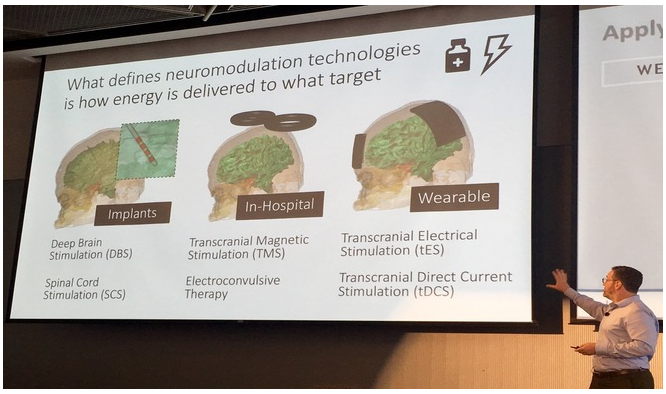
BRAIN FUTURES

Light Up Your Mind



BrainFutures attends the ApplySci Wearable Tech + Digital Health + Neurotech conference at MIT

BrainFutures recently attended the ApplySci Wearable Tech + Digital Health + Neurotech conference at MIT, which showcased innovative methods of early detection of disease as well as the latest in computer-brain interfaces. Highlights included:

Dr. Marom Bikson, professor of Biomedical Engineering at the City College of New York, focused on applications for wearable tDCS (transcranial Directional Current Stimulation) and how responsive adaptive technology can help with personalized non-invasive neuromodulation to treat chronic pain and depression.

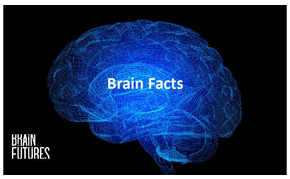
Dr. Roozbeh Gafari, director of Translational Research at Northwestern's Center for Biointegrated Electronics, shared advances in epidermal microfluidics, called "epifluidics": soft, wearable biosystems with advanced sensing capabilities. Related technologies interface with the brain for diagnostic and interventional function in procedures to treat disorders like epilepsy.

Read More

WORLD MENTAL HEALTH DAY

In observance of World Mental Health Day on October 10, the BrainFutures team is excited to participate in this year's *JWB Resiliency 5K & 1 Mile Family Walk/Run* on October 14.

Learn More



Brain Facts

1. Your tongue's receptors, called taste buds, transform information about tastes and send them to the brain to be processed into your favorite flavors.

We have between 5,000 and 10,000 taste buds but start to lose them around age 50.

2. Your brain depends on

'Nutrition does not stop at the neck'

According to the National Institute of Mental Health, 8 million people die every year from mental illness. Some cases are attributable to unnatural causes such as suicide and unintentional injuries, while other deaths are due to acute and chronic comorbid conditions such as cardiovascular disease and diabetes.

Researchers like Captain Joseph R. Hibbeln, MD, acting chief of the Section on Nutritional Neurosciences at the National Institute on Alcohol Abuse and Alcoholism, suggest that poor nutrition is closely related to the increasingly high mortality rate among people with mental illness and a primary reason this group lives 10 fewer years than the rest of the population.

Read More and Watch Video

Minorities are expected to have the largest increase in Alzheimer's disease, related dementias by 2060

The burden of Alzheimer's disease and related dementias (ADRD) is expected to double by 2060, with minorities having the largest projected increase, according to a new study from the Centers for Disease Control (CDC).

the balance of excitatory and inhibitory neurons. Too much inhibition will stop signals in their tracks before they get to their destination.

Read More

Are Omega-3s Good for Your Brain?

Your brain, which is nearly 60 percent fat, requires omega-3 fatty acids to maintain normal function. Omega-3s, essential elements of the membranes that surround each cell in your body, mainly consist of three types of acids: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Read More

Share information with the BrainFutures community!

In coming weeks, we will be highlighting news and

ADRD affected 5 million people as of 2014 in the U.S., which was 1.6% of the population. By 2060, this figure is projected to grow to 13.9 million, nearly 3.3% of the population.

Read More

resources from the BrainFutures community.

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

Mission
BrainFutures accelerates access to effective practical applications of advances in brain science to maximize human potential.

Vision
Science-based brain health practices are widely available and accessible to people of all ages, resulting in improvements in learning outcomes for children, optimized performance at work, sustained cognitive functioning as we age, and enhanced treatment of mental health and substance use problems.

Share this email:

Manage your preferences | **Opt out** using **TrueRemove®**
Got this as a forward? **Sign up** to receive our future emails.
View this email **online**.

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

This email was sent to .
To continue receiving our emails, add us to your address book.

Subscribe to our email list.