



LIFESTYLE CHANGES MAY IMPROVE COGNITION IN PATIENTS WITH EARLY ALZHEIMER'S

A recent study found that lifestyle interventions can enhance cognitive function in individuals with mild cognitive impairment or early-stage dementia due to Alzheimer's disease. In the study, 51 participants were randomly divided into two groups: one receiving an intensive lifestyle intervention, and the other serving as a control group.

The intensive program included a whole-food, plant-based diet, moderate aerobic exercise, strength training, stress management techniques (such as meditation, stretching, breathing exercises, and guided imagery), and support groups for both patients and their spouses or study partners. The control group was advised not to alter their current lifestyle.

After 20 weeks, the results revealed that 71% of those in the intervention group either improved or maintained their cognitive test scores. In contrast, no participants in the control group showed improvement, and 68% experienced a decline in their scores.

To learn more about this study, visit the [American College of Lifestyle Medicine's website](#).

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

FIND US ON FACEBOOK!



Follow the [NC Registry for Brain Health on Facebook](#) for more brain health tips and resources. Find the page by searching “ncbrainhealth” or “NC Registry for Brain Health” on Facebook.

ALZHEIMER’S IMPACT ON LATINOS

Research shows that Latinos are 1.5 times more likely to develop Alzheimer’s or related dementias compared to their non-Hispanic white counterparts. This disparity has led to big efforts to include more Latinos in research studies to investigate whether specific risk factors—whether genetic, environmental, or lifestyle-related—are contributing to this increased dementia burden. Additionally, health care professionals are working to ensure that Latinos have access to providers for proper dementia evaluations.

Read more about the unique impact of Alzheimer’s on Latinos and find additional resources, both in English and Spanish, on the [AARP website](#).



WHAT IS VASCULAR DEMENTIA?



Vascular dementia is caused by conditions that disrupt blood flow to the brain, such as a stroke. This leads to problems with memory, thinking, and behavior. Symptoms can appear suddenly and may progress slowly over time. Symptoms may depend on the size, location, and number of damaged areas of the brain.

To learn more about vascular dementia and common symptoms to look out for, visit the [Alzheimer’s.gov website](#).



SIX PILLARS OF BRAIN HEALTH

AARP has collected video interviews with tips and insights from brain health experts that you can watch on-demand. After watching the six videos, we recommend you try out a few of the brain health tips and see how they work for you! To watch the videos, visit the [AARP website](#).



CONNECT WITH YOUR COMMUNITY AT UPCOMING EVENTS

[Duke Dementia Family Support Program's Caregiver Connections](#)

Tuesday, September 17 | 2:00 p.m. | Online or by Phone

Join the Duke Dementia Family Support Program for a presentation from Anthony Galanos, MD, MA (Professor of Medicine, Duke University) about Grief in Dementia Caregiving. This free webinar is part of the [Caregiver Connections series](#). Join the [webinar on Zoom](#) or by phone at 1-646-876-9923, Meeting ID: 965 7747 1018, Password: 3513.

[Healthy Eating for a Healthy Brain with MemoryCare](#)

Thursday, September 19 | 2:00 p.m. | Online or by Phone

Join Dr. Emily Johnston for a presentation on how to incorporate healthy foods into your diet and the link between what you eat and how your brain functions. Register for the webinar on Zoom using [this link](#).



[2024 Alzheimer's Association Walk to End Alzheimer's](#) **September - October | Time varies | Location varies**

Each year, the Alzheimer's Association organizes the Walk to End Alzheimer's in over 600 communities nationwide to raise awareness and fundraise for Alzheimer's care, support, and research. If you're interested in getting involved, you can join a local walk and share information about the Alzheimer's Association.

To find out more about the Walk to End Alzheimer's, visit the [Alzheimer's Association's website](#).

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



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