



RESOURCES & TAKEAWAYS FROM 06/12/2024 #BRAINMATTERS WEBINAR FOR ALZHEIMER'S & BRAIN AWARENESS MONTH: LIFESTYLE FACTORS & EARLY DETECTION

WATCH THE WEBINAR RECORDING [HERE!](#)

MANY THANKS TO OUR GUESTS:

- Dr. Marilyn Albert; Director of the Johns Hopkins Alzheimer's Disease Research Center
- Dr. Janero J. Hernandez; Primary Care, Geriatrics & Memory Care with Kaiser Permanente/Mid-Atlantic
- Ms. Teriko Epps; Caregiver, Coach, Author, & Former Research Study Participant
- Mr. Willie Powers; Caregiver & Research Study Participant

TAKEAWAY MESSAGES:

- **Lifestyle Factors are Important for Brain Health**
 - Mental activity, physical activity, and vascular risk factors affect brain health.
 - Even brief cognitive training may have long-lasting protective effects.
 - People with hearing loss are at increased risk of cognitive impairment; hearing aids can benefit cognition.
 - Moderately intense activity (e.g., 4K+ brisk steps a day) reduces dementia risk.
 - Vascular risks (e.g., midlife hypertension and diabetes, high cholesterol levels, and being overweight) increase the likelihood of cognitive decline.
 - Studies of older adults suggest positive lifestyle changes reduce dementia risk—even over the age of 65!
 - Mantra: "What's good for the heart is good for the brain!"
- **Early Detection of Memory Loss has Many Benefits**
 - Get symptoms checked out – sometimes other medical conditions (such as a urinary tract infection) can affect memory and thinking abilities.
 - Early correction of some factors, such as vision and hearing loss, may improve cognition.
 - Early diagnosis allows individuals living with cognitive impairment to take power over what matters most to them while they may still have agency to make decisions; examples include advanced care planning (e.g., legal, financial, and care planning) and monitoring of safety factors (e.g., decisions about when it is time to stop driving, or to make home improvements such as installing grab bars in the bathroom, etc.).
 - Some medical treatments and medications are more effective in earlier disease stages.
- **Information About Research**
 - Minority participation in research is important because diverse volunteers help ensure that new treatments and interventions benefit all races and ethnicities.
 - Research participants can choose the types of studies they want to participate in; there is a wide variety of studies researching different aspects of aging, mild memory loss, and dementia.
 - Ongoing research, such as studies including biomarkers (e.g., brain imaging, blood), help scientists understand how memory loss and dementia develop, and discover important new ways to intervene or treat it.
 - This is a hopeful and exciting time of progress in the field, thanks to everyone's contribution to advance science.

RESOURCES:

- [Importance of early diagnosis](#)
- [Signs & symptoms of Alzheimer's & dementia](#)
- [Dementia: The different types and their causes](#)
- [Different types of research studies at the Johns Hopkins Alzheimer's Disease Research Center](#)
- [The BIOCARD Study](#)
- [The Global Council on Brain Health's 6 Pillars of Brain Health](#)
- [National Institutes of Health report: Why diverse representation in research matters](#)
- [Overview of various factors affecting brain health](#)

For more information, or to suggest a future webinar topic (next webinar: November, 2024), please contact: tony.teano@jhu.edu