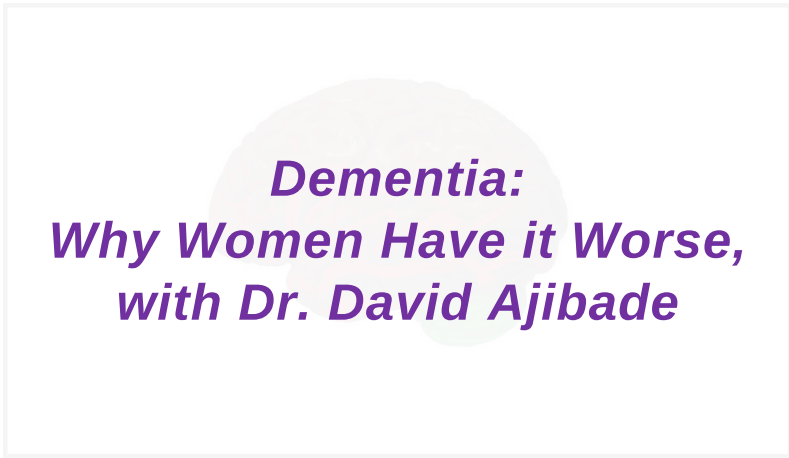
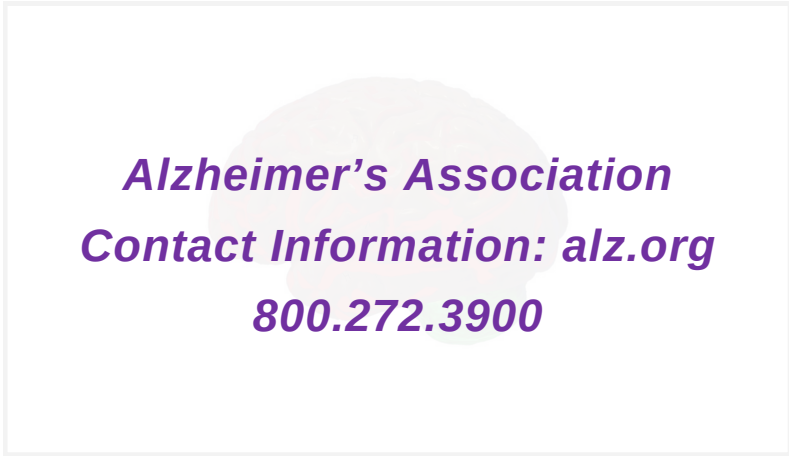


NOTES:



NOTES:



NOTES:

ABOUT ME

Founder and Director, Brain and Body Foundation

Volunteer Educator, Alzheimer's Association

2024 Selected for Baltimore Magazine's Game Changers Edition

2023 Nigeria's Most Respected CEO Award (Hospitals and Healthcare)

2023 Listed in Marquis Who's Who in America

2021 Winner, Impact Africa Summit Awards – Best Health Show on TV in Africa

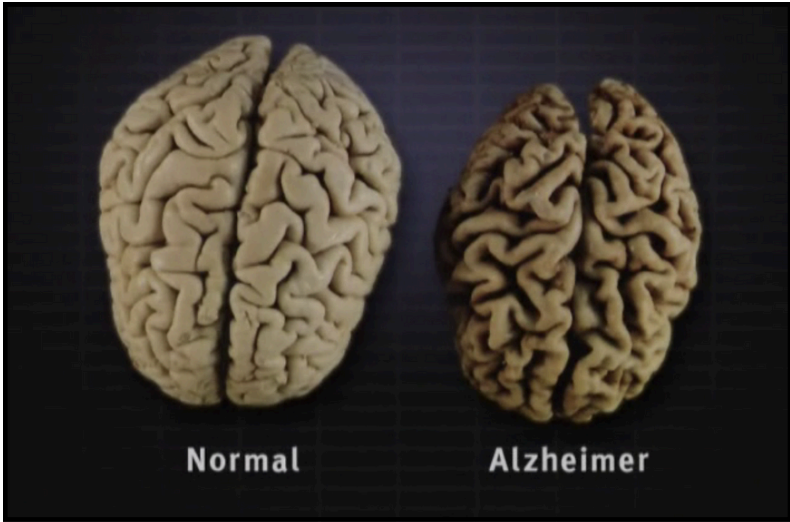
*Alzheimer's is a degenerative brain disease that is caused by complex brain changes **following cell damage**. It leads to dementia symptoms that gradually worsen over time.*

~ Alzheimer's Association

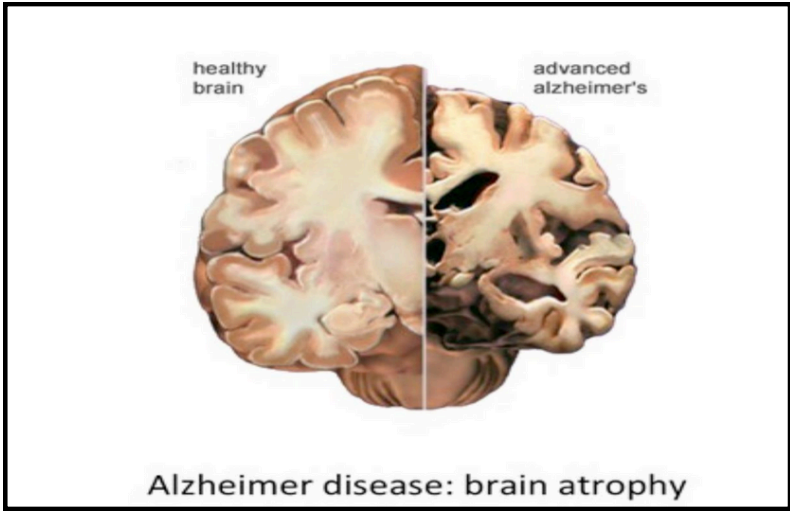
NOTES:

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NOTES:



NOTES:

The Two Biggest Gaps I See In This Dementia Space

NOTES:

GAPS

1. Dementia has been made out to be this terrible mysterious disease that is baffling to the most accomplished of specialists, with little to no chance or hope for a cure. As a result...
2. People have greatly underestimated the power they have to influence and indeed reduce their risk

NOTES:

SOBERING STATS:

1. Dementia is the **number one cause of death** among women in BOTH the United Kingdom and Australia
2. Dementia is the fifth leading cause of death among women in the USA
3. Women are twice as likely to have dementia than men are
4. Women in the USA are more likely to die of dementia than they are of breast cancer
5. A woman in her 60s is almost twice as likely to develop Alzheimer's disease as she is to develop breast cancer.
6. Over 70% of caregivers are women. That's over 11 million women taking care of their loved ones with dementia in the USA alone.
7. Baltimore City and Maryland are **NUMBER ONE**

NOTES:

WHY???

The Synapse, The Network, And Your Brain

NOTES:



NOTES:



NOTES:



NOTES:

**The Greater the
Number (and quality)
of Connections,
The Better the Life**

NOTES:

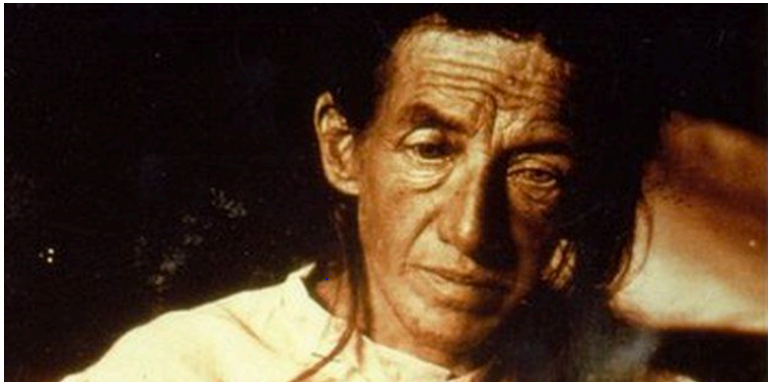
*Alzheimer's is a degenerative brain disease that is caused by complex brain changes **following cell damage**. It leads to dementia symptoms that gradually worsen over time.*

~ Alzheimer's Association

NOTES:

Why Women Have It Worse

Auguste Deter



Why Women Have it Worse:

1. *Age*
2. *Hormones*
3. *Mental Health Issues*
4. *Toxins*
5. *More stress (including the stress of caring for others)*
6. *Digestive Issues*
7. *Autoimmune conditions (women **FOUR TIMES** as likely)*
8. *Work (or lack thereof)*
9. *Activity*
10. *Cardiovascular Disease*
11. *Muscle Mass*
12. *Sleep*

NOTES:

NOTES:

NOTES:

The
"BIG THREE"

NOTES:



NOTES:



NOTES:

Dementia's Dirty Dozen

NOTES:

Dementia's Dirty Dozen



NOTES:

WHY???

NOTES:

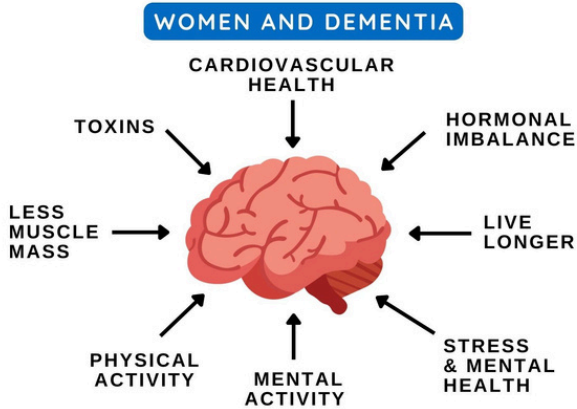
Using “Dementia’s Dirty Dozen” as a Checklist

NOTES:

NOTES:

NOTES:

- Why Women Have it Worse:
1. Age
 2. Hormones
 3. Mental Health Issues
 4. Toxins
 5. More stress (including the stress of caring for others)
 6. Digestive Issues
 7. Autoimmune conditions (women **FOUR TIMES** as likely)
 8. Work (or lack thereof)
 9. Activity
 10. Cardiovascular Disease
 11. Muscle Mass
 12. Sleep



The Age Factor

The greatest risk factor for Alzheimer's disease is age:

- *4 out of 1,000 people ages 65 to 74 develop Alzheimer's each year*
- *32 out of 1,000 people ages 75 to 84 develop Alzheimer's each year*
- *76 out of 1,000 people ages 85 and older develop Alzheimer's each year.*

There are more older women than older men living in our society – 5.7 million more of them – and the older you are, the more likely you are to develop Alzheimer's disease.

NOTES:

NOTES:



Age
(5 – 7 Years)

NOTES:



Hormones



NOTES:

Menopause

NOTES:

Hormonal Changes with Menopause:

1. *Drop in Estrogen*
2. *Even GREATER DROP IN Progesterone*
3. *Increase in LH and FSH*
4. *Drop in Testosterone*
5. *Increase in Cortisol*
6. *Decrease in Melatonin*
7. *Increase in Insulin Resistance*

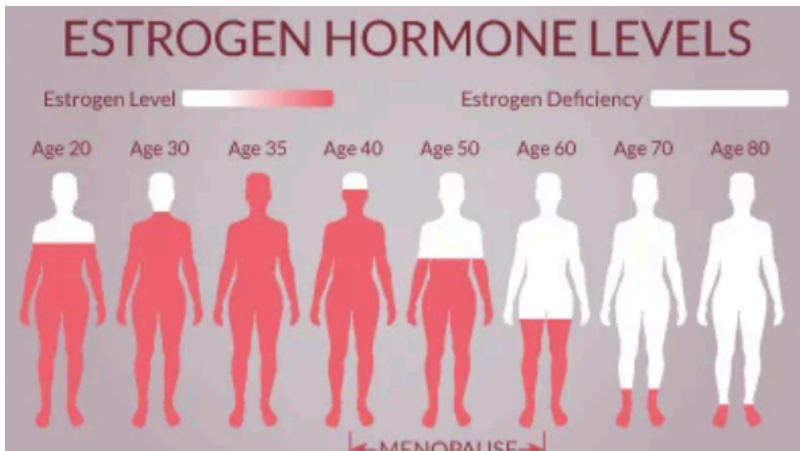
NOTES:

Estrogen and Your Brain

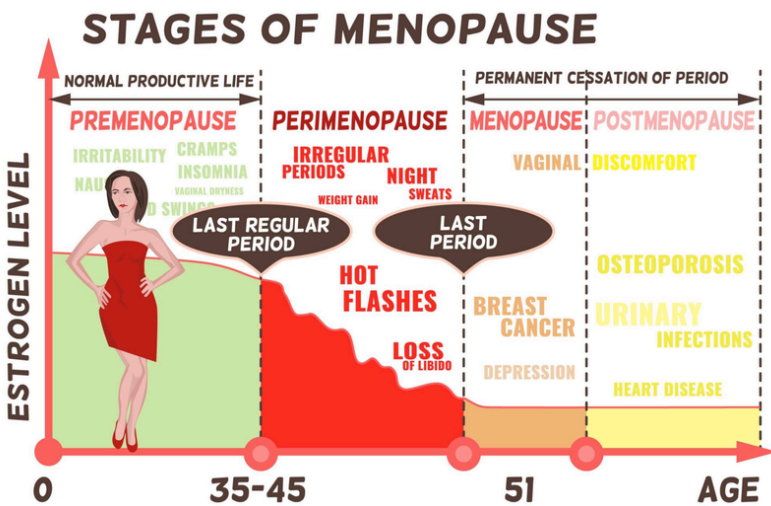
So why is estrogen so important to the brain?

1. *It supports the neuron*
2. *It supports the synapse*
3. *Supports of health of the hippocampus*

NOTES:



NOTES:



NOTES:

"Estrogen Dominance"

Common Symptoms of Menopause:

- 1. Heat surges (hot flashes or flushes)***
- 2. Feelings of anxiety and depression***
- 3. Sleepless nights***
- 4. Night sweats***
- 5. Clouded thoughts (Brain Fog)***
- 6. Memory Lapses (brain fog)***
- 7. Palpitations***
- 8. Fatigue – lack of vibrancy***

Mental Health Issues

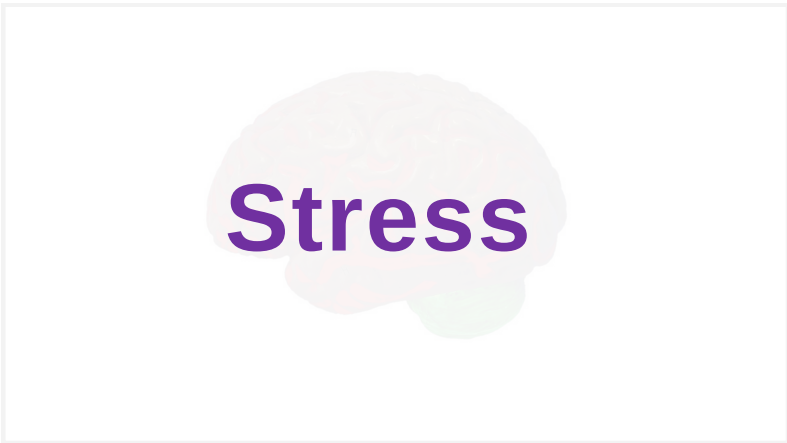
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NOTES:



NOTES:



NOTES:



NOTES:



*Autoimmune
Conditions*

NOTES:



*Workforce
Participation*

NOTES:

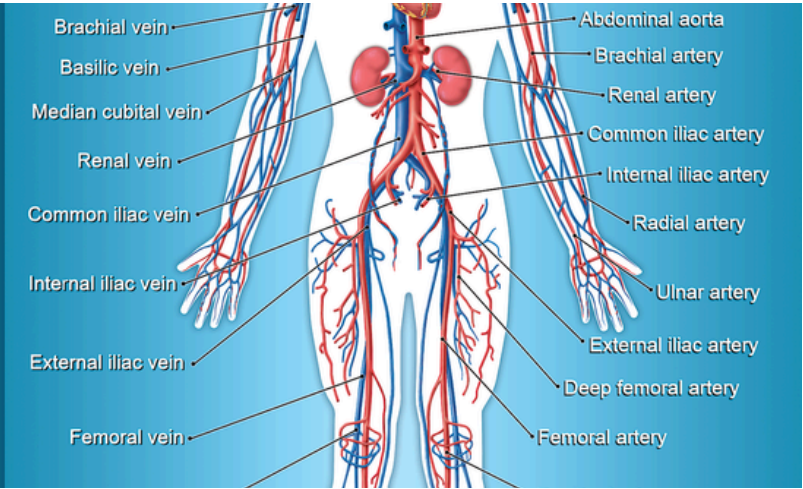


Activity

NOTES:

Cardiovascular Disease

NOTES:



NOTES:

Muscle Mass

NOTES:

***Muscle Health and
Mobility Issues Underlie
AT LEAST Nine of the
Top Ten Causes of Death
in the United States
~ Dr. Gabielle Lyon***

NOTES:

***Poor Muscle Health
Contributes to Alzheimer's
Disease, Sarcopenia,
Osteoporosis, Polycystic
Ovary Syndrome, Fatigue,
Poor Immunity and Cancer
~ Dr. Gabielle Lyon***

NOTES:

***Actively Working and Taxing
Your Muscle Tissue Will Not
Only Help Regulate Your
Hormones, But Will Also Make
You Better Able to Regulate
Your Blood Sugar and Improve
Your Body Composition
~ Dr. Gabielle Lyon***

NOTES:

***Actively Working and Taxing Your Muscle Tissue Will Not Only Help Regulate Your Hormones, But Will Also Make You Better Able to Regulate Your Blood Sugar and Improve Your Body Composition
~ Dr. Gabeille Lyon***

NOTES:

***Studies Have Shown that Working Out Increases Blood Flow to the Brain, Promoting the Development of New Brain Cells While Helping to Clear Out Toxins
~ Dr. Gabeille Lyon***

NOTES:

***Your Quality of Life Correlates Directly With Your Muscle Health; If your Muscles are Healthy, You Live Better
~ Dr. Gabeille Lyon***

NOTES:

Sleep

NOTES:

- Advantages Women have:**
- 1. Relationships**
 - 2. Estrogen**
 - 3. More Connections in the Brain**

NOTES:



NOTES:



In Conclusion

NOTES:



ReCAP

NOTES:



Takeaways?

NOTES:

It's all about Energy and The Synapses

Three Key Takeaways

- 1. Women are at a higher risk because their brains are under greater attacks**
- 2. The extent of damage from these attacks depends on genetics, lifestyle, diet, and events of the past (including childhood events)**
- 3. Since many of these things are unknown, you **MUST** take specific action to protect yourself**

NOTES:

NOTES:

NOTES:

Three Things To
Start Doing:

1. Have your hormones checked and optimized
2. Ensure Your Vitamin D levels are optimal
3. Make quality sleep an **ABSOLUTE** priority

NOTES:

*Keeping
Your
Marbles*


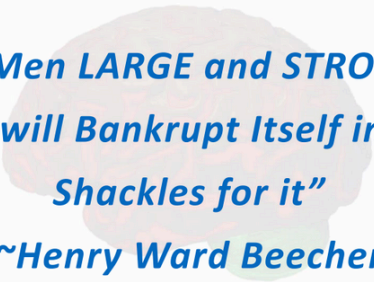
NOTES:

*The “Building Strength”
Approach*





NOTES:

*“Make Men LARGE and STRONG, and
Tyranny will Bankrupt Itself in Making
Shackles for it”
~Henry Ward Beecher*



NOTES:

The Laws of Life



NOTES:

It is the opinion of those who best understand the physical system, that if the physical laws [and I'm going to add spiritual laws] were strictly observed from generation to generation, there would be an end to the frightful diseases that cut life short...and of the long list of maladies that make life a torment or a trial and that this wonderful machine, the body, this godly temple would gradually decay and men and women would at last die as if gently falling asleep.

~ Mrs. Sedgewick 

NOTES:

The Quality of Your Life Depends on the:

1. *Quality of the Words you speak, hear and read (and write)*
2. *Quality of the Beliefs you hold dear*
3. *Quality of the Thoughts and emotions running through your mind*
4. *Quality of foods and drinks you consume/ingest*
5. *Quality of care you give your body*
6. *Quality of your relationships*
7. *Quality of the work/hobbies/ you are engaged in*

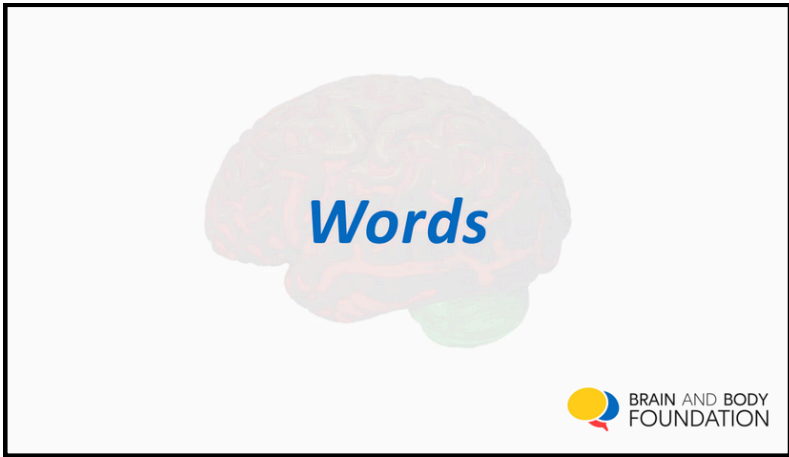


NOTES:

Those “little foxes”



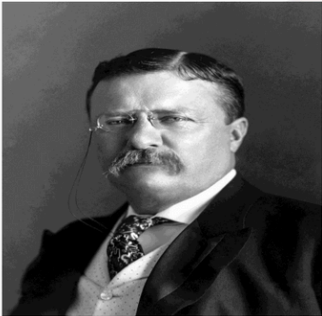
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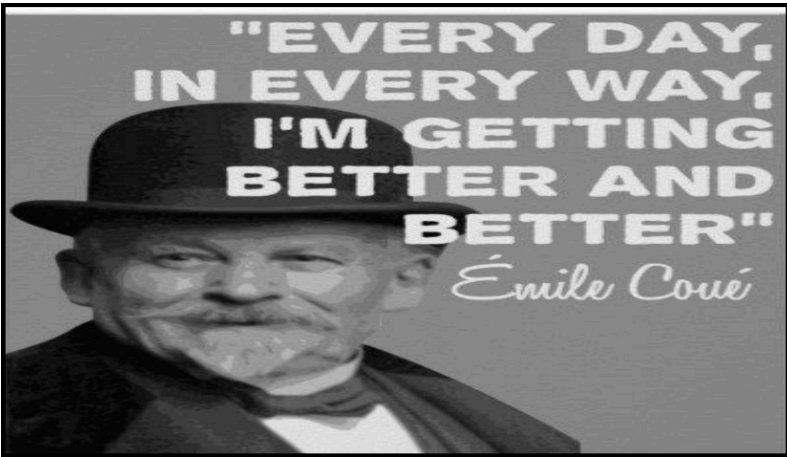


"T.R."
Roosevelt looked his doctor right in the eye, and said,
"I want to live for a long time.
I want to be healthy.
I'll be able to keep on doing what I'm doing and
I'm going to die by the time I'm 60."



BRAIN AND BODY FOUNDATION

NOTES:



NOTES:

It All Depends on The Source:

- *Ours*
- *Our parents*
- *Our mentors/teachers*
- *Our doctors/Healthcare providers*
- *Our religious leaders*
- *Our "significant others"*
- *Our peers*



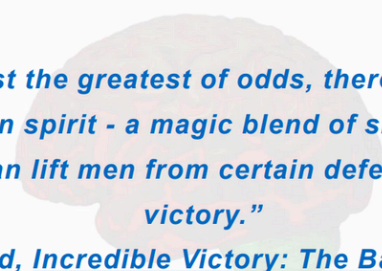
NOTES:



Beliefs




NOTES:




“Even against the greatest of odds, there is something in the human spirit - a magic blend of skill, faith, and valor - that can lift men from certain defeat to incredible victory.”


— Walter Lord, *Incredible Victory: The Battle of Midway*



NOTES:



Thoughts and Emotions



NOTES:



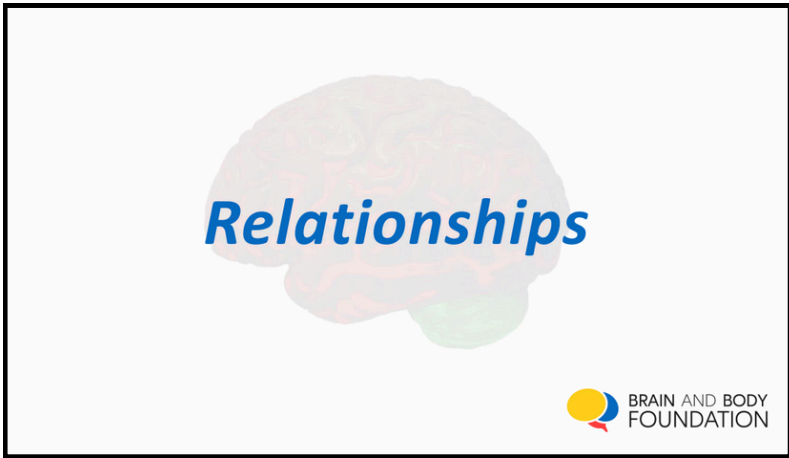
Food and Drinks



NOTES:



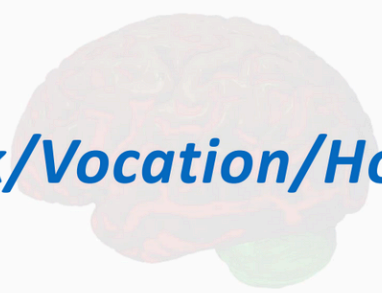
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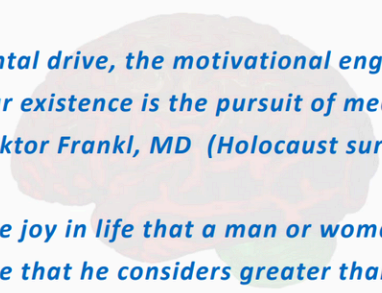
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Work/Vocation/Hobbies




NOTES:

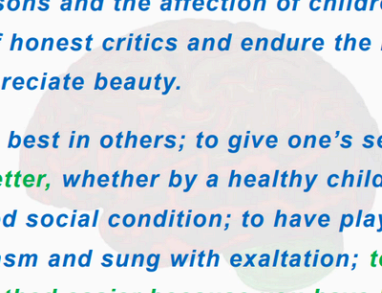


Our fundamental drive, the motivational engine that powers your existence is the pursuit of meaning
 ~ Viktor Frankl, MD (Holocaust survivor)

This is the true joy in life that a man or woman be used for a purpose that he considers greater than himself
 ~ George Bernard Shaw.




NOTES:




“To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest critics and endure the betrayal of false friends; to appreciate beauty.

“To find the best in others; to give one’s self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exaltation; to know even one life has breathed easier because you have lived—this is to have succeeded.”
 ~ Ralph Waldo Emerson



NOTES:

*The Laws of Life
and
Alzheimer's Disease*




BRAIN AND BODY
FOUNDATION

NOTES:

*Alzheimer's is a degenerative brain disease that is caused by complex brain changes **following cell damage**. It leads to dementia symptoms that gradually worsen over time.*

~ Alzheimer's Association

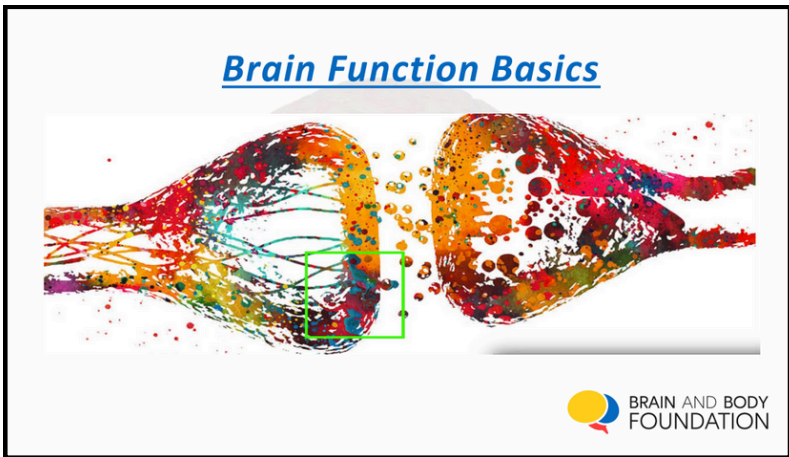


BRAIN AND BODY
FOUNDATION

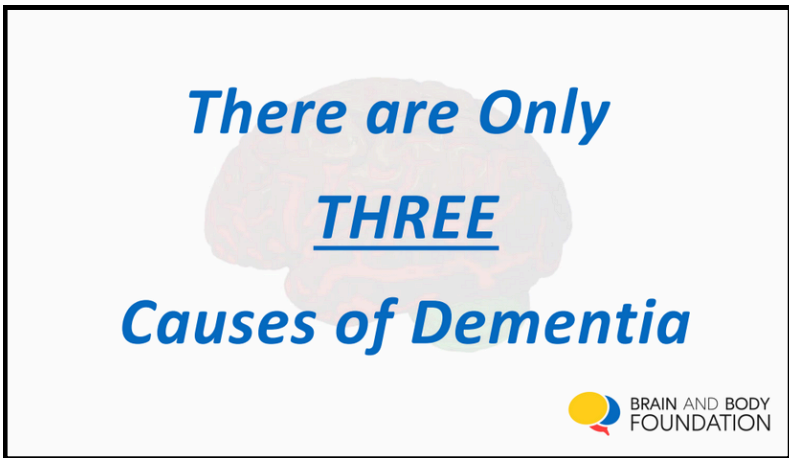
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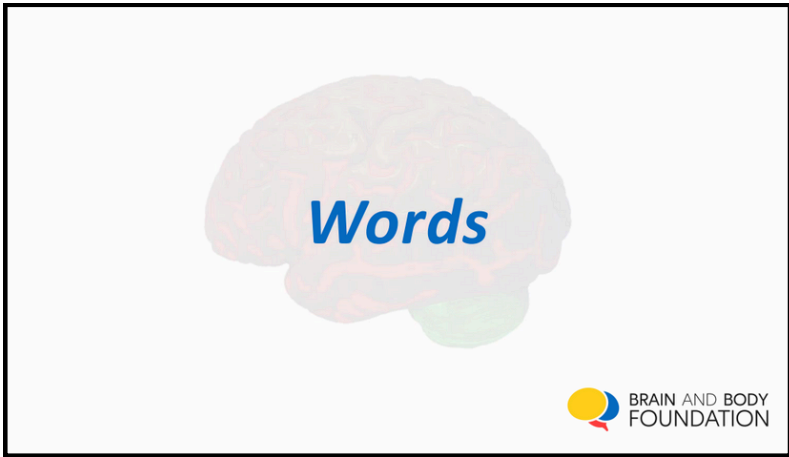
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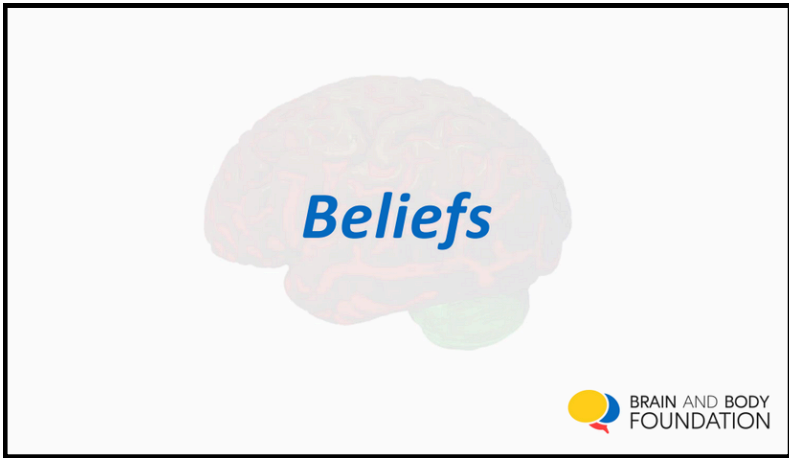
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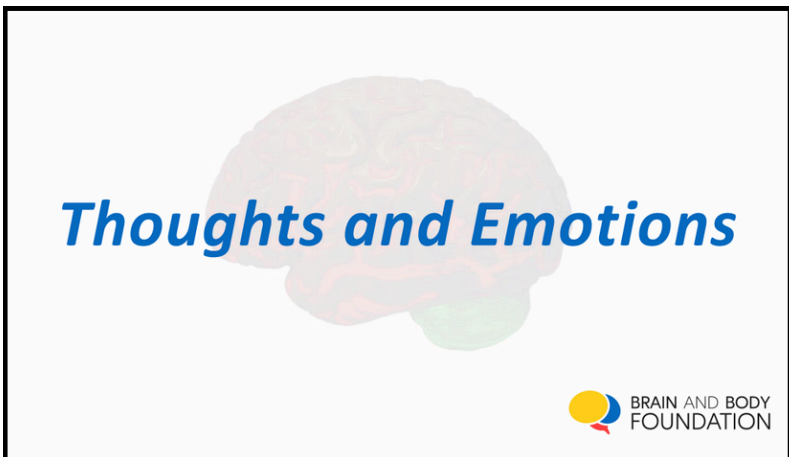
NOTES:



NOTES:



NOTES:



NOTES:



Foods and Drinks



NOTES:

Sometimes...

It's not what we are eating

That's killing us...

It's what we are NOT eating.



NOTES:

The "Big Seven":


1. Vitamin D3
2. The B Vitamins (especially **B1** and **B12**)
3. Vitamin C
4. Vitamin K2
5. Magnesium
6. Potassium
7. Zinc



NOTES:


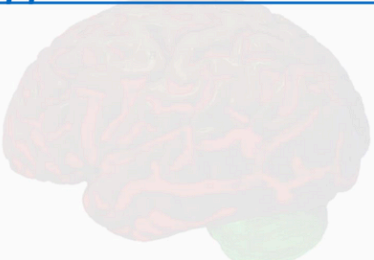
Supplements and Dementia:

- 1. Omega 3 Fatty Acids**
- 2. Fiber**
- 3. Antioxidants**





NOTES:

Supplements and Dementia



NOTES:

**The W.H.O.
and
Vitamin D3**



NOTES:


**THERE IS A WELL
ESTABLISHED LINK BETWEEN
VITAMIN D DEFICIENCY AND
IMPAIRED COGNITION**




NOTES:

Recent studies have confirmed an association between cognitive impairment, dementia, and vitamin D deficiency. A growing body of literature also suggests that higher serum 25-hydroxyvitamin D (25(OH)D) concentrations, either in utero or early life, may reduce the risk of autism [7].


Indeed, vitamin D was reported to modulate the biosynthesis of neurotransmitters and neurotrophic factors; moreover, its receptor was found in the central nervous system. Vitamin D deficiency was therefore assessed as a risk factor for the multiple diseases aforementioned [8].




NOTES:

- What Vitamin D3 Does For the Brain:**
1. Neuroprotection
 2. Production and regulation of neurotransmitters
 3. Production and regulation of hormones
 4. Improves and maintains memory and cognitive function
 5. Brain development and plasticity
 6. Regulates mood and sense of well-being (think mental health)
- 

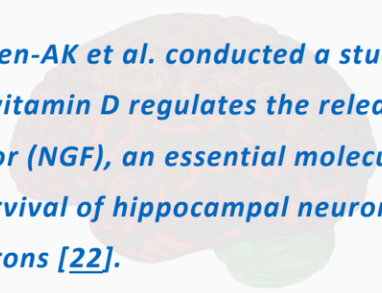
NOTES:




Vitamin D and Memory




NOTES:




In 2014, Gezen-AK et al. conducted a study which shows that vitamin D regulates the release of nerve growth factor (NGF), an essential molecule for the neuronal survival of hippocampal neurons as well as cortical neurons [22].



NOTES:



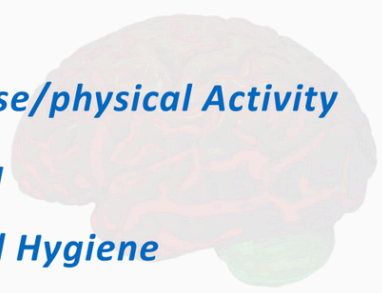

How You Care For/Treat Your Body



NOTES:


Areas to Pay Attention to:

- 1. Sleep**
- 2. Exercise/physical Activity**
- 3. Sitting**
- 4. Dental Hygiene**
- 5. Physical Hygiene**

NOTES:

INSOMNIA



NOTES:

Sleep disturbances and dementia

Gabriele Cipriani ¹, Claudio Lucetti, Sabrina Danti, Angelo Nuti

Affiliations + expand


PMID: 25515641 DOI: 10.1111/psyg.12069

Abstract


Sleep is a complex behavioural state, the ultimate functions of which remain poorly understood. It becomes more fragmented as we age, with more night-time awakenings and greater tendency for daytime sleep. The magnitude of disordered sleep among individuals affected by dementia has been clearly demonstrated, and disturbed sleep is a major clinical problem in dementia. Comorbid insomnia and other sleep disturbances are common in patients with neurodegenerative disorders, such as Alzheimer's disease and other dementing disorders. How and when sleep problems manifest themselves can depend on the type of dementia involved as well as the stage of the dementia. However, differences in sleep pattern presentation show more variation during the initial stages of dementias than they do during the later stages. Effective, pragmatic interventions are largely anecdotal and untested.

Keywords: Alzheimer's disease; dementia; dementia with Lewy bodies; frontotemporal dementia; sleep disorders

NOTES:




Relationships



NOTES:

The quality of your life is dependent on the:

- ***80 year Harvard Study***
- ***Relationships give you something to look forward to, something to fight for, something to challenge you, something to be emotional about***



NOTES:

Studies on Relationships and Dementia from Duke University



NOTES:

*“The socially isolated have decreased ability to learn and make decisions...
“When you’re socially isolated, you’re at greater risk of developing memory problems”*

~ Katy Peters, MD, PhD, Neurologist, Duke University



NOTES:

Conclusions:

*Combining advanced neuroimaging outcomes with prevalent lifestyle characteristics from a well-characterized population of middle- to older aged adults, we provide evidence that **social isolation contributes to human brain atrophy and cognitive decline.***



NOTES:


Work/Vocation/Hobbies



NOTES:

“To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest critics and endure the betrayal of false friends; to appreciate beauty.

“To find the best in others; to give one’s self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exaltation; to know even one life has breathed easier because you have lived—this is to have succeeded.”

~ Ralph Waldo Emerson 

NOTES:

For Information on:

- 1. Private consultations**
- 2. Enroll in Our Course, “Keeping Your Marbles”**
- 3. Having Dr David speak at your event**



NOTES:

Dr David Ajibade

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www.drdauidajibade.com

www.BrainandBodyFoundation.org



NOTES:
