



# Food and Behaviour Research

practical, evidence-based communication and resources

## Healthy Ageing, Cognitive Decline and Dementia: The Role of Nutrition and Diet

Saïd Business School, Park End Street, Oxford  
Friday 28 November 2014, 09:20 to 16:30

### ABOUT THE CONFERENCE

Alzheimer's disease and other forms of dementia already pose unprecedented challenges to health and social service provision in the UK and other developed countries, let alone to the affected individuals and their families. These problems are predicted to increase further, along with the rising proportion of older adults in our population, for many years to come.

### Prevention is key

There are no cures for dementia, and none in the pipeline. Some drug treatments can help manage symptoms, but by the time these appear, the underlying disease processes have already been going on for many years.

### Age-related cognitive decline – is it inevitable?

Most people assume that cognitive decline and dementia, along with other chronic, degenerative diseases, are only to be expected now we are living longer. But are we really? Increasing evidence shows that these 'age-related' conditions are not inevitable, and instead reflect changes to our diets and lifestyles – offering real hope for better prevention and management.

### PROGRAMME and Speakers will include:

#### • The Role of Diet in Healthy Ageing and Dementia: An Overview

*Dr Alex Richardson (Senior Research Fellow at the Centre for Evidence Based Intervention, University of Oxford; and Founder Director, FAB Research)*

#### • Nutrition and Brain Ageing: Lessons from the Mid-Victorians

*Dr Paul Clayton (University of Pecs, Hungary and IFBB, UK)*

#### • Managing Alzheimer's Disease and other forms of Dementia – Why

**Nutrition Matters** *Dr Roger Bullock (Retired NHS Consultant in Old Age Psychiatry, and Research Associate, University of Bristol)*

#### • B Vitamins, Brain Shrinkage and Cognitive Decline: The OPTIMA and

**VITACOG studies** *Fredrik Jernerén and Professor David Smith (Dept of Pharmacology, University of Oxford)*

#### • Omega-3 and Age-Related Cognitive Decline

*Greg Weatherhead (Lead Nutrition Scientist, Efamol, UK)*

#### • Omega-3 Fats, Balance and Age-related Frailty – Neuroscientific and Clinical Findings

*Dr Simon Dyall (University of Roehampton)*

#### • Healthy Eating to Stay Smart – Creation of an 'anti-dementia'

**cookbook** *Katie Sharpe RD, Vanessa Ridland RD, Patsy Westcott MSc and Professor Margaret Rayman (University of Surrey)*

#### • Chaired by: Professor Michael Crawford, Imperial College, London



### CONFERENCE SUITABLE FOR:

- Registered Dietitians and Nutritionists
- GPs and Medical Professionals
- Nutritional Therapists
- Psychiatrists and Psychologists
- Community Health Professionals
- Researchers
- Charities and Support Groups
- Families and Carers
- Policy Makers

### Venue

Saïd Business School  
Park End Street, Oxford OX1 1HP

### Timings

Registration and refreshments: **08:30**

First presentation: **09:20**

Conference ends: **16:30**

### Fees (includes delegate pack and lunch)

Associate Members: **£99**

Students and individuals: **£119**

Charities and support groups: **£129**

Small business and practices: **£199**

Corporate and Government: **£249**

### To book

visit: [fabresearch.org](http://fabresearch.org)

email: [events@fabresearch.org](mailto:events@fabresearch.org)

call: 01463 667319

### THIS CONFERENCE IS GENEROUSLY SUPPORTED BY

