



MEMBERS MAKE AN IMPACT BY GETTING INFORMED AND INVOLVED

Be informed. Get involved. That's the Registry's tagline. By reading this newsletter, you're doing a great job of staying informed about brain health! Many people also ask if they can get involved by participating in research studies. When people volunteer to be in studies, it helps researchers include a more diverse group of participants, meet enrollment goals, and advance knowledge of medical conditions and potential treatment options.

This year, many Registry members asked about the Preventing Alzheimer's with Cognitive Training (PACT) Study and 98 enrolled. This had a big impact — 25% of the study participants are Registry members! PACT study researchers met their year one recruitment goal and are now gathering information to learn whether computerized brain games may help delay cognitive decline.

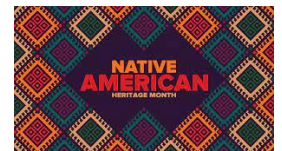
We applaud everyone who has joined the Registry to stay informed, asked about a study, or participated in research. Thank you! By working together, we can improve brain health and defeat dementia.

Learn more about brain health research at our website, ncbrainhealth.org



November is National Alzheimer's Disease (AD) Awareness Month. The American Alzheimer's Foundation of America encourages you to "go teal" in honor of the more than 6 million people living with AD. [Click here to learn more.](#)

November also commemorates National Native American



Heritage Month. According to the Alzheimer's Association, Native American people are more likely than white or Asian American people to develop AD or other dementias. They are also less likely to be diagnosed when they show symptoms.

[Click here to learn more about these challenges and get helpful resources.](#)

MANY UNAWARE OF MOST COMMON COMPLICATION: DELIRIUM

About half of adults 65 and older who are admitted to the hospital find themselves in an unforeseen state of confusion during their stay. Sometimes the change is mild and temporary; other times the effects are more severe and can have a lasting impact on brain health.

It's called delirium, and according to a new [report](#) from the AARP-founded Global Council on Brain Health (GCBH), it's "the most common surgical complication for older adults you likely have never even heard of." In fact, a recent AARP survey on delirium and [brain health of adults 50](#) and older found that 74 percent of respondents were not familiar with the condition.

Read the full article from AARP.org [in English here](#) or [en Espanol here](#).

DELIRIUM HARMS BRAIN HEALTH

What is it? A serious medical condition, delirium is a *sudden change in thinking and behavior* that most commonly affects older adults following hospital admission.

Symptoms come and go quickly and can vary wildly, including *confusion, personality changes, hallucinations, diet and sleep disruptions, and rambling speech.*

If you or a family member is **facing surgery or hospitalization**, take steps to help prevent delirium

Tips for Individuals

- "Prehab" for any planned hospitalizations; prepare as if you were training for a sports event (exercise, diet and good sleep).
- Bring a list of your current medications and supplements.
- Ask for delirium/cognitive screening before undergoing elective surgeries.
- Bring hearing aids, eyeglasses, and dentures.
- Ask friends and family to stay with you 24/7.
- Get exposure to sunlight during the day.
- Close the door to your room, use earplugs, a sleep mask or bring a familiar pillow or blanket to sleep better.
- Don't make important financial or other decisions until fully recovered.

Tips for Caregivers

- Seek medical help if you notice if your loved one is "just not themselves."
- Assist in orientating your loved one to know the day and time.
- Question healthcare providers about medications being used; some common medications increase risk of delirium.
- Help your loved one to get out of bed and moving after surgery.
- Prepare to assist after leaving the hospital because brain fog can last a long time.

Preserving Your Brain Health During Illness or Surgery: GCBH Recommendations to Prevent and Treat Delirium
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org
For more brain health info see StayInSharp.org • DOI: <https://doi.org/10.26419/pla.00101.002>

Global Council on Brain Health
A COLLECTIVE WISDOM AARP

View the full infographic from AARP's Global Council on Brain Health [here](#)

DID YOU KNOW?

Recent research from the National Institute on Aging (NIA) shows that exposure to green space may boost cognitive health. Residential areas with more green space were associated with faster thinking, better attention, and higher overall cognitive function in middle-aged women, according to an NIA-funded study published in *JAMA Network Open*. The findings suggest that green space — such as trees, flowers, grass, gardens, and parks — could be explored as a potential community-based approach to improving cognitive health. Read more [here](#).

HELPFUL RESOURCES

Duke Dementia Family Support Program asked their e-news readers, "what do you wish someone had told you about providing care to a person with dementia?" The result is a useful catalog of lessons learned and practical tips.

[Click here](#) to visit the Caregiver Collective Wisdom page and read entries grouped into categories like "Clever Workarounds," "Support & Self Care," and "Words Matter" among others.

FALL PREVENTION PROMOTES BRAIN HEALTH FOR ALL

According to the Centers for Disease Control (CDC), 3 million older people are treated in emergency departments for fall injuries each year. Falls are the most common cause of traumatic brain injuries (TBI). While the relationship between TBI and Alzheimer's disease is not completely understood, key studies have shown that certain types of TBI may increase the risk of developing Alzheimer's disease or another dementia. To learn more about falls and what you can do to prevent them, [click here](#).



UPCOMING EVENTS

Virtual Caregiving During the Holidays

December 8, 6:00-7:00 pm, (by phone or webinar)



This program is designed to teach caregivers to care for themselves, their loved ones, and about holiday safety all while giving suggestions that may make the holidays more enjoyable for everyone.

[Click here](#) to register or call 1.800.272.3900

Places We Can No Longer Go

December 11, 3:00 pm, at Baldwin Auditorium
Duke Univ. East Campus OR [livestreamed](#)

The Durham Medical Orchestra will perform "Places We Can No Longer Go" by world-renowned composer John Mackey. This piece is a musical exploration of Mackey's experience with his mother's journey through Alzheimer's disease. Admission is free.

[Click here](#) to learn more

How Alzheimer's Disease is Diagnosed

Thursday, Jan 19, 6:00-7:00 pm

Speaker: Dr. Andrea Bozoki,
UNC Chapel Hill

This free, virtual event is presented by the Wake County Public Libraries with program partner NC Registry for Brain Health.

[Click here](#) to register

TOOLS YOU CAN USE

Making healthy lifestyle choices may reduce your risk of dementia.

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



Control high blood pressure



Sleep well



Eat a healthy diet



Keep physically active



Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia



For more information, please visit us at www.ncbrainhealth.org



NC Registry for Brain Health