

COMPREHENSIVE CENTER FOR BRAIN HEALTH

Dementia Prevention Program

The Comprehensive Center for Brain Health at **Florida Atlantic University** provides a personalized approach towards brain health for the prevention and treatment of neurodegenerative disease.

The founder and director of the Center is James E. Galvin, M.D, M.P.H., one of the world's leading experts in cognitive aging, dementia, and neurodegenerative diseases. He is also the Associate Dean for Clinical Research at the **Charles E. Schmidt College of Medicine**. Dr. Galvin has published over 250 original scientific papers and book chapters, 3 textbooks, and directed over 50 clinical trials for dementia treatments.

At the Dementia Prevention Program, individuals who have concerns about their memory or with a family history of dementia can be proactive in their brain health and potentially reduce their risks of developing neurodegenerative diseases.

Research strongly suggests that risk factors for Alzheimer's, other than age and family history, can be mitigated. These include hypertension, diabetes, cardiovascular disease, hypercholesterolemia, obesity, low mental activities, decreased social engagement, personality traits, low muscle mass, limited physical activities, increased inflammation, poor dietary patterns, and disrupted sleep.

The Dementia Prevention Program uses a unique customized approach to create a patient's profile, detailing potential risks. The initial six-hour first appointment includes:

- Medical history, physical and neurological exam
- Measures of gait, balance and fitness assessment
- Cognitive testing
- Tests of vision, hearing, pulmonary and cardiac function
- Ultrasound of carotid, cerebral and peripheral blood vessels
- Retinal and cornea imaging
- Take-home overnight sleep study
- Measures of diet, nutrition, and lifestyle
- Psychological and social network assessment
- Blood work for identifying metabolic, endocrine, vascular and inflammatory markers
- MRI revealing brain volume and other measurements
- EEG and event-related potentials of brain function

After the risk profile is completed, a personalized prevention plan is created.

For more information visit us on the web: med.fau.edu/ccbh





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Let us Do the Work Finding Quality Senior Housing to Meet Your Needs!

Do you feel overwhelmed at the thought of looking into senior living? Do you know the difference between Independent and Assisted Living? And what about Memory Care? Wouldn't it be great to have an expert explain the various options to you? And wouldn't you like to know the cost of the various communities so you don't waste your time looking at places that don't meet your needs?

Researching retirement communities and Alzheimer's care can be quite time consuming and confusing. The average person often overlooks vital details that could make all the difference in making the right senior housing or assisted living decision. *Oasis Senior Advisors South Florida* provides a FREE service offering expertise to guide seniors and their families through the maze of senior living options—similar to a realtor, only we specialize in senior living options.

BENEFITS OF USING OASIS SENIOR ADVISORS FOR YOUR SENIOR LIVING SEARCH

1. It's a **FREE service** for seniors and their families – available 24/7, holidays and weekends.
2. Oasis Senior Advisors brings families and senior living communities together using a personalized approach with our **proprietary OasisIQ software**. Your profile is entered into our system and shown to potential communities. We only present you with communities that meet your needs.
3. Your Oasis Senior Advisor will meet with you in person and accompany you on the tours of the senior living communities, even driving you if you would like!
4. Oasis Senior Advisors are **experts in local senior living options and resources** and use our **knowledge and skills** to enhance the lives of seniors and families. Our corporate Operations, IT, Legal, Customer Service, and Marketing departments actively support the local franchises.
5. Our franchisees are required to pass and maintain **Certified Senior Advisor, CSA status**, which requires 10 Continuing Education Units (CEUs) per year and license renewal every 3 years. This helps ensure our franchisees stay current with industry information, best practices, and local regulations.
6. We follow **HIPAA guidelines** and manage this process through our **OasisIQ software**. It is our policy to protect the confidentiality of our clients' information, and to disclose such information only under circumstances that are lawful and ethical, and require the same of all business associates.
7. All phone calls are answered by a live person 24/7. If your advisor is unable to pick up your phone call, it will automatically forward to our **24 hour call center** who will take your message.