BRAIN FUTURES

Light Up Your Mind

September 2018 is the seventh annual World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma. According to Alzheimer's Disease International, someone in the world develops dementia every three seconds. Worldwide, there are over 50 million people living with dementia. Alarmingly, if effective risk-reduction strategies are not implemented, this number will increase to 152 million by 2050.

Fortunately, researchers like Dr. Dale Bredesen are revealing new insights into the erosion of memory seen in Alzheimer's disease. At the 2018 AspenBrainLab, Dr. Bredesen shared new therapeutic approaches to Alzheimer's and other neurodegenerative conditions. His groundbreaking discoveries include:

- the identification of subtypes of Alzheimer's disease,
- the first description of reversal of symptoms in patients with mild cognitive impairment (MCI) and early Alzheimer's disease with the ReCODE (reversal of cognitive decline) protocol.

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"Curiosity is the mother of all neuroplasticity."

Alvaro Fernandez

CEO & Editor-In-Chief

SharpBrains

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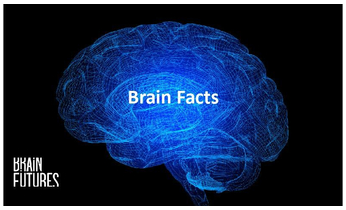

Brain Facts

1. The human brain is nearly 60 percent fat. We've learned in recent years that fatty acids are among the most crucial molecules that determine your brain's integrity and ability to perform. Clinical observation studies has related imbalance dietary intake of fatty acids to impaired brain performance and diseases.

2. Every time your heart beats, your arteries carry 20 to 25 percent of your blood to the

How Social and Emotional Learning Can Prepare Children and Transform Schools

As more and more students are plagued with chronic stress, learning how to manage and understand emotions are essential to promoting student success in school and future employment. Social-Emotional Learning (SEL), also called whole child education, is an evidence-based approach that teaches children how to manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

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How Stress Can Rewire Your Brain

If you've noticed changes in your memory, stress could be a factor. Long-term stress may eventually change your brain in ways that affect your memory. To understand why stress affects thinking and memory, it's important to understand a little about how the brain works.

Neuroplasticity (also known as brain plasticity) allows the brain to reconstruct and rewire itself based on behavioral, environmental, and neural changes. Harvard Medical School professors Dr. Kerry Ressler and Dr. Jill Goldstein note that when one area of the brain is engaged, the other parts may not have the energy to perform their own essential tasks.

brain. The harder you think, the more oxygen and fuel your brain will use from your blood – up to 50 percent.

3. Although neurons are the longest living cells in the body, large numbers of them die during migration and differentiation. Brain diseases such as Parkinson's, Huntington's and Alzheimer's are the result of unnatural neuronal death.

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Brain Food Spotlight

Did you know that antioxidants play a huge role in preventing brain degeneration? According to Dr. Kelsey Brenner, a functional neurologist for South Florida Integrative Health, "antioxidants are the clean-up and protection system for the brain." Berries such as blueberries, raspberries and strawberries provide an abundant source of antioxidants.

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Share information with the BrainFutures community!

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The Exercise that Helps Mental Health the Most

Researchers are examining different types of exercises as scientific understandings about the relationships between physical and mental health become more prevalent.

A recent study published in the Lancet Psychiatry journal found that physical activity typically performed in groups, such as team sports and gym classes, provided greater mental health benefits than individual activities like running or walking.

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In coming weeks, we will be highlighting news and resources from the BrainFutures community.

Please submit information that you'd like us to share across our network to info@brainfutures.org

Contact Us

Our Mission

BrainFutures works to accelerate access to science-based brain health innovations that improve human outcomes. We envision a future where effective brain health practices are widely accessible to people of all ages, enabling advancements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.

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BrainFutures 1301 York Road, Suite 505
Lutherville, MD | 21093 US

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