



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Department
of Medicine

Medicine Grand Rounds

“Moving to Improve Pain and Depression in Older Adults: Pilot Results and Next Steps”

Speaker: Una Makris, MD

UArizona College of Medicine – Tucson
Lecture Hall, Room 5403
1501 N. Campbell Ave., Tucson, AZ 85721
Noon – 1:00 pm | Wednesday, April 3, 2024

– A light lunch will be provided. –

About the Presenter: Dr. Makris is an associate professor in the Department of Internal Medicine and a member of the Division of Rheumatic Diseases at the University of Texas Southwestern Medical Center and UT Southwestern Medical School in Dallas. Originally from Los Angeles, Dr. Makris holds a bachelor’s degree in microbiology from the University of California, San Diego. Her medical degree is from George Washington University School of Medicine in Washington, DC. She did her internal medicine residency training at the University of Washington Medical Center, Seattle, and rheumatology fellowship training at Yale University School of Medicine. She was a research fellow in clinical epidemiology and aging research at Yale, and later completed a master’s in clinical sciences at UT Southwestern. She joined UTSW’s faculty in 2011 and was promoted to associate professor in 2018. She is currently a rheumatologist at the Dallas VA Medical Center. Her research interests include health coaching and behavioral interventions to improve physical activity among older adults with musculoskeletal or MSK pain and mental health conditions, improving outcomes in medically complex older adults with chronic back pain, and improving outcomes for degenerative MSK conditions in older adults.



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Livestream link: <https://streaming.biocom.arizona.edu/streaming/30482/event>

Zoom link: <https://arizona.zoom.us/j/83633948595>

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Disclosure Statement: All Faculty, CME Planning Committee Members, and the CME Office Reviewers have disclosed that they have no financial relationships with ineligible companies that would constitute a conflict of interest concerning this CME activity.

Learning Objectives:

1. Diagnose a variety of internal medicine illnesses
2. Understand more clearly advances in therapy
3. Become truly professional physicians

For questions or accommodations that may be necessary, please contact the Office of the Chair, 520-626-6349.