



ALZHEIMER'S
DISEASE
RESEARCH
CENTER
for healthy brain aging

With Your Brain in Mind

Monthly news and updates from the Stanford Alzheimer's Disease Research Center

Taking Better Care of Ourselves as We Age

Upcoming Events

More information on all events can be found on the Stanford ADRC website [here](#).

**May 3
8a-5p** **2017 Alzheimer's Disease Diversity and Disparities in Family Caregiving: Progress and Future Directions.** UC Davis. Click [here](#) for info.

**May 6
10a-8p** **PAAW 4 Healing POW WOW. San Jose State U.** CEFCU Stadium, 1257 S 10th St., San Jose 95112. For info: Jan Vasquez, PAAW Director at jan.vasquez@sjsu.edu

**May 6
8:30a-2p** **Caregivers Count conference.** Campbell Community Center. Click [here](#) for more information.

**May 11
8a-4:15p** **19th Annual Updates on Dementia: Translating Research into Practice.** South SF Conference Center. Click [here](#) for more information. Space is limited/ **PLEASE REGISTER NOW!**

To Test or Not to Test?

Late-onset Alzheimer's (age 60+) is typically a combination of genetic, environmental, and lifestyle risk factors. [Genetic tests](#) can identify genes that can increase the risk of late-onset Alzheimer's. However, results of a genetic test cannot predict who will or will not develop the disease. Genetic testing for late-onset Alzheimer's is not generally recommended except for use in research.

*If you are worried about changes in your memory, talk to your doctor first!

Monster in the Mind Film Screening

Thursday, May 18

Cubberley Auditorium, 485 Lasuen Mall



Upon discovering that she is at high risk of developing Alzheimer's, filmmaker Jean Carper, medical journalist and bestselling author of *Your Miracle Brain*, embarks on a journey to face her fears and find out all she can about the condition. Click [here](#) for more information.

6-7p: Film screening | **7-8p:** Q&A with **Jean Carper**, **Dr. Victor Henderson**, Professor of Neurology and Epidemiology and director of the Stanford ADRC, and **Dr. Frank Longo**, Professor and Chair, Department of Neurology



Photo: the new Stanford Neuroscience Health Center, opened in January 2016. Read more about it [here](#).

Links

[Stanford ADRC's website](#)

[Stanford ADRC's Facebook page \(English\)](#)

[Stanford ADRC's Facebook page \(Español\)](#)



In the News

Helpful links and tips for healthy aging and successful caregiving

Brain News

“**SuperAgers**” is a name coined by researchers for 80+ year olds whose memories are as sharp as younger adults. Research shows that their brains don’t show the same wear-and-tear and shrink more slowly than their age-matched peers. SuperAgers also have a thicker cortex than those who age normally. Read more about the study conducted at Northwestern [here](#), and find the *Journal of the American Medical Association* article [here](#).

Check out the NIH’s [list](#) of **cognitive and brain health resources**, including fact sheets about memory disorders, safe use of medication, and smart food choices for healthy aging.

Tips for Caregivers

Kids need to learn about Alzheimer’s disease in their loved ones too. Show kids that they can still talk to a person with Alzheimer’s and help them enjoy activities. Read the tip sheet from the NIH [here](#).

Exercise keeps our bodies healthy! Help your loved one with Alzheimer’s stay physically active. Check out [this](#) link from the NIH on ideas for fitness activities and “mini-workouts” for a person with Alzheimer’s.

Getting angry can be a symptom of Alzheimer’s. If your loved one with Alzheimer’s gets angry at you or doesn’t recognize you, don’t take it personally! Read more [tips](#) from the NIH for family and friends of a person with Alzheimer’s.

Meet the ADRC Team – a monthly feature



Frank M. Longo, MD, PhD

George E. and Lucy Becker Professor in Medicine
Professor of Neurology & Neurological Sciences

Dr. Longo received his MD from the University of California, San Diego in 1981 and his PhD in 1983. Following an internship in medicine at New York University, he trained as a resident in neurology at the University of California, San Francisco where he also completed a fellowship in neurobiology. He joined the UCSF faculty and eventually served as professor and vice chair of UCSF’s Department of Neurology. Before joining Stanford in 2006, Dr. Longo was the H. Houston Merritt Professor and Chair of Neurology at the University of North Carolina – Chapel Hill. At Stanford, Dr. Longo serves as the George E. and Lucy Becker

Professor and Chair of the Department of Neurology and Neurological Sciences and along with his colleagues focuses on building programs in neurology and the neurosciences. His interests include translational research in neurodegenerative disease therapeutics, providing patient care in the Stanford Memory Disorders Clinic, and mentoring medical students and other trainees. Dr. Longo is the 2015 recipient of the inaugural Melvin R. Goodes Prize for Excellence in Alzheimer’s Drug Discovery from the Alzheimer’s Drug Discovery Foundation, and his team’s work on Alzheimer’s therapeutics was featured on the cover of Time Magazine in 2016.