Alzheimer’s Disease: Risk and Protective Factors and Early Interventions
Tuesday, May 24, 2011

7:15-8:00  REGISTRATION AND LIGHT CONTINENTAL BREAKFAST
8:00-9:10  Overview of Risk & Protective Factors for Alzheimer’s Disease
           Ron Zec, PhD, ABPN, ABPP (CN)
9:10-9:25  Benefits of Massage Therapy, Exercise, Diet and Healthy Lifestyle Adjustments
           Jim Christison, MsT
9:25-9:45  BREAK
9:45-11:15 Exercise as a Therapeutic Intervention to Improve Cognition and Favorably Alter Biomarkers of Neurodegenerative Pathology in Older Adults at Increased Risk of Alzheimer’s Disease
           Laura Baker, PhD
11:15-11:40 Question & Answer Panel
11:40-12:30 LUNCHEON
12:30-1:30 Depression and Risk for Alzheimer’s Disease: Mood Matters
           Meryl A. Butters, PhD
1:30-2:15  Genetics of Alzheimer Disease and Frontotemporal Dementia
           Tatiana Foroud, PhD
2:15-2:35  BREAK
2:35-2:50  Life with Gusto!
           Elizabeth A. Simpson, RN
2:50-3:35  Research Trends in Alzheimer’s Disease
           Dennis Q. McManus, MD
3:35-4:15  Question & Answer Panel and Closing Summary

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Objectives

At the conclusion of the conference, participants will be able to:

- Outline the significant environmental risk & protection factors for Alzheimer’s disease and related disorders.
- Discuss the putative biological mechanisms for risk and protective factors.
- Discuss the major components of a brain healthy lifestyle.
- Describe how to maintain healthy activity as one ages by avoiding injury and making continuous adjustments to diet and exercise.
- List several mechanisms that may account for cognition-enhancing effects of aerobic exercise.
- Discuss why insulin resistance is a risk factor for cognitive impairment and dementia.
- Describe recent research findings on the relationships among late-life depression, associated cognitive impairment and progressive neurodegeneration.
- Describe potential neurobiologic underpinnings (including AD neuropathology, cerebrovascular disease and glucocorticoid neurotoxicity) that may explain the relationships among late-life depression, associated cognitive impairment and progressive neurodegeneration.
- Distinguish the clinical differences between Alzheimer’s disease and frontotemporal dementia.
- Describe how common genetic variation may increase the risk of Alzheimer’s disease and frontotemporal dementia.
- Describe new approaches in diagnosing Alzheimer’s disease using PET scan and amyloid binding radioactive tracers.