

# INTERACTIVE WEBCAST WEDNESDAY, DECEMBER 1, 2021

## INTERACTIVE WEBCAST

Wednesday, December 1, 2021, 9 AM – 4 PM (EST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Monday, December 6, 2021 – Thursday, January 6, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, December 6, 2021 through Thursday, January 6, 2022 to earn home study credit. Release Date: 08/25/20. Planned Expiration Date: 08/25/23.

## HOME STUDY RECORDINGS

Valid for CE until August 25, 2023

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/25/20. Planned Expiration Date: 08/25/23.

# COGNITION, SUCCESSFUL AGING, AND NUTRITION

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Interactive Webcast with CE Credit: Wednesday, December 1, 2021

On-Demand Webcast with CE Credit: December 6, 2021 – January 6, 2022

Purchase of Recordings with Home Study CE Credit: through August 25, 2023

4 Audio CDs  4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

\$79 Pre-Registration Rate  
 \$89 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

**ACE:** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of this programing.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-071-L04-P and 0492-0000-20-071-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-073-H04-P and 0492-0000-20-073-H04-T. Initial Release Date: 08/25/2020. Planned Expiration Date: 08/25/2023. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

**PACE:** Institute for Brain Potential is a Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 08/25/20. Expiration Date: 08/25/23

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA). Approval Expires: 09/07/2022. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # FDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: II. Suggested Learning Codes: 3070, 4090, 4190, and 5090. CDR-approved credit is available for only the interactive webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



# COGNITION, SUCCESSFUL AGING, AND NUTRITION

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Wednesday, December 1, 2021, 9 AM, Eastern Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Monday, December 6, 2021 until Thursday, January 6, 2022. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: August 25, 2023.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/agei.pdf](http://www.ibpceu.com/info/agei.pdf)

**Institute for Brain Potential:** Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

# COGNITION, SUCCESSFUL AGING, AND NUTRITION

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 1, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting December 6 until January 6. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*This program presents evidence-based strategies to protect the brain from the toxic effects of stress, mood disorders, age-related cognitive impairment, Alzheimer's Disease and related dementias.*

*Advances in neuroscience reveal that it typically takes decades for cognitive decline and dementia to occur. In the absence of disease modifying drugs, recent clinical trials support key lifestyle changes and the adoption of brain-protective nutritional strategies.*

*Participants completing this program should be able to:*

- 1. Name several forms of memory that are vulnerable to aging and dementia.*
- 2. Identify how chronic stress can impair short-term memory.*
- 3. List key risk factors for Alzheimer's disease and Vascular Dementia.*
- 4. Discuss how mental activity, sleep, or exercise affect successful aging.*
- 5. Name one or more brain-protective nutritional strategies.*

## Memory and Executive Functions

- **Emotional Memory:** What am I fearing? Rapid detection of threat and the amygdala.
- **Short-Term Memory:** What was I trying to remember last? The hippocampus, neurotoxic stress, blackouts, injury, alcohol, seizure, amnesia, and Alzheimer's disease.
- **Working Memory:** What am I trying to remember now? Vulnerability after age 45 and the prefrontal cortex.
- **Habit Memory:** Non-conscious processes govern how we think and act; memory-enhancing habits.
- **Remote Memory and Cognitive Domains:** recall of names, faces, places, and the parieto-temporal cortex.
- **Executive Functions:** cognitive flexibility, response suppression, moral reasoning, intention, motivation and key regions of the prefrontal cortex.

## Neurotoxic Effects of Stress and Cognitive Impairment

- **Stress and Cortisol:** elevated cortisol damages the hippocampus and short-term memory; how abnormal cortisol contributes to inflammation of the brain and body, mood disorders, hyperglycemia, and hunger for comfort foods.
- **Depression:** threat, lack of sense of control, pessimism, and loss of pleasure; altered brain glucose metabolism, appetite, immune suppression, insomnia, and elevated risk of Alzheimer's disease.
- **PTSD: why we remember what we want to forget:** how brain circuits are altered in the amygdala and hippocampus.
- **Age-Related Cognitive Impairment:** deficient working, short-term and long-term recall; cognitive loss due to age, depression, minimal cognitive impairment and dementia: neuropsychological findings.

## Understanding Dementia

- **Cognitive Domains:** a diagnosis of dementia requires memory impairment plus loss of language, calculation, spatial ability, or executive functions.
- **Incidence:** by age 85, over 40% of people develop dementia; combined, Alzheimer's disease, vascular dementia, or the two together affect close to 75% of cases.
- **Alzheimer's Disease:** three major forms; role of tangles, Type 2 diabetes, ApoE 4 cholesterol transport gene, and nutritional risks.
- **Vascular Dementia:** the effects of subclinical strokes, Type 2 diabetes, hypertension, and frequent concurrence with Alzheimer's disease.
- **Lewy Body and Frontotemporal Dementias:** Parkinson's disease, dopamine neurons, executive function and prions.
- **Cognitive Protection:** why many adults with neurofibrillary tangles and amyloid plaques never develop Alzheimer's disease.

## Brain-Protective Strategies

- **Improving Sleep:** how the right amount of sleep regulates appetite, insulin sensitivity, and helps remove amyloid; effectiveness of Gabadone and Sentra PM, two medical foods.
- **Neurogenesis:** stress resilience, physical activity, mood elevation, cognition and brain-derived neurotrophic factor.

- **Physical Activity:** the right amount and kind of exercises to protect the brain from multiple sources of cognitive decline.
- **Mental and Social Activity:** how engaging social contacts and mind-expanding activities (e.g., taking IBP seminars) can elevate mood, enhance and protect the aging brain.

## Nutritional Strategies for Successful Aging

- **Blood Pressure: age-related, brain-healthy blood pressure:** the revised AMA guidelines; how helpful are supplements such as magnesium, garlic, CoQ10, Hibiscus tea and dark chocolate?
- **Glycemic Control:** Fats, Grains, and Sugars: benefits of more frequent, small meals with low glycemic foods to protect the brain and enhance sleep.
- **Pro- and Anti-Inflammatory Oils:** fact check on the omega 3, 6, 7 and 9 fatty acids and their effects on memory, mood, and risk of ischemic and hemorrhagic stroke.
- **Anti-Stress, Cortisol-Regulating Nutrients:** fact check on omega-3s, adaptogens, magnesium, zinc and phosphatidylserine.
- **Statins:** are they overprescribed? Risks of Type 2 diabetes, muscle weakness and memory loss: the 2013 guidelines.
- **Drug-Induced Nutritional Deficiencies:** antihypertensives, statins, antidiabetic drugs, NSAIDs, proton pump inhibitors, and HRT; deficiencies of vitamins B6, B12, and D and CoQ10.
- **Neuroprotective Diets:** the French, Mediterranean, and Japanese diets: key brain-protective components.
- **Resveratrol:** there are presently 53 clinical studies aimed at assessing its effects on diseases including Type 2 diabetes, obesity, brain injury, Alzheimer's disease and improving memory in the elderly.
- **Curcumin:** a member of the ginger family has potent anti-inflammatory, antioxidant, and anti-amyloid properties. There are currently six clinical trials to investigate the safety and efficacy of curcumin in patients with or at-risk for Alzheimer's Disease.

## ABOUT THE INSTRUCTOR



*Mark B. Moss, Ph.D. (Chair Emeritus, Neuroscience, Boston University School of Medicine), NIH MERIT-Award recipient, is a leading expert in evidence-based strategies to protect the aging brain. His recent publications are among the first to demonstrate a cognitive benefit for the aging brain related to curcumin, a key anti-inflammatory nutrient.*

*Dr. Moss was the recipient of the highest teaching award at the Medical School. In his inspiring and practical presentations, he distills key findings, presenting them in non-technical terms. Dr. Moss makes his lectures memorable through the use of fascinating case histories and translation of research into positive habits. His programs include "Memory: How it Works, How It Fails and How to Improve it" and "Understanding Executive Functions." Participants receive a detailed outline for all lecture topics that has been prepared by Dr. Moss.*

*In addition to Q & A sessions in class, Dr. Moss will answer your questions by email after the program concludes.*