



Focus on Brain Health

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You Can't Help Getting Older—But You Don't Have to Be Old!

- George Burns



Early Detection—What's on Your Mind

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fit FOR thought

I am Pleased to Announce— Center for Brain Health

Sarasota's Only Neurology Practice Specializing Exclusively in Brain Health



Nicci Kobritz, CEO

Many of us are worried about memory loss. Often the reason is a normal consequence of aging. Sometimes the reason is more significant and begins to interfere with everyday functioning, such as job performance or other independent functions. And we often fear getting Alzheimer's disease or a related dementia especially when there is a family history. The Center for Brain Health is designed to evaluate such concerns. We also address those conditions impacting memory loss that are known to be reversible.

Dr. Julio Cantero, neurologist with the Intercoastal Medical Group, directs the Center and supervises our nurse practitioners who are specially trained in Cognitive Neurology & Brain Health. "Our goal is to promote better brain health in individuals of all ages and empower them to reach their maximum brain performance" states Cantero.

Each client receives a comprehensive assessment and customized brain health plan followed by sessions with a Personal Brain Health coach to facilitate and motivate positive change. The interdisciplinary brain health Team helps clients reach their goals. The Team includes a nutritionist, physical therapist, cognitive therapist and neuropsychologist. Researchers as consultants work with the Team to ensure validated information is applied to client protocols.

Science and research are advancing rapidly, and much is known about preventing, stabilizing and slowing down cognitive decline while improving brain reserve and brain performance. Historically, such information is slow to reach the public. Center for Brain Health, seeks to help individuals understand the latest advances in modifying and reducing factors that place the brain at risk, while increasing lifestyle interventions that are known to protect the brain.

Center for Brain Health has locations in Sarasota and Long Boat key, and is opening soon in Venice. The center accepts Medicare and other select private insurance plans.

Call or email Nicci Kobritz for a private consultation:
nkobritz@theCBH.com—941-556-9900

FEATURES



Julio Cantero, MD

Research Studies Supporting the Need for the Center's Focus on Brain Health—*Julio Cantero, MD*

The following are summaries of two significant research studies that demonstrate positive improvement in brain performance. Keeping in mind, as research continues to focus on lifestyle interventions and specific medical conditions that may impact the integrity of the brain, more knowledge is needed.

The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) is a multi-center randomized controlled trial ongoing in Finland.

“Earlier is better” has become a mantra in the field of Alzheimer’s disease. Experts are targeting the prevention or delay of memory decline more, instead of just focusing on treating patients who have the disease.

Results were published from one of the largest randomized prevention trials to date presented at the Alzheimer’s Association International Conference in Copenhagen July 2014. The trial found that the intervention involving exercise, diet and other behavioral changes significantly improved overall cognitive functioning in patients after two years, compared to patients in the control group.

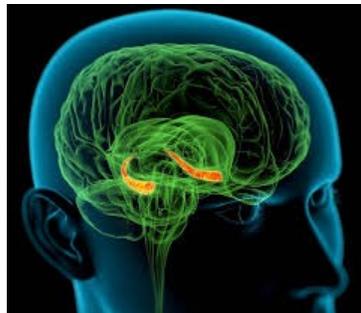


Participants included 1200 individuals average age 74 and at risk for Alzheimer’s disease.

Alzheimer’s & Dementia 2013

A Personalized 12-Week Brain Fitness Program for Improving Cognitive Function and Increasing the Volume of Hippocampus in Elderly with Mild Cognitive Impairment.

Reducing cognitive decline in patients with Mild Cognitive Impairment (MCI) may slow their progression to develop dementia. In this 12-week intervention trial, elderly patients average age 71 with a diagnosis of MCI were enrolled in a multidisciplinary Brain Fitness Program. Each patient received weekly personalized cognitive stimulation; neurofeedback training; and brain coaching for eating a Mediterranean diet; taking omega-3 supplements; increasing fitness; and practicing mindful meditation.



The post program testing showed 84% of the patients experienced statistically significant improvements in their cognitive function. Among the random sample of 17 patients who had a post-program quantitative MRI, 13 patients had either no atrophy or an actual growth above the baseline volume of the hippocampus (often referred to as the “memory center” of the brain).

These preliminary findings support the concept that a personalized Brain Fitness Program can improve cognitive function and either reverse or grow the volume of Hippocampus in elderly with MCI.

The Journal of Prevention of Alzheimer’s Disease 2012



EARLY DETECTION and DIAGNOSIS OF ALZHEIMER’S DISEASE

Statistics:

- 96% of Alzheimer’s patients are over the age of 65, thus age is the most prevalent risk factor. Alzheimer’s disease is commonly under-diagnosed. As a consequence, up to half of the individuals suffering from Alzheimer’s symptoms are unaware that they have Alzheimer’s. 1 in 9 older Americans have Alzheimer’s disease.

Quality care for Alzheimer’s disease and other dementias starts with an early, documented diagnosis, including disclosure of the diagnosis. However, among individuals living with Alzheimer’s and other dementias, evidence indicates about half have not been diagnosed. And of those who have been diagnosed, less than half are aware of their diagnosis. Only 45 percent of adults age 65 and older diagnosed with Alzheimer’s, or their caregivers, are aware of the diagnosis.¹ Among individuals diagnosed with Alzheimer’s, only 33 percent are aware of the diagnosis.¹ These data are comparable to baseline data from Healthy People 2020, the nation’s 10-year public health agenda, that indicate approximately 35 percent of Medicare beneficiaries age 65 and older diagnosed with dementia, or their caregivers, were aware of the diagnosis.²

Alzheimer’s Association. 2015 Alzheimer’s Disease Facts and Figures. 2015. 2 Healthy People 2020. Dementias, Including Alzheimer’s Disease. Available at <https://www.healthypeople.gov/2020/topicsobjectives/topic/dementias-including-alzheimersdisease/objectives>



*“No man has a good enough memory to be a successful liar.”
- Abraham Lincoln*

WHAT’S ON YOUR MIND ?

Q I was recently diagnosed with microvascular dementia. What does that mean?

Vascular dementia can result from a series of very small strokes in the brain. These strokes, also known as infarcts, reduce blood flow to brain tissue causing the death of brain cells. Depending on where the strokes occur, the resulting brain tissue damage results in impairment or loss of brain functions such as language, motor skills, and memory. Dementia that’s caused by a single large stroke is sometimes referred to as macrovascular dementia or single-infarct dementia. This kind of vascular dementia generally has a sudden onset and an immediate profound effect on mental functioning and the activities of daily living.

Electronic Medical Portals—Health apps

Best for: Keeping track of your care

How they work: Log in to your provider's medical portal online to view lab and test results, manage appointments, collect electronic medical records, refill prescriptions, even communicate with your physician. Not only are more doctors using these portals, but there is growing evidence that they actually help patients manage care — particularly patients who are dealing with multiple conditions or who are undergoing rounds of treatments and tests. In one study published in the *Journal of Oncology Practice*, cancer patients at the University of Texas Southwestern Medical Center logged into the electronic medical portal MyChart an average of 109 times over five years. Portals centralize communication in an easy-to-access way, explains Simon Craddock Lee, senior author of the study.



Examples: Patient Fusion, Mychart

Source—AARP

Facts About Sleep:



- ◆ Man is the only mammal that willingly delays sleep
- ◆ Sleep is just as important as diet and exercise
- ◆ Research shows you sleep best during a new moon and worst during a full moon—although the reasons are unclear
- ◆ Being awake for 16 hours straight decreases your performance as much as if your blood alcohol level were .05%
- ◆ Today, 75 percent of us dream in color. Before color television, just 15 percent of us did.

Mediterranean Diet Corner

A traditional Mediterranean diet consisting of large quantities of fresh fruits and vegetables, nuts, fish and olive oil—coupled with physical activity—reduces the risk of heart disease, certain cancers, diabetes, Parkinson's and Alzheimer's diseases. More specifically:

- Protecting against type 2 diabetes.
- Preventing heart disease and strokes.
- Keeping you agile. Reducing risk of Alzheimer's.
- Halving the risk of Parkinson's disease.
- Increased longevity.



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YOUTHFUL AGING HOME HEALTH

5602 Marquesas Circle, Suite 105, Sarasota, FL 34233
871 Venetia Bay Blvd, #222, Venice, FL 34285
Phone: **941-925-9532** Fax: 941-925-9628—Sarasota
Phone: **941-882-4013**—Venice
nkobritz@youthfulaging.net | www.youthfulaging.net

CENTER FOR BRAIN HEALTH

5602 Marquesas Circle, Ste 105, Sarasota, FL 34233
5370 Gulf of Mexico Dr. #210, Longboat Key, FL 34228
Phone: **941-556-9900** Fax: 941-924-4748
Phone: **941-706-2695**—Longboat
nkobritz@theCBH.com | www.theCBH.com

