

Newsletter

Table of Contents

Just 4,000 Steps
a Day Can Lead to Better Brain
Health.....3

Stress.....4 & 5

Community
Partner
Spotlight.....5

Staff
Spotlight.....6

Research
Studies.....7

SNAP!
Change Your
Personality
in 30 Days.....8

Physical
and Mental
Multitasking
May Boost
Memory.....9

New Board
Members.....10

Donors &
Tributes.....11

Media
Highlights.....12

Director's Letter

The *American Journal of Geriatric Psychiatry* just published the results of our UCLA Longevity Center study of the memory benefits of the spice curcumin. This study was unique in that it was the first controlled human study of a bioavailable form of curcumin, known as Theracurmin, in people with mild age-related memory complaints over an 18-month period. Previous studies of the cognitive effects of curcumin had focused on patients who had dementia, which is a more advanced stage of neurodegeneration. We hypothesized that the spice would have a greater likelihood of a benefit if we tested people with milder conditions. In addition, we thought it would be very important to find a form of curcumin that was readily absorbed from the digestive tract into the blood. Our testing of Theracurmin's bioavailability confirmed earlier studies demonstrating that it was absorbed well and absorbed better than other products.

We found that daily consumption of Theracurmin improved cognitive abilities

compared with a placebo. The findings were compelling, but this was a relatively small study so we plan to replicate it in a larger sample. Not all forms of curcumin are bioavailable so other formulations may not have the same benefits.

Many people have asked what it is about curcumin that makes it potentially beneficial for older adults with mild memory issues. Numerous studies have shown that curcumin has several effects that may bolster brain health and memory function. Curcumin could protect the brain from cognitive decline because it disrupts inflammation and oxidative stress, which attack brain cells as they age. Previous research also indicates that it may interfere with the accumulation of the abnormal amyloid and tau proteins that are found in the brains of patients with Alzheimer's disease. Curcumin also has been shown to improve mood;

our subjects taking curcumin experienced lower levels of depression compared with those taking placebo. In our study we used PET scans



Director's Letter

Continued from cover



to measure the levels of amyloid and tau proteins and found that regions of the brain controlling mood and memory showed lower levels in those taking curcumin compared with volunteers receiving placebo.

An initial clue that steered our team towards the curcumin spice was the lower prevalence of Alzheimer's disease in India. Compared to the United States, the rate of people in their 70s with Alzheimer's was four times lower than for 70 year-olds in the United States. This observation made us wonder whether ingredients of the spicy foods typically consumed by people in India could account for these differences.

The volunteers in our study took Theracurmin supplements (containing 90 milligrams of curcumin) twice daily for 18 months. Some people have asked how much turmeric they would need to consume for a comparable effect. Curcumin is a compound extracted from the spice turmeric, which is an Asian herb that gives curry its yellow color. Because only about five percent of turmeric comprises curcumin, it would be necessary to ingest large quantities of any powdered turmeric root product to consume beneficial amounts

of curcumin. However, epidemiologists performed memory tests in over 1,000 Asian volunteers who did not have dementia and found that those who consumed turmeric-rich curry more often had significantly better memory scores than volunteers who never or rarely consumed curry, suggesting that dietary curcumin consumption also protects brain health.

Whether curcumin is protecting the brain from heightened inflammation or reducing the accumulation of amyloid and tau is not certain. Regardless of its mechanism of action, it appears to be safe and in this small controlled study, we found it to be effective. People interested in obtaining Theracurmin can find it available online or at local stores from several different companies (e.g., Natural Factors, Integrative Therapeutics, Nature's Way).



GARY SMALL, M.D.
Director, UCLA Longevity Center

Just 4,000 Steps a Day Can Lead to Better Brain Health

By Leigh Hooper - UCLA Health

A UCLA study showed that moderate daily walks improve attention and mental skills for people 60 years old and above. Participants in the study who walked more than 4,000 steps each day had superior performance in attention, information-processing speed, and executive functioning.

Various studies have indicated that physical activity is important in preventing cognitive decline and dementia in older adults. Cognitive decline occurs when people start having difficulty reasoning, processing and remembering. Brain volume and brain thickness — both measured by neuroimaging methods — are different ways of quantifying the health of the brain. Previous research shows physical activity correlates with higher volume in the hippocampus, a small, memory-critical region deep within the brain.

“Few studies have looked at how physical activity affects the thickness of brain structures,” said Prabha Siddarth, the study’s first author and a biostatistician at the Semel Institute for Neuroscience and Human Behavior at UCLA. “Brain thickness, a more sensitive measure than volume, can track subtle changes in the brain earlier than volume and can independently predict cognition, so this is an important question.”

During the two-year study, researchers recruited 29 people 60 years old and above with memory complaints. Researchers tracked their physical activity for seven days using accelerometers, and determined their average number of steps per day. Study participants were divided into one of two groups: those who walked more than 4,000 steps a day and those who walked fewer steps. The participants underwent a battery of neuropsychological tests and MRI scanning.

The research team found that a person who walked more than 4,000 steps each day had a thicker hippocampus and thicker surrounding regions than a person who walked less than 4,000 steps each



day. Thickness in these regions correlates with better cognitive function. The more active group also had superior performance in attention and information-processing speed as well as executive functioning, a set of mental skills that allows people to make plans and achieve goals. Lower physical activity correlated with thinner brain structures and lower cognitive functioning.

The researchers said that future studies will track participants over a longer period in an effort to better understand the causes of thinning of the hippocampus.

In addition to Dr. Siddarth, the paper’s other authors are Berna Rahi, Natacha Emerson, Alison Burggren, Karen Miller, Susan Bookheimer, Helen Lavretsky, Bruce Dobkin, Gary Small and David Merrill, all from UCLA. The study was supported by the McLoughlin Cognitive Health Gift Fund, the National Institutes of Health, the Fran and Ray Stark Foundation Fund, the American Federation for Aging Research, the Hartford Foundation, the UCLA Clinical and Translational Science Institute and the National Institute on Aging’s Older Americans Independence Centers.



Stress

Oh, stress!

Sometimes we wish we could live without it, but until all of our predators (including other human beings)

are extinguished, stress is here to stay. Even privileged people feel challenged by the ups and downs of existence. The good news is that human beings are more resilient than they believe. Whether running from dinosaurs or hand grenades, we have evolved accordingly to manage all situations that may put us into fight, flight or freeze mode.

Everyone has his or her own relationship with stress and individual way of dealing with it. The way we respond to stress begins with our perceptions, our energy, our health, and which coping mechanisms we have at our disposal. So advice about stress cannot be “one size fits all” because stress is like a complex dance each person must learn to undertake between himself or herself and their environment.

Everyone’s response to various stimuli will be unique. Two people in the same situation will respond differently. Similarly, the same person will respond differently to the same stimuli at different times based on his or her frame of mind.

Our capacity to handle stress is analogous to an empty glass: as the glass fills we become more and more stressed until finally we overflow and are overwhelmed. If we do not possess an array of tools to regulate our stress then we can become stressed-out. When this occurs, we often do not make the best decisions, and our health - both our physical and mental health - suffers.

Ideally, we want to maintain our stress levels at approximately “half full” because a little stress can actually be good for us. Called “eustress,” this good stress

By Angela Huntsman, Ph.D.

energizes us and keeps us alert and active. Eustress ignites our determination and our drives to survive and thrive. Similarly, the way we interpret situations also affects the way stress works on our bodies. So even when outcomes are not what we expect, positively interpreting situations can make what we experience less harmful to us.

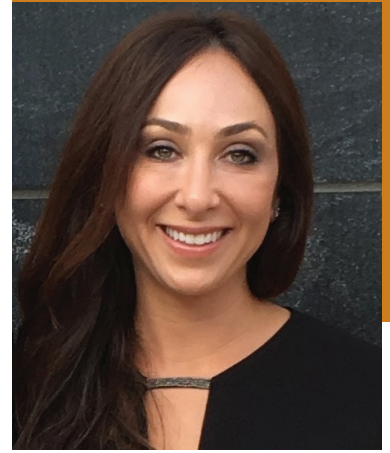
While invisible to us, stress is very real to our bodies. So what can we do?

We need to learn how to reduce stress or empty our “stress glasses.” Stress-reducing activities include regular exercise, meditation, having positive social relationships, engaging in stimulating activities, learning to adapt to change, and seeking help with challenges that we do not know how to face alone.

How do we know when our stress levels are too high? Changes in our physical health can be signs of stress; for example, stress can cause changes in muscle tension, blood pressure, or digestion. Getting medical treatment is important for treating physical symptoms, although people must also seek help learning how to manage stress, which is often the culprit behind or could be aggravating



Spotlight on Community Partner: Dr. Erica Felsenthal



these physical conditions. Stress can exacerbate ill health so we must be aware of warning signs, which might be different for everyone. For example, some people eat more when stressed while other people eat less; some people become sullen while others become more agitated; and some people cannot sleep while others sleep too much.

Learning to read our emotional stress levels is also important because our responses to stress are not always physical. Anxiety and depression are two common signals of stress that let us know that something is wrong. Both anxiety and depression have myriad symptoms and you should seek help from a mental health professional to help alleviate them.

There is no one correct way to respond to stress; it is more about learning about how we may better regulate ourselves, know how to react and respond accordingly, and know when it is time to reach out for support. It is incumbent upon us to find tools to help mitigate stress in our lives. Learning more about how to manage stress will have great long-term benefits. Even taking small steps can have significant impact on our overall well-being. There are many approaches to reducing stress and with a little care and attention we can find the ones that are best for us.

Erica Felsenthal, Ph.D., is a community partner of the UCLA Longevity Center Brain Bootcamp Training Program.

Based in Beverly Hills, she is partnering with us to bring Dr. Small's Training Program to a wider audience in the greater Los Angeles area.

Dr. Felsenthal grew up in Leawood, Kansas; completed her undergraduate work in Boulder, Colorado; and then moved to the San Francisco Bay area, where she earned her doctoral degree. While in the Bay Area, Dr. Felsenthal had the opportunity to work with pioneers in the fields of geropsychology and dementia caregiver research, Drs. Dolores Gallagher Thompson and Larry W. Thompson at the Older Adult and Family Center of Stanford University and the Menlo Park Veterans Administrative Hospital. Under their tutelage, Dr. Felsenthal conducted clinical research with family caregivers of Alzheimer's and dementia patients, helping to create and implement a cognitive behavioral and mindfulness-based group therapy program to help with the stresses of caregiving. Much of this work was part of a large-scale program jointly funded by the National Institutes of Health and the National Institute on Aging, including projects studying the physiological effects of stress. Findings from this research supported the benefits of caregiver support programs with a cognitive behavioral and mindfulness component initially created by Dr. Gallagher Thompson.

Dr. Felsenthal is a lifelong learner who moved to Los Angeles to continue her pre-doctoral clinical training in geropsychology and clinical psychology. She completed post-doctoral coursework and fellowship in neuropsychology, behavioral medicine and pediatrics. Since then, Dr. Felsenthal has been studying meditation and mindfulness, and working as a clinical neuropsychologist, helping clients and their families by providing assessment and psychotherapy. She has published 19 research articles, most of which are related to caregiver stress, aging and memory. She also consults and provides trainings for various companies to help with employee training, management and morale. She has been licensed as a psychologist in California since 2007. The Longevity Center is excited to partner with Dr. Felsenthal in her efforts to increase accessibility to our programs for individuals, groups, businesses and professional organizations.

Spotlight On

Welcome new staff members

We are pleased to welcome Chay Zhu as the new Executive Administrator for the Division of Geriatric Psychiatry and the UCLA Longevity Center. Chay received her master's degree in Health Care Management in 2012. Since then, Chay has been with the UCLA Health System and started in the Department of Care Coordination and Clinical Social Work. Prior to joining our team, she was the Resource Team Manager in Nursing Administration at Santa Monica UCLA Hospital. Chay comes to us with a background in financial reporting and operational management.

In her new role, Chay will be working closely with the Division Director and managing the day-to-day operations of the research, academic, and clinical programs of the Division of Geriatric Psychiatry and Longevity Center. She will be overseeing the administrative staff and working with faculty on grant submissions and budgeting. You can contact Chay at 310-267-5144 or via email at czhu@mednet.ucla.edu.



Chay Zhu



Christie Fanous

We are pleased to introduce Christie Fanous as the new Administrative Assistant at the UCLA Longevity Center. Christie received her bachelor's degree in Biology from UCLA where she received the honor of receiving a Student of the Year Scholarship. She was previously an Administrative Assistant for the Social Welfare Department at the UCLA School of Public Affairs. Prior to that appointment, she was a Pharmacy Technician at a specialty dermatology pharmacy in Brentwood.

In Christie's new role, she will be providing administrative support to the Division of Geriatric Psychiatry. She will also be working closely with Longevity Center staff to help coordinate programs and events. We are excited to have Christie join our team and look forward to working with her. You can reach Christie at 310-825-8298 or via email at CFanous@mednet.ucla.edu.

UCLA Psychiatry and Biobehavioral Sciences

TAI CHI CHIH OR HEALTH EDUCATION AND WELLNESS FOR OLDER ADULTS



**ARE YOU SUFFERING
FROM DEPRESSION?**

ARE YOU OVER THE AGE OF 60?

The UCLA Late-Life Mood, Stress and Wellness Program in the Geriatric Psychiatry Division is conducting a 6-month research study involving 12 weekly 60 minute session of either a health and education wellness class or a Tai Chi class. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Subjects will not be charged for participation and will be compensated.

You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 794-9523.

The study will be conducted by Helen Lavretsky, M.D.



Protocol ID: IRB#15-000184 UCLA IRB Approved Approval Date: 12/14/2017 Through: 12/13/2018 Committee: Medical IRB 3

OPTIMIZE YOUR TREATMENT FOR DEPRESSION



ASK YOUR DOCTOR
ABOUT THE
OPTIMUM STUDY



OPTIMUM is a research study for participants
60 and older with difficult to treat depression.

- Eligible participants are randomized to medication options:

STEP 1: (for 10 weeks) Adding aripiprazole or bupropion to current antidepressant; or switch to bupropion

STEP 2: (for 10 weeks) Adding lithium to current antidepressant; or switch to nortriptyline

- The study team will assess your side effects and mood for up to 12 months.
- Study psychiatrists will provide medication recommendations to your primary care physician.
- You will provide an optional saliva sample for DNA.

You may be eligible if you are

- 60 years or older
- Depressed
- Taking an antidepressant, but not feeling better.

Ask your doctor if you qualify.

For more information:

310-206-5240

LateLifeWellness@mednet.ucla.edu

Protocol ID: IRB#16-001829 UCLA IRB Approved Approval Date: 11/9/2017 Through: 11/8/2018 Committee: Medical IRB 3

UCLA Psychiatry and Biobehavioral Sciences

LATE-LIFE DEPRESSION AND MEMORY RESEARCH STUDY

ADULTS 60 YEARS OF AGE AND OLDER:

**ARE YOU FEELING SYMPTOMS
OF
DEPRESSION
AND
MEMORY LOSS?**

ARE YOU ALSO SUFFERING FROM:

- ✓ **SADNESS?**
- ✓ **HOPELESSNESS?**
- ✓ **PROBLEMS WITH MEMORY AND CONCENTRATION?**
- ✓ **A LACK OF ENERGY AND LOW APPETITE?**

YOU MAY BE ELIGIBLE FOR OUR RESEARCH STUDY

The UCLA Geriatric Psychiatry Program is conducting a 12-month research study on the experimental drug combination for the treatment of depression. All participants will be given the study drug Lexapro® (escitalopram) and Namenda® (memantine) together or will be given Lexapro® with a placebo (an inactive substance). A complete psychiatric evaluation, a PET scan, and two MRI scans will be provided. Subjects will not be charged for participation and will be paid. You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 983-3375 or (310) 794-4619.

The study will be conducted by Helen Lavretsky, M.D.



Protocol ID: IRB#12-001714 UCLA IRB Approved Approval Date: 9/13/2017 Through: 9/13/2018 Committee: Medical IRB 3

Comparison of Levomilnacipran to Placebo in Older Adults with Depression



The UCLA Geriatric Psychiatry Program is conducting a 12-week study to compare the effects of levomilnacipran (FETZIMA) to placebo for the treatment of depression for adults over the age of 60 years. All participants will be given either levomilnacipran (FETZIMA) or a placebo (an inactive substance). A complete psychiatric evaluation will be provided and you will undergo two MRI scans. You will be compensated up to \$350 and parking will be reimbursed.

If you are interested in participating, please contact us to schedule an appointment or to find out more information.

(310) 267-5264 or (310) 794-9523

Participants must be **60 years or older** and experiencing symptoms of depression.



UCLA Psychiatry and Biobehavioral Sciences

Protocol ID: IRB#14-001827 UCLA IRB Approved Approval Date: 9/14/2017 Through: 9/13/2018 Committee: Medical IRB 3

SNAP!

Change Your Personality in 30 Days



Dr. Gary Small
and Gigi Vorgan

Experts in psychiatry and psychology have long believed that our personalities are essentially set from early childhood and remain consistent throughout life. However, the latest scientific research contradicts this long-held assumption. New compelling evidence indicates that we can change our personalities – either on our own, with the help of a therapist, or a combination of the two – and meaningful personality change can be achieved as quickly as 30 days. These groundbreaking findings have shattered the false belief that we are locked into our negative personality traits – no matter how much they hinder our potential happiness and success.

As you read “*SNAP! Change Your Personality in 30 Days*,” you will

gain a better understanding of who you are now, how others see you, and which aspects of yourself you’d like to change. You will acquire the tools you need to change your personality in just one month – it won’t take years of psychotherapy, self-exploration or re-hashing every single bad thing that has ever happened to you. If you are committed to change, this book will provide a roadmap to achieving your goals and becoming a better you. From

personality development and tools and techniques for bringing the positive aspects of your personality to the forefront so you can become more successful, happier, and psychologically healthier.

ABOUT THE AUTHORS:

Dr. Gary Small, (Los Angeles, CA) is a professor of psychiatry and director of the UCLA Longevity Center at the Semel Institute for Neuroscience & Human Behavior. His research, supported by the NIH, has made headlines in the *Wall Street Journal* and the *New York Times*. Scientific American magazine named him one of the world’s leading innovators in science and technology. Dr. Small lectures internationally and frequently appears on the *Today Show*, *Good Morning America*, PBS, and CNN. He has written six books, including the *New York Times* best seller, *The Memory Bible*.

Gigi Vorgan (Los Angeles, CA) has written, produced, and appeared in numerous feature films and television projects before teaming up with her husband, Dr. Gary Small, to co-write *The Memory Bible*, *The Memory Prescription*, *The Longevity Bible*, *iBrain*, *The Other Side of the Couch*, and *The Alzheimer’s Prevention Program*. She lives in Los Angeles with Dr. Small and their two children.



New York Times bestselling author, head of the UCLA Longevity Center, and expert in neuroscience and human behavior, Dr. Gary Small, and co-author Gigi Vogan, this book provides a practical look at the key components of

Physical and Mental Multitasking

May Boost Memory

By Sarah C.P. Williams – UCLA Health

Performing memory training exercises at the same time as pedaling a stationary bike led to better gains in memory than doing the training exercises after working up a sweat, according to UCLA researchers. The findings suggest that exercise may temporarily make it easier for the brain to create new memories. The study was published in the *Journal of Alzheimer's Disease*.

In the United States, studies have shown that more than 40 percent of people over age 60 years have some memory decline or forgetfulness; it is often considered a normal part of aging. Researchers have previously uncovered a handful of lifestyle interventions — including exercise, diet changes, sufficient sleep, social engagement, memory training and mental stimulation — that can improve memory in older adults. The effects of each intervention, however, generally have been studied separately.

The researchers used standard tests of memory, learning, concentration and attention to gauge the cognitive performance of 55 adults ages 60 through 75. The participants all had mild memory impairments but no signs of dementia. Of the participants, 29 were assigned to a “simultaneous” group that attended twice-weekly classes where they received an hour of in-person memory training at the same time as they rode stationary bikes. A “sequential” group of 26 participants also attended twice-weekly classes but, unlike the first group, rode a bike for one hour before receiving the same memory training as the other group. In both groups, the memory training involved an instructor teaching common techniques to remember information.

After a four-week study period, the researchers repeated the cognitive tests on all participants, and found that while everyone had improved in certain abilities, people in the “simultaneous” group had greater improvements in a number of memory, reasoning



and attention skills. In particular, they scored better on tests measuring how well they could recognize, remember and retrieve words and geometric figures.

If replicated in larger studies, similar findings may lead to new programs to improve mental agility in older adults by combining mental training with physical fitness. Future research is needed to show whether the results hold true in other scenarios and in larger groups of people.

UCLA research psychologist, Sarah McEwen is the study's first author. Geriatric psychiatrist and assistant clinical professor of psychiatry and biobehavioral sciences at UCLA, Dr. David Merrill is the senior author. Other authors are Prabha Siddarth, Berna Abedelsater, Wenli Mui, Pauline Wu, Natacha Emerson, Jacob Lee, Shayna Greenberg, Tiffany Shelton, and Gary Small of UCLA; and Yena Kim and Scott Kaiser of the Motion Picture Television Fund.

The study was funded by grants from the Director's Guild of America, the National Institutes of Health National Center for Advanced Translational Sciences, the National Institute of Mental Health, and the McLoughlin Cognitive Health Gift Fund.

Welcome New Board Members



Sandy Climan

Sandy Climan holds a B.A. in Chemistry, an M.B.A. and a Master of Science in Health Policy and Management from Harvard University. He is President of Entertainment Media Ventures, which he founded in 1999. He

previously served as part of senior management at CAA for 12 years, and was the founder of CAA's corporate practice. Sandy has held senior executive roles across the entertainment industry, including Corporate Executive Vice President and President of Worldwide Business Development for Universal Studios, executive positions in production and distribution for MGM, and as the first CEO of 3D filmmaking pioneer 3ality Digital. His productions include "U2 3D," the first digital live-action 3D film, and "The Aviator," for which he was awarded a Golden Globe and a British Academy Award.



Lidia Epelbaum

Lidia Epelbaum is a graduate of the University of Judaism where she earned a Masters in Jewish Education. She and her family moved to Los Angeles in 1983 from Mexico City. She was the owner, teacher and principal of a Montessori Jewish preschool and elementary school.



Kenneth Ruby

Kenneth Ruby is a graduate of the University of Pennsylvania, Wharton School of Business with a major in Real Estate. He is a real estate developer active in Southern California since 1968. He is on the Board of Visitors of the UCLA

Medical Center and on the Board of the Jonsson Cancer Center.



Barbara Shuler

Barbara Shuler is a graduate of Wheaton College, and holds a Master's Degree in Public Administration from American University in Washington, D.C. and an M.B.A. from UCLA. She retired from Warner

Bros. where she spent 31 years mostly focusing on international marketing research. In her retired life, she spends her time volunteering at the Motion Picture Television Fund and taking courses on art history.



Robert Feldman

Robert Feldman is an adjunct professor at UCLA Law School. He is on the Board of the UCLA Health Sciences and the Board of Governors Otis College of Art and Design. He moved to Los Angeles in 2009 upon retirement from 36

years of law practice in the Dallas and New York offices of a large international law firm.

DONATIONS

Director's Circle Level (\$2,000 and above)

Nitin Nanda
Murray Pepper
Alan Weinberger
Kenneth Ruby
Beverly Tiffany
Susan Learner
Timothy Noonan
Roslyn Holt-Swartz
Louise Horvitz
Gerald Oppenheimer
Andrew Galef
Dean Ambrose
Emily Gold-Mears
Joel Saltzburg
Lidia Epelbaum
Nancy & Larry Levitt
Peter Goldberg
Patricia Dunn Grey

Corinne Graber
David & Gail Hawkins
Stephanie & Harold Bronson

Benefactor Level (\$1000 – 1999)

Steve Sharpe
Melinda Conner
Randall Espinoza

Patron Level (\$500 – 999)

Keith Jonathan Lee

Associate Level (\$250 – 499)

Laurence Robert Abramson
Suzonne Bass
Eleanor Garvin
Larry Wayne

Friend Level (\$100 – 249)

Elisa & Rida Hamed

Steven Clarke
Victoria Fullerton
Mindy Gandin
Barbara Katzman
John Rago
Sonia Munn Burgener
Linda Ercoli
Paul & Louise Greenberg
Samuel Warner Halper
Sylvia Otoide

Supporter Level (\$50 – 99)

Bob & Sue Rosenfield
Raquel Lewitt
Elaine Collins
Gordon Kenneth Goldman
Jim Graves
Lorelei Levy
Rosemary Plue

TRIBUTES

In Memory of Joseph Luskin
Elisa & Rida Hamed

In Memory of Bernie Aunes
Bob & Sue Rosenfield

In Memory of Betty Miller
Bob & Sue Rosenfield

In Memory of Don Levine
Bob & Sue Rosenfield

**In Memory of
Dr. David H. Solomon**
Steven Clarke

**In Memory of
James A. McMahan**
Melinda Conner

In Memory of Betty H. Massow
Katherine Marie Massow-Cleary

In Memory of Sue Rosenfield
Longevity Center friends

In Honor of Joseph Rago Jr.
John Rago

In Honor of David S. Ruderman
Suzonne Bass

In Honor of Gary L. Gitnick
Suzonne Bass

In Honor of Concha O Dell
Linda Ercoli

**In Honor of
Larry & Nancy Levitt**
Lorelei Levy

In Honor of Patricia Dunn Grey
Gail & Brian Burlant

Media Highlights

• January 22, 2018

Curcumin Improves Memory and Mood

Over 100 media outlets, including *Men's Health*, *New York Daily News*, and *The Independent* reported research led by Dr. Gary Small on whether curcumin might play a role in improving memory and mood. The substance's beneficial properties might be due to its ability to reduce inflammation, which has been linked to both Alzheimer's disease and major depression.

• January 12, 2018

How to Recognize Early Symptoms of Alzheimer's disease

KABC-TV featured Dr. Gary Small in a piece about distinguishing normal, minor lapses in memory from symptoms of early dementia.

• December 20, 2017

Just 4,000 Steps a Day to Better Brain Health

Dr. Prabha Siddarth, a biostatistician at the Semel Institute commented in *My Science* and *Health News Digest* about a study showing that older adults who walked more

than 4,000 steps per day had improved memory and cognition.

• October 16, 2017

5 Things I Wish Someone Told Me When I First Started Working With Alzheimer's Disease Patients and Their Caregivers

Dr. Gary Small was interviewed by *HuffPost* about his career and his insights regarding Alzheimer's research and treatment.

• October 1, 2017

Nine Easy Ways to Protect Your Brain

Dr. Gary Small commented in *Scouting Magazine* about ways to maintain a healthy brain.

Calendar of Events

Brain Boot Camp

An intensive, three-hour course that includes individualized healthy lifestyle programs, tips for a healthy heart and brain diet, and advanced memory techniques for learning and recalling names and faces. Contact (310) 794-6314 for additional information.

Memory Care

Memory Care is a weekly, 3-hour program for middle-aged dementia patients (age 65 and younger), caregivers and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers. Contact (310) 794-0680 for additional information.

Memory Training

A course for people with mild memory concerns. Memory Training presents effective memory-enhancing techniques and is taught by certified volunteer trainers. Contact (310) 794-0680 for additional information.

Brain Booster

Boost your brain with our 90 minute cognitive

sessions. Led by our team of experts, presenters will provide information on healthy aging research and exercises that enhance overall cognitive function. Contact (310) 794-0680 for additional information.

Senior Scholars

A program for adults age 50 years of age or older to audit UCLA undergraduate courses taught by UCLA's distinguished professors. Contact (310) 794-0679 for additional information.

Summer Session A quarter begins June 25, 2018. The registration deadline is May 25, 2018.

Summer Session C quarter begins August 6, 2018. The registration deadline is July 6, 2018.

Please follow us on
Facebook @UclaLongevityCenter
Twitter @LongevityCtr
Instagram @uclalc

The UCLA Longevity Center Newsletter

Phone: (310) 794-0676 www.longevity.ucla.edu
Director: Gary Small, MD
Executive Editors: Christina Domer and Chay Zhu
Design: Wildhirt Fowlkes Graphics, Inc.