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An Update on Brain Health Lifestyle ®

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Keynote from Paul D. Nussbaum, Ph.D.

Brain health continues to generate significant scientific inquiry and consumer interest. This keynote will review the historical context of brain health as it evolved from animal studies to recent discovery of neurogenesis in the human brain. Our study and understanding of the function of the human brain has been strengthened by the re-emergence of neural plasticity that counters traditional ideas about the human brain. Neural plasticity has nurtured the concept of brain reserve that in turn has enabled research into how the environment and lifestyle promote health of the brain. A comprehensive lifestyle that includes five major domains is reviewed as one model for organizing, studying, and promoting brain health: (1) physical activity; (2) mental stimulation; (3) socialization; (4) nutrition; and (5) spirituality. Criticism of the research on lifestyle and brain health will also be presented to provide a balanced perspective. Each of these five components of the brain health lifestyle ® will be presented in more detail by a panel of experts who follow this keynote. Finally, the keynote will bridge the historical and present work (e.g. Mind Alert) on brain health to future initiatives.

Learning Objectives for Keynote by Dr. Nussbaum

1. Participants will learn an historical context for brain health that emerged from animal studies to recent discoveries of the human brain.
2. Participants will learn about the basics of the human brain including critical concepts such as neural plasticity, neurogenesis, and brain reserve.
3. Participants will learn about research concerning lifestyle and its impact on the human brain.
4. Participants will learn about Mind Alert programming as an application of the ideas that characterize brain health.

Learning Objectives for Panelist Presentations

1. Participants will learn about the latest research on five major areas of a proactive lifestyle to include: (1) physical activity; (2) mental stimulation; (3) socialization; (4) nutrition; and (5) spirituality.
2. Participants will learn about specific lifestyle behaviors that can be applied to promote brain health.
3. Participants will learn about problems within the research on lifestyle and brain health and be presented with ideas to deal with these problems moving forward.

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