

**Public Lecture by Dr. Gordon Gill**  
**HORMONE PROBLEMS OF LATER LIFE**

Wednesday, August 15, 2001 at 6:00 p.m. in the Garren Auditorium, Basic Science Building  
Sponsored by the Sam & Rose Stein Institute for Research on Aging, UCSD

Dramatic changes in endocrine status that occur with aging such as primary ovarian failure and the menopause, are well recognized. There are also measured changes in production of certain hormones, the clinical significance of which has remained obscure. In the latter category, are the decline in growth hormone production that occurs with aging and the decline in dehydroepiandrosterone (DHEA) that occurs with aging.

It is quite clear that there is an increased incidence of endocrine gland diseases, primarily failure of glands and their hormonal production with aging. The two most prevalent in clinical practice are Type II diabetes mellitus and hypothyroidism. There is also an increase in the incidence of thyroid nodules, most of which are benign. Because it is important to treat Type II diabetes mellitus and hypothyroidism and should be part of the general examination of older patients, effective therapies exist, making early identification of deficiencies important. We'll discuss:

- 1) Normal endocrine/hormonal changes that occur with aging.
- 2) Controversies in use of replacement therapies for universal changes in endocrine function.
- 3) The underlying reasons for the increases in Type II diabetes mellitus, hypothyroidism and thyroid nodules with aging.
- 4) Effective therapies.