



INAUGURAL Healthy Ageing Forum

A free forum hosted by The Little Bay Coast Centre for Seniors in partnership with the Centre for Healthy Brain Ageing (CHeBA)

With the possibility of Alzheimer's disease and other dementias affecting three million Australians by 2050, the inaugural Coast Centre for Seniors Healthy Ageing Forum, as part of Brain Awareness Week, will emphasise strategies to reduce risk of cognitive decline in late life and promote positive ageing. The talks will not only showcase the wonderment of the brain but also that we have the capacity to improve brain health.



Keynote Speakers



Professor Perminder Sachdev AM
Co-Director, CHeBA

Can We Really Prevent Dementia?



Dr Nicole Kochan
Senior Research Fellow, CHeBA

Mind Fitness: Maximise Brain Health for Late Life

Thursday, 19 March 2020

10:00am – 12:00pm

The Little Bay Coast Centre
for Seniors

1 Darwin Ave, Little Bay

BOOKINGS ESSENTIAL.
REGISTER: <http://bit.ly/healthyageingforum2020>
Morning Tea provided.



UNSW
SYDNEY





Professor Perminder Sachdev AM
Co-Director, CHeBA

Can We Really Prevent Dementia?

With the ageing of the population, the burden of dementia is increasing rapidly. There are no effective drugs to prevent dementia. The focus is therefore on lifestyle and other modifiable risk factors that can prevent or at least delay the onset of dementia. These risk factors include vascular factors (hypertension, diabetes, atherosclerosis, high cholesterol, mid-life obesity, smoking), low brain reserve (low levels of education, complex mental activity or physical activity and poor social network), nutritional factors (low intake of antioxidants, high homocysteine, high alcohol use) and other (depression and head injury). It has been suggested that with good control of these factors, we could potentially decrease the overall burden of dementia by about one-third. This talk will look at some of the scientific evidence behind this claim, and provide an evidence-based guide for individuals who wish to reduce their risk of dementia.



Dr Nicole Kochan
Senior Research Fellow, CHeBA

Mind Fitness: Maximise Brain Health for Late Life

Engaging in a healthy, enriched lifestyle can improve brain health and cognitive function in late life. In fact, even in late life, our brain retains its neuroplasticity and can adapt its structure and function to new experiences. This talk will look at the scientific evidence to support specific lifestyle activities that promote brain health through neuroplasticity including complex mental activities, hobbies, computerised cognitive training, memory strategies and social interactions. Strategies for maintaining a “fit mind” and maximising brain health throughout life will be discussed.



UNSW
SYDNEY

