



Family Caregiver Education Series

Can Dementia Be Prevented? Reducing the Risk of Cognitive Decline

ONLINE RESOURCES

These online resources were referenced in the webinar and/or supplement the information provided. All the links are active. If you are viewing this on your computer, simply click on the link to go directly to the source. (Some browsers require that you download the document to your desktop.)

[Alcohol and the Risk of Dementia](#) (Alzheimer's Society, UK)

[Alzheimer's Association 2023 Facts and Figures](#)

[Alzheimer's Genetics Fact Sheet](#) (National Institute on Aging)

[Anti-Inflammatory Diet](#) (Johns Hopkins Medicine)

[Approved Treatments for Alzheimer's Disease](#) (Alzheimer's Association)

[Blood Biomarkers for Alzheimer's](#) (Alzheimer's Association International Conference 2023)

[Brain Atrophy](#) (Cleveland Clinic)

[Building a "Cognitive Reserve" Offers Brain Protection in Old Age](#) (Harvard Health)

[Centers for Medicare and Medicaid Services \(CMS\) Coverage of New Alzheimer's Drugs](#) (06.22.23)

[Dementia prevention, intervention, and care: 2020 report of the Lancet Commission](#)

[Depression: Early Warning Sign or Risk for Dementia?](#) (Stanford Medicine)

[Drug Breakthroughs vs Quality of Life Improvements](#) (Teepa Snow podcast on YouTube)

[Genetic Testing](#) (Alzheimer's Association)

Genova, Lisa, PhD. (2021). [Remember: The Science of Memory and the Art of Forgetting](#)

[Good Sleep for Good Health](#) (National Institutes of Health)

[Hearing Aids May Slow Cognitive Decline in People at High Risk](#) (National Institutes of Health 2023)

[Hearing Loss and the Brain](#)

[How is Alzheimer's Disease Treated?](#) (National Institute on Aging)

[Is Alzheimer's Genetic?](#) (Alzheimer's Association)

[Mediterranean Diet 101 and Meal Plan](#) (Healthline)

[Modifiable Risk Factors for Alzheimer Disease and Related Dementias Among Adults Aged \$\geq 45\$ Years](#) (CDC)

[National Society of Genetic Counselors](#)

[Recommended Adult Immunization Schedule 2024](#) (CDC)

[The Power of Connection: How It Can Improve Our Health](#) (CDC)

[What is Epigenetics?](#) (CDC)

[What is the Anti-inflammatory Diet?](#)

[What you can do to prevent Alzheimer's](#) (Lisa Genova, PhD., TED Talk, May 2017)

[World Alzheimer Report 2021 – Alzheimer's Disease International](#)

Journey Through the Diagnosis of Dementia

[World Alzheimer Report 2022 – Alzheimer's Disease International](#)

Life After Diagnosis: Navigating Treatment, Care, and Support