



## Brain Health and Aging

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1



## Observational Research

- Seniors over the age of 65
- Agree to yearly testing which look at memory and lifestyle
- Organ donation at time of death (brain, spinal cord, samples of skin, bone, muscle and nerve tissue)
- Study allows for comparison of clinic perspective vs pathology report
- Funded by NIH/NIA and began 30 years ago
- Largest studies in the world looking at neurological risk factors as people age

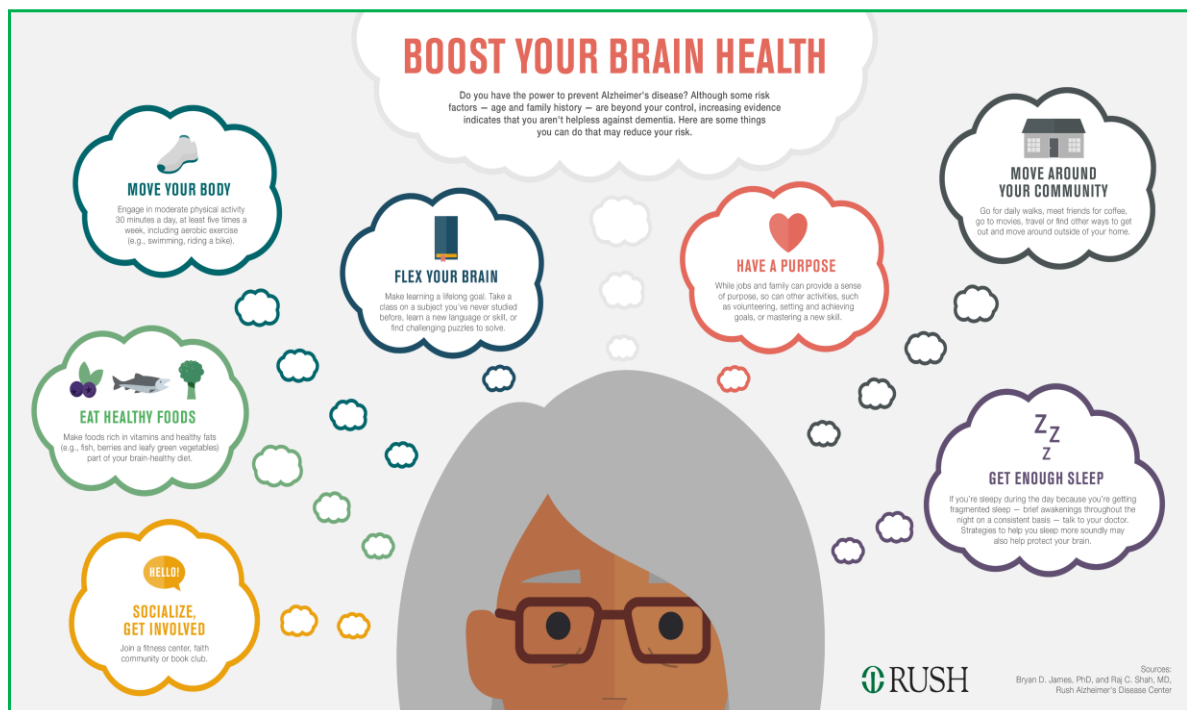
2



## Commitment from Seniors

- Around 5 hours of testing each year
  - surveys and questionnaires
  - Sleep study
  - Device to monitor physical activity
  - MRI
  - Retinal Scan
  - Blood draw
- Organ donation at time of death

3



4



## Being Social

### Protective Factors

- Staying connected with others
- Engaging in activities with others

### Risk Factors

- Loneliness

5



## Healthy Eating

### Protective Factors

- Follow Mind Diet
  - Omega 3
  - Antioxidants (berries)
  - Olive Oil
  - Whole grains
  - Lean protein
  - Leafy greens
  - Nuts

– Beans

– Wine

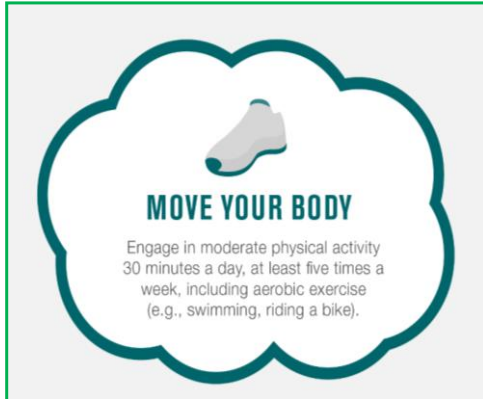
- Avoid
  - Processed food
  - Sugar
  - Cheese
  - Red meat

### Risk Factors

- Diabetes
- Cerebrovascular disease

6

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## Physical Activity

### Protective Factors

- Movement
- Moderate activity at least 5 times a week

### Risk Factors

- Sedentary lifestyle
- Parkinsonian signs
- Unexplained loss of BMI

7

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## Cognitive Activity

### Protective Factors

- Staying curious about life
- Reading
- Playing games
- Learning a language or playing an instrument as a child seems to have benefit as someone gets older

8



## Moving Outside Your Homeplace



### Protective Factors

- Leaving home space on a regular basis

9



## Finding Purpose



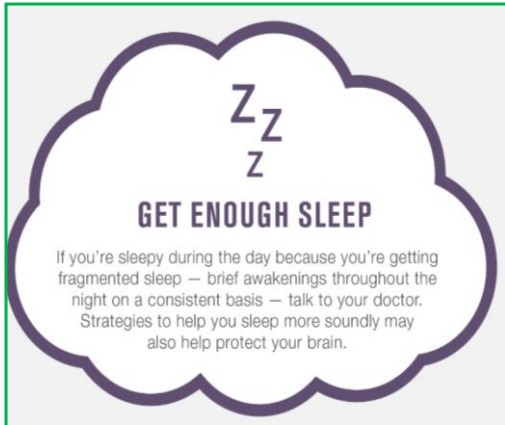
### Protective Factors

- Having a purpose

### Risk Factors

- Depressive Symptoms
- Narcissistic tendencies

10



## Getting Sleep

### Protective Factors

- Getting several consecutive hours of sleep
- Working on any sleep issues
- Wearing CPAC machine if needed

### Risk Factors

- Interrupted sleep

11



With the help of our research participants,  
thousands of papers have been published from these studies.

Thank you.

12