

healthchats

# AGING AND BRAIN HEALTH



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# Today's Topics

**1**

**Healthy Brain Aging**

**2**

**Types of Dementia**

**3**

**Stroke Awareness &  
Prevention**

**4**

**How to Optimize  
Brain Health**

**5**

**Tips for Caregivers**

**6**

**UnitedAg Resources**

**7**

**Q&A**



# Healthy Brain Aging

- Brain naturally changes with age
- Neuroplasticity continues at all ages
- Memory changes does not necessarily mean dementia
- 4 out of 10 Americans over age 55 will eventually develop dementia
- 45% of dementia cases can be prevented or delayed with lifestyle
- Cardiovascular health = brain health
- Stroke is a leading cause of long-term disability and cognitive decline in older adults

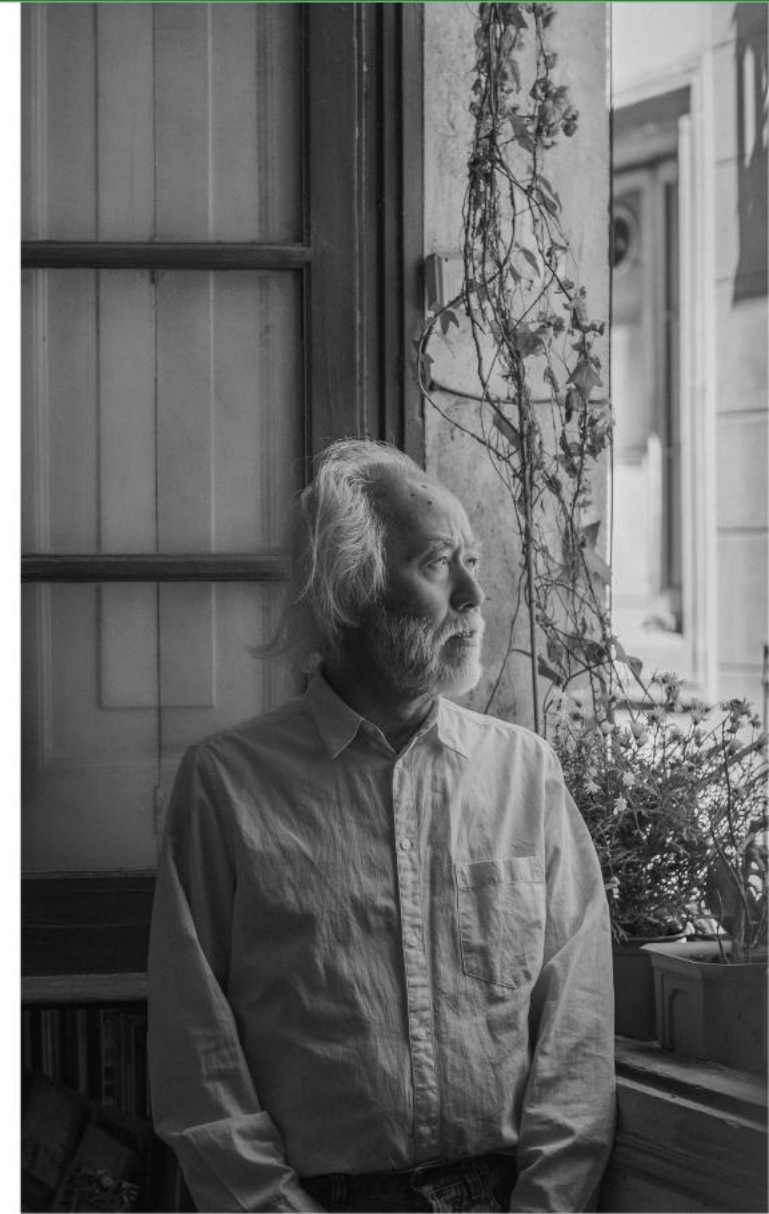


# Common Types of Dementia

Type	% of Dementia cases in US	Age of onset	Features	Genetic risk factors	Prevention Strategies
Alzheimer's Disease	60-80%	Most > 65 y/o, early onset possible	Build up of amyloid beta and tau proteins, gradual memory loss, disorientation, later behavior and motor changes	Several known genes (e.g. APOE4) but not deterministic	Control vascular risk factors, healthy lifestyle, sleep, cognitive engagement
Vascular Dementia	10-20%	> 65 y/o	Result of damaged blood vessels in brain from strokes or transient ischemic attacks (TIA), stepwise decline in executive function, processing	General cardiovascular risk factors (e.g. family history of stroke/heart attack, Lp(a), hypertension, etc.)	Strict control of vascular risk factors
Lewy Body Dementia	5-10%	> 50—80s, typically around 70s	Fluctuating cognition, mood, hallucinations, motor changes, acting out dreams in REM sleep	Lower than other types of dementia	No proven prevention
Frontotemporal Dementia	5-10%	45-60 y/o	Personality/behavior changes, language difficulty, later memory changes	Strong genetic component, 30-40% familial	No proven prevention
Mixed Dementia	> 50%	> 75 y/o	Combination of memory, executive function, motor changes	Overlaps with Alzheimer's and vascular dementia	Combination of strategies from Alzheimer's and vascular dementia

# Dementia Diagnosis & Management

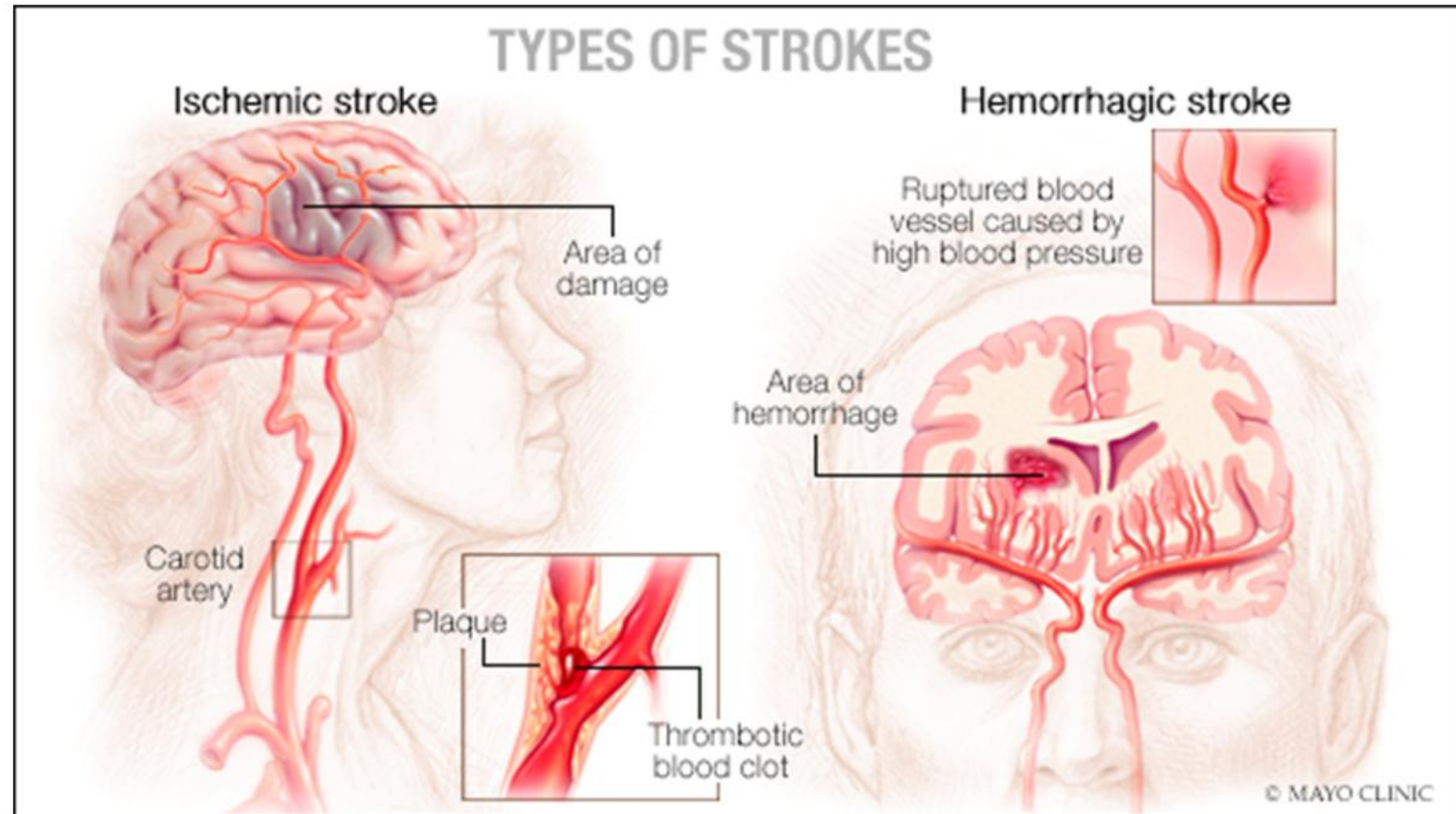
- Assessment
  - Medical history
  - Physical and neuropsychological exams
  - Mental health screening
  - Blood tests
  - Brain imaging
  - Neurology evaluation
- Management
  - Medications work best in early/middle stages of dementia
  - Treat symptoms, co-morbidities
  - Optimize lifestyle, occupational/physical therapy





# Stroke Awareness

Stroke is caused by disrupted blood flow in the brain due to a blockage (ischemic stroke) or bleeding (hemorrhagic stroke)





# SPOT A STROKE™

# F.A.S.T.



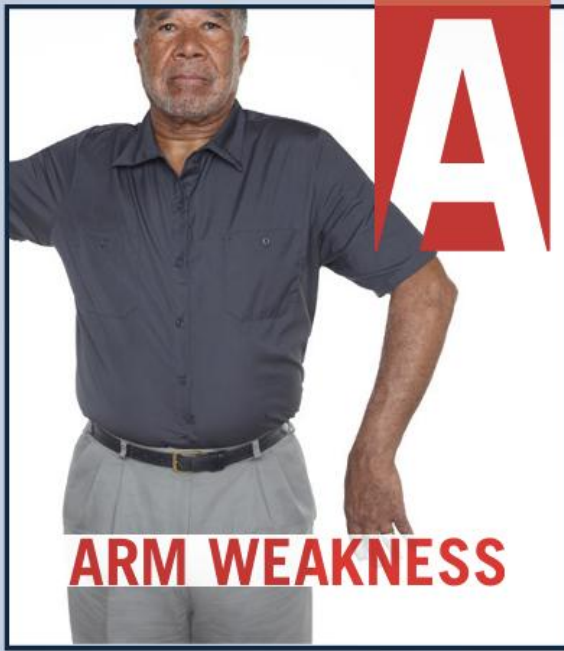
American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

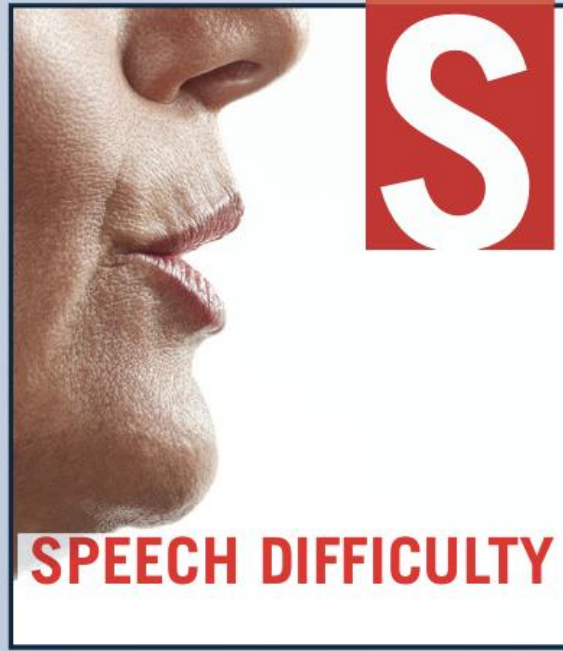
Learn more at [stroke.org](https://stroke.org)



**FACE DROOPING**



**ARM WEAKNESS**



**SPEECH DIFFICULTY**



**TIME TO CALL 911**

# Stroke Awareness



- Additional stroke symptoms
  - Vision change (blurry, double vision, loss of vision)
  - Difficulty swallowing
  - Sudden severe headache
  - Loss of balance/coordination, difficulty walking
  - Vertigo, nausea/vomiting
  - Numbness/pins & needles
  - Confusion
- Anyone, at any age, can have a stroke
- Every minute counts, get care ASAP



# Stroke Prevention



- Major risk factors: family history, chronic conditions that increase cardiovascular or clot risk, unhealthy lifestyle, prior stroke
- Stay up to date on health screenings
- Control chronic conditions (diabetes, hypertension, high cholesterol, obstructive sleep apnea)
- Avoid tobacco, excessive alcohol, illicit drug use
- Maintain healthy weight
- Stay physically active
- Daily aspirin *only* if indicated by doctor





# How to Optimize Brain Health

- Prioritize sleep
  - Critical for memory
  - Clearance of metabolic wastes and proteins associated with dementia
  - Sleep apnea screening and treatment
- Stress management
- Cognitive training
- Social connections
- Prevent/correct hearing loss
- Nutrition & supplements
- Physical activity



# Tips for Caregivers

- Create a safe home environment
- Mental stimulation, socialization
- Encourage independence
- Ensure regular medical appointments, medications/pill organizers
- Recognize emotional, personality, mental health changes
- Community resources for senior events, exercise classes, education, medical transportation, meals, etc.
- Leverage family or professional caregivers for extra help
- You can't pour from an empty cup



# UnitedAg Resources

- Health & Wellness Clinics
  - Health screenings
  - Chronic disease management
  - 1:1 Lifestyle coaching (sleep, stress, nutrition, physical activity)
  - In person and virtual care
- Teladoc
- Spring Health





# Q&A

