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.
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

Alzheimer's Disease (AD) Continuum

- **Pre-Dementia**
- Preclinical AD
- MCI* due to AD
- Mild
- Moderate
- Severe

- No symptoms
- Very mild symptoms that do not interfere with everyday activities
- Symptoms interfere with some everyday activities
- Symptoms interfere with many everyday activities
- Symptoms interfere with most everyday activities

*Mild cognitive impairment*
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
6 Ways to Improve Your Brain Health

- **EXERCISE**
- **DIET**
- **SLEEP**
- **LEARN**
- **REDUCE STRESS**
- **CONNECT**
EXERCISE: 30 min 5x/wk moderate aerobic, 2x/wk resistance (6-8 exer, 8-12 reps, 3 sets, 2x/wk neuromotor training. Stretch!

Delayed onset of Alzheimer’s by 20 years
Simultaneous Exercise & Memory Training Improve Memory in Pre-Dementia:

Composite Memory

Baseline

Follow-up

SIM

SEQ

McEwen et al., JAD 2018
DIET: MIND Diet, Anti-inflammatory foods, leafy greens, berries, fish; avoid refined sugars and highly processed foods
SLEEP: consistent sleep schedule with 8 hours sleep/day; sleep study if necessary

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

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

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**REDUCE STRESS:** Stress reduction techniques through breathing exercises, meditation, mindfulness practices

**CONNECT:** engage in socially-based activities, connecting for 1 hour/day
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
Determined Health℠

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Join Us!
determinedhealth.com
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

PACIFICNEURO.ORG/FOUNDTAION
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!
Welcome to Brain Info Live℠

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 Live℠ 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!