

Interview

An Interview with Dr. Pietro Gareri

OBM Geriatrics Editorial Office

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Dr. Pietro Gareri



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Dr. Pietro Gareri graduated cum laude with a degree in Medicine and Surgery in 1990. From May 3rd, 1991 until July 19th, 1991 attendance of the Health Military School in Florence, Italy. From August 2nd, 1991 until August 2nd, 1992 military medical officer at the Military Hospital of Catanzaro. Specialization cum laude in Geriatrics in 1996 at the University of Reggio Calabria, in Catanzaro. PhD in Neurobiology in 2005 at the University of Catania. Geriatrician at St. Vincenzo Hospital in Catanzaro from March 29th, 1996 until June 30th, 2002; Geriatric consultant at St. Rita's nursing home located in Mesoraca from October 5th, 2000 until June 30th, 2002. Geriatrician at the Elderly Health Care, ASP Catanzaro, since July 15th, 2002; geriatrician ASP Catanzaro, Centro Regionale di Neurogenetica and Ambulatory for Cognitive Disorders, Catanzaro Lido from July 1st, 2014 until June 5th, 2016. Presently, he is working as Director of Center for Cognitive Disorders and Dementia, ASP Catanzaro, in Catanzaro Lido. His work focuses on the assessment and care of elderly patients. Most of his patients are affected with neurological and psychiatric disorders, in particular, senile dementia, Parkinson's disease and depressive disorders. He is engaged in various care settings such as ambulatory, home and residential care settings. Contract Professor at the Chair of Pharmacology, Department of Health Sciences, Faculty of Medicine, University "Magna Græcia" of Catanzaro. His main interests are in the fields of Psychopharmacology and Geriatric Pharmacology. He is a member of both local and national geriatric associations (AGE, AIP, SIGG). He participated in several national and international conferences and congresses, also as a chairman and speaker. He wrote about 115 in extenso manuscripts and 200 abstracts.

1. Could You Please Tell Us Your Scientific Background?

I'm a geriatrician and I developed skills concerning the effects of drugs on older people. I'm a clinician, but some years ago I also worked on animal models of epilepsy.

2. What Is Your Main Research Area?

I love geriatrics and pharmacology, and my research is mainly focused on the care of older people, especially on the effects of drugs acting on the Central Nervous System (CNS).

3. Could You Please Briefly Share Your Career Development Story with Us?

I got the degree in Medicine and Surgery in 1990; I'm a geriatrician and I got the PhD in Neurobiology. My research life was mostly dedicated to older people affected by dementia, depression, Parkinson's disease, anxiety, comorbidities and polytreatment.

4. Where Do You Get the Latest News about Your Research Area or Where Do You Take Inspiration From?

My sources of information are PubMed, Google, articles that I often receive through emails, and scientific exchanges with other scholars.

5. Considering the Progress in Your Research Area, Could You Please Share with Us Some Hot Topics or Cutting-Edge Technologies in Your Research Field? And What Challenges and/or Developments May Be Encountered in the Coming Years?

Some hot topics are geriatric care, drug side effects, telemedicine, and artificial intelligence.

I think that the challenges are due to the need to offer overall care to older people living at home. In the hospitals, a need to have a first aid dedicated to aged persons. Telemedicine and artificial intelligence could be the true developments for making the care of frail people easier.

6. Do You Also Offer Training and/or Further Education in Your Area?

Yes, sometimes, to students and young medical doctors eager of learning geriatric care.

7. What Valuable Suggestions or Experiences Would You Like to Share with Young Scholars Regarding How to Be a Professional Researcher?

First, do not give anything for granted. Medicine, especially geriatric medicine, needs to be cultivated daily, and the possible mistakes prevented and faced! Every one of us learn something every day through the careful observation of the care of frail older people and the effects of drugs.

8. What Is Your Long-Term Research Goal?

To develop a system of care that can involve patients and their carers from the start of the disease until the end stages of life. Technology could have a remarkable role.

9. What Are the Recent Research Trends that You, as a Scholar, Would Suggest *OBM Geriatrics* Observe and Follow?

The role of new technologies in elder care.

10. What Attracts You to Join the Editorial Board of *OBM Geriatrics*?

The journal looks nice, the articles received and published report remarkable research.

11. What Do You Think of the Future of *OBM Geriatrics*, an Open-Access Journal?

It's an excellent journal and I hope it will be indexed in PubMed soon.