



SIBLEY MEMORIAL
HOSPITAL

JOHNS HOPKINS MEDICINE

Normal Aging and the Brain

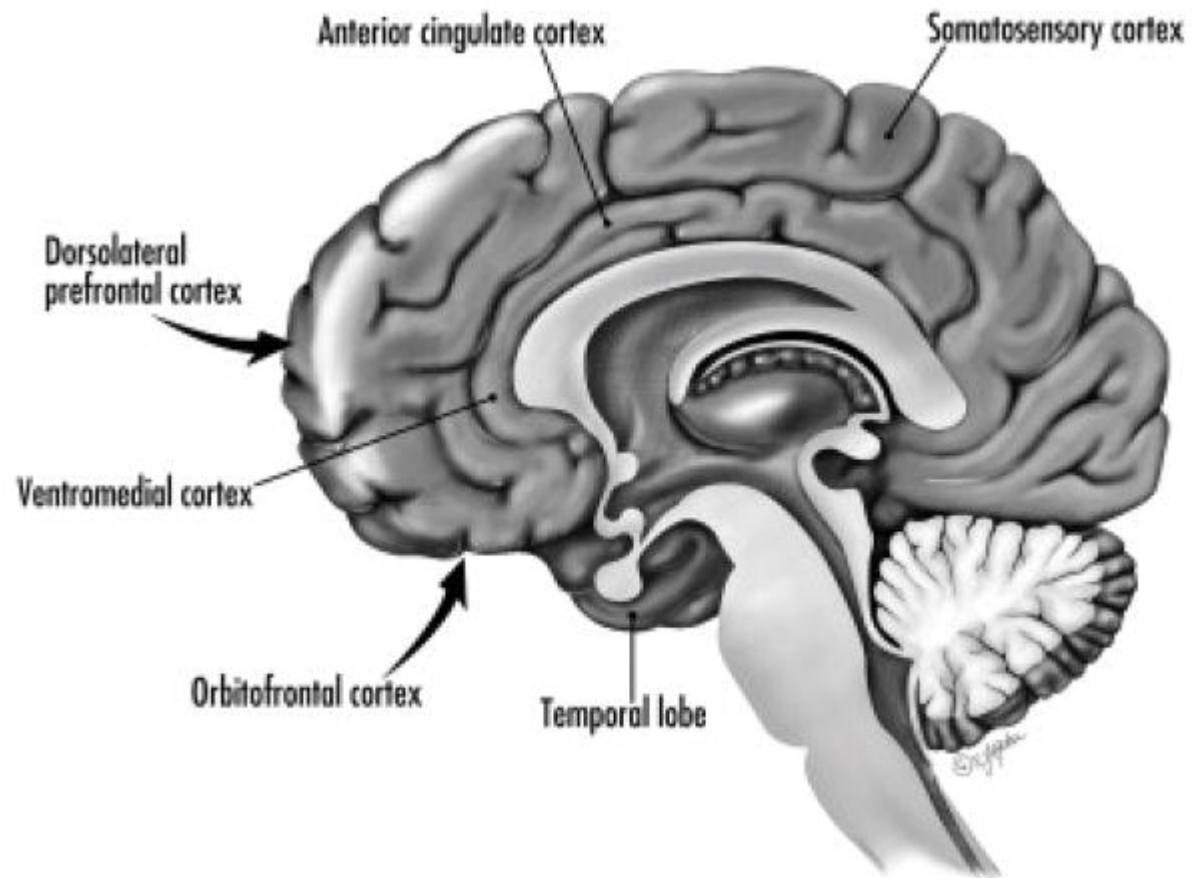
What are you going to do
with what you've got?

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Objectives

- What we will do today
 - Talk about what normal aging is
 - Talk about what impaired brain function might look like
 - Discuss ideas for what you can do to care for yourself or others in this area.



Age Related Changes

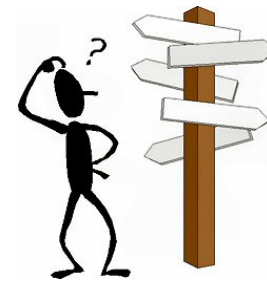
- Slower recall
- Changes in the brain's blood vessels
- Impaired ability to multiprocess (specifically to switch back and forth from one task to another)
- Reduced ability to inhibit irrelevant information
- Some reduced inhibitory control

Impaired Cognition

- Memory issues that affect daily life
 - Asking things over and over
 - Forgetting recently learned things
- Challenges in problem solving and planning
 - Finances
 - Recipes

Impaired Cognition continued

- Confusion about place and time
- Familiar things taking longer to do, losing your way to someplace familiar
- New problems with words/speaking
- Poor judgement
- Spatial issues



Impaired Cognition continued

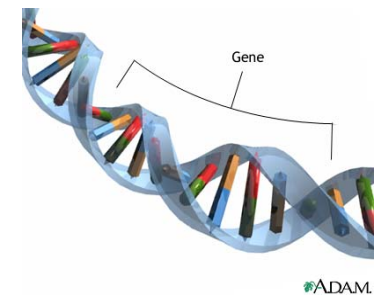
- Withdrawal
- Personality changes



With thanks to the Alzheimer's Association for their 10 Warning Signs information

Major Risk Factors for Dementia

- Age
 - 60 to 64 1 – 3%
 - Doubles every five years after age 65
 - After 85, risk is close to 50%
- Family History
 - Risk Genes
 - Deterministic Genes (a few 100 families)



Other Risk Factors

– not a complete list

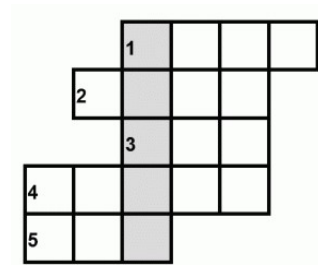
- Head Injury
- Overall poor health
 - Diabetes
 - High Blood Pressure/Cholesterol
- Stress
- Sensory handicap (vision, hearing)
- Poor sleep



**Thanks to
NIH!**

What is Possibly Protective?

- Baseline cognitive function
- Novelty/doing things differently/Education
- Overall health
- Emotional support/social networks
- Physical activity
- Good sleep/healthy eating
- **Safety** (reduce possibility of head injury)



**Thanks to
NIH!**

Concerned about your Memory or Cognitive Function?

- Make a list of the things that are bothering you like:
 - People complaining you are repeating yourself
 - Struggling to do familiar things
- Make an appointment with your primary care physician
 - Battery of tests to rule out other problems

Sage Gerocognitive Exam

Self-administered Gerocognitive Examination (SAGE)

- Brief cognitive assessment Instrument
- For mild cognitive impairment (MCI) and early dementia
- Created by Dr. Douglas Scharre, Professor of Clinical Neurology and Psychiatry at Ohio State University Wexner Medical Center in Columbus, Ohio
- Validated^[1] in the setting of mild cognitive impairment, and has subsequently been adopted in numerous other settings clinically.
- <https://wexnermedical.osu.edu/brain-spine-neuro/memory-disorders/sage>

Questions?

