

Wednesday 30 October 2013

Brain Maintenance For A Healthy Life

SYDNEY – The Aged Care Psychiatry Services at the Prince of Wales Hospital, Dementia Collaborative Research Centre, and the Centre for Healthy Brain Ageing (CHeBA), are hosting a free public forum to address some of the issues of the ageing brain and promote maintenance of the brain for a healthier life.

There will be a series of presentations from Australia's pre-eminent researchers in the field of old age psychiatry: Scientia Professor Henry Brodaty AO, Professor Brian Draper and A/Professor Sharon Naismith.

Walkley Award winning health writer, Paula Goodyer, will be speaking on the topic of what foods to eat for brain health.

The forum is open to the public and will emphasise the modifiable risk factors for Alzheimer's and other dementias and cover the significance of a healthy lifestyle to assist in preventing age-related cognitive disorders.

The forum will also cover the latest research in prevention and treatment of Alzheimer's and other dementias including why medication can be bad for memory.

Part of the message of the forum is that while ageing is inevitable, losing our mental capacity is not.

"Living to 100 or more may be possible, but what we need to ensure is that we're adding life to our years not just years to our life," said Professor Henry Brodaty.

The panel of experts will be available to answer your questions and provide information about local services.

The event is supported by South Sydney Juniors and sponsored by Genworth and Waverley Council

Seminar:	Brain Maintenance for a Healthier Life
Date and Time:	13 November 2013, 10am-1pm
Venue:	South Sydney Juniors Rugby League Club, 558A Anzac Parade, Kingsford
Bookings/Enquiries:	9382 3753 –seating is limited so RSVPs are essential

Prevention and Treatment

Scientia Professor Henry Brodaty AO, Director, Centre for Healthy Brain Ageing and Dementia Collaborative Research Centre, UNSW, Head of Memory Disorders Clinic, Prince of Wales Hospital

Exercise for the Brain and Body

A/Professor Sharon Naismith, Brain & Mind Research Institute, University of Sydney

Eating for Brain Health

Paula Goodyer, Walkley Award winning health writer, SMH columnist

Medication Can Be Bad for Your Memory

Professor Brian Draper, Director, Aged Care Psychiatric Services, Prince of Wales Hospital