

RUTGERS HEALTH
Robert Wood Johnson Medical School

RWJBarnabas HEALTH | Robert Wood Johnson University Hospital

On the Brink of Pink

BRAIN HEALTH, BURNOUT, AND COGNITIVE RESILIENCE

This free half-day symposium featuring speakers from Rutgers and RWJBarnabas Health Medical Group will show how burnout is a threat to cognitive performance, clinical judgment, and long-term brain health – focusing on the science of resilience and the systems that protect it.
Learn practical strategies for managing stress and protecting cognitive longevity!

Tuesday, Sept. 15

8 A.M. - 12:30 P.M.

Registration and networking breakfast begin at 8 a.m.

Clinical Academic Building, Room 1302, 125 Paterson St. New Brunswick

Light refreshments will be served.
"Swag bag" for all registrants.

Questions? Contact
alopi.patel@rutgers.edu

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Why the 'Brink of Pink'?

Female flamingos temporarily lose their vibrant pink color when they are focused on raising their young. Changes in their diet and the energy demands of feeding their young cause their feathers to fade to a pale pink or white. As caregivers, individuals can often forego their own health concerns to place emphasis on their loved ones or others. But, by navigating the balance of caregiving with prioritizing self-care and personal well-being, they can also "regain their pink" with recognition and support of their physical, emotional, and mental health needs at various stages of their lives.

WELCOME/INTRODUCTION

Hilary Grosso Jasutkar, MD, PhD
Assistant Professor of Neurology, Rutgers Robert Wood Johnson Medical School

Alopi M. Patel, MD
Associate Professor of Anesthesiology and Perioperative Medicine, Rutgers Robert Wood Johnson Medical School

KEYNOTE ADDRESS:
Healthy Brain Aging: What You Can Do Today to Protect Your Mind Tomorrow



Edmarie Guzmán-Vélez, PhD
Core Member, Center for Health Aging Research

PANEL: Brain Health in Women: Hormones, Stress, and Cognitive Load
Moderator: Elizabeth Skobolev

Ann Marie Raphail, PhD
Assistant Professor of Neurology
Rutgers Robert Wood Johnson Medical School

Francesca LoFaro, BS
Neuroscience PhD Candidate
Rutgers Health

Gloria A. Bachmann, MD, MMS
Professor of Obstetrics, Gynecology and Reproductive Sciences, and Associate Dean for Women's Health, Rutgers Robert Wood Johnson Medical School

PANEL: Brain Health in Men: Stress, Identity, and Mental Health
Moderator: Daniel Li

Avram Holmes, PhD
Associate Professor of Psychiatry, Rutgers Center for Advanced Human Brain Imaging Research

Fred Kobylarz, MD, MPH
Professor of Family Medicine and Community Health and Director of the Center for Healthy Aging, Rutgers Robert Wood Johnson Medical School

Gerardo Rodriguez, MD
Associate Professor of Anesthesiology and Perioperative Medicine, Rutgers Robert Wood Johnson Medical School

PANEL: The Aging Workforce: Protecting Cognitive Longevity
Moderator: Reem Eseghir

Ibiyoni Lawrence, MD
Associate Professor of Medicine and Chief of the Division of Geriatrics, Rutgers Robert Wood Johnson Medical School

Michal Schnaider Beeri, PhD
Professor of Neurology, Rutgers Robert Wood Johnson Medical School; Core Member, Rutgers Brain Health Institute; and Director, Herbert and Jacqueline Krieger Klein Alzheimer's Research Center

Renyu Liu, MD, PhD
Professor and Vice Chair for Academic Affairs, Department of Anesthesiology and Perioperative Medicine, Rutgers Robert Wood Johnson Medical School

PANEL: Brain Health in Clinicians, Caregivers, and First Responders
Moderator: Avital Dvoyakin

Cheryl Graber, MD
Associate Professor of Psychiatry, Rutgers Robert Wood Johnson Medical School

Kusum Punjabi, MD, MBA, FACEP
Associate Professor of Emergency Medicine, Rutgers Robert Wood Johnson Medical School

A. Reema Kar, MD, FACS
Associate Professor of Surgery and Associate Dean for the Office of Professional Fulfillment, Opportunity, Belonging, and Engagement, Rutgers Robert Wood Johnson Medical School

CLOSING REMARKS

Keith P. Lewis, RPh, MD
Vice Dean and Chair, Department of Anesthesiology and Perioperative Medicine, Rutgers Robert Wood Johnson Medical School