

# **Dr. Heather E. Whitson, MD, MHS**

**Professor at Duke University School of Medicine**

Durham, NC, US

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## **Biography**

Dr. Heather E. Whitson, MD, MHS is an internist, geriatrician, and clinical investigator. Dr. Whitson is the Director of the Duke Center for the Study of Aging and Human Development (aka Duke Aging Center). Established in 1955, the Duke Aging Center is the longest standing center in the nation devoted to the multi-disciplinary study of the aging process, spanning social, clinical, and basic sciences. Dr. Whitson's own research agenda seeks to improve health and resilience for older adults with multiple chronic conditions (MCC). She has particular interest and expertise related to the interface between age-related changes in sensory and cognitive health. She leads the new Duke/UNC Alzheimer's disease initiative, a major collaborative effort which is re-imagining research and care for dementia across Eastern North Carolina. Additionally, she has contributed substantially to the emerging construct of physical resilience to health stressors. Dr. Whitson currently serves as the Chair of the American Geriatrics Society Research Committee and the Chair of the Advisory Committee to the Center for Vision and Population Health. She is a recipient of the American Geriatrics Society Yoshikawa Award for Outstanding Scientific Achievement in Clinical Investigation.

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## **Areas of Expertise**

Population Health, Alzheimers, Ageing, Age-Related Changes in the Eye, Cognitive Health, Sensory Health, Age-Related Changes in the Brain, Vision Health, Dementia, Physical Resilience in Late Life

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## **Affiliations**

?AGING? Initiative on MCC, Member: 2014 to present, Gerontological Society of America, Member: 2008 to present, American Geriatrics Society, Member: 2004 to present

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## **Event Appearances**

**Geriatrics Visiting Professor and Grand Rounds Speaker**  
Resilience in the Era of Multiple Chronic Conditions

## **Grol Award Lecture**

Physical Resilience: The Science of ?Bouncing Back? after Health Stressors

## **Santa Fe Institute for Complexity Science**

Resilience and vulnerability to health stressors

## **Radboud Research Round**

Physical Resilience across the Lifespan: Tools for Clinicians and Researchers

## **Veterans Administration VISN8 GRECC Research Retreat**

Frailty and Resiliency

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## **Education**

### **Duke University**

M.H.S. Clinical Research Training Program

### **Cornell University, Weill Medical College**

M.D.

### **Stanford University**

B.S.

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## **Accomplishments**

### **Richard Grol Visiting Scientist Award**

2018 Radboud Institute for Health Sciences, the Netherlands

### **Thomas and Catherine Yoshikawa Award for Outstanding Scientific Achievement for Clinical Investigation**

2018 American Geriatrics Society

### **Duke Health Scholars Award**

2016 Duke School of Medicine

### **Outstanding Committee Service Award**

2015 Research Committee, American Geriatrics Society

### **Distinguished Nominee for Research Mentoring Award**

2016 Duke School of Medicine

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