

TAKING CHARGE OF YOUR BRAIN HEALTH

Fundamentals of Living Well & Aging Well

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More than
6 MILLION
Americans are living
with Alzheimer's.



2022 Alzheimer's Disease Facts and Figures



1 in 3

seniors dies with Alzheimer's or another dementia

Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

\$272 billion



In 2020, COVID-19 contributed to a

17% increase in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321 billion

By 2050, these costs could rise to nearly

\$1 trillion

Between 2000 and 2019, deaths from heart disease have decreased **7.3%**

while deaths from Alzheimer's disease have increased **145%**

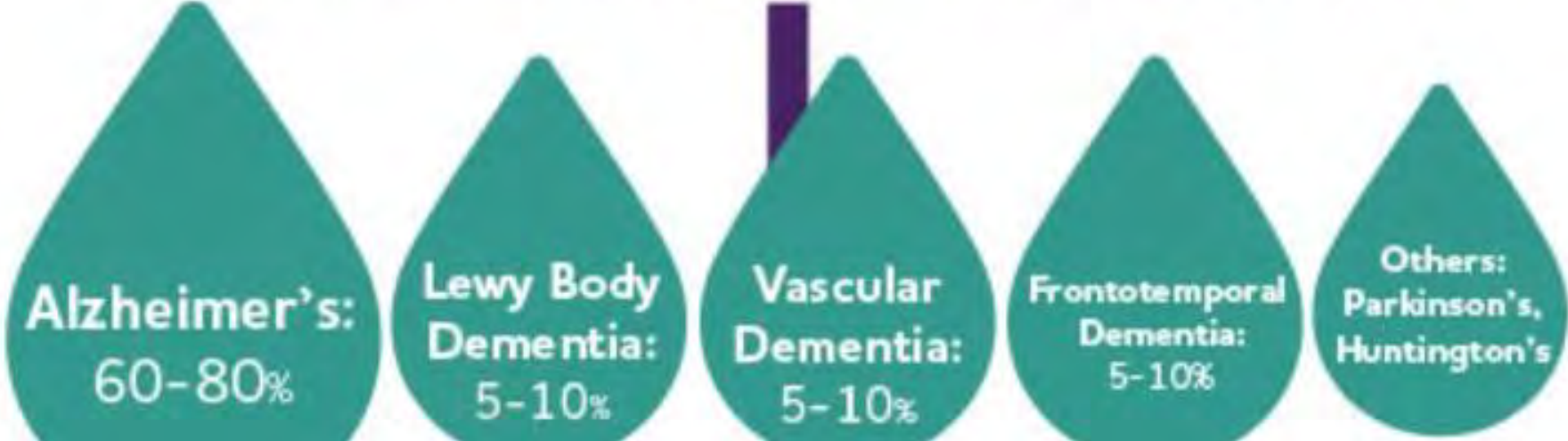
It kills more than breast cancer and prostate cancer
combined

More than **80%** of Americans know little or are not familiar with mild cognitive impairment (MCI), which can be an early stage of Alzheimer's.



DEMENTIA

Umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.



Alzheimer's:
60-80%

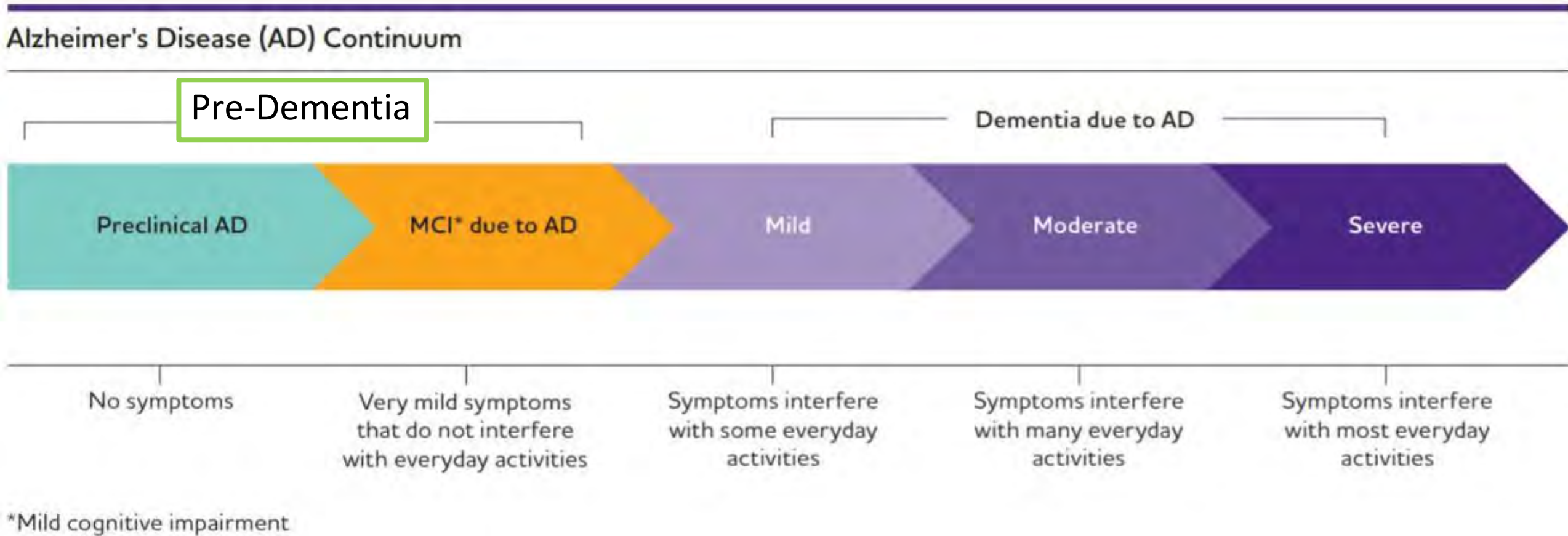
**Lewy Body
Dementia:**
5-10%

**Vascular
Dementia:**
5-10%

**Frontotemporal
Dementia:**
5-10%

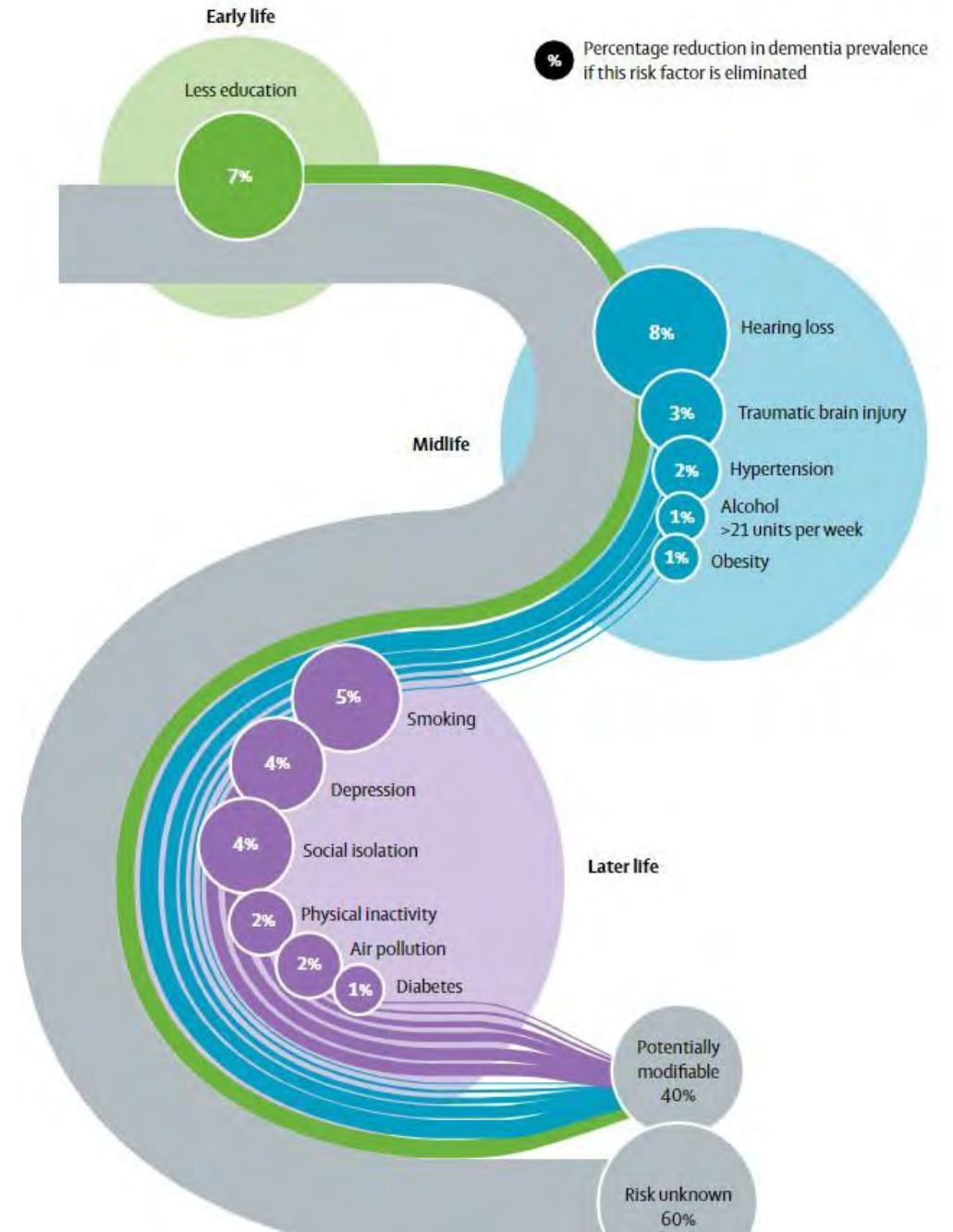
**Others:
Parkinson's,
Huntington's**

Increasing Healthspan via Optimization of Brain Health



Potentially Modifiable (40%)

- Less Education (7%)
- Hearing Loss (8%)
- Traumatic Brain Injury (3%)
- Hypertension (2%)
- Alcohol > 21 drinks/wk (1%)
- Obesity (1%)
- Smoking (5%)
- Depression (4%)
- Social Isolation (4%)
- Physical Inactivity (2%)
- Air Pollution (2%)
- Diabetes (1%)



A Framework for Reasoned Optimism

- Prevention – Public Health Priority / Lifespan Approach
- Extend/Delay – Early Detection / Multimodal Intervention
- Support – Expanded Clinical Teams / Innovative Services
- Manage – Early Detection / Novel Therapeutics





PERCEPTION



CONNECTION



PURPOSE



EXPRESSION

6 Ways to Improve Your Brain Health



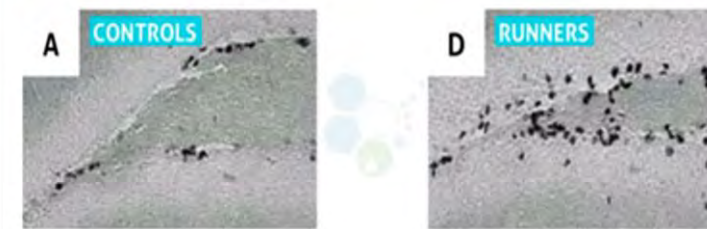


EXERCISE



Delayed
onset of
Alzheimer's
by 20 years

STIMULATING NEUROGENESIS WITH EXERCISE

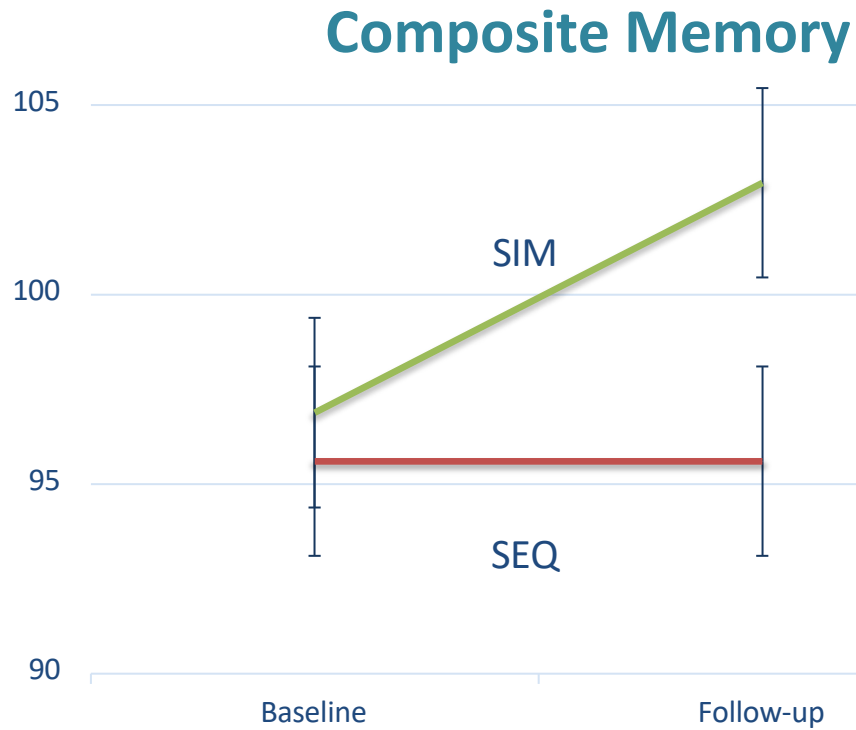


nature neuroscience • volume 2 no 3 • march 1999
Henriette van Praag¹, Gerd Kempermann^{1,2} and Fred H. Gage¹



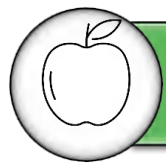
EXERCISE: 30 min 5x/wk moderate aerobic, 2x/wk resistance (6-8 exer, 8-12 reps, 3 sets, 2x/wk neuromotor training. Stretch!

Simultaneous Exercise & Memory Training Improve Memory in Pre-Dementia:

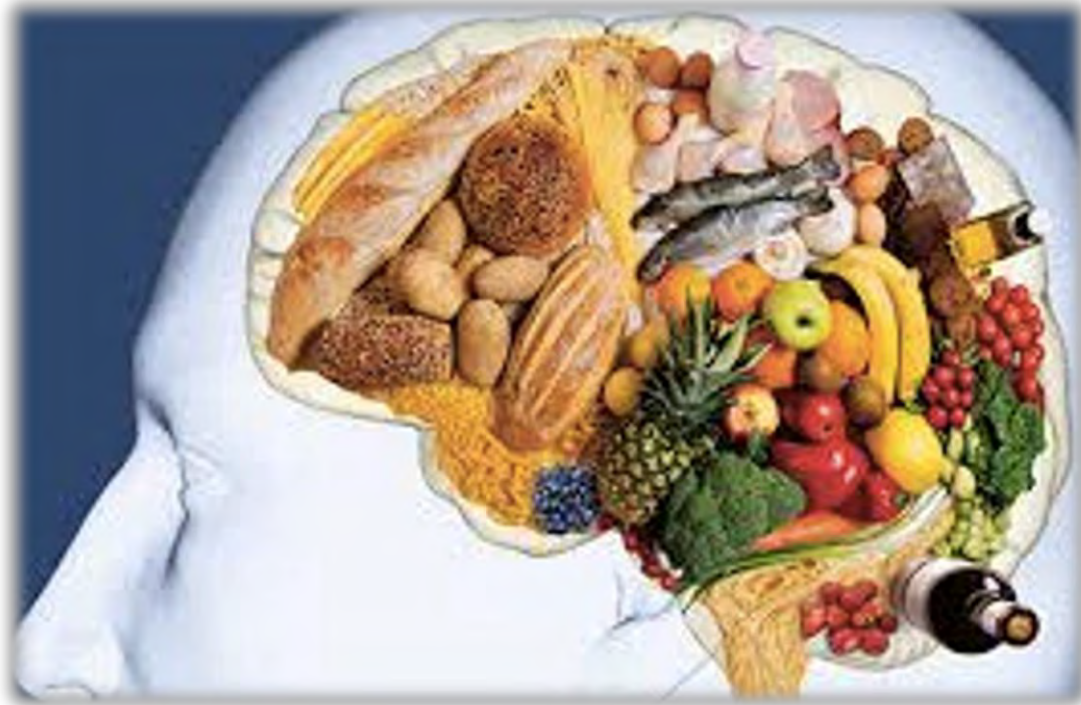


SIM Training





DIET



THE MIND DIET

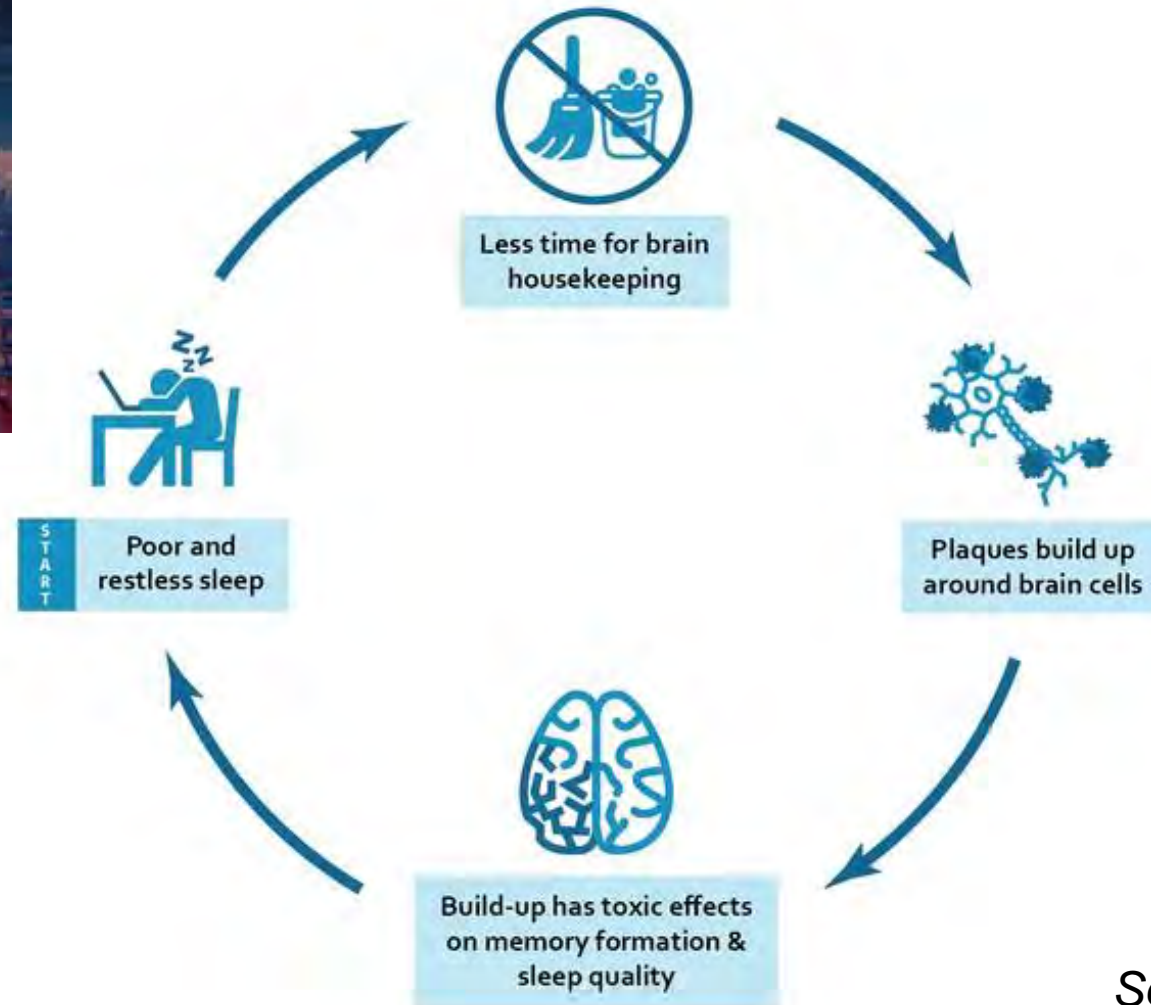
The MIND diet includes the following components:

- Whole grains:** at least 3 servings/day
 - Green leafy vegetables:** at least 6 servings/week
 - Other vegetables:** at least 1 serving/day
 - Berries:** at least 2 servings/week
 - Fish:** at least 1 serving/week
 - Poultry:** at least 2 servings/week
 - Beans:** more than 3 servings/week
 - Nuts:** at least 5 servings/week
 - Olive oil** as primary plant oil
 - Alcohol** (wine): 1 serving/day
- Limit intake of:
- Butter/margarine:** less than 1 pat per day
 - Cheese:** less than a 1 ounce serving/week
 - Pastries/sweets:** less than 5 servings/week
 - Fast/fried food:** less than 1 serving/week
 - Red/processed meats:** less than 4 servings/week

DIET: MIND Diet, Anti-inflammatory foods, leafy greens, berries, fish; avoid refined sugars and highly processed foods



SLEEP



Source: Savonix, Inc.

SLEEP: consistent sleep schedule with 8 hours sleep/day; sleep study if necessary



LEARN

TRAINING TYPES

Computerized Cognitive Training

- 5x/week 30 min
- 3 months

Compensatory Strategy Training

- Memory skills
- Practice 2x/week

Novel Skill Learning

- New activities
- 2-3 hours/week



SPECIFIC ACTIVITIES

Reading, writing, language learning

Playing an instrument, acting class

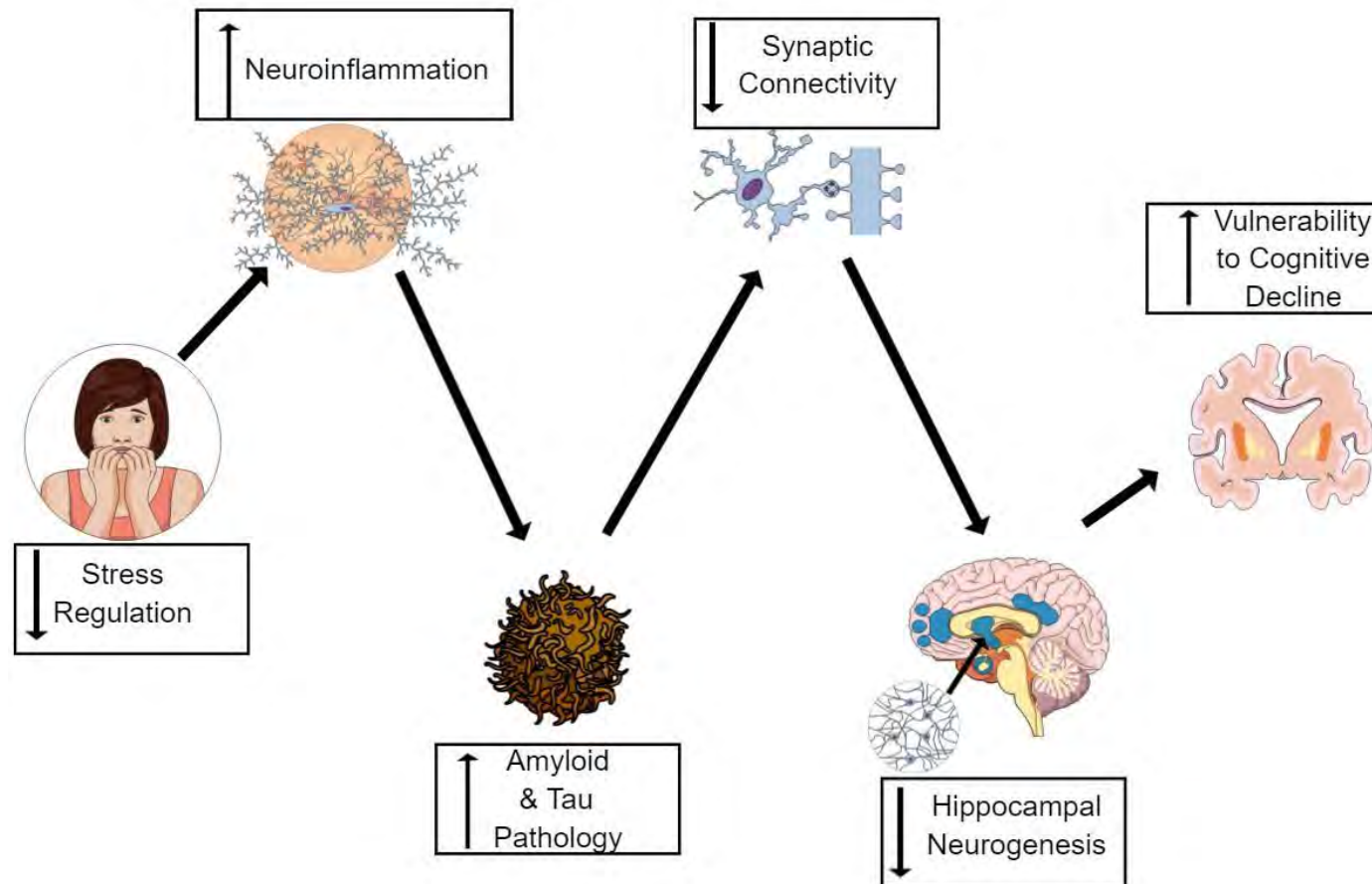
Active in clubs or religious group member

Source: Najar et al., 2019

LEARN: Computerized training (BrainHQ) 5x/week for 10-15 minutes and new skill learning for 2-3 hrs/wk



REDUCE STRESS



REDUCE STRESS: Stress reduction techniques through breathing exercises, meditation, mindfulness practice, etc.



CONNECT

**Would you
enjoy getting
calls from
someone who
shares your
interests?**



Join our fun, friendly telephone connection program!

CONNECT: engage in socially-based activities/ classes/
groups/volunteer activity/arts for 1 hour/day

“It is more important than ever that we rethink and harness the power of relationships and recognize that they are not just nice to have, but that they are *necessary* to have.”

— *US Surgeon General Vivek Murthy*

6 Take Home Tips to Improve Your Brain Health



Brain Wellness and Lifestyle Programs



Current Offerings

1. Roadmap to Brain Wellness
2. Memory Care
3. Vital Minds
4. FitBrain
5. Health Coaching
6. Memory Marathon
7. Mindful Mornings
8. Brain Health Boosters



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Roadmap to Brain Wellness



- A personalized cognitive and physical assessment followed by a “roadmap” that offers an individualized plan for improving memory and overall brain health.
- Customized packages to optimize an individual’s brain health goals which may include:
 - 1-5 Memory Consultations with Dr. Miller
 - 1-10 FitBrain sessions
 - 1-10 Vital Minds sessions
- Includes an option for review of nutrition, sleep, and other health coaching needs.

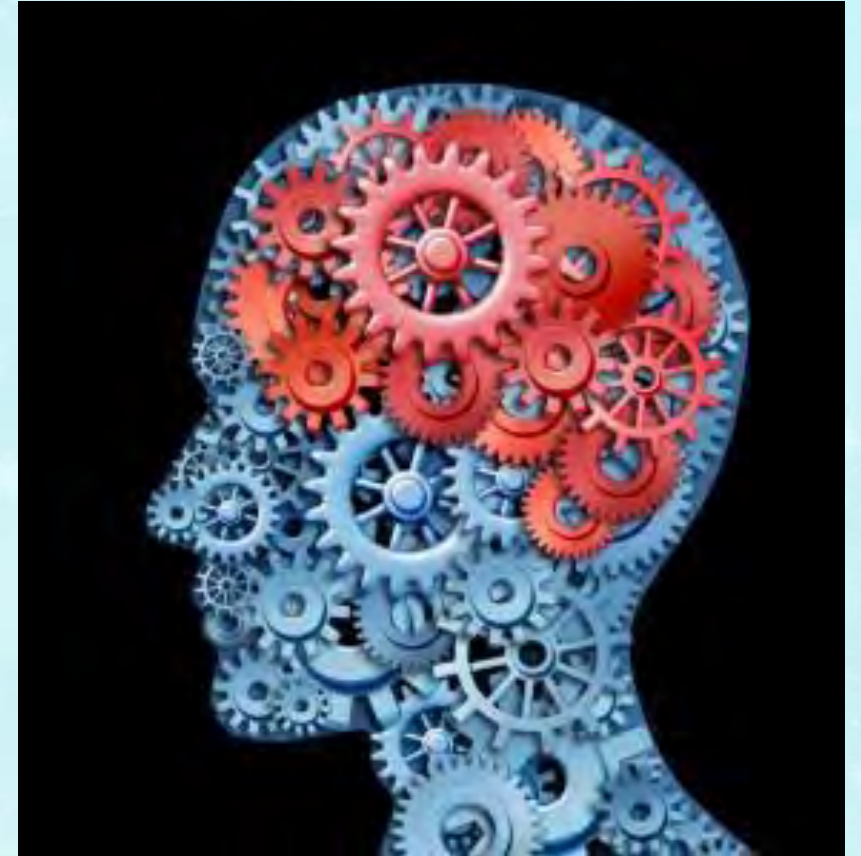
Memory Care

- Memory care is ideal for people with mild-moderate cognitive impairment, early stages Alzheimer's disease and other forms of dementia, and their loved one/caregiver.
- It teaches memory techniques as well as strategies to lower stress and stimulate the mind and body, while providing support for caregivers.
- **Hour 1:** memory training
- **Hour 2:** FitBrain
- **Hour 3:** support group for both participant and partner
- Memory Care groups offered on Tuesdays and Thursdays
- Also offered 1:1 and virtual formats



Vital Minds

- An evidence-based small group program for individuals with memory-related concerns and challenges including normal aging and mild cognitive impairment.
- Vital Minds covers science-based brain healthy behaviors such as: exercise, nutrition, sleep, stress management and cognitive stimulation.
- It teaches strategies geared towards using memory more effectively in real life situations.
- Individual, groups, in-person, and virtual formats



FitBrain



- A unique program that combines cognitive training and exercise simultaneously (also referred to as “dual-tasking”) in supervised, 1-hour sessions with a qualified FitBrain Instructor.
- The FitBrain Instructor customizes the cognitive challenges based upon the participant’s brain health goals and combines them with movements.
- FitBrain sessions utilize innovative technology and can be delivered in-person, virtually or privately.

Nutrition/Lifestyle Consults & Coaching

- One time consult to address diet, exercise, sleep and stress management for assessment and/or highly motivated clients seeking education.
- 6 or 12 session coaching packages to provide support and accountability for behavior change.
- Virtual brain health optimization course to educate about lifestyle interventions that support cognition including sleep, stress management, social engagement, exercise, cognitive training and diet.



Memory Marathon



- 90-minute group class with an emphasis on:
 - Health neuroscience education
 - Cognitive training and memory techniques
 - FitBrain (dual tasking)
- This an innovative technology that allows you to "play brain games with your body."
- Offered once a week, in-person

Mindful Mornings

- Mindful Mornings is a weekly, one-hour program that aims to provide a safe, engaging space for individuals with moderate to severe dementia to socialize, reminisce, and engage their cognition.
- Each week introduces a different topic around which the discussion will center, and participants will be given the opportunity to share their own experiences and shape the conversation with the input of their peers in the group.



Brain Health Boosters



- 90-minute interactive presentations free for all patients and providers at Pacific Brain Health Center and the larger Los Angeles and California community.
- Content includes brain health education on specific topics with an introduction to memory training exercises to facilitate the learning process.
- PNIF and Lifestyle Program plans to expand community outreach with these programs to provide accessible and affordable education involving memory and lifestyle factors that impact brain health.
- Lessons will include:
 - Mediterranean Diet
 - Blue zones and longevity
 - And more!

Brain Info LIVESM

<https://www.brightfocus.org/braininfoLive>

Welcome to Brain Info LiveSM

A virtual community outreach series bringing a sustained Alzheimer's education campaign to clinical research centers across the US and addressing equity, diversity, and health disparities.



Brain Info LiveSM streams FREE, entertaining, interactive brain health programming to diverse communities across the United States.

Working with local community leaders and partners, each live-streamed program includes culturally tailored information and resources and generates a sustained dialogue that builds trust over time between community members, families, clinicians, researchers, and other health professionals.

To receive email communications on upcoming programming and resources, click the button below to sign up for our mailing list!

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