

## SPEAKER

### Dr Jules Montague

Originally from Dublin, Dr Jules Montague is a leading consultant neurologist based in London. Her clinical specialisation is early-onset dementia and other neurodegenerative diseases.

Her writing about medicine and neuroscience has been featured in the Guardian, Granta, Aeon, Independent, NME, Mosaic, the Lancet and on the BBC. Lost and Found is her first book. @Jules\_Montague



### Prof John Nolan

I am the Principal Investigator of the Macular Pigment Research Group (MPRG) in the Nutrition Research Centre Ireland ([www.nrci.ie](http://www.nrci.ie)) in Waterford Institute of Technology, Ireland. My research group studies the role of eye nutrition for vision and prevention of blindness, and current studies are investigating the link between nutrition and brain health and function. I have secured over €5 million in research funding to date to support these studies. I have successfully supervised 17 students to MSc, PhD and MD level qualifications.

I have presented at over 100 international scientific conferences and have published 96 peer-reviewed scientific papers, which have been cited 3,604 times. My H-index is 38. I am co-editor of Carotenoids and Retinal Disease published by Taylor and Francis in 2013 and I am a member of the Ocular Nutrition Society.

I am currently serving my third term as Chair of the International Brain and Ocular Nutrition (BON) Conference and am an editor of the Journal of Alzheimer's Disease.



### Prof Sarah Pendlebury

Sarah Pendlebury studied medicine at Cambridge and then Oxford, graduating in 1992. She is Associate Professor in the NIHR Oxford Biomedical Research Centre and the Centre for Prevention of Stroke and Dementia, Nuffield Department of Clinical Neurosciences, University of Oxford, and Consultant Physician and Clinical Lead for Dementia and Delirium at the Oxford University Hospitals NHS Foundation Trust.

Research interests include cognitive impairment associated with cerebrovascular disease and with acute illness and the interactions between vascular disease, neurodegeneration, co-morbidity and delirium. She also leads developments in the electronic patient record to embed Trust-wide routine cognitive screening for older and at-risk patients to drive better patient care.



## SPEAKER

### Prof Nikolaos Scarmeas

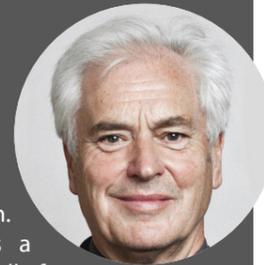
Dr Nick Scarmeas was born and raised in Athens Greece. After obtaining an M.D. degree from the University of Athens he moved to the US and had Neurology residency training and then a 2-year clinical fellowship in Aging and Dementia at Columbia University Medical Center. He also completed a Masters degree in Biostatistics – Epidemiology at the Mailman School of Public Health at Columbia University. Dr Scarmeas joined the faculty of Columbia University in 2002. He is currently an Associate Professor of Neurology and shares his time between research and clinical work at Columbia University and in University of Athens. His clinical work includes seeing elderly patients with dementias and cognitive dysfunction, supervising and teaching of Medical students and Neurology residents.

His research interests have started from the topic of cognitive reserve (i.e. how higher IQ, education, more demanding occupational attainments, or more engagement in cognitive-social-physical leisure - lifestyle activities can help elderly cope better with the damage caused to their brains by Alzheimer's disease and aging and therefore reduce their risk for dementia and slow down their rates of cognitive and functional decline). More recently, he has developed a special interest in the contribution of diet (in particular composite dietary patterns such as a Mediterranean-type diet and others) and physical activity in dementias and healthy aging. Dr Scarmeas is the Principal Investigator in studies funded by either the Alzheimer's Association (IIRG) or the NIH-NIA (RO1) and a Co-Investigator in multiple others. His research work has resulted in more than 130 original publications in highly esteemed journals (>8900 Scopus citations, H-index = 53) and multiple presentations in internationally acclaimed scientific conferences - meetings. He reviews for more than 190 international scientific journals and international funding agencies including the Alzheimer's Association, the US National Institute of Health, the European Union programs (i.e. Marie Curie, European Research Council) etc.



### Prof Ian Robertson

Professor Ian Robertson is Co-Director of the Global Brain Health Institute ([www.gbhi.org](http://www.gbhi.org)) and Emeritus Professor at Trinity College Dublin. A trained clinical psychologist as well as a neuroscientist, he is widely known internationally for his research on attention and the human brain. His popular writing has included five books aimed at the general reader: Mind Sculpture (2000), The Mind's Eye (2003), Stay Sharp (2005), The Winner Effect (2012) and The Stress Test (2016), all of which have been widely translated ([www.ianrobertson.org](http://www.ianrobertson.org)).



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## Strategies for Preventing Dementia

## MEMORY CLINIC CONFERENCE

Dublin 8<sup>th</sup> June 2018

# WELCOME

**Prof Brian Lawlor**  
Director of the MIRA Memory Clinic



Dear colleagues and friends,

It is a great pleasure to welcome you to the 8th annual Memory Clinic Conference supported by the DSIDC and MISA. The broad theme for this conference is 'Strategies to Prevent Dementia' and the potential to improve outcomes for the person with dementia and for those at-risk. For many people, dementia is still seen as a diagnosis without hope and the impact of negative news in the area of dementia can have a corrosive effect on the general public's attitude to dementia and to the people and families who are going through the experience. We need to create a framework of hope based on available evidence so that a more realistic and hopeful message about dementia care and research is disseminated.

As health care professionals we need to challenge the nihilistic and despairing attitudes that still persist around dementia. We often tend to focus more on barriers to participation and safety risks rather than enabling and supporting the person with dementia. There are many positive messages based on evidence that can be provided to people with dementia by health care professionals to instill a sense of hope. Some forms of dementia; for example vascular dementia, are amenable to intervention and there are modifiable aspects to many dementias, particularly late-onset cases. Treating co-existent medical illnesses and avoiding delirium can impact on disease trajectories in a positive manner. These and others can all have a beneficial effect on the person and help stabilise their trajectory. Such positive action also instills a message of hope that something can be done.

For those who are concerned about their own risk of developing dementia, there is now an increasingly strong public health message that we can disseminate about dementia prevention. We know that there are multiple potentially modifiable risk factors for dementia and while we do not yet know if addressing these risk factors will reduce the risk of dementia, the consensus expert opinion is that we should now advise people of all ages to address these modifiable risk factors to potentially reduce the risk of developing dementia.

These are all important messages of hope that we as health care professionals can disseminate to those affected by dementia. By building out the support structures in the community we can promote greater participation, engagement and a new framework of hope around dementia. Initiatives such as Understand Together and PREPARED can instill hope and counteract the negative attitudes that often surround the diagnosis of dementia. However, we need more innovation in this space, with increased support and funding for dementia services, projects and research.

This is an exciting and hopeful time for dementia in Ireland and the Memory Clinic Conference is delighted to be part of this framework of hope, bringing all the key stakeholders together to share their knowledge and experience in the area of dementia prevention. Enjoy the day and stay connected with all your friends and colleagues, both new and old, until we meet again next year!

Professor Brian Lawlor

# Strategies for Preventing Dementia

| FROM  | TO    | MINS | TITLE   | SPEAKER                |
|-------|-------|------|---|------------------------|
| 9.00  | 9.30  | 30   | Registration Tea/Coffee   |                        |
| 9.30  | 9.40  | 10   | Welcome & Introduction  | Prof Brian Lawlor      |
| 9.40  | 9.45  | 5    | The Experience of a Dementia Diagnosis  | Alzheimer Society      |
| 9.45  | 10.00 | 15   | Living a Life with Dementia   | Mr Ronan Smith         |
| 10.00 | 10.30 | 30   | Knowledge and awareness of dementia in Ireland – the journey towards ensuring that we all Understand Together | Dr Desmond Hickey      |
| 10.30 | 11.10 | 40   | How to intercept prodromal Lewy Body Disorders? The case of REM sleep behavior disorder                       | Prof Dario Arnaldi     |
| 11.10 | 11.40 | 30   | Tea/Coffee & Networking   |                        |
| 11.40 | 12.20 | 40   | Lost and Found: Memory, Identity, and Who We Become When We're No Longer Ourselves                            | Dr Jules Montague      |
| 12.20 | 13.00 | 40   | Stroke and Dementia   | Prof Sarah Pendlebury  |
| 13.00 | 14.00 | 60   | Lunch & Networking  |                        |
| 14.00 | 14.40 | 40   | Mediterranean diet and cognition: epidemiology and mechanisms   | Prof Nikolaos Scarmeas |
| 14.40 | 15.20 | 40   | Xanthophyll Carotenoids and the Brain: A nutritional approach to enhance cognitive function                   | Prof John Nolan        |
| 15.20 | 16.00 | 40   | "The Improbable Effectiveness of Cognitive Training – How To Explain It?"                                     | Prof Ian Robertson     |
| 16.00 | 16.10 | 10   | Conference Closing Remarks  |                        |

# SPEAKER

**Ronan Smith**



Ronan Smith was diagnosed with Younger Onset Alzheimer's in 2014. Ronan was born into a theatrical family and acted as a child in RTE's Tolka Row and in various feature films. He is the son of distinguished Dublin theatre impresario, the late Brendan Smith, and is married to actress Miriam Brady, who starred in Glenroe. Having studied law after school, Ronan qualified as a solicitor but immediately gave into the genes, developing a steady career as an actor and director, before, over the years, turning to management and production. Among many other projects, he was fortunate to play a significant role in the international touring of Riverdance and in mounting productions for the West End and Broadway. Indeed this work has led to a partnership between Riverdance and The Alzheimer Society of Ireland.

After his diagnosis, Ronan continued to work in Dublin theatres and was particularly involved in the Gaiety Theatre. Ronan cared for his father when he developed Alzheimer's 30 years ago and was active in the then newly formed The Alzheimer Society of Ireland. He is a strong advocate and passionate about representing the voice of the person with dementia. Ronan is Chair of The Alzheimer Society of Ireland's Irish Dementia Working Group (IDWG), a member of the Understand Together Steering Group and an in-demand public speaker. In December 2017, The Alzheimer Society of Ireland announced that Ronan would be the first person with dementia to join its Board of Directors and Ronan is enjoying representing the lived experience of dementia at board level.

**Dr Desmond Hickey**



Dr Desmond Hickey is currently working as a Specialist Registrar in Public Health Medicine in the Department of Public Health, HSE East. He completed a Masters in Public Health at University College Dublin in 2017, focusing his dissertation on examining help-seeking attitudes and behaviour for suspected diagnosis of dementia in Irish adults. Prior to commencing Public Health specialist training in 2016 Dr Hickey qualified as a GP through the RCSI/Dublin Northeast scheme.

**Prof Dario Arnaldi**



Dario Arnaldi is Assistant Professor of Neuroscience at the University of Genoa. Dario graduated from the University of Genoa in 2006 and completed a PhD in Neuroscience in 2016. Dario has published widely on the subject of sleep and brain disorders and is a reviewer for a number of medical journals including the Journal of Geriatric Psychiatry and Neurology, Clinical Neurophysiology, Journal of Sleep Research, Sleep and Neurology. Dario's principal areas of clinical specialisation are sleep and epilepsy disorder, brain imaging and neurodegenerative diseases.