



***Wednesday,
October 11, 2006
1:00 - 2:00 pm***

***Thomas Detre Hall
Auditorium
(WPIC 2nd floor)
3811 O'Hara Street
Pittsburgh, PA
412-246-5284***

*This lecture is sponsored by
The Pittsburgh Mind-Body Center*

***“Sleep Disturbance and Activation of Cellular and
Genomic Markers of Inflammation”***

***Michael Irwin, M.D.
Norman Cousins Professor
Cousins Center for Psychoneuroimmunology
Semel Institute for Neuroscience and Human Behavior -
David Geffen School of Medicine
University of California, Los Angeles***

Working in the area of psychoneuroimmunology for nearly two decades, Dr. Irwin has authored more than 200 articles and chapters, as well as one book, *Human Psychoneuroimmunology*. His research is broadly based on the interactions between behavior and immunity, with an emphasis on the consequences of major depression on immune processes relevant to infectious disease risk as well as inflammatory disorders. More recently, Dr. Irwin and his colleagues have studied the immunologic and health consequences of insomnia, with evaluation of the reciprocal links between inflammatory cytokines and disordered sleep in clinical populations. His present research program also includes investigations examining the capacity of mind-body interventions to improve insomnia with consequences for inflammatory mechanisms and viral specific immunity in older adults and in cancer survivors.

Dr. Irwin holds the Norman Cousins Chair for Psychoneuroimmunology at the UCLA David Geffen School of Medicine, and is Director of the Cousins Center for Psychoneuroimmunology at the UCLA Semel Institute for Neuroscience and Human Behavior. He is also Professor of Psychology at UCLA, Director of the UCLA Training Program in Psychoneuroimmunology and Mental Health, Chair of the UCLA Collaborative Centers for Integrative Medicine, and member of the Advisory Board of the UCLA Center on Aging as well as the UCLA Jonsson Comprehensive Cancer Center. Dr. Irwin is Past President of the Psychoneuroimmunology Research Society and of the Academy of Behavioral Medicine Research, and a Fellow in the American Psychiatric Association and the American College of Psychiatrists. In 2005, he was the recipient of the Faculty Research Mentor Award from the Department of Psychiatry and Biobehavioral Science at the David Geffen School of Medicine. In 2007, he will receive the Cousins Award from the Psychoneuroimmunology Research Society, which recognizes career achievement in psychoneuro-immunology research.