The Habits of People Least Likely to Develop Alzheimer’s Disease

Interactive Webcast Schedule: The date of the interactive webcast is Friday, June 12, 2020, 9 AM – 4 PM PDT. You will need a computer with internet access and speakers to participate in the webinar.

Valid for CE until January 1, 2022

Valid at your convenience until expiration date: January 1, 2022

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The 6-Hour Program for Health Professionals

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The Habits of People Least Likely to Develop Alzheimer’s Disease
Understanding Alzheimer’s Disease

- **Understanding Dementia:** memory disorders alone do not signal the presence of dementia; there must also be impairment in reasoning, abstraction, spatial navigation, language, or impulse control.
- **Extended Opportunity for Prevention:** most cases of AD take decades to develop as evidenced by the Nun study and diagnosed typically occurs after age 65.
- **When to Worry:** mild cognitive impairment that may cause us to worry is not as significant as when our friends and relatives begin to worry about us.
- **Neurons At Risk:** memory impairment and loss of cholinergic hippocampal neurons; amyloid plaques, APOE, and inflammation; neuronal loss in association cortex, neurovascular damage, and cognitive impairment.
- **Early Detection:** the five-minute neuropsychological test that is 93% accurate in predicting who will develop Alzheimer’s disease from mild cognitive impairment; benefits of MRI, PET, CSF and blood tests.

Health Risks

- **Chronic Inflammation:** neuroinflammation due to infection, head injury, stroke, impaired amyloid clearance, and GI, arterial and oral inflammation.
- **Metabolic Syndrome:** elevated blood sugar and type-2 diabetes, hypertension, and midline weight gain.
- **Insufficient Sleep:** sleep is now recognized as necessary to remove brain toxins including amyloid clearance and the APOE cholesterol transport system.
- **Statins:** statins that cross the blood-brain barrier may increase cognitive decline; AD is associated with low levels of cholesterol.
- **Major Depression:** the syndrome of impaired sleep, metabolic syndrome, and lowered mood is also associated with a higher risk.
- **Cerebrovascular Disease:** hypertension, subclinical strokes, and elevated brain glucose can produce vascular dementia, a condition that frequently coexists with AD.

Treatments

- **The Problem with Current Drugs:** the four drugs that increase the availability of acetylcholine have minimal effect on cognition; by the time symptoms appear, the brain has been significantly compromised.
- **The Problem with Anti-inflammatory Drugs:** chronic use of non-steroidal anti-inflammatory drugs and chronic use of steroids—the problem of making cause-effect inferences.
- **Drugs Under Investigation:** Hope Versus Hype: there will soon be drugs that target prions, tau and amyloid early enough to make decisions; how to judge clinical trials.

Lifestyle has an important role in who remains cognitively intact, who develops mild cognitive impairment and who develops Alzheimer’s disease (AD).

This program is designed to help you understand Alzheimer’s disease, key risk factors, and brain-protective habits.

Participants completing this program should be able to:
1. Describe how Alzheimer’s disease can be diagnosed.
2. List several modifiable factors that increase the risk of developing Alzheimer’s disease.
3. Discuss limitations of current pharmaceutical treatments.
4. Identify key habits of people who are unlikely to develop Alzheimer’s disease.

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting June 17 until July 17. 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.

ABOUT THE INSTRUCTOR

Stuart Zola, Ph.D., is a leading neuroscientist and an expert in the study of Alzheimer’s disease. He has been Co-director of the Emory Alzheimer’s Disease Research Center, Professor of Psychiatry and Behavioral Sciences at Emory University School of Medicine and is a Senior Research Career Scientist at the Atlanta VA Medical Center, one of the highest honors the VA bestows.

Dr. Zola has extensively studied memory disorders specific to Alzheimer’s disease. This research has led to the development of a brief neuropsychological test that can predict with high accuracy which patients with mild cognitive impairment will convert to Alzheimer’s disease.

An outstanding and humorous speaker, Dr. Zola has taught for our non-profit organization since the 1990s and is a highly regarded instructor. The American Association for the Advancement of Science named Dr. Zola a fellow for his “distinguished contributions in neuroscience, including the delineation of the brain’s memory system, and for communicating the importance and excitement of science to the lay public.”

Dr. Zola has also been named to the Order of Merlin, within the International Brotherhood of Magicians, and he will use demonstrations of magic to illustrate points about the brain.