How Nutrition Changes the Aging Brain

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(Fill this section out if/when your proposal is accepted)
Session: Winter 2018
Dates:
Time: 10:30 – 12:30pm
Location:

Schedule of topics:

Week 1: Introduction to Neuroscience

The focus of the lecture will be an introduction to the brain and what happens to it as we age. At the end of the lecture participants will be able to identify different structures within the brain as well as function. This lecture will be essential for understanding the materials covered in the rest of the course. Short video clips will be used to illustrate major points.

Week 2: Introduction to Nutrition, the brain-gut axis, and the impact of aging on nutrition

An introduction to vitamins and nutrients will be covered in this lecture. Participants will also learn about the brain communicates with the gut. An overview of how aging impacts nutrition will also be described. Short video clips will be used to illustrate major points.

Week 3: Mild Cognitive Impairment and Alzheimer's disease

Mild cognitive impairment and Alzheimer’s disease both result in cognitive impairment. A discussion of how nutrition affects disease onset and progression will be covered. Short video clips will be used to illustrate major points.

Week 4: Vascular Dementia

Vascular dementia is a result of changes in brain vasculature over the lifespan that lead to another form of dementia. Participants will be provided with an overview of the disease process as well as how nutrition impacts the disease onset and progression. Short video clips will be used to illustrate major points.

Week 5: Stroke

Did you know? Your registration in the LinR program allows you to borrow materials from Carleton University’s MacOdrum Library. To receive a temporary borrowing card, visit the circulation desk and identify yourself as a participant of LinR.
Stroke is a result of dysregulated blood to the brain. Therapeutic development of stroke has been slow. In this lecture we will discuss how nutrition could affect the onset and progression of stroke and related impairments. Short video clips will be used to illustrate major points.

**Week 6: Multiple Sclerosis & Other Neurological diseases**

Canada has one of the highest levels of Multiple Sclerosis (MS). In this lecture we will evaluate why and how nutrition may affect the onset and progression of MS. Other neurological diseases such as Parkinson’s disease and their interactions with nutrition will also be covered. Short video clips will be used to illustrate major points. Ideas, topics, and list of resources will be provided for future learning.

**Recommended readings for continued learning:**

**Other interesting resources:**