EL PASO, TX: Tuesday, November 5

SANTA FE, NM: Thursday, November 7

ALBUQUERQUE, NM: Friday, November 8

Remembering, Forgetting and Protecting the Aging Brain

A 6-Hour Program for Health Professionals

Live Seminars

Schedule: Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

Group Registration: The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

Transfer: You or members of your group can attend on different dates if there is space.

Parking: Complimentary parking is available unless indicated in the brochure.

Unable to Attend? You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a $15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.

Certificates and Confirmations: Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

CDs and DVDs: Delivered to you within 5-7 workdays.

Online: Play or download on all devices. Need help? Call (866) 652-7414.

CE Credit: National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: http://www.ibpceu.com/info/remembering_forgetting_protecting_brain.pdf

Dedicated 24/7 Customer Service

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

The IBP Experience

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.

Remembering, Forgetting and Protecting the Aging Brain

Topics Include:

- Short-Term Memory
- Working Memory
- Long-Term Memory

Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

PLEASE POST

Name (please print)

Profession(s)

City/State Zip

Work Phone ( ) Home Phone ( )

Email

Tuition

CDs DVDs Online

Unable To Attend?

Purchase Recordings with Home Study CE Credit

q $79 Individual Rate

q $74 Group Rate (3 or More Persons Registering Together)

$99 On-Site Registration (if space is available)

$20 Training Your Brain To Adopt Healthful Habits (2019) (296 pages)

- a text that explains how the part of the brain that forms new habits can be trained to improve health-related habits. Preorder the book to receive it onsite at this discounted rate.

Four Ways To Register

1. Internet: 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

All major credit cards are accepted:

Card #: ____________________________ Exp Date __________ / __________

Signature

Unable To Attend?

The IBP Experience

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.
This new 6-hour course presents advances in identifying who develops memory loss and advances in protecting the aging brain decades before the onset of cognitive decline. Participants completing this program should be able to:

1. Distinguish between impairment of short-term, working, and long-term memory.
2. Outline an evidence-based strategy to protect short-term, working, or long-term memory.
3. Describe how the habit brain plays a role in either major depression, addictive disorders, obsessive-compulsive disorders or posttraumatic stress disorder.
4. Identify characteristic cognitive impairments in Alzheimer’s disease.
5. List several advances in protecting the aging brain.

Short-Term Memory: remembering what happened recently
- Brains At Risk: alcohol blackout, seizure, concussion, benign neglect.

Working Memory: remembering what to do next
- Brains At Risk: normal aging after age 49, frontal lobe pathology, neurodegenerative disorders including Alzheimer’s disease.

Protecting Short-Term Memory: recoding, rehearsal, neurogenesis of hippocampal neurons through lifestyle, e.g., exercise.

Working Memory: remembering what to do next
- Brains At Risk: normal aging after age 49, frontal lobe pathology, neurodegenerative disorders including Alzheimer’s disease.

Protecting Long-Term Memory:
- Caffeine and Glucose: caffeine can aid retrieval but go light on sugar due to adverse effects on brain glucose.
- Physical Activity: moderately intense physical activity protects the brain’s vascular system, improves glucose regulation, and stimulates nerve growth factors.
- Restorative Sleep: a key function of slow wave sleep is the removal of toxins such as amyloid, REM sleep aids long-term memory.
- Neurocognitive Training: neuropsychological training and brain-training activities are of no benefit, but a few are beneficial.

Habit-Based Memories: habits are critical for brain health
- Brains At Risk: adverse childhood experiences, depression, post-traumatic stress, obsessive compulsive spectrum disorders, and addictive disorders create maladaptive habits involving the habit brain, the basal ganglia.

Reprogramming the Habit Brain:
- Major Depression: automatic habitual thoughts trigger mood changes; how cognitive behavioral therapy retrain cortical and subcortical habit circuits.

Advances In Prevention: most dementias take decades to develop

Cognitive Domains: memory impairment must also accompany impairment in reasoning, spatial ability, abstraction, language, or impulse control to diagnose dementia.
- Understanding Alzheimer’s Disease: in most cases, onset occurs decades before disability leading to memories of risk, risk reduction strategies are critical; the risk factors are the same for most dementias.
- Early Detection: the 5-minute neuropsychological test that is 93% accurate in predicting who will develop Alzheimer’s disease.
- Reducing Inflammation and Protecting the Aging Brain: extracellular amyloid and intracellular tangles are inflammatory and endanger the aging brain; an anti-inflammatory lifestyle is attainable and sustainable.

Neuroprotective Nutrients: curcumin (curcuminoids), cocoa (epicatechin) and resveratrol (stilbenoids), long-chain omega 3 fatty acids, low glycemic starches and fibers, vitamins A, B12, C, D3, and E, copper, iron and zinc; the Dietary Inflammatory Index.
- Neuroprotective Exercise: a review of 35 studies regarding fitness, type, and frequency of exercise.
- Neuroprotective Sleep: a review of 52 trials linking cognitive impairment to sleep duration; too little can impair amyloid clearance; too much sleep increases risk of metabolic disorders.
- Neuroplasticity: the functional and structural neural network is enhanced by the mental activity identified with a person’s social network; what cognitive challenges are most beneficial?

Remodeling the Brain: a means of protecting the aging brain.

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