

Population-Based Strategies for Improving Brain Health

The Garvey Institute for Brain Health Solutions is pleased to host internationally renowned researcher Kristine Yaffe, MD

A compelling and robust body of research suggests that modifiable risk factor reduction could substantially impact brain health. The evidence is strongest for cardiovascular risk factors as well as lifestyle risk factors including both physical and cognitive activity while promising data is also emerging for sleep disorders and traumatic brain injury.

Cumulatively, the data supports modifiable risk factor reduction at the population-based level, with increasing evidence for multi-domain interventions. Dr. Yaffe will discuss the latest findings and public health implications of modifiable risk factors.



Kristine Yaffe, MD

Monday, Oct 21

8:00 AM

**UWMC Health Sciences,
Room T739**

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Dr. Yaffe is a leading expert in the epidemiology of dementia, cognitive aging, and brain health. She is the Scola Endowed Chair and Vice Chair, Professor of Psychiatry, Neurology, and Epidemiology, and Director of the Center for Population Brain Health at the University of California, San Francisco.