



THE EFFECT OF MUSIC ON THE BRAIN AND BODY AS PEOPLE AGE

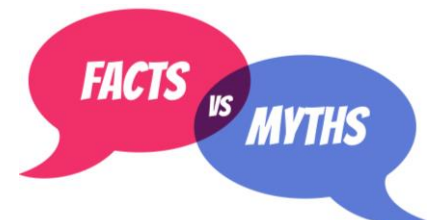
Researchers are exploring the powerful effect music can have on people as they age. Listening to music activates parts of the brain involved in sound, language, and reward-processing. One study found that participating in a community choir increased participants' self-esteem, sense of belonging and interest in life. It also reduced their feelings of loneliness. Ongoing studies are exploring the use of music to help ease sleep problems and agitation in people with dementia. Learn more on the [NIH website](#).

The Dementia Alliance of NC provides 'Music and Memory at Home' kits to people with dementia and their caregivers for free. For more information visit the [Dementia Alliance website](#).

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

12 MYTHS ABOUT ALZHEIMER'S DISEASE

Alzheimer's disease affects millions of Americans and is a leading cause of death in the United States. It's important to distinguish the facts from the myths about Alzheimer's, especially when it comes to finding information online. In this article, the National Institute of Aging describes [twelve common myths](#) surrounding this disease that may keep people from getting the best care.



BLACK AMERICANS ARE AT HIGHER RISK FOR ALZHEIMER'S BUT WHY?

Dr. Renã Robinson at Vanderbilt University, who studies the biology underlying the different rates of Alzheimer's disease, believes that many factors contribute to the higher rate of Alzheimer's in Black Americans, including genetics and protein changes. Dr. Robinson also acknowledges that the number of African Americans participating in Alzheimer's disease research is about 5%, while African Americans make up about 13% of the overall US population. It is important to increase the participation of African Americans and other minority groups in clinical research to help us better understand how Alzheimer's disease affects different populations. To read or listen to this story, [visit the Being Patient website](#).

WHY PARTICIPATE IN CLINICAL RESEARCH

Why join a clinical trial or study?

By participating, you can:

- Learn more about your disease or condition
- Feel like you're playing an active role in your health
- Help researchers find new ways to prevent or treat disease
- Benefit future generations through scientific advances



Major medical breakthroughs could not happen without the generosity of volunteers like you.

To learn more about participating in clinical research, visit www.nia.nih.gov/clinical-trials-and-studies.



To learn more about the benefits of participating in clinical research, visit the [NIH website](#).

Check out the [Registry Studies page](#) for information about brain health studies in NC.

WOMEN'S HEALTH AWARENESS DAY 2024

The NC Registry for Brain Health will be celebrating Women's Health Awareness 2024 at Hillside High School in Durham on April 13. See the flyer for more information and [register here](#) for the event. This event is intended to help women learn more about how to take care of their health and to share resources and programs to help them achieve health goals.



Women's Health Awareness 2024

Transforming Communities by Enhancing Women's Health

Saturday, April 13, 2024
Hillside High School
3727 Fayetteville Road, Durham, NC 27707

Activities of the Day
8:00 a.m. – 5:00 p.m. EDT





NC Registry for Brain Health

People with Alzheimer's disease may have trouble finding the right words or remembering what they want to say. This can make communication difficult. Use [these tips from the NIA](#) to better communicate with a person who has Alzheimer's.



UPCOMING EVENTS

[MemoryCare's Caregiver College](#)

Spring, Summer, and Fall 2024 | Online

This online program includes six classes for caregivers of people with memory disorders. The program includes presentations from physicians, caregiving specialists, and an elder law attorney. The spring session begins March 21, and there are options in the summer and fall as well. [Register for the course.](#)

[Caregiver Connections: How to Cope with Caregiver Stress](#)

Wednesday, March 13 | 2:00 p.m. | Online or by Phone

Dr. Jackie Ma, a clinical health psychologist at Tailored Brain Health, will define psychological flexibility, present a brief research overview of the topic, and lead some short guided exercises to cultivate psychological flexibility. This free webinar is part of the Duke Dementia Family Support Program's [Caregiver Connections series](#). Join the [webinar on Zoom](#) or by phone (call 1-646-876-9923, enter the meeting ID: 965-7747-1018 and password: 3513).

LEARN ABOUT THE DIFFERENT TYPES OF DEMENTIA



"Dementia" is a word used to describe a range of conditions that affect the brain and get worse over time. The National Institute on Aging has put together a graphic to help explain the different types of dementia, including Alzheimer's disease, frontotemporal dementia, Lewy body dementia, and vascular dementia. [View the infographic](#) to learn about the symptoms associated with each type of dementia, how each is diagnosed, and the treatment options available.

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



NC Registry for Brain Health