

## Lifestyle Changes To Prevent Dementia & Alzheimer's Disease In African-Americans

Friday, May 21, 2010  
Muhammad Ali Center  
144 N. Sixth Street

### Course Description & Target Audience

Join us in understanding why African Americans have a higher risk (81%) compared to Caucasians in developing dementia and Alzheimer's disease, including stroke and cardiovascular disease. Risk factors for these are the presence of hypertension, heart disease, high fat diet, obesity, diabetes and hypertension – all of which are modifiable! The aim of this conference is to help you develop an understanding of the lifestyle changes necessary to lower the risk factors.

Mental inactivity is also a risk factor for Alzheimer's disease. The good news is that while we cannot change our age and family history, all of these risks factors are potentially modifiable. Experts will discuss necessary lifestyle changes that would help lower the risk factors of Alzheimer's disease. Factors related to causes of dementia and early recognition of symptoms will also be identified including discussions on caregiving involving how to cope with the burden of caregiving.

The target audience is the general public as well as practicing healthcare professionals in the following groups: Nursing, Social Work

### Agenda

- 8:00 AM **Breakfast & Registration**
- 8:30 AM **Update On AD & Prevention**  
Patrick Griffith, MD
- 9:30 AM **What Can Be Done To Lower Your Risk Of Getting AD**  
Robert Friedland, MD
- 10:30 AM **Break & View Exhibits**
- 11:30 AM **AD Association & Resources**  
Elisa Freeman-Carr, BS
- 12:00 PM **Inspirational Aspects**  
Rev. Frank M. Smith, Jr.
- 1:00 PM **Panel - "Care Of The Caregiver"**  
Elisa Freeman-Carr, BS  
Karen Robinson, DNS, PMHCNS-BC, FAAN  
Vicki Hines-Martin, PhD, CNS, RN, FAAN
- 1:45 PM **Final Questions**
- 2:00 PM **Adjournment** - Participants are invited to stay for a free tour of the Muhammad Ali Center

### Learning Objectives

- 1) Increase knowledge about AD and dementia.
- 2) Reduce stigmatized attitudes and perceptions of AD and dementia.
- 3) Gain an increased level of awareness of risk factors for AD and dementia.
- 4) Adopt appropriate healthy behaviors to prevent AD and dementia.
- 5) Identify ways to decrease caregiver stress.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Last four digits SS# \_\_\_\_\_

Credentials: \_\_\_\_\_

### **COST (check one):**

**\$20 For Healthcare Professionals Who Want Continuing Education Credit**

**Free For Community Members & Healthcare Professionals Who DO NOT Want Continuing Education Credit**

### **METHOD OF PAYMENT (check one)**

Check enclosed, payable to UofL HSC Continuing Ed.

**OR**  MasterCard  Visa

Acct # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card (please print)  
\_\_\_\_\_

Cardholder Signature (required)  
\_\_\_\_\_

**Mail To:** UofL HSC Continuing Ed./  
511 S. Floyd St., MDR 111/Louisville, KY 40202

**Or Fax Form To:** 502-852-6300;

**For More Info, Contact:** 502-852-6407

**The deadline for advance registration is May 14, 2010. Walk-in registrations from those wanting CME will be accepted, but payment must be made at that time by cash or check.**

### **Course Director**

#### **Robert P. Friedland, MD**

Rudd Chair and Professor of Neurology  
University of Louisville School of Medicine  
Louisville, Kentucky

### **Faculty**

#### **Elisa Freeman-Carr, BS**

Director of Education  
Alzheimers Association  
Louisville, Kentucky

#### **Patrick Griffith, MD**

Professor  
Morehouse University School of Medicine  
Atlanta, Georgia

#### **Prof. Vicki Hines-Martin, PhD, CNS, RN, FAAN**

Associate Professor  
University of Louisville School of Nursing  
Louisville, Kentucky

#### **Karen M. Robinson, DNS, PMHCNS-BC, FAAN**

Professor  
University of Louisville School of Nursing  
Louisville, Kentucky

#### **Rev. Frank M. Smith, Jr.**

Pastor  
Christ's Church For Our Community  
President  
Interdenominational Ministerial Coalition  
Louisville, Kentucky

### **Parking & Directions**

Free parking is available for the event. Please bring your parking ticket to the registration desk during registration to receive your free parking voucher, which you can give to the cashier when you exit the parking lot. For driving directions, go to <http://www.mapquest.com>

### **Continuing Education Credit**

**Nursing Credit** - This program has been approved by the Kentucky Board of Nursing for 4.2 contact hours through the University of Louisville School of Nursing, provider number 3-0046-01-2013-126, expiration date January 31, 2013. The Kentucky Board of Nursing approval of an individual nursing education provider does not constitute endorsement of program content. Participants must complete entire session, provide license and social security number and complete evaluation to receive contact hours.

**Social Workers** - Application for Social Work credit has been filed with the Kentucky Board of Social Work. Determination of credit is pending.

### **Special Services**

To request disability arrangements, contact us at 502-852-6407 at least 10 days prior to the conference. UofL Continuing Health Sciences Education fully complies with the legal requirements of the ADA and the rules & regulations thereof.

### **Refund Policy**

Requests for cancellation must be submitted to [chse@louisville.edu](mailto:chse@louisville.edu) on or before May 7, 2010. Requests received on or before May 7, 2010 will receive a full refund. No refund will be given for requests received after May 7, 2010.

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