Program Committee
Hussein Yassine, MD (University of Southern California), Chair
Lon Schneider, MD (University of Southern California)
Nikolaos Scarmeas, MD (Columbia University)
Cecilia Samieri, PhD (INSERM)
Francine Grodstein, ScD (Harvard Medical School)
Heather Snyder, PhD (Alzheimer’s Association)
Emily Meyers, PhD (Alzheimer’s Association)

MEETING OBJECTIVE: Over the past decade, several systematic reviews have discussed nutritional interventions (dietary and supplements) for the prevention of dementia. Overall, these reviews highlight the largely null effects of these interventions on cognitive outcomes and the inconsistency in the literature of nutrition and dementia prevention. A recent systematic review by the Lancet Commission, however, identified that up to 30% of dementia can be prevented by lifestyle modifications targeting chronic diseases such as diabetes, obesity and hypertension and including dietary interventions. Critical to the mission of NIA will be a new generation of nutrition studies with unique designs that can address this gap between epidemiology and trials to help move the field forward. The field is missing a roadmap to assist with translating quality nutrition science into effective clinical trials and ultimately guide clinical recommendations. The purpose of this symposium is to discuss how novel study designs using biomarkers, genetic and nutritional assessment tools can help translate specific nutritional epidemiological studies into effective interventions, and thereby define what is needed for the future roadmap. The speakers will debate topics applicable to both epidemiological and clinical trials that can address this gap in translation.

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Day 1: July 8, 2021 10AM CT – 2PM CT
10:00-10:15 a.m. Welcome Remarks
Maria Carrillo, PhD (Alzheimer’s Association)

Introduction and insights from basic science into nutrition and dementia prevention
Hussein Yassine, MD (University of Southern California)

Modifiable dementia risk factors: contributions of nutrition and diet
10:15-10:35 a.m. Updates from the Lancet Commission on Nutrition and Dementia Prevention
Gill Livingston, MD (University College London)

Theme 1 Novel approaches to translate observational studies into clinical trials in nutrition and dementia prevention
Chair: Francine Grodstein, ScD (Rush Alzheimer’s Disease Center)

10:35-10:50 a.m. State-of-Nutrition Science from Epidemiology Studies & Summary of Key Landmark Studies and Gaps in Translation
Francine Grodstein, ScD (Rush Alzheimer’s Disease Center)

10:50-11:00 a.m. Novel Approaches to Define Dietary Patterns Using Networks
Kimberly Glass, PhD (Brigham and Women’s Hospital/Harvard Medical School)

11:00-11:10 a.m. Evaluating Time-Windows for Prevention Through Modeling Nutrition Trajectories Over the Life-Course
Maude Wagner, PhD (Rush Alzheimer’s Disease Center)

11:10-11:20 a.m. Cultural Approaches to Consider in Underrepresented Groups
Christy Tangney, PhD (Rush University Medical Center)

11:20-11:45 a.m. Theme 1 Open Discussion
Moderator: Brenda Plassman, PhD (Duke University)

11:45–12:20 p.m. BREAK

Theme 2: Precision Medicine, Biomarkers and Nutrition Science
Chair: Cécilia Samieri, PhD (INSERM)

12:20-12:40 p.m. Summary of Expert Statement & Defining Early Nutrition and Metabolic
Signatures of Disease Risk, Leveraging Multiple Candidate Biomarkers and/or Metabolomics  
Cécilia Samieri, PhD (INSERM)

12:40-12:50 p.m. Interplay Between Genetic Background and Nutrition/Metabolism on Dementia Risk
M. Arfan Ikram, MD, PhD (Erasmus MC)

12:50-1:00 p.m. How Can we Link Nutrition to Brain Health Through Study of the Microbiota
Robin Zuwala, PhD (Rush University Medical Center)

1:00-1:10 p.m. How Brain Imaging Can Guide Efficacy of Nutritional Interventions  
Yian Gu, MD PhD (Columbia University)

1:10-1:40 p.m. Theme 2 Open Discussion
Moderator: Sid O'Bryant, PhD (University of North Texas)

1:40-2:00 p.m. Summary of Discussions, Setting Stage for Day 2 and Closing Remarks
Hussein Yassine, MD (University of Southern California)

10AM CT – 2PM CT

10:00-10:15 a.m. Welcome and Overview of Symposium Sessions
Cécilia Samieri, PhD (INSERM)

Funding Priorities for Nutrition and Dementia Prevention studies

10:15-10:35 a.m. Perspective and Comments from the National Institute on Aging at NIH
Kristina McLinden, PhD (National Institute on Aging)

Theme 3: State-of-Clinical Trials for Dementia Prevention
Chair: Nikolaos Scarmeas, MD, PhD (Columbia University, National and Kapodistrian University of Athens)

10:35-10:50 a.m. Expert Statement & Outline of Major Nutrition and Multidomain Trials for Prevention of Cognitive Decline
Nikolaos Scarmeas, MD, PhD (Columbia University, National and Kapodistrian University of Athens)

10:50-11:00 a.m. Lessons Learned from Individual Diets for Dementia Prevention
11:00-11:10 a.m. Gaps and Pitfalls in Supplements and Cognition Trials
Howard Fink, MD, MPH (Minneapolis VA Health Care System)

11:10-11:20 a.m. Consideration of Dementia Prevention Clinical Trials in Underrepresented Groups
Suzanne Judd, PhD, MPH (University of Alabama at Birmingham)

11:20-11:45 a.m. Theme 3 Open Discussion
Moderator: Anne Marie Minihane, PhD (University of East Anglia)

11:45 -12:15 p.m. BREAK

Theme 4: Designing Nutrition Clinical Trials for Dementia Prevention
Chair: Lon Schneider, MD (University of Southern California)

12:15-12:35 p.m. Summary of Expert Statement & Methodological Design of Relevance of Nutrition Studies
Lon Schneider, MD (University of Southern California)

12:35-12:45 p.m. Experience in Execution of Prevention Nutrition-Cognition Trials: Practical Problems and Challenges
Sandrine Andrieu, MD, PhD (Toulouse University)

12:45-12:55 p.m. Nutrition-Cognition Trials: Lack of Efficacy or Methodological Shortcomings?
Gene Bowman, ND, MPH (Oregon Health & Science University)

12:55-1:05 p.m. Designing Multidomain Interventions
Edo Richard, MD, PhD (Radboud University Medical Center, University of Amsterdam)

1:05-1:30 p.m. Theme 4 Open Discussion
Moderator: Benedict Albensi, PhD (University of Manitoba)

1:30-2:00 p.m. Summary of Recommendations, Next Steps and Concluding Remarks
Hussein Yassine, MD (University of Southern California) Heather Snyder, PhD (Alzheimer’s