

Dementia Prevention Clinic Opens on Campus

Alzheimer's Disease and related disorders affect more than 7 million Americans, and an additional 120 million others over the age of 50 are at risk for developing some type of cognitive impairment.

Recently opened on the FAU campus, **The Dementia Prevention Clinic**, part of **The Comprehensive Center for Brain Health**, provides assessment and comprehensive customized plans to help mitigate risk factors for Alzheimer's disease, Parkinson's disease, and other neurodegenerative disorders.

"While we cannot cure Alzheimer's disease and related disorders, there is increasing evidence the risk of disease is potentially modifiable," explained **James Galvin M.D., MPH**, founding director of the Comprehensive Center for Brain Health. "The science suggests that there are multiple pathways leading to Alzheimer's disease; and thus, there also may be multiple ways to treat and/or prevent the disease."

Risk factors such as age and family history cannot be changed, but Galvin noted that other potential risk factors for Alzheimer's and other diseases can be modified if identified and addressed. These include hypertension, diabetes, cardiovascular disease, hypercholesterolemia, obesity, low mental activities, decreased social engagement, certain personality traits, low muscle mass, limited physical activities, increased inflammation, poor dietary patterns, and disrupted sleep.

A patient's initial six-hour visit to the Clinic includes a comprehensive medical exam, neuropsychological testing, psychosocial interview, detailed physical and functional evaluation, body composition analysis, quantitative EEG, pulmonary function testing, retinal scanning, nutrition and lifestyle analysis, an MRI with morphometric analysis, vascular ultrasound, , and a novel blood-based biomarker panel. Then, a patient receives a customized and personalized prevention plan that may lower the risk of Alzheimer's Disease and other types of neurological disorders. Patients are followed by the Clinic's team for three years.

The Dementia Prevention Clinic is in **The Comprehensive Center for Brain Health**, located at 777 Glades Road, ME-104, First Floor. For additional information, call 561-297-0164.