



MESSAGE FROM LEADERSHIP

Summer is a perfect time to slow down, reconnect, and create meaningful memories with loved ones. In this edition of the NC Registry for Brain Health newsletter, we share practical ways to keep your brain active, connected, and engaged all season long.

We also want to take this opportunity to celebrate you. This year marks our ninth anniversary, and we are deeply grateful for everything we have accomplished together.

Please join us this fall for a special virtual event highlighting our community's research contributions. During the event, you will:

- **Meet our leading researchers** as we reflect on nine years of progress.
- **Get exclusive updates** on Registry growth and future goals.
- **Discover what is next** for brain health research in North Carolina.

We will share official event details and registration links in our next newsletter and via email. Thank you, as always, for being part of the NC Registry for Brain Health.

Warmly,
Dr. Kathleen Welsh-Bohmer
Director

RECENT NEWS IN BRAIN HEALTH



[SIMPLE WAYS TO SUPPORT AND CHECK YOUR BRAIN HEALTH](#)

Keeping your brain active can be simple, fun, and part of your everyday life. Activities like taking a new walking route without using GPS, gardening, joining a book club, playing games that make you think, learning something new, or spending time with loved ones can help keep your mind engaged and support brain health as you age.

Recent studies and trusted national organizations share a hopeful message: small daily habits can make a difference in maintaining brain health. A [study](#) funded by the National Institutes of Health (NIH) found that a brain training program focused on speed and quick thinking may help lower the risk of being diagnosed with dementia over time. The new Alzheimer's Association's [\(RE\)Think Your Brain™](#) initiative also encourages people to take simple, science-backed steps to support brain health. And a recent [CBS Sunday Morning segment](#) highlighted the [Brain Care Score](#), a tool that shows ways to support brain health and may help lower dementia risk.

The critical takeaway is that a family history of dementia does not guarantee you will develop it. Your DNA is not your destiny! You can actively protect your brain over time by practicing healthy habits: Manage blood pressure, move your body daily, eat nutritious foods, sleep each night sufficiently, reduce chronic daily stress, and stay connected with others.

Start small this Summer. Do not feel overwhelmed, small moments of connection and healthy routines add up. This week, try to: Take a short walk. Call an old friend. Challenge your brain with a puzzle. Share an activity with a loved one living with dementia. Small moments of connection and healthy routines can add up.

To learn more, visit [this link](#).

[DOES SCREENING FOR ALZHEIMER'S DISEASE AFFECT THE FAMILY?](#)

Older adults often ask: What are the pros and cons of early dementia screening during a routine primary care visit? A recent study by the Indiana University School of Medicine explored this exact question. Researchers discovered that being screened for Alzheimer's disease and related dementias does not increase anxiety or depression in older adults nor does it lower the quality of life for family members who may become future caregivers. The study concluded that early screening provides the highest value when it directly connects patients to next steps, including a clear diagnosis, treatment choices, and ongoing community and medical support. To read more, visit [this link](#).



RESEARCH OPPORTUNITIES

Are you interested in helping us advance brain health by participating in research? We are currently connecting volunteers with studies focused on memory, aging, caregiving, and brain health. Opportunities vary and may include online surveys, educational programs, or in-person visits. For a full list of our studies, visit [this link](#).

Study Spotlight: PREVENTABLE (Pragmatic Evaluation of Events and Benefits of Lipid-lowering in Older Adults)

Local enrolling sites: Duke, Wake Forest University, and UNC Chapel Hill

Study goal: To learn if taking a statin (a common medicine that helps lower cholesterol) could help older adults live well for longer by preventing dementia, disability, or heart disease.

Who can participate

- Adults 75 years or older
- Not currently taking a statin medication
- Do not have heart disease (heart attack or stroke)
- Do not have dementia



What it involves: Taking a statin medication.

Travel required? No. Participants can join the study from home by phone or video call, receive the study drug by mail, and stay in touch through phone calls, health records, or home visits if needed.

How to sign up: If you are interested, you can fill out the [Studies Interest Form](#).

ASK THE EXPERT – YOU ASKED, WE ANSWERED

Question: What should my target heart rate be during exercise?

Answered by: Marianne Chanti-Ketterl, PhD, Duke University

Answer: Current research shows that anesthesia does not cause dementia. Researchers recently reviewed eight studies and found that there doesn't seem to be a clear sign of higher risk for older adults who had anesthesia during surgery. Of course, the evidence is still limited, and more research is needed to be sure. That said, some individuals, especially older adults or those with memory problems, may experience short-term confusion (sometimes called delirium) after surgery. These symptoms are different from dementia, but it is important to discuss them with your healthcare team. We suggest you ask your surgeon and anesthesiologist about your personal risk, anesthesia options, and steps to reduce post-surgery confusion.

Do you have questions about brain health? Submit them to us at ncbrainhealth@duke.edu.



CONNECT WITH YOUR COMMUNITY AT UPCOMING EVENTS

Caregiver Connections Expo: Backyard BBQ

Wednesday, June 17, 2026 | In-Person

The Lusk Center at AuthoraCare Collective, 2501 Summit Avenue, Greensboro, NC 27405

This event offers family caregivers of frail and impaired adults an opportunity to learn, laugh, re-energize, and connect with one another. Lunch is included, and the event is free for caregivers.

Our team from NC A&T will be there! We look forward to seeing you!



Juneteenth Triad Farmer's Market

Friday, June 19, 2026 | 10:00 AM–4:00 PM ET | In-Person

Hayes-Taylor Memorial YMCA, 2630 E Florida St, Greensboro, NC 27401

The Guilford County Small Business and Entrepreneurship Department (SBED) and NC Cooperative Extension-Guilford County, Triad Black Faith Leaders, Black Farmers Network, and East Greensboro NOW are partnering again for the Juneteenth Triad Farmers Market at Hayes-Taylor YMCA in Greensboro. The market features farmers selling fresh, locally grown produce and meat, along with live music, performances, craft vendors, and food trucks. The NC Registry for Brain Health will attend this event, and we hope to see you there!

Dementia & Firearms

Wednesday, June 24, 2026 | 1:00 PM ET | Virtual

Dr. Emmy Betz will present on the important topic of dementia and firearms. When a loved one is experiencing changes in memory and thinking, how do families navigate this sensitive issue? Dr. Betz will share practical guidance to help support these conversations.

Questions? Contact Duke Dementia Family Support Program by calling 919-660-7510.

No registration required. Join the Zoom at [this link](#).



NC Registry for Brain Health

[Alzheimer's Association International Conference \(AAIC\) For All: Community](#)

Thursday, July 16, 2026 | Virtual | Free

Join us for AAIC For All: Community to learn about the latest in Alzheimer's treatment, diagnosis, prevention, and care. This free event is an extension of the Alzheimer's Association International Conference (AAIC), the largest international conference dedicated to advancing dementia science. Open to everyone — including people living with Alzheimer's or another dementia, family members, caregivers, and the general public — you will hear directly from global experts about the latest discoveries and what they mean for those affected.

To register or learn more, visit [this link](#).

EVENTS FOR HEALTH & RESEARCH PROFESSIONALS

[Clinical Dementia Training Series](#)

Second Thursday of every month | 2:00 PM ET | Virtual

The Clinical Dementia ECHO (Extension for Community Healthcare Outcomes) supports Indian Health Service (IHS), Tribal, and Urban Indian clinicians in detecting, diagnosing, and managing dementia care for American Indian and Alaska



Native patients. This free virtual collaborative offers one-hour telehealth sessions focused on care planning, medication management, challenging behaviors, and culturally responsive care. Clinicians can present cases, receive recommendations from peers and specialist teams working in Indian Country, and earn continuing education credit.

Contact: echo@npaihb.org

For more information, visit [this link](#). The full series of trainings can be found at [this link](#).

STAY IN THE LOOP!



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Reach out with questions or comments by email at ncbrainhealth@duke.edu.



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