

Aging and the Brain ...

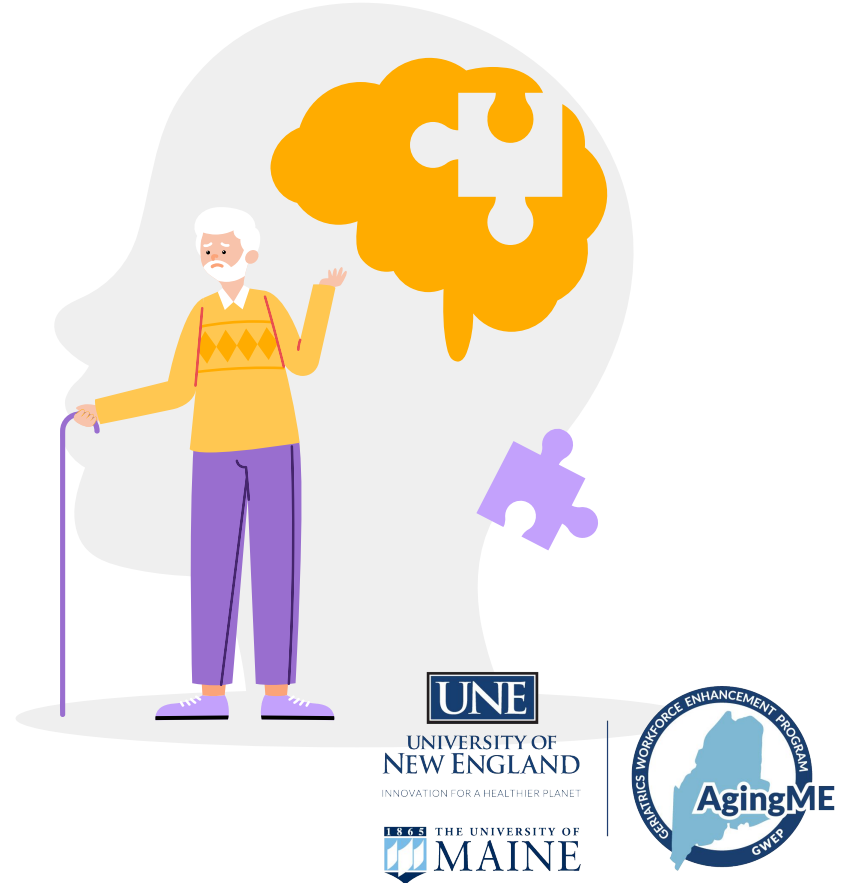
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Goals

Educate
Reduce worry
Increase confidence



Hurdles

Ageism

Anxiety

Pandemic Aftermath

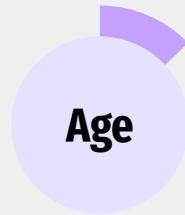




What happens to brain power?

Thinking, remembering, doing math, making decisions, using words

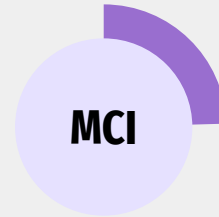
Age-Associated Changes



Age

Slower
More repetitions
Knowledge improves

Mild Cognitive Impairment



MCI

More decline
doesn't interfere
with function but
does with
self-image

Dementia



ADRD

Enough decline
to interfere with
daily life

Dementia

An 'umbrella' term used to describe a range of symptoms associated with cognitive impairment

Alzheimer's
60%-80%



Vascular
10%-40%

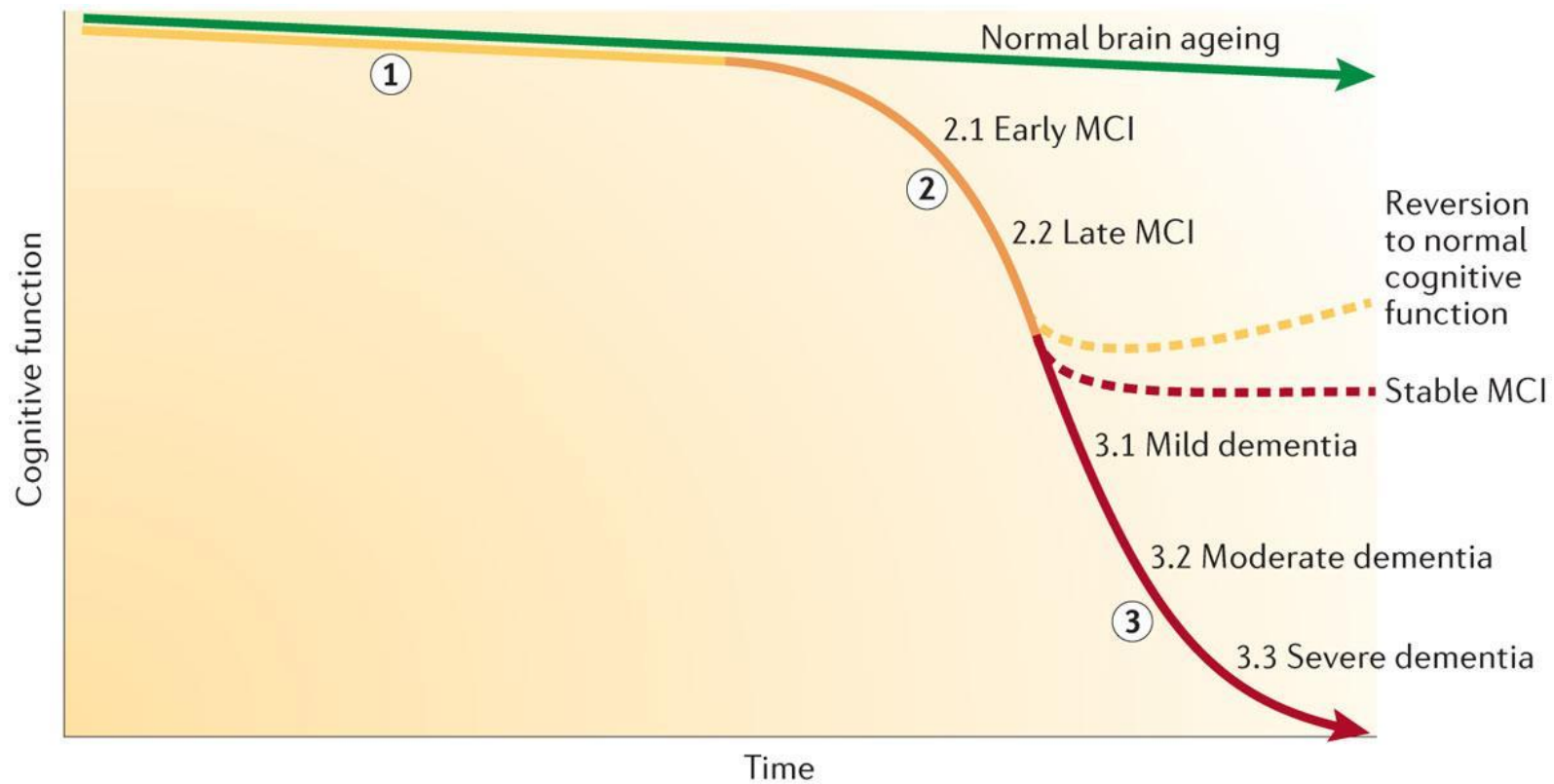


Lewy
Bodies
10%-25%



Frontotempora
~10%



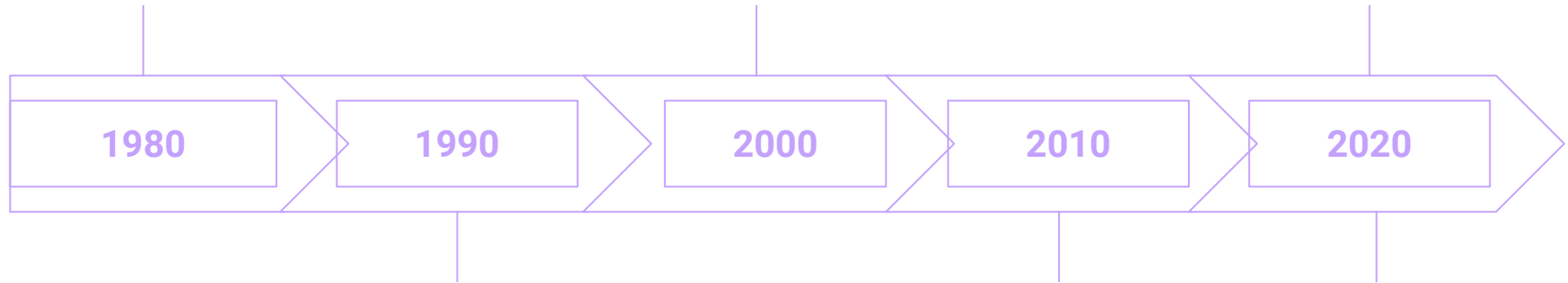


History of approaches to dementia care

Nothing to do;
Tragedy narrative

New drugs promise
slowing progression of
AD

Technology;
Disease-modifying
drugs;
Precision medicine



Early adopters of
lifestyle changes;
Positive aging

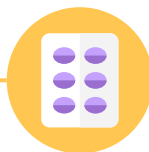
Health care reform;
Focus on Wellness

**Living well with
Dementia:**

**Optimal
Engagement**

Dementia Drugs

Drugs that slow down getting worse



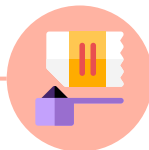
Cognition Enhancers

Donepezil, Memantine



Disease Modifiers: The MABs

Remove amyloid which is thought to play a role



Other co-occurring symptoms

Antidepressants, Apathy



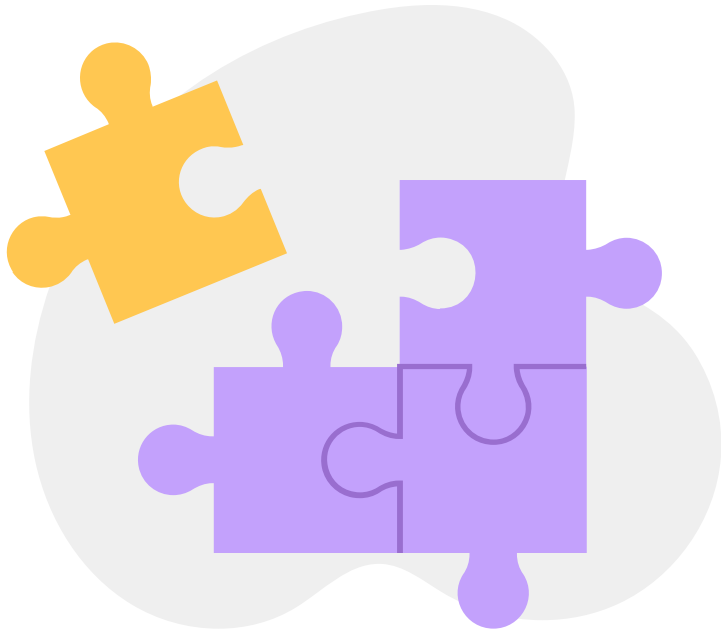
Monoclonal antibody therapies:

**Aducanumab (Aduhelm)
Lecanemab (Leqembi)
Donanemab**

Based on amyloid hypothesis

**Act like the body's immune
system**

Very early stages only



Here's what you can do!
To stay healthy
To reduce risk
To live well with dementia



Exercise your body

14 interventions

Jl of Neurology 2017

Exercise increases

Brain connections

Reduces stress hormones

Helps blood flow

Best way to...

- Improve learning and memory
- Protect from brain cells from dying
- Lift spirits and improve depression

BOTTOM LINE:

150 min/week (30 min/day)
Aerobic (heart rate up) activity

Exercise (and rest) your brain



Challenging Mental Activity

- Creative arts, new skills, lifelong learning

Sleep

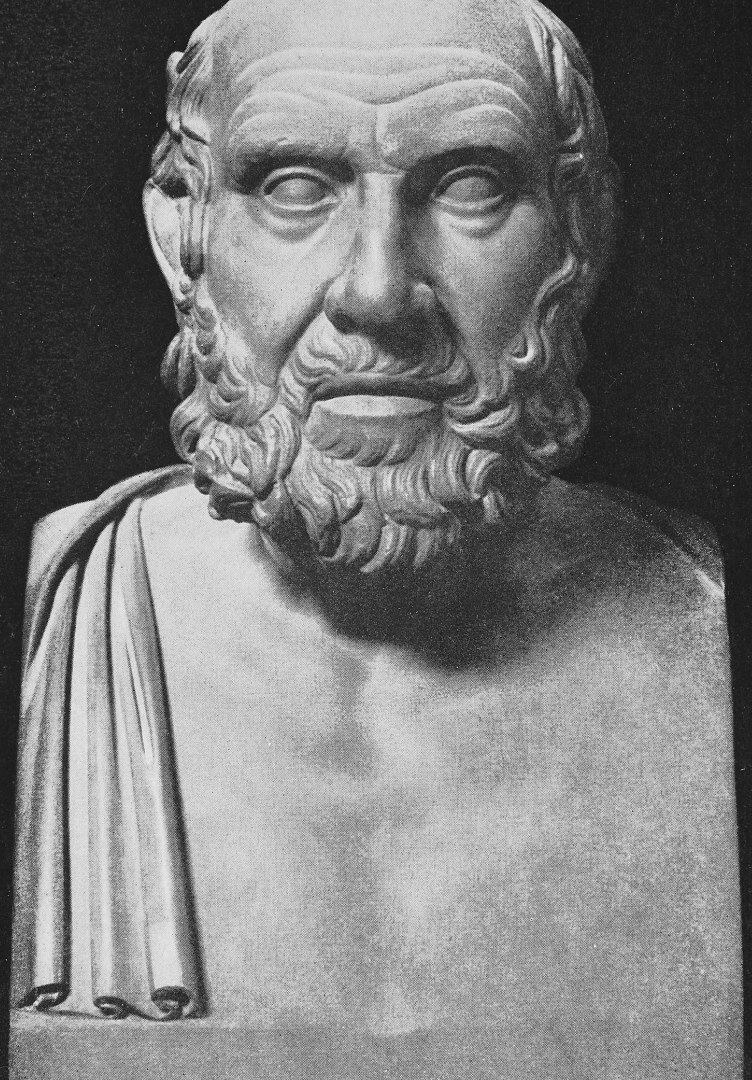
- 7-9 hours/night

Stress Reduction

- Meditation, Mindfulness, Prayer
12-20 minutes/day
Natural world

**“That which is used,
develops,
that which is not, wasteth
away”**

Hippocrates 460-337 (B.C.)



**Exercise your
spirit!**

**Friends
Purpose**



Eat a Healthy Diet/Stay hydrated



- **Mediterranean**
- +**
- **DASH**
Dietary Approaches to Stop Hypertension
- **MIND**

Eat a Healthy Diet

Focus on

vegetables, [fruits](#), nuts, seeds, legumes, potatoes, whole grains, herbs, spices, fish, seafood, and [extra virgin olive oil](#)

Low to moderate consumption

poultry, [eggs](#), cheese, yogurt, red wine

Limit or avoid

[red meat](#), sugar-sweetened beverages, [added sugars](#), processed meat, refined grains, other [highly processed foods](#), beers, and liquors



**Reimagining
Dementia**

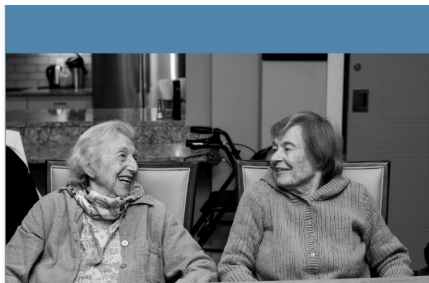
A Creative Coalition for Justice

**Towards
a dementia-
inclusive
society**

WHO toolkit
for dementia-friendly
initiatives (DFIs)



World Health
Organization

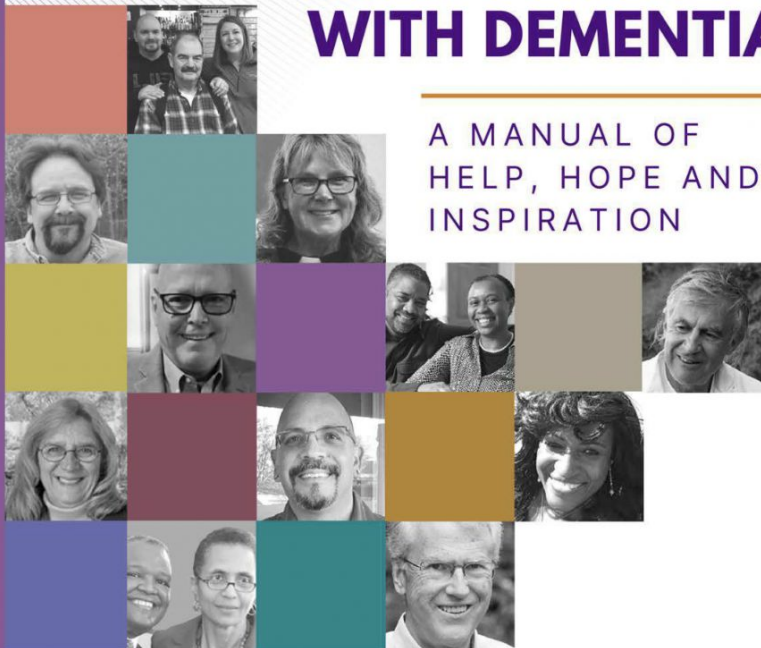


**Research Project:
Optimal Engagement for
People Living with Dementia**

**Paradigm Shift:
From cure to
chronic disease
management and
living well**

PATHWAYS TO WELL-BEING WITH DEMENTIA

A MANUAL OF
HELP, HOPE AND
INSPIRATION



**Essential information by
people living with dementia,
care partners and leading
dementia specialists.**

Developed by:



Dementia Action Alliance

Creating a better society in
which to live with dementia



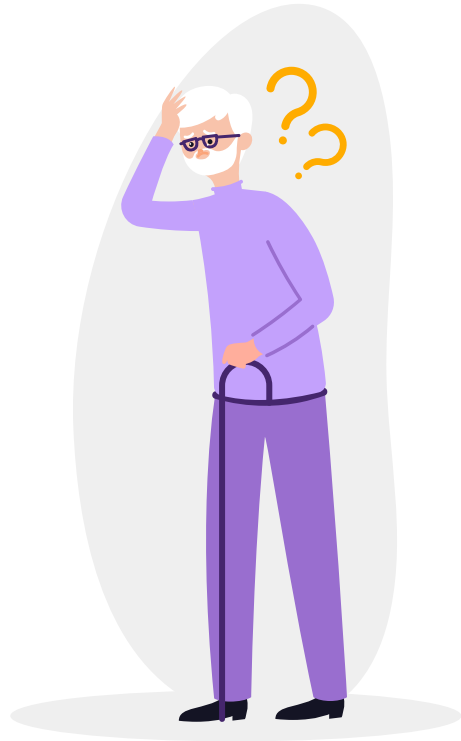
**Technology helps
balance safety
with greater
independence**



Where to start?

Attitude Matters

“Older individuals with more positive self-perceptions of aging outlived those with less positive self-perceptions of aging by 7 ½ years”



Take a Personal Inventory

01

Schedule an annual Wellness visit

02

Ask for a cognitive screen

03

Choose one new activity

04

**“To get back my youth I
would do anything in the
world,**

**except take exercise, get up
early, or be respectable”**

The Picture of Dorian Gray, 1891



Thank you for your attention

Let's chat



UNIVERSITY OF
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INNOVATION FOR A HEALTHIER PLANET

