as compared with placebo, in patients with acute respiratory failure or shock and hypoactive or hyperactive delirium in the ICU did not significantly alter the duration of delirium.

### From Pyramid to Mushroom and it's significance to Urology

**Schlaglicht der Schweizerischen Gesellschaft für Urologie**

I was so pleased that the Swiss urologists chose the subject of the significance of the aging population in their speciality. This artikel in the Schweizerisches Medizin Forum in January highlighted the collaboration between urologists and geriatricians in the Waid hospital, Zürich.



*Jane Morgillo*

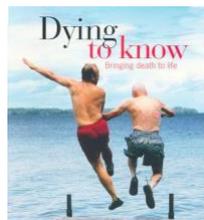
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## Good Books

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Have you read this yet?

### Dying to know



**By hardie grant books, Melbourne**

Life can be a challenge, especially when it comes to death. This visually striking book takes a lighter approach to the subject.



*Jane Morgillo*

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## Coming up

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Symposiums, congresses and other

### Switzerland

#### 9. Kongress der Jungen Hausärzte 27th April 2019

*Kongresszentrum KKThun*

Includes a workshop with one of our members, Dominic Bertschi. A close collaboration with the young family doctors in Switzerland is one of our priorities.

#### SGAIM Frühjahres-Kongress, Basel 5th-7th June 2019

*„Innovation“*

*Participation of the Network of young Geriatricians Switzerland!!*

#### Geriatrieforum 27<sup>th</sup> September 2019

*Waid Hospital, Zürich*

### International Congresses

#### Wien, 25<sup>nd</sup>-27<sup>nd</sup> April 2019

Österreichisch- Deutscher Geriatriekongress

*“Die Erfindung des Alters”*

#### Gothenborg, 23<sup>rd</sup> – 25<sup>th</sup> May 2019

IAGG-ER (International Association of Gerontology and Geriatrics European Region Congress)

*“Towards Capability in Ageing – from cell to society”*

#### Frankfurt, 5<sup>th</sup> – 7<sup>th</sup> September 2019

DGG (Deutscher Geriatriekongress)

*Geriatric: Jung und Grenzenlos*

*Participation of the Network of young Geriatricians Switzerland!!*

#### Krakow, 25<sup>nd</sup> – 27<sup>nd</sup> September 2019

EuGMS (European Geriatric Medicine Society)

*“Evidence Based Medicine in Geriatrics”*

#### Paris, November 2019

JASFGG (Journée annuelle Société Française de Gériatrie et Gérologie)



## European Geriatric Medicine Society

**Do you know you can become a member of EUGMS for free??**

If you are a member of SFGG/SPSG you can easily become also a member of EUGMS:

Go visit the homepage: [www.eugms.org](http://www.eugms.org) and **register for free!**

You get free access to the European Geriatric Medicine Journal, can get Newsletters, access to congress presentations and access to exclusive Geriatric resources