



# INFO SESSION: MEDICAL STUDENT TRAINING IN AGING RESEARCH (MSTAR) PROGRAM

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Melissa Aldridge, MBA, PhD  
Deborah Watman, MPH  
Jahriah Philip Hill

TUESDAY, DECEMBER 5, 2023



Icahn  
School of  
Medicine at  
Mount  
Sinai

# What is Geriatrics?

Geriatrics is the branch of medicine that focuses on **health promotion** and the **prevention and treatment of disease and disability** in later life among adults **65 years and above**.

# Why 65?



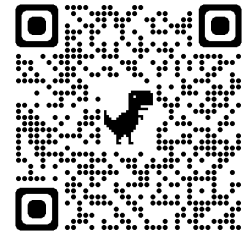
- Arbitrary determination
- Kaiser Wilhelm II of Prussia (pre-World War I Germany)
  - Declared that age 65 be the cut-off point for retiring and drawing a national pension

# Dr. Ignatz Nascher



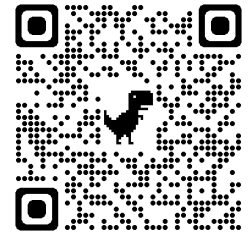
- Born in Vienna in 1863 and was brought up in NY.
  - Pharmacy (1882) and MD from NYU (1885)
  - Former Chief of Clinic at Mount Sinai Outpatient
- In the New York Medical Journal (1909), he argued that the disease and medical care of the aged should be considered a separate specialty.
  - Senility *"is a distinct period of life...a physiological entity ... a period of life where degeneration and decay are natural and physiological.... [S]enility and its diseases should be considered apart from maturity and assigned to a separate place in medicine."*
- *geras* – “old age” and *iatrikos* – “relating to the physician”

# MSTAR at Icahn Mount Sinai



- Established in 1994
  - Provides medical students, with an enriching experience in aging-related research and geriatrics, under the mentorship of top experts in the field.
- Students participate in an 8-week structured research, clinical, and didactic program in aging.
- Sponsored by The National Institute on Aging (NIA)

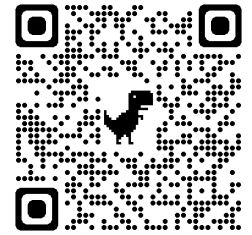
# MSTAR National Training Sites



## National Training Centers (NTCs) and Partner Sites

- Harvard Medical School (Boston University, University of Massachusetts, University of Mississippi, Brown University)
- Johns Hopkins University
- New York University
- UCLA (UCSF and University of Washington)
- UC San Diego
- University of North Carolina at Chapel Hill
- Program for Aging Research in the Summer (PARIS) at Augusta University (Universidad Central del Caribe, Ponce Health Sciences University, San Juan Bautista School of Medicine)

# MSTAR at Icahn Mount Sinai



- Formalized in 2000
- Over 350 medical students from 17 different medical schools
  - ~110 peer-reviewed publications (>78 first authorship)
  - Over 300 competitive poster presentations
  - For the last 12 years
    - 19 oral paper sessions at national meetings
    - 13 national student awards

# MSTAR at Icahn Mount Sinai



- GOALS:
  - Develop basic knowledge and skills required for aging and palliative medicine research
  - Foster the application of geriatric and palliative medicine principles in the care of older adults and those living with chronic illnesses and/or at the end of their lives, in whatever field in the future
  - Stimulate interest in a career in academic geriatrics and palliative medicine



# MSTAR at Icahn Mount Sinai



Participation in aging and palliative medicine research initiatives with established and successful research investigators



Development of formal mentoring relationships with leading research mentors in the field of aging and palliative medicine



Development and implementation of individual learning and research contracts

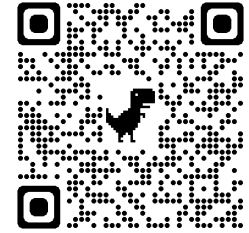


Participation in structured seminar series on basic research methodology and study design



Exposure to various clinical sites and aspects of geriatric and palliative medicine care

# MSTAR at Icahn Mount Sinai



Formal Mentorship in  
Research Work with  
Faculty Mentors

Research Methods,  
Leadership Training  
Sessions and Future  
Careers Workshops

MSTAR Student  
Trainee

Peer-to-Peer (P2P)  
Mentoring and Support

Nested Clinical Exposures

# MSTAR at Icahn Mount Sinai Timeline

[medinfo.mssm.edu/MSTAR](http://medinfo.mssm.edu/MSTAR)



### 2023 MSTAR STUDENT SCHOLARS



**Maximilian Bazil**  
Icahn SOM at Mount Sinai  
NEUROSURGERY



**Justin Choi**  
SUNY Downstate SOM  
GERIATRICS



**Daniel Cohen**  
Icahn SOM at Mount Sinai  
RADIATION ONCOLOGY



**Bahie Ezzat**  
Icahn SOM at Mount Sinai  
NEUROSURGERY



**Timothy Hoang**  
Icahn SOM at Mount Sinai  
ORTHOPEDIC SURGERY



**Shaun Kohli**  
Icahn SOM at Mount Sinai  
NEUROSCIENCE



**Nithya Krishnamurthy**  
Icahn SOM at Mount Sinai  
ONCOLOGY



**Elina Kurkurina**  
Netter SOM Quinnipiac Univ  
PRIMARY CARE



**Yash Lahoti**  
Icahn SOM at Mount Sinai  
ORTHOPEDIC SURGERY



**Amare Osei**  
Icahn SOM at Mount Sinai  
RADIATION ONCOLOGY



**Sujay Ratna**  
Icahn SOM at Mount Sinai  
NEUROSURGERY



**Mateo Restrepo Mejia**  
Icahn SOM at Mount Sinai  
ORTHOPEDIC SURGERY



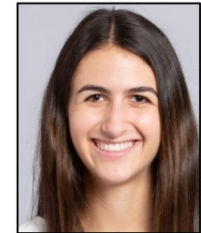
**Shreya Shaw**  
Ohio State COM  
NEUROSCIENCE



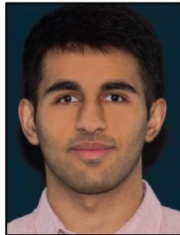
**Daniela Shill**  
Icahn SOM at Mount Sinai  
ENVIRONMENTAL MEDICINE



**Ryan Sicard**  
Icahn SOM at Mount Sinai  
NEUROSURGERY



**Jacqueline Slobin**  
Icahn SOM at Mount Sinai  
NEUROSCIENCE



**Sach Thakker**  
Georgetown Univ SOM  
DERMATOLOGY



**Devarshi Vasa**  
Icahn SOM at Mount Sinai  
NEUROSURGERY



**Anya Wang**  
Icahn SOM at Mount Sinai  
PLASTIC SURGERY



**Dana Cavanaugh\***  
Icahn SOM at Mount Sinai  
\*Univ of Washington MSTAR



**Rainier Soriano, MD**  
MSTAR Co-Director



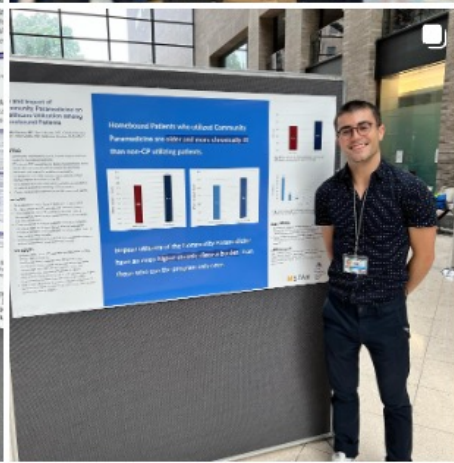
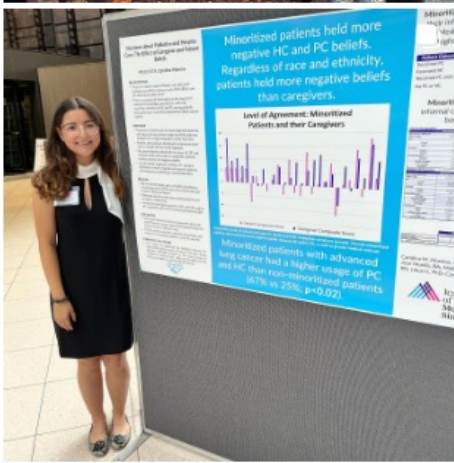
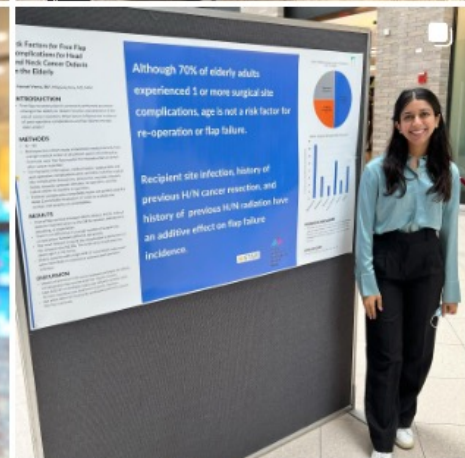
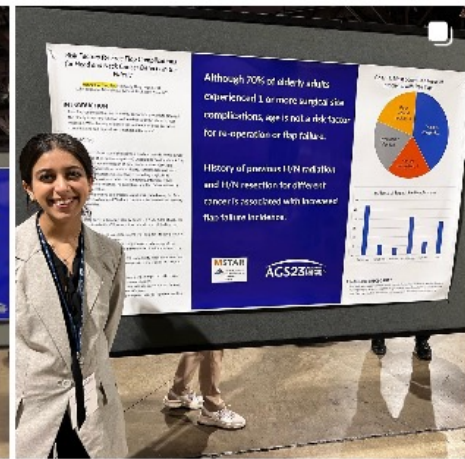
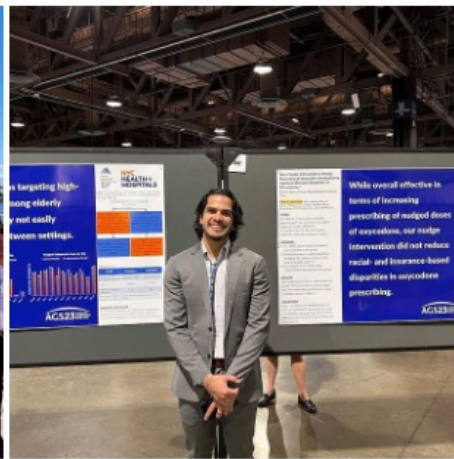
**Melissa Aldridge, PhD**  
MSTAR Co-Director

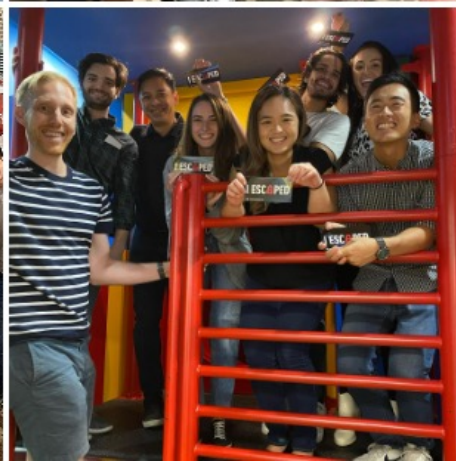
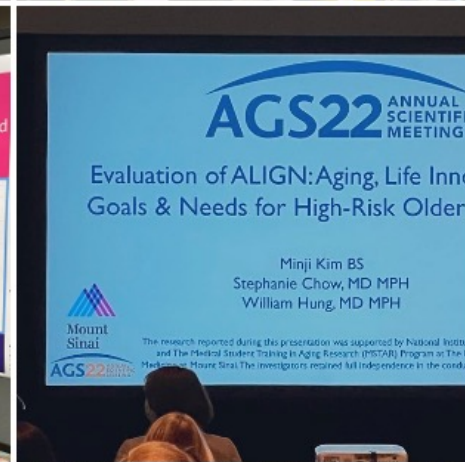
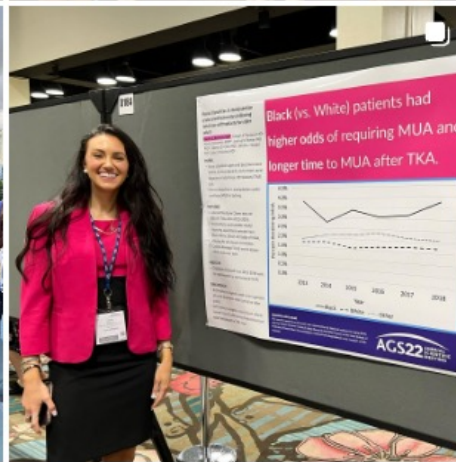


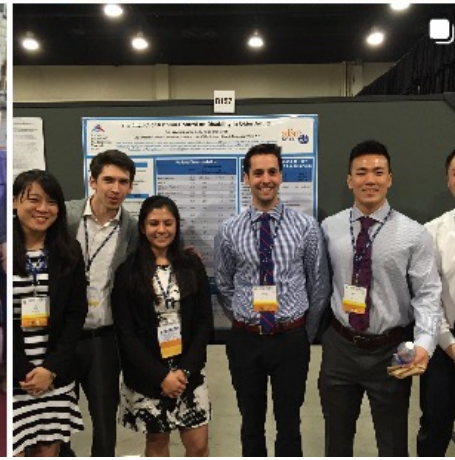
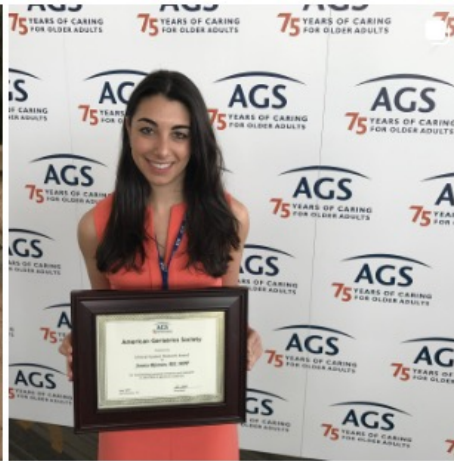
**Deborah Watman, MPH**  
MSTAR Program Manager



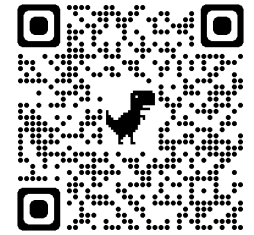
**Jahriah Phillip Hill**  
MSTAR Coordinator







# MSTAR at Icahn Mount Sinai

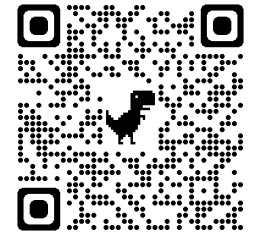


## ELIGIBILITY

- Applicants must be citizens or non-citizen nationals of the United States or must have been lawfully admitted for permanent residence.
- Individuals on temporary or student visas are not eligible.
- Due to NIA restrictions, individuals holding PhD, MD, DVM, or equivalent doctoral degrees in the health sciences are not eligible.
- Applicants may not hold another award or participate in another program concurrently.

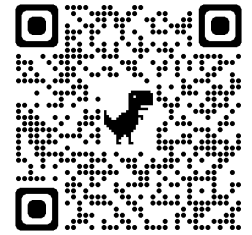


# MSTAR at Icahn Mount Sinai



- Student Application:
  - Honors/Awards Received in Undergraduate/Graduate Schools
  - Extracurricular, community, and avocation activities
  - Courses or other experiences in geriatrics/gerontology
  - Research experience (related or unrelated to geriatrics/gerontology)
- Research Mentor (ISMMS Faculty)
- Personal Statement
- Research Plan

# MSTAR at Icahn Mount Sinai



- STIPEND FOR MSTAR 2023:
  - \$4,525 for 8 weeks
  - \$2,000 additional for conference travel if accepted to AGS
  - Poster printing and abstract submission fee