# **CV**

# **Kaisu Pitkälä**

# LKT, geriatrian, sisätautien ja yleislääketieteen erikoislääkäri, geriatrian dosentti

# Professori; HY – Perusterveydenhuollon ja yleislääketieteen osasto

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LL 30.6.83 Helsingin yliopisto

LKT 28.5.1991 Helsingin yliopisto

Geriatrian erikoislääkäri 8.10. 1996 Helsingin yliopisto

Yleislääketieteen erikoislääkäri 8.1.1997 Helsingin yliopisto

Sisätautien erikoislääkäri 30.3.1999 Helsingin yliopisto

Geriatrian dosentti 1.10. 2003 Helsingin Yliopisto

Yleislääketieteen ja avoterveydenhuollon professori 1.3.2006 Helsingin Yliopisto

Lääkärinkouluttajan erityispätevyys 11.11.2009.

*Kielitaito:*Suomi, ruotsi (hyvä suullinen ja kirjallinen), englanti (hyvä suullinen ja kirjallinen)

**Luottamustehtävät:**

## Lääkärin sosiaalinen vastuu ry. taloudenhoitaja 1983-1986

## Yleislääkärin käsikirja- ja tietokanta toimittaja 1991 –2001, toimituskunta 2001-2012

Societas Gerontologica Fennica ry sihteeri 1996 –2001, varapj 2004-2013

Kuntokallio ry:n hallituksen jäsen 1998 –2000

Gerontologia-lehden toimituskunta 1998 -2001

Vantaan Kilterin koulun johtokunta 1998 –2004

Suomen Lääkärilehden avustaja 2003 –

HY- Palmenian johtokunta, varajäsen 2007 – 2013

HY – Perustutkinnon suunnittelutoimikunta, varapj 2007 -2009, jäsen 2010-2014

STM Vanhus- ja eläkeasiain neuvottelukunnan varajäsen 2007 –2013

STM Ikäihmisten laitoshoidon kehittämishanke; taustaryhmä 2006 - 2007

STM – Vanhusten lääkehoidon arviointityöryhmä 2007 - 2011

Lääkärikoulutuksen alueellinen neuvottelukunta 2007 – 2015

Alzheimer tutkimusseuran hallitus 2007 – 2013

Yrjö Jahnssonin säätiön asiantuntijajaosto 22.12.2007 – 2013

Valtion liikuntatieteellinen toimikunta, asiantuntija 2008

HY- Lääketieteellisen tiedekunnan väitöskirjatoimintakunta 2009 – 10, varapj 2010-

Studia Medicina –toimikunta (HUS-HY- Biomedicumin yleisöluentoja järjestävä toimikunta) 2010-

Duodecimin Helsingin seudun alueyhdistys, hallituksen jäsen 2010 – 2013

HY- Kliinisen laitoksen laitosneuvosto 2010 –2014

Duodecim seuran hallitus – jäsen 2013 –2016

STM- Hila, varajäsen 2013 –

Väestön terveyden tutkijakoulu, HY, ohjausryhmä 2013 -

Suomen Geriatrit hallitus, pj 2003-4; 2014 -2017

Member of organizing committee of IAGG Europe - Clinical Section international congress 1997.

Member of organizing committee of international NORAGE congress in 2007

Member of the organizing committee of International Yrjö Jahnsson symposium 2011.

President of National Gerontologia -congress in Helsinki 2013.

SISUII - lääketieteellisen tiedekunnan uutta curriculumia suunnitteleva työryhmä 2014-15

Iso Pyörä - HY koulutuksen uudistushanke. Työryhmä 2015 - 2017

Member of international committe for Robert Bosch Institute to audit the status of German geriatrics education and research 2015

STM Vanhusten hoidon kehittämishanke - tieteellinen ohjausryhmä 2016-

**Edustukset tieteellisissä elimissä:**

Nordisk Gerontologisk Förening hallituksen jäsen 1997 – 2001, 2014-

Nordic Geriatric Research School – koordinaattori 2001- 2004, 2010 - 2014

European Union Geriatric medicine Society. Task Force for Position Statement 2002

European Academy for Medicine of Ageing hallituksen varapuheenjohtaja 2006 – 2014

J Am Med Dir Assoc lehden editorial board 2006-

European Geriatric Medicine -lehden Editorial Board 2014-2016

European Union Geriatric Medicine Society Academic Board 2014-2017

Task force for exercise training in nursing homes 2015-2016.

Member of international committe for Robert Bosch Institute to audit the status of German geriatrics education and research 2015

Alzheimer Foundation, U.K. - member of scientific evaluation board 2016

Advisory Panel for the Intervention Factory - Heriot Watt University, Edinburgh 2016-

PRIMA-Eds: Polypharmacy in chronic diseases: Reduction of Inappropriate Medication and

Adverse drug events in elderly populations by electronic Decision Support hankkeen

scientifuc advisory board member 2015-2017

Aging, Clinical and Experimental Research lehden editorial board 2017-

Journal of Nutrition, Health & Aging lehden editorial board 2018-

Experimental Gerontology editorial board 2018 -

Huomionosoitukset:

Helsingin Yliopiston lääketieteellisen tiedekunnan opetuspalkinto 1998

Sotainvalidien ansioristi 2004

Leif Sourander luentopalkinto 2004

Schober Award for Gerontology, Halle, Saksa 2011.

Sohlberg Nordic Prize for Gerontology, Copenhagen 2012

Opettajien Akatemian jäsenyys, Helsingin Yliopisto 2013-

Parhaan geriatrisen tieteellisen artikkelin palkinto, Suomen Geriatrit 2014.

Miina Sillanpään säätiön "Vuoden vaikuttaja" -palkinto, 2014.

Vuoden parhaan artikkelin palkinto Scand J Prim Health Care lehdessä 2014.

Dick Lefroy Oration in Perth Australia 2015

35 Key note -luentoa kansainvälisissä kongresseissa ja tapahtumissa

### Vanhempana tutkijana toimiminen

***Ohjatut väitöskirjat 20 kpl***

***Pro gradu ja syventävien tutkielmien ohjaus: 12 kpl***

*Väitöskirjaohjattavia 11 kpl*

***Väitöskirjojen esitarkastukset: 14 kpl***

***Vastaväitökset: 13 kpl***

### *Dosentuurien arvioinnit: 7 kpl*

***Professuurien arvioinnit: 8 kpl***

***Refereenä 49 ulkomaalaiselle (esim. BMJ, JAMAIntern Med, PlosOne jne.) ja 5 suomalaiselle tieteelliselle lehdelle***

***Asiantuntija-arviointeja seuraaville tutkimusta rahoittaville säätiöille ja tahoille***

KELA, Yrjö Jahnssonin säätiö, Opetusministeriö – Liikuntalääketieteen jaosto

Jan-Magnus Janssonin säätiö, Työsuojelurahasto

Wellcome Trust, England, Alzheimer Society and Bupa Foundation, Englanti, FAS, Ruotsi. Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO, The Netherlands. ILSI Europe – International Life Sciences Institute.

Alzheimer's Foundation, the U.K.

Singapore Ministry Of Health, National Medical Research Council.

Association of Medical Education in Europe

University of Eastern Finland

**Tutkimusapurahat**

Tutkimusrahoitusta hankittu v:na 2000-2017 yht. noin 5,6 milj € (mm. Kela, RAY, EVO, Sohlbergin säätiö, Suomen lääketieteen säätiö, Konung Gustaf V:s och Drottning Victorias Frimurarstiftelse, EU hankkeet SPRINTT ja PROMISS)

**Tärkeimmät tutkimusprojektit**

Olen suunnitellut, organisoinut, ja johtanut yhteensä 8 suurta, useita vuosia kestävää satunnaistettua, kontrolloitua tutkimusta, jotka ovat johtaneet uusiin hoitomalleihin ikääntyneillä

- Päiväsairaalahoidon vaikuttavuus

- Ikääntyneiden yksinäisyyden lievittäminen ryhmäkuntoutuksella

- Muistikoordinaattori omaishoitoperheiden tukena

- Deliriumin hoito

- DEBATE (Drugs and Evidence based medicine in the elderly)

- BIFIDO jugurtit laitoshoidon vanhuksien ravinnossa

- FINALEX Finnish Alzheimer Exercise Trial

- Laitoshoidon vanhusten sopimattomien lääkkeiden vähentäminen

- NuAD tutkimus (Alzheimer perheiden yksilöllinen ravitsemusohjaus)

- FINCOG tutkimus (kognitiivinen harjoittelu muistisairailla)

- FINPAL (palliatiivisen hoidon koulutus ympärivuorokautisessa hoidossa)

Lisäksi olen ollut mukana suunnittelemassa ja ohjaamassa 6 muuta satunnaistettua kontrolloitua tutkimusta mm yhteiseurooppalaista SPRINTT ja PROMISS tutkimuksia.

Olen ollut mukana, tai suunnitellut, organisoinut ja johtanut seuraavia pitkittäisiä havainnoivia tutkimuksia:

HEVA ja DEBATE tutkimus (kymmenen vuoden välein toteutetut kohorttien välinen vertailu)

Helsingin laitoshoidon ravitsemus ja lääketutkimus 2003 -2017

Helsingin Johtaja-tutkimus

**Kansainvälinen tutkimusyhteistyö**

1. Laitosvanhusten lääkkeiden käyttö. Yhteistyö austraalialaistutkijan S. Bellin kanssa. 2008 -

2. Delirium – altistavat geenit. Koordinoivat tutkijat Hollannista, useita tutkijoita eri maista.

3. Psychotropic drug use among nursing home residents. Itävaltalainen tutkijaryhmä. 2009

4. Vanhuksille sopimattomien lääkkeiden käyttö: HY sosiaalifarmasian osasto ja tutkimusyhteistyö yhdysvaltalaisen tutkijan kanssa 2010.

5.Geriatrien hyvinvointi. Geriatriset syndroomat. Yhteistyö irlantilaistutkijan D. O’Neillin kanssa 2009 -2014.

6. SHELTER tutkimus. Yhteis-eurooppalainen vanhainkotien hoidon laatua selvittävä tutkimus.

7. SPRINTT Haurastuneiden vanhusten liikuntainterventiotutkimus. Yhteiseurooppalainen Horizon 2020 hanke.

8. PROMISS Malnutritioriskissä olevien vanhusten ravitsemusohjaus. Yhteiseurooppalainen ravitsemusinterventiotutkimus Horizon 2020 hanke.

9. COOP study. Yhteistyö norjalaisten (PI Torgeir Bruun Wyller) kanssa RCT tutkimuksessa iäkkäiden haitallisten lääkkeiden vähentämiseksi.**Alkuperäisjulkaisut:**

Väitöskirja:

1. Pitkälä K Vanhusten päiväsairaalahoidon vaikutukset kotisairaanhoidon potilaiden

selviytymiseen. Kirkkonummen-Siuntion vanhustutkimus. Väitöskirja. Geriatrian

yksikkö, II sisätautien klinikka. Helsingin yliopisto. Helsinki 1991.

Originaalijulkaisut ulkomaisissa referee käytännön omaavissa lehdissä:

2. Pitkälä K, Winell K, Tilvis RS: Effects of Geriatric Day Hospital Care on Home Care Patients.

Arch Gerontol Geriatr 1991;2 (suppl):51-54. IF 0.457

3. Pitkälä K: The Effectiveness of Day Hospital Care on Home Care Patients. J Am Geriatr Soc

1998;46:1086-1090. IF 2.878

4. Tilvis RS, Pitkälä K, Nevantaus H: Prognosis of depression in old age. Arch Gerontol Geriatr

1998;6(suppl):491-498 IF 0.457

5. Kähönen M, Jolkkonen J, Pitkala K, Malinen M, Tilvis RS. Predictors and clinical significance

of declining plasma dehydroepiandrosterone sulfate in old age.

Aging Clin Experiment Res 2000;12:308-314. IF 1.420

6. Tilvis RS, Pitkälä KH, Jolkkonen J, Strandberg TE. Social networks and dementia. Lancet

2000;356:76-78. **IF 13.251**

7. Pitkälä K, Mäntyranta T, Strandberg T, Mäkelä M, Vanhanen H, Varonen H. Evidence-based

medicine - how to teach critical scientific thinking for medical undergraduates?

Medical Teacher 2000;22:22-26. IF 1.089

8. Vanhanen H, Pitkälä K, Puolakkainen P, Strandberg T, Lonka K. The problem-based learning

tutorial laboratory – a method for training medical teachers. Med Teacher 2000;23:99-

101. IF 1.089

9. Pitkälä KH, Strandberg TE, Tilvis RS. Is it possible to reduce polypharmacy in the elderly? A

randomized, controlled trial. Drug Aging 2001;18:143-149. IF 1.912

10. Strandberg TE, Salomaa VV, Vanhanen HT, Pitkälä K. Blood pressure and mortality during an

up to 32-year follow-up. J Hypertension 2001;19:35-39. **IF 4.210**

11. Pitkälä KH, Valvanne J, Kulp S, Strandberg TE, Tilvis RS. Secular trends in three aged cohorts

J Am Geriatr Soc 2001;49:596-600. IF 3.092

12. Strandberg TE, Pitkälä KH, Kulp S, Tilvis RS. Use of cardiovascular drugs in a population aged

75 and over. A population based survey. Eur J Clin Pharm 2001; 57:513-516.

IF 1.922

13. Strandberg TE, Pitkala KH, Tilvis RS. Multifactorial cardiovascular prevention in patients aged

75 and older: randomized controlled trial. Drugs and evidence based treatment in

the elderly (DEBATE) Study. Am Heart J 2001;142:945-951. IF 2.870

14.Strandberg TE, Salomaa VV, Vanhanen HT, Pitkala KH, Miettinen TA. Isolated diastolic

pressure, Pulse pressure and mean arterial pressure as predictors of mortality during

an up to 32-year follow-up. J Hypertension 2002;20:399-404. **IF 4.210**

15. Mottram P, Pitkala K, Lees C. Institutional versus at-home long-term care for disabled elderly

(Cochrane Review). In: The Cochrane Library, Issue 1, 2002. Oxford, Update

Software. IF 4.654

16. Pitkala KH, Stranderg TE, Tilvis RS. Worsening of heart failure with COX-2 inbitors.

Am J Med 2002:112:424-6. **IF 6.106**

17. Pitkälä KH, Strandberg TE, Tilvis RS. Inappropriate drug prescribing in home-dwelling,

elderly patients.A population based survey. Arch Intern Med 2002;162:1707-12.

**IF 6.749**

18. Pitkala KH, Strandberg TE, Tilvis RS. Management of non-malignant pain in the home-

dwelling Elderly; a population-based survey. J Am Geriatr Soc 2002;50:1861-1865

IF 3.092

19. Laurila JV, Pitkala KH, Strandberg TE, Tilvis RS. Usefulness of CAM-test in diagnostics of

delirium. Int J Geriatr Psychiatry 2002;117:1112-1119. IF 2.057

20. Pitkala KH, Niemi M, Suomivuori L. Development of a geriatric team. Description of an

educational process in a nursing home. Educ Gerontol 2003;29:117-128.

21.Pitkala K, Kahonen M, Valvanne J, Strandberg TE, Tilvis RS. Long-term changes in mood of

an aged population; repeated zung-tests during 10-year follow-up. Arch Gerontol

Geriatr 2003;36:185-195. IF 0.681

22. Laurila JV, Pitkala KH, Strandberg TE, Tilvis RS. The impact of different diagnostic criteria on

prevalence rates for delirium. Dementia Geriatr Cogn Disord 2003;16:156-62.

IF 2.445

23. Strandberg TE, Pitkala KH, Tilvis RS. Benefits of optimizing drug treatment in home-dwelling

elderly patient with coronary artery disease. Drugs Aging 2003;20:585-95. IF 2.200

24. Pitkälä K; Mäntyranta T. Professional socialization revised: medical students’ own conceptions

related to adoption of the future physicians’ role. Med Teacher 2003;25:155-160. IF 1.089

25. Strandberg TE, Pitkala KH.- What is the most important blood pressure; systolic, diastolic, or

pulse pressure? Curr Opin Neph Hypertens 2003;12:293-297 IF 3.088

26. Strandberg TE, Pitkala KH, Berglind S, Nieminen MS, Tilvis RS. Possibilities of multifactorial

cardiovascular disease prevention in patients aged 75 and older: a randomized,

controlled trial. Drugs and Evidence-based treatment in the Elderly )DEBATE) Study.

Eur Heart J 2003;24:1216-22. **IF 6.131**

27. Tilvis, RS, Kähönen-Väre M, Jolkkonen J, Valvanne J, Pitkala KH, Strandberg TE. Predictors

of cognitive decline depend of age and time; A 10 year follow-up of three random

population samples. J Gerontol A Biol Sci Med Sci 2004;59:M268-74.

**IF 4.369**

28. Strandberg TE, Strandberg A, Salomaa VV, Pitkälä KH, Häppölä O, Miettinen TA. Impact of

midlife weight change on mortality and quality of life in old age.

Int J Obes Relat Metab Disord. 2003;27:950-4. IF 2.363

29. Forster A, Young A, Langhorne P for the Day Hospital Group. Medical day hospital care for the

elderly versus alternative forms of care. Br Med J 1999;318:837-841. IF 6.629

30. Pitkälä K, Mäntyranta T, Lonka K, Kekki-Karppinen P, Klockars M. Portfolio: A learning tool

for dortor-patient interaction. Patient Education and Counceling (poster session)

1998;34:S62-S63. IF 0.995

31. Forster A, Young A, Langhorne P for the Day Hospital Group. Medical day hospital care for the

elderly versus alternative forms of care (Cochrane Review). In: The Cochrane

Library, issue 1, 2001. Oxford: Update software. IF 4.654

32. Jonsson P, Gustafssan Y, Ronholt Hansen F, Saks K, Pitkala KH. Challenges of geriatric

education- Inspired by the Nordic professors meetings. Gerontol Geriatrics Educ

2003;24:1-14.

33. Strandberg TE, Pitkala KH, Linnavuori K, Tilvis RS. Impact of viral and bacterial burden on

cognitive impairment in the elderly. Stroke. 2003;34:2126-31. **IF 5.176**

34. Laurila JV, Pitkala KH, Strandberg TE, Tilvis RS. Detection and documentation of dementia

and delirium among medical inpatients. Gen Hosp Psychiatr 2004;26:31-5. IF 1.542

35. Laurila JV, Pitkala KH, Strandberg TE, Tilvis RS. Delirium among demented patients; are the

major symptoms different? Int J Geriatr Psychiatr 2004;26:31-5. IF 2.057

36. Pitkala KH, Laurila JV, Strandberg TE, Tilvis RS. Behavioral symptoms and use of

Psychotrophic drugs among demented elderly in nursing homes and in acute care.

Int Psychogeriatrics 2004;16:61-74. IF 1.577

37. Kähönen-Väre M, Brunni-Hakala S, Lindroos M, Pitkala KH, Strandberg TE, Tilvis RS. Left

ventricular hypertrophy and blood pressure as predictors of cognitive decline in old

age. Aging Clin Exper Res 2004;16:147-52. . IF 1.571

38. Pitkala KH, Laakkonen ML, Strandberg TE, Tilvis RS. Positive life orientation as a predictor

of 10-year outcome in aged population. J Clin Epidem 2004;57:409-414.

IF 2.223

39. Strandberg TE, Strandberg A, Salomaa VS, Pitkala K, Happola O, Miettinen TA. A follow-up

study found that cardiovascular risk in middle age predicted mortality and quality of

life in old age J Clin Epidem 2004;57:415-21. IF 2.223

40. Laakkonen ML, Finne-Soveri UH, Noro A, Tilvis RS, Pitkala KH. Advanced orders to limit

therapy in 67 long-term care facilities in Finland. Resuscitation 2004;61:333-9. IF 1.551

41. Duursma S, Castleden M, Cherubini A, Cruz Jentoft A, Pitkala K, Rainfray M, Sieber C,

Sinclair A. European union geriatric medicine society. Position statement on geriatric

medicine and the provision of health care services to older people. J Nutr Health

Aging. 2004;8(3):190-5. IF 1.475

42. Strandberg TE, Pitkala KH, Linnavuori K, Tilvis RS. Cognitive impairment and infectious

burden in the elderly. Arch Gerontol Geriatr 2004;38(Suppl):419-423. IF 0.457

43. Laakkonen ML, Pitkala KH, Strandberg TE, Tilvis RS. Living will, resuscitation preferences,

and attitudes towards life in an aged population. Gerontology 2004;50:247-54. IF 1.480

44. Kivistö KT, Niemi M, Schaeffeler E, Pitkala K, Tilvis R, Fromm MF, Schwab M, Eichelbaum

M, Strandberg T. Effect of CYP3A5 polymorphism on the lipid-lowering response to

statins. Pharmacogenetics 2004;14:523-5. **IF 5.540**

45. Strandberg TE, Pitkala K, Linnavuori K, Tilvis R.Infectious burden and cognition in elderly

vascular patients. Congress proceedings.Third Int Congress on Vascular Dementia.

Prague 2003, Oct 23-26.

46. Laurila JV, Pitkala KH, Strandberg TE, Tilvis RS. Impact of Different Diagnostic Criteria on

Prognosis of Delirium: A Prospective Study.Dem Geriatr Cogn Disors

2004;18:240-44. IF 2.445

47. Pitkälä K, Mäntyranta T. Feelings related to medical students’ first patient experiences. A

Qualitative study of personal portfolios. Patient Educ Councel 2004;54:171-177. IF 0.995

48. Laakkonen ML, Pitkala KH, Strandberg TE. Terminally ill elderly person's experiences,

attitudes and needs – a qualitative study. OMEGA 2004;49:117-129. IF 0.510

49. Suominen M, Laine A, Routasalo P, Pitkala KH, Räsänen L. Nutrient content of served food,

nutrient intake, and nutritional status of demented elderly residents in a nursing

homes. J Nutr Health Aging 2004;8:234-238. IF 1.475

50. Strandberg TE, Strandberg A, Salomaa VS, Pitkala K, Miettinen TA. Low cholesterol, mortality

and quality of life in old age during a 39-year follow-up. J Am Coll Card

2004;44:1002-8. IF 6.278

51. Pitkala KH, Blomqvist L, Routasalo R, Karvinen E, Oikarinen U, Saarenheimo M, Mantyranta

T. Leading groups of older people: Description and evaluation of education of

professionals. Educ Gerontol 2004;30:821-34.

52. Routasalo P, Pitkälä K. Loneliness among older individuals. Clin Rev Gerontol 2004;13;303-

311.

53. Strandberg A, Strandberg TE, Salomaa V, Pitkala K, Miettinen TA. Alcohol consumption,

29-y total mortality, and quality of life in old age. Am J Clin Nutr 2004;80:1366-71. **IF 5.601**

54. Pitkala KH, Laurila JV, Strandberg TE, Tilvis RS. Prognostic significance of delirium in a frail

older population. Dement Geriatr Cogn Disord 2005;19:158-163

IF 2.603

55. Laakkonen ML, Pitkala KH, Strandberg TE, Berglind S, Tilvis RS. Physical functioning,

depression and preferences for treatment at the end of life. J Am Geriatr Soc 2005;

53:168-170. IF 3.092

56. Raivio M, Korkala O, Pitkala K, Tilvis R. Rehabilitation outcome in hip-fracture:

impact of weight- bearing restriction – a preliminary investigation. **Phys Occup**

**Therapy Geriatr** 2004;22(4):1-9.

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education,herpesviruses, and ApoE genes in cognitive impairment. Neurobiology

Ageing 2005;26:1001-4. **IF 6.155**

58. Laakkonen ML, Pitkala KH, Strandberg TE, Berglind S, Tilvis RS. Older people’s reasoning for

their resuscitation preferences. Resuscitation 2005;65:165-71. IF 1.551

59. Suominen M, Muurinen S, Routasalo P, Soini H, Suur-Uski I, Peiponen A, Pitkälä KH.

Malnutrition and factors associated with it among aged residents in all nursing homes

in Helsinki. Eur J Clin Nutr 2005;59:578-83. . IF 1.943

# 60. Raivio M, Laurila JV, Strandberg TE, Tilvis RS, Pitkala KH.Atypical antipsychotics may even

# have protective effect among dementia patients. Am J Psychiatry 2005;162:1027. **IF 6.458**

61. Pitkala KH, Laurila JV, Strandberg TE, Tilvis RS. Delirium among elderly patients. Studies

about symptomatology, diagnostics, treatment and prognosis. Gerontologi Geriatrik

2005;(3):37-42.

62. Kivisto KT, Niemi M, Schaeffeler E, Pitkala K, Tilvis R, Fromm MF, Schwab M, Lang F,

Eichelbaum M, Strandberg T. CYP3A5 genotype is asosiated with diagnosis of

hypertension in elderly patients: data from the DEBATE study.

Am J Pharmacogenomics. 2005;5:191-5.

63. Savikko N, Routasalo P, Tilvis RS; Pitkala KH. Loneliness among older people. Arch Gerontol

Geriatr 2005;41:223-33. IF 1.136

64**.** Routasalo P, Savikko N, Tilvis RS, Strandberg TE, Pitkala KH,. Social contacts and loneliness

among aged individuals. A Population-based survey. Gerontology 2006;52:181-7. IF 1.439

65. Hosia-Randell H, Pitkala K. Use of psychotropic drugs among residents in Helsinki nursing

homes. Drug Aging 2005; 22:793-800. IF 2.799

# 66. Blomqvist L, Pitkala K, Routasalo P. Images of loneliness. Using art as an educational method

in professional training. J Continuing Educ Nurs 2007 Mar-Apr;38(2):89-93. IF 1.054

67. Pitkala KH, Laurila JV, Strandberg TE, Tilvis RS. A multicomponent geriatric intervention on

delirium. A randomized, controlled trial. J Gerontol 2006 ;61:176-81. **IF 4.369**

68. Savikko N, Routasalo P, Tilvis RS, Pitkala KH. Parental loss in childhood and its relationship

with depression, loneliness and life attitudes in old age. J Gerontol Nurs 2006;1:17-24.

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69. Suominen M, Hosia-Randell H, Sorva A, Routasalo P, Pitkala KH. Use of calsium and D-

vitamin supplements among elderly residents in Helsinki nursing homes. J Nutr

Health Ageing 2007 Sep-Oct;11(5):433-7. IF 1.475

70. Strandberg TE, Pitkala K, Berglind S, Nieminen MS,Tilvis RS. Multifactorial intervention to

prevent recurrent cardiovascular events in patients aged 75 years or older. The

DEBATE Study: a randomized controlled trial. Am Heart J 2006;152:585-92. IF 3.552

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their prognostic significance among In-Hospital and Nursing Home Patients with and

without Dementia in Finland.. Drugs Aging 2006;23:333-43. IF 2.799

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Utilisation des heparines de bas poids molecularie en prevention medicale par les

geriatres europeens. Rev Med Interne 2005; 27: 10-15. IF 0.614

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#### Effect of fermented cereal with specific Bifidobacteria on bowel movement regularity

in elderly nursing home residents. A randomized, controlled trial. J Nutr Health

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Recurrent Cardiovascular Events Among the Elderly. A Prospective Study.

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