

# OPTIMAL AGING LECTURE SERIES

## BRAIN HEALTH: KEEPING YOUR MIND SHARP

WITH DR. BRIAN HITT AND SPECIAL GUEST DR. CLAUDIA KAWAS

**WEDNESDAY, JUNE 1 | 2 - 3:30 P.M.**  
**CLUBHOUSE 2 | SEQUOIA BALLROOM**

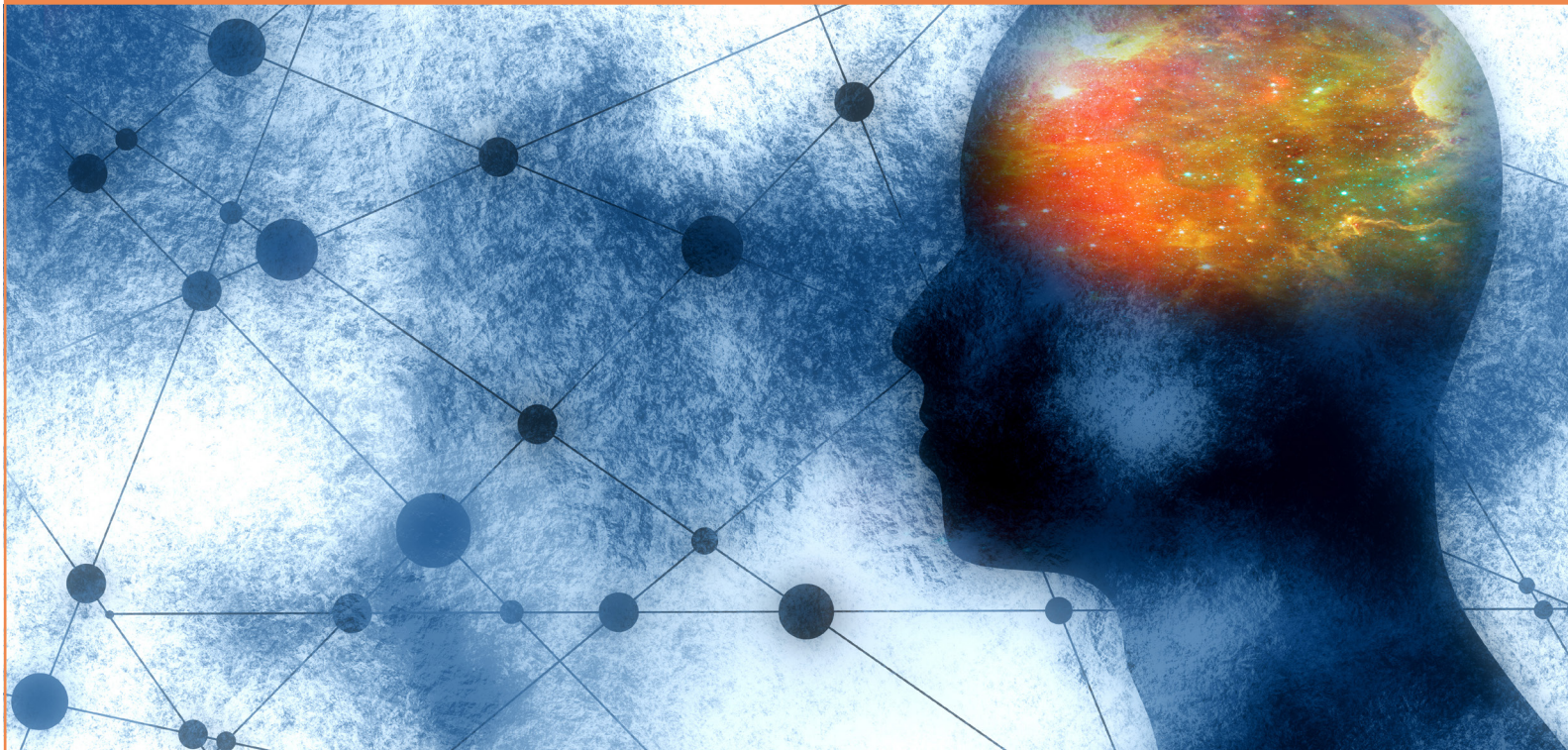
Have you ever wondered what scientifically proven methods are available to keep your mind sharp? Join Dr. Brian Hitt as he discusses a comprehensive approach to brain fitness and keeping your mind sharp. Dr. Claudia Kawas joins this session to review the University of California, Irvine's The 90+ Study, of which many Laguna Woods Village residents have been a part. Dr. Kawas will review a summary of results and objectives, as well as discuss future projects in the works.



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**UCI** Division of Geriatric Medicine  
and Gerontology



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**CONTACT SOCIAL SERVICES AT 949-597-4267 FOR MORE INFORMATION**



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**CLAUDIA KAWAS, M.D.**, Al and Trish Nichols chair in clinical neuroscience and professor of neurobiology, behavior and neurology at the University of California, Irvine, is a geriatric neurologist and researcher in the areas of aging and dementia. Dr. Kawas completed her medical studies at the University of Louisville, Kentucky, and her neurology residency training and fellowship at Albert Einstein College of Medicine in New York. In 2000, after 15 years on The Johns Hopkins School of Medicine faculty, Dr. Kawas joined UCI. At UCI, she is co-principal investigator of The 90+ Study and associate director of the Institute for Memory Impairments and Neurological Disorders.



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**BRIAN D. HITT, M.D., PH.D.**, is a board-certified UCI Health behavioral neurologist who specializes in the diagnosis and management of Alzheimer's disease and other cognitive and memory disorders. He earned his medical degree at Northwestern University's Feinberg School of Medicine in Chicago. He completed both a neurology residency and a fellowship in cognitive and behavioral neurology at the University of Texas Southwestern Medical Center in Dallas. He holds a doctorate in cell and molecular neuroscience from Northwestern University in Evanston, Illinois, and completed a postdoctoral fellowship at the Center for Alzheimer's and Neurodegenerative Diseases at University of Texas Southwestern Medical Center. Dr. Hitt has conducted extensive research into the cellular and molecular mechanisms of Alzheimer's and related neurodegenerative diseases.



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**THE 90+ STUDY**, initiated in 2003 to study the oldest-old, the fastest growing age group in the United States, is one of the largest studies of its kind in the world. More than 1,600 people have enrolled. Because little is known about people who achieve this milestone, the remarkable increase in the number of oldest-old presents a public health priority to promote quality as well as quantity of life. Initial participants in The 90+ Study were once members of the Leisure World Cohort Study, which began in 1981. This study mailed surveys to every resident of Leisure World in Orange County, California, now Laguna Woods Village. Using the 14,000 subjects from this study, researchers from The 90+ Study were able to ask what allows people to live to age 90 and beyond.

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