

Speakers

Dr. Veronique Bohbot, PhD., John R. & Clara M. Fraser Memorial Award Recipient, Associate Professor, Department of Psychiatry, Associate Member, Department of Neurology and Neurosurgery, Faculty of Medicine, McGill University.

Dr. Gillian Einstein, PhD., Chair, Institute Advisory Board, Institute of Gender and Health, Canadian Institutes of Health Research, Visiting Professor of Neuroscience and Gender Medicine, Linköping University, Associate Professor, Department of Psychology, Associate Professor, Dalla Lana School of Public Health and Director, Collaborative Graduate Program in Women's Health.

Dr. Barbara B. Sherwin, PhD., James McGill Professor, Canada Research Chair in Hormones, Brain and Cognition, McGill University.

Dr. Yoram Shir, MD, Director, Alan Edwards Management Unit of the McGill University Health Centre, Professor of Anesthesia, Edwards Chair in Clinical Pain.

Workshop Presenters

WORKSHOP 1 • (Moe Levin Centre and Memory Clinic)
Lucile Agarrat, Psychologist, Russell Clough, Registered Nurse, Laurie Demers, Registered Nurse, Carmen Desjardins, Nurse Clinician, BSc, Guerda Duclair, Nurse Clinician, BSc, Odette Quenneville, Social Worker.

WORKSHOP 2 • Dr. Veronique Bohbot

McGill University Research Centre for Studies in Aging:
Dr. Jens Pruessner, PhD., Director, McGill University Research Centre for Studies in Aging, Associate Professor, Depts. of Psychiatry and Psychology McGill University.

Dr. Dolly Dastoor, PhD., Chair, McGill University Research Centre for Studies in Aging Education Committee, Asst. Prof, Dept. of Psychiatry.

Program

8:00	REGISTRATION
8:30	WELCOME Ms. Lynne McVey, Executive Director, Douglas Mental Health University Institute.
9:00	ESTROGEN AND THE BRAIN: WHAT IS KNOWN ABOUT ITS ROLE IN HEALTHY AGING. Dr. Gillian Einstein
9:45	SEX DIFFERENCES ACROSS THE LIFE SPAN: EVIDENCE FROM LEARNING AND MEMORY STRATEGIES IN VIRTUAL NAVIGATION TASKS. Dr. Veronique Bohbot
10:30	HEALTH BREAK
10:45	ESTROGEN AND COGNITIVE AGING IN OLDER WOMEN. Dr. Barbara B. Sherwin
11:30	PAIN IN THE ELDERLY. Dr. Yoram Shir
12:15	LUNCH
1:30	WORKSHOPS
2:15	HEALTH BREAK
2:30	WORKSHOPS

Workshops

Please choose 2 workshops and indicate time.
**LIMITED NUMBER OF PLACES FOR EACH WORKSHOP.
(RETURN THIS FORM WITH YOUR CHEQUE)**

WORKSHOP 1 1:30 p.m.

CAREGIVING: A WOMAN'S JOB? (in English)

This workshop will first address issues related to gender difference in the caregiving role as identified in recent scientific literature reviews. Then, the Memory Clinic professionals will present case studies that link these findings to their practice experience of journeying with caregivers. Finally, they will provide tips and strategies to help the 21st century caregiver.

WORKSHOP 1 2:30 p.m.

PROCHE-AIDANT: RÔLE DE FEMME ? (en français)

Cet atelier abordera dans un premier temps les différences liées au genre des proches aidants dans les études scientifiques. Les professionnels de la Clinique de Mémoire feront ensuite le lien avec leur expérience clinique à l'aide de vignettes et témoignages. Finalement, des conseils et stratégies seront proposés afin de mieux vivre le rôle de proche aidant au XXIème siècle.

WORKSHOP 2 1:30 p.m.

LES QUATRES HABITUDES POUR UNE SANTÉ COGNITIVE ET UN HIPPOCAMPE SAIN (en français)

Cet atelier décrira des méthodes pratiques pour développer des nouvelles habitudes de nutrition, d'exercice, de pleine conscience et de mémoire spatiale dans le but de soutenir une partie du cerveau qui est importante pour une cognition saine dans le vieillissement normal : l'hippocampe. Des études scientifiques ont démontré que l'incorporation de ces habitudes pratiques dans la vie de tous les jours mène à un hippocampe plus sain et augmente le nombre d'années de vie saine.

WORKSHOP 2 2:30 p.m.

FOUR PILLARS TO A HEALTHY COGNITION AND A HEALTHY HIPPOCAMPUS. (in English)

This workshop will describe practical methods to implement new habits on nutrition, exercise, mindfulness and spatial memory in view of supporting a part of the brain important for healthy cognition in normal aging: the hippocampus. Scientific research has shown that incorporating these practical habits into one's life leads to a healthier hippocampus and increases the number of years with healthy lives.

SYMPOSIUM October 8, 2014

Presented by The McGill University Research Centre for Studies in Aging and The Program in Dementia with Psychiatric Comorbidity of the Douglas Mental Health University Institute.

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SYMPOSIUM VIEILLIR EN SANTÉ, LE GENRE ET LA SANTÉ DU CERVEAU 8 OCTOBRE, 2014

