Another lifestyle approach that may be effective for preventing cognitive decline is diet. The MIND diet focuses on plant-based foods linked to dementia prevention and encourages balanced eating from 10 healthy food groups. Contact us for more info!

Physical activity is a valuable part of any overall body wellness plan and is associated with a lower risk of cognitive decline. If it’s safe for you, engage in these chair stretches to increase the blood flow to your brain and body, providing additional nourishment while reducing potential dementia risk factors such as high blood pressure, diabetes, and high cholesterol.
The John P. Hussman Institute for Human Genomics (HIHG) is conducting studies to find genetic factors that cause Alzheimer’s Disease. Numerous studies indicate that individuals with a family history of Alzheimer’s Disease have a greater chance of developing the disease. Participation in this study will help researchers develop earlier diagnoses and and eventual treatments for a broader community of people including African Americans, Hispanics, and Latinos.

Participants may be eligible for compensation.

You can participate if you:

- Have Alzheimer’s Disease
- Are undiagnosed and experiencing noticeable memory loss
- 65+ Yo with no memory issues

Contact us today!
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