



**University
of Victoria**

Retirees
Association

THE BODY WORKS?

AN ELDER ACADEMY EVENT

This is the third in the series that looks at different systems in the body and how they work, followed by what can go wrong and how to fix it. As we age many of these systems break down and require some intervention by you or by a medical practitioner. The aim of this series is to allow you to have more informed discussion with your medical support team and better understand the options that might be available. In this series the heart and joints (articulations) will be revisited along with a new look at the brain and the very topical immune system. David Docherty will review the basic anatomy and function of the different systems followed by Chris Pengilly who will discuss the medical aspect when things go wrong.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, March 5, 12, 19, 26, 2022.

COST: \$20.00 for the series.

TIME: 10:00am to Noon.

VENUE: This will be a hybrid presentation using face-to-face and zoom. The in-person presentation will be at Cordova Bay 55+Association, 5238 Cordova Bay Rd, Victoria, BC V8Y 2L2 which is located in Cordova Bay Elementary School. There is parking in the front of the building and access is via the entrance to the left. Attendees must show proof of vaccination and identification. Zoom link will be sent one week prior to the start date.

REGISTRATION AND PAYMENT: via Eventbrite.

1. Attending in person: <https://www.eventbrite.ca/e/the-body-works-tickets-256313770387>
2. Attending via zoom: <https://www.eventbrite.ca/e/the-body-works-tickets-256307260917>

Students attend free but need to register by emailing UVRAElderAcademyevents@uvic.ca

Need to know more? Email UVRAElderAcademyevents@uvic.ca

PRESENTERS

David Docherty, BSc., MSc., PhD.



David Docherty is a professor Emeritus in the School of Exercise Science, Physical and Health Education. He taught Human Anatomy and Exercise Physiology at UVic for 40 years. His research was primarily on the effects of resistance training on neuromuscular adaptation as well as the physiological demands of physically demanding occupations. His most recent research articles just reached well over 50,000 reads and citations according to Research Gate. He is still reviewing for international journals in the area of exercise science and physiology. He is a long time member of the UVic Speakers' Bureau being a regular presenter on topics related to physical activity, health, and wellness for all ages. He has also taught numerous mini courses for the UVRA Elder Academy on a variety of topics related to "How the Body Works" as well as the

importance of physical activity, especially as we age. He combines his knowledge in exercise science and practical experience in teaching a fitness class for older men.

Chris Pengilly, MD., ChB.



Dr. Chris Pengilly graduated from the University of Leeds, UK. After graduation he undertook a variety of "houseman" positions under the NHS, eventually settling into family practice. He emigrated to Canada in 1975 where he worked in northern Manitoba in family practice/emergency/anaesthetics until 1978 when he came to Victoria to practice full-time in full service primary care. For 30 years he was an active member of the College of Physicians and Surgeons quality assessment program where he was part of the team who changed it to a quality improvement program. He has now retired from family practice but is still interested in medical education and the teaching and a regular contributor to the Times

Colonist on medical matters.

DESCRIPTIONS OF PRESENTATIONS

March 5th: The Heart of the Matter!

The heart is the vital organ that pumps blood to the rest of the body. This presentation will cover the basic structures of the heart and how they facilitate distribution of blood in a coordinated and responsive way to the demands placed on it including the pumping and conduction systems. The second part explores what happens when things go wrong and how they are corrected through medication and/or surgery.

March 12th: What's a bad joint like this doing in a nice person like you?

The second presentation reviews the structure and function of articulations or joints focussing primarily on the knee and hip. This will be followed by examining how joints change with age and the need for medical intervention including medications and surgery.

March 19th: The Control Centre

This presentation will review the basic structure and function of the brain and how it communicates information to the rest of the body as well as interpret information it receives. The medical part of the presentation will address several issues related to aging including what happens in certain neurological conditions such as neurodegenerative diseases, dementia, and stroke and the ways they may be treated.

March 26th: The War Against Invaders!

The pandemic of COVID 19 has aroused a lot of interest in the immune system and how the body fights off pathogens, including viruses and bacteria. A conceptual approach to understanding how the immune system works will be followed by a look at what interventions are available including vaccines as well as the use/misuse of antibiotics. The presentation will also discuss various autoimmune conditions and some strategies in dealing with them.