

Editor: Henny van Dijk

[www.uthro.org](http://www.uthro.org)

November, 2024

## Thursday November 14

### Annual Meeting, Holiday Luncheon, UT Police Toy Drive



We of course will have the Annual Meeting in the Rio Grande Room on the second floor at OCB from 11AM till 1 PM, in which the President will present a look back on the year.

UTHRO will also celebrate their traditional Holiday Luncheon with a non-traditional menu, but in the tradition of Thanksgiving it will be a genuine home-cooked meal with all the fixins and at a price you can't afford to miss.

The Executive Committee will be doing the cooking this year again and is determined to not only have an excellent menu but at the extraordinary price of \$10.00 pp. It will be a prepaid event and the info is posted to your right.

Finally, The **UT Police** in collaboration with **UTHRO and UT Health employees** will hold its Annual Toy Drive benefiting pediatric and adolescent patients at Harris County Psychiatric Center (HCPC) and LBJ Hospital. We urge our members to get into the spirit of giving by bringing an unwrapped new toy to the luncheon to make a child happy at Christmas.



**RSVP by November 7 to  
Janice Thomas  
832-515-0280 [flyte99@yahoo.com](mailto:flyte99@yahoo.com)**

*Parking arrangements are being made for those  
with limited walking issues.  
Let Janice know when you register if needed.*

## UTHRO's November Event...

### UTHRO'S THANKSGIVING LUNCHEON

PREPARED AND SERVED BY THE EXECUTIVE COMMITTEE MEMBERS

Thursday, November 14, 2024  
11 AM - 1 PM  
OCB Rio Grande

Slow Cooked Brisket  
Spiral Sliced Baked Ham  
Served with:

- Potato Salad
- Cole Slaw
- Green Beans
- Creamy Corn
- Sweet Potato Casserole
- Dinner Rolls
- Ice Tea
- Variety of Desserts

**Price: \$10 Per Person  
by November 7th**

**Checks Payable To: UTHRO**

Send To:

Margaret Zambrano  
20903 Imperial Ridge Lane  
Spring, TX 77379

**Zelle Payment:**

[zambranoll23@gmail.com](mailto:zambranoll23@gmail.com)

Election of New Officers will be held during the Luncheon  
Don't forget to bring your loose change

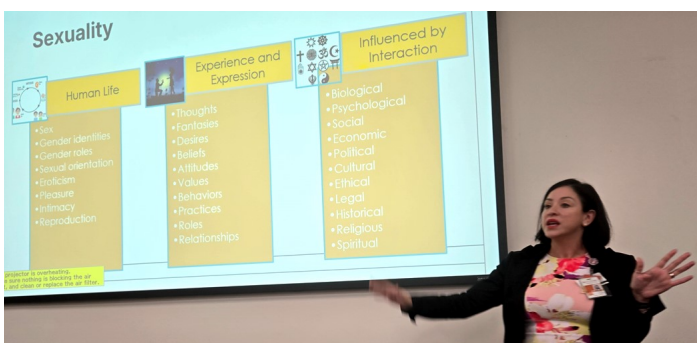
## Health Symposium Revisited...



Photo by Cynthia Isakson

Sexuality and Intimacy in the older population was the subject of this year's presentation by Dr. Renee Flores, Associate Professor in the Division of Geriatrics and Palliative Care as well as the McGovern Center for the Humanities and Ethics.

Although hampered by the lack of a functioning projector Dr Flores presented a witty, informed overview of something rarely talked about because both the patient and usually their physician are uncomfortable (or even educated) talking about this subject. When mentioned in the same sentence guiding advice is hard to come by. Dr Flores who's specializing in this field did not shy away from frank discussion and review and I have to say her facts combined with body language to make her points were not only very helpful but at times wonderful lighthearted, humorous and to the point. She did mourn the fact that some of her images would have been explanatory and funny as you might be able to see on the website where her talk (with images) will be posted soon. The members in the audience were clearly impressed and gave Dr Flores a well earned applause.



## A Houston (and US) First ...

UTHealth Houston is the first institution in Houston to administer an FDA-approved drug, Kisunla for the treatment of early symptomatic Alzheimer's disease.

The 79-year-old recipient, received the infusion last week. She began experiencing memory loss and forgetfulness at the beginning of this year. After consulting [Rehal Bhojani](#), MD, primary care and sports medicine physician with McGovern Medical School; she was referred to [David Hunter](#), MD, associate professor in the Department of Neurology with the Medical School.

Kisunla isn't a cure for the disease, but clinical trial results showed it reduced amyloid plaques on average by 84% at 10 months after infusion – appearing to slow the progression of Alzheimer's for those in the early stages. UTHealth Houston was one of the sites in the study.

"We want to see patients as soon as they, or their family, notice the slightest trace of forgetfulness. The earlier the patient is in their Alzheimer's disease, the more they benefit from treatments like Kisunla Hunter said. "

The patient will receive monthly Kisunla infusions for the next 18 months and also undergo MRIs after each of the first several infusions to monitor for possible side effects. Frequent PET scans will check how the amyloid plaque is reacting to the treatment.

"If we notice it is gone, we will reduce the frequency of infusions to once every six months," Hunter said.

[Paul E. Schulz](#), MD, professor of neurology and director of the UTHealth Houston Neurosciences Neurocognitive Disorders Center with McGovern Medical School, led the clinical trial for Kisunla at UTHealth Houston

"For the first time in human history we now have two drugs that significantly slow the course of Alzheimer's disease," Schulz said. "Having two drugs is way better than one because now we know that the approach to the disease is generally correct. Up until recently, we were wondering whether we were barking up the wrong tree after having a lot of negative studies using similar approaches. But now we have a lot of confidence that we're on the right pathway to treatments for Alzheimer's disease. Alzheimer's is a very emotionally distressing disease, so anything we do to slow its course has a big impact on a lot of patients and families."

"We can also be very proud of everybody here at UTHealth Houston and all of our patients that have been involved in these trials that are having a positive outcome now. It's become a very emotionally rewarding field in which to be working now that we can finally offer people things that we know work, while at the same time we are continuing to look for additional medications to improve outcomes even further," said Schulz.

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## UTHRO OFFICERS 2024

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**Vice-Pres** Cathy Findley  
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To protect our officers' personal information on our website, UTHRO has instituted a new general purpose email address: [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu). This is a "forwarding" email that will send copies to both the UTHRO president and Efen Pena who will then forward the email to the appropriate person. Including the recipient's name in your subject will be very helpful; e.g. Subject: For Barry, BBQ lunch. If UTHRO members already know the phone number or personal email address of an officer then by all means continue using that for your communication needs.