

WHAT'S NEXT CANADA?



You injure your brain when you don't sleep enough, eat too much and don't exercise

Report from Margaret Young

CEO of Boundaryless and Pass It On Network Liaisons from Vancouver

Dementia – Prevention and Early Detection

Intellect, humanity, passion sparked excitement and debates at the [Aging and Brain Health Conference](#) in Toronto. The buzz was all about prevention and early detection. Scientists with multivariate analysis postulate probable causes. Multi-disciplinary health professionals offer prevention possibilities. Entrepreneurs made pitches on their innovations. Older adults with dementia and family caregivers put faces on the realities of living with this condition. While the 30 plus years of global search for the cause and cure has yet to result in definitive answers, the unrelenting push forward, as seen in this group, offers hope and confidence of a better tomorrow!

Dementia and its probable causes:

- Genetic and life course factors determine timing and pathologies of dementia
- Non-modifiable risks include advanced age, genetic factors (APO E4), family history
- Modifiable risks include cerebrovascular disease, cardiovascular disease, hypertension, hypercholesterolemia, obesity, diabetes, smoking, homocysteine, stress, atrial fibrillation
- Protective factors: physical activities, antihypertensives, statins, active lifestyle, Mediterranean (high vegetable/fruit) diet, anticoagulation, late life volunteering in more complex roles

Preventions and Interventions:

- A 10% reduction in prevalence of each of the modifiable risk factors would reduce Alzheimer's prevalence by 8.3% worldwide in 2050
- Lifestyle and obesity-associated disorders are major contributors to brain injury and poor cognitive functioning (i.e. fragmented sleep, western diet, lack of physical activity)
- Research identifies co-morbidity associations with depression, hearing loss, eye pathologies such as ganglion cell layer and retinal thickness, and estrogen loss from perimenopause



The three day conference was action packed in more ways than I anticipated. Here I am testing out Motiview to see what it takes to “pedal on” at the Road Worlds for Seniors

Canadian researchers and innovations :

- Researchers: [Einstein Lab](#), [Center for Aging and Brain Health Innovation](#), [Indigenous Cognition and Aging Awareness Research](#), [Canadian Consortium on Neurodegeneration in Aging](#), [Kimel Family Center for Brain Health and Wellness](#)
- Innovations: [Word Finding](#), [Cogniciti](#), [HealthTech Connex](#)

Global research and innovations discussed:

- Many global research studies were referenced as instrumental in our continued journey forward
- Some key innovations highlighted include [CITRUS Health](#), [Intuition Robotics](#), [Aby Medical](#), [HATICE](#), [Quanta](#)

Pitch Competition for 2019 CABHI Innovation Award

- Panel of judges included Bruce Croxon, John Hopper, Ginna Baik, Mac Rothman, Alexandra Steward, and Lanny Geffen with Richard Lui, MSNBC news anchor, as host.
- Judges have diverse background in medical application, venture capital, design and commercialization
- Nine companies pitched: [LinkedSenior Care Platform](#), [Motitech Motiview](#), [Careteam Digital Health Platform](#), [Darmiyan MRI Image Platform](#), [Catalyst Healthcare "Spencer"](#), [Memotext](#), [Intuition Robotics Elliq](#), [InteraXon Muse](#), [Retispec Eyescan for Early Detection](#)
- Winner as selected by judges: Darmiyan with \$500k award and a CABHI partnership
- People choice Award as selected by conference participants: Catalyst Healthcare